



**Support Our Sisters
Delivers Bras to
Women In Need**
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**Leading the Leaders:
DOVIA Sacramento
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Gold River Messenger

"Written by the people, for the people"

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Serving Gold River and Sacramento County

SEPTEMBER, 2017

**FREE MONEY
DOESN'T EXIST**



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**IT'S GLOBAL
SPEAK OUT MONTH!**



PAGE 5

**NO MAN'S SKY
STILL CAN'T SOAR**



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Loud and Proud



The 2017 California Capital Airshow is proud to host the VFA-106 Gladiators and their "Super" Hornet Tactical Demonstration. Photo courtesy CCA.

SACRAMENTO REGION, CA (MPG) - Come out to Mather Airport, September 9th & 10th, and experience the full-tilt capabilities of this extraordinary aircraft. The use of maximum-afterburner will leave you spellbound as the skies above Sacramento come alive with freedom's roar! Absolutely nothing beats watching this mesmerizing show onsite. Get the inside scoop on the Super Hornet below!

All the way from Naval Air Station Oceana, Virginia, Strike Fighter Squadron 106 is proud to showcase the F/A-18 to audiences around the world. Airshows are the best place to see a Super Hornet in action. The Tactical Demonstration or "Tac Demo" team flies the F/A-18 as close to the "edge of the envelope" as safety and prudence allow. The routine highlights the Rhino's maneuverability and slow-speed handling characteristics and is designed to showcase the mobility, versatility, and power of the F/A-18 for the citizens who look to the Navy for the defense of freedom. From the high "G" minimum radius turn to the slow speed "high-alpha" pass, the Demo flight puts the Rhino through its paces!

Each maneuver is meticulously rehearsed by Demo Team aircrew, first in the simulator, then in a series of qualification and practice flights. Demo aircrew are Fleet veterans, chosen for their abilities, knowledge, and experience. Throughout the show, adherence

to procedure and the safety of observers are paramount. Although the maneuvers are dynamic, Demo team members adhere to guidelines established by VFA-106, the Navy, and the FAA to ensure their safety and that of the local community.

Larger and heavier than the Legacy Hornet, the F/A-18 Super Hornet represents the 21st Century's first truly multi-role fighter. Using the lessons learned from the original Hornet, the "Rhino" brings advances in avionics, weapons capabilities, radar and sensors, and stealth technology. The Rhino not only carries combat artillery but also can provide valuable reconnaissance and air-to-air refueling support to the U.S. Fleet.

After entering service with the Fleet, the Rhino quickly found itself in combat in the skies over Afghanistan and Iraq. Its increased fuel and ordnance carriage

make the Rhino an asset to American combat operations around the world. With the capability for future growth in weapons and on-board systems, the Rhino will remain a credible strike-fighter for years to come.

Designed and initially produced by McDonnell Douglas, the Super Hornet first flew in 1995. Full-rate production began in September 1997, after the merger of McDonnell Douglas and Boeing the previous month. The Super Hornet entered service with the United States Navy in 1999, replacing the Grumman F-14 Tomcat, which was retired in 2006; the Super Hornet serves alongside the original Hornet. The Royal Australian Air Force (RAAF), which has operated the F/A-18A as its main fighter since 1984, ordered the F/A-18F in 2007 to replace its aging F-111C fleet. RAAF Super Hornets entered service in December 2010.

Source: CCA

County Working Toward No Place Like Home Grant

SACRAMENTO COUNTY, CA (MPG) - No Place Like Home (NPLH) is a new State program that will provide counties with grants in 2018 to provide critically needed housing for chronically homeless individuals who are also struggling with mental illness. Sacramento County will be applying for NPLH funding as an essential piece of our "housing first" approach to reducing homelessness.

As a first step toward pursuing those funds Sacramento County will be working with a consultant to lay the groundwork for a plan that will align with No Place Like Home specifications.

"Permanent supportive housing options are critical to people experiencing homelessness and who are also in need of mental health services," said Patrick Kennedy, Sacramento County District 2 Supervisor and Governor Brown's appointee to the No Place Like Home Advisory Committee. "Securing these funds will be a critical component of success in addressing the needs of this vulnerable population in the Sacramento region."

Paul Lake, Sacramento County's Deputy County Executive for Social Services, worked to ensure collaboration with key stakeholders when the planning committees began to meet in late 2016.

The NPLH Steering Committee includes Sacramento County's Director of Homeless Initiatives as well as representatives from the County's Departments of Human Assistance and Health and Human Services, the Mental Health Services Act Steering Committee and the City of Sacramento's Mayor's Office.

Members on the Program Development Work Group include representatives from the Cities of Folsom, Elk Grove, Citrus Heights, Galt and Sacramento.

NPLH funding is vital for the County because in order to fund NPLH, the State will be withholding the County's Mental Health Services Act growth revenues, which will create shortfalls in funding mental health programs.

The permanent housing would be linked to on- or off-site flexible, voluntary and individualized services to retain housing, improve health, and live and work in the community.

The county's next step is submitting the grant application, due September 30. Project funding is anticipated to begin in 2018.

Source: Sacramento County Media

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Support Our Sisters Delivers Bras to Women In Need

Story and photos by Jacqueline Fox

SACRAMENTO REGION, CA (MPG) - Lynne Shelton and Sheryl Smith are busy stuffing suit case after suit case with vacuum packed bundles of support bound for underserved women on farms in South Africa.

Mesh bags of bras, yes, that kind of support, adorned in pink polka dots, purple lace, black on black, white, leopard print, red satin, padded, non-padded, wired and soft framed, are strewn across the entryway and much of the dining room in Shelton's Rancho Cordova home. Bras are pretty much everywhere.

By late August, Shelton and Smith, with the help of a few other volunteers, will board a plane on Emirates Airlines with roughly 1,000 donated bras bound for four different farms in Mokipane, roughly two hours from Johannesburg, where shopping can cost a woman roughly nine month's wages, not mention prove an aggravating experience for many there who

are well-endowed and know only the pains of wearing bras that are as much as two or three sizes too small for them, that is if they have ever even owned one.

"You would be surprised by the number of women working on these farms that either have never worn a bra, or are wearing bras that are too small for them," says Shelton, founder of Support Our Sisters™ (SOS), which delivered 522 donated new and gently used bras to South African women in need in August of 2016. "It's something that we take for granted here, but getting a bra for the first time, to these women, is a huge deal."

This year, the number of bras being packed into air tight packages and stuffed into roll on suitcases is nearly double the year prior, which is a good thing, because this year SOS will be serving roughly 400 women on four different farms, nearly double the number of women served in 2016.

"That's how fast this is taking off," says Shelton, a business attorney and owner of Shelton Law



Sheryl Smith and Lynne Shelton have helped organize the group for a worldly cause.

that would delay it for weeks. Shipping the bras via air is not cheap: Emirates charges \$175 for each suitcase, but offers SOS a discounted price of \$158 and donates the full cost of carrying five suitcases.

Sheryl Smith, a broker and owner of Smith Real Estate Services, Inc., also in Gold River, got involved through the same congregation. She serves as treasure for SOS. She says the growth of the initiative is supported by pure, grass roots energy.

"This is very close to my heart," says Smith. "I've always been drawn to helping women in crisis of some kind, so I love what I'm doing. And by no means are we doing this alone. It's a pure grass roots effort. I'm even calling up my clients and saying 'Hey, I'm doing this. Would you like to be involved?' And they are all in."

Some are jumping in via the SOS Facebook page, coming on board to help with little or no connection to the group but the simple urge to help. And, it's not just women.

"We had a male donor find us on Facebook who asked us what we needed," says Smith. "We said we needed money to ship the bras overseas on the plane. He asked how much. We told him and he just said 'done.'"

Employees at Harrah's Casino in Reno took up a collected and recently donated 100 bras to the cause and family and friends of SOS volunteers are making donations from as far away as Kansas.

SOS has also donated bras



This year, the number of bras being packed into air tight packages and stuffed into roll on suitcases is nearly double.

& Associates in Gold River. She launched SOS in 2015 as an initiative of her foundation Raising a Nation (RAN), which she also founded in 2015 to provide support to the Institute For Ministry Development (IMD) South Africa chapter, with which she got involved through a member of her church, Lakeside, Folsom.

"I was asked by the IMD to go to Bad Se Loop to speak at a conference and I learned about what they were doing and I decided to start a foundation to support them," Shelton said.

IMD International is

headquartered in Denver and has chapters around the globe. IMD, South Africa, under the direction of Koos Basson and his wife, Jenny, is amidst building ministries in the townships near Mokipane, which will offer educational classes, as well as vocational and goal setting workshops, weekend camps and other resources for youth ages fourth grade and up to 30.

"The goal is to help these people learn about how their government works, how to advance their skills and better their lives," Shelton says. "You have to think about South Africa, or villages and farms outside of the major cities, as just coming out of a third-world scenario," she adds. "It has only been just a little over a couple of decades since the end of Apartheid and they don't have the kind of access to governmental information and education that we have."

An older, South African woman and farmworker was introduced to Shelton on that trip and, when it was learned she'd been suffering from severe pain a little investigation proved the culprit to be the size of the woman's bra.

"When she bent over she'd wince in this terrible pain," says Shelton. "We learned that she'd been wearing a bra that was way too small for her. But that's how it is there. If you can get the money for a bra, you're lucky. These women often can't even afford one, let alone get their hands on the size they need because the sizes available to them are limited."

With Raising a Nation barely off the ground, Shelton decided to launch its first initiative,

Support Our Sisters™, with a mission to bring donated bras to these women. And it turns out there is a lot of support out there for the cause.

"These women have little money and they are often living in the kind of bunkers you'd associate with plantations or farms of the south decades ago," Shelton says. "Also, because a lot of these women are mothers who have had several children,



Volunteers jumped in to help with the packaging and shipping.

they are very well-endowed. Our largest size was a 54 DDD. The smallest was 28DDD."

SOS accepts new and gently used maternity and sports bras, as well as regular ladies bras. There is a high demand for sizes 32, 34 and 36 B or larger, Shelton said.

SOS had hoped to use a cargo liner for the 2017 shipment of bras, but that plan was derailed when the tanker hit a snag

to local groups helping women in need, including 75 bras to WEAVE, a provider of crisis intervention services for survivors of domestic violence, sexual assault and sex trafficking in Sacramento County, and the Twin Lakes Food Bank.

For more information, call Sheryl Smith, (916) 472-0103, or visit www.raisinganations.org ★

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Crossword Puzzle on Page 5

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A	L	I	V	E		E	L	M		G	U	I	D	E			
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Sudoku Puzzle on Page 5

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3	4	7	1	2	9	6	5	8
2	5	1	4	8	6	3	7	9
7	3	2	6	9	4	5	8	1
4	9	5	7	1	8	2	3	6
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8	2	4	3	6	1	7	9	5
6	7	9	8	4	5	1	2	3
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By David Dickstein, Gold River resident

Not that I need a made-up holiday to express my opinions, but with September being "Global Speak Out Month" and all, it's only right to share my beefiest beefs with you fine people. Thanks for the soapbox on which I'm now standing.

- To Bel Air, what's with letting two shoplifters walk right out of your store with unpaid booze in their backpacks? Security was at the door, and even after one of the culprits gave you permission to check her bag, no doubt counting on the fact that stores are now too cowardly to enforce laws for fear of being sued, you let them leave without even a stink eye. I watched this go down the other week, and it was disgusting on both sides. If only to give them a scare and let them know they're not wanted back, I went after the couple myself, to no avail, unfortunately. If doing nothing about shoplifters is corporate policy, then lower your prices immediately. Why should paying customers make up for your losses if you maintain a laissez faire attitude with these scumbags?
- Oh, Great Pumpkin, bring us more trick or treaters next month as we had but four last Halloween and none the year prior. But keeping it real, oh Great Pumpkin, if I were a kid in search of candy, I wouldn't come to my comatose brown village, either.
- To Xfinity, since I'm not sure if my bundle of Performance Plus Internet with Blast and an unlimited voice landline is a value, I'm going to ask my readers if \$108 a month, not including taxes, is a good price. My email is below, with thanks.
- To the now-closed IHOP in Sunriver Village, thanks for the memories. I'll miss watching kids lick the lids of the community syrup dispensers and your overpriced

'Fool's Gold'

It's Global Speak Out Month!



Points for patriotism, but deductions for poor bracket placement and negligence. Photo by David Dickstein

- breakfasts. I'll miss the annoying "I happily accept tips" balloon guy and being seated at a table with used half-and-half tubs and sugar packets.
- To the property manager of Sunriver Village, I beg you to put that shopping center out of its misery and level it. Or at least bulldoze the northern half. The Price Less drug store property has been vacant for a decade and by now the cockroaches that were the best customers of that God-awful Chinese buffet restaurant have probably taken over the building with sights now set on the shuttered IHOP.
- To the social services and law enforcement departments of Sacramento County and Rancho Cordova, stop turning the other cheek and do something about the growing transient problem on both sides of Sunrise. You can start with the cluster of homeless inhabiting the area behind El Pollo Loco.
- To the owner of the ARCO at Sunrise and Coloma, thank you for explaining the other day why your new pay-at-the-pump machines are almost always out of order. Sorry that BP recommended a lousy supplier that cost you \$50,000 and who knows how many customers.
- To Taylor, maintenance dude extraordinaire at the Gold River Racquet Club, here's a Speak Out Month shout out in appreciation of your role-modeling customer relations skills and work ethic.
- To the Sacramento Kings for the new season, please don't stink.
- To the Sacramento River Cats ownership, you had a team that won divisional, league

- and Triple-A championships, smashed Minor League Baseball attendance records and had a fan base rivaling even some Major League teams for 15 years. Then in a greed-filled decision, you blew it all up in 2015 by changing affiliations from the A's to the Giants. In the three seasons since, your team has never made the playoffs, let alone enjoy a winning season, and you're now in the middle of the pack for league attendance. Nice going!
- To the family two houses down who moved to the East without saying goodbye to anyone on the street, good luck and good riddance.
- To the Marshall Village couple battling the homeowner association over a controversial lawn sign, I vehemently disagree with your views, but as someone whose safe, legal, patriotic and community-spirited Fourth of July fireworks display was quashed by a mean-spirited and cowardly village board years ago, I empathize with your situation.
- To those living in gated Gold River villages, how much do you hate open houses that allow countless strangers to freely drive in and out for hours?
- To the produce buyers for Bel Air, if it takes raising prices a few cents to get better quality than what's sold for less at grocery outlets and warehouses, I'm in.
- To the founders of Global Speak Out Month, thanks for the therapeutic fun. Let's do it again next year!

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



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.

If someone were to offer to give you a modest down payment on a car that you otherwise couldn't afford, but left you the burden of paying expensive monthly loan payments, repairs, insurance, registration, gas, and all other ongoing expenses, would you consider that car to be "free?" I wouldn't, and I suspect most readers of the Gold River Messenger wouldn't either, because you would now be obligated to pay for something that you cannot afford. Yet that is exactly what the *Sacramento Bee* is claiming when they suggest that Sacramento County has "ignored millions in free money for homelessness."

To fill you in on the backstory, there is a federal grant that local municipalities can apply for called "Whole Person Care," which would fund a program designed to help move the homeless people who use emergency rooms the most into more appropriate facilities for treatment. Sacramento City wanted to partner with Sacramento County to accept the money and jointly run a program. Sounds great, right?

GOLD RIVER COMMUNITY UPDATE

Free Money Doesn't Exist

Unfortunately, accepting this money doesn't make sense for several reasons.

First, this money isn't for ongoing funding, it's for a three year program - and after that three years is up we will be left to fund ourselves a program that costs \$64 million dollars annually. We would then need to either boot the homeless back to overcrowded hospitals, cut funding from other countywide services like police and roads, or raise taxes. None of those options are particularly attractive.

Second, the money would need to be used in a way that isn't very helpful to Sacramento County. This is because the money doesn't allow the spending on the two things we need most to help solve this problem, which are mental health services and housing. We don't need money to more efficiently connect the homeless with services, because we simply don't have enough services to connect them with (as can be witnessed by looking at the huge waitlists we currently have).

And last, in order to get the money Sacramento County would have to match the federal funds at a time when we have *virtually no reserves*. There is a significant cost associated with participating in this program, in addition to the fact that if we couldn't demonstrate improvements in certain health outcomes, the federal portion of the money could be withheld.

In the end, Sacramento County decided to not apply for the "free money", and I am in complete support of that decision.

Instead of risking our money on this program, Sacramento County has focused its time and

resources on programs that will offer more of what the homeless actually need. To help mental health we are investing in three new mental health crisis centers, opening a mental health urgent care center that can service 300-400 people, and increasing capacity at the Mental Health Treatment Center. And to help the housing problem we are creating a 24-hour homeless shelter to house 75 people each night, redesigning the family shelter system to provide housing for 33 families each night, and providing a shelter to high-risk families who cannot be diverted to permanent housing immediately while we assist them to find housing.

I recognize that these programs are not going to eliminate homelessness, because to be honest, we

could probably throw hundreds of millions at this problem and still not eliminate homelessness (*San Francisco spent \$275 million on homelessness last year*, and their problem is only getting worse). But our programs are a good step forward to address our immediate needs while also refraining from spending outrageously. There are roughly 2,000 unsheltered homeless on any given night in Sacramento County, and 1,000 churches - perhaps a good, free solution would be to proactively help engage the faith community as part of the solution and build volunteer support.

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. ★

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- Sacagawea to Lewis and Clark
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- Rap sheet abbreviation
- Tanks and such
- Spongebob's pal
- Sullivan's theatrical partner
- Fa, ____, la, ti, doh
- Daniel Defoe's ____ Flanders
- Swindle
- Ready for picking
- Right before "camera"
- Fish eggs, pl.
- Straight whiskey, e.g.
- Capital of Egypt
- Grand Theft object
- Per ____, or yearly
- Hidden valley
- "Bonnie and Clyde, partners in this
- Australian palm
- Distinctive elegance
- One's net worth
- Companion of Pinta and Santa Maria
- Slovenly abode
- Use a noose
- Any doctrine
- "Rogers' tapping partner
- Mohammed, alt. sp.
- Having three dimensions
- Chapter in history
- Jeweler's glass
- Moves closer
- Brownish gray horse
- Ruhr's industrial center
- Does something wrong
- Japanese capital
- Affirmatives

DOWN

- Explore with one's hand
- Pelvic parts
- Typically on limo window
- Affirms
- Junior's predecessor
- Plumbing problem
- Member of the Benevolent Order
- Idealized image
- "____ Your Enthusiasm"
- Tart garnish
- Smell
- Chipper
- Pertaining to Gaul
- People's Republic
- Down with the flu
- ____ of life
- "Will's roommate
- Predecessor to "truly" in a letter
- Petite, masculine
- * ____ and Teller
- Measuring instrument
- Higher ground, pl.
- Yummy reward
- *Cher's "I Got You Babe" partner
- "Brave New World" drug
- South American Indian
- Opposite of depression
- Socrates' concern
- Musical gift
- *Mary-Kate's twin
- Clingy one
- *Rocky and Bullwinkle, or flying squirrel and ____
- Teenager's woe
- Plaintiff
- Type of ski lift
- What snob puts on
- "Buddenbrooks" author
- Rumple
- "All for one, one for all" sword
- Change for a twenty
- *"The Murders in the ____ Morgue"

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For Solutions See Page 4

Leading the Leaders: DOVIA Sacramento Supports Non-Profit Volunteer Managers

Story and photos
by Jacqueline Fox

SACRAMENTO REGION, CA (MPG) - With few exceptions, among the most important individuals behind any successful non-profit organization, including its return on investment, are its volunteers. But how do you find them, keep them motivated and give them the tools they need to effectively make an impact?

Enter DOVIA, or Directors of Volunteers in Agencies, which has chapters across the country, including Sacramento. The Sacramento Chapter is currently celebrating 40 years of service, providing some 100 volunteer managers from a vast range of non-profit agencies, most of whom are members, with the support they need to successfully build and serve their core of volunteers.

DOVIA workshops and trainings offer ideas for learning how to motivate volunteers, as well as avenues for members to connect with other volunteer leadership professionals and collaborate and exchange ideas.

Rachele Doty, is the volunteer coordinator for First Call Hospice in Citrus Heights. She also serves on the board of directors as vice chair for DOVIA, Sacramento. She views the organization as an indispensable resource, where, through workshops, trainings, networking and annual conferences, she can access an evolving and valuable exchange of information on relevant issues facing professional volunteer managers, no matter the size or scope of their agency's mission.

"I have just on-boarded 20 new volunteers at First Call Hospice, so I have been utilizing every tool and workshop or training I have under my belt through my membership with and my role on the board of DOVIA," said Doty. "The agency is absolutely critical for anyone who is working with volunteers. You get the support you need to promote your own growth but also the growth and development of your volunteers, whether you're part of an executive team or some other administrative department."

Dues for membership to DOVIA are



(L-R) Mariann Eitzman, volunteer coordinator, Bayside Church, Roseville, Rachele Doty, volunteer coordinator for First Call Hospice and vice chair, DOVIA, Sacramento, and Meredith Holkeboer, Volunteer Services Assistant/Pet Therapy Coordinator at Shriners Hospitals for Children, Sacramento, at a recent workshop lead by Eitzman on giving presentations.

\$55 for one year for those who are signing up as an employee of a non-profit agency, and that fee allows for the bundling of two employees from the same agency. For individual memberships, the annual fee is \$30.00, all nominal fees for access

to support for trainings that often non-profits themselves simply don't have the resources to provide, despite their dependence on volunteers.

Lynne Moore is a member support specialist with the Girl Scouts Heart of

Central California Council, one of 112 councils in the nation. She and several colleagues from her agency recently attended a DOVIA workshop at Bayside Church in midtown, Sacramento focused on delivering effective presentations to volunteers. For her, the workshops and DOVIA membership provide unsurpassed support and education needed to oversee the some 300 volunteers that support her council.

"I get so much from my membership," said Moore. "I have a lot of moving parts in my job and a lot of changing faces, so it's critical that I keep up with new trends in recruitment and retention of volunteers. We depend so much on our volunteers and they deserve the best leadership available to them."

The biggest challenge many non-profit organizations face with respect to volunteers, says Doty, is finding them.

"That's an ongoing battle for everyone in the capacity of recruitment," Doty said. "One of the things we focus on with our workshops and trainings is how to utilize all of the available tools out there to reach potential, new volunteers. That includes social media apps, creating events to attract volunteers and how to effectively get the message out to volunteers in the community about your organization and its mission."

Meredith Holkeboer is the Volunteer Services Assistant/Pet Therapy Coordinator at Shriners Hospitals for Children, Sacramento. To say she's landed her dream job would be an understatement. She also finds her membership with DOVIA as invaluable. It has provided her with the tools to network with other volunteer coordinators and share ideas for how to keep volunteers engaged and impassioned about their work.

"The unpaid volunteers that support us are critical to our mission, so I am always on the search for new tips and ideas for how to work more effectively with our volunteers at Shriners," Holkeboer said. "I get a lot out of my membership. I learn new things every time I attend a workshop or a conference and I am reminded that I'm a part of a unique group of leaders out there who are overseeing people

who make a choice whether to keep showing up and helping out."

DOVIA will cap its 40th year with participation at the upcoming annual conference on Tuesday, Oct. 24 at Shriners Hospital. The ALIVE Hybrid Conference: Take the Leap | Embrace Change, will feature presentations for DOVIA members by four internationally renowned volunteer leaders with workshops centered on navigating organizational and professional changes.

DOVIA, Sacramento offers two, two-day trainings each year as a part of its membership focus, as well as monthly workshops, speaker events and other educational sessions. These are open to both members and non-members. Next year, the chapter will be taking a deep dive into the world of corporate giving, offering members in-depth trainings centered on how to make and maintain strong relationships with corporate giving managers who oversee employee volunteer pools in the community.

Presentations are planned by the heads of corporate giving departments from various companies who will provide DOVIA members with insights on how to recruit from their employee base and what their companies look for when determining which non-profits to support—something that can shift from year to year, depending on the nature of the economy and community needs.

"We are very excited about our plans for working with corporate giving representatives next year," said Doty. "Corporate support is very important to every non-profit, regardless of the size or what their particular mission is, so that is one huge part of what we'll be focusing on next year."

Other areas of focus for upcoming workshops will include stress management, supporting volunteer managers with tips and tricks of the trade to keep their volunteers from overpowering or, in some cases, de-railing the mission. And, just as importantly, training support will provide members with ideas for keeping their sanity when volunteers drop off, a phenomenon that, unfortunately, "goes hand-in-hand with our profession," Doty said. ★

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Louis McNerney

market, now is the time to face the truth. Inconvenient, yes, but it's a reality and pretending that it doesn't exist is no longer an option.

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to be an option. What if you could think that way again?

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That's right, the onion, with all its intricate layers, can be likened unto the needs, wants, likes, dislikes and desires that make you who you are. To "peel the onion" is to take a mini journey in self-discovery to uncover your core – we can help you to discover what motivates you along your own personal journey.

By discovering what motivates you, you can begin to decipher what you may need to change. Another way we open possibilities at The Entrepreneur's Source is the determination of your I.L.W.E. (Income, Lifestyle, Wealth, Equity). These are key components that contribute to your overall happiness and satisfaction with life.

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Four Stages of Business Financial Failure Leading to Insolvency



PAT FOSSUO

Brick and mortar stores are filing for bankruptcy at a lightning rate as the behemoth of e-commerce (Amazon.com) is extending its market power in the retail industry. The list of victims is stretching weekly from baby items store (Gymboree) to premium denim retailers (True Religion).

Companies need to monitor their financial health position given that the competitive environment is shifting drastically. The YOM Group carefully examines four stages of financial failure that could lead to complete liquidation. *Solvency is the ability of a business to meet its long-term financial obligations.* Solvency is negatively affected by a combination of: lower sales, anemic sales growth, weaker cash flow with net income positions, huge

overhead costs, and growing debt service.

• Period of Gestation

Becoming insolvent is not a sudden jolt that a company receives overnight. Before bankruptcy, few signals can emerge without being recognized by neither management, investors nor stakeholders, including:

- High competing environment
- Wrong managers in critical positions
- Growing fast syndrome
- Out of control overhead costs
- Weak business strategy

With the early signs of financial struggles, the management team should explore the root causes and FIX the problems.

• Dwindling Cash

Although a company has an excess of physical assets over liabilities, it can't quickly turn these assets into liquid. This company could be unable to meet its current obligations and be in a dire need of cash. The shortage of cash is a fundamental cause of a business failure.

Therefore, regular monitoring of key performance indicators and the quick ability to adjust its strategy will help the management team control the coming riptide.

• Financial Insolvency

At this point, the company is ineffective at raising funds and honoring its overdue obligations. Management could resort to a business specialist or form a creditors' committee for solutions. If these alternatives fail, total insolvency is next.

• Total Insolvency

At this stage, the company informs the public about its unsuccessful attempts to secure adequate funds. Total insolvency is confirmed once a petition is filed under the federal bankruptcy code.

Pat Fossuo is founder and managing partner at The Yom Group. He has more than a decade of experience transforming underperforming divisions of companies through operational turnaround. He specializes in identifying operational and organizational issues, managing liquidity generation, and serving in interim management roles. His typical clients comprise middle market companies with annualized revenues between \$5 million and \$2 billion in the United States of America, Europe, and Africa.



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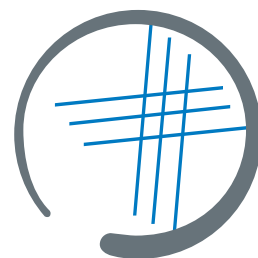
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Game Plots

No Man's Sky Still Can't Soar

By Noah Howard

At the very least, No Man's Sky developer Hello Games should be commended for their determination. Their game was one of the most ambitious of 2016, offering up a massive universe full of planets and creatures pulled straight from the cover of a pulp sci-fi novel. They promised endless exploration, tense planetary survival, and a network of species spanning the galaxy. Instead we got a mess. The beautiful worlds were there, but interacting with them was a constant slog of monotonously collecting resources on a meandering journey towards the universe's center. It wasn't particularly interesting, it wasn't particularly thrilling or dangerous, and it certainly wasn't fun.

But a year later, Hello Games has brought in an impressive amount of updated content, especially for such a small team. They've added base-building, tweaked the difficulty and scarcity of certain resources, changed the ferocity of the AI, and added a completely new story component. Nevertheless, these hefty additions only serve to emphasize how little Hello Games understands what its own

game is, and how it continues to frustrate its ever-dwindling fan base.

No Man's Sky is still utterly laborious, hindering its main draw, exploration, at every turn. In some cases Hello Games made it even more difficult to find the resources necessary to travel from planet to planet, and though their base-building ideas are fun (if uninspired), they serve to encourage players to stay in one place rather than venture out into the vast universe. Though the new story does a much better job of giving the player concrete goals to work towards, it's still much too long. No Man's Sky procedural (random) planet generation starts to unravel at the seams after about a dozen hours as the player starts to notice similar recurring structures, plants, and bug-bear monstrosities studding the planets' surfaces. Adding another 30 hours of story only ensures that the player finishes the game feeling like they conquered a massive virtual frankenstein of planet-parts, not like they survived a real universe.

In a year's time Hello Games has simply failed to learn what's increasingly dawning on most other developers, both big and



small. Content isn't king; cohesion is. The best games have a vision that ties all of their components together: the gameplay reinforces the character, which, in turn, reinforces the player's connection with the game and its world. Though this is most obvious in games like Hellblade: Senua's Sacrifice, which use mechanics to flesh out the character of a woman with severe psychosis, even less sophisticated titles, like the uber-violent gore-fest Doom, have been able to figure out how to cut their games down to the core experience that people wanted to see. No Man's Sky continues to be a series of disconnected parts, most of which serve to obscure its most promising idea: the prospect of exploring a vast and stunning universe. Until Hello Games can decide exactly where they want their vision to go, it will remain that way.

To respond to Noah's articles email him at digitalartsnoah@yahoo.com ★

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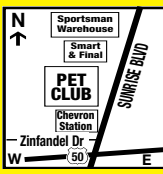
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PET CLUB is Excited to Now Offer: Blue Buffalo, California Natural, Chicken Soup, Earth Born, Evo, Innova, Diamond Naturals, Pinnacle, Taste of the Wild, Season's Natural, & Royal Canin Pet Foods

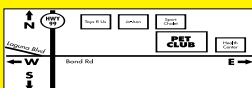
PET CLUB FOOD AND SUPPLIES

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

We Only Accept ATM, Cash, & Checks M-F 9-8, SAT 9-7, SUN 10-7 Effective 8/30/17 - 9/5/17



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 8/30/17 - 9/5/17

COUPON
FREE PURE NESS PET BOWL
Sm. Size #00201 or #00A1 with any purchase of pet, fish food or supply. Limit 1. 99c Value PLU 338 GRM
Limit: 1 Coupon Per Family
Effective 8/30/17 - 9/5/17

BLUE BUFFALO DRY DOG FOOD
•Chicken (Reg. \$11.00 Off) 30 Lb Bag
•Chicken (Large Breed) •Fish & Sweet Potato (Reg & Lrg Breed) •Puppy (Reg & Lrg Breed)
•Senior (Reg & Lrg Breed)
•Lamb & Rice
•Healthy Weight
AS MARKED \$8 OFF
Our Regular Low Prices!
Effective 8/30/17 - 9/5/17

NATURAL BALANCE ULTRA-PREMIUM DRY DOG FOOD
•Potato & Duck, 26 Lb
•Reduced Calorie, 28 Lb
•Regular, 30 Lb
SUPER BUY!
Limit 2 Bags Per Family
\$5 OFF Our Super Low Prices
Effective 8/30/17 - 9/5/17

MERRICK'S GRAIN FREE DRY DOG FOOD
25 Lb Bag
•Chicken/Sweet Potato
•Duck/Sweet Potato
•Buffalo/Sweet Potato
•Salmon/Sweet Potato
•Venison/Sweet Potato
Limit 2 Bags
ON SALE
Effective 8/30/17 - 9/5/17

PURINA KIT N' KABOODLE DRY CAT FOOD
16 Lb Bag
Limit 2 Bags Per Family
\$8.99
Effective 8/30/17 - 9/5/17

FRISKIES BUFFET CANNED CAT FOOD
5.5 Oz All Varieties
Limit 2 Cases Per Family
20/\$9.00
Effective 8/30/17 - 9/5/17

FUSSIE CAT PREMIUM CANNED CAT FOOD
Black Label 2.8 Oz
(Gold Label 2.8 Oz. 20/\$14.00)
Limit 2 Cases Per Family
20/\$13.00
Effective 8/30/17 - 9/5/17

TIDY CATS SCOOPABLE CAT LITTER
20 Lb Jug
•Regular
•Multiple Cat Formula
Limit 2 Jugs Per Family
\$6.99
Effective 8/30/17 - 9/5/17

HI-COUNTRY WILD BIRD SEED
20 Lb Bag
(Kaytee, 20 Lbs - \$8.99)
(Audubon Friends, 20 Lbs - \$4.99)
Limit 2 Bags Per Family
\$4.99
Effective 8/30/17 - 9/5/17

MERRICK'S GOURMET CANNED DOG FOOD
13.2 Oz All Varieties Limit 2 cases
On Sale

EVERCLEAN PREMIUM CAT LITTER
•ES Unscented •US Ever Fresh •Multiple Cat
25 Lb. Box Limit 2 Boxes
\$10.99

ZIGNATURE LIMITED INGREDIENT FORMULA DRY DOG FOOD
•Turkey •Lamb •Duck •White Fish •Trout/Salmon •Zsential •Venison •Salmon •13.5 Lb •27 Lb
Limit 2 Bags
20% OFF OUR REGULAR LOW PRICES

WHISKAS DRY CAT FOOD
With Savory Nuggets
15 Lb Bag Limit 2 Bags Per Family
\$9.99

PESTELL CLUMPING CAT LITTER
40 Lb. Bag
Limit 2 Bags
\$8.99

NUTRO MAX MAX CAT DRY CAT FOOD
•Adult •Indoor/Chicken •Salmon
16 Lb Bag Limit 2 Bags Per Family
\$17.99

KAL KAN CESAR SELECT DINNERS DOG FOOD
All Varieties
3.5 Oz Limit 2 Cases
69¢

FRESH STEP CAT LITTER
21 Lb Bag (14 Lb Bag - \$4.19)
Limit 2 Bags
\$5.99

CORE GRAIN FREE DRY DOG FOOD
3 FREE Core Dog Food 12 Oz Can With Each purchase
Original **\$54.99** Ocean Reduced Fat **\$59.99**
22-24 Lb Bag

OKOCAT CLUMPING WOOD LITTER
•Regular •Soft Step
11-13 Lb **\$3.00 OFF** 16.7 Lb **\$4.00 OFF**
Dust Free Natural Paper 2.3 Lb \$4.00 OFF

WELLNESS DRY DOG FOOD
(3 Free Wellness 12.5 Oz Can Dog Food With Each Purchase)
•Chicken •Lamb •Healthy Weight 26lbs •White Fish •Senior
30 Lb Bag (Lrg Breed Adult \$57.99) **\$51.99** **\$52.99**

SCIENCE DIET CANNED CAT FOOD
Selected Varieties
5.5 Oz Limit 1 Case
95¢

CASUAL PET BEDDING PRODUCTS
•Loungers •Orthopedic Beds •Cat Beds **20% OFF OUR SUPER LOW PRICES**
ALL VARIETIES EXCEPT: ORTHOPEDIC MAT 30"x 40" - \$23.99
PILLOW BED (Small) - \$18.99
PILLOW BED (Large) - \$23.99

HAGEN FLUVAL FILTER SALE
MODEL TANK PET CLUB SALE
106 ... 25 GAL ... **\$84.99**
206 ... 40 GAL ... **\$99.99**
306 ... 70 GAL ... **\$129.99**
406 ... 100 GAL ... **\$174.99**

TRUE CHEWS PREMIUM JERKY CUTS
All Varieties
100% Natural Dog Treat 12 oz pkg
\$7.99

SENTRY FIPROGUARD & ADVANCE GUARD 2
•Dogs •Cats
Flea Control & Treatment
•Regular •Plus •Max All Sizes
20% OFF OUR SUPER LOW PRICES

TETRA BOXED 10 GALLON TANK
Just add Heater For Tropical Fish
\$36.99 Limit 1 Per Family

VAN NESS CAT PAN LINERS
All Sizes
•Regular •Drawstring
20% OFF OUR SUPER LOW PRICES

SCOOP FREE LITTER TRAY CARTRIDGE
(Automatic Litter Box - \$99.99)
\$15.99

REPTILE SUPPLY SALE
Zoo Med Reptibark 8 Qts ... **\$5.49**
Tetra Reptomin 3.7 Oz ... **\$3.79**
Tetra Reptomin 10.59 Oz ... **\$8.49**

O.S.I. PREMIUM FISH FOOD
ALL VARIETIES
•Freshwater •Goldfish •Marine •Spirulina
20% OFF OUR SUPER LOW PRICES

BONUS COUPON
JONNY CAT PREMIUM CAT LITTER
10 Lb Bag
Limit 2 Bags With Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 8/30/17 - 9/5/17
\$15.99 GRM PLU 365

BONUS COUPON
WHISKAS ALL NATURAL TEMPTATIONS CAT TREATS
•All Varieties - 2.4 Oz
Limit 2 Pkgs with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 8/30/17 - 9/5/17
\$12.99 GRM PLU 423

BONUS COUPON
FANCY FEAST GOURMET CANNED CAT FOOD
3 Oz - All Varieties
Except Elegant Medley
Limit 1 Case With Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon Effective 8/30/17 - 9/5/17
53¢ GRM PLU 361



LIVE MUSIC
BY THE 8 TRACK MASSACRE

FOOD!

CRAFT BEER

TICKETS ON SALE NOW
WholeLottaBrews.com

Check our website for Earlybird Discount details!

FOLSOM LAKE BANK PRESENTS

WHOLE LOTTA BREWS

TICKETS \$35
\$45 at the door

SATURDAY OCTOBER 21
6 - 9 PM

FOLSOM SPORTS COMPLEX

OVER 75 BEER & FOOD TASTING STATIONS!

Event will take place at the Folsom Sports Complex!
THE EVENT WILL BE INDOORS!

Ticket Includes:
Tasting glass
Unlimited (tokenless) drink and food tastings

EVENT IS 21 & OVER

ALL PROCEEDS BENEFIT THE FOLSOM CORDOVA COMMUNITY PARTNERSHIP - THEFCCP.ORG



12th Annual Fair Oaks Chicken Festival
Saturday, Sept. 16th
www.fairoakspark.org

10:00 am - 6:00 pm
Fair Oaks Village

FREE
General Admission & Parking

\$5 Kid's Park unlimited wristband

- kids Park Performance Stage
- Pancake Breakfast - \$6
8:00 am - 10:30 am
- GREAT Chicken Contest
- SactoMoFo Food Trucks
- Cluck N' Crow Contest
12:00 pm
- Quality Crafts & Vendors
- Craft Brew Tasting - \$3 tastes
11:30 am - 5:30 pm

visit us @fochickenfest

• Live Entertainment •

Jax Hammer	@	10:00 a.m.
FBI	@	1:00 p.m.
Cherry Bomb	@	4:00 p.m.

Presented by **FAIR OAKS RECREATION & PARK DISTRICT** Sponsored by **SACTO MOFO** and **SMUD**

SEASON 22
2017
2018



Sacramento CHORAL SOCIETY & Orchestra

Donald Kendrick, Music Director

SAT, OCTOBER 21
8 PM
Fremont Presbyterian Church

STAINED GLASS REVELATIONS OF LOVE
The Ecstasies Above | Tarik O'Regan
Fern Hill | John Corigliano

SAT, DECEMBER 9
2 PM & 7:30 PM
Sac Memorial Auditorium

WELLS FARGO HOME FOR THE HOLIDAYS
Back from last year—
Matt Hanscom and the Grinch Puppets!

SAT, APRIL 7
8 PM
Sac Community Center Theater

EUROPEAN MASTERWORKS MOZART REQUIEM
Lux in Tenebris | James Whitbourn
Agnus Dei-Lux Aeterna | Morten Lauridsen

SAT, MAY 12
8 PM
Sac Community Center Theater

PRAISE AND JUBILATION
Te Deum | Antonin Dvorak
(West Coast Premiere)
Jubilate | Dan Forrest



SUMMER SEASON 2017

FAIR OAKS THEATRE FESTIVAL

PRESENTED BY FAIR OAKS THEATRE FESTIVAL

SHREW!

A Jazz Age Musical Romp



August 11 – September 17
Friday, Saturday & Sunday at 8:00pm

General Admission \$18 Discounts for Seniors & Students

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

STAINED GLASS | Tickets on sale August 1
Purchase online **SACRAMENTOCHORAL.com**

December, April and May concerts
Tickets on sale August 15*
*Purchase by September 1st and save \$5/ticket
CCT BOX Office | 916.808.5181

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

KP International Market

10971 Olson Drive • Rancho Cordova, CA 95670 • 916.853.8000

WEEKLY MEAT SPECIALS

Tyson Chicken Drumsticks Piernas de Pollo 40 lb Box...\$21.99 ea	GREAT VALUE Beef Tri Tip Boneless & Trimmed Corta de Cuadril \$2.59 /lb	BONUS BUY! Beef New York Strip Steak-Boneless \$3.99 /lb Filete de Res Estilo Nueva York sin Hueso
USDA CHOICE Beef Cross Rib/ Shoulder Clod Roasts Trozo de Res sin Hueso \$2.49 /lb	USDA CHOICE Espaldilla/ Shoulder Clod Steak Espaldilla de Res sin Hueso \$2.79 /lb	TENDER Filet Mignon Steak Filete Miñón \$6.99 /lb
IBP Pork Ribs-Single Pak (St. Louis Style) Costillas de Cerdo Estilo St. Louis \$1.99 /lb	SWIFT Meaty Pork Hocks Huesos del Cuello \$9.99 /lb	SWIFT Pork Loin Chops or Roast-Boneless Chuletas de Cerdo o Asado de Cerdo sin Hueso \$1.69 /lb

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

\$1 FOR 6 PEOPLE \$60.00 3 Hours Karaoke + Pizza + Pitcher Soda + 2 Main Dishes (Small Room) (12 inch) (Up to 3 pitchers) (10 Dishes To Choose From)	\$3 FOR 26 PEOPLE \$280.00 3 Hours Karaoke + 4 Pizzas + Pitcher Soda + Fruit + 7 Main Dishes (Party Room) (14 inch) (Up to 14 pitchers) (Assorted) (10 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
\$9 FOR 14 PEOPLE \$140.00 3 Hours Karaoke + 2 Pizzas + Pitcher Soda + 5 Main Dishes (Family Room) (14 inch) (Up to 3 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
\$6 FOR 18 PEOPLE \$180.00 3 Hours Karaoke + 3 Pizzas + Pitcher Soda + 7 Main Dishes (Large Room) (14 inch) (Up to 3 pitchers) (10 Dishes To Choose From)	

DRAFT BEER \$2.00
Mon-Thu 4:00 PM-9 PM
Fri-Sat 2:00 PM-9 PM

FRESH PRODUCE

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

Broccoli Bunch 99¢	Green Cabbage 3lbs/\$1	Green Bell Peppers 99¢	Navel Oranges 99¢	Garlic 5 ct 2/\$3	Lettuce Cello 69¢
Gala Apples 99¢	Green Grapes 2lbs/\$3	Popeye Spinach 12/10 oz 2/\$3	Mangoes 5 ct Box 4.99	Yellow Onions 3 lb Bag 99¢	Bardett Pears 99¢

AMERICAN/HISPANIC GROCERY

Tequila 12 pk Cases 12 x 12 fl oz \$7.99	Lipton Iced Tea 4pk 1 Gal \$2.69	El Compadre Charro! Mesquite 7 lb Bag \$3.99	Mazola Corn Oil 49 fl oz \$3.49	Coca-Cola Classic 20 pk Cases 20 x 12 fl oz \$5.99
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ASIAN GROCERY

Bevan's Drink Variety 11.5 fl oz 6-pack \$4.45	Green Chicken 13.4 fl oz 3/\$2	Knorr Brand \$2.99	Triple Leaf Brand \$2.99	Dragonfly Brand 2/99¢	Roasted Corned Jalisco 16.9 fl oz 3/\$2
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EUROPEAN GROCERY

Galbani 100% Avocado Oil 5 L \$3.49	Salmon Bellini 1 lb Bag \$2.99	Condensed Milk 99¢	Manna Mills Sweet Condensed Milk 570 gr \$3.49	Tscho's Sesame Crisps 300 gr \$7.99	Guarana Brazilia Soda 12 fl oz \$7.99
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KOREAN/JAPANESE GROCERY

Cal Rice 2 Kinds 15 lb Bag \$6.99	Soba Tofu 2 Kinds 15 oz \$9.99	Onyango Wheat Flour 5.5 lb Bag \$2.99	Hot Spicy Ramen 2 Kinds 5 x 4.93 oz \$2.99	Korean Style Starch Noodle 32 oz \$2.99	Roasted Seasoned Layer 12 x 4.2 \$2.99
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HOUSEWARES

LUMMAC POTS \$23.99-\$67.99	Pressure Cookers \$39.99-\$44.99
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FROZEN DEPARTMENT

Shinko Brand Shrimp 5 Pkts - 4.7 oz \$1.99	Small Octopus 16 oz (453 g) \$2.99
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EUROPEAN DELI

Salami \$3.99 /lb	Salami \$3.99 /lb	Schmaltz \$3.79 /lb
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The Art of Giving Back.

Extended! Move in by September 30 and receive our STRESS-FREE move-in package at no charge!*

eskaton.org/elgr

ESKATON

Transforming the Aging Experience

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

Community-based and nonprofit, Eskaton understands the value of sharing, connecting and giving back. We transform the lives of our seniors and school children alike through Eskaton Kids Connection, just one of our many life enrichment initiatives. Call, click or come by today to experience Eskaton, where we *live* the difference.

Limited time only. Must move by 9-30-17. Some restrictions may apply. Ask for details.

A leading nonprofit provider of aging services in Northern California since 1968