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Gold River Messenger

"Written by the people, for the people"

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Serving Gold River and Sacramento County

AUGUST, 2017

KICKING THE CAN DOWN THE ROAD



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Challenger: It's a Winner!



Amanda Anisimova (in action above) earns The Challenger win. Photo courtesy GARC.

By Katie Marshall

GOLD RIVER, CA (MPG) - This past week at Gold River Racquet Club, the FSP Gold River Women's Challenger had a week of fun and amazing tennis. This week on and off the tennis court, the tournament had multiple events including a fun-filled kid's day, an amazing business social, and a wheelchair event. These events were filled with memories that will last a lifetime.

In this year's tournament, the number one seed of the tournament was Jennifer Brady. She qualified and advanced to the fourth round of the 2017 Australian Open in her first Grand Slam main draw. She won her first round match at Wimbledon this year. She has won four USTA Pro Circuit and ITF Pro Circuit singles titles. Also participating in this year's tournament was Claire Liu who just won the junior Wimbledon title. She reached the junior French Open final, losing to a fellow American. Also in the tournament, was the youngest participant is fifteen years old, Amanda Anisimova from the United States of America. This year, she was the youngest player to compete in the main

draw of a Grand Slam at Roland Garros, since Alize Cornet in 2005. Finally, the oldest woman in the tournament is 46 years old is Kimiko Date from Japan. She reached number four in the world in singles in

1995. She won eight WTA singles titles and six doubles titles. On Monday night, there was a Pro-Am night of doubles. The doubles teams had three amateurs and one professional on the court playing a round robin. These amateur players got to give the professionals a run for their money. On Tuesday night, there was the Kid's Day. The Kid's Day allowed the young children to play with

the professional players, as well as get to ask the players about being a professional. On Thursday was the Rancho Cordova Chamber of Commerce Business Mixer. The Chamber of Commerce interacted with other business individuals from the local businesses around the area. For the rest of the week and weekend, the night matches benefited Saint John's for Real Change. The Saint John's for Real Change program is to help young mothers in crisis to improve their quality of life for them and their families. And finally on Saturday there was a Up Down round robin. Up Down is where a wheelchair player plays with a able body person.

Championship Sunday was filled with bittersweet

moments on and off the court. Unfortunately, the singles final had an unexpected turn. Ajla Tomljanovic withdrew due to a medical injury. The 2017 FSP Gold River Women's Challenger singles champion is American 15 year old, Amanda Anisimova. Currently, she is ranked number eight in the juniors and number 250 professional in the WTA. This is Anisimova's first USTA Pro Circuit tournament win. The doubles final winners are Giuliana Olmos from Mexico and Desirae Krawczyk from United States. They played a quick and amazing doubles final! It was all around good day for the Americans on the court! The tournament was filled with fun and lots of great tennis! Game, set, match! ★



The Challenger event draws some of the top women's talent every year. Photo courtesy GARC.

Employment Trends Show Over-parenting Intruding on Workplaces

Special Release from Pacific Staffing

SACRAMENTO REGION, CA (MPG) -The latest quarterly survey of Sacramento regional employers has discovered that 'helicopter parenting' is apparently landing at work. Polling employers regularly since 1992 it appears a new trend may be emerging in workplaces involving 'parental hovering'. HR contacts surveyed say they are hearing more often now from parents than in past years.

Contact by a parent on behalf of an applicant or employee was noted by twelve percent (12%) of service firms, two percent (2%) of manufacturers, six percent (6%) of construction companies and five percent (5%) of retail employers polled directly by phone between May 22 and June 22, 2017. Pacific Staffing learned one quarter, or twenty-five percent (25%) of all companies reported having had this experience recently when asked about it directly. This is an unwelcome new trend and seems to be growing in the workplace.

In anecdotal comments, the people who hire and manage people suggest they don't want to hear from parents in any way. Comments described personal contact by a parent as 'meddling', an 'embarrassment for parent and child', 'not appropriate' and whether positive or negative unwelcome as an 'intrusion' that raised 'privacy issues' and often resulted in an unfavorable view of that individual as an applicant, or as an employee.

One HR contact says they were surprised when a parent called to say they fired their child without taking time to really 'understand' them. The response was 'just need them to do the job, not understand them'. Another described a parent who called to say they should not rescind a job offer as a parking valet, but couldn't dispute the decision when they learned the individual was let go when they could not drive a stick shift. A fact not revealed in the interview or to the

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We opened our Gold River Realtors office in 1986, later merging with RE/MAX Gold. As always, I continue to serve you...now with my daughter Peggy Boling and assistant Marta Hearty.

Compassion Through Action: Union Gospel Mission at 55

Story and Photos by Jacqueline Fox

SACRAMENTO, CA (MPG) - For William Magana, it began with cutting. Up and down the Southern California native's body, he says, are more than 200 scars from self-mutilation that began when he was only 11, just after his mother, struggling to overcome a heroin addiction, was sent to prison outside Sacramento.

Until he was nearly 30, Magana lived between the two sides of the revolving door of foster homes, juvenile hall, mental wards, drug and alcohol addiction, arrests, prison, recovery and relapse.

"I supposed I was acting out because I wanted my mother, I wanted to be with her," says Magana, now 33. "So I started with cutting and then later it was drugs and drinking and all the things that go with that."

In 1997 Magana was given his first hit of methamphetamine and, for the next 17 years or so would work various jobs just to get enough money for more drugs. Stealing and robbing from his own employers, in one case \$8,000 from the till at a local convenience store, for which he would be convicted of a felony embezzlement charge, became routine survival tactics.

"I worked to drug and drugged to live," said Magana. "It was just an ongoing battle."

Eventually, he overdosed on his psych medication and wound up back inside one more mental institution near downtown Sacramento. But upon his release from that hospital, Magana says, something different happened, and it would set him on a course for change.

"I got out with nowhere to go and a couple of homeless guys said 'Go over to Sacramento's Union Gospel Mission. They can help you there,'" Magana recalls. "So I went. And I thank God every day for this place."



Pastor Tim Lane, Director of Union Gospel Mission Sacramento.

In 2015 Magana enrolled in the Union Gospel's nine week drug and alcohol rehabilitation program for men, began studying the teachings of Jesus Christ and the Bible, a requirement all who wish to receive services at Union, and started to turn his life around. But, as is often the case with addiction and mental health issues, Magana began cutting again and within a few months left and got back into old patterns of self-destruction. But the seed had been planted and he returned in March of 2016.

"You can do that here if you are willing," says Magana. "They saw me come back and they took me in again."

Now, 16 months clean and sober, Magana is a graduate of Union's rehabilitation program and is working as the Mission's kitchen intern, assisting with the preparation of the meals given out to the roughly 120 men and women who walk through doors each day.

At 55, Union Gospel is on the precipice of growth and much-needed restoration. The restrooms inside the men's

rehabilitation center and living quarters at its Bannon Street facility have, through the donations of supporters, been given a makeover, complete with new floors, private stalls and granite countertops. Granite countertops and new floors, says Director Pastor Time Lane, may seem like small things, but to the men who are enrolled in the Mission's rehabilitation program, and the guests the facility serves, they represent little reminders of self-worth.

"What we want to do with the renovations is provide a space that gives our residents a sense of pride and value," said Lane, who has served in his current capacity at Union Gospel since 2005.

Union Gospel can currently house up to about 60 men in its temporary shelter, but those stays are only good for roughly seven nights, after which they must leave for a minimum of three nights before cycling back in again. This is to allow others to rotate in. They must carry a current TB card, proof of a recent, negative Tuberculosis

test and inoculation and attend bible study sessions.

Meals are served twice daily inside the main dining hall. In 2016, more than 100,000 men, women and children received a hot meal at Union.

Although the area's homeless population is rising, the numbers served at the mission remain relatively consistent, but that is because availability is limited to current capacity only. Union Gospel's Bible-based, modified 12-step drug and alcohol rehabilitation program can serve up to 24 men at a time. Its goal is to steer participants toward a life of recovery, as well as a life centered on the gospel. "They don't have to convert, but they have to give us a chance to offer them information about the teachings of the Bible and how, if they want to, they can change for the better, change for good," says Lane.

Union Gospel Mission offers free showers and access to clean clothes for men who come in from the street during specified hours during the week. In addition, weekly food boxes are donated at a rate of roughly 2,000 a year. The Mission also hands out some 12,000 hygiene kits with shampoo, deodorant, toothbrushes and other essentials that are hard to come by for many of the area's homeless, as well as job-preparation training, mailroom services, locker rentals, access to a medical clinic, free haircuts, toys for children at Christmas, and other services as the need arises.

The main dining hall is transformed into a warming center in winter and, especially with the region's latest heatwave, serves as a cooling center during the day time. Every August, Union also puts on a massive birthday party open to anyone on the streets, working or living onsite, as way to provide them with recognition of a day that, for many, often goes unnoticed.

"When you're on the streets, homeless, or estranged from family members, your birthday can come and go without anyone acknowledging that," says Eileen Trussell, Union Gospel's office manager. "So we get balloons and have a giant cake and just offer one big birthday party for anyone who wants to come. It's an important thing to have someone acknowledge your birthday."

For all its able to provide the area's homeless and needy population, Union Gospel's resources for women are limited, although statistics suggest women, including those with children in particular, represent a growing sector of the homeless population across the region and nationwide.

The Bannon Street facility does provide one critical service: It's women's drop in clothes closet, where blouses, dresses, skirts, jackets, shoes, purses and even accessories, are available, free to any one in need. There is also a small inventory of clothing and shoes for children.

Lane, who was raised by a single mother, said the clothes

closet fills a significant gap for many women and those with children, but added that there is a vital need to do much more, as more women are not just in need of clothing but also a place to sleep.

"We served just over 1,500 women and children through the clothing closet in 2016," said Lane. "But clothing is not enough. We are seeing more and more women on the streets with no place to go. Right now we don't have the facilities to house women who need a place to sleep, but we are moving in that direction."

Earlier this year, Union Gospel purchased a 9,600 square-foot building on B Street in the River District with the intention of establishing a women's rehabil-

among them.

He has re-established a relationship with two of his three children and is looking forward to once again having a place of his own where they can be a family again. As a condition of his parole, Magana promised to back the employer he stole from in exchange for a reduced sentence on his record. With the help of the \$200 a month he earns working in the kitchen, he's managed to whittle that \$8,000 down to \$3,000.

"This time, I've gone deeper into God," said Magana. "I worked hard to learn as much as I could and today I have no desire to drink, use drugs or cut myself. God has taken those impulses away from me."

While the journey has



William Magana, a recent graduate of Union Gospel Mission's Drug and Alcohol Rehabilitation Program, now works onsite as the kitchen intern.

itation program with beds for overnight stays. Permits are being pulled for the new enterprise, but unfortunately, says Lane, the process is moving very slowly, as officials have been reticent to allow for the opening of one more homeless services center in an area of town largely considered to be saturated with homeless services already.

"We are in the permitting process now, but it's moving very slowly," said Lane. "Unfortunately the city has some concerns, and we understand why. With the confluence of two rivers, you have all the homelessness you need. But the need is strong. We are seeing many more women out there than we used to see. I know one woman who literally grew up on the streets. Her mother was homeless. I don't know where she is today, but her daughter is out there. She's had three babies out there on the streets. The state takes them away each time and she goes right back out again."

But for every heartbreak story there is the potential for thousands of stories of success: More than 21,000 men received services through Union Gospel in 2016 and, of that number, 12 successfully enrolled in and graduated from the mission's nine-month rehabilitation program and started new lives in recovery and service, Magana

included a few bumps and detours, Magana is on a new path, one of recovery fueled, he says, by the power of prayer and the commitment to one day giving back what has so freely been given to him. Twice.

"I never knew how much happiness I could get out of helping others," Magana said. "It's filled a piece of me I think was missing." ★

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Air show Tickets on Sale



The Airshow will take to the skies this September Exclusive discounts are available for this patriotic event. Photo courtesy CCA

SACRAMENTO REGION, CA (MPG) - It is time to get your tickets for the big show! The California Capital Airshow (CCA) will take to the skies on September 9 and 10 at Mather Airport, and tickets are now available.

"The California Capital Airshow is a full-sensory experience," said Darcy Brewer, executive director of the California Capital Airshow. "We're excited to bring the Sacramento region two full days of non-stop entertainment and unparalleled access to the world of aeronautics and aviation. Attendees will want to be on site and ready for the action before noon, when in-air demonstrations and fly-bys begin or all

things shiny, fast and loud take to the skies." The Airshow is presented by Sacramento County in partnership with the City of Rancho Cordova. The Airshow runs from 9 a.m. to 5 p.m. each day

Tickets will be available for all fans on August 1 at noon online or Rancho Cordova Chamber of Commerce. Prices will increase incrementally until the event on Sept. 9 and 10. Military discounts are also available at the ITT offices at Travis and Beale Air Force Bases.

For more information please visit CaliforniaCapitalAirshow.com
Source: CCA Media ★

Employment Trends Show Over-parenting Intruding on Workplaces

Continued from page 1

parent. With seventy-two percent (72%) of employers in the Sacramento region hiring in the next three months, new challenges are emerging. They include finding qualified applicants, including a wide

variety of IT positions, construction equipment operators and skilled trades, sales, customer service and adequate numbers of entry level people. HR contacts also report retention of current workers and growing wage pressure from the thin talent pool as issues in

Q3. Nineteen percent (19%) of hiring was motivated by seasonal needs in July, August and September.

For more information, employment blogs and market surveys go to www.pacificstaffing.com. ★



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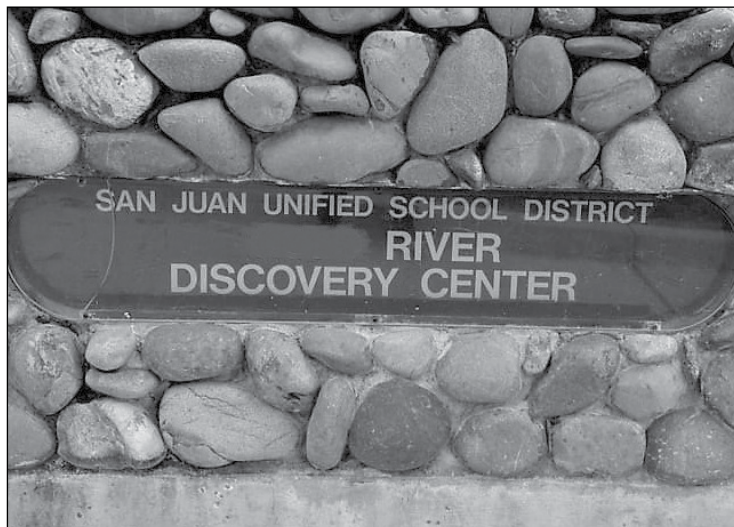
* Current versus same quarter one year ago.



By David Dickstein, Gold River resident

'Fool's Gold'

Gold River to Blame for a 'Rancho'less Cordova?



There's "Rancho"-less Cordova High School, so why isn't our school named "River Discovery Center?"

Rancho Cordova's city council and chamber of commerce have a branding issue, and part of the problem is Gold River. Just thumb through the yellow pages or scroll down a list on Yelp and you see the problem.

Gold River Pediatric Group. Gold River Carpet One. Gold River Real Estate Investment LLC. Gold River Distillery. Gold River Mobile Notary. Gold River Flooring.

Each and every one of them is a Rancho Cordova business. It doesn't take a marketing expert to see what's going on. When asked why his company identifies with Gold River instead of the city written on his business license, one owner said without blinking, "Gold River has the better name."

Ouch, Rancho Cordova. Very ouch.

More wincing are found at Folsom Lake Honda, which might have had similar thinking when it set up shop across the street from Folsom Auto Mall. Honda is the sole dealership on the south side of Folsom Boulevard, so it's inside Rancho Cordova city limits. All the other car shops there are on the north side of Folsom Boulevard, meaning they're in Folsom. Because I want to think well of the place that services three of my family's cars, we'll give Honda an out by assuming it went with "Folsom Lake" not as a slight to Rancho Cordova, but to parasite off Folsom Auto Mall without paying co-op marketing dollars.

Whatever Honda's story, it must be tough on Rancho Cordova being neighbors with Gold River, a community that news media commonly describe as "desirable," "affluent" and "up-scale." Plus, no matter how revitalized Rancho Cordova has become over its 14 years of incorporation, the city can't seem to shake off an image problem. At the Lowe's on Zinfandel, in fact, a man in the self-checkout aisle called Rancho Cordova

by its too-familiar, unpolitically correct nickname – the one that suggests the city is an Asian third-world country. Well, let's disavow that right here and now, and prove how baseless that nickname is. According to City-Data, which tracks race distribution within U.S. cities, not a single Rancho Cordova resident was of Cambodian ancestry as of a year ago.

Despite the existence of ignorant Lowe's customers,

the city's official website touts that one of city government's biggest accomplishments is improvement of Rancho Cordova's image from within. "Residents, business owners and community leaders can be proud of Rancho Cordova and the many ways the city has been improved," the web message says.

Well, when Gold River Distillery changes its name to Rancho Cordova Distillery, and other non-Gold River "Gold River" businesses follow suit, then we'll know how proud everyone is.

Not helping Rancho Cordova's cause are its own school district and parks department. They actually pay more respect to older names of the city – Cordova Vineyards and Cordova Village, among them – than the one that's being around for 62 years. If leaders are as proud of the city as they say they are, then shouldn't there be an effort to add "Rancho" to the names of the Folsom Cordova Unified School District and Cordova Park and Recreation District?

I mean, here's two of the most important taxpayer-funded departments serving the city, and they shy away from using the "Rancho Cordova" name. Are they ashamed? Are they too cheap to pay for six additional letters on building signage? Or is it that they think "Cordova" is more marketable and fewer citizens would sign up for water aerobics and baby ballet classes if they were offered by the "Rancho Cordova Park and Recreation District?"

"But, David," I can hear their rebuttal now, "the district serves Gold River, East College Greens, Rosemont and Mather besides Rancho Cordova, so we purposely keep the name more generic." Sorry, not buying it. Even if that's true, it's unproven. Look at the Rancho Cordova Chamber of Commerce. That organization has a ton of members from outside the city, as businesses from as far away as Sacramento and Roseville would agree.

Dropping the "Rancho" puts the school and park and rec districts in the same league

as so many name-bastardizing entities in town. There's Cordova Shooting Center, Cordova Baptist Church, Cordova Neighborhood Church, Cordova Medical Clinic, Cordova Community Preschool, Cordova Park, Cordova Town Center Station and Cordova Sewing and Vacuum Center, to name a few.

An even greater insult might be Cordova High School. There's a Rancho Cordova Elementary School, so why isn't the home of the Lancers called "Rancho Cordova High School?" Furthermore, Cordova High is the only public high school in the region not to use the full multi-word name of the city in which it located. You don't see Elk Grove High shooting the "Elk" or Granite Bay High taking its name for "Granite," do you?

Closer to home, could you imagine the founders of our public elementary school following Cordova High's lead? The local kids would be going to "River Discovery Center." We jest, of course, because Gold River, as the owner of Gold River (X) has a desirable name.

Laughs aside, all this is so sad, really. Our neighbor to the west is a wonderful city, and in the 19 years my family has lived here, we've seen dramatic and exciting improvements. Rancho Cordova is where I get my hair cut, do much of our grocery shopping, get a lot of our dry cleaning done, fill my car with gas and take care of our Double-Double fix on those occasional "let's be bad" evenings. So, a tip o' my cap to Rancho Cordova.

A final note: If you're wondering why we've kept said business owner anonymous, it's out of concern for his innocent employees. They don't deserve having their jobs in jeopardy should their boss' candid, though reckless comment about Gold River having the more desirable name cause a boycott among Cordova – whoops – Rancho Cordova residents.

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.

I would like to pose a hypothetical to the readers of the Gold River Messenger. If you have a yearly income of \$40,000, a bank account with \$600 in savings, and you find out you have \$1,000 owed to you after you finish your tax returns, what would you do? Personally, I would save the money. Then, I would review my monthly expenses, find places to make some cuts, and do everything reasonably possible to increase my savings to a much higher number. Neglecting to do this could ultimately lead me to homelessness if I lost my job and couldn't quickly find one.

I pose this question to you because Sacramento County was faced with this dilemma in the budget negotiations this past month, as we have a shockingly small amount in our reserves. We only

GOLD RIVER COMMUNITY UPDATE

Kicking the Can Down the Road

have about 1.5% of our money in reserves when it should be closer to 15-20%. Of the larger counties in California, we have by far the lowest reserves, with the next lowest being Riverside with 9.2%, and the average being 26%. In hard numbers, our reserves are about \$300 million shy of where we should be. We also have a \$1.2 billion unfunded pension liability (and yes, you read that number right) but that's a story for another article.

So when I entered into budget negotiations with the knowledge that we had an increase of \$47 million available funds this year to allocate, I thought it would be under the context of everyone making a deep commitment to increasing our reserves. But that is not what happened and instead, many of our discussions revolved around how to fund various new projects with the new money we had at our disposal. This was frustrating for me, because many of these new projects have great merit and I would gladly support most of them if we had the reserves to justify the expenditures.

But while I advocated for far more money to be put into reserves this year, I had to settle for the modest sum of \$4.7 million, which is 10% of the available funds we were to allocate. I supported some vital new projects, like the expansion of some of our services to reduce the growing problem of

homelessness, but I could not support others, like doubling the Regional Parks budget.

Saving money is not fun and it doesn't catch headlines. But I believe you elected me to stand up for the taxpayers in Sacramento County, even if it's not particularly exciting. Reserves might not seem like a big deal if you are looking at it in the short-term, but over time when another recession hits us we need reserves if we want to avoid the massive layoffs and disruptions of county services that happened in the mid-2000s.

Unfortunately we are not going to solve the problem of our reserves in the near future - we need to make this a priority for the years to come in order to dig us out of this hole. I would like to see us save 20% or more next year, and will be advocating that in the months to come. You have my commitment of continuing this fight until our fiscal house is in order.

Thank you for reading – and as always, if you want to contact me, call me at 916-874-5491 or e-mail me at SupervisorFrost@saccounty.net.

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

WIDOWED PERSONS ASSOCIATION OF CALIFORNIA



The Widowed Persons Association of California encourages men and women to come to Sunday Support each Sunday from 3:00pm - 5:00pm. The Widowed Persons Association is designed to be of help to recently widowed men and women, but any and all widows and widowers are welcome as a community service. Participants do not need to be members and there is no charge.

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 - Decked out
 - *Mickey Mouse's pet in books and cartoons
 - Young newt
 - Certain rib quality
 - Asian goat antelope
 - American Gas Association
 - Metrical units in poetry
 - *Story of Auggie Pullman, boy with a rare disease
 - Captain's record
 - Thanksgiving serving
 - Actor MacLachlan
 - Aardvark's morsel
 - Shape with an ax
 - Battlefield ID
 - Displeasure on one's face
 - High part of day
 - Nigerian money
 - ____ of Man
 - Wooden pin
 - Swarm like bees
 - Paparazzi's target
 - *Children's author _____
 - Pennypacker
 - Dial in on a radio
 - Attractive to look at
 - High in decibels
 - "Swan Lake" step
 - Virginia folk dance
 - Future fish
 - *"The _____ Tollbooth"
 - *Mary Lennox's secret spot
 - *Young Montague
 - O in IOU
 - Writers' inspirations
 - Gibson garnish
 - ____ Aviv
 - PayPal money
 - *"Where the Red _____ Grows"
 - *Final word of a children's story?
 - Buy second-hand

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- DOWN
- Goddess Rhea, to Romans
 - *"he _____ the house down."
 - Never replaced the UK's pound sterling
 - Lack of muscle tension
 - Carriage on top of elephant
 - Robert De Niro's "Cape _____"
 - *Roald Dahl's acronym
 - Europe's "boot"
 - Dungeness, e.g.
 - Car with a bar
 - Pulpit
 - Writing spot?
 - *"Don't let it drive the bus!"
 - Correct
 - Antiquated
 - ____-it-____
 - *Rabbit hole traveler
 - Offensively curious
 - Ballerina's skirt fabric
 - Courts
 - General Agreement on Tariffs and Trade
 - Secure with ropes
 - Rome's Colosseum
 - *Quarter Quell
 - Snorkeling site
 - Infamous Roman Emperor
 - *"Little House on the Prairie" protagonist
 - "Charlie and the Chocolate Factory" (2005) movie director
 - "War and Peace" author
 - Type of roof window
 - Portray emotion
 - Draw out a conclusion
 - Faculty member, for short
 - Sharpen
 - Arabian chieftain
 - Ne
 - Fix a horse
 - Biblical twin
 - Monster's loch
 - Skin cyst
 - Anything female

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

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

For Solutions See Page 4

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*US Census Bureau, Census 2010 Summary File 1, Esri forecasts for 2016

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POPPOFF!

with Mary Jane Popp

Drowsy Driving? You have to admit that you and everyone you know has had one of those moments in their driving life. And Anson was no exception.

Here are some stats that will really get you thinking. It is a silent epidemic with some 100,000 police-reported crashes each year according to the National Highway Traffic Safety Administration as a result of driver fatigue. Here are the gruesome facts. These crashes result in at least 1,550 deaths, 71,000 injuries, and \$12.5 billion in monetary losses. Approximately eleven million drivers admit they have had a crash or near crash because they dozed off or were too tired to drive.

Anson shared his own story. "I was having considerable trouble staying awake while driving home after long 15 hour workdays. My uncle, Dr. Heimlich recommended keeping a lemon or a hot pepper in the car, and whenever I started to feel drowsy simply bite into it. He explained how capsaicin from natural citric acid or pepper are the two ingredients that stimulate the tongue's sensory neurons, immediately alerting the brain to wake up. Your own adrenaline naturally kicks

into a reflex action. I chose the lemon and it instantly worked, making me naturally alert and awake at the wheel without having any unnecessary stimulants or bad ingredients in my system. Actually, nothing even entered my system again. My immediate alertness was caused by a natural reflex action that stimulated adrenalin." From then on Anson always kept lemons in his car. But he wanted to make it even more simple, and so he worked with Dr. Heimlich to come up with a tiny mouth spray with the natural ingredients mentioned above. And he did it. You can check it out at www.alertdrops.com.

This "Happy Days" star has dedicated his life to others as did his uncle Dr. Henry Heimlich. This project is closer to his heart than any other endeavor, but he has so much more that he shared with me from his battle with colon cancer to his appearance on "Battle of the Network Stars" coming soon on ABC. He will be coming back to POPPOFF so we can get into more of Popsie's...I mean Anson's life and times! ★

Piper, A New Golden in Gold River



By Kay Burton

When John and Barbara Williams of Pioneer Village said goodbye a year ago to their beloved Toby, a Golden Retriever mix, after nearly fourteen years of mutual devotion, the obvious question was "are we ready to get another Golden and start the puppy raising business again?" Well, in June last year they met up with a breeder in Lodi known for her field trial champion Golden Retrievers. She just happened to have one last female remaining in a litter of eleven. The decision to get Piper was made in a New York minute. It turns out that Piper's poppa is a show champion Golden from a breeder in Petaluma. Now fifteen months old, Piper is beginning to mature into a smart, good looking femme fatale with aspirations for agility training. Look for John and Piper around the neighborhood, hanging out at Starbucks or down by the river. She's growing up fast and loves retrieving and swimming!



New Addition to Gold River, a Golden Retrievers named Piper.

Can we say high energy?

The Golden Retriever originated in the early 19th century. It was developed after a long line of breeding from the Newfoundland, Tweed water spaniels and the Irish setter. The ultimate goal was to develop a breed of hunting dog that was big enough and had the endurance to hunt and retrieve a large number of game birds at a time. The Golden Retriever became quite popular with British nobility not only for its hunting and retrieving abilities, but because it was such a great companion. It is an excellent bird dog, and considered to excel in both land and water retrieval. The breed is so eager to please that it also makes an excellent search and rescue dog.

Today, what we do know is that Golden Retrievers have become one of the world's

top 10 most popular purebred dog breeds. Just what characteristics can make a canine so dang popular you ask? Well, for one, Golden Retrievers are extremely easy to train, very reliable and lovable too. The Golden Retriever is an overall incredibly obedient breed of dog that has both beautiful temperaments and a beautiful appearance. Plus, the Golden Retrievers are dogs that are good with children. What more could you want from a dog breed anyway? I have to say, Golden Retrievers are about as good as it gets in the dog world.

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 ★

Happy Days

I don't know anyone that doesn't remember the iconic TV series "Happy Days." It's still in reruns and probably will be for decades. Of course, it revolved around the lives of three good friends... Richie Cunningham, Ralph Malph, and Potsie Weber. Well, I got to have a great time talking with Potsie...in real life, Anson Williams. But what I learned about this special person was far more interesting than his character on "Happy Days." Did you know Anson's birth name was Anson William Heimlich? And yes, he is related to Dr. Henry Heimlich of the Heimlich maneuver to treat choking victims. They are actually cousins, but Anson always called him uncle. But Anson had a special message he wanted to share with me on POPPOFF. Have you ever thought about

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Warning Signs of a Business in Decline

PAT FOSS

Most companies have developed functional horse blinkers to their own defects. These companies are not failing because they cannot solve their problems but because they cannot see their problems.

Among the myriad of day-to-day activities facing the business leaders, we know that it is extremely difficult to filter and diagnose company challenges before they threaten the growth or even the existence of a company. Warning signs have to be sought out and top management should not neglect or ignore the small symptoms as temporary or even non-existent.

Warning signals in the early stage:

Falling margins

The initial fissure on the overall company is when growth of sales is not translated into profits. Falling margins are the first key. The second tip is price discrepancy in the market, with loss of market share. As soon as both points are in play, the company is in trouble.

Falling market share

Regularly monitor the market share of the company, is it trending up, down or flat?

Fast growing debt

As soon as a company is stretching the limits of its cash flow, when it must have certain levels of performance to stay liquid, there is trouble on the horizon. A simple calculation of working capital divided by the total assets will indicate the health of the company.

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New Wheels, New Road to Recovery for Homeless Veteran and Family

SACRAMENTO REGION, CA (MPG) - A hard-working local Army veteran and his family who had been sleeping in a family car that barely runs will receive keys recently to a practically brand new 2016 Nissan Sentra from Caliber Collision-Folsom and Allstate as part of the National Auto Body Council's Recycled Rides™ program.

Iraq War Army Veteran Derrick Broussard served his country from 2003-2013. Since returning to civilian life, Broussard has faced multiple financial challenges, yet he is determined and focused on his goals to ensure a better future for his family, which includes two sons, ages 10 and 3. Broussard balances full-time work and a full-time class schedule, commuting on his bicycle 1-2 hours daily, rain or shine.

With support from Volunteers of America, which nominated Broussard for the Recycled Rides program, the family is now in temporary housing as they work towards their goal of independence and stability.



Derrick Broussard (in vehicle, at right) checks out his new wheels. Photo courtesy Caliber Collision

The Recycled Rides vehicle serves as a stepping stone to financial recovery by enabling Broussard to pursue better-paying job opportunities, complete his education, and provide a better quality of life for his family.

The Recycled Rides vehicle was donated by Allstate and repaired by technicians at Caliber Collision -Folsom who volunteered their services to repair the vehicle as a community service. Recycled Rides™ is a collaborative program by

collision industry professionals to repair and donate vehicles to individuals in need.

Over the past five years, Caliber Collision and its industry partners have donated nearly 150 vehicles valued at nearly \$2 million.

Caliber Collision Centers is the largest collision repair company in America with 503 I-CAR Gold Class Professional certified collision repair centers across 17 states.

Source: Caliber Collision ★

Boy Scout and Troop to the Rescue

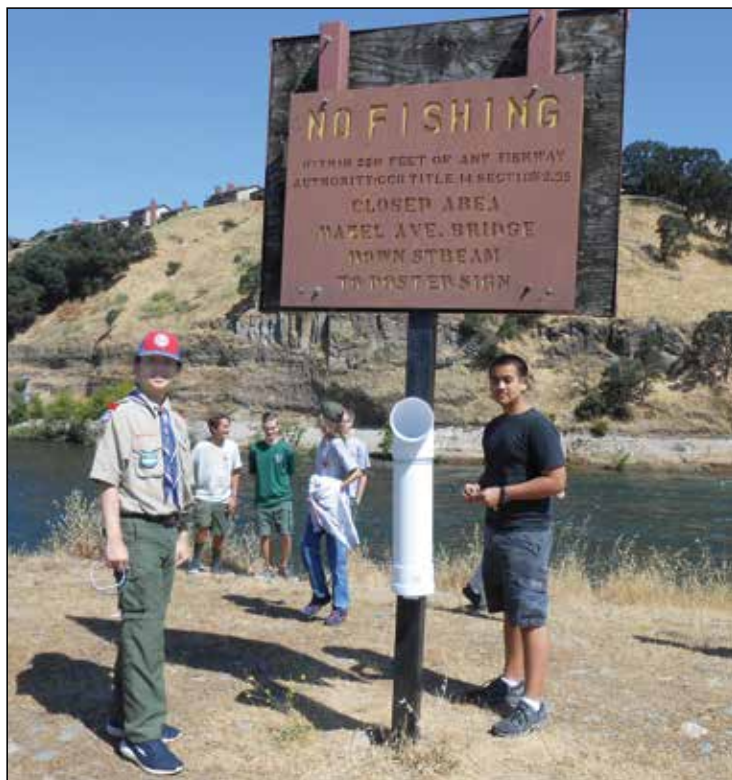
By Paul Scholl

SACRAMENTO REGION, CA (MPG) - Gabriel Cline, a 16 year old homeschooled eagle scout from Orangevale, recently completed installing five micro filament recycling bins at the Nimbus Fish Hatchery with the help of other Boy Scouts and friends. The Boy Scout patrol call themselves "The Flaming Jalapinos."

Gabriel has always had a keen interest in the environment. He took on the project to fulfill the requirements of a little known Boy Scout environmental award called the Hornaday Award. The Hornaday award program was created to recognize those that have made a significant contribution to conservation. It began in 1914 by Dr. William T. Hornaday, director of the New York Zoological Park and founder of the National Zoo in Washington D.C.

Recently Gabriel and his Mom were walking along the American River and they saw a little duckling that was entangled with fishing wire and they sadly had to watch it drown, as it was too far from them standing on the shore and it simply could not safely be reached.

Gabriel wanted to protect other



Gabriel Cline (left) saw the need to update micro filament recycling boxes at the Hatchery and wanted to have an impact on the environment. Photo courtesy Rae Cline

wildlife from getting entangled by fishing lines they cannot easily see, so he chose to work towards having the bins installed as a Boy Scout project. Gabriel and his mom hope people will be more aware that they are available and

will use them.

Rae Cline, Gabriel's mom said "My son is the youngest Eagle Scout in the history of the troop that he is in (Troop 107) and we are celebrating our 25th Anniversary. ★

Hagan Community Barn Receives New Kiosk



The improvements are just a part of multiple improvements to the community treasure. Photo courtesy CRPD

RANCHO CORDOVA, CA (MPG) - The Cordova Recreation and Park District worked with Girl Scout Troop 3922 to build and install a new informational kiosk at the Hagan Community Barn in Hagan Community Park on June 10.

This volunteer effort was part of a larger project completed in May 2017 to improve the barn including new electrical, accessibility, walkway and parking improvements funded by the City of Rancho Cordova Community Development

Block Grant Program. The final phase of the project will be a volunteer painting day scheduled for Fall 2017.

The Hagan Community Barn was originally donated to the District by the Rancho Cordova Rotary Club. Since 1972, it has provided children and adults in the community with important agricultural educational opportunities. The barn currently serves about 350 students through its Agriculture Academy and Future

Farmers of America programs. The teens are responsible for all essential duties at the farm including feeding, cleaning and caring for the animals.

The barn currently houses a variety of animals including ducks, chickens, geese and a donkey. The barn is open for tours on Saturdays from 10AM to 12PM. A fundraiser for the barn is scheduled for September 30.

Source: CRPD ★



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AN IMPORTANT MESSAGE FOR DENTAL OFFICES

New EPA Rule Requires Dental Practices to Install Amalgam Separators and Implement Best Management Practices

The Environmental Protection Agency (EPA) recently issued technology-based pretreatment standards under the Clean Water Act to **reduce discharges of mercury from dental offices into municipal sewage treatment plants.**

The Dental Office Effluent Guidelines became effective July 14, 2017. This final rule **requires dental offices install amalgam separators and two best management practices.** Dental offices that place or remove amalgam:

- ✓ Must install, operate, and maintain an amalgam separator
- ✓ Must not discharge scrap amalgam into the sewer
- ✓ Must not use certain kinds of line cleaners, such as bleach

Existing dental dischargers must comply and submit a form to Regional San (see links below) by October 12, 2020. New dental dischargers or ownership transfers must comply within 90 days of their first discharge. If any dental practices already had amalgam separators prior to June 14, 2017, they have until June 14, 2027, to replace them with compliant separators. Dentists who never place amalgam or remove amalgam in limited or unplanned circumstances are exempt.

Who is affected by this new rule?

This rule applies to offices, including large institutions such as dental schools and clinics, where dentistry is practiced that discharge to a municipal sewage treatment facility. It does not apply to mobile units or offices where the practice of dentistry consists only of oral pathology, oral and maxillofacial radiology, oral and maxillofacial surgery, orthodontics, periodontics, or prosthodontics.

Why are these standards necessary?

When dentists remove old amalgam fillings from cavities or place a new filling, mercury in the form of dental amalgam enters the wastewater of the dental office. Mercury from waste amalgam can make its way into the environment from the treatment plant through the land application of sludge or through surface water discharge to the Sacramento River. Mercury is a potent neurotoxin that can have a wide range of health effects. Once released into the aquatic environment, certain bacteria can change mercury into methylmercury, a highly toxic form of mercury that bioaccumulates in fish and shellfish. Eating fish and shellfish is the main source of people's exposure to methylmercury in the U.S.

Questions? Contact us at (916) 876-4141 or amalgamrecovery@sacsewer.com.

More Information & Compliance Forms: www.amalgamrecovery.com

EPA's Dental Effluent Guidelines: www.epa.gov/eg/dental-effluent-guidelines

If you are outside Regional San's service area, call your municipal sewage treatment agency.

This message is brought to you by the Sacramento Regional County Sanitation District (Regional San), which owns and operates the regional wastewater conveyance system and the Sacramento Regional Wastewater Treatment Plant, serving residential, industrial, and commercial customers throughout unincorporated Sacramento County; the cities of Citrus Heights, Elk Grove, Folsom, Rancho Cordova, Sacramento, and West Sacramento; and the communities of Courtland and Walnut Grove.

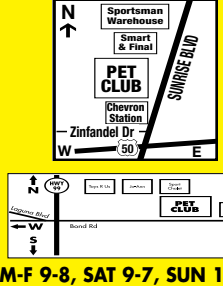
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Gold River Messenger

Serving Gold River and Sacramento County

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