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# Gold River Messenger

"Written by the people, for the people"

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Serving Gold River and Sacramento County

MAY, 2017

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## GET WORKING, GET FUNKY



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## SANCTUARY GOLD RIVER



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PRSR STD  
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# Teaching Yoga to the Blind

Sharing Balance and Peace with Others Who Are Visually Impaired

By Kristin Thébaud

**GOLD RIVER, CA (MPG)** - When Gold River resident Samantha Adams says anyone can do yoga, she really means anyone. Last summer, she taught chair yoga at nonprofit Society for the Blind in Sacramento to a visually impaired 94-year-old, his wife of 74 years and their 65-year-old daughter.

Adams laughs when she talks about the part of her yoga teacher training that is most challenging to teachers – learning how to do yoga blindfolded. Diagnosed with retinitis pigmentosa (RP) at age 12 and declared legally blind at age 19, Adams had high partial vision until age 40. By the time she took the yoga teacher training, she was 47 and could only see light.

"One of the most challenging parts about teaching yoga is that people are so used to visual cues that they don't know how to listen," Adams said. "Teaching yoga at Society for the Blind is great because everyone is already used to relying on senses other than vision."

Now at age 49, Adams has been a volunteer yoga teacher at Society for the Blind for more than a year, along with volunteer yoga teacher Kiara Winans. She and Winans now teach a focused style of yoga each month on Wednesdays at 11:45 a.m. at Society for the Blind, aimed at beginners. Adams' guide dog Lotto participates in all of her classes, resting on his own yoga mat and coming to her side when she ends class with the word "namaste."

"I love being able to share yoga," Adams said. "Yoga has given me balance and peace. I can take all of the chaos of my life and set it aside for a little while."

Her own yoga journey began when she moved to Sacramento from Canada to be with her fiancé, who also is visually impaired and received services at Society for the Blind years before.

"I just walked into a class at the gym and decided to try it," she said. "I had no idea what I was doing, but it became a good way to cope with how my whole life had changed."

At that point, Adams had left Canada and a career as a prosecutor with the federal government. She went from being a single mom working 60 hours a week to suddenly having a blended family with two teenage stepdaughters and no job. Not long after, her vision began to deteriorate rapidly.

"I had to stop fighting myself and stop trying to do things like a sighted person," she said. "I learned that lesson in my head 25 years ago, but I didn't fully know what it would be like until I was forced to put it into practice. It's kind of like being pregnant and knowing you're going to have to give birth, but then you actually have to do it. It's actually easier now that I'm not thinking I see things when I don't. It's easier to not have my vision mixed up in there."

Now teaching at Society for the Blind, Adams has had opportunities to teach weekly beginning yoga classes of different styles, including vinyasa flow and chair yoga, as well as workshops.

"My ultimate goal is for my students to become so comfortable with yoga that they can walk into a yoga studio to take classes



Samantha Adams, accompanied by her guide dog Lotto, teaches yoga classes to others who are visually impaired at Society for the Blind. Photos courtesy Kristin Thébaud

and not feel intimidated," Adams said. "For now, I'm watching my students here develop more body awareness and better physical balance. You can really feel the energy in the room."

For more than 60 years, Society for the Blind in Sacramento has created innovative ways to empower individuals living with low vision or blindness to discover, develop and achieve their full potential. Society for the Blind has grown from a dedicated group of volunteers that included

the Lions Clubs of America to a nationally recognized agency and the only comprehensive rehabilitative teaching center that provides services for a 27-county region of northern California. The nonprofit provides low-vision eye care, life and job skills training, mentorship, and access to tools to maintain independence for 6,000 youth, adults and seniors experiencing vision loss each year. For more information or to make a donation, visit [www.SocietyfortheBlind.org](http://www.SocietyfortheBlind.org). ★

## ALS Adds Director



Trish Ellis joins the staff of the local organization fighting Lou Gehrig's disease. Photo courtesy of ALSAC.org

**SACRAMENTO, CA (MPG)** - Trish Ellis of Yuba City has been hired as The ALS Association Greater Sacramento Chapter's first director of development, overseeing the local chapter's fundraising efforts to find a cure for ALS, also known as Lou Gehrig's disease, in the greater Sacramento region.

"I've always been involved with nonprofit organizations and fundraising – my mom ran her own organization while I was growing up, so it's in my blood," Ellis said. "I fell into development work through volunteering, and while I will always be a volunteer at heart, I love being on staff to fundraise professionally. The opportunity to work with The ALS Association's local team to create a world without ALS is a dream job for me."

Ellis is a United States Air Force veteran and holds a bachelor's degree in psychology from Brandman University, based in Irvine, Calif. Prior to her work at The ALS Association, Ellis served as senior development officer with the California Waterfowl Association in Roseville.

The ALS Association is leading the fight to treat and cure ALS, also known as Lou Gehrig's disease, through global research and nationwide advocacy while also empowering people with the disease and their families to live fuller lives by providing them with compassionate care and support. The local chapter of the organization best known for its Ice Bucket Challenge fundraiser serves 24 Northern California counties and is celebrating its 30th anniversary this year. For more information or to make a donation, visit [www.alsac.org](http://www.alsac.org).

Source: Kristin Thébaud Communications ★

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## Fire Camp Lets Kids Be Firefighters for a Week



To attend Fire Camp, applicants must be 11, 12 or 13 years of age, with preference given to those living within Metro Fire's boundaries.

### Sac Metro Fire Special Release

**SACRAMENTO COUNTY, CA (MPG)** - Metro Fire recently opened the application period for Fire Camp, a day camp that takes place from July 11-14, 2017. Fire Camp provides local children an once-in-a-lifetime opportunity to experience today's fire service, first hand. The program is designed to instill self-confidence, teamwork, teach life safety skills and provide a basic understanding of the firefighting profession, in a fun and

exciting atmosphere. Campers are grouped in "strike teams" of eight campers, and each strike team is mentored by two Metro Firefighters. Campers learn valuable life safety skills, while discovering what it means to be a firefighter.

To attend Fire Camp, applicants must be 11, 12 or 13 years of age, with preference given to those living within Metro Fire's boundaries. Applications are processed in the order in which they are received, so apply early for a better chance of securing a spot. Deadline to



apply is June 5, 2017.

For applications and more information, visit our website: [www.metrofire.ca.gov](http://www.metrofire.ca.gov). ★

## Miller Appointed by Governor Brown

**SACRAMENTO, CA (MPG)** - Governor Edmund G. Brown Jr. recently announced the appointment of Monica Miller, 54, of Gold River, as deputy chief, Homeland Security Division in the Governor's Office of Emergency Services.

Miller has been special agent in charge for the Sacramento Field Office at the Federal

Bureau of Investigation since 2013, where she has held several positions since 1989, including section chief for the Counterintelligence Division, an assistant special agent in charge for the Atlanta Field Office, unit chief of the Transfer Unit, supervisory special agent for the Washington Field Office and special agent.

Miller was a counterintelligence special agent for the U.S. Army from 1985 to 1988. This position does not require Senate confirmation and the compensation is \$158,004. Miller is a Republican.

Source: *The Office of Gov. Brown* ★

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Louis McNerney

Mark is a CA state worker and his wife is full time mother. For a few years They had discussed starting thier own business but had no idea how the franchise model worked. They wanted to find a business that could help increase thier income; but more importantly, help build a nice retirement plan down the road. Mark spent a lot of time researching online and cold calling corporate franchise offices on thier own and found it very difficult to navigate. Then his mother-in-law introduced them to **Louis McNerney from The Entrepreneur's Source.**

After our first meeting, Lou started to match us with what we were looking for. I was amazed with The Entrepreneur's Source database of companies looking for people like us. They had models from every price range and a wide variety of business concepts. Right away we were interested in a few models, but we kept coming back to one specific model. Once we made our first contact

with the Fantastic Sam's model, we felt it was a perfect fit. Lou was there every step of the way to answer questions and joined us on our discovery call to help us get clarification and address questions we hadn't thought off. Lou helped us bridge that gap we didn't know how to cross to make our dream a reality. My wife and I took a slower approach to sign our franchise agreement. However, we are very confident in our franchise choice

Our journey was a full circle. The first place Lou and I met, a local Starbuck's, was the same place my wife and I signed our franchise agreement with Fantastic Sam's corporate representatives. Thank you Entrepreneur's Source. Most of all, thank you Lou McNerney for your help, energy, passion and communication skills that people like us with no business experience need!

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## Breakfast Honors Firefighter Retirees at Station 61



Fire department retirees (left to right) Steve Vudragovich, Pat Murphy, Dave Pickett, and Jim Saunders have breakfast at Station 61, which is now part of Sacramento Metropolitan Fire District.

### Story and Photos by Margaret Snider

**RANCHO CORDOVA, CA (MPG)** - Firefighters of Station 61 in Rancho Cordova treated their retired compatriots to a pancake and sausage breakfast on Saturday, April 29. "We love having the retirees over for breakfast," said Captain Eric Kellenberger. "I hope they realize they are still part of our firefighter family. We see them and feel proud to be associated with the rich history that they helped create in service to this community."

The former firefighters had lots of stories. In the 1980s, engineer Dick Shannon was driving the fire engine from Rancho Cordova Station 62 on Bradshaw when he got the notice of a collapsed Highway 50 overpass, which was under construction at the time, at Folsom and La Riviera. Three cars had been caught underneath and one construction worker was killed. "We just turned around and went back to 62 because we had the State heavy rescue rig, that had big jacks, and welders," Shannon said. "... we had gasoline spilling and everything else. We finally found the people that were trapped and got them out."

Thinking back over his more than 25 years with the fire department, Shannon bemoans the fact that he didn't keep a daily log; a lot of the events tend to run together after a long period of time. "It was a great job, it really was; very satisfying," Shannon said. He enjoyed the breakfast. "The pancakes were good, and I saw people I hadn't seen in a long time."

Kellenberger enjoyed hearing about some of the incidents that happened back in the 70s, 80s and 90s. "There are big differences between now and then, primarily because of the newer technology we have now, like

turnouts, breathing apparatus, engines, trucks, medics, etc.," Kellenberger said. "What remained the same, are the calls; helping people during difficult times."

This was Kellenberger's first year with this event. "I hope to be at this firehouse for the next few years," Kellenberger said. "I

way, because the risks are calculated. "You do your training and you follow the rules, you're okay," Leard said. "There are a few times when you run into things, you're on a big forest fire or something and the fire's all around you, and you think 'Uh-oh!' But you manage to get through it."



Captain Eric Kellenberger, left, and firefighter/paramedic Andrew Ramer cook pancakes at Station 61. "I feel blessed to be in a position to be able to honor those that have done this job long before me," Kellenberger said.

plan to invite them over for an annual breakfast each year."

Doug Leard has lived in Rancho Cordova for more than 50 years, and went to high school in Folsom, because Cordova High School had not yet been built. He worked with the fire department for 30 years, starting out as a firefighter and retiring as Captain.

Leard recalled a fire in a strip mall off of Coloma Road. "My firefighter is eager," Leard said. "He jumps off and is getting ready to go in. It had a cantilever porch where the porch extends out over the sidewalk, there's no posts. It's supported from the inside. Well, the inside had burned off. . . . He wants to go. I said no, hold off, hold off. In just a few minutes that whole porch came down. He would have been in there and that whole thing would have come down behind him. Maybe cut off the flow in his hose."

Even though situations are dangerous they don't seem that

The retired firefighters are members of the Mills One Club that meets at Mills Station at the Mather Field Road light rail station. "That was the hub of the community at one time, it was Mills Station," said Mike Spaich, currently president of the Club. Initially each of the Sacramento areas had their own volunteer fire department that gradually switched to professional firefighters. "Little by little, this would be in the late 70s and the 80s, the mergers all took place," Spaich said.

The last merger was in December 2000 when American River Fire Department and Sacramento County Fire Protection District merged to form the Sacramento Metropolitan Fire District. "Metro Fire," serves a population of over 738,000 in a 358 square mile service area, according to the District's website, <http://metrofire.ca.gov>. ★

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**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.*

The California State legislature may soon make California the first "Sanctuary State" in the Nation. I want to take a moment to explain what this means for Sacramento County, and how it impacts Gold River residents.

To become a "Sanctuary State," California will have to violate Federal information laws and limit cooperation with the Federal Government in order to help individuals who are illegally in the country avoid deportation. While the City of Sacramento is a "sanctuary," Sacramento County is not. This is an important distinction as it is the county that runs the jail and county policies that more directly impact illegal immigrants that have committed additional crimes. If the Governor signs the sanctuary

## GOLD RIVER COMMUNITY UPDATE

### Sanctuary Gold River

bill into law, the entire State will become a "Sanctuary State" which of course includes Sacramento County and the community of Gold River.

There is a great deal of misinformation floating around regarding the relationship between the Federal government and the Sacramento County Sheriff in regards to this issue. Nobody is bursting into undocumented immigrants homes because of their immigration status. Nobody is checking the immigration status of students in our schools. Nobody is getting deported because they reported a crime, got a traffic ticket, or even committed a minor crime. That's because the County does not coordinate with ICE, nor do hospitals, schools, or even the Sheriff - except at the jails.

When someone is sent to the County jail for serious/violent crimes (drugs, theft, rape, murder, etc.) through the normal fingerprinting, information is shared. Federal ICE Agents then contact the jail to inform them that they have an illegal immigrant. The jail then holds that individual until they have served out their sentence and releases them to the Federal authorities for processing and deportation rather than releasing them back into the community. That's it. Reducing crime and keeping

violent criminals out of Gold River is an "all-partisan" issue that we are all working toward.

I also want to note that without cooperation from local law enforcement agencies, this bill will force Federal immigration officers into our neighborhoods and schools to perform stings which are potentially far more dangerous and upsetting than working from the jail.

Further, this bill could deprive Sacramento County from being able to receive grants through the Office of Justice programs, and the Sacramento County Sheriff would lose over \$4 million in annual Federal Funding (this bill doesn't provide the funding that would be lost). The Sheriff's department has already been forced to reduce their budget to untenable levels, this bill would further hamper the ability for our law enforcement to keep the streets of Gold River safe by suddenly stripping funding that places deputies in the community.

*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. ★*

## Cordova Creek Naturalization Project Recognized



Cordova Creek Naturalization Project during construction and after.

**Story and Photos Courtesy Sacramento County Media**

**SACRAMENTO COUNTY, CA (MPG)** - An important project to improve the nature of urban runoff in the Cordova Creek area has been overseen for the past two years by the Department of Water Resources and Department of Regional Parks. The Cordova Creek Naturalization Project is designed to restore the creek, develop recreational use, and offer a nature study area.

This unique concept has caught the eye of Sacramento Environmental Commission, which awarded the project an award for demonstrating "outstanding environmental stewardship" on April 17.

The Cordova Creek Naturalization Project gave the area a much-needed face-lift by

removing an existing trapezoidal-shaped concrete channel, and replacing it with a natural winding channel that complements the current land use. It also offers a functioning, living stream that improves the environment.

This wasn't an easy fix. Due to the size of the project, it was divided into two phases. The first phase began June 2015 with the second phase starting April 2016, and has transformed the creek into a natural riparian corridor. The new design includes reintroducing native trees, shrubs and groundcover along the stream banks, wetland areas and surrounding uplands. The Cordova Creek Naturalization Project augments 80 acres of recently restored riparian woodlands and native grasslands to the west, and the 50-acre Soil Born Farm and native plant

nursery to the east. This includes a walking trail with interpretive signs to provide the public access from the Dedo Way River Access to the American River Parkway.

The Project was developed by a partner group, including Sacramento County Departments of Water Resources & Regional Parks, Water Forum, Sacramento Area Flood Control Agency, City of Rancho Cordova, Soil Born Farms and California Native Plant Society.

The public will get a chance to learn more about the project at a grand opening of the Cordova Creek Naturalization Project on May 21, 2017. See more at: [www.saccounty.net/news/latest-news/Pages/Cordova-Creek-Naturalization-Project-Recognized](http://www.saccounty.net/news/latest-news/Pages/Cordova-Creek-Naturalization-Project-Recognized). ★

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## Gold River Messenger

Serving Gold River and Sacramento County

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# Golfing for a Good Cause



Blissings in a Backpack (BIAB) provide back packs with food for students that might otherwise go hungry. One way the group does so is with an annual golf tournament. Local BIAB Coordinator JD (Janice) Davis recently shared some information about their upcoming event. Photo courtesy of Blissings in a Backpack

By Shelly Lembke

## SACRAMENTO REGION, CA (MPG)

Every school day countless children across the state count on meals provided by the public school system to stave off hunger. While that safety net is invaluable, it does not extend throughout the long hours of the weekends when food at home may be scarce or unavailable at all. To fill that gap, the nonprofit group Blissings in a Backpack was born.

Blissings in a Backpack (BIAB) provide back packs with food for students that might otherwise go hungry. One way the group does so is with an annual golf tournament. Local BIAB Coordinator JD (Janice) Davis recently shared some information about their upcoming event.

This is our 2nd year at doing our golf tournament and we had so much fun doing it the first year, and we raised funds to help us feed the kids! It will be Friday, June 2nd and tee time is 8 a.m., with registration starting at 7:15 a.m. It was so blasted hot last year that we all appreciated the earlier tee time. How many charity golf tournaments do you get to bowl a hole in? BIAB tournament will afford you that if you're willing to make a small donation at that particular hole with one of our junior volunteers. We now have an event sponsor [Parkwest Casino]!

This benefits students from 5 Rancho Cordova elementary schools that we feed each

weekend. These are children that might otherwise have a shortage of food during those 65 hours they aren't in school. Our children receive free breakfast and lunch every school day of the year and we don't want them to worry about food over the weekends. A side benefit is that we also utilize a corps of junior volunteers to help us for this event which is great because kids helping kids creates kindness in our children.

We have a lot of friends and family that support our events, but our goal is to grow our program and to do that we must grow our support base. We invite any and all level of golfers out. We had six golfers last year that had golfed only a few times before and they had a blast and are already committed to coming back this year. We have room for 144 golfers and it would be a wonderful thing to fill up every slot.

We are ahead of where we were last year, which is always a great thing. We have 10 foursomes and 7 sponsors. There is plenty of room for many more of both!

For every event BIAB does our goal is to best what we did the year before. There were several things our golfers from last year asked us to leave so we are. Our goal is to be bigger this year with more golfers, which allows us to raise more funds to buy food to feed the kids. We will have a few different things going on for the luncheon and also we're offering our sponsors an opportunity to set

up a table at the golf tournament and market!

Every penny we raise is used to buy food for the kids right here in Rancho Cordova. We purchase the food and store it in our food locker at Unity of Sacramento. This is where our schools come and pick up their food every two weeks.

We spend, right at \$2.50 per child each weekend of the school year. When you multiply that by 250 kids and then every weekend of the school year, [equals] our money goes pretty quick. We are also hoping to adopt our 6th school as we start the new school year.

It was 3 years ago, April 25th, we sent home our first 30 food bags to Cordova Villa Elementary School and we would not have been able to grow the way we have without the support of our family, friends and our community. We are very appreciative of every Rancho Cordova business, church, non-profit, etc. that has helped us to keep setting higher goals. We plan our events so everyone has a great time and wants to come back when we do it again! Thanks to all who have supported us and to all who will!

The day's agenda begins early and registration includes food and beverages. "We'll make sure our golfers don't go hungry or thirsty during the event," promises Davis. To register or for more info contact BIAB at [bibsac.org](mailto:bibsac.org), [JD@BibSac.org](mailto:JD@BibSac.org) or 916-213-5595. ★



## Wanting What Others Have Hurts Us

Usually when we think of spring cleaning we think of getting out the buckets, brushes, rags and cleaners and cleaning the inside of the house. If you want to learn more about that, Google it. This article is about sprucing up the place just before you go inside your home; your entryway.

### You'll have to go outside for this spring cleaning

Your entryway is the gateway to your domestic life. It gives guests their first impression of your home life and quite frankly a little peek into who you are. After your guest rings the doorbell there's "wait time," and it's a rather private period of scrutiny and judging for him or her. Here are my 8 tips for spring cleaning your entryway.

#### 1. Be Your Guest

Stand outside your front door and pretend you're a guest and you just rang the doorbell. While you're waiting for you to come to the door, think about what your entryway says or doesn't say.

As you stand at your door, does it feel welcoming or does it make you want to run? Be sure to have a notebook to write all the ideas that come to mind. By putting yourself in your guest's place, you give yourself new eyes. Write down what they'll see.

(When I did this exercise, I looked at the bear my bonus daughter, Kristi gave us when we moved into our new home 15 years ago. The bear is carved out of wood and I love him. He holds a sign that used to say, "Welcome," but on a closer look I discovered it was blank. This blank sign would certainly give my guests an opportunity to wonder what the bear wanted to say: "Will work for honey," "Help!" "Beware of Dog," or a hundred other bear messages. Repaint welcome sign got added



Make It Fun and It Will Get Done!  
The Secret to Being Organized

## Pam Young's Corner

### 8 Tips for Spring Cleaning

to the list of sprucing up chores that popped up during this exercise.)

clean the fixtures so if they do, they can do their job.

#### 2. The Doorbell

The first thing to do is ring the doorbell to see if it really works. If it doesn't, fix it, or at least write it down to get it fixed. If it needs a little cleaning, do it whether it's fixed or not.

#### 3. The Front Door

The front door probably needs a good cleaning and polishing after all its work protecting you and your family from winter's abuse. Use mild detergent and your favorite furniture polish. If it has windows in it or around it, wash them inside and out. If it has a brass kick plate, polish it with brass cleaner. (Right after I did this, my neighbor came over and said, "Oh, you got a new door!")

#### 4. The Doormat

After the long winter, your doormat needs to be cleaned or maybe even replaced. Doormats are like bathrobes and slippers; we get used to them and fail to see their gradual demise. Besides many of us enter our homes through our garages and rarely see what we are subjecting our guests to at the front door. Doormats serve to welcome guests, but they are also the front line in the battle against outside dirt coming in. (Just a personal note, it's a wise tactic to choose carpeting and upholstery fabric that matches the dirt in your yard.)

#### 5. Entryway Plants

Scrutinize any plants in the entryway. Are they thriving or do they look like they're dying and struggling for nourishment and care? The condition of your entryway plants don't necessarily reflect how you take care of your family, but some guests could come to that psychological conclusion.

#### 6. Entryway Light

Make sure your lights work and

#### 7. Entryway Walkway

Keeping your entryway swept is a weekly task and because it's outside, it's host to more than human guests. Moss can creep in, cobwebs and their inhabitants, yard debris from wind gusts and such. The best moss killer I've found is plain old white vinegar. I buy it by the gallon and douse moss that gets into the little nooks and crannies of the aggregate sidewalk in our front yard.

#### 8. Decorate for the Season

It's always nice to decorate your entryway for the seasons, but be careful not to go overboard. I don't think you want your home to look like a department store window in New York.

As you plan your spruce-up remember the most important element in an entryway is to have it reflect your love and care for your home and family. If your entryway can make you smile, it'll surely make your guests feel welcome.

My book "The Joy of Being Disorganized" will help you get organized just enough to please you. It'll help you see that you're a peace keeper not a house keeper and you're a peace maker more than a homemaker. Learn how to enjoy making peace in your home for you, your family and all who enter.

Thank you for reading my ideas and I hope you make a grand entrance for you and your guests.

For more from Pam Young go to [www.cluborganized.com](http://www.cluborganized.com). You'll find many musings, videos of Pam in the kitchen preparing delicious meals, videos on how to get organized, lose weight and get your finances in order, all from a reformed SLOB's point of view. Pam's books are also available on Amazon. ★

## FAIR OAKS CEMETERY



### 19th ANNUAL

# MEMORIAL DAY EVENT

SATURDAY, MAY 27TH, 2017 @ 10:00AM



## 100th Year Anniversary



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

The Nineteenth Annual Memorial Day and Avenue of Flags Ceremony will be held Saturday, May 27, at the Fair Oaks Cemetery, located at 7780 Olive Street, Fair Oaks. The formal ceremonies start at 10 AM. This year's theme is to remember the 100th year Anniversary of the United States' entry into the "Great War" and to honor our Veterans of World War 1, "The War to end all wars," of whom there are eighty-six known veterans buried in the Fair Oaks Cemetery.

Chairman of the Fair Oaks Cemetery District Memorial Day Committee, Tom Askins will be the Master of Ceremonies. The main speaker(s) will focus on the history, facts and results of the United States entry into this war.

The Fair Oaks Cemetery will be decorated with hundreds of flags lining its roadways as "The Avenue of Flags." We will also be adding more names to the Veterans Memorial Wall. The laying of the wreath at the memorial in honor of over eighteen hundred veterans who are buried in the cemetery, will be done by VFW Post 6158 and American Legion Post 383.

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

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

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# POPPOFF!

with Mary Jane Popp

## Take Back Control

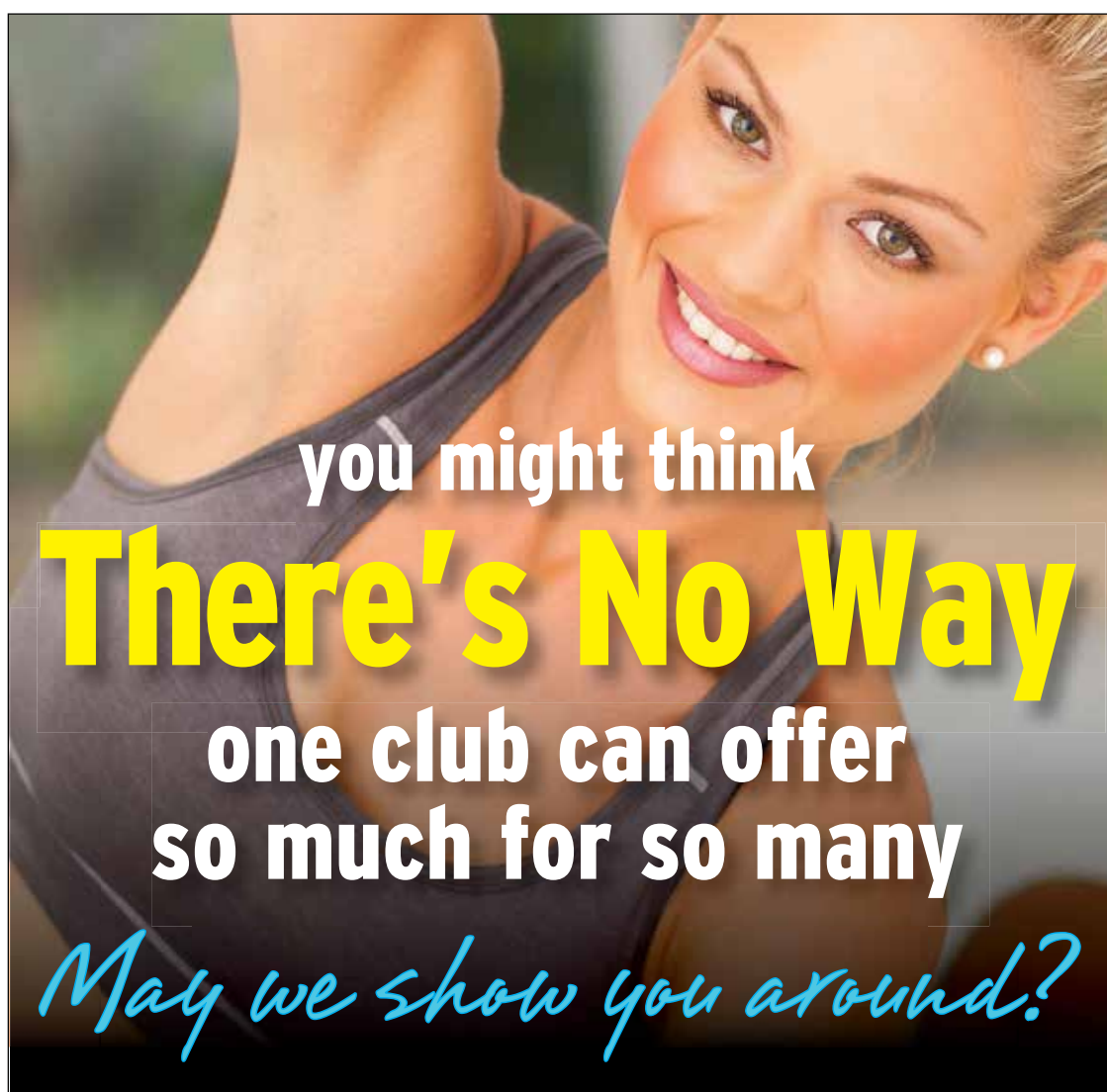
Are you in pain...back pain? Are you considering surgery? Hold on! Dr. Kamshad Raiszadeh told me on POPPOFF Radio that, for most chronic back and neck pain patients, surgery is not the best solution. That's why he wrote "Take Back Control" A Surgeon's Guide to Healing Your Spine without medications or surgery. Here are some reasons to reconsider.

1. "Minimally invasive" surgery is a marketing gimmick.
2. There is no widely agreed-upon surgical treatment for lower back pain.
3. Bad MRI findings are NOT a valid reason to have surgery.
4. Very often, surgery won't cure back pain anyway.
5. Most back pain will resolve itself when you take a "wait and see" approach.
6. Conservative self-help programs combined with lifestyle changes often work better than surgery.

So how about ten tips for healing your spine? Let's get to it.

- 1.) **Look for a good integrated program.** The "to cut or not to cut" decision is a big complex one. It's best when made when all different spine practitioners (surgeons and non-operative specialists) are on the same team...your team...focused on whatever method will help YOU the most.
- 2.) **Don't let out of pocket dissuade you.** If you enroll in an integrated care program, you will likely have to foot some or all of the cost. But compare this to a lifetime of pain that could have been treated by a team of experts or by surgery that can make it worse than before.
- 3.) **If you can, avoid opioids.** Using heavy narcotics is a slippery slope. Use your body's own pain relievers called endorphins to manage and alleviate pain.
- 4.) **Make full use of "natural" pain management methods.** Don't discount home remedies like ice and heat therapies for reducing pain. You can even try meditation and affirmations to improve your perception of pain.
- 5.) **If you're overweight, lose weight.** Excess weight, especially around your middle, contributes to back pain.
- 6.) **Fuel your body with spine-friendly foods.** Good nutrition and hydration play vital role in your spine's health. Eat a diet rich in anti-inflammatory foods like vegetables, colorful fruits, wild salmon, olive oil, legumes. Nuts, and alliums such as onions and garlic.
- 7.) **Embrace exercise.** Movement allows nutrients to pass into the spine, and exercise actually lessens back pain.
- 8.) **Practice good posture and good spine health habits.** For example, it's best to avoid sitting all day at a desk (try alternating to a standing desk or get up and more periodically). When you must sit, be sure to practice good posture.
- 9.) **Check your tendency to catastrophize.** Don't wallow in negativity. Your point of view profoundly affects your perception of pain, and catastrophizing (the habit of thinking or talking about a situation as worse than it actually is) will delay your healing and make you miserable.
- 10.) **Work really, really hard to adopt a positive mindset.** Chronic pain can easily crowd out optimism, but you MUST remain hopeful. A positive outlook will make your recovery faster and far more pleasant. Use meditation and affirmations to improve your state of mind each day.

Dr. Raiszadeh goes into a lot more detail in "Take Back Control" and you can check out his websites at [www.takebackcontrol.com](http://www.takebackcontrol.com) and [www.spinezone.com](http://www.spinezone.com) for lots more information. And this comes from a surgeon. Fascinating! ★



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## Carmichael Park Farmers Market

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## BUCKEYE UNION SCHOOL DISTRICT CHARTER MONTESSORI AT VALLEY VIEW ELEMENTARY EL DORADO HILLS, CA

**Did You Know that** .... the Buckeye Union School District is now accepting registrations for the Charter Montessori School Program beginning at the Transitional Kindergarten level at its Valley View School site located at 1665 Blackstone Parkway in El Dorado Hills for the 2017-2018 school year?

If you are interested in such an education program for your children, we would invite you to review the registration information and complete a registration packet, a copy of which can be downloaded from the District website at <http://www.buckeyeusd.org>. Completed registration packets may be submitted to the District Office at the Valley View Elementary School campus, 1665 Blackstone Parkway, Bldg. C., El Dorado Hills. It is the District's intent to open the Valley View Elementary School with the Charter Montessori Program containing classes in TK-6 th in the 2017-2018 school year, expanding to the 8th grade by the 2019-2020 school year.

The first day of school for 2017-2018 will be August 9, 2017. Please go to our website for specifics on this date and the 2017-18 student school calendar at <http://www.buckeyeusd.org>. Please email any questions you may have to [cschwietert@buckeyeusd.org](mailto:cschwietert@buckeyeusd.org)



## Less Toxic Alternatives for Pest Control



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

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

### o Know your Friends

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

### o Less Is More

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

### o Attraction is Essential

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

### o Choose Plants Wisely

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

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# County Supervisors Honor Volunteers

**SACRAMENTO COUNTY, CA (MPG)**  
- Sacramento County is proud to announce and recognize the 9,346 volunteers/student interns who contributed 381,333 hours to County programs in 2016, which calculates to \$10,699,076.32 worth of service; the quality of life in our region has been thereby enhanced for our residents.

Departments served by these individuals and groups include Airports, Animal Care and Regulation, Health and Human Services, Parks, Probation, Sheriff and Waste Management and Recycling.

Multiple examples of contributions roused a full range of emotions during a recognition ceremony today, from compassion to concern.

One volunteer group that was recognized was Sacramento Teen/Animal Membership program (S.T.A.M.P.). S.T.A.M.P. consists of 12-18 year old participants and meets every other Saturday and Sunday at the Bradshaw Animal Shelter. They happily complete basic shelter cleaning tasks and creative projects, alike, and play with the shelter animals. Their very



Sacramento County Board of Supervisors recognize the 2016 volunteer/student intern contributions of 381,333 hours and \$10,699,076.32 worth of service

successful pet reading program was recognized nationally with inclusion in the PBS documentary series, "Shelter Me" which spotlights unique and innovative programs that have a direct and positive impact on the animals within municipal shelters.

Like myriad counties across the country, Sacramento is experiencing an increase in opioid addiction and accidental overdoses. Megan Key was honored for donating 300 hours over a six-month period to Sacramento County Public Health in its work toward reducing opioid abuse, overdoses and deaths in Sacramento County. Megan Key is the primary author of the

"Sacramento Prescription Drug Surveillance Report, 2015." She helped the Epidemiology Unit to provide insightful interpretation of trends in opioid prescribing, develop recommended actions, and establish concrete goals for the County and Sacramento Area Opioid Taskforce.

If you would like to volunteer for the County of Sacramento, please visit: <http://www.sac-county.net/Government/GetInvolved/Pages/Volunteer.aspx>

Source: Sacramento County Media Dept. ★

# Democrats Kill Another Berryhill Attempt at Meaningful Regulatory Reform

**SACRAMENTO, CA (MPG)** - Democrats this week killed a common-sense, regulatory-reform measure authored by Senator Tom Berryhill, R-Twain Harte, which would have started to unwind costly regulatory constraints placed on businesses and individuals in California.

B-181 would have required state agencies to identify and repeal two regulations for every new one created. The California Code of Regulations is 28,000 pages long.

The Berryhill bill would have placed the responsibility of identifying regulations for repeal with the agencies, instead of the Legislature, giving those agencies the freedom to use their regulatory expertise to implement the "one-in, two-out" rule

most effectively. "Something needs to change in this state," Berryhill said. "Businesses are leaving California for friendlier environments, while individuals are frustrated by the government progressively chipping away at their freedoms and their incomes."

Senator Steve Glazer, the Democratic chairman of the Governmental Organization Committee, opposed the measure as an abdication of the Legislature's oversight responsibilities, but graciously offered an olive branch to Berryhill for future attempts at bipartisan regulatory reform.

"It's a little bit of a meat cleaver approach," Glazer said. "I know that comes out of

frustration with how things have continued on a path that you're frustrated with. But I don't know if it's the most thoughtful way to look at each one, because each one does matter. I'd love to work with you on finding other ways in which we can deal with this problem. I thank you for your thoughtfulness and leadership on this issue."

Berryhill responded: "I appreciate the chairman's gracious comments and I am eager to work with him on this issue."

Senator Berryhill represents Rancho Cordova and the counties of Amador, Calaveras, Inyo, Mariposa, Mono, Stanislaus, Tuolumne and parts of Fresno, Madera, Sacramento and Tulare.

Source: Office of Tom Berryhill ★

# WasteRight Sacramento

Commercial Food Waste in its Right Place

## Sacramento Area Businesses Begin Food Waste Recycling Program

Local restaurants and food providers get on board with WasteRight Sacramento to comply with new state law – Assembly Bill 1826

Local businesses are tackling greenhouse gas emissions with WasteRight Sacramento, a new program to help businesses recycle food waste. All business that produce four (4) cubic yards or more per week of organic waste are required to recycle this material. Businesses such as restaurants, bakeries, grocery stores, hotels, schools, and food distributors, are in some cases now regulated by this new law.

Organic waste, including food waste, are recyclable through composting, mulching, animal feed and by using anaerobic digestion to produce renewable energy. All of these methods to reuse organics contribute to a

strong and sustainable economy in the Sacramento region.

Annually, commercial waste haulers in the Sacramento area collect approximately 450,000 tons of commercial garbage. Organic waste, including food waste, makes up 15% of that amount, and is the largest single contributing source to landfills. As food waste decomposes in the landfill it releases potent greenhouse gasses, especially methane that contributes to climate change.

The California Department of Resources Recycling and Recovery notes that 15 percent of America's food waste could annually feed more than 25 million people.



The new law applies to you if **YOUR BUSINESS GENERATES 4 CUBIC YARDS OR MORE of food waste per week**

**WHY we CARE**  
Organic waste is the single largest material disposed of in our landfills and a major generator of greenhouse gases. Wasteright's goal is to divert food waste for sustainable use instead of sending it to a landfill. Let's make it happen!

**WHAT IS FOOD WASTE?**  
Food waste includes:  
• Fruit  
• Vegetables  
• Meat  
• Bread  
• Coffee grounds  
• Tea bags

**WHAT IS ORGANIC WASTE?**  
Organic waste also includes, plant debris and:  
• Food-soiled paper products such as:  
• Napkins  
• Towels  
• Tissues  
• Paper plates

**BUSINESS INCENTIVES**  
Businesses that get on board early with the new recycling requirements may also be eligible for saving on garbage service fees.

**HELP!**  
For more information, please visit [www.sacberc.org](http://www.sacberc.org)  
To arrange for recycling services, please visit [www.wasterightsac.com](http://www.wasterightsac.com) or contact your waste hauler.

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Limit 2 Boxes with Coupon  
Limit One Coupon Per Family  
Price Valid Only With Coupon  
Effective 5/3/17 - 5/9/17 GRM PLU 422