



**Daisy, a New Addition
to Our Gold River
Neighborhood**

PAGE 6

**Capitol Pops
Patriotic Concert**

PAGE 2



Gold River Messenger

"Written by the people, for the people"

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Serving Gold River and Sacramento County

JULY, 2017

**ELIMINATING
GOLD RIVER
POLLING LOCATIONS**



PAGE 5

**FERAL CATS
PROJECT SEEKS
VOLENTEERS**



PAGE 2

**COOLEY HONORS
LOCAL BUSINESS**



PAGE 2

Women's Tennis is Back



Caitlin Whorisky and Ashley Weinhold (above) team up against their competition. Jovana Jaksic (right) readies for a strategic backhand. Photos courtesy of Gold River Racquet Club.

GOLD RIVER, CA (MPG) - From July 23 to 30, some of the world's top up-and-coming women tennis players will be playing in the FSP Gold River Women's Challenger. This year, these women will be playing for \$60,000 in prize money and be part of the US Open Wild Card Series.

For the fourth straight year, the tournament will be part of the US Open Wild Card Series. The top American female player with the best performance over the course of this series will receive a Wild Card entry to the main draw of the US Open in New York at the end of August worth \$43,000 for the winner.

The \$60,000 FSP Gold River Women's Challenger will have a singles main draw of 32 players and doubles main draw of 16 teams. The main draw of the tournament begins Tuesday, July 25 and the final match of the tournament will be Sunday, July 30. The qualifying tournament begins Sunday, July 23.

These matches will be played throughout the day and early evening during the

tournament. General admission is complimentary during qualifying events and main draw day sessions. Admission is \$10 for Thursday to Sunday evening sessions. Tickets for these sessions are available at www.goldriverchallenger.com or at Gold River Racquet Club on match day. Gold River Racquet Club is located 2201 Gold River Drive, Gold River.

USTA Pro Circuit tournaments are a series of professional tournaments with prize money ranging from \$10,000 to \$100,000 and WTA ranking points. The challenger level tournaments are just a notch below WTA events, very similar to Triple AAA baseball, like the Sacramento River Cats. Every year there are

ladies from 10 to 12 different countries that will have a world ranking of 100 to 400.

For up to date information about or during the tournament, go to www.goldriverchallenger.com. ★

New Employment Report Shows Poor State Leadership

By Paul Scholl

SACRAMENTO REGION, CA (MPG) - The Center for Jobs and the Economy recently released its full analysis of the May employment data.

In the State Employment Growth Rankings, California dropped to 3rd place behind Florida and Texas Between May 2016 and May 2017, Bureau of Labor Statistics (BLS) data shows the total number of employed in California increased by 250,000 (seasonally adjusted), or 13.4% of the total net employment gains in this period for the United States. California dropped to 3rd place behind Florida (which has a civilian working age population only 55% as large as California's) at 409,600 and Texas (68% as large) at 254,800.

Measured by percentage change in employment over the year, California dropped to 33rd highest. Adjusted for population, California dropped to 35th.

The report shows California's Labor Force Participation Rate at its lowest level since 1976. California's participation rate (seasonally adjusted) in May declined to 62.0%, while the US rate dropped only 0.2 point to 62.7%. Improvement in the unemployment rate at both the California and national levels came from these contractions in the labor force numbers.

The seasonally adjusted California participation rate in May was at its lowest level since 1976. The unadjusted rate was at its second lowest level since 1976. In the recent May Budget Revision, the Governor again pointed to the increasing share of lower wage jobs as one of the prime causes of slowing state revenues growth.

"The level of wages has been revised downward, and cash receipts have been significantly below forecast." - Gov. Jerry Brown.

Brown continues to not take responsibility for the many lost high paying jobs leaving California for better business climates in other states. California ranks last in the United States for being pro-business. Over one-third of jobs growth over the past 12 months has been in the low wage industries.

For additional information and data about the California economy visit www.centerforjobs.org.

Source: Centerforjobs.org ★

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Capitol Pops Patriotic Concert July 2nd



Kurt Pearsall will lead the Capitol Pops Concert Band at Fair Oaks Village Park, July 2.

Story and photo by Susan Maxwell Skinner

FAIR OAKS, CA (MPG) - A free July 2 (Sunday) concert at Fair Oaks Village Park will set a patriotic mood for the nation's birthday. Lead by maestro Kurt Pearsall, the Capitol Pops Concert Band's

volunteer members will offer an all-American program that will include marches, anthems and swing tunes.

Susan Skinner is featured vocalist. A God Bless America finale will include the audience in a sing-along with the 60-piece ensemble. Children are welcome.

The park is located at 4238 Main Street in Fair Oaks. Downbeat is 6:30 pm.

Sheltons Unlimited Mechanical Services of North Highlands is concert sponsor. Learn about the Capitol Pops Concert Band at www.capitol-pops.org ★

Cooley Honors Local Business at 2017 Salute to Small Business

SACRAMENTO, CA (MPG) - On Monday, June 5, Assemblyman Ken Cooley (D-Rancho Cordova) honored Kniesel's Collision, Inc. as the 8th Assembly District's 2017 Small Business of the Year.

Every year, members of the California State legislature take time to honor a small business from their district. The Salute to Small Business event provides an opportunity for small business owners to meet and share success stories with other small business owners from across the state. The California Small Business Association is a volunteer-driven, non-profit, non-partisan organization with the mission to provide small businesses with a meaningful voice in state and federal government.

"To honor Kniesel's Collision as my Small Business of the Year brings me great pride," said Assemblyman Cooley. "Kniesel's commitment to customer service and to their employees truly exemplifies servant leadership."

After emigrating from an Austrian refugee camp after World War II, Richard Kniesel founded Kniesel's Collision in 1968. Richard has since handed the reins over to his two sons, Robert and Tom. Having grown up in the business, they remain strong in their commitment to the family's founding core values: integrity, trust, and quality. Kniesel's Collision also provides support to numerous charitable organizations including local food banks, high school athletic booster clubs, Boy Scout Troops, Court Appointed Special Advocates, and breast cancer research.

"It is truly an honor and I am humbled to



Assemblyman Cooley awards Kniesel's for their contributions to the community. Photo courtesy Office of Ken Cooley

be recognized as the Small Business of the Year for our area," said Richard Kniesel. "When I landed at Ellis Island in the early 1950's, I was bound for Chicago, Illinois, but by the grace of god, I came to Citrus Heights instead, and I am forever thankful."

Assemblyman Ken Cooley represents the 8th Assembly District which includes the communities of Arden-Arcade, Carmichael, Citrus Heights, Rancho Cordova, Rancho Murieta, Rosemont, Wilton and other portions of unincorporated Sacramento County. For more information, please visit <http://asmdc.org/members/a08/>

From the Office of Ken Cooley ★

Feral Cats Project Seeks Volunteers and Community Support to Curb the Feral Cat Population



Spaying/Neutering of stray, feral, and abandoned cats will prevent hundreds of litters of kittens, literally thousands of cats yearly.

By Linda Morgan, Director Sacramento Feral Resources

SACRAMENTO COUNTY, CA (MPG)

- Unwanted feral/stray cats are everywhere and the proverbial "kitten-season" is in full-swing. In an effort to help these newborn kittens, people often put them in a box and rush them to the local shelter. Too often the outcome for these kittens isn't what the well-intentioned person expected. So how can you change this outcome? Spay/Neuter of stray, feral, and

abandoned cats will prevent hundreds of litters of kittens, literally thousands of cats yearly, from being born in areas where they are not wanted and struggle to survive on their own.

Sacramento Feral Resources (SacFerals) recently introduced the Feral Cats Project.

The focus of the Project is to recruit volunteers and involve residents county-wide to help humanely curb the feral cat population in Sacramento County through a Trap-Neuter-Return (TNR) program. We are looking for the best ways to reach

residents in communities throughout the County.

Feral cats are a neighborhood issue that can have good resolution when working together to TNR. In fact, Sacramento County supports TNR - not euthanasia, starvation, or relocation (which is illegal) of feral cats. The good news is that there are low-cost and free spay/neuter clinics available.

Residents who want to help improve the feral cat situation can learn more about the Project, feral cats, TNR, feral colony assistance, and

other volunteer opportunities at monthly Free Feral Cats Workshops. Workshops open to the general public. Meetings are held at 5605 Marconi Ave in Carmichael. The Workshop Schedule, class descriptions, and sign-up information is available online: <http://www.sacferrals.com/>

Why establish a Feral Cats Project? In 2013 SacFerals introduced a public website to offer resources and assistance to anyone with feral cat issues. Over time, traffic to the website as well as requests for help have

substantially increased. During the past two years, SacFerals has received reports of more than 9,000 feral/stray cats. The need for assistance has out-paced the current volunteer staff.

With an estimated 98,000 - 220,000 feral cats in Sacramento County, as the saying goes, "It takes a village" to make a huge dent in reducing the number of litters born in the County every year and to ultimately control and reduce the community feral cat population in Sacramento County. ★

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SMUD and Simple Energy Partner to Deliver Innovative Marketplace

SACRAMENTO REGION, CA (MPG) - SMUD, the sixth-largest community-owned electric service in the nation, has announced a new partnership with Simple Energy, the nation's leading provider of utility-branded marketplaces.

At launch, SMUD's new marketplace will offer customers in the Sacramento region energy-related and smart-home products and services—with instant online rebates in the shopping cart—that can be delivered directly to customers' homes. Over time, SMUD and Simple Energy will collaborate on the development of a broad range of additional marketplace components including new products, services, tools and more.

"We want to make it easy for our customers to find affordable, energy-saving products for their homes and businesses," said Nicole Howard, SMUD's chief customer officer. "By building our own marketplace with

Simple Energy, we'll be able to leverage our expertise to offer products that are proven to provide value."

This is Simple Energy's first partnership with a public power utility. Simple Energy is the leading provider of utility-branded marketplaces for large investor-owned, municipal, and cooperative utilities like Exelon, Southern Company, Xcel Energy, National Grid, and SMUD.

"SMUD's reputation as an innovator has been well established through 70 years of industry-leading innovations—this is a very exciting partnership for us," said Simple Energy CEO and Founder Yoav Lurie. "The synthesis of their forward-thinking approach and our platform, which powers utility-of-the-future initiatives, can serve as a model for other innovative utilities across the country and, we hope, align the industry with a

more sustainable future." "We believe municipal utilities will play a special role in developing new utility business models because they so well align the interests of all stakeholders—customers, community members and the environment. We're very excited that our first community-owned utility partner is such an industry leader. We are eager to drive meaningful results for SMUD," Lurie added.

As the nation's sixth-largest community-owned electric service provider, SMUD has been providing low-cost, reliable electricity for about 70 years to Sacramento County and small adjoining portions of Placer and Yolo Counties.

The SMUD Marketplace is expected to launch in the fall of 2017.

For more information, visit smud.org. Source: SMUD ★

Sacramento Public Library Seeks Local Authors for Upcoming Author Fair

SACRAMENTO, CA (MPG) - Sacramento Public Library seeks 45 local authors to showcase their work at its upcoming local author fair being held at Central Library on Sunday, Aug. 27. The fair, which will be the third of its kind at the Library, is being provided to allow local authors

the opportunity to present their new work to avid readers.

Forty-five authors will be selected to participate in the fair by a committee of Library staff. Books must have been published within the past 18 months. The deadline to apply is Monday, July 10. The application can be found at www.saclibrary.org.

This year's fair will feature award-winning author Reyna Grande as the keynote speaker. Grande recently released *The Distance Between Us*, a memoir about her life before and after illegally emigrating from Mexico to the United States.

Source: Sac Public Library ★

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Gold River Messenger

Serving Gold River and Sacramento County

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Crossword Puzzle on Page 5

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Sudoku Puzzle on Page 5

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By David Dickstein, Gold River resident

'Fool's Gold'

Buying Ben & Jerry's on Food Stamps



What caught my eye was a large red, yellow and white sign that read, "WE ACCEPT EBT."

Driving home from a long, hard day at work, and thankful that I got one as opposed to the skilled people hating every moment being unemployed, I took notice of a large banner above Coloma Food & Liquor. You know the place – the mini-mart next to Wienerschnitzel across Sunrise. What caught my eye was a large red, yellow and white sign that read, "WE ACCEPT EBT."

Wrongly or rightly, my first thought was that liquor stores shouldn't be part of the Electronic Benefit Transfer Project due to the inflated prices inherent to such businesses. That's just the nature of liquor stores, mini-marts, convenience stores – whatever you want to call them. They charge significantly higher prices than conventional groceries or supermarkets because smaller retailers order lower quantities of inventory at higher per-unit prices from wholesalers. Anyone who has stepped foot in one or looks up Wikipedia knows that.

My beef when I saw the outdoor banner wasn't just with Coloma Food & Liquor, but EBT recipients who shop there. Trust me, my heart and taxes warmly go out to those on welfare who try to get off it. But if I were in need of financial aid, I wouldn't be buying groceries at a liquor store. I'd try to put more food on the table by stretching my dollars at, say, the warehouse-style Smart & Final just around the corner. And if that wasn't convenient, then a supermarket or drugstore with serious buying power, like our Bel Air and Rite-Aid that also accept EBT. These big retailers would never be undersold on essentials by a high-priced mini-mart, right?

In order to stand on my soapbox with confidence, I visited all four of those stores on a recent Saturday to price-check a half-dozen like grocery items. Besides such staples as milk, bread and boxed cereal, I went with a carton of Coke because "junk foods" is routinely the second-most popular category for EBT households after meat, poultry and seafood. Sadly, according to a November 2016 report by the U.S. Department

of Agriculture, 20 cents of every EBT dollar are spent on sweetened beverages, desserts, salty snacks and candy. Because "frozen prepared foods" comes in at No. 4 (vegetables are third, yippee), I also tossed a frozen pizza in the shopping cart.

Now for dessert. Super premium ice cream was my pick because a year ago I seethed over a mom on welfare splurging on Ben & Jerry's. OK, calm down all you bleeding-heart snackers. I'm not saying that EBT cardholders shouldn't enjoy the finer things of life. But even my wife and I feel guilty buying luxury brands for non-essentials, and we're double-income empty nesters living in Gold River! (Knock on wood.)

So, let's get to the research. Below are the lowest non-member everyday prices I found on like products at Coloma Food & Liquor ("Coloma") and our local Bel Air, Rite-Aid and Smart & Final ("S&F"):

- 12-can carton of regular Coke: \$4.99 (Coloma), \$6.99 (Bel Air), \$5.99 (S&F), \$6.29 (Rite-Aid).
- Two 1-gallon jugs of whole or 2% reduced fat milk: \$6.99 (Coloma), \$5.98 (Bel Air), \$4.80 (S&F), \$7.98 (Rite-Aid).
- Loaf of white bread: \$1.99 (Coloma), \$1.28 (Bel Air), \$1.59 (S&F), \$2.99 (Rite-Aid).
- 12-ounce box of Kellogg's Rice Krispies: \$3.99 (Coloma), \$2.99 (Bel Air), \$3.29 (S&F), \$5.29 (Rite-Aid).
- DiGiorno frozen pizza: \$6.99 (Coloma), \$6.99 (Bel Air), \$5.89 (S&F), \$7.99 (Rite-Aid).

- Pint of Ben & Jerry's ice cream: \$5.49 (Coloma), \$4.99 (Bel Air), \$3.89 (S&F), \$5.99 (Rite-Aid).

Clearly, my knee-jerk was unfair to Coloma Food & Liquor. For a mini-mart, those items are reasonably priced. We can also conclude, based on this very small sample, that EBT funds stretch furthest at Smart & Final or Bel Air, depending on the item. As for the nation's third-largest drugstore chain, Rite-Aid should be ashamed of itself. I get it – it's not a grocery. But charging nearly double for the same box of cereal found at another store mere steps away? Not OK, and the Rainbo Bread guy who was stocking Bel Air's shelves when I was doing my thing agreed.

"Yeah," he said, pointing in the direction of Rite-Aid, "you don't want to spend your EBT over there."

So, color me enlightened. I started out my story thinking a close-by Rancho Cordova liquor store would be the villain and it winds up being the place in Gold River that fills my prescriptions. Or at least it did.

And, again, my apologies to Coloma Food & Liquor for assuming the worst. "It's a common misconception," I was told by store employee Shan that morning. He also said that for the sake of accuracy I should expand my grocery list.

"These cheap things," he said, pointing to the package of six high-fat Hostess powdered mini donuts. "That's a meal for many of our EBT customers." Sigh.

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.

On June 6th of this year, Sacramento County voted to fundamentally change the way we vote in all of our future elections. Previously, you had the choice to either mail in an absentee ballot, or to go physically vote at one of the 8 Gold River polling locations. Now, the number of Gold River polling locations will be dramatically cut down to likely only 1 location, you can physically go in and vote several days before Election Day, and everyone will be mailed an absentee ballot whether you want it or not.

I was the sole vote against this change, so I want to take the opportunity to explain why.

Firstly, I am deeply concerned that this will open the door to more voter fraud. This change

GOLD RIVER COMMUNITY UPDATE

Eliminating Gold River Polling Locations

is occurring at the same time automatic voter registration is going into effect. Consequently, thousands of ballots will be automatically mailed to people who may have moved, who may not realize or remember that they are registered to vote, or who may have no intention of voting. This would mean thousands of absentee ballots in circulation that may not reach the intended recipients or that may be discarded due to the fact that it is unexpected. These ballots become ripe targets for fraud.

Secondly, I think this will be far more difficult to implement than is expected. In Denver, a similar program led to technical glitches and long lines. They had to hire hundreds of additional workers (rather than poll volunteers), purchased hundreds of new machines, and some people had to wait in line for hours. In Arizona, news reports showed some wait times of 5 hours or more due to the technical problems. This is unacceptable in a modern democracy.

Lastly, and most importantly, my district is opposed to it. In a professional survey of Sacramento County, it was found that only 33% were in support of this change. People who

answered the survey were used to voting at their traditional polling place, and are concerned about voter fraud, and are concerned about having to drive 5-10x further in order to vote. Further, my district is concerned that this burden will fall disproportionately on those who are less mobile, the poor, disabled, and the elderly.

In the end I knew that I would be the only vote against this proposal and that this change would come, but in my heart I knew that I wouldn't be doing a good job representing Gold River if I voted for something you are opposed to, and something I have so many lingering concerns about. My colleagues who voted for this change had good reasons for doing so, with the most persuasive reason being that it may reduce costs. But in my experience, everything the government does comes with a higher price tag than anticipated.

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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CLUES

- ACROSS**
- Like Catherine or Peter, in Russia
 - Norwegian band of "Take on Me" fame
 - "I call first ___!"
 - "Home on the ___"
 - Charlie Parker's style of jazz
 - Comedian Silverman
 - Not upright
 - Greek H
 - Acrobat maker
 - *Like the July 4th holiday
 - *Pre-state state
 - Thanksgiving tuber
 - Hold as a conviction
 - Ides mo.
 - Expunge
 - Catching like a cowboy
 - ___ 'n' Andy
 - Trash containers, e.g.
 - Of war and sea?
 - It wasn't built in a day
 - Happily ever when?
 - Car with a bar
 - Loud noise
 - Dublin land
 - Lecherous look
 - Lampoon
 - Pouches
 - Not sweet, as in wine
 - Plant anchor
 - Brown truck delivery company
 - *Traditional July 4th meal
 - *Fire ___
 - Filthy dough
 - Bird word
 - Tee off
 - Enclose in a recess
 - Big coffee server
 - Dine at home
 - Shakespeare's metrical unit
 - Hi-___
 - Type of wheat

DOWN

- Tennis's Steffi
- Denote as "PG," e.g.
- Children's author Blyton
- "The best laid schemes o' mice an' men gang aft ___"
- Foursome
- Cain's brother
- *Like a dog
- Rapidly
- Type of cabinetry joint
- De-wrinkler
- "Rosemary's ___"
- Anything female
- Omega 3 source
- Naked protozoa
- "___ the fields we go"
- ADA member
- Jacobs and Anthony, e.g.
- ___ or a spy
- *___ candle
- *"___, Liberty and the pursuit of Happiness"
- ___ Mall, London
- Like a Harvard building?
- Name-chooser
- *Old ___
- Seal with a kiss and do this
- Plural of serum
- Happen again
- Patient's bed
- Interesting person, acronym
- Queen of these
- Happen
- Junk yard stuff
- Wild feline
- Ballistic missile acronym
- Dungeness, e.g.
- Flipside of pros
- Flying toy
- Reagan's reference to Russian "empire"
- As opposed to own
- Hula girl's flower
- Metal-bearing rock

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For Solutions See Page 4

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AS A GIFT. Then she followed that with **ALLOW YOURSELF TO GRIEVE...UTILIZE CRUCIAL TOOLS FOR HEALING...and USE THE LAW OF ATTRACTION TO AFFIRM BETTER HEALTH.** So let's get to the last three healing principles.

1) TREAT NUTRITION AS MEDICINE. Please become familiar with the concept of food as medicine. Susan was insistent on this one. She explained that it's especially important to be vigilant about what you're eating when you're ill, because many illnesses, including cancer, thrive on specific types of foods... while others defend against diseases. In **"An Inside Job"** Susan covers many dietary guidelines for facing cancer, but here are a few of the basic principles to remember. Avoid processed foods and drinks and focus on eating whole foods instead; eat and buy organic whenever possible; eat plentiful antioxidant-rich vegetables which stimulate your immune system; cut out refined sugar as soon as possible as it feeds cancer cells; consume omega-3 fatty acids through coldwater fish such as sardines, cod, salmon, halibut, and mackerel; and filter your drinking water to remove unknown toxins, heavy metals, and chloride.

2) DO SOMETHING SELFLESS. (It helps YOU more than you realize). While cancer does require you to be selfish with your energy, it's important to also realize that any time you spend helping others also expedites your healing. She explained that doing good for others raises your vibrational energy and supports healing. "Having a positive impact on the world will feel right to you on a heat level. In turn, these feelings will set off a chain reaction of happiness and healing in your body."

3) WHEN CHOOSING YOUR HEALING TEAM, THINK INTEGRATIVE MEDICINE. Today, cancer patients have impressive options for medical treatment, but Susan advises you to consider an integrative approach when selecting your healing team. It is important to take advantage of all modern medicine has to offer, but it is equally vital to find healers who will listen to you, treat you as an individual, and help you choose a protocol that supports your mind, body, and spirit.

Finally, I was blown away when Susan Apollon told me to be aware that the Chinese symbol for crisis, difficulty, struggle, and challenge is the same symbol used for opportunity. This is where you get to choose. It's called **"An Inside Job."** And it all begins outside with you and Me too! ★



Healing Cancer Part Two

If you or someone has been diagnosed with cancer, you are walking one of life's darker valleys. Susan Apollon knows what it's like to walk that path. She knows the trials and tribulations you have to go through. As a clinical psychologist, she has worked with cancer patients for 25 years, and relatively few have died from this disease. Many have survived and with improved quality of life. She is one of them. Susan is a breast cancer survivor herself. That's why believes in the wisdom and capability of each human to achieve self-mastery. She says you can live full satisfying lives, be happy, create miracles, and heal yourself.

When last we got together, I shared the first four of her seven healing principles to guide and heal you along your cancer journey from her book **"Inside Job"** A Psychologist shares healing wisdom for your cancer journey. The first of her healing principles will surprise you... **CHOOSE TO SEE CANCER**

Daisy, a New Addition to Gold River



By Kay Burton

Daisy was born on April 1st. She arrived at the home of Mary Ann Hendrickson and Jeff Busley in Gold River.

She has a lot to learn but she is progressing. She "sometimes" will ask to go out to do her business. She loves to play and doesn't realize she has needle sharp teeth. She likes to chew on anything and everything, including fingers, toes and ankles. Oh, those needle teeth!

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New Addition to Gold River, Daisy. photo courtesy Mary Ann Hendrickson

thrives on physical activity, be it flushing game in marshes or retrieving tennis balls in city parks. This leggy and powerful dog needs constant and physical stimulation, when these are denied, it can be destructive. This is Great Britain's most popular working spaniel. It is

an excellent companion. Kay Burton is a longtime pet columnist and supporter of the SSPCA and other rescue groups. To share your family story with our readers, email: Kayburton1@comcast.net ★

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Effective 6/28/17 - 7/4/17

FANCY FEAST GOURMET CANNED CAT FOOD
All Varieties except Elegant Medley 3 Oz

Limit 2 Cases Per Family **20/\$11.00**

Effective 6/28/17 - 7/4/17

PURINA CAT CHOW DRY CAT FOOD
•Regular •Indoor 16 Lb Bag

Limit 2 Bags Per Family **\$10.99**

Effective 6/28/17 - 7/4/17

SCOOPAWAY CLUMPING CAT LITTER
20 lb Box •Multi-Cat •Unscented (Fresh Step Scoop, 20 Lb Box - \$7.49)

Limit 2 Boxes Per Family **\$5.49**

Effective 6/28/17 - 7/4/17

PURINA PRO-PLAN CANNED FOOD SALE Limit 2 Cases • Dog Food Grain Free \$1.29 • Dog Food 13 Oz 99¢ • Cat Food 3 Oz 63¢	WORLD'S BEST CAT LITTER 14 Lbs Limit 2 Bags \$11.99 Original \$12.99 Extra Strength	PEDIGREE CANNED DOG FOOD •Choice Cuts in Gravy •Chunky Ground Dinner•Chopped Ground Dinner All Varieties 13 Oz Limit 2 Case (12 ct) 69¢
WELLNESS CANNED CAT FOOD All Varieties except Signature & Core 5.5 Oz Limit 1 Case \$1.39	PRECIOUS CAT CLUMPING CAT LITTER 18 Lb Bag Limit 2 Bags Per Family \$5.99	SCIENCE DIET SMALL BITES DRY DOG FOOD •Adult •Light •Mature 17.5 Lb Bag Limit 2 Bags Per Family \$22.99
WILDERNESS DRY CAT FOOD •Chicken •Salmon •Duck •Indoor •Weight Control 100% Grain Free 11-12 Lb Bag Limit 2 Bags AS MARKED \$5 OFF OUR REGULAR LOW PRICES	JONNY CAT PREMIUM CAT LITTER 10 lb Bag Limit 2 Bags Per Family \$1.69	MEOW MIX DRY CAT FOOD •Original Choice 16 Lb Bag Limit 2 Bags Per Family \$10.99
CANIDAE PURE GRAIN FREE ADULT DRY DOG FOOD 24 Lb Bag Limit 2 Bags •Lamb •Duck •Salmon •Bison \$6 OFF OUR REGULAR LOW PRICES	CAT'S PRIDE FRESH & LIGHT PREMIUM CLUMPING CAT LITTER 15 Lb Jug Limit 2 Jugs \$5.99	SCIENCE DIET IDEAL BALANCE DRY DOG FOOD 30 Lb Bag •Adult •Mature Adult \$37.99 •Large Breed Adult \$39.99

ADVANTAGE FLEA CONTROL & TREATMENT
Dog Small (Green) Dog Extra Large (Blue)
Dog Medium (Teal) Cat Small (Orange)
Dog Large (Red) Cat Large (Purple)
Limit 2 Per Family. Cannot be combined with any other offer **\$4.00 OFF OUR REGULAR LOW PRICE**

PET CENTER CHICKEN BREAST TENDERS 16 Oz Jar • Chicken Nibblers \$9.99 100% Natural	FLEXI RETRACTABLE LEASHES All Varieties 20% OFF OUR SUPER LOW PRICES
NATURE'S MIRACLE STAIN & ODOR REMOVER 1 Gallon •Just for Cats •Regular \$14.99 •Advanced Formula •Urine Destroyer •Oxy Formula \$16.99	PETKIN PET WIPES •Doggy •Eye •Kitty •Ear •Tch Stop •Tooth All Varieties 20% OFF OUR SUPER LOW PRICES

MARINELAND POWER FILTER SALE

MODEL	TANK SIZE	PET CLUB SALE
PENGUIN 100B	20 Gal.	\$19.99
PENGUIN 150B	30 Gal.	\$27.99
PENGUIN 200B	50 Gal.	\$33.99
PENGUIN 350B	75 Gal.	\$45.99

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

KORDON WATER CONDITIONERS	KORDON CORAL SEA 50 GAL SALT MIX WITH AMQUEL
Amquel 16 Oz \$5.99	\$11.99
Amquel Plus 16 Oz \$5.99	
Novaqu Plus 16 Oz \$5.99	

BONUS COUPON FANCY FEAST ELEGANT MEDLEYS CANNED CAT FOOD Selected Varieties - 3 Oz Limit 6 Cans with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 6/28/17 - 7/4/17 59¢ GRM PLU 568	BONUS COUPON PURINA WHISKER LICKINS CAT TREATS •Soft & Delicious - 2.5 Oz •Crunchy & Yummy - 1.7 Oz Limit 2 Pouches with Coupon Limit One Coupon Per Family Price Valid Only With Coupon. Effective 6/28/17 - 7/4/17 69¢ GRM PLU 446	BONUS COUPON ARM & HAMMER CAT LITTER DEODORIZER 20 Oz Box Limit 2 Boxes with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 6/28/17 - 7/4/17 \$1.49 GRM PLU 422
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JOHNNY CASH PATSY CLINE STATLER BROTHERS RESURRECTED

JULY 8, 2017 ★ 7:00 PM

Capital Christian Center
9470 Micron Avenue, Sacramento, CA 95827
For tickets go to: www.CASHCLINE.com

Sponsored by Ministries of Help, Recovery and Restoration

Happiness as a Skill

Decide to be happy and make it your top priority!

Happiness is a state of mind. It is a decision you make in advance with no contingency placed on it. The most important decision you will make today - and every other day - is how you are going to feel. The only thing you can actually control in life with any amount of certainty is yourself. This is one of the greatest powers you have. You cannot control your spouse, children, co-workers, just about any other living person on earth, or even the dog. Sometimes we don't even really control ourselves very well, but hey, we are making progress on that every day.

So why not exercise your power to make decisions and decide to be happy today? I know, it sounds too easy, but that really is all there is to it. If your spouse wakes up cranky today, don't let that change your happy outlook. Give them their space to be cranky because that is what they have chosen for their day. Respect their choice but don't let it change yours. Just let them go about their grumpy morning, and you get on with your happy day. If someone cuts you off in traffic, snub it and don't let it get to you. Oh, only a fool would ignore that? That's wrong. They might just be someone else's husband or wife that has decided they are going to be cranky today. They may be late for work. Their house may be on fire, or they might just be a crappy driver. You just don't know so don't give them the authority to upset you. Decide to be happy today. Just because you have a stressful job, cranky infant, or high-strung boss does not mean you don't have the ultimate power to determine what you want for

Edwin Edebiri, MBA
Chief Happiness Officer

yourself today. Do not give up your power to decide. Decide to be happy today.

Issues that exist in someone else's life cannot take priority in determining the outlook for your life today or any other day. You are a greater help to others if you have a calm and peaceful demeanor about you. You will feel more tranquil and peaceful if you do not take others' issues personally and simply decide you are going to be happy.

Make the incredibly powerful choice to be happy today and don't let anyone or anything get in your way. If you feel the power of your choice is slipping away, take a few minutes for yourself to regroup. Simply find a place to be alone, take a deep breath, and remember you have this under control because it is up to you and you have decided. How you feel today is your choice. This is your day. Decide to be happy today and make it your top priority.

You can reach Edwin at Edwin@HNPabc.com or Youtube.com/AskTheCHO Email to see if he is available to speak at your next event.

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-- Harvard Business Review

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10th Anniversary

Fab 40's
City of Sacramento Championship
5k Run/Walk

Saturday July 29 2017

7:00 a.m. Registration
8:00 a.m. Kids Races
8:30 a.m. 5k Run/Walk

benefitting the **alzheimer's association**® City of Sacramento 5k Championship

For More Info and to Register: www.Fab40s5k.org

Don't Miss This Great Family Event!

Healthy, Wealthy & Wise

Eat Healthy, Buy Local

Farmers Markets

Sunrise Mall Farmers Market
SATURDAYS, 8 AM - 1 PM
6196 Sunrise Blvd, CH
(Behind Sears)
Year Round, Rain or Shine

Historic Folsom Farmers Market
SATURDAYS, 8 AM - 1 PM
915 Sutter Street, Folsom
Year Round, Rain or Shine

Carmichael Park Farmers Market
SUNDAYS, 9 AM - 2 PM
5750 Grant Ave, Carmichael
Year Round, Rain or Shine

WEDNESDAYS, 3 PM - 7 PM
Fair Oaks Sunset Farmers Market
8101 Sunset Ave, FO - Rain or Shine

2017 Season OPENS April 12!

- ⇒ Live Music & Entertainment
- ⇒ Certified Farmers & Organic Producers
- ⇒ Specialty Gourmet Foods
- ⇒ Artisans/Crafters
- ⇒ EBT/WIC & SNAP Accepted
- ⇒ FREE PARKING

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A NIGHT OF FLAMENCO
With Caminos Flamencos
7/8/2017 SAT 6PM @ KP FOOD COURT
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FREE ADMISSION

DANCER **YAFELISA**
• EMMY AWARD WINNING FLAMENCO ARTIST 2012
• HISPANIC LEADERSHIP AWARD BY ABC7 IN 2010
• ISADORA DUNCAN DANCE AWARD 2006
• CHOREOGRAPHY EMMY AWARD BY PBS IN 1993
• CERTAMEN DE COREOGRAFIA MADRID PARTICIPANT
• MASTER INSTRUCTOR IN THE ART OF FLAMENCO
• THE NEW WORLD FLAMENCO FESTIVAL FOUNDER

DANCER **FANNY ARA**
• ON NBC'S "WORLD OF DANCE" QUALIFIERS 2017
• THE PRINCIPAL DANCER AT THE WASHINGTON OPERA'S SEASON OF CARMEN
• PERFORMANCE WAS NOMINATED FOR BEST ENSEMBLE IN 2014
• PERFORMANCE WITH PIANISTS MARIELLE AND KATHA LASEQUE IN 2014
• PERFORMANCE WITH THE WORLD-RENOWN ANTONIO CARMONA IN 2013
• PERFORMANCE WITH THE GRAND PIANIST DIEGO ARAMON IN 2013
• THE VILCEK PRIZE FOR "CREATIVE PROMISE IN DANCE" IN 2012
• ISADORA DUNCAN DANCE AWARDS IN 2006

DANCERS: GREY KELLEY, JASON MCGUIRE, MARLON ALDANA, JOSE BLANCO

FRESH PRODUCE

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

Red & Green Grapes 1.49/lb	Pineapples 2/\$4	Popeye Spinach 10 oz Bag 2/\$3	Key Limes 2 lb Bag 1.49	Red Cherries 2.49/lb	Whole White Mushrooms 8 oz 2/\$3	Whole Baby Bella Mushrooms 8 oz 2/\$3
Yellow Onions 3 lb Bag 1.29	Russet Potatoes 10 lb Bag 2/\$3	Baby Carrots 1 lb 69¢	Asparagus 1.99/lb	Pickling Cucumber 69¢/lb	Red Potatoes 2lbs/\$1	Strawberries 1 lb 2/\$3

AMERICAN/HISPANIC GROCERY

Post Honey Bunches of Oats Cereal 15 oz 3.99	Post Honey Bunches of Oats Cereal 15 oz 3.99	Mott's Cinnamon Juice 64 oz 3.99	ARCORIS 2/\$5	Gameon Arcvita 6-2.6 oz \$1.29	Del Monte Ketchup 24 fl oz \$1.39	Taharo Hot Sauce 2 fl oz \$1.39
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ASIAN GROCERY

Spring Roll Sauce 29 oz \$1.99	Dragonfly Brand	Shelly Senbei Seaweed Flavor 5.94 oz \$1.99	Hot Kid Brand	Sandwich Spread 15.99 fl oz \$2.99	Lady's Choice Brand	Chili Sauce 18 oz \$1.99	Hiy Food Brand	Coconut Water 33.8 fl oz \$1.99	Charok Brand
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EUROPEAN GROCERY

Green River 20 lb Bag \$2.49	Zergit Polish Sauserkraut w/Carrot 860 g \$2.49	Stockmayer Red Cabbage 680 g \$2.49	Sundowner Seeds 500 g \$3.99	Ek-Mak Makarung Bahant Select Varieties 1 kg \$2.49	Jakob's Coffee 200 g \$6.99
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KOREAN/JAPANESE GROCERY

Green River 20 lb Bag \$7.99	Jin Ramen Multi Pack 2 Kinds 5 x 120 g \$3.99	Pickled Radish 2.2 lb \$1.99	Korean BBQ Sauce 2 Kinds 490 g \$2.99	Seaweed Seaweed 5 x 18 oz \$1.99	Yummi Flavored Milk 3 Kinds 6 x 676 fl oz \$3.99
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HOUSEWARES

SALE SPEC SET \$5.99	SALE SPEC SET \$6.99	TEA SET \$13.99	SALE SPEC SET \$1.99	SALE SPEC SET \$1.99	SALE SPEC SET \$3.99	SALE SPEC SET \$5.99	SALE SPEC SET \$1.99	SALE SPEC SET \$5.99	SALE SPEC SET \$12.99
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FROZEN DEPARTMENT

Wheat Flour Mix 14.1 oz \$7.99	1985 Mix Tostitos 1.5 oz \$4.99	Green Tea Drink 3 Kinds 97.6 fl oz \$2.99	Picky Multi Pack 4 Kinds 3.8L oz \$8.99
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EUROPEAN DELI

Bandah Artisan Cheese \$5.99/lb	Aira's Meat Bologna German Casing \$3.99/lb	Schubert's Knetzwurst Rollchen \$3.79/lb
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WEEKLY MEAT SPECIALS

Beef Tri Tip Boneless & Trimmed \$2.99/lb	Bnls Beef Cross Rib/Shoulder Clod Roasts \$2.79/lb	Beef T-Bone Steak \$4.29/lb
Chicken Thigh Meat Boneless & Skinless \$1.79/lb	Chicken Party Wings \$1.99/lb	Turkey Tails 79¢/lb
Pork Ribs Single Pak (St. Louis Style) \$1.99/lb	Pork Loin Chops Bone-In \$1.69/lb	Pork Neck Bones 99¢/lb

Superior Farms LAMB

Lamb Shoulder Chops \$7.99/lb	Boneless Lamb Flanks \$7.99/lb
Lamb Arm Shoulder Chops \$7.99/lb	Boneless Lamb Stew \$8.99/lb
Lamb Rib Chops \$19.99/lb	Hind Lamb Shanks 3x2 Pack \$3.99/lb
Lamb Loin Chops \$13.99/lb	Short Cut Lamb Leg \$5.99/lb
Lamb Leg Steaks \$9.99/lb	Lamb Neck Stew \$3.99/lb
Lamb Ribs \$5.99/lb	Ground Lamb \$6.99/lb



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