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Staying Social in
a Divided America
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Gold River Messenger

"Written by the people, for the people"

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Serving Gold River and Sacramento County

MARCH, 2017

GO BACK IN
TIME 100 YEARS



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IN DISTRICT 4



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LEONARDO DA VINCI
"MACHINES
IN MOTION"



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Time for Competitive Swimming

Story by Michael Burchett

GOLD RIVER, CA (MPG) - It is hard to think about it now with all the rain that we have been having, but junior recreation swim season is about to descend upon us. The Sacramento region is a hotbed for junior swimming with over 40 teams and 8,000 kids swimming. These kids, ranging in age from 6 to 18, will be racing up and down the pools in our region from May through August.

Why is the sport so popular in our region?

First, being non-impact, swimming affords the same benefits inherent in other activities: Cardio workouts, core development, muscle strength, endurance building -- mind/body/spirit fitness. With less bodily stress, once having learned the fundamentals and techniques, swimming becomes a lifelong sport.

Second we have a history. Starting in the 1960's Sacramento produced Gold Medal Olympians Debbie Meyer, Mike Burton, Susan Pedersen, Jeff Float, Mark Spitz, Alyssa Anderson and Summer Sanders just to name a few.

Locally we have one of those legends coaching in our own backyard at Gold River Racquet Club, Jeff Float. Jeff coached for 12 years at another Spare Time facility, Laguna Creek. Now 11 years and counting at GRRC, Jeff and his talented staff take



The Gold River Stingray's swim in the league's top conference and take on teams 50% to 100% larger. Photos courtesy Gold River Racquet Club

enormous pride in training our Stingrays. Their credo? "When you believe you can, you will!" To observe these young athletes reach full potential is a privilege, morphing from champions in the pool to champions in life. Does it get better than that?

At 13 months of age, Float lost most of his hearing and nearly his life to viral meningitis. As a result, he is 90% deaf in his right ear and 65% in the left, thus



becoming the first legally deaf athlete from the United States to win an Olympic Gold Medal. Jeff qualified for the

1980 U.S. Olympic Swimming Team in three individual events, but could not participate when the United States boycotted the Moscow 1980 Summer Olympic Games. Four years later, he competed at the 1984 Summer Olympics in Los Angeles. As the peer-elected Team Captain, Jeff earned a Gold Medal in the men's 4x200-meter freestyle relay, and finished fourth in the individual 200-meter freestyle event. That Gold Medal 4x200-meter freestyle is now considered the third greatest relay of all time winning by 4/100ths of a second.

The Gold River Stingrays team that Jeff coaches is part of the 26 team NorCal Swim League. The league teams are spread throughout the Sacramento region and are organized into five conferences. The Stingray's swim in the league's top conference and take on teams 50% to 100% larger. Last year the team took 2nd in their conference in their year-end swim championships.

Swim team season starts March 1 with technique clinics for each stroke during the month. On April 3, the full team gets into the water for another incredible season. So there's still plenty of time to get with the program ... another fun-filled, action-packed, splash-and-dash. For more information, visit www.goldriverstingrays.org. Come be part of the team and learn from one of the best in your own backyard. ★

Sacramento Choral Society Show has Downton Theme

Story and photo by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - Britannia will undoubtedly rule a March 18 performance by the Sacramento Choral Society and Orchestra.

Echoing America's quenched passion for the Edwardian TV saga, the 160-voice choir will present "Music of Downton Abbey." Leading the program is veteran director Donald Kendrick, himself a Downton addict. "Right from its first episode," he recalls, "I was captivated by its music, acting and historical authenticity. As a Commonwealth (Canadian) citizen, I easily identified with Edwardian mannerisms."

Previously performed by Pittsburg and Minneapolis ensembles, the program comes to Sacramento Community Center in a West Coast premiere. Selections showcase iconic composers like Edward Elgar, Gustav Holst, Charles Hubert Hastings Parry and George Frideric Handel. Because Downton plots are set against grand post-Victorian backdrops, the choral program recalls events of Edward VII and George V's reigns.

Commissioned for Edward's 1902 coronation, the hymn "I was Glad" echoes national optimism for a new reign. Leaping two generations, the choir offers a 1922 wedding song composed for Edward's granddaughter Princess Mary. Evoking Matthew Crawley's snow-bound proposal to his beloved Mary, Elgar's "In the Snow" should coax many hankies from reticules.

The patriotic "I Vow to Thee my Country," was Princess Diana's nuptial choice -- sung again at her 1997 funeral -- and included in

the Sacramento concert. "Jerusalem" has long called Britons to full-throated melody and famously united the nation at Prince William and Kate Middleton's wedding. Parry's "My Soul there is a Country," equates WW I Britain to a heavenly fortress, prevalent in battle. Still glorious after several centuries, "Rule Britannia" is the ultimate we-are-the-champions chant.

"Music often reminds us of historic events." Considers conductor Kendrick. "But for a contemporary touch, we'll include John Lunn's Emmy-winning tunes from the Downton series."

DONALD KENDRICK
 SACRAMENTO CHORAL SOCIETY DIRECTOR

"Music often reminds us of historic events." Considers conductor Kendrick. "But for a contemporary touch, we'll include John Lunn's Emmy-winning tunes from the Downton series." The Sacramento show includes actors to set songs in Edwardian context. "Rule Britannia" choruses are flag-waving opportunities. Kendrick hopes concert-goers will dress to suit; dowager, debutante and dinner dress is encouraged -- even butlers and chauffeurs have their place. "We'll have photo opportunities with a Downton Abbey backdrop and other surprises," promises Kendrick. A post-concert tea will reward special supporters.

"The choir usually does more classical stuff," explains Kendrick. "But we still look for programs that offer a more theatrical experience. This performance will be more fun than anyone should be allowed at a concert."

The March 18 performance begins at 8 pm at the Sacramento Community Center. Tickets cost between \$35 and \$63. Student discounts are offered. The Downton Abbey program is produced in partnership with KVIE, which aired the TV series.

For information visit: www.sacramento-choral.com ★



Sacramento Choral Society Director Don Kendrick and friends review Edwardian scores.

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Louis McNerney

These are the good old days for America's small business owners.

A majority of those polled are defying the fitful economic recovery and regulatory

obstacles, and proclaiming there's never been a better time to own a small business, according to a nationwide survey.

"The environment (for small businesses) is certainly as good as it's been since before the recession" of 2007-09.

In a recent survey, more than half of the folks surveyed believe that now is the best time to be a small business owner. Their positive outlook is rooted in the benefits of new technology, the generally improving economy and more favorable lending conditions.

A survey of small business owners showed the results are consistent with other recent evidence of strong hiring by small businesses and underscore that they're positioned to underpin solid economic and job growth this year, offsetting the struggles of larger companies.

Small businesses are more insulated from the turmoil going on overseas and less concerned with what's going on

in the stock market. Small businesses export relatively little compared to their mid- and large-sized competitors and aren't dependent on their stock values to finance acquisitions. Despite some global and national economic uncertainty, local entrepreneurs are bullish about their prospects.

Of the small businesses surveyed, 61% said they were doing well, and nearly 80% said that over the past three months their business grew the same or more than it did in the year-ago period.

31% were hiring or planning to do so in the next three months, up from 22% that brought on new employees the previous year.

Global uncertainty appears to have the least impact on small enterprises. Small business job growth showed no sign of flagging and continues to outpace gains by larger firms.

If you're looking to start or buy a business in 2017, contact me. I can help educate you on what opportunities may suit you best. I also work with financial advisers to help you structure the best investment solution. Whatever type of business you choose, there are several financing options to help you meet your goals. Give me a call today and let's get started.

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For More Information contact Louis McNerney, Contact Lou at (916) 335-1126 or Visit his Website www.theEsource.com/LMcnerney



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.

Recently I issued a survey to our community to help me evaluate and improve our services based on what you want to see. The survey is still open, and I invite you to participate by visiting my website at www.bos.saccounty.net/District4 – there is a link near the top that says "Complete a community survey." However, while the survey is still open, with over 1,500 responses we can begin to make some meaningful conclusions based on the data.

For example, in a ranking of how residents feel budget priorities should be ordered, homelessness ranks 3rd in the community, with only law enforcement and transportation/roads being ranked higher. Clearly this issue is of high importance in our community.

On January 31st, the Sacramento County Board of Supervisors and the Sacramento City Council had a joint meeting

GOLD RIVER COMMUNITY UPDATE

Homelessness in District 4

that drew an overflow crowd of about 400 to have a discussion about homelessness. The main topic of discussion was in regards to federal housing vouchers. There are currently around 70,000 people in Sacramento County waiting to receive federal housing vouchers, with only around 900 open slots each year. The people waiting on this list are either veterans, disabled, or pay over 50% of their income on rent/utilities - and have been waiting for years. Sacramento County is being asked to divert around 800 of these 900 slots to homeless people, letting them "jump the line" on the list.

I am not in favor of this approach for two reasons.

First, I do not think it is fair to the people currently waiting on the list. These people are often one step away from being homeless themselves - when they receive these vouchers, it helps ensure that their housing situation is more stabilized. This system would rob Peter to pay Paul, and push more people to homelessness.

Second, I do not think doing this will actually help solve the problem. We are kidding ourselves if we think that simply giving a homeless person access to housing is going to solve their problems. They need comprehensive services that any one solution fails to address, including better access to physical and mental health services. Further, voucher recipients must still

convince landlords to rent to them. Unless they are receiving wide-ranging services, many landlords will simply refuse to rent to homeless people. If vouchers are not being utilized, it increases the risk of our voucher program receiving less funds from the federal government.

The Sacramento County Board of Supervisors has directed staff to report back in late March with a comprehensive plan to tackle the issue of homelessness. I voted in favor of this approach, as I think a "quick fix" potentially creates more problems – and taking time to find solutions that look at the root cause of this issue is the right path for us to take. I have also requested that staff initiate conversations with the other cities and communities of Sacramento County. As the community survey has clearly shown, homelessness is not an issue isolated to Sacramento City, and everyone impacted deserves a seat at the table.

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. ★



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Student Exchange Seeks Host Families

SACRAMENTO REGION, CA (MPG)

- Responsible parents looking for ways to supplement the educational and personal growth opportunities for their children or themselves should consider hosting a teenage exchange student for an academic semester or year. Children and adults alike, by interacting on a daily basis with a new, international family member, broaden their perspective on the world and discover new facts and ideas.

NorthWest Student Exchange places international high school students with families all over the country, including here in our community. Exchange students add a dimension to the family dynamic that cannot be achieved in any other way. The benefits to the exchange student are perhaps obvious: honing their English language skills; learning about the educational system in this country; understanding U.S. social, political, and cultural

values; establishing international friendships. Benefits to the hosts are similar: Not only can host families learn about another culture and its values; they can view the U.S. through another's eyes, and thereby gain a broader understanding of our own country.

Families need not have children at home to host! Many childless couples, empty nesters, and single-parent families have enjoyed exchange students. Hosts are not expected to be tour guides.

Those who cannot host can earn a "finder's fee" for referring to us families who do host. While host families are not compensated for hosting, tax deductions may be available. Check with your tax preparer.

NWSE exchange students are closely screened for appropriate motivation, academic and language skills; our students have solid emotional and practical support from NWSE professional partners abroad, and from

the students' natural parents in their own countries. Our students come with their own spending money and health and accident insurance. NWSE local Academic Coordinators recruit, screen and orient local host families and provide close support throughout the program.

As area coordinator for Sacramento, Placer, Yolo and El Dorado counties, I will do my very best to match the host family with a student that complements the host's lifestyle and interests and world region preference, if any.

It is easy to get more information about hosting. Potential hosts can contact me, Area Coordinator, Sheryl Longworth at 916-833-1218 or email sheryl6663@yahoo.com; or contacting NWSE directly at 877-850-3312 or info@nwse.com; or visit our Web page at <https://www.nwse.com> and click on Host an Exchange Student. ★

Friendship Circle Presents the Great Bike Giveaway

Every Child Deserves A Bike!

SACRAMENTO REGION, CA (MPG)

- Friendship Circle is kicking off its 6th annual Great Bike Giveaway on February 15, 2017. Great Bike Giveaway is an annual national campaign that strives to provide as many bikes as possible to children and teens with special needs. Participants will have one month to earn an adaptive bike through fundraising efforts using an online crowdfunding platform.

More than 74 million kids across the U.S. ride bikes. It's a quintessential part of childhood. Sadly, a key group of children are excluded from the joy and independence of bike riding. Many children with special needs miss out on that essential childhood experience because their physical or cognitive limitations make riding a traditional bike impossible.

The high cost of adaptive bikes makes the dream of riding a bike unreachable for many children with special needs. Many families cannot afford to spend hundreds or thousands of dollars on a bike and



unfortunately, insurance companies refuse to cover the costs.

Friendship Circle works with adaptive bike companies from around the United States to secure discounted pricing, making it cost-effective for families to earn appropriate bikes for their children. Adaptive bikes range in size, capability, and price making it easy for every family to find the bike that best

meets their child's needs. In just 5 years, Friendship Circle has provided over 900 children with adaptive bikes and the experience of riding their very own bike.

In order to participate in the Great Bike Giveaway families, or participants, will be required to complete a registration form and choose the bike they wish to fundraise for.

To view a full list of available bikes and rules, or to register, please visit bikes.friendshipcircle.org

Friendship Circle is a non-profit organization that provides programs and support to the families of individuals with special needs. In addition to assisting individuals with special needs, Friendship Circle brings together teenage volunteers and children with special needs for hours of fun and friendship. These shared experiences empower the children, our special friends, while enriching the lives of everyone involved. Learn more and see our available programs at www.friendshipcircle.org ★

Year in the Lives of Owls Comes to Audubon Program

SACRAMENTO REGION, CA (MPG)

- Award winning photographer Paul Bannick will present a program at the March 16 meeting of the Sacramento Audubon Society using video and sound and telling stories from the field. He will also present several dozen new images from his brand-new book: Owl: A Year in the Lives of North American Owls.

He will use intimate yet dramatic images to follow various species of owls in their distinct habitats through the course of one year.

Audiences will witness the

four seasons as each stage in an owl's life is chronicled through rare images: courtship, mating, and nesting in spring; fledging and feeding of young in summer; dispersal and gaining independence in fall; and, finally, winter's migrations and competitions for food.

His program shows how owls use the unique resources available to them in each habitat to face those challenges. All 19 species found in Canada and the United States are featured in photos, video and narrative throughout the talk, with a special focus on the Northern

Pygmy-Owl, Great Gray Owl, Burrowing Owl, and Snowy Owl.

Owl is a follow-up to Bannick's bestselling title, The Owl and the Woodpecker, giving bird lovers yet another photographic tribute engaging natural history and a compelling call to preserve the habitats that sustain these most iconic of birds.

The public is invited to the 7 p.m. meeting at Effie Yeaw Nature Center in Ancil Hoffman Park (For directions, see sacnaturecenter.com).

There will be no charge for the program or parking, and no park-entry fee. ★

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Crossword Puzzle on Page 5



Sudoku Puzzle on Page 5

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

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By David Dickstein, Gold River resident

'Fool's Gold'

Staying Social in a Divided America

days than coffee, beer and rubber chicken combined. Any career transition and leadership development consultant worth his or her salt will advise clients to be more visible and active on social media.

Seeking full-time employment since voluntarily taking the early retirement package from Intel after 17 years, I have strived to not post anything polarizing. On LinkedIn, such partisan practice

LinkedIn is another matter. Burning bridges or just ruffling feathers on the world's largest professional network can have serious ramifications on one's career advancement. This is especially true when the workforce and the rest of society seem to be at DEFCON 1 in terms of sensitivity and political correctness. Sharing, liking or authoring articles of a political nature is risky right now.

Backing the "wrong" candidate or side on an issue could doom a potential interview or job offer no matter how perfectly matched your resume is to the role.

To that end, so sad it was to feel it necessary to strategize how I tweeted and posted photos from two campaign rallies prior to the California June primaries. It had as much to do about timing and an approaching return to the job market than going to see two polarizing presidential candidates. You see, Donald Trump and Hillary Clinton's Sacramento stumps just happened to be the very week of Intel's corporate-wide deadline to take or not take the early retirement package.

At the time, I was 95 percent certain who was going to get my vote, but as far as taking the package in the throes of the

In the heat of the 2016 presidential campaign, someone at the Gold River Racquet Club enjoyed deleting Fox News from TVs in the cardio room. This blatant act of censorship forced me to add back channel 39 every time, and I'd be lying if I didn't think about making CNN and MSNBC disappear in retaliation. But unlike some people who say "when they go low, we go high" and do the opposite, I stayed classy.

Not only that, but swear to God, I would have defended CNN and MSNBC had someone removed either of those channels from the club's TVs. Hillary Clinton may have beat Donald Trump by 365 votes in Gold River, but no side, not even the victorious right, should bully the other with actions that suppress information or opportunity.

That goes for the workplace, too. Politics in the office,

not to be confused with office politics, is sensitive enough, let alone in a divided country. As America's workforce goes about its business during what feels like a second Civil War, all the muzzling and tip-toeing around such politically charged subjects as "extreme vetting," abortion rights, health care, trade and "The Wall" can be exhausting among coworkers. And if one does try to engage, even at the most innocent level, there's a genuine risk of being ostracized, not just labeled like in the good, old days before the 2016 presidential election.

Walking on eggshells is even more treacherous for those pounding the pavement. It's hard out here for a job seeker. Check that - it's hard out here for a job seeker who enjoys the give and take of opinions and is also participatory on social media. The water's not warm, folks. It's downright freezing, and can make being an active member of the social media community more perilous to a career than having a typo on your resume.

Countless posts on LinkedIn and related sites strongly suggest that most jobs are found through networking, and let's face it - there's a whole lot more of that done over LinkedIn these

could be professional suicide, especially when job hunting in a blue market when you're red, or vice versa. Doing so would also be counter to my values as an inclusion-minded corporate communications professional.

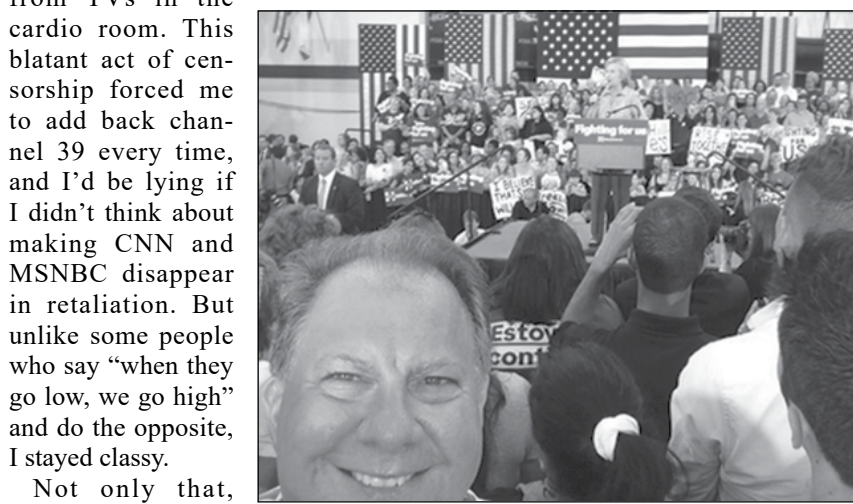
But even on Facebook I try to keep the peace within my circle of friends by not posting fodder ripe for debating, demonizing, ridiculing, lambasting, castigating and other attack verbs unhealthy to relationship building. That doesn't mean I've been totally apolitical, however. I share my views on national and international issues from time to time, but to spur healthy dialogue, not put a big, juicy stake in the ground. And I'm not afraid to "like" when a friend makes a good point or counterpoint.

That said, with people whose posts are too extreme - like how-is-this-person-allowed-to-fly extreme - I'm not shy about severing relationships if necessary to my health or sanity. Deserved are these fanatics of being "unfriended," Facebook's equivalent of divorce, or, if a social site separation is best, merely "unfollowed." With most social networking services, breaking up isn't hard to do. It's just a click or two away barring any fallout.

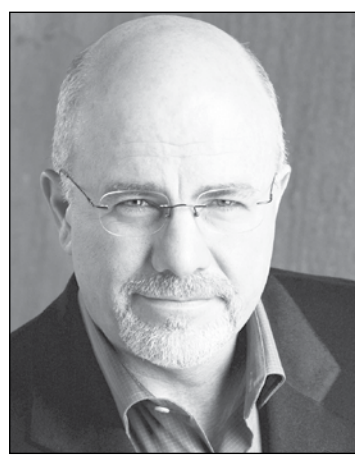
largest workforce reduction in Intel history, that decision was 100 percent. And therein lied the rub because the last thing I wanted to do was begin a job search potentially alienating half of all employers and recruiters, let alone references. Let's not kid ourselves: HR folks look beyond LinkedIn for the good, bad and ugly, and Lord help the user with less than optimal privacy settings on every social networking site.

I was wary, even on Facebook, to post a selfie from one rally without showing the other. The angel on my shoulder kept warning, "you never know" and "why take chances?" So, I ultimately went with a two-selfie composite of me smiling front and center with each of the likely major-party nominees. Last summer, I also requested that both photos accompany the story I filed on the two rallies for this newspaper. Call me a coward if you want, but if presenting oneself as open-minded and being conscientious of a hostile social environment are signs of weakness, then we're really in trouble.

David Dickstein can be reached at davidickstein1@gmail.com. ★



So concerned was David Dickstein about alienating half his readership and job recruiters, he made sure both selfies taken at the Trump and Clinton rallies be posted and published. Photos by David Dickstein



Dave Says

Fighting Fear

Dear Dave,
After listening to your show, I want to try to get control of my finances, but I'm afraid to open up the bills. I make about \$60,000 a year, but it's a real struggle just to keep my head above water financially. My checking account is always overdrawn, and I don't know where to start in catching up. Can you help?
- Gail

Dear Gail,
Trust me, I know it can be scary. But the easiest way to attack this thing is by taking one slow, sure step at a time. Try not to let worry consume you in the process, either.

First, sit down, take a deep breath, and open all the unopened bills. Throw away any duplicates, and keep only the most recent statements and notices. The unknown is always scarier than the known, so facing the bills and cutting that stack in half right off the bat will help reduce a lot of your initial anxiety. Next, let's start a debt

snowball. List all the debts you owe, from smallest to largest, making one column for the payoff balance, one column for the amount you need to get current on that debt, and one column for the single payment amount when you get current. Total each column - the payoff balance, the amount to get current, and the single payment. I promise it won't be as bad as you think.

Finally, make a monthly budget. Prioritize your needs, starting with food, utilities, house payments and transportation. When it comes to your debts, pay as much as you can on the smallest one while making minimum payments on all the others.

You can do this, Gail. If you'll follow my plan, I think you'll see improvement in several areas of your life and you'll feel good about the progress you're making, too!
-Dave

Use an Insurance Broker

Dear Dave,
My mom is 73 years old, and she's dealing with depression and a few other mental issues. Is it too late for her to get long-term care insurance?
- Julie

Dear Julie,
It wouldn't be a big problem if she were healthy. But given her age, and the other struggles you

mentioned, I'd check with a good insurance broker to see what's out there for her.

In the insurance world they call this "making a market." Will they be able to find a company that will write her in that situation? I can't give you an accurate answer off the top of my head, because this is a difficult thing. It would probably depend on things like the extent of her depression, how long it's been manifested, and what it has done in her life.

That's one of the reasons I'm advising you to see an insurance broker. A broker doesn't represent just one company; they represent several companies. They can shop around in a given situation, and find someone to write something you might not get written otherwise. They can also shop around for the best possible price, and you get the efficiencies of the marketplace working for you.

God bless you both, Julie.
-Dave

Dave Ramsey is America's trusted voice on money and business. He has authored five New York Times best-selling books: *Financial Peace*, *More Than Enough*, *The Total Money Makeover*, *EntreLeadership* and *Smart Money Smart Kids*. The *Dave Ramsey Show* is heard by more than 8 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com. ★

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.

OFFICE HOURS 10:00am - 3:00pm
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In the meeting room of the WPAC office. Enter from the back parking lot at 2628 El Camino Ave., Ste D-18

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CLUES

ACROSS

1. Dust jacket promo
6. The NHL's Stanley ____
9. "The Sun ____ Rises"
13. Petroleum tanker
14. *Top March Madness seed
15. Sigourney Weaver's 1979 box-office hit
16. Kind of ray
17. Expert
18. Mother, lovingly
19. *NCAA's fill-in-the-blanks
21. *Final Four location
23. ____ B or ____ C, at the doctor's office
24. Russian monarch
25. "Gross!"
28. Double Dutch gear
30. "____ of all trades," pl.
34. Found in a racing shell
36. Mountain goat terrain
38. What Pinocchio was doing?
40. Margarita garnish
41. Before "pocus"?
43. Roofed colonnade
44. Type of acid
46. Roman public space, pl.
47. One of President's two
48. Follow
50. Bathtime froth
52. "Get it?"
53. *Three pointer
55. Carry, as in suitcase
57. *Shared name of Kentucky and Villanova, sing.
61. New Norwegian language
65. Willow twig
66. Tiller's tool
68. Salivate uncontrollably
69. Like a good singer
70. Old fashioned "before"
71. Ancient marketplace
72. Ballet's pas
73. *St. John's ____ Storm
74. Red Sea nation

DOWN

1. Fat Man or Little Boy
2. Baron Munchausen, e.g.
3. Long forearm bone
4. Throw up
5. Worker who rolls dough for baked goods
6. Painter's layer
7. *Tar Heels' home
8. Circle of friends
9. Medicinal succulent
10. Sketch
11. 18-wheeler
12. December stone
15. Libertine
20. Unit of geological time
22. Pilgrimage to Mecca
24. Tea pot warmer
25. *School with most basketball titles
26. Filth
27. Surround
29. University teacher, for short
31. Benign lump
32. "The ____ Runner," pl.
33. Annoy a bedfellow
35. Skin cysts
37. Spiritual leader
39. *Opening round, a.k.a. Play-In ____
42. Lamentably
45. Public disapproval
49. Chapter in history
51. *March Madness selection day
54. Early anesthetic
56. Narrow valley between hills
57. Courts
58. Is not
59. Facebook button
60. Like a billionaire's pockets
61. Scholarship criterion
62. Move over and "make ____!"
63. Sight for what eyes?
64. Third K in KKK
67. Metal-bearing mineral

CROSSWORD

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For Solutions See Page 4

Aerospace Museum to Present Leonardo da Vinci "Machines in Motion"



The dynamic "Machines in Motion" exhibit will remain on display at the Aerospace Museum through September 4, 2017.

SACRAMENTO REGION, CA (MPG) - The Aerospace Museum of California is proud to present a dramatic, interactive and world-class Leonardo da Vinci "Machines in Motion" international traveling exhibit that will be on display for the first time in California starting on February 6, 2017. Forty machine replicas will be part of the impressive exhibit that will occupy nearly 9,000-square foot of space inside the spacious Museum. The dynamic "Machines in Motion" exhibit will remain on display at the Aerospace Museum through September 4, 2017.

Once open to the public, Museum guests will have the unique opportunity to set a wide variety of machines in motion while learning and exploring the wide range of mechanical principles da Vinci employed to create each one. Grouped together in four sections according to the element which the machine operates or from which it draws power -- Earth, Water, Air and Fire -- the exhibit features visionary early inventions such as the helicopter, glider, armored tank, drive transmission, printing press, bicycle, robot and more. In addition, a da Vinci themed

PlayZone will also be available for very young children to inspire creative learning.

"We are thrilled to bring the genius of da Vinci to the Aerospace Museum and our inquisitive guests," said Roxanne Yonn, Executive Director of the Aerospace Museum of California. "Most people first think of da Vinci as one of the world's most famous painters but he was also a brilliant inventor and creator who was way ahead of his time. In addition to the amazing number and diverse range of machines he created, he was intrigued by the phenomenon of flight and detailed plans for several flying machines, many of which guests will see on display at the Museum."

All of the hands-on machines on display at the Museum are based on Leonardo da Vinci's visionary designs and innovative notebook drawings that have been meticulously constructed by a modern team of scientists and craftsmen in collaboration with the Leonardo da Vinci Museum in Florence, Italy.

The Leonardo da Vinci "Machines in Motion" hands-on exhibit is included with Museum

admission: \$15 for adults, \$12 for seniors & teachers (with ID), \$12 for children & youth (ages 6-17), and is free for children ages 5 and under along with active duty military (with ID) and Museum members. For more information about the Leonardo da Vinci "Machines in Motion" exhibit or the Aerospace Museum of California in general, please call 916-643-3192 or visit www.aerospaceca.org.

Located in a spacious facility at McClellan Business Park in Sacramento, the Aerospace Museum of California is one of aviation's greatest showcases that captures the allure of flight. With a wide range of impressive military and civilian aircraft on display -- from biplanes to Russian MIGs -- and an extensive engine collection, the Museum also offers a state-of-the-art STEM learning laboratory or "Flight Zone" with 10 interactive digital flight stations. The Museum is committed to providing a world-class experience along with the opportunity to learn about and celebrate aviation's past, present and future. For more, visit www.aerospaceca.org ★



Make It Fun and It Will Get Done!

The Secret to Being Organized

Pam Young's Corner

Planning to Get Organized? Keep it a Secret

If your New Year's Resolution was to get organized, you've had a month to play around with your resolution. Did you tell many people of your plans? When I got organized in the late seventies, I decided to keep my "project" a secret from my husband, kids, parents and best friend. I'd read that when you want to make a transitional change in your life, keep it to yourself and wait for "them" to come to you and say, "What's happened to you?" or "You seem happier and you're always on time lately, what's up?"

What I discovered by keeping my mouth shut on my plans was I had more energy! There was a certain excitement in "my secret." Also, those closest to us have probably heard us talk about needing to change, wanting to change and planning to change, so to make a chronic announcement, "This year, I'm going to get organized," "lose weight" or "budget and get out of debt," your friends and family are liable to say, "Yeah, sure Martha, what's new?"

There is power in sharing your intentions with those who have the same goal. I'm so thankful for the internet platform I've been able to create so we can help each other and share our triumphs as well as our failings. I'm just talking about keeping it a secret from our loved

ones, until they start seeing results.

Critical Spouse

I was married to a very critical person and my disorganization affected our marriage and made it worse. As I got control of my routines and changed some very bad habits, my house was turned into a home. But the criticism didn't stop. In fact his criticism began to stick out like a pimple on Gwyneth Paltrow's nose would. It made me know we have to change for ourselves and only for ourselves. It's enlightened selfishness.

When I decided to lose 35 pounds and document my journey in "The Mouth Trap: the butt stops here!" I kept it a secret from my friends and family for three months. Since I'm the one who cooks our meals and sets the table, I wanted to see how long it would take Terry (my second husband with not a critical bone in his body) to notice. He never noticed because non-critical people don't notice much. I wanted to see how long it would take before he did. Curiosity has energy!

Nelly, my inner child loved keeping the secret! We began to bond in a way I hadn't counted on, because we discovered no one really cares about what we do until it affects them in a negative way! So we teamed up as best friends

with our secret that nobody knew.

I lost 17 pounds before Terry ever noticed! Of course when he did, Nelly had to open her big mouth and tell him how we knew he wouldn't notice and that all he thinks about is HIMSELF! He didn't like those words one bit, but in a very sweet voice he said, "It's like when you have kids and they change so slowly you don't notice because you see them every day." I apologized for my selfish judgment, but that judgment gave Nelly and me such energy keeping it a secret.

If you are serious about changing, try keeping it a secret between you and your inner child. You'll be amazed at your new energy level.

If you are serious about getting organized, I recommend my latest "how to" book called "The Joy of Being Disorganized." It's available on Amazon. You'll learn step-by-step how to get organized just enough to please you!

For more from Pam Young go to www.cluborganized.com. You'll find many musings, videos of Pam in the kitchen preparing delicious meals, videos on how to get organized, ways to lose weight and get your finances in order, all from a reformed SLOB's point of view. ★

Muggles Daisy Dell



By Kay Burton

Muggles is a Lhasa Apso, born May 26, 2003. Her family named her Daisy and her two brothers, Luke and Beau, after "The Dukes of Hazard".

She was such a whimsical puppy (and somewhat magical), the new owners, Jan & Dick Dell of Gold River, wanted a more fitting name. Looking through Harry Potter books which are stories about wizards,

they happened upon the term "Muggles" which wizards refer to as non-wizard beings.

And so it was, Muggles became her first name and when people asked her name and are told "Muggles", they giggle!

When Muggles was about four, she began visiting a family member who had Alzheimer's and who was living in an assisted living facility. Muggles was a natural at visiting, and we saw how much the residents enjoyed her visits. In 2009, Muggles became a Therapy Dog with Alliance of Therapy Dogs. She regularly visits Empire Ranch Alzheimer's Special Care Center in Folsom. She only knows one trick, and that is to sit up on her hind legs then do a "double paw". The residents always ask for Muggles to do her trick, but they also enjoy petting her.

Muggles is the Dells second Lhasa Apso. They are fiercely loyal and very loving dogs, but can also be stubborn at times. Muggles is very smart and she



Muggles

even smiles for humans!

Kay Burton is a longtime columnist and supporter of the SSPCA and other rescue groups. To share your family pet story with our readers,

Email: KayBurton1@comcast.net ★

New Sacramento County Ordinance Expanding Urban Farming

Are you looking to bring fresh food into your neighborhood? The new urban agriculture ordinance has now been passed. Urban agriculture is defined as the raising of crops and animals in the urban environment, including growing crops, raising animals (such as egg-laying chickens), bee keeping, and selling the goods grown or produced.

Outline of Sacramento Urban Agriculture Ordinance:

1. It permits gardens, or small farms on vacant parcels in urban and suburban neighborhoods to grow produce to sell.
2. Temporary use permits are available for stands under 120 sq. feet, and stands over 120 sq. feet in area require a conditional use permits to sell produce, eggs, honey, and cottage goods on site.
3. It allows for the raising of limited number of egg laying chickens and ducks for parcels on less than 10,000 sq. feet in all permitted zones.
4. A limited number of beehives are allowed to be permitted for residential and commercial use.

With this ordinance it will bring greater availability and access to fresh produce in what are current urban food deserts.

To confirm the zoning for the neighborhood farming, you can enter your address on line at: http://generalmap.gis.saccounty.net/JS-Viewer/county_portal.html

Food Sale Regulations

Along with freshly grown produce, stands may also sell cottage foods.

Who are you selling to?

The California Homemade Food Act has been in effect since 2013. This new Sacramento County Ordinance allows residents to sell fresh produce, eggs, and approved cottage foods at permitted stands to the public.

Cottage foods unable to be sold include: products containing meat or food that require refrigeration (Cheesecake, cream pies, or desserts with custard fillings) you must contact the local Environmental Management Department of Environmental Health. The Health Department will instruct you on what requirements you must comply with.

For Information on Stand Permitting Contact: Sacramento County Environmental Health Department <http://www.emd.saccounty.net/EH/Pages/default.aspx>

OR

The Business Environmental Resource Center (BERC) 916-874-2100 [SacBerc.org](http://www.SacBerc.org)



What are approved cottage foods?

Prohibited Foods Perishable Baked Goods Chutneys Kombucha Pickles Juices Meat Jerkies Fermented foods Carbonated drinks	Snacks Canned Apples Pretzels & Crackers Nuts & Seeds Vegetable Chips * Caramel Corn & Popcorn Granola Chocolate covered items* Marshmallows	Preserves Fruit butters Jam & Jellies * Other Preserves *	Pastries Churros Cones * Pies* Empanadas* Tamales * Other Pastries*
Dry Goods Cereals Dried Vegetables/ Fruits Herbs Pasta Mole Paste Tea*/Coffee* Mixes * Spices & Seasonings	Condiments Honey Syrups Mustards Vinegars Nut Butters	Candy Brittles Chocolate Ground Chocolate Buttercream frosting * Cotton Candy Candies * Fudge	Breads Biscuits/Rolls Cakes * Sweet breads * Breads * Cookies Tortillas Muffins/Scones Brownies

*Limited Foods - Visit forrager.com/law/california for more information.

Is Voter Fraud Rampant In The U.S.?

'The Call For An Investigation Into Election Fraud Is Valid'

Commentary by AMAC

President Trump was dismissed out of hand when he called for an investigation of voter fraud. Former president Barack Obama even called it "fake news." So why does the respected and widely quoted Pew Center on the States say that there is "susceptible to fraud." Pew concluded that there is "evidence that America's voter registration system needs an upgrade."

The fact of the matter is that Pew's research showed that "approximately 24 million-one of every eight-voter registrations in the United States are no longer valid or are significantly inaccurate. More than 1.8 million deceased individuals are listed as voters. Approximately 2.75 million people have registrations in more than one state."

Dan Weber, president of the Association of Mature American Citizens, says he is dismayed to see that there is opposition

to finding out "just how extensive is voter fraud in the U.S. We ignore the fraud potential at great peril to the nation. Whether you are a Republican, a Democrat or an Independent voter need to at least be concerned by the threat. Thus, Mr. Trump's call for an investigation is, indeed, a legitimate one."

Weber cites numerous reports from authoritative sources that the fraud is real. Most recently The Detroit News found voting scanning machines at 248 of the city's 662 precincts - 37 percent - tabulated more ballots than the number of actual voters counted in the poll books. The discovery was made when Green Party 2016 presidential nominee Jill Stein's called for a recount in Michigan.

"Bear in mind, it was election officials who conducted the recount," Weber notes. He points out that a few years back the Wall Street Journal reported that "coercion and chicanery are made much easier by the

excessive use of absentee ballots. Most of the elections thrown out by courts-Miami, Florida's mayoral election in 1998, the East Chicago, Indiana's mayor's race in 2005-involved fraudulent absentee votes."

The AMAC chief points out "there are some who want to suppress an investigation of voter fraud because it is, indeed, widespread. But, whether that is true or not is not the issue. The issue is that our election system is vulnerable and only a broad-based investigation can find the vulnerabilities. We need to know who is perpetrating the fraud and why. We are a democracy in which every vote counts, but we must have fair and honest elections. It is a sacrosanct tenet of our national culture that must be protected at all costs."

The Association of Mature American Citizens [<http://www.amac.us>] is a vibrant, vital senior advocacy organization that takes its marching orders from its members. ★



POPOFF!

with Mary Jane Popp

Help!

Have you ever thought about seeing a therapist and then chickened out? I talked with Dr. John Huber on POPPOFF about knowing when to seek out therapy. Dr. Huber is Chairman for Mainstream Media Health, and is a Clinical Forensic Psychologist. He has nine signs that it's time to see a therapist. By the way, the good doc said seeing a therapist is not a bad thing. The question is knowing when to see one.

- 1) **WHEN THINGS AREN'T GOING WELL.** This may sound silly, but people with good teeth go and see their dentist every six months. It's a checkup. In mental health, checkups are useful as well. It helps you maintain and/or build a relationship with your therapist so when the world crashes in on you, you have a trusted therapist who knows you and what you look like when things are going well.
- 2) **WHEN SOMEONE THAT KNOWS YOU AND CARES ABOUT YOU ASKS IF YOU**

ARE DOING ALRIGHT. They may even tell you they are concerned about you (i.e. something is different about you).

- 3) **YOU ARE RELYING ON SUBSTANCES TO COPE.** You need a drink to relax or go to sleep more often than not.
- 4) **YOU THINK ABOUT DEATH OR HURTING YOURSELF.** This is a very severe path to be on. Seek out help immediately and if the pressure seems too great to resist, call 911 right then.
- 5) **YOU ALWAYS ASSUME THE WORST.** Worrying and stressing about what might happen tends to overwhelm people and they tend to get nothing done. 99% of what might happen never does.
- 6) **YOU SEE YOURSELF TAKING RESPONSIBILITY OF OTHER PEOPLE'S PROBLEMS.** You are always overwhelmed by trying to help other people cope with their problems. Like when a family member is always calling to talk about what is bothering them and how you need to help them with their depression or relationship.
- 7) **YOU FEEL HELPLESS WHEN STRESS HITS YOU.** Many individuals have a problem with an "external locus of control."

This is the belief that they are not able to exercise any change in their environment. The perception is that it doesn't matter what they do, they cannot change the problem or situation.

- 8) **DO TRY TO FIND YOURSELF TRYING TO MEET EVERYONE ELSE'S IDEA OF WHAT SHOULD BE.** When you live your life for the praise of others, you might find yourself making compromises that aren't true to yourself. Mentally healthy people make decisions from the inside out. They don't put their beliefs and goals up for a vote.
- 9) **NOTICE YOU ARE FEELING JUST "NOT YOURSELF."** You may usually love being with your friends, but suddenly find yourself wanting to be alone most of the time. Maybe you find yourself getting angry often, when you never used to feel angry. It can be healthy to want to be alone but becoming isolated is not.

That should give you a start. Better to be safe than sorry I guess. If you need more information, check out www.MainstreamMentalHealth.org. Moving forward with a positive attitude in life is always the way to go. **HAPPY MENTAL HEALTH!** ★



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Travel Notes:

Mykonos:

A dearth of shore excursion options is actually part of the allure of this Greek island, a destination Lonely Planet keenly observed as one that “flaunts its sizzling St. Tropez-meets-Ibiza style and party-hard reputation.”

Messenger Publishing Group TRAVEL

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Best Mediterranean Cruise Ports

By David Dickstein

(Third of three parts)

Picking out just 10 favorite Mediterranean ports is like choosing only a pound of chocolates at See’s Candies. They’re all so marvelous, orange cream and Marseilles excluded.

We’ve covered Rome, Athens, Naples, Barcelona, Florence and Santorini, in that order, and now it’s time to round things out. So, without further ado, here’s Nos. 6-10 as discovered during back-to-back 10-day Mediterranean cruises aboard the resplendent *Celebrity Reflection* and remarkable *Carnival Vista*.

#7: Rhodes

What does the Grecian port of Rhodes have in common with Disneyland? Walk off the ship or through the turnstile and in 5 minutes you can enter a castle-like fortress where fun, food and souvenirs await. Just don’t expect to see Mickey Mouse in Rhodes – hungry feral cats abound within the 2 1/2 miles of 40-foot-thick medieval walls. Look passed the cafes serving pizza and spas where “doctor fish” nibble on the dead skin of tourists’ feet, and Rhodes’ Old Town resembles a bona fide Turkish bazaar – and for good reason: Turkey is just



Tsambika Beach has the right amount of people and services in Rhodes. Photo by David Dickstein

umbrellas and aquatic equipment for rent. The southern end is more serene and where nudists laugh in the face of melanoma.

If visiting Tsambika Beach, Lindos and Old Town sounds

photos of your floating hotel from across the marina.

But let’s talk Turkey: Cruise ships don’t call on Kusadasi because of what’s in and around the port. The emphasis here is Ephesus. Once home to philosophers, gladiators and rulers, the ancient city is rich in ruinous architecture and history, and a fleet of buses parked on the other side of the gangway can take you there in 30 minutes. Nearly every shore excursion offered through the cruise lines includes a visit to what’s considered one of the

options is actually part of the allure of this Greek island, a destination Lonely Planet keenly observed as one that “flaunts its sizzling St. Tropez-meets-Ibiza style and party-hard reputation.” Any nightlife will have begun long after it’s anchors aweigh for you since larger cruise ships are gone by sundown, but a hip vibe permeates even in daytime, as does traditional Greek charm.

Tours of ancient Delos, birthplace of the god Apollo, and shuttles to wonderful beaches get some takers, but most visitors

who get off the boat hoof it to Old Town to stroll the narrow streets that lead to boutiques, museums, cafes, pastry shops, churches and a few surprises. Many get flat-out lost thanks to a centuries-old defense scheme designed to thwart would-be invaders. The town is plotted as a maze, and a total whitewash of its buildings plus a street system that would delight Sarah Winchester make navigation challenging even for tourists with GPS. Not to worry – the Aegean Sea or a friendly local will stop you from going too astray.

#10: Crete

First impressions of Crete being a loser port are understandable, especially if judging by high Mediterranean standards. Heck, even the cruise lines’ list of shore excursions is mediocre for a place where Hercules once roamed. To this point, the “Best of Crete” tour is highlighted by a visit to the Palace of Knossos that disappoints for being overly restored and lacking in original antiquities. But give the home to Europe’s earliest civilization a chance, because the ho-hum-sounding tours give you a rare, stress-free opportunity to assimilate with the locals.

There’s no easier, cheaper or quicker way to do that than taking the hop-on hop-off open-top busses of Heraklion Sightseeing Tours. For just 20 euros (15 if you buy online in advance or cut a deal with the ticket seller), you’re taken on a loop around Crete’s capital and Greece’s fourth-largest city. Any of the 11 stops is a starting and ending point, technically, but the official one is just off the ship.



Mykonos and its maze-like street system make getting lost delightful. Photo by David Dickstein

After quick stops by a medieval fortress and a small, but decent aquarium, consider getting off to truly soak up indigenous culture and color. Pop in a grocery store, where the most unusual items are often in the produce and meat sections. Check out the butcher’s skinned rabbit destined for a Greek stew called *stifado*. Like dinner, if you’re not in a hopping mood simply stay on the bus and enjoy the multilingual recorded narration uninterrupted; you’ll be back to the ship in an hour.

If You Go

Carnival Cruises, www.carnival.com

Celebrity Cruises, www.celebritycruises.com

Taxi Rhodes, www.taxi-rhodes.com

Heraklion Sightseeing Tour, www.her-openbus.gr ★



Dancers welcome cruisers at the port of Rhodes. Photo by David Dickstein

11 miles away and bound by 300 years of influence.

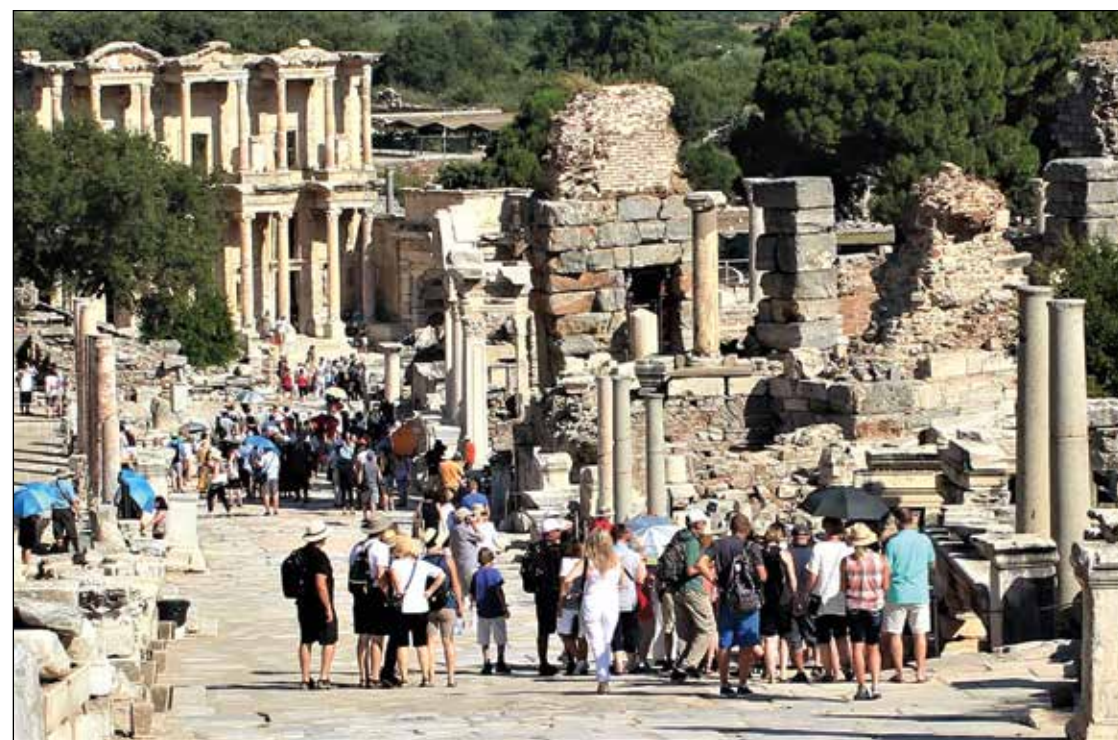
Exploring Old Town can easily be done on your own and minutes off the boat, but getting to the second-most visited attraction in Rhodes – the beautiful, yet tourist-jammed ancient city of Lindos – requires ample time and wheels since the 35-mile trek each way takes about 45 minutes, longer during peak season that runs April through September. Crowds will also have you deciding whether the Acropolis, site of a temple to the goddess Athena, is worth hiking up a narrow and sometimes thronged and treacherous path. Donkeys can carry you up in exchange for 5 euros and your PETA membership card.

Rhodes is known for its collection of stunning beaches and shapely sun worshippers, so if taking a dip in hot Greece sounds good, avoid built-up Faliraki Beach if you have the time to go farther south to a less-congested shore. Located halfway between the ship and Lindos is Tsambika Beach, which has just enough tavernas serving grub and grog, free Wi-Fi, and lounge chairs,

like a perfect day, which it was on my return trip there, do it in that order so you’re among the first ones at the ocean, and book a private driver before leaving home. Highly recommended is Taxi Rhodes, which charged 180 euros for 6 hours that began at 9 a.m. sharp dockside and ended with a *sas efcharistó* and *antio* – thank you and goodbye – just outside Old Town where we took it from there. Manolis Kiaourtzis couldn’t have been a better and more intuitive driver, guide and representative of this top Mediterranean port.

#8: Kusadasi

One could easily spend the entire day within walking distance of the ship in Kusadasi, Turkey. The port’s vibrant and secure shopping center and adjacent retailers are chockablock with such local specialties as carpets, silk pashmina and ceramics. If you’re ever tempted to skip a prepaid lunch on the ship, this is the place. It’s hard to beat hospitable Guverte Restaurant for seafood (try the grouper), coffee (Turkish, of course) and Facebook-worthy



Walking the stone streets of ancient Ephesus is the one must-do when in Kusadasi or Izmir. Photo by David Dickstein

world’s most magnificent and best-preserved archaeological sites. There’s usually a no-frills 3 1/2-hour-long tour to appease your inner Clark Griswold (think Grand Canyon), and a few with durations of over 8 hours for those wishing to immerse themselves in the Greek Dark Ages to Late Middle Ages of 10th century BC to 15th century AD. Longer tours often include a visit to the House of the Virgin Mary, where the blessed mother of Jesus is reputed to have spent her final years of life. The less devout and gullible will likely deem this add-on a tourist trap. Cynics also may be turned off to the obligatory carpet demonstration that’s usually tacked onto a ship-booked tour. But don’t make a dash for the exit too quickly; learning about traditional hand-made rugs is actually pretty cool if you ignore the high-pressure sales tactics. If nothing else, enjoy the free apple tea.

#9: Mykonos

A dearth of shore excursion



Kusadasi, Turkey is a wonderful gateway to the ruins at ancient Ephesus. Photo by David Dickstein

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Stroll Through the Decades and Go Back in Time 100 Years

SACRAMENTO REGION, CA (MPG)

-Ninety-two year old Marjorie Young has a clear memory of the 1940s. In 1942, Elvin Young, a handsome Army Air Corps pilot stationed in Ontario, California, asked her to be his wife. She was living in Eunice, Louisiana, at the time, but quickly traveled across the U.S. to California where the two married at St. George on September 1st. Shortly after their wedding, Marjorie and her friend Virginia Martin were enjoying Euclid Avenue when they came across a dog show. A Los Angeles Times reporter stopped the ladies in their heels and fitted dresses and asked for a photo. The photo appeared in the LA Times, and Elvin bought a stack, hand-



Elvin Young on the flight line. Photo courtesy of Marjorie Young

of style, so when she decided to have a portrait taken of her and 18 month old Donald, she went to the local boutique to pick out a suit. This special boutique brought New York fashions to the small town of Eunice. Suits like her black jacket with checkered skirt were very popular during that era, explained Marjorie. "But the shoes are what I liked best."

After the war, Elvin retired from the Army and the two settled in Whittier, California, where Elvin worked as a chemist with an oil company. The two raised three children; two boys and a girl. Eventually, Marjorie went to school and became an accredited teacher working with students in 3rd, 5th, and 7th grades.

The family moved to Fair Oaks when Elvin was recruited for a position with the State of California. Marjorie lived in the same house for 52 years before coming to Eskaton Lodge Gold River. "The people are good here," she said. "It's friendly and helpful."

Marjorie's photos and fashions, along with more than a

dozen displays, were showcased recently at Eskaton Lodge Gold River. The event was free and many enjoyed hors d'oeuvres and beverages and a stroll through 100 years of history and fashion including wedding dresses from 1900 to 1999. For more information, visit www.eskaton.org/100 or follow us on social media using #BackinTime.



Elvin D. Young. Photo courtesy of Marjorie Young

Source: Eskaton Media ★



Marjorie and her friend Virginia Martin enjoying a walk on Euclid Avenue. They came across a dog show. A Los Angeles Times reporter stopped the ladies in their heels and fitted dresses and asked for a photo. The photo appeared in the LA Times. Photo courtesy of Marjorie Young

ing them out to the guys in his squadron. "He was so proud," said Marjorie.

A year later, he would serve 13 months in Nice, France, during WWII.

Their first son, Donald, was born in Louisiana where Marjorie lived with her parents while Elvin was stationed overseas. Marjorie had a great sense

SAFE Credit Union Donates \$5,000 to Local Salvation Army

SACRAMENTO REGION, CA (MPG) - In an effort to support communities impacted by the evacuation orders along the Feather River Basin in Butte, Sutter, and Yuba counties, SAFE Credit Union donated \$5,000 to the Salvation Army, Del Oro Division, which directly serves the affected region.

"It's deeply important to support an organization with boots on the ground, and the Salvation Army is already working hard to help the people who were, or remain, displaced," said SAFE President and CEO Dave Roughton. "We want to ensure they have the necessary resources to provide assistance to those in need."

The Salvation Army is providing food and comfort in evacuation centers around the region, including Chico, Grass Valley, Roseville, Oroville, and Anderson. They continue to assess needs and have units on standby to support other affected areas, if needed.

"We're so thankful for SAFE Credit Union's generous donation to our Emergency Disaster

Services program," said Major Guy Hawk, Salvation Army Divisional Secretary for the Del Oro Division. "The funds will help a lot with the meal services we have provided for the evacuees of the Oroville Dam situation, and they may also be used to assist families as they transition back home. It goes without saying, but we can't do this without local support from individuals and organizations like SAFE Credit Union."

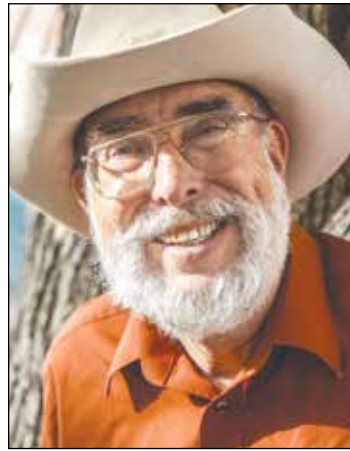
To donate to the Salvation Army's relief efforts, visit deloro.salvationarmy.org or call (800) 725-2769 and designate that funds be allocated to "Oroville Response."

Earlier this week, SAFE initiated calls to members who live in the evacuation zone to gauge what assistance they might need to mitigate financial hardships as a direct result of this emergency. Impacted members who have yet to be in contact with SAFE are requested to call (916) 979-7233 or (800) SEE-SAFE to discuss options for their specific situation.

Source: Runyon Saltzman Inc. ★

Slim Randles' HOME COUNTRY

"I Was Just One of Many Dog Musers Starting the Very First Iditarod Dogsled Race to Nome"



This Saturday is special to me, because for one day each year, I get to let the years fly behind me and become someone else. Back on this special Saturday in 1973, you see, I was Number 37. I had the Number 37 bib pinned on my parka that early morning at the baseball diamond in Anchorage, and I was just one of many dog mushers starting the very first Iditarod Dogsled Race to Nome. I also get to be someone else on Saturday, too. The guys

called me Seven-Dog Slim, because that was how many I had in front of that sled, and I had to borrow a house pet and bail another out of the pound to get seven of them. Seven dogs, you see, was the minimum number you had to have to compete.

And, since the other guys had more dog food than I did, they had more dogs, as well. Most of the teams were in the 10 to 14-dog vicinity. This made me the equivalent of the driver of a VW Bug in the Indy 500. Later, they upped the minimum to nine dogs, so I guess I'll always be the only idiot to start out on the Idiot Road with seven dogs.

But I was IN the Iditarod ... the race Joe Redington, Sr. worked so many years to establish. I was among a few of the homesteader types who lived in the woods and actually used

a dog team for transportation. Our cabin was more than 12 miles from where we parked the car, you see. So the dogs were not only part of our happy little Alaska Bush family, but hauled in the groceries ... and dog food.

So how did I do? Well, I crushed an ankle several hundred miles into the 1,000-mile race and got airlifted back to the hospital.

So Saturday I'll wear the gold-colored parka I wore 44 years ago, and once again I can be Seven-Dog Slim for a day.

Here's to the mushers on trail. Packed trails and fast dogs, my brothers and sisters. It's a very long way to Nome.

Brought to you by Home Country with Slim Randles, the radio show. Ask your country music station about it. ★



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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 cschwieteri@buckeyeusd.org

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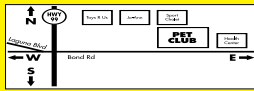
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Limit 2 Bags

NATURE'S MIRACLE CLUMPING CAT LITTER
"Natural" Care
10 Lb Bag Limit 2 Bags
\$7.99

PURINA BENEFUL DRY DOG FOOD
•Original •Healthy Weight 31.1 Lb Bags Limit 1 Bag (Selected Varieties, 15.5 Lbs. \$13.99)
Per Family
\$24.99

CANIDAE GRAIN FREE PURE ADULT DRY DOG FOOD
24 Lb Bag
•Duck \$8.00 OFF
•Bison \$6.00 OFF
•Salmon \$6.00 OFF
OUR REGULAR LOW PRICES

PREMIUM CHOICE SCOOPABLE CAT LITTER
All Natural Unscented, 50 Lb Bag
Limit 2 Bags
\$10.99

SCIENCE DIET FELINE MAINTENANCE DRY CAT FOOD
•Adult •Adult Light •Adult Mature
16 Lb Bag Limit 2 Bags Per Family
\$29.99

EVO GRAIN FREE DRY DOG FOOD
•Turkey & Chicken (Reg & Small Bites) 28.6 Lbs
•Red Meat (Reg & Small Bites) Limit 2 Bags
ON SALE

CAT COUNTRY PREMIUM ORGANIC CAT LITTER
Limit 2 Bags 20 Lb **\$7.49** 40 Lb **\$13.99**

New Formula MERRICK'S CLASSIC NATURAL DRY DOG FOOD
•Chicken/Green Pea/Ancient Grains 25 Lbs Limit 2 Bags
•Beef/Barley/Carrots •Lamb/Green Pea/Ancient Grains
ON SALE

MIDWEST METAL PRODUCTS
•Exercise Pens •Crates All Varieties
•Ovation Trainer •iCrate
20% OFF
OUR SUPER LOW PRICES

CRAZY PET TRAIN ME TREATS - 3.5-16 Oz PET BOTANICS
Training Rewards - 20 Oz Grain Free Salmon & Omega Treats
20% OFF
OUR SUPER LOW PRICES

BOODA DOME COVERED LITTER BOX
•Regular (Clean-Step \$21.99)
\$14.99

SENTRY PETROMALT & PETRODEX PRODUCTS
All Varieties
•Tooth Care •Hairball Relief
20% OFF
OUR SUPER LOW PRICES

CANI-BITS MUNCHIES MINI-BITES
•Pumpkin •Peanut Butter •Cheeze Bacon
Made with CBD oil from hemp. 40 Count
\$9.99

TETRA BOXED GLASS TANK WITH STARTER KIT
10 Gal Economy **\$36.99**
10 Gal LED Deluxe **\$53.99**
20 Gal LED Deluxe **\$91.99**
29 Gal LED Deluxe **\$112.99**
55 Gal LED Deluxe **\$187.99**

PENN-PLAX CASCADE POWER FILTER SALE
MODEL TANK SIZE PET CLUB SALE
CASCADE 100 20 Gal. **\$13.99**
CASCADE 150 35 Gal. **\$17.99**
CASCADE 200 50 Gal. **\$29.99**
CASCADE 300 100 Gal. **\$27.99**
Revolutionary Bio-Falls Quad Filtration System

TETRA FISH FOOD SALE
Tetrafin Goldfish 7.06 oz. **\$7.99**
TetraMin Staple 7.06 oz. **\$11.99**
Tetra Ruby Color 7.06 oz. **\$11.99**

KORDON CORAL SEA 50 GAL SALT MIX WITH AMQUEL
\$11.99

BONUS COUPON
FANCY FEAST GOURMET CANNED CAT FOOD
3 Oz - All Varieties Except Elegant Medley
Limit 2 Cases With Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 3/1/17 - 3/7/17
53¢ GRM PLU 361

BONUS COUPON
FRISKIES PARTY MIX CAT TREATS
2.1 Oz •Selected Varieties
Limit 2 Pkgs with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 3/1/17 - 3/7/17
\$1.09 GRM PLU 573

BONUS COUPON
JONNY CAT PREMIUM CAT LITTER
20 Lb Bag
Limit 1 Bag With Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 3/1/17 - 3/7/17
\$3.29 GRM PLU 362

AT ESKATON LODGE GOLD RIVER, IT'S ALL ABOUT YOU

ESKATON
Transforming the Aging Experience

Mealtime is important. It's a time to join friends and share good conversation and delicious foods. That's why we keep our menu fresh and varied. What would you like to eat today? Hot soup. A cool salad. Fresh fruit. Choose a delicious and healthy entree from an extended menu with choices you'll love. Live the way you want with the services and assistance you need to make life more fulfilling. Choose Eskaton Lodge Gold River ... where everybody knows your name. Call or go online today.



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