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Gold River Messenger

"Written by the people, for the people"

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Serving Gold River and Sacramento County

APRIL, 2017

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French Invasion Coming

French Air Force's Elite "Patrouille de France" to Perform at Mather Airport April 15 event Honors 100th Anniversary of US Entering World War I

By Shelly Lembke

MATHER, CA (MPG) - America's oldest ally, France, is sending her world-renown aerial military jet demonstration team to Mather for one day only. The event is sponsored by the California Capital Airshow (CCA) and the City of Rancho Cordova for a single performance on April 15th.

This stop is part of a limited tour by the French Air Force to honor the 100th Anniversary of the United States entering into World War I. It also corresponds to the upcoming centennial celebrations honoring the opening of Mather Field, which would later become Mather Air Force Base.

The performance is the only west coast appearance and one of only eight U.S. cities to host this extraordinary eight-ship military jet demonstration team, known as "Patrouille de France."

The visit from Patrouille de France marks the first time the CCA will host an off-season airshow demonstration. While the aerial demonstration will take place on the afternoon of Saturday, April 15, the Patrouille de France will arrive in Sacramento on Thursday, April 13, according to CCA Executive Director Darcy Brewer.

"The event certainly has its historical significance, but it will also serve as an opportunity for aviation fans to witness heart-pounding jet engines in flight months before the premier California Capital Airshow on September 9 and 10," said Brewer.

"The California Capital Airshow is proud to honor the men and women who serve, while introducing families and spectators to the power and magic of flight," Darcy Brewer commented. "This event is a tribute from our French allies to



The French Air Force's Elite "Patrouille de France" is set to Perform at Mather Airport on April 15th. This event honors the 100th Anniversary of the U.S. Entering World War I. The event is a tribute from our French allies to the American heroes of World War I and a rare opportunity to experience this world class air force up close and personal. The California Capital Airshow is sponsoring this event, see story for additional information. Photos courtesy CCA

the American heroes of World War I and a rare opportunity to experience this world class air force up close and personal."

The French pilots will take part in a number of community engagement events leading up to Saturday. "We are very excited about the upcoming visit of the Patrouille de France in California," said Emmanuel Lebrun-Damiens, Consul General of France in San Francisco. "The French Air Force's elite demonstration will illustrate the close relationship between our two countries."

Details of the Patrouille de France airshow:

- **When: Saturday, April 15. Gates open at 10 a.m. Show is**

- **Noon to 2 p.m. Where: Sacramento County's Mather Airport**
- **What: One day only, aerial demonstration by the French Air Force's elite Patrouille de France**
- **Who: In addition to the Patrouille de France flight team, French dignitaries and U.S. and California officials will be on hand to honor the historic anniversary**
- **How: Ticket sales open on March 23 to Airshow Insiders only. Anyone can sign up to become an Insider here. If capacity allows, ticket sales will open to non-Insiders on March 30. No tickets will be available day-of event.**

This event is part of the U.S. tour to commemorate the 100th anniversary of United States entering World War I on April 6, 1917, to support the United States' allies in Europe. In 1918, roughly a year later Mather Field opened, serving primarily as an U.S. Army Air Service flight training center for servicemen on their way to World War I battlefields in Western Europe.

The California Capital Airshow Established in 2004, the California Capital Airshow 501(c)(3) plans and operates the exciting, family-friendly annual event designed to honor the Sacramento region's rich aviation heritage and veterans while



using the power and magic of flight to inspire young people.

CCA gives back to the community through scholarships, charitable group donations and exciting educational youth programming throughout the year. For more information about the airshow, performers, and discount tickets, please visit www.californiacapitalairshow.com.

<http://www.californiacapitalairshow.com>.

For extended content, please visit the Grapevine Independent webpage: www.ranchocordovaindependent.com. For more information about the airshow, performers, and discount tickets, please visit www.californiacapitalairshow.com. ★



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The Patrouille de France flight team will perform at Mather Air Field in Rancho Cordova on Saturday April 15. Gates open at 10am, the show will begin at noon. The California Capital Airshow will be sponsoring the event. The CCA gives back to the community through scholarships, charitable group donations and exciting educational youth programming throughout the year.

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Small Business Rocks!



Louis McNerney

Last year, was big year for small business in America. It's a trend that's continuing industry-wide. Business births in 2016 exceeded the exit-rate of companies for the second year in a row.

Here is a list of some of the top performing industries.

1. Food and Restaurant-related Businesses

Food-related businesses saw a significant increase over the past year. Restaurant and food service sales were expected to jump to over \$700 billion, continuing an upward trend since the 1970s. Similarly, restaurant industry employment topped 14 million and is expected to increase to 15.7 million by 2025. As the economy continues to improve and consumer spending grows, the restaurant industry is expected to stay on track for growth, especially in the fast-casual segment which continues to grow year on year.

2. Business Services

Business Services continues to grow which is not surprising considering the influx of start-ups launched this past year. A recent study found that business services, such as accounting, tax preparation, bookkeeping and payroll, topped the list for the industry with the highest net profit margin for four consecutive years. That trend is likely to continue, especially as more business start-ups need these services.

3. General Retail

Independent and franchise retail shops shaped about 9 % of businesses in 2016. Retail sales (including food services) totaled over \$447 billion in one month alone in the U.S. While that's a mind-boggling amount, the National Retail Federation says households are spending increasing amounts on services rather than products, which could signal a shift in spending from mostly retail to business services.

4. Health, Beauty and Fitness

The health, beauty and fitness industry is also a growing industry. No surprise with today's conscious shift toward holistic health. These industries bring in a combined \$50 billion in annual revenue and are expected to increase over the next five years. Contract-free gym memberships are on the rise as the consumer base gets younger, signaling the importance of pick-and-choose models, and beauty products targeting youth, men and seniors are also expected to surge in the coming years.

5. Home Services

Home services round out the top businesses. Home services include businesses like in-home senior care, spiking in popularity as baby boomers age, as well as handyman services and home construction. Senior home care is predicted to grow, especially as costs associated with healthcare and assisted living accommodations increase and families look for alternative solutions. Home construction is also expected to increase as housing demand and lending activity rebounds.

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

Hoppin' and Huntin' at Hagan

Hagan Park Easter Egg Hunt and Celebration



RANCHO CORDOVA, CA (MPG) - Hop on over for a visit and photo op with the Easter Bunny at Cordova Recreation and Park District's (CRPD) annual Easter egg hunt and community celebration on Saturday, April 15 at Hagan Community Park and Community Center, 2197 Chase Drive.

- 8:30 am: Kiwanis Club Pancake Breakfast: \$2 per person adults, kids free
- 9:00 am: "Bunny Bolt" Fun Run
- 9:30 am - Noon: Kid Zone for games, music, face painting, inflatable houses, contests, prizes
- 10 am -11:30 am: Scheduled Egg Hunts (including Special Needs)

For more info, visit www.crpdc.com. The event is co-sponsored by Sacramento Republic Services, Rancho Cordova Rotary, Kiwanis Club and the H.Y.D.E. Out Teen Advisory Board. ★

Little Egg Hunters have different times to choose from, including one for Special Needs.

Meet Bella of Gold River



By Kay Burton

Bella was a homeless 3 month old kitten five years ago. That's when Jim Ballard, brought Bella to this writer.

Jim Ballard a local resident is known as "The Protector & Supervisor" of the homeless cats of Gold River. He feeds, has them spayed, neuter and tries to find homes for kittens and some older cats.

Every morning and evening Jim goes to six different colony locations in the Gold River



Bella

area, rain or shine, to feed these homeless cats.

Whiskers Warriors of Rancho Cordova and Fluff Buddies of Gold River are very helpful in helping Jim in trapping, spaying/neutering, Foster Care, adoptions and low cost veterinary care.

Jim has been caring for the homeless cats since 2001. He now cares for approximately 40 cats.

Jim Ballard receives a 100% support from all the business in the Gold River Town Center and many helpful donations of food

from the patrons who see him out in the fields.

Petco Pet Clinic on Madison and Hazel are open 12:00 -4:00 on Saturday and Sundays. They are a non-profit organization that has given shots, neutered the cats and provided other needed services to them.

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 ★

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Easter Sunday
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Children's programs are available for nursery through 5th grade.
No youth programs or adult Lifestage groups.



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.

Soon after I got sworn into office, 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 now closed, and with over 2,500 total responses and 100 responses from Gold River alone, conclusions based on the data can now be made.

To me, the most important question on the survey was the question relating to budget priorities. In Gold River, as well as every other community within my district, the number two priority is transportation/roads (with only public safety ranking higher). It's clear that our entire community feels our roadways are in critical condition and that we can't go much longer adding more to the deferred maintenance of the roads, which

GOLD RIVER COMMUNITY UPDATE

Do We Really Need Another Transportation Tax?

is currently at \$450 million and counting.

This is a problem plaguing our entire state, with California's deferred maintenance for transportation sitting at \$57 billion. Unfortunately, many California legislators believe the best way to solve this problem is by raising taxes (again). There are two identical bills (AB 1 and SB 1) working their way through the legislative process that appear to be gaining steam and will hit taxpayers in three different ways. They would raise the gas tax by another 12 cents per gallon, they would hike the vehicle license fee by over 50%, and they would raise the cost of registering a vehicle by over 80%.

I urge our state legislators to reject these two proposals, and to find a solution without raising taxes and fees.

California has mismanaged its resources through waste, poured billions of dollars into an unnecessary high-speed rail system that does not even come close to addressing the state's transportation problems, and devoted a greater and greater share of transportation funds to public transit (which accounts for only a small fraction of the total number of trips taken and has seen declining ridership). Bailing out

such mismanagement with tax increases will only enable more of the same dysfunctional behavior. Until the state gets serious about putting its own house in order and making transportation a real priority, policymakers should put the brakes on any tax increases.

Further, lower-income taxpayers are disproportionately burdened by transportation taxes, since these households spend proportionally more of their income on things like gasoline and registration fees. For example, people making \$24,000 a year spend more than twice as much of their income on gasoline as those earning five times as much. We should be doing what we can to assist families that are struggling, not further burden them.

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 Murieta, North Highlands, Carmichael, Foothill Farms, and Fair Oaks. ★

Scam: "Can You Hear Me?"

SACRAMENTO REGION, CA (MPG) - The Better Business Bureau is warning consumers about an old scam with a new twist. The "Can You Hear Me?" scam has long been used to coerce businesses into purchasing office supplies and directory ads they never actually ordered, but now it's targeting individual consumers, as well.

In the last few days of January, more than half of the reports to BBB Scam Tracker have been about this one scam. Consumers say the calls are about vacation packages, cruises, warranties, and other big ticket items. So far, none have reported money loss, but it's unclear how the scams will play out over time, or if the targets will be victimized at a later date.

Here's how it works: You get a call from someone who almost immediately asks "Can you hear me?" Their goal is to get you to answer "Yes," which most people would do instinctively in that situation. There may be some fumbling around; the person may even say something like "I'm having trouble with my headset." But in fact, the "person" may just be a robocall recording your conversation... and that "Yes" answer you gave can later be edited to make it sound like you authorized a major purchase.

BBB is offering consumers the following advice:

- Use Caller ID to screen calls, and consider not even answering unfamiliar numbers. If it's important, they will leave a message and you can call back.



Use Caller ID to screen calls, and consider not even answering unfamiliar numbers. If it's important, they will leave a message and you can call back.

- If someone calls and asks "Can you hear me?", do NOT answer "yes." Just hang up. Scammers change their tactics as the public catches on, so be alert for other questions designed to solicit a simple "yes" answer.

- Make a note of the number and report it to bbb.org/scamtracker to help warn others. BBB also shares Scam Tracker information with government and law enforcement agencies, so every piece of information is helpful in tracking down scammers.

- Consider joining the Do Not Call Registry (DoNotCall.gov) to cut down on telemarketing and sales calls. This may not help with scammers since they don't bother to pay attention to the law, but you'll get fewer calls overall. That may help you more quickly notice the ones that could be fraudulent.

- Check your bank and credit card statements regularly for unauthorized charges. It's also a good idea to check your telephone and cell phone bills, as well. Scammers may be using the "Yes" recording of your voice to authorize charges on your phone. This is called "cramming" and it's illegal.

Report scams to BBB Scam Tracker (bbb.org/scamtracker).

For more than 100 years, Better Business Bureau has been helping people find businesses, brands, and charities they can trust. BBB Serving Northeast California, founded in 1928 and serving 24 counties, is one of 113 local, independent BBBs in the United States, Canada and Mexico. For reports on businesses and for information about BBB services, please visit our website at www.bbb.org/sacramento or call (916) 443-6843.

Source: BBB Media ★

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* Prices current versus same quarter four years ago, inventory current versus same quarter one year ago.

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Crossword Puzzle on Page 5

S	L	O	W	S	I	R	A	A	L	A	R
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E	T	H	O	S	L	E	I	N	O	M	A
S	H	U	T	T	L	E	M	E	T	E	O
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I do pruning, weeding and planting, interior painting, garage and house cleaning. And de-cluttering and organizing. I transport to medical, other appointments, shopping etc. and errands. No job too small. Health and Security background. References. College grad. Tim 916-334-8903, 503-460-7149. (MPG 12-31-17)

Help Wanted

Dishwasher position. May include light duties. Call Chef Alex 916 489-2103

Sudoku Puzzle on Page 5

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

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By David Dickstein, Gold River resident

'Fool's Gold'

How-to: Getting a Water Heater and Revenge

Having just replaced our water heater, I'm now noticing others in Gold River doing the same. If you're in the market, please follow this helpful how-to based on my recent experience. Names have been changed to protect the incompetent.

Step 1. Waste Time

After week of diminishing hot water when showering, walk into Lowe's and head to small selection of water heaters. Press "help" button. Wait 10 minutes for no one to come. Stop red vest-wearing idiot walking past you who clearly doesn't want to help. Soon realize this hardware store employee is so dumb he would direct you to the nearest bar if asked where the screwdrivers are. Immediately retreat and head to competitor.

Step 2. Buy Water Heater, Schedule Installation

Have better luck with sales associate Wally. Be impressed by "designed for easy replacement of your existing water heater" feature in product description of top-of-the-line Rheem Performance Platinum 50-gallon, 12-year, 5500-watt electric model with LCD touch control display. Buy it for \$1,394.35, including installation and 10 percent savings by opening Home Depot credit card.

Step 3. Abandon Wife

As sales associate is on phone with Delta Mechanical, the retailer's contracted installer, glance at watch and realize Bonney Plumbing will be at your house in 10 minutes for free estimate that now is all but moot. Leave wife in store to deal with rest. Risk speeding ticket racing home. Be told you need shutoff valve that's now California code. Quickly text wife to make sure shutoff valve is already part of Home Depot deal. Read response that says "Wally believes so." Get estimate that's nearly \$1,000 higher. Choke, laugh and wish Bonney guy good day. Rush back to Home Depot to retrieve wife. Wait for Delta Mechanical to deliver and install new water heater.

Step 4. Enter Water Heater Hell

Young Raymond from Delta Mechanical arrives within four-hour window. Ask him how long this will take. Be told 45 minutes to an hour. Realize that time estimate is wrong the instant he sees that your house has no code-requiring shutoff valve. Grumble that Wally at

Home Depot was wrong about shutoff valve being included in price. Watch Raymond attempt to install water heater showing confidence of a soapbox derby racer at the Indy 500. After two hours of witnessing case study in trial and error, wait for 50-gallon tank to fill with water at factory-recommended 120 degrees as displayed on LCD touch control panel. Unsuccessful, Raymond wastes 50 gallons into your gutter to check water heater and fill it up again. Pass time by asking Raymond technical questions, like, "Do you have plumbing skills?" Be told "no." Drain another 50 gallons into street as whatever Raymond did didn't work. In fifth hour of exercise in futility, kick Raymond out of your house. Pay for water heater with electronic signature on tablet device. Ensure that what's signed doesn't indicate acceptance of finished job. Look surprised when told you don't need to pay with your new Home Depot credit card. Happily use different card to earn lots of airline miles. Endure having no hot water until tomorrow.

Step 5: Risk Blowing Up House (Day 2)

Young Tony from Delta Mechanical arrives within four-hour window and attempts to install water heater showing confidence of a bichon frise in Jurassic Park. Ask if he's a plumber. Be told "no." Heave sigh. After several hours of tinkering and filling tank with 150th gallon of water during "easy replacement of your existing water heater," frustrated and apologetic Tony sets LCD touch control display to 135 degrees, 15 degrees more than what is advised. Wait one hour. Get excited that water coming out of downstairs bathroom is scalding hot. Check other faucets in house. Get lukewarm water at best. Realize Tony isn't answer to your prayers. Stop Tony from dumping another 50 gallons into street and kick him out of house. Tony never asks customer to sign anything.

Step 6: Face Ribbing Neighbors

See neighbors look perplexed as they drive past your open garage with Delta Mechanical truck parked in driveway for second day. Laugh on outside and cry on inside when they teasingly ask, "How many water heaters are you getting?"

Step 7: Hell and Hot Water (Day 3)

Miguel from Delta Mechanical arrives and scores points by saying he's both an installer and plumber, and with many years of experience.

Watch Miguel look shocked and alarmed that water temperature was set at 135 degrees. Hear Miguel tell homeowner how dangerously stupid that was of Tony and that problem is broken heat pump. Miguel recommends sensor that will distribute hot water throughout house. Send Miguel to Home Depot for new heat pump and sensor. Get call from Betty of Delta Mechanical who doesn't know Miguel is headed to Home Depot. Argue over who pays for heat pump and sensor. Threaten to sue Delta Mechanical after Betty says she will send Miguel home if customer doesn't pay. Decide that unknown number of additional days of no hot water is unreasonable. Put voodoo curse on Betty. Rush to Home Depot. Pray that Miguel is there. Find him by grace of God. Pull \$180 heat pump off shelf. Learn store is out of sensor. Decide you'll go without one and see what happens. Put voodoo curse on Home Depot's inventory manager. Begrudgingly buy heat pump that Tony clearly blew out day prior. Head home. Miguel installs new heat pump. Pray for hot water. Get hot water everywhere but kitchen faucet. Decide you can live with that. Give Miguel tempered high five. Send him on his way. Realize Miguel didn't have you sign anything about job being completed.

Step 8: Follow-up (Day 4)

Enjoy hot shower, but be disappointed by lukewarm temperature of water coming out of kitchen faucet. Consider having elusive sensor installed one day. See mocking neighbor on street. Laugh on outside, cry on inside when retelling saga of nightmarish three-day "easy replacement of your existing water heater."

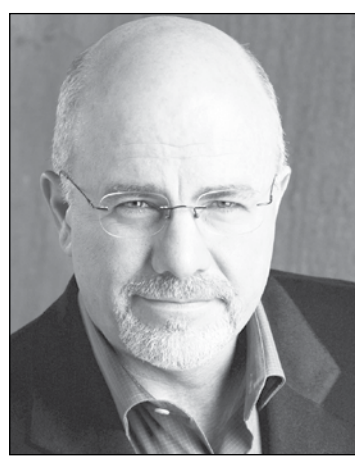
Step 9: Revenge

Get credit card bill with charge above original cost. Dispute amount with credit card company. Win dispute. Consider taking Delta Mechanical to small claims court over heat pump and duress. Decide it's not worth time and expense. Post scathing review of Delta Mechanical on Yelp. Call Better Business Bureau to file negative report. Write useful and incredibly well-written column for Gold River Messenger that warns entire community to never, ever, ever use Delta Mechanical.

Step 10: Closure

Cancel Home Depot credit card.

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



Dave Says

all kinds of state-specific legal forms, including wills.

Your last will and testament is one of the most important legal documents you'll ever be part of. Please don't try to do this yourself, Joyce. I've run into so many families who, in the midst of grieving the loss of a loved one, were handed a handwritten piece of paper that wouldn't hold up in court. That kind of thing just adds more stress to an already heartbreaking situation.

—Dave

Not ready for a house

Dear Dave, I'm thinking about getting a secured credit card to help rebuild my credit score, because I'd like to buy a house. Do you think this is a good start toward getting my credit back on track and taking control of my finances? I make \$50,000 a year, and I have \$3,500 in debt and \$2,100 in savings.

—Maria

Dear Maria, No, getting a secured credit card is not a good idea. Let me tell you a couple of things. Number one, your income is your most powerful wealth building tool. If you don't have any payments, you have the

ability to build wealth and be generous. When you have debt, all you do is send money out the door to make payments. So, being in debt is a guaranteed way to stay broke.

Number two, you can get a home mortgage with no credit score through a manual underwriting. Just make sure you have a good, long history of paying other things, like your rent and utilities on time. You would also need to have all your debts paid off completely, and the accounts closed for at least six months.

I want you to become debt-free before you buy a home, Maria. I also want you to save an emergency fund of three to six months of expenses and a down payment before you buy a home. Buying a house when you're broke and in debt is a really bad idea.

—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.

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CLUES

- ACROSS**
1. What gridlock does
 6. Portfolio acronym
 9. Winglike
 13. Ancient
 14. The Godfather, e.g.
 15. Exclude or omit
 16. Distinctive spirit of a culture
 17. #3 Down welcome
 18. One with no permanent abode
 19. *Challenger or Atlantis
 21. *Type of shower
 23. "He had"
 24. Audition tape
 25. "On the _____," as in a fugitive
 28. A pout or grimace
 30. Complete shadow, pl.
 35. Mosque V.I.P.
 37. Attention-getting sound
 39. Plants and animals
 40. *Last man to walk on the moon
 41. Colorado skiing destination
 43. Like Roman god Janus
 44. Temporary tattoo ink
 46. Steak choice
 47. Auction off
 48. ER forerunner
 50. Mischievous fairies
 52. Foxlike
 53. Hofbäuhaus offering
 55. Hole in one
 57. *Hanks in "Apollo 13"
 60. *Space Coast state
 64. Crew member
 65. *First to land man on the moon
 67. Tree juice
 68. Not odds
 69. Failed Molotov cocktail
 70. "Bravo! Bravo!"
 71. One third of a three-piece suit
 72. Between E and NE
 73. Rosetta Stone, e.g.

DOWN

1. "____ So Fine"
2. Reluctant
3. Pearl Harbor locale
4. Angry
5. *Solar _____
6. Not in use
7. Wade's opponent
8. Japanese cartoon
9. Burn soother
10. Fancy ride
11. Month of Purim
12. *The _____ Planet
15. Put six feet under
20. Parkinson's disease drug
22. Australia's flightless bird
24. State of les misérables
25. *____-year
26. Independent African ruler
27. Edible biblical rain
29. *Home to first man in space
31. Auction exclamations
32. Don Giovanni and such
33. The least bit
34. *First American woman in space
36. Carte du jour
38. One of FDR's three
42. Himalayan country
45. Model Valletta and actress Tamlyn
49. Be indisposed
51. ESPN.com menu selection
54. Dodge
56. Not slouching
57. Cobain's love
58. Has a mortgage
59. Let out steam
60. Grow dim
61. Catalina, e.g.
62. Radio tuner
63. Initial stake
64. King's title, abbr.
66. *Solar System center

CROSSWORD													
1	2	3	4	5		6	7	8		9	10	11	12
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64						65	66			67			
68							69			70			
71							72			73			

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For Solutions See Page 4

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

For Solutions See Page 4



Publisher, Paul V. Scholl

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It is the intent of the *Gold River Messenger* to strive for an objective point of view in the reporting of news and events. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

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SACRAMENTO, CA (MPG) - Advanced Home Health, Inc. today announced it has earned The Joint Commission's Gold Seal of Approval® for Home Care Accreditation by demonstrating continuous compliance with its performance standards. The Gold Seal of Approval® is a symbol of quality that reflects an organization's commitment to providing safe and effective care.

Advanced Home Health, Inc. underwent a rigorous onsite survey. During the survey, compliance with home care standards reflecting key organization areas was evaluated, including the provision of care, treatment and services, emergency management, human resources, individual rights and responsibilities, and leadership. The accreditation process also provided Advanced Home Health, inc. with education and guidance to help staff continue to improve its home care program's performance.

Established in 1988, The Joint Commission's Home Care Accreditation Program supports the efforts of its accredited organizations to help deliver safe, high quality care and services. More than 6,000 home care programs currently maintain accreditation, awarded for a three-year period, from The Joint Commission.

"When individuals engage a home care provider they want to be sure that provider is capable of providing safe, quality care," said Margherita Labson, RN, MS, executive director, Home Care Accreditation Program, The Joint Commission. "As the home care setting becomes increasingly popular, it is important that home care providers are able to demonstrate that they are capable of providing safe, high quality care. Accreditation by The Joint Commission serves as an indication that the organization has demonstrated



Angela Sehr, Owner of Advanced Home Health is pleased to receive accreditation from The Joint Commission, the premier health care quality improvement and accrediting body in the nation. Photo courtesy of Advanced Home Health

compliance to these recognized standards of safe and quality care."

Advanced Home Health, Inc. is pleased to receive accreditation from The Joint Commission, the premier health care quality improvement and accrediting body in the nation," added Angela Sehr, RN "Staff from across our organization continue to work together to strengthen the continuum of care and to deliver and maintain optimal home care services for those in our community."

The Joint Commission's home care standards are developed in consultation with health care experts, home care providers and researchers, as well as industry experts, purchasers and consumers. The standards are informed by scientific literature

and expert consensus to help organizations measure, assess and improve performance.

Founded in 1951, The Joint Commission seeks to continuously improve health care for the public, in collaboration with other stakeholders, by evaluating health care organizations and inspiring them to excel in providing safe and effective care of the highest quality and value. The Joint Commission accredits and certifies more than 21,000 health care organizations and programs in the United States. An independent, nonprofit organization, The Joint Commission is the nation's oldest and largest standards-setting and accrediting body in health care. Learn more about The Joint Commission at www.jointcommission.org. ★

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POPPOFF!

with Mary Jane Popp

the welts have healed! Besides, don't the guys want to be healthy and young too? Love this one... The **EASTER TREE**. This tradition was started by a single family more than fifty years ago. The Kraft family from Saafeld, Germany started placing plastic eggs in a tree outside their house in 1965. The tradition has grown over the years from only a handful of plastic eggs to beautifully painted egg shells. The family even has an official site eierbaum-saafeld.de. Hey, we have a Christmas tree. Why not an Easter Tree?

TRICK OR TREAT! No, I didn't get my holidays mixed up. When most people think of kidlets dressed as witches they immediately think Halloween, right? But in Sweden, you can see them trick or treating on Easter. This is because Easter usually falls very close to the Swedish tradition of Walpurgis Night on April 30. Walpurgis Night in Sweden is celebrated by lighting bonfires in attempts to chase away evil spirits and witches. The Thursday before little girls dress as witches and paint their faces. Then they go from house to house collecting candy. Since it's so close to Easter, some areas people light the bonfires to chase away Judas. This one will slide onto your

table...**MAKE A BUTTER LAMB**. Baranek Weilkanochny is polish for butter lamb, which is exactly what it sounds like: a lamb conceived entirely out of butter. However, this is not just a decoration as people around Poland actually consume the lamb on Easter. The lamb must always be present if a priest blesses the Easter meal and it should be consumed from the tail, leaving the head as last. Don't know why. It's tradition!

As for me, just let me have the old fashioned Easter Egg Hunt with lots of colored hard-boiled-eggs and plenty of chocolate bunnies, a good ham and some potato salad too! Love to see Peter Cottontail hoppin' down the bunny trail. By the way, I was told that the hare and not the rabbit should be treated as the true symbol of Easter. Historically, since ancient times, the hare has been the symbol for the moon. And the legend says the hare never closes its eyes, not even for a blink. The reason for this belief may be rooted in the fact that hares, not rabbits, are born with their eyes open. Rabbits are born blind. There is a fertility thing in there someplace.

To you and yours, a truly **A BLESSED HAPPY NEW YEAR!!!** ★

Strange Easter Traditions

Have I got strange for you! How about the **FLYING BELLS**? In France, Netherlands, and Belgium, it is said that the bells of churches fly to Rome for a few days and only return Easter morning. The flying bells are supposed to bring back colored eggs and chocolate rabbits, almost like a Santa Claus. This tradition supposedly started because all church bells are silent as a sign of mourning Jesus several days before Easter.

Then there is **WHIP YOUR WIFE**. No kidding!!! In Czechoslovakia, it's good luck to beat your wife or the girl you fancy with a pomlaska, or braided whip. While this sounds strange, it's not meant in a demeaning way or as an insult. In fact, pomlaska means "make young." The idea is that anyone hit with the whip will be healthy and happy during the upcoming year! Guess that means after



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- Kirk Dougherty, Tenor
- Malcolm McKenzie, Baritone
- Shawn Spiess, Baritone
- Chester Pidduck, Tenor

Projected supertitle translations

Enjoy a musical preview of the SCSO's June 2017 international tour to Latvia, Estonia and Finland



Donald Kendrick | Music Director

CCT Box Office | 916.808.5181

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El Dorado Estates is family owned and operated by a dedicated team of men and women that have been in the senior housing business since 1969. We attribute the success of our personal relationships with our residents and community to our caring couple live-in management team. Our 24/7 live-in manager couples are the key to a successfully run family first business. We are dedicated and committed to that concept.



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4240 Town Center Blvd, El Dorado Hills, CA 95762

FAIR OAKS CEMETERY

19th ANNUAL MEMORIAL DAY EVENT

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



100th Year Anniversary

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

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

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

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

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

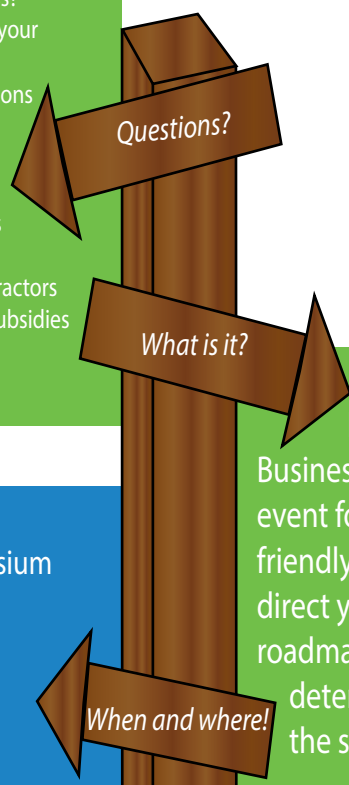
The Fair Oaks Cemetery's Memorial Day Ceremony is a fine example of how we, the community, remember loved ones and say thank you to our veterans and their families for their sacrifices.

Roadmap to Success

Small Business Symposium



- Do you have a business?
- Are you considering starting a business?
- Do you have specific questions about your business including but not limited to:
 - * Permits, licenses, and inspections
 - * Forms of ownership
 - * Sellers permits
 - * Record keeping
 - * Federal, State, and Local taxes
 - * Funding Sources
 - * Employee: independent contractors
 - * How to find employees and subsidies
 - * Entrepreneur mentorship



Roadmap to Success: Small Business Symposium is the one-stop event for answers in a free, helpful and friendly environment. Navigators will direct you to the resources and roadmaps available to help you determine how to find services at the symposium.

Event: Roadmap to Success: Small Business Symposium
Date: May 2, 2017
Time: 8:00am to 2:00pm
Location: McClellan Conference Center
5411 Luce Avenue
McClellan, CA (in Sacramento)
Register at:
capitalregionssmallbusinessweek.org



For more information contact:
June Livingston (916) 874-2100 LivingstonJ@saccounty.net
Linzie Fukushima (916) 874-7414 FukushimaL@saccounty.net
Website: capitalregionssmallbusinessweek.org

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with the purchase of pet,
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Limit 1 Lb PLU 332 GRM
Limit 1 Coupon per family
Effective 4/5/17 - 4/11/17

COUPON
GREEN FOREST
FACIAL
TISSUE **79¢**
175 Count. White
"Environmentally Friendly"
With the Purchase of Pet,
Fish Food or Supply.
Limit 1 Pkg. PLU 328 GRM
Limit: 1 Coupon per Family
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NATURAL DRY DOG FOOD
24-26 Lb Bag Limit 2 Bags Per Family

- Lamb Meal & Rice **\$31.99**
- Chicken Meal & Rice ... **\$33.99**
- Lite • Original **\$33.99**
- Large Breed Adult ... **\$33.99**

Effective 4/5/17 - 4/11/17

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NATURALS
DRY DOG FOOD
40 Lb Bag

- Chicken • Lamb • Beef • Large Breed
- Senior 35 Lbs
- Lite 30 Lbs **\$29.99**
- (Lrg Breed Lamb \$31.99)
- (Ex Athlete \$36.99)

Effective 4/5/17 - 4/11/17

EARTHBORN
HOLISTIC DRY
DOG FOOD
Natural Grain Free

- Pimitive Feast • Great Plain Feast
- Meadow Feast • Coastal Catch

28 Lb Bag
Limit 2 Bags
Per Family **\$39.99**
(Reg Price \$43.99)
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PEDIGREE
DRY DOG FOOD
•Adult 46 Lb Bag
(Large Breed Adult 36 Lbs \$19.99)

Limit 1 Bag
Per Family **\$21.99**

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9 LIVES
CANNED CAT FOOD
5.5 Oz
All Varieties

Limit 1 Case
Per Family **35¢**

Effective 4/5/17 - 4/11/17

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

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

Effective 4/5/17 - 4/11/17

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

Limit 2 Bags
Per Family **\$11.99**

Effective 4/5/17 - 4/11/17

SCOOPAWAY CLEAN
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 4/5/17 - 4/11/17

PURINA PRO-PLAN
CANNED FOOD SALE
Limit 2 • Dog Food Dog Food Cat Food
Cases Grain Free \$1.29 13 Oz **99¢** 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¢**

IAMS DRY CAT FOOD
•Original 16 Lb Bag
•Indoor/Weight Control/Hairball
(•Hairball 22 Lb - \$24.99) Limit 2 Bags **\$17.99**

PRECIOUS CAT
CLUMPING CAT LITTER
18 Lb Bag
Limit 2 Bags Per Family **\$5.99**

NUTRO NATURAL CHOICE DRY DOG FOOD
•Chicken, Brown Rice & Oatmeal Formula
(Adult & Lrg Breed Adult) •Senior •Lite **\$6 OFF** OUR ORIGINAL PRICE!

WILDERNESS DRY CAT FOOD **AS MARKED \$5 OFF**
•Chicken •Salmon •Duck •Indoor
•Weight Control 100% Grain Free
11-12 Lb Bag Limit 2 Bags 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**

NUTRO MAX
GRAIN FREE ADULT RECIPE DRY DOG FOOD
•Chicke •Lamb •Salmon •Mini Chunk
25 Lb Bag Limit 2 Bags Per Family **\$24.99**

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FRESH & LIGHT PREMIUM CLUMPING CAT LITTER
15 Lb Jug Limit 2 Jugs **\$5.99** SUPER BUY

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•Leashes •Leather **20% OFF**
OUR SUPER LOW PRICES

PENN-PLAX CASCADE POWER FILTER SALE

MODEL	TANK SIZE	PET CLUB SALE	Revolutionary Bio-Falls Quad Filtration System
CASCADE 100	20 Gal.	\$13.99	
CASCADE 150	35 Gal.	\$17.99	
CASCADE 200	50 Gal.	\$20.99	
CASCADE 300	100 Gal.	\$27.99	

CADET RAWHIDE SALE
28 oz.
•Chicken Breast •Duck Breast **\$14.99**
•Sweet Potato & Chicken
•Sweet Potato & Duck

FELINE GREENIES
CAT TREATS
(Including Small Bites) All Varieties **\$1.79**

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

PRESTIGE 20% OFF
CABLE TIE OUT All Sizes **20% OFF**
AERIAL RUN & STAKE TIE OUT OUR SUPER LOW PRICES

PET SAFE BUNNY 20% OFF
Toys & Treats All Varieties **20% OFF**
OUR SUPER LOW PRICES

KORDON WATER CONDITIONERS
Amquel 16 Oz **\$5.99**
Amquel Plus 16 Oz **\$5.99**
Novaqua Plus 16 Oz **\$5.99**

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

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 4/5/17 - 4/11/17 **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 4/5/17 - 4/11/17 **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 4/5/17 - 4/11/17 **\$1.49** GRM PLU 422

HEALTH NOTIFICATION

Are You Hard of Hearing?

**Come Join Our Open House
at our Citrus Heights location!
April 10th-14th!!**



A major name brand hearing aid provider wishes to field test a remarkable new digital hearing aid, the **ME5400 model**.

This offer is **RISK FREE** for 45 Days!

These revolutionary 100% Digital hearing aids use the latest technology to comfortably and almost invisibly help you hear more clearly. This technology solves the "stopped up ears" and "head in a barrel" sensation some people experience. If you wish to participate, you will be required to have your hearing tested in our office **FREE OF CHARGE** to determine candidacy and if you can be helped by a hearing aid. You will review your results with the hearing aids and

our Licensed Hearing Aid Dispenser.

At the end of this evaluation, you may keep your hearing aid, if you so desire, at a **\$1000 Savings off the MSRP of each Model 5400 hearing aid purchased - all styles**. Special testing will be done to determine the increased benefits of this technology and if you can be helped by a hearing aid.

Benefits of hearing aids vary by type and degree of hearing loss, noise environment, accuracy of hearing test, and proper fit. **This is a wonderful opportunity to determine if hearing help is available for your hearing loss and get help for you at a very affordable price.**

**SOME FEDERAL WORKERS AND RETIREES MAY BE ELIGIBLE
FOR Audio Tone Pro Hearing Aids AT NO COST!**

That's Right...No Co Pay! No Exam Fee! No Adjustment Fee!

**MOST INSURANCE PLANS ARE ACCEPTED INCLUDING BLUE CROSS BLUE SHIELD
CALL NOW IF YOU WISH TO BE INCLUDED IN THIS FIELD TEST HEALTH NOTIFICATION**

***Dont Wait! • THIS WEEK ONLY!
Come Join Our Open House in Citrus Heights!
April 10th-14th!
Expires April 14, 2017***

**Call today to make your reservation for the Hearing Aid Field Test at these participating
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*Risk Free Offer- The aids must be returned in satisfactory condition within 45 days of the completion of fittings. If not completely satisfied and 100% of the purchase price will be refunded. Hearing tests are always free. **Hearing test is an audiometric test to determine proper amplification needs only. These are not medical exams or diagnoses. Blue Cross Blue Shield, the Blue Cross, the Blue Shield, BCBS, and Federal Employee Program are a registered trademark of Blue Cross Blue Shield Association. Blue Cross Blue Shield Association and its independent licensees are not affiliated with, nor do they endorse or sponsor, the contents of this advertisement. Trademarks referring to specific providers are used by Miracle Ear for nominative purposes only: to truthfully identify the source of the services about which information is provided. Such trademarks are solely the property of their respective owners.