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# Gold River Messenger

"Written by the people, for the people"

Volume 5 • Issue 02

Serving Gold River and Sacramento County

February, 2017

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MINI SCHNAUZER**



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## Getting Recognition for a Job Well Done



Michael Burchett (left), General Manager, Gold River Racquet Club. USTA NorCal League Facility of the Year and local resident Dana Newell, USTA NorCal Captain of the Year, Sacramento. Photo courtesy of Gold River Racquet Club

**GOLD RIVER, CA (MPG)** - United States Tennis Association (USTA) – Northern California held their annual Awards Celebrating Excellence in Service (ACES), honoring the region's best organizations, volunteers and players for their outstanding achievements and service to the game of tennis in 2016. The awards were held on January 29, 2017 at the Gardens at Heather Farm in Walnut Creek, California.

Two locals were honored at this ceremony. Gold River Racquet Club (GRRC) was named the League Facility of the Year and Dana Newell was named Captain of the Year.

GRRC was selected for this award for its outstanding contributions to USTA Adult League tennis in Northern California. USTA League tennis is the country's largest recreational tennis league, helping more than 825,000 participants

nationwide and in Northern California over 30,000 participants get on the court, have a good time, and step up their game. USTA League is organized into teams by level (much like a golf handicap) and gender for team match play. Teams are made up of a minimum of five to eight players, depending on the league.

Led by Director of Tennis Marty Rothfels, GRRC hosts 85 competition teams each year ranging from beginner level to high level advanced in all different age groups including 40+, 55+, 65+ and 70+. GRRC has also had over 315 league champion teams and 12 teams that have gone to National Championship events.

GRRC also works with USTA to host regional and National league tennis events that bring hundreds of people to the area. Additionally, GRRC hosts Adult and Junior Tournaments,

**“USTA League tennis is the country's largest recreational tennis league, helping more than 825,000 participants nationwide and in Northern California over 30,000 participants get on the court, have a good time, and step up their game.”**

Big Sky Men's and Women's Conference Championships as well as a Women's Pro Circuit \$60K professional women's tournament.

Dana Newell is a 20 year Gold River resident and a member of Gold River Racquet Club for the same period. A life-long tennis player (since the age of six), she played tennis at both American River College and Sacramento State University. Naturally she is a fierce competitor, but she also loves the camaraderie of the ladies as well as their friendship and support. She says tennis is her therapy time!

Dana was nominated by her peers in the Sacramento tennis community. Her past achievements that have helped her to get this award were; Captained or Co-Captained 29 teams; Played on 59 different USTA teams; Competed in 294 USTA team matches; Went to USTA League National Championships on 5 teams (3 as a Captain).

Source: United States Tennis Association (USTA) ★

## Region Now Conserving Water at 25 Percent

**SACRAMENTO REGION, CA (MPG)** - Sacramento-area residents reduced water use by 25 percent in 2016 compared to 2013 even without a state mandate to conserve, according to an analysis of water use figures submitted to the State Water Resources Control Board (State Water Board) and the Regional Water Authority (RWA), which represents nearly two dozen water providers in the Sacramento region.

“The savings last year demonstrate that residents are continuing many of the water-wise behaviors adopted during the drought,” said RWA Water Efficiency Program Manager Amy Talbot. “The conservation ethic did not go away with the mandates.”

The State Water Board in May 2016 adopted a new Emergency Regulation that allowed water utilities to set their conservation standard based upon local water supply conditions and the utility's ability to pass a “stress test” (to meet customer demand in the next three years if drought continued). Local water providers certified that they have adequate supplies to meet customer needs. “However, this was not a signal to stop using water wisely,” Talbot said. “Instead, it recognized that local water providers have planned and invested in building reliable supplies for decades.”

The 25 percent savings in 2016 comes on top of significant water use reductions over the past decade. Overall, the region's water demands have decreased 9 percent from 2000-13, while population increased 17 percent. The region uses the same amount of water today as it did in 2000 while serving 400,000 more people. And, during the drought, the Sacramento region achieved some of the highest water use reductions in the state.

“Although the Sacramento region is no longer in a drought, we're encouraging everyone to continue using water wisely,” Talbot said. “Droughts are a part of life in California and remind us that water is precious. Wasting water is foolish, especially when there are so many easy ways to conserve.”

RWA and local water providers are asking residents to turn off sprinkler systems until spring, especially in light of the recent drenching by winter storms. In addition, now's a great time to consider how to save water indoors by, for example, replacing older fixtures with high-efficiency WaterSense-labeled ones. These include toilets, showerheads, faucets, aerators and weather-based sprinkler timers

Source: RWA ★

\*\*\*\*\*ECRWSS\*\*\*\*\*

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# Girl Scout Cookies: 100 years, 9 Cookies, 5 Skills, One Purpose!

*Building Girl Leaders One Package At A Time*



The five skills that participating in Girl Scouts build in future Girl Leaders are: goal setting, decision making, money management, people skills and business ethics. Photo courtesy of Girls Scouts of America

**SACRAMENTO REGION, CA (MPG)** - This year marks the 100th year since Girl Scouts first started selling cookies. The cookie sale teaches valuable life skills and the proceeds, which all stay local, support their adventures and community service projects all year long!

Girl Scouts nationwide are celebrating this 100th cookie-iversary with a brand new S'mores Cookie and you're among the first in the country to try it! The cookies are available to order starting January 13. Look for Girl Scouts with order forms! For the third year running, the cost of Girl Scout Cookies is \$5 per package.

The cookies arrive in Sacramento on February 18 at the Girl Scout Cookie

MegaDrop at Raley Field. They are expecting to distribute more than 100,000 cases of cookies to Girl Scout troops throughout Northern and Central California. Cookies will be available through booth sales starting February 24.

The five skills that participating in Girl Scouts build in future Girl Leaders are: goal setting, decision making, money management, people skills and business ethics.

Girl Scouts is the world's most successful organization dedicated to creating girl leaders, with 3.2 million active members and more than 59 million alumnae. Since its founding in 1912, women have explored new fields of knowledge, learned valuable skills

and developed strong core values through Girl Scouting. The Girl Scout organization has shaped the lives of the majority of female senior executives and business owners, two-thirds of women in Congress, and virtually every female astronaut.

The national organization is Girl Scouts of the USA; the local council is Girl Scouts Heart of Central California (GSHCC). GSHCC is devoted to building Go-getters, Innovators, Risk-takers and Leaders (G.I.R.L.s) in Alpine, Amador, Calaveras, Colusa, El Dorado, Glenn, Mariposa, Merced, Nevada, Placer, Sacramento, San Joaquin, Solano, Stanislaus, Sutter, Tuolumne, Yolo and Yuba counties. ★

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**By County Supervisor Sue Frost**

Through the generosity of the Gold River Messenger, this column serves to provide an update about matters affecting the unincorporated community of Gold River.

**Your New County Supervisor**

It's official — I am your New Supervisor! I cannot fully express what an honor and privilege it is to serve as Sacramento County District 4 Supervisor. I want to sincerely thank Gold River for its enthusiastic support

**GOLD RIVER COMMUNITY UPDATE**

for my campaign — thanks to you, I'm proud to share that we won Gold River by a strong majority!

My priorities remain clear — we need to ensure strong public safety, fix our roads, encourage economic development, support veterans and tackle the growing homeless problem. And, I want to make sure that I am hearing from and responding to the community.

I are taking ninety days to assess or operations and establish systems that will enable us to best serve the residents and businesses in our district.

You will soon be invited to participate in a survey that will help us evaluate and improve our services based on what you want to see.

I will be reaching out to you with a regular email newsletter (so please sign-up at <http://www.bos.saccounty.net/District4>)

that focuses on the county - and issues specific to Gold River. We will also be establishing informal Citizen Advisory Committees that specifically address the most pressing issues. If you wish to participate please contact Matt Hedges at [hedgesm@saccounty.net](mailto:hedgesm@saccounty.net).

Again, thank you Gold River for the strong support and for entrusting me the great honor and responsibility of serving you! If you want to contact me, call me at 916-874-5491 or e-mail me at [SupervisorFrost@saccounty.net](mailto: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. ★

**Video Contest Challenges Kids to Bust Water Use Myths**

**SACRAMENTO REGION, CA (MPG)** - Sacramento-area middle and high school students can win cash prizes and the opportunity to view their video on the Raley Field Jumbotron by entering the 2017 Water Spots Video Contest.

Sponsored by the Regional Water Authority (RWA), Sacramento Bee News in Education program and local water providers, the contest challenges students to create 30-second Public Service Announcement videos on the 2017 water efficiency theme: WATER MYTHS BUSTED: Most household water use occurs outdoors!

"In the Sacramento region, most household water use occurs outdoors, but people don't believe it," said Regional Water Authority Water Efficiency Program Manager. "Time and again, public opinion surveys

show the residents incorrectly believe that more water is used indoors."

That's why RWA and local water providers are challenging kids to bust the myth and educate the public about a fundamental fact: Most of the water we use daily goes on lawns and outdoor landscaping. "There are lots of ways to save water, but reducing outdoor water use can make the biggest difference of all," Talbot said.

Water Spots Video Contest entries are due by Friday, March 3, 2017. Entries will be judged by a panel of water conservation experts and distinguished judges on creativity, entertainment value, accuracy, originality and incorporation of the 2017 water efficiency message. Finalist videos will be displayed on the Raley Field Jumbotron screen, and winners announced at a

Sacramento River Cats game in April 2017. Videos may be used in RWA's 2017 advertising campaign. Winning students and their teachers will also get cash prizes.

Learn more about Water Spots, as well as tips for using water wisely, at [BeWaterSmart.info](http://BeWaterSmart.info).

RWA is a joint powers authority representing two dozen water providers and affiliates in the greater Sacramento area. Its primary mission is to help its members protect and enhance the reliability, availability, affordability and quality of water resources. RWA was awarded the national 2016 WaterSense® Excellence in Education and Outreach Award for its outstanding efforts to educate Sacramento-area residents about water efficiency and the WaterSense brand. ★

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**Crossword Puzzle on Page 5**

T	O	A	S	T		B	A	H		M	A	L	I					
A	D	I	E	U		U	S	A		D	E	M	U	R				
D	E	N	E	B		S	K	I		O	N	I	C	E				
						S	U	M	M	I	T	F	I	G	U	R	E	S
						S	A	N		R	A	N	T					
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B	E	R	M			R	I	L	E		G	A	L	O	P			
A	R	I	A			E	N	E	M	Y		G	A	U	R			
M	A	N	G	O		G	A	M	E		E	Z	R	A				
A	N	G	I	N	A		S	Y	N	C		A	S	H				
						H	I	K	E		T	O	O					
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I	D	E	A	L		O	N	O		O	A	S	T	S				
B	E	A	R	D		W	A	S		O	P	I	N	E				
S	A	T	E			N	T	H		N	I	S	A	N				

**Sudoku Puzzle on Page 5**

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

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By David Dickstein, Gold River resident

Gold River might not have the cachet of Beverly Hills, Orange County, New York City, Atlanta, New Jersey and D.C., but if the Bravo cable network is ever looking to expand its “Real Housewives” franchise, I think our town would make for a tasty reality show setting.



I'll stack Gold River's big-personality ladies against any from Nashville and New Orleans. Photo courtesy Bravo

OK, so we're not exactly brimming over with eccentric women of tremendous wealth. We don't have a former child TV star freshly out of rehab who sashays Bel Air's wine section in this season's Jimmy Choos. Or even last season's, for that matter.

Even still, don't ever think Gold River is unbecoming of the gold standard for reality shows featuring affluent, glamorous socialites. News outlets, for instance, routinely label Gold River as “upper-class,” “upscale” and “desirable,” all popular descriptions for “Real Housewives” settings. And I'll stack Gold River's big-personality ladies against any from Nashville and New Orleans, two locations atop Bravo's expansion list. One final point, and this may be the most important: The favorite libation among the “Housewives” cast members is the lemon drop, and I hear the ones made at Il Forno Classico are da bomb.

Before I write to Bravo to suggest a “Real Housewives of Gold River,” I gotta ask: Other than those vomiting in their mouths over the thought, who among you would audition if the network greenlighted the show? I'm sensing that many of you would leap at the chance for fame, fortune and certain divorce. A few Gold Riverites already come to mind. But rather than risk being ostracized in the community for naming names, allow me to take a stab at profiling a few composite characters shaped by eavesdropping at the Racquet Club, Bellissima and the Bel Air check-out line.

**Jillian, 42, interior designer:**  
A mother of two beautiful daughters, 10 and 6, Jillian enjoys fun with friends, helping others, fighting for popular causes and making intellectual conversation, though her BFFs accuse her of only being as learned as the last Cosmo article she's read. Her

# ‘Fool’s Gold’

## ‘The Real Housewives of Gold River’?

favorite topics are fashion, social etiquette and marital dynamics. She has lived in Mother Lode Village for 8 years, moving up from Newport Beach with her husband of 18 years, Jim, a project manager at Intel and, unlike her, a devout Christian. She misses her runs along the sunny Southern California shore, and fills the void with mixed doubles league play at the Gold River Racquet Club. Her tennis partner, Pablo, is a 33-year-old snowboard salesman/pharmacist and, according to hubby Jim, a “player in every sense of the word.” Jillian recently lost Jim's trust after an

is putting her dream of working at Hybrid Brokers Realty on hold. Son Tristin attends preschool at Gold River Discovery Center. Courtney just fell out of favor at the school for pulling a full-page ad in the PTO's crab feed program right before print. Her reasons might come out in a future reunion show, but until then rumors keep flying that either Courtney is in truth flat broke and couldn't afford the ad or that somehow this is a power play by her arch rival Jillian.

**Brigitte, 51, pediatrician/socialite:**  
“Gold River's Sweetheart” is what everybody calls her. An extreme extravert who obsesses over being liked, if not beloved. When Brigitte isn't tending to her family's many needs or mending sick children at her thriving practice at the Zinfandel Medical Center, she's hosting elaborate fundraisers for both the Trump reelection and Cher for President '20 campaigns, and volunteering for the NRA, Greenpeace, National Right to Life Committee and Planned Parenthood. Brigitte is never without a smile or a support pin on her blouse. Her three children attend different schools, but devoted stay-at-home husband Rod enjoys carpooling to St. John Vianney, GRDC and the Korean School of Sacramento — even though no one in the family is Korean. They've moved three times between Gold Spike and Maidu villages because of Brigitte's hope not to offend people who favor a Powell home over one built by Coker-Ewing. Although she loves the attention, one concern about being on “Real Housewives of Gold River” is that her addiction to Prozac might slip out. Sadly for Brigitte, she is unaware there's one person in the community who already knows: the tennis-playing part-time Rite-Aid pharmacist ... Pablo.

**Lizzie, 55, CEO**  
The wealthiest and most professionally powerful among the “Real Housewives of Gold River” cast may also be the most disparaged due to being the oldest and that she doesn't live within the GRCA. Another factor, at least in her mind, is that not belonging to “one of the cool churches” hurts her social status. More likely, Lizzie's besties are secretly jealous of her million-dollar smile, which, after plastic surgery and dental work done over countless trips to Brazil, actually cost around \$1 million. A member of Mensa, she's smart enough to realize that Jillian, Ilyse, Bridget and Courtney party with her partly because she always picks up the check. That and they hang on every word when Lizzie dishes about her actor-son Ryan Reynolds and his wild Hollywood lifestyle. The thing is, Courtney is lying through her chemically bleached teeth. She does have a son, but he lives right here. In Gold Station. And his name is ... Pablo!

You get the idea. Casting call TBA. Stay sassy, Gold River.  
David Dickstein is a Gold River resident. He can be reached at [daviddickstein1@gmail.com](mailto:daviddickstein1@gmail.com). ★

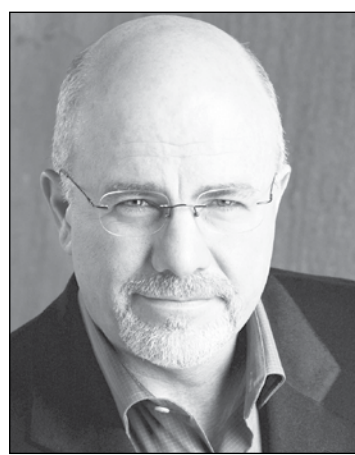
Intel colleague found her and hunky Pablo sharing romantic glances and a spicy tuna hand roll at Mikuni's during happy hour.

**Ilyse, 41, criminal defense attorney:**

Addicted to astrology and shopping, Ilyse, a Cancer, spends nearly as much time with tarot cards and store catalogs than her 5-year-old son Corky and second husband Robert. She loves cooking her family high-protein meals from a newly remodeled kitchen in Huntington Village, but on “Taco Tuesday” allows Liam to eat churros from El Pollo Loco. Her winning track record in the courtroom is legendary — she even got sleazy Pablo acquitted of drug trafficking charges — but on Ilyse's 10th anniversary with her Carmichael law firm was shocked not to be made partner. Ilyse blames women's inequality, but under pressure from Bravo network lawyers will keep these accusations in check. Robert, owner of a new microbrewery in Rancho Cordova (which he falsely markets as being in Gold River), is a recovering alcoholic whose public displays of affection toward their bichon frise, Serge, makes others uncomfortable. Courtney's favorite time of year is the Nordstrom Half-Yearly Sale — except when Jupiter is in retrograde.

**Courtney, 44, real estate agent:**

Courtney is a single mom by choice, so she struggles over pleas for reconciliation by her heartbroken ex, Gary. Both are real estate agents, but only Gary can call himself a Realtor — a contentious detail for Courtney. Her refusal to join the National Association of Realtors “is very Pisces,” she points out on many occasions to the support of Ilyse, her horoscope-following BFF. Other friends have said, behind Courtney's back, that her reason has less to do with astrology than simply to gain attention. Either case, Courtney's decision



# Dave Says

went to the trouble of opening it, and you just might use it again someday. Even if your wife is staying home with the baby, she just might be able to take on more students again as time goes by.

Just be reasonable and use common sense. If you spend \$3,000 to stay open, and you're making \$700, you'd dissolve it, right? But as long as you don't have fees that are making you cringe, I'd probably leave it in place.  
—Dave

## Dissolve the LLC?

Dear Dave,  
My wife and I are debt-free, plus she has a business giving music lessons. We formed an LLC last year when she had several students and was making over \$3,000 a month, but that all changed when our first baby arrived. Now, she has only a few students, and they bring in around \$700 per month. Should we dissolve the LLC?  
— Ben

Dear Ben,  
First, congratulations on being debt-free and new parents. Happy New Year to you all!

In most states, the only upfront cost for an LLC is the money you pay for the initial set up. There may be a small fee for a business license and subsequent annual renewal, but that generally doesn't add up to much. Then, there's the money you pay for filing your tax return on the LLC once a year. Even if you live in a state where there are other fees to consider, as long as the cost of maintaining the LLC wasn't killing you, I'd recommend keeping it in place. You

## Helping dad

Dear Dave,  
My dad has been really bad with money his entire life. Anytime he would get into trouble, my grandparents would always bail him out. This time he came to my wife and I, asking for \$350 to get out of overdraft at the bank. We're trying to live on a budget and get control of our finances, and \$350 would make things kind of tight at the moment. What do you think we should do?  
— Jeremy

Dear Jeremy,  
I understand feeling an obligation to help your dad. But there's a lesson here that dad needs to learn, and it's something that goes much deeper than the money or helping out a family member. You have to do the right thing, no matter how dad reacts to this.

Right now, the right thing is taking care of your family and not putting them in jeopardy. So my answer to dad would be no. Another thing that needs to happen is for the definition of “help” to change. When you say he's been irresponsible with money his whole life, giving him \$350 won't help — and it will make you an enabler. Just handing him \$350 will actually hurt him, and it will give him the idea he can continue being dumb with money and hit you up for cash anytime.

Like I said, I understand the pull of helping out a parent. So if you feel this is something you absolutely must do, I would advise making the \$350 contingent on the fact that he begin and complete a financial counseling course. Be gentle when you talk to him, and let him know it hurts to see him struggling. But let him know, too, it's his responsibility to work through his debts and take care of his own finances!  
—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](http://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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ACROSS

1. a.m. slice
6. “\_\_\_ humbug!”
9. French Sudan, today
13. Opposite of bonjour
14. \*Jesse Owens' team
15. Take exception to
16. Brightest star in Cygnus
17. Snowmobile runner
18. On the rocks
19. Highest level
21. \*Hidden \_\_\_ movie (2016)
23. \_\_\_ Luis Obispo
24. Goes with rave
25. Scepter's partner
28. Heat in a microwave
30. Greek poet from Lesbos
35. Road shoulder
37. Irritate
39. Lively olden-day dance
40. Diva's delivery
41. \*Public \_\_\_ hip hop group
43. Wild ox of India
44. Tropical smoothie flavor
46. Charades, e.g.
47. \_\_\_ Pound, poet
48. Chest pain
50. Pop group “N \_\_\_”
52. Mary Kay's last name
53. A long walk
55. To boot
57. \*Emancipation Proclamation President
61. \*Dodgers' Rookie of the Year in 1947
64. Perfect
65. Lennon's wife
67. Hop-drying kilns
69. Facial growth
70. “Is,” no longer
71. Express a thought
72. Fill beyond full
73. Indefinite degree
74. Seventh month of Hebrew calendar

DOWN

1. Little bit
2. Lyric poem, pl.
3. Hokkaido native
4. “\_\_\_ Like Old Times”
5. \*Railroad conductor
6. Portrait sculpture
7. Pose a question
8. Israeli port
9. Carte du jour
10. Gulf V.I.P.
11. Playwright Clare Booth \_\_\_
12. Wraths
15. Soldier's ID
20. Habituate
22. Opposite of outs
24. News announcement to the press
25. \*44th President
26. Was rebroadcast
27. Carry something
29. \*Espoused civil disobedience
31. 1950s pin-up Bettie
32. Eloise's residence
33. Meryl Streep's “The \_\_\_” (2002)
34. \*Philanthropist Winfrey
36. Gaspar, Balhasar and Melchior
38. \*Harry Belafonte, first African-American to win one (1960)
42. Gossipmonger
45. Wait on a phone
49. Be unwell!
51. Pupa's shelter
54. “Little \_\_\_ fact”
56. Giraffe's cousin
57. \*Mad \_\_\_ word game
58. Lightbulb over head?
59. Whiskey without water
60. Nurse's attention
61. \* \_\_\_ Gibson, “the black Babe Ruth”
62. a.k.a. The Islamic volcano
63. Europe's highest volcano
66. \*1831 slave rebellion leader
68. \*Obama before becoming President

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For Solutions See Page 4



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# Meet Gabby: A Mini Schnauzer



By Kay Burton



Gabby

Gabby is a 3 year old black and silver Mini Schnauzer who weighs 15 pounds. She is loved and owned by Ron and Terri Lyn Alexander who live in Orangevale, CA.

Schnauzers are very energetic, intelligent, loyal and easy to train. This small, tough and sturdy dog was originally bred in Germany in the 19th century and was developed to catch rats.

Gabby knows 15 commands and loves to play and retrieve her basket full of toys. Every Sunday, Gabby goes kayaking and loves to be outdoors

enjoying nature with her family.

She has a buddy who a 2 pound Yorkshire terrier named Tenithre. Gabby always allows Tenithre to eat her breakfast first and then will get up and eat her own breakfast. Gabby and Tenithre share their beds with three family Persian cats.

If you want a pet who...

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- Makes a keen watchdog, but is polite with everyone
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A Miniature Schnauzer may be right for you.

*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* ★

# Allergy Alert on Undeclared Cashew Allergen in Dry Roasted Almonds

## U.S. FDA Special Report

**SACRAMENTO REGION, CA (MPG)** - Specialty Commodities, Inc. (SCI), a subsidiary of Archer Daniels Midland Company (NYSE: ADM), is recalling a specific lot of dry roasted almonds because they may contain undeclared cashews. People who have an allergy or severe sensitivity to cashews run the risk of a serious or life-threatening allergic reaction if they consume these products.

The recall was initiated after it was discovered that the cashew-containing product

was distributed in packaging that did not reveal the presence of cashews. The recalled dry roasted almonds were distributed between December 22, 2016, and January 19, 2017, to three customers, one of whom redistributed them for sale in either bulk bins or clam shells to retail outlets in California, including Safeway and Nugget Markets.

Representatives of SCI are working with DSD Merchandisers Inc., the distribution customer, and these outlets to ensure the product is removed from shelves and returned. No illnesses have been reported

to date in connection with this issue.

Subsequent investigation indicates the problem was caused by a temporary process irregularity that occurred at the third-party contract manufacturer that processed and packaged the almonds for SCI. Then, an inventory processing irregularity resulted in the almonds being forwarded to the impacted customers.

Please direct any customer inquiries to 770-752-8229 between the hours of 8 a.m. and 5 p.m. Eastern Time Monday through Friday. ★

# Game Plots

## Losing Could Be a Winning Move

By Noah Howard

Games are afraid to let the player lose. Of course, a few notable exceptions exist, namely the *Souls* franchise, where death isn't as much a punishment as it is an expected learning experience. *Demon's Souls* and its successors were happy to throw the player against near-insurmountable challenges, perishing again and again until, either by hours of practice or by dumb luck alone, they finally prevail. But outside of Hidetaka Miyazaki's acclaimed franchise, the concept of the player losing, and of the game truly winning, remains foreign.

The sci-fi space opera series *Mass Effect* almost pulled it off, but ultimately snapped defeat from the jaws of victory. Though it's by no means a difficult game, its primary villains, the Reapers, loom like intimidating obelisks, their massive metallic squid-like bodies swallowing up entire city blocks and harvesting people as an anteaters laps up its prey. They're seemingly insurmountable, and once you're inevitably thrown into leading a full-on war effort against them, even potential victory seems hollow. You may have conquered the attackers, but mystery still clouds what they are and where they came from, and you have no guarantee that some even more horrific threat may appear out of the darkness beyond the known galaxy's edge. Whether or not they perished on

the battlefield, they live on, ever present and undefeated, in your mind.

Enter the downloadable Leviathan side-story. It concludes with a near-complete explanation of the Reaper's origins, an introduction to the race that created them (and yes, they were created), and an asset to the war that demolishes Reaper forces en masse. In the player's brain, the Reapers lose their ominous luster. They go from perennial god-like deities to a menagerie of robots, made by organic life, destroyed by organic life. Victory can now be complete, on both the physical plane and the mental one.

Despite the fact that it isn't "played," films have long mastered this feeling of "losing." In movies like *Easy Rider*, *Thelma and Louise*, and *Bonnie and Clyde*, the protagonists meet their demise at the hands of a world they never stood a chance of controlling. Though player-characters in games might perish via a tightly-scripted narrative, rarely are players themselves allowed to truly lose a game in the same way. There must always be a way forward, a way to "win" and overcome even the most ludicrous of odds. The concept of a world beyond the player's control or understanding, that the player cannot possibly conquer, is game-design taboo.

However, horror games in particular stand to benefit from the disruption of this norm. The feeling



**The feeling of you cannot win and/or you cannot understand has been pioneered by writers like H.P. Lovecraft and Neil Gaiman in creating some of the most frightening and unsettling stories of the century; games have failed to inspire the same emotions in a similar way.**

of you cannot win and/or you cannot understand has been pioneered by writers like H.P. Lovecraft and Neil Gaiman in creating some of the most frightening and unsettling stories of the century; games have failed to inspire the same emotions in a similar way.

Part of that is the inherent struggle of an unbeatable enemy or world feeling "unfair" or simply annoying the player. But the game development community is nothing if not creative at problem-solving, and with so few games currently trying to convey the feeling of insurmountable awe or desperation at the hands of inevitable defeat, it seems an open territory for developers to explore. If the lessons of the *Souls* series' success and *Mass Effect*'s failures are taken to heart, it won't be an unconquerable challenge.

To respond to Noah's articles email him at digitalartsnoah@yahoo.com ★



# Make It Fun and It Will Get Done!

The Secret to Being Organized

## Pam Young's Corner

### Maybe it's Time to Change Your New Year's Resolution

If your New Year's Resolution was to "get organized" but here it is February and you're not doing so well, could it be that you have too much stuff? Remember you can't organize clutter.

What if you won the Publishers Clearing House Sweepstakes and you received \$5000 a week for the rest of your life, as long as you promised to do a weekly clearing house sweep or you wouldn't get the money?

Keeping your home streamlined, including closets, cupboards and drawers can give you an on-going feeling of freedom, but it's also an ongoing task of decision making. A garage that's full of stuff while the family car takes second place in the drive-way is just a humungous IPOD (Important Pile Of Decisions). When you say, "Oh just put it in the garage for now;" you're just postponing making a decision on the item. That one sentence, "Oh just put it in the garage for now," is really why your car is in the drive-way. Your car! The second largest expenditure you make, your home being number one.

Clutter in your home is merely a reminder, a flag if you will that your closets, cupboards and drawers are crammed full of squatters so there's no room for you or anyone in your family to put things away. The things that don't get put away are the things you're actually using and you render

them homeless when you allow the squatters to fill your drawers, cupboards and closets.

#### Technology

I've always said there are some things in the home that reproduce when you're not looking, referring to jars, plastic shopping bags, twist ties, business pens and such, but with the fast pace of technology, I hadn't considered cassette tapes, CDs, DVDs, cell phones, VHS tapes and such seeming to have babies while I've been busy. When those suckers had babies while I wasn't looking it was like I'd left those innocent infants in their little box nurseries like unattended orphans, for years, when they could have been given to adoptive parents who could have taken care of them and used them.

#### A BO's (Born Organized) Take

I was sitting at a table of seven other members of a Chamber of Commerce meeting enjoying a nice lunch when I decided to ask the question, "Do any of you think you have too much stuff?" It seemed as though the whole table groaned a collective groan of guilt—except for one woman who was obviously a BO. She piped up and said, "I'm really good at getting unwanted stuff out of my house, because I do it regularly." She said it with such personal pride! I asked her, "What is regularly?" "Monthly," she said without

pause. "I do it on the last weekend of each month and I take the stuff to a second hand consignment store the following Monday. They know me personally," she replied with a big grin.

Just think about Mother Nature for a minute. Right now it's in the middle of winter and our deciduous trees are completely bare. The winds, and freezing conditions have stripped all the leaves from their limbs and the leaves have been blown away. When we eat our bodies use what they need and eliminate the waste. If we could follow nature's plan, we'd be like that BO at the meeting, we'd get rid of what no longer serves us and we'd do it regularly.

Again, if your New Year's Resolution was to get organized in 2017 and it hasn't quite come about, what if you changed your resolution to: Start having a monthly closet, cupboard and drawer clean-out and get to know the owner of the consignment store in my neighborhood?

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

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with Mary Jane Popp

## In the Stars 2017

When you wish upon a star... well, let's see if that wish will come true. It all depends. If the planets are aligned, perhaps there is a way to read our future. **Astrologer Mercury** shared his read for 2017 on POPPOFF and I thought you'd like to be in on the future. It's all about how the planets align in your chart which dates back centuries. For now, let's concentrate on the immediate future. And it all begins on...

**JANUARY 8** when Mercury goes direct. No, not the Astrologer, the planet. Uranus in Aries is opposite Jupiter in Libra. Pluto is in Capricorn Square...Mars in Aries and Conjunction Uranus Square Pluto in Capricorn with Jupiter in Libra. As a result, the New Year begins with a sense of trepidation, and caution is warranted.

**JANUARY 28** is on the First Moon of the first Luna month. The Year of the Monkey ends and the Year of the Fire

Rooster begins. Over the next twelve months, there is an awakening to the idea that hard work, patience, and perseverance bring success. The fires from within illuminate the idea that a sense of purpose, appreciation of family and friends, and wisdom are integral to a meaningful life. Inspiration arises from the realm of perceived chaos, and clarity emerges as mental obstacles are cleared. Intuition provides the best guidance in this endeavor.

**OCTOBER 10** Jupiter moves into Scorpio, and the expanding consciousness shifts from without to within, when the heart is open, and a new journey to self-discovery and awareness begins. But with passion in abundance, and adaptable to circumstance, a danger lies in susceptibility to misguidance, and an explosive period for terrorism and violence is possible toward the end of 2017.

We also need a check on our new President Donald Trump. His first one-hundred day's transit astrology chart is a difficult period. The amount of restrictions that the office of the Presidency will be disruptive to Donald Trump's way of life. Uranus is square to his natal Saturn for those first one hundred days in office, and he will not be happy with the

frustration that he encounters. The Uranus in Aries square Saturn in Cancer ends by June of 2017.

China has not been looked at lately, and **Mercury** says China is a formidable conundrum to Trump because of his approach towards China and Taiwan. After one term in office, he will step down and let Vice President Pence run for the Presidency. His outward appearance will look as if he is happy and enjoys his new life. Behind the scenes, he's frustrated, angry, and can't do anything about the limitations he did not expect. Congress will be a stumbling block that will add to his frustration. And, at the behest of President Trump, The U.S. and North Korea will meet to discuss the threats levied by the latter against the West.

Just a peek at what is in store for us in 2017. If you want to know more, check out [www.MercuryMinute.com](http://www.MercuryMinute.com) or call **Mercury** at 916-834-4321. You can also hear him on KUBU, the voice of Sacramento 96.5 FM on the Internet Thursdays from 2-4 PM. Always remember Live simply, Love Deeply, Laugh Often, and Dare to Dream. This is my wish for you. May this be the **HAPPIEST NEW YEAR EVER!!!** ★

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**Travel Notes:**

**Barcelona:**

People watching also is bar none; Barcelona is blessed with model citizens – meaning so many of its people look like models!

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**Part II: Cruising the Mediterranean's Top Ports**

By David Dickstein

**Warm climate. Cultures dating back thousands of years. Exotic destinations known for their food and wine. Luxurious floating resorts that take you there.**

**What's not to like about Mediterranean cruising?**

Romantic Rome, alluring Athens and navigable Naples were featured in part one (<http://bit.ly/2iX6DVn>) of our Top 10 list of favorite Mediterranean ports. Now let's go on a journalistic jaunt to the fourth- through sixth-ranked exceptional destinations that delighted during back-to-back 10-day Mediterranean cruises aboard the resplendent Celebrity Reflection and bar-raising Carnival Vista.

**#4: Barcelona**

Spain's second-largest metropolis is the whole package, offering everything you want from a cruise port without need of a shore excursion or private guide. The city of Gaudi, Picasso and Miro doesn't take an expert to find spectacular sights, superb shopping, a breathtaking beach and fabulous food and drink. People watching also is bar none; Barcelona is blessed with model citizens – meaning so many of its people look like models!



The "money shot" of any visit Santorini has Oia's noted white and blue domed houses in the background. Photo by David Dickstein

the inimitable Roman Catholic church for decades – the project was less than a quarter complete when Gaudi died in 1926 at the age of 73. But an international labor of love vows to complete the city's most iconic symbol in

underpriced. The reason is you're being lied to when they say "on your own," and that's great! A local escort narrates the 1 1/2-hour coach ride to Florence, then provides directions, maps, tips and other guidance before

easiest of three options to reach the plateau is a 5-Euro cable car ride with likely long lines (especially coming down). Masochists might prefer a bumpy donkey 5-Euro ride (plus tip) that several people told me is a minor hell or a zig-zagging 488-step footpath that's free, but also complementary are the aromatic and messy souvenirs left by the aforementioned beasts. Every cruiser who hoofed it by their own power or a donkey's told me later that they were too tired and sweaty to enjoy the first glimpse of the destination's famous whitewashed houses and blue domes sparkling under the sunlight. Take the cable car.

Your payoff is a place where a bad selfie background doesn't exist. Good luck not being

photobombed, though; so much beauty attracts so many people. The chalk-white buildings, crawling bougainvillea and dramatic coastline, coupled with interesting museums, churches and boutiques, lure nearly 800,000 cruisers a year, and the locals aren't too happy about that. A newly imposed cap on ship-arriving visitors has put a small dent on the number of itineraries that include Santorini, particularly during the high season of July through mid-September. But that's a small inconvenience compared to the benefits to visitors and residents alike.

The spectacular ports of Marseilles, Kusadasi, Rhodes and Mykonos and will help us round out the Top 10 next time.

**If You Go**

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**Visit Barcelona, [www.barcelonaturisme.com/wv3/en](http://www.barcelonaturisme.com/wv3/en);**

**Visit Florence, [www.visitflorence.com](http://www.visitflorence.com);**

**Visit Santorini, [www.visitgreece.gr/en/greek\\_islands/cyclades/santorini](http://www.visitgreece.gr/en/greek_islands/cyclades/santorini)** ★



Antoni Gaudi's magnum opus, the Sagrada Familia, is Barcelona's most iconic landmark. Photo by David Dickstein

For cruisers, exploring is really as simple as going into town by cab, telling the driver to plop you pretty much anywhere, then walking in any direction. Chances are you'll fall in love with this luxurious and electrifying port – and its beautiful people – whether you stroll La Rambla, the three-lined pedestrian thoroughfare popular with tourists and locals alike, or the cobblestone-paved old town known as Barri Gotic (Gothic Quarter), where Pablo Picasso and Joan Miro once dwelled. No visit is complete without paying homage to Antoni Gaudi's distinctive style of Catalan Modernism. His work graces the city's architecturally rich landscape, including at his magnum opus, the Sagrada Familia. Giant cranes have been a mainstay of

2026, the centenary of Gaudi's death. There will be plenty of toasts with glasses of cava then, but why wait as just a few steps from wherever you are is likely a fantastic tapas bar or café pouring the local sparkling wine that pairs perfectly with the array of small plates ready to be devoured.

**#5: Florence**

The port of Livorno on the Etruscan Coast of Tuscany serves as the gateway to Florence and Pisa for more than 15 major cruise lines. Shore excursion desks keep busy fulfilling passengers' wishes to discover the area's famous religious sites.

Most large ships offer a "Florence & Pisa on Your Own" tour, and at \$90 for an adult ticket, \$80 for children, Carnival's excursion might actually be

saying "ciao for now" in Santa Croce Square. The roughly three hours of independent exploring are well spent checking out the Duomo with its cathedral, bell tower and Baptistery, the cherished Ponte Vecchio bridge over the Arno River, the countless leather shops, and the best pasta and gelato within walking distance according to Yelp or Trip Advisor. You're really on your own if you want to see Michelangelo's "David" statue at Accademia Gallery, but replicas of the marble masterpiece can be found elsewhere in the old city. From Florence it's a 1 1/2-hour drive to Pisa for a visit to Miracle Square and its famously leaning 645-year-old tower. Don't be shy about taking a photo of you trying to right the foundation-challenged bell tower. You're a tourist!

**#6: Santorini**

Whoever said "getting there is half the fun" never went to the Taj Mahal or Greece's most picturesque, dramatic and tourism-dependent island. India isn't on the Mediterranean, so we'll leave the ghastly drive from New Delhi to Agra for another story. As for Santorini, there's no getting around a tender ride and a 400-meter climb up the cliffs of a caldera to reach Fira, a pretty town in itself, but not as picturesque as Oia a half-hour cab or bus ride northwest. Almost every shore excursion begins in Fira. Your



The climb up to Fira can be arduous for one's patience, legs and nose, but a worthy must when visiting Santorini. Photo by David Dickstein



Tapas are a quick, easy and usually economical way to get your fill in Barcelona. Photo by David Dickstein



The Leaning Tower of Pisa is the main attraction in the city's architecturally rich Piazza del Duomo. Photo by David Dickstein

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# Advanced Home Health is Growing Treats Heart, Mind, Body and Soul

By Shelly Lembke

**SACRAMENTO REGION (MPG)** -

One Sacramento-based company has quietly and efficiently carved a niche into the home health care business by providing superlative care for patients and caregivers alike. The “whole-istic” business model of Advanced Home Health and Hospice (AHHH) has earned them not only professional accolades and a thriving business, but a stellar reputation for their positive results for even the most complex patient care. The beating heart of this organization is founder Angela Sehr. Sehr is a woman with a mission and a vision with patient wellbeing in the Sacramento area.

Born in Xian, China, home of the famous Terra Cotta Warriors, Sehr started college at 15 and became a nurse at 18. The youngest of nine children, her siblings are also high achievers with a judge, college professor, engineer and a teacher among her immediate family.

Shyly self-admitted as a teacher’s pet, she loved science from a very young age. She says her mother encouraged her children to all be independent. “Marry well, she said, but always be able to stand on your own two feet,” was her mom’s advice.

Sehr may now be the boss, but she is far from being afraid to roll up her sleeves when it comes to patient care. She paid her dues with years in hands-on nursing. In fact, she still takes care of patients herself, in addition to her many other duties. AHHH offers patients around the clock care, just one of the many aspects that separate them from their competition. “I go out to patients’ homes at 2 in the morning if they need it, just like everyone else on staff,” said Sehr.



The dedicated management staff of Advanced Home Care; Angela Sehr, Owner, Angie Macadangang, Chief Clinical Officer, Debi Moroles, Director of Business Development, Deb Ryan, Administrator and Lisa Gaza, Director of Patient Care Services. Photo courtesy of Colby Barrett

this specialized help. She has built her company on years of caring for infusion patients. Her company carries her compassion forward, providing top-notch, compassionate care for patients and their families.

During a time when health-care laws and models are in flux, Sehr’s company, AHHH has built a company that successfully and efficiently treats and maintains a base of anywhere from 600 to 800 patients, more than double similar programs of even healthcare giants like full-fledged local hospital systems. To meet the need AHHH has found, the company currently has a staff of approximately 400 highly-trained specialists performing an impressive array of care and support services, and specializes in “complex” patients, often avoiding such patients having to be readmitted to hospitals.

AHHH is as advertised. Staff is on-call 365 days a year, 24 hours a day. They provide truly advanced wound care, infusion nursing, orthopedic, occupation and physical rehabilitation, speech and swallow function therapy, specialized medical social workers and a chaplaincy ministering to the patients and their loved ones. The tiniest staff member is a therapy dog.

AHHH is a Medicare Certified Home Health Provider. They are licensed by the by the California Department of Public Health. They have provided care for premature babies, pre-and post op patients, patients such as diabetics with wounds that can be nearly impossible to heal. Many of these



Angela continues to see patients on a daily basis while running one of the largest home care organizations in the region. Photo courtesy of Colby Barrett

are patients the hospitals have given up on and AHHH has succeeded where others have failed, improving patient outcome in terms of health and healing. Sehr is intent that her teams utilize the latest technology to treat patients and makes available ultrasound and laser therapy, in addition to debridement if physician ordered.

The Low-Level Laser Therapy (LLLT) alone, per Sehr can be highly effective in treating, diabetic ulcers, venous stasis and arterial ulcers, and many other types of non-healing wounds.

The hospice care that Sehr’s company provides is a growing service, based on industry best practices, but also on her own experiences as a nurse. Most hospice patients they see are given six months or less to live, but that isn’t an outcome set in stone. “We don’t give up,” she says. “We’re not God, but people do ‘graduate’ from hospice. They do get better.” Hospice care provides

comfort care to patients and family. “Advanced hospice nurses are registered nurses specifically dedicated to end-of-life care. They are focused on pain and symptom management for our patients around the clock. In addition to serving the terminally ill, hospice clinical team counsel and educate caregivers and family members on the needs of the patient, guiding them through every issue that may arise. Our hospice nurses work as a part of an interdisciplinary team that develops and manages the care for our patients and their families.”

A vital part of their team are the hospice social workers who are there to support patients and their families. “Our social workers are trained to assist our patients and their families on developing an individualized plan of care, researching ways to relief stress and anxiety by non-medical means, and connecting them with appropriate local resources.

“We understand that our patients and their families may have financial problems. Our social workers are equipped with the necessary tools and knowledge to provide counseling in these areas, as well as coordinating possible aid from other organizations,” Sehr commented.

What does it mean to be an advanced hospice social worker? According to AHHH, “It means to be a supporter of our patients and their families. Our social workers are trained to assist our patients and their families on developing an individualized plan of care, researching ways to relief stress and anxiety by non-medical means, and connecting them with appropriate local resources.

“A loss of a loved one, even if anticipated, brings a slew of emotions and grief for surviving family and friends. Our hospice bereavement professionals and volunteers are trained to provide counseling and support by

understanding the loss and compassionately walking step by step with surviving spouses, children, or parents.”

“To help our patients cope with the end of their life, AHHH provides spiritual services by certified chaplains to promote spiritual and emotional wellbeing. Our chaplains may also work with the patient’s clergy and coordinate spiritual nourishment and revitalization.”

Sehr credits hospice volunteers for the selfless work they do as part of the organization. “Our hospice volunteers spend time with patients and their loved ones. They run errands and provide caregiver relief, companionship, and supportive services. Volunteers are the backbone of our hospice team.”. Volunteers form bonds with patients and family members. Patients and families often tell volunteers things they feel they can’t tell their loved ones and help open the way for people to talk honestly. Volunteers work alongside paid staff in every area of hospice care.”

AHHH truly treat the entire family, and that includes monthly bereavement support group meeting. “At Advanced Hospice, patients are nearing and passing the end of their life, leaving behind husbands, wives, sons, and daughters,” according to the company website.

“When a patient is diagnosed with a serious illness or is recovering from an injury, our medical professionals, nurses, and therapists work hard to rejuvenate him/her to normal life. In addition to purely medical procedures, medications, and techniques, a huge part of a person’s recovery depends on his/her psychosocial condition.”

AHHH is making a concerted effort to reach America’s veterans. “Veterans have done everything asked of them in their mission to serve our country and we believe it is never too late to give them a hero’s welcome home. That’s why our hospice is taking part in the We Honor Veterans program. Our staff understand the unique needs of veterans and are prepared to meet the specific challenges that veterans and their families may face at the end of life.”

AHHH measures its success with data, not just good feelings. Their clinicians log every visit in detail, right down to wound and physical improvement, modality effectiveness, length of visit and many more details. That data is analyzed for the benefit of each patient, but the accumulation of data is used by the company to improve patient outcome and patient satisfaction. The company has recently broken ground on its next project, a free-standing Hospice Facility. While starting small, at 6 beds, it will be the only hospice in the area and unlike any other, due again to Sehr’s experience and personal touch. ★

**“When asked why her company’s clinicians have been so successful in treating complex patients, compared to other facilities, she says, “I think part of it is quality. It’s high quality care fast. Patients always come first. You’re not giving care if you’re sitting behind a desk.”**

— ANGELA SEHR  
FOUNDER, ADVANCED HEALTH AND HOSPICE

Sehr is a Registered Nurse who has worked around the world with patients of all ages and many different health issues. She came to Sacramento, having worked in places like China and Saudi Arabia. She attended Sacramento State’s Nursing program and earned her BSN here, spending over a decade in pediatric care and found her way into Infusion care as a nurse for patients in need of

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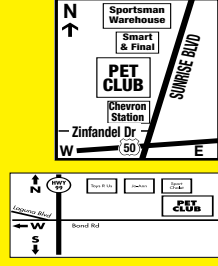


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**BONUS COUPON**  
**FANCY FEAST GOURMET CANNED CAT FOOD**  
3 Oz - All Varieties Except Elegant Medley  
Limit 2 Cases With Coupon  
Limit One Coupon Per Family  
Price Valid Only With Coupon  
Effective 2/1/17 - 2/7/17  
**53¢** GRM PLU 361

**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 2/1/17 - 2/7/17  
**\$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 2/1/17 - 2/7/17  
**\$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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