

The people who cast the vote decide nothing. Those who count the vote decide everything.

-Joseph Stalin

(GENERAL SECRETARY, COMMUNIST PARTY, SOVIET UNION-1922-1953)

# Enjoy the Holiday Craft Boutique

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# Gold River Messenger

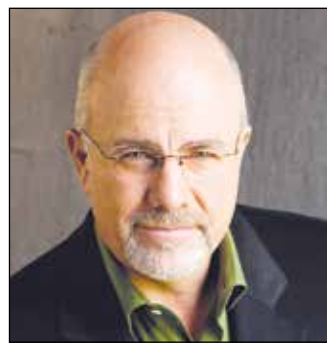
“Written by the people, for the people”

Volume 4 • Issue 11

Serving Gold River and Sacramento County

November, 2016

## YOUNG, JOBLESS AND SCARED



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## GAME PLOTS BATTLEFIELD 1 BREAKS OUT OF THE TRENCHES



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## BETTING ON MYSELF



Page 5

# Get Out and Vote

Commentary by Paul Scholl, Publisher

Are we at a crossroads, or on a path to nowhere? Are we now on the proverbial slippery slope, or have we not so accidentally sleeplessly lumbered into an eternal political quagsand?

Not even C.S. Lewis' Screwtop could have imagined or overjoyed in the idea of such a complete mess of a society constantly teetering between "I'm gonna get mine" and getting what we deserve.

Our country has lost its way. Up is down, down is up. Wrong is right, and right is wrong. Doing the right thing can get you sued or jailed, but legislators let murderers, armed robbers and rapists go free.

The government has plenty of money. You don't. How's that working for you?

Do you remember a time when the whole idea of a National Guard was to defend our nation's homeland and not some other backward nation? Who defends us? No wonder gun sales are up. No wonder they want to strip our gun rights.

If you looked at how society is acting today do you honestly think your great-grandparents would put up with it?

It may be time when we all say "No, enough is enough". No more Measure this and Measure that. No more bonds, no more propositions. Just plain "No". The governments can learn to make do with the huge amount they already



take from paychecks of the employed and the cash flow that used to be profits from small business owners.

The old adage was "People vote their pocketbooks" (that means your wallet for those under 40). People don't have wallets much anymore. They

have debit (debt) cards. Chip cards that can be swiped. Did you ever wonder why they call them debit cards? When did the word "swipe" become a good thing? And it is all in some computer in the sky.

Do we really want to stay on this path of less income,

more taxes, more corruption, and no future? If it ever really was "about the children" then we would never have gotten to this place of daily crisis making.

Get out and vote? You'd better. It may be the last chance you get. ★

## Rancho Cordova Honors the U.S. Naval Construction Force

SACRAMENTO REGION, CA (MPG) - Rancho Cordova's 11th Annual Veterans Day Ceremony will be held on Friday, November 11 to remember our veterans and honor the missions of the U.S. Naval Construction Forces (Seabees).

Did you serve in the U.S. Naval Construction Forces? You are cordially invited to Rancho Cordova's Veterans Day Ceremony to be recognized for your service.

The ceremony will be held in the Veterans Memorial Plaza at the Sacramento VA Medical Center, 10535 Hospital Way at Mather. Pre-program entertainment will begin at 9:30 a.m. followed by the commemoration program at 10 a.m. Music entertainment will be provided by the Rancho Cordova River City Concert Band, featuring the "Song of the Seabees."

The Seabees' motto of "We Build - We Fight" recognizes the work of the members of the U.S. Naval Construction Forces. The Seabees have a history of building bases, bulldozing and paving thousands of miles of roadway and airstrips, and accomplishing myriad other construction projects in a wide variety of military theaters dating back to World War II. The word "Seabee" comes from the initials "CB," which comes from the term "Construction Battalion."

The Seabees first became active on March 5, 1942 during World War II when U.S. involvement was expected on both the Pacific and Atlantic Oceans. More than 100,000 Seabees were trained during World War II and have continued to serve since. The Seabees now include 7,000 active personnel and 6,927 reserve personnel.

Ceremony speakers will include Congressman Ami Bera; Senator Jim Nielsen; Assemblyman Ken Cooley; Kathryn K. Bucher, Associate Director of Patient Care Services/Nurse Executive at VA Northern California Healthcare System; Rancho Cordova Mayor David Sander; and Rancho Cordova Council Member Robert J. McGarvey, who spearheaded the first Veterans Day and Memorial Day events in Rancho Cordova. The Vultures Row Aviation Team will provide a flyover towards the end of the ceremony.

The ceremony is sponsored by the City of Rancho Cordova, the Department of Veterans Affairs Northern California Health Care System, AlphaGraphics Rancho Cordova, and Republic Services.

Rancho Cordova City Hall will be closed on Friday, November 11 in observance of Veterans Day. For more information about the event, please call (916) 851-8700. ★

## Foster Youth to Shine at Philanthropy Luncheon



Local foster youth walk the runway in last year's United Way Women in Philanthropy Luncheon fashion show. Photo courtesy United Way

SACRAMENTO REGION, CA (MPG) - Local residents can help foster youth at United Way's 15th Annual Women in Philanthropy Luncheon from 11 a.m.-1 p.m. on Nov. 9 at Memorial Auditorium, 1515 J Street, Sacramento. The event, sponsored by AT&T, will include a fashion show, gourmet lunch, presentations by local foster youth and an announcement about the future of the group. Tickets are \$75-\$125 and can be purchased at [www.yourlocalunitedway.org](http://www.yourlocalunitedway.org).

"We have an entertaining and heartfelt program planned for this year including stories from foster youth, successes from the program, a fashion show and a big announcement about Women in Philanthropy's exciting future," said Stephanie Bray, president and CEO, United Way California Capital Region. "This is an amazing opportunity for local foster youth to sit side by side with some of the region's most

powerful women and community members who care deeply about their future."

United Way's Women in Philanthropy brings local women together to end poverty for local foster youth by helping them become financially prepared for life after foster care. This focus is part of the Square One Project, United Way's 20-year promise to significantly increase the number of local students who graduate from high school ready for success in college and beyond. Through nine decades of work and research across the region, the local United Way now believes ending poverty starts in school and is working to ensure kids meet important milestones to prepare for success in college. To learn more about United Way's Women in Philanthropy, visit [www.yourlocalunitedway.org](http://www.yourlocalunitedway.org).

Source: Kristin Thébaud Communications ★

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Sue Frost has been endorsed by Sacramento County Probation Association because she will make public safety the #1 priority.



Paid for by Sue Frost for Supervisor 2016 ID#1380596

# Snuggles from Muggles



By Kay Burton



Muggles Daisy Dell, is a 13 year old Lhasa Apso. Her family named her Daisy and her two brothers, Luke and Beau, after the "The Dukes of Hazard". Owners Dick and Jan Dell of Gold River tell us she was such a whimsical; puppy they decided they wanted a more fitting name. Looking through Harry Potter books which are stories about wizards, they happened upon the name "Muggles" which wizards refer to as non-wizards beings. And so it was, Muggles became her first name and when people asked her name and where told "Muggles" they giggled!

When Muggles was about four, she began a visiting a family member who had Alzheimer's and who was living in an assisted living facility. Muggles was a natural at visiting, and the Dell's

saw how much the residents enjoyed her visits. in 2009, Muggles became a Therapy Dog with Alliance of Therapy Dogs. She regularly visits Empire Ranch Alzheimer's Special Care Center in Folsom. She knows only one trick, and that is to sit up on her hind legs and then do a "double paw". The residents always ask for Muggles to do her trick, but they also enjoy petting her. Muggles is the Dell's second Lhasa Apso. They are fiercely loyal and very loving dogs, but can also be stubborn at times. Muggles is very smart and she even smiles for humans. The Lhasa Apso are deeply devoted to loved ones. ★

# Enjoy the Holiday Craft Boutique



Admission is free to the Holiday Craft Boutique, however, with a \$5.00 donation you receive a raffle ticket, glass of wine and hors d'oeuvres. Proceeds benefit the Rancho Cordova Chamber of Commerce Foundation (501c3) - working in partnership with our public and private sectors partners/stakeholders we support programs and projects that lead to an economically vibrant community.

**RANCHO CORDOVA, CA (MPG)** - Get a creative jump on your holiday shopping. Check out Rancho Cordova's local crafters, artists, and direct sales vendors at the second annual Holiday Craft Boutique! Discover unique gifts and specialty items you won't find in stores for your loved ones this year.

Some specialty items include organic coffee, crocheted items, wine charms, spa package products, jewelry, gifts for children,

clothing, sweet treats, holiday décor and much more.

Admission is free, however, with a \$5.00 donation you receive a raffle ticket, glass of wine and hors d'oeuvres. Proceeds benefit the Rancho Cordova Chamber of Commerce Foundation (501c3) - working in partnership with our public and private sectors partners/stakeholders we support programs and projects that lead to an economically vibrant community.

The event is scheduled for Thursday, November 17, from 5:00 - 7:30pm.

It will be held at the Rancho Cordova City Hall in the American River Room, 2729 Prospect Park Drive, Rancho Cordova, CA 95670

For more information call 916-273-5700 or email to [Info@RanchoCordova.org](mailto:Info@RanchoCordova.org). You can get additional details at [RanchoCordova.org](http://RanchoCordova.org). ★

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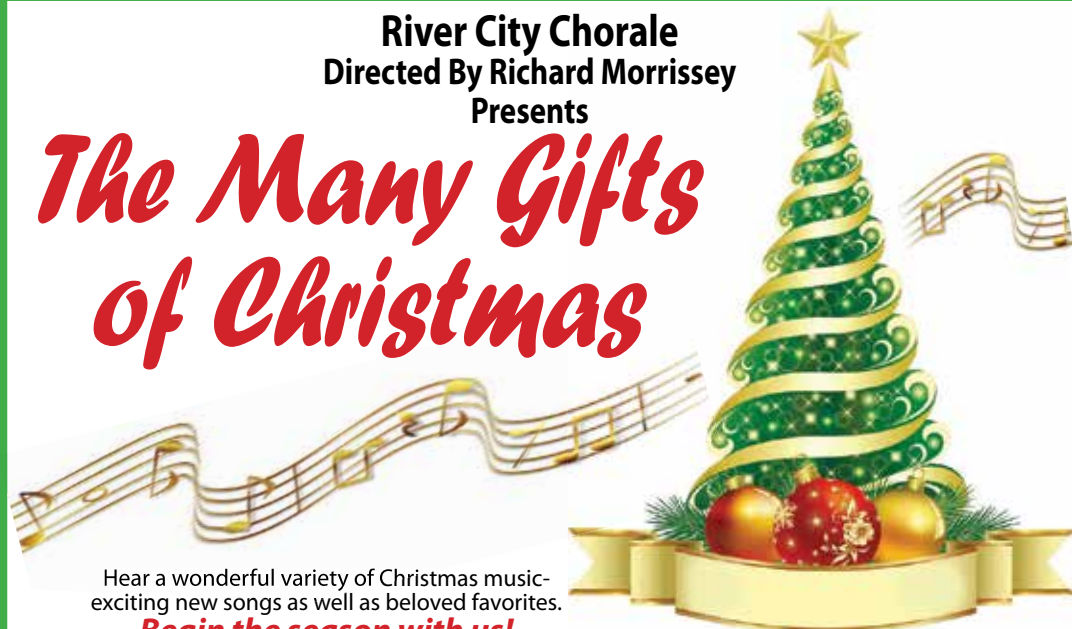
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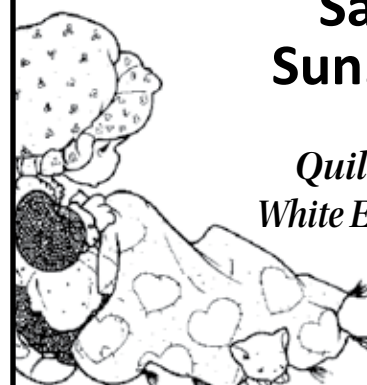
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# Water Year 2016: We Suffered 'Snow Drought'

**SACRAMENTO, CA (MPG)** - As California's 2016 Water Year draws to a close, it is ending a fifth consecutive year marked by meager precipitation that fell more often as rain than snow.

Record warm temperatures created an early and below-average runoff that was in large part absorbed by parched soil before ever reaching the State's reservoirs. The water content of the California Sierra snowpack, often referred to as 'the State's largest reservoir,' flows each spring into a series of above ground storage reservoirs that essentially serve as California's water savings accounts in order to meet the growing demands of an uncertain climate future.

These all-too-familiar dry, warming conditions have led State water officials to describe the situation as a California 'snow drought.' A 'water year,' a 12-month time period during which precipitation totals are measured, runs from October 1 to September 30 of the following year. The year is designated by the



calendar year in which it ends.

Water Year 2016 is officially listed in the record books as 'Dry' statewide, even though parts of Northern California experienced average to slightly above average precipitation.

Water officials warn that making seasonal forecasts of precipitation – the ability to predict

now if 2017 will be wet or dry (and how wet or dry) – is scientifically difficult, and the accuracy of such predictions is very low; much less than that of a seven-day weather forecast.

Historical records are the only source of facts to study for any indication of what California may see in the form of precipitation in coming months.

Of the 18 La Niña winters since 1950-51, 16 have provided below average precipitation for Southern California's coastal region, and 15 winters have resulted in below average precipitation for Southern California's interior region. Above average precipitation was recorded in 11 winters for the Northern Sierra and in eight years for the Central and Southern Sierra.

Sixty percent of the state currently remains in severe or extreme drought. While mandatory water restrictions today vary across California, making water conservation a California way of life remains a statewide goal and a top priority.

Source: DWR ★



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# Check Before You Burn

Residential Wood Burning Restrictions Begin November 1

**SACRAMENTO REGION, CA (MPG)** - The 10th season of Check Before You Burn, the Sacramento Metropolitan Air Quality Management District's wood burning law, began November 1 and goes through February. The AQMD will restrict or prohibit burning on days when fine particle pollution is forecast to be high. This law applies to the burning of any solid fuel, including wood, pellets or manufactured firelogs by residents and businesses in Sacramento County and the cities of Folsom, Citrus Heights, Elk Grove, Galt, Isleton, Rancho Cordova and Sacramento through February.

Check Before You Burn to find out if burning is allowed in your indoor or outdoor fireplace, wood stove, fire pit or chimney. Download the free Sacramento

Region Air Quality app to check the daily burn status, obtain the daily air quality forecast and get current conditions at monitoring sites in the region.

Wood smoke is bad for your health. It contains invisible particles that are small enough to enter the bloodstream. It is especially harmful for children whose lungs are still developing, older adults and anyone with a pre-existing heart or lung condition. Breathing wood smoke increases the risk of asthma, heart attack, stroke and many other health problems.

Here's how to get the daily burn status: Call 1-877-NO-BURN-5 (1-877-662-8765); Visit [www.AirQuality.org](http://www.AirQuality.org) or [www.SpareTheAir.com](http://www.SpareTheAir.com); Sign up for daily Air Alert emails at [www.SpareTheAir.com](http://www.SpareTheAir.com).

com. Input your zip code and select the "Daily Air Quality Forecast" box.

There are a few exemptions from compliance with the law: Homes where wood burning is the sole source of heat; financial hardship waiver approved and renewed each burn season by the Air Pollution Control Officer.

There is an exemption on Stage 1 – No Burn days if you use an EPA certified fireplace insert or stove, or pellet stove, and they do not emit visible smoke.

First time violations will result in a \$50 fine or the violator can choose to complete and pass a wood smoke awareness course. For more information, visit [www.AirQuality.org](http://www.AirQuality.org). ★

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Crossword Puzzle on Page 5

Crossword puzzle grid with words: FATAL, CBS, SACK, ECOLI, LEE, DONEE, AARON, ONE, EPODE, RICHARD, MICHAEL, AGA, ISLE, BBC, ENDS, LIABLE, REEL, TROT, TREAD, UGLI, SETIN, ENID, CUTER, WOKE, ANTI, ENSUES, PIER, EYE, HARE, DOG, JESSICA, CYBORGS, EMEER, BOO, ENURE, EMCEE, ARC, RESIN, RASP, TEA, TREND

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Sudoku Puzzle on Page 5

Sudoku puzzle grid: 4 2 9 | 8 5 6 | 3 7 1, 6 7 1 | 9 2 3 | 8 5 4, 8 5 3 | 4 1 7 | 9 2 6, 9 3 6 | 7 4 2 | 5 1 8, 7 1 2 | 3 8 5 | 4 6 9, 5 4 8 | 1 6 9 | 2 3 7, 3 8 4 | 2 7 1 | 6 9 5, 2 6 7 | 5 9 4 | 1 8 3, 1 9 5 | 6 3 8 | 7 4 2

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By David Dickstein, Gold River resident

Gold River isn't a company town, but as Aerojet and Intel go, so does our community in some respects. Recent news of Aerojet Rocketdyne moving its headquarters out of Rancho Cordova in the midst of a 10 percent workforce reduction, and Intel axing hundreds of Folsom jobs as part of an even larger corporate-wide layoff, well, that's not exactly the stuff that increases property values or our quality of life.

Chances are good you have a friend or neighbor affected by one of these downsizings, or perhaps a different one in these precarious post-recession times. Maybe that person is you. Virtual hugs if it is. To those who were flat-out laid off without warning, my heart goes out to you. My compassion widens for those 50 and older as they, according to an AARP survey, face particularly daunting prospects for employment.

I'm about to find out quickly if that's true, as I have taken early retirement from Intel, my employer of over 17 globe-trotting years. I am among the fortunate ones affected by the company's largest-ever downsizing initiative, known in Intel-speak as Accelerating Change & Transformation, or ACT. Unlike for some of my

# 'Fool's Gold'

## Betting on Myself

cubicle neighbors at the Folsom campus, and several thousand globally, mine was a voluntary decision. Thank goodness — and a previous boss — for a stellar review last year that I believe kept me off the chopping block ... this time.

When Intel lowered eligibility for taking early retirement to those 55 years old and with 15 years of service, I was among nearly 6,000 longstanding employees faced with a big decision. It was one I didn't think I'd need to make until 2021, when I would be eligible for the "rule of 75," meaning that anyone whose age plus years of service equaling or exceeding 75 years can quit with honor and special benefits.

I absolutely could have let the deadline to accept a generous retirement package pass, but all indicators pointed to this being unwise if for no other reason than I'd be gambling that my job would be safe at a company that, according to news reports, is two-and-a-half times more likely to lay off people over 40. While federal law protects workers over 40 against discrimination based solely upon their ages, it doesn't protect them against losing jobs if their pay grows too large at a business seeking to cut costs. So, it's not far-fetched to speculate that although ACT calls for the reduction of 12,000 heads, more corporate carnage could be around the corner.

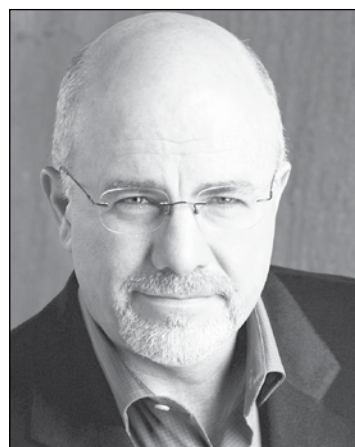
It's all about industry indicators and company survival. By axing low performers as a first blow, then skimming the higher-earning cream secondarily, Intel

believes it's on better footing to refocus from the fading PC market to data centers, mobile gadgets and other emerging technologies. For the sake of my former colleagues in Folsom and around the world, let's hope the CEO is right. And who knows? If the company comes out of this transformation stronger and my Intel friends tell me the water's fine next autumn, I just might want to come back after the one-year rehiring ban is over. Then again, maybe I won't. My hope is to find greener pastures before I'm put out to pasture, and, fortunately, there's contract work to be had in the interim.

So, to all the human resources folks out there, plus any recruiters, hiring managers and others with whom I'd be wise to network, let it be known that there's still plenty of high-octane gas left in the tank powering my career in public relations, executive and corporate communications, and writing. Yes, it's a shame that my professional fuel gauge couldn't hit "empty" at Intel, but c'est la vie.

They say retirement is when you stop living at work and begin working at living. They also say that in retirement you will find less money, but the hours are better. Well, to whoever "they" are, inspirational as those quotes may be, I'm not planning to take Social Security benefits for another 10 to 15 years, and, frankly, I see myself working even after I'm welcomed at the Pearly Gates. Hmm. I wonder if Saint Peter has a LinkedIn page.

David Dickstein is a Gold River resident. He can be reached at davidickstein1@gmail.com. ★



## Young, jobless and scared

Dear Dave,

I'm 23, and I lost a good job a few days ago due to layoffs. My wife has been a stay-at-home mom with our 10-month-old daughter, and we have very little in the way of savings. What can we do to keep our heads above water?

- Seth

Dear Seth,

I'm really sorry you're going through this. I've been there, so I know this is a scary time for you. There are some short- and long-term goals to think about in a situation like this, but let's look at the immediate future.

Go crazy about finding some kind of income. I don't care if it's delivering pizza during the week and working at the mall on weekends. Even if it doesn't completely replace your previous income, it will give you some cash to pay bills and stay afloat. On your off days, and before and

# Dave Says

after work, you can line up and do interviews for a more stable, full-time job. You may even have to trade off babysitting duties with your wife so she can earn some money too.

While all this is going on, have a garage sale and sell anything you don't need or want anymore. Just about anything that can be turned into income should be turned into income. In the process, prioritize your bills and other financial responsibilities. Take care of food first, then utilities, the mortgage or rent, then transportation. You guys don't need to see the inside of a restaurant for a while unless you're working there, and if things don't get better by Christmas, any gifts you give should be handmade crafts.

This is doable if you two work hard, pull together, and focus. God bless you guys, Seth. —Dave

## Accounting 101

Dear Dave,

I've just started my own small business. As the owner and only employee, how do I determine my profits?

- Brittany

Dear Brittany,

Here's a basic Accounting 101

definition for you, regardless of how many employees you have or how big your business may be. What you take in, minus expenses — in other words, your revenues minus your expenses — equal profit. Believe it or not, it really is that simple.

Since you're just starting out, I'd strongly advise you to set up a separate checking account for your business. That's the only way to accurately tell exactly what's going on within the business. When you co-mingle business money with grocery money and things like that in your personal account, you'll never have an accurate picture of what's really happening with your business.

Good luck, Brittany! —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. ★

## Aerojet Rocketdyne Welcomes New CFO

SACRAMENTO, CA (MPG) -Aerojet Rocketdyne Holdings, Inc. (NYSE: AJRD) has announced that Paul R. Lundstrom will join the company as vice president of Finance and chief financial officer (CFO) on Nov. 7, 2016. Lundstrom will report directly to CEO and President Eileen Drake and will be based out of the corporate headquarters in El Segundo, California.

Lundstrom, 41, previously spent 19 years with United Technologies Corporation (UTC), most recently serving as vice president of Investor Relations. In prior positions with UTC, Lundstrom was vice president of finance and CFO for the Building & Industrial Systems and Climate, Controls & Security businesses in Asia. He also served as vice president of finance and CFO for Carrier's commercial HVAC business in North America. Before moving to Carrier in 2006, Lundstrom served in a variety of finance leadership positions for UTC's aerospace and defense business, Hamilton Sundstrand.

"Paul brings a wealth of expertise in corporate finance and a strong track record of driving profitable growth," said Aerojet Rocketdyne CEO and



Paul R. Lundstrom will join the company as vice president of Finance and CFO.

President Eileen Drake. "With his in-depth knowledge and extensive experience in financial planning, investor relations, and government and financial accounting, along with a proven focus on delivering value for shareholders, Paul will be a significant asset to our company."

Lundstrom holds a Bachelor of Science from Truman State University, a Master of Business Administration from Columbia University, and is a Certified Public Accountant. Lundstrom succeeds Kathy Redd, who will be leaving next spring after 14 years with the company.

"I want to thank Kathy for her leadership and significant contributions to Aerojet Rocketdyne,"

said Drake. "She has helped to steward our company through many transformative milestones, including the acquisition and integration of Pratt & Whitney Rocketdyne. I look forward to Kathy and Paul working together to ensure a smooth transition for our company and our shareholders." According to Drake, Redd will remain with Aerojet Rocketdyne through the filing of the company's 2016 Annual Report.

Aerojet Rocketdyne Holdings, Inc. is an innovative company delivering solutions that create value for its customers in the aerospace and defense markets. The company is a world-recognized aerospace and defense leader that provides propulsion and energetics to the space, missile defense and strategic systems, tactical systems and armaments areas, in support of domestic and international markets.

Additional information about Aerojet Rocketdyne can be obtained by visiting at www.AerojetRocketdyne.com and www.Rocket.com.

Source: Aerojet Rocketdyne Holdings, Inc. ★



Publisher, Paul V. Scholl

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### CLUES

- CROSSWORD**
- ACROSS
- Rn, a health hazard
  - One noble or inert
  - Multitude
  - Port city in Japan
  - Pie \_\_\_\_\_ mode
  - Inflict a blow
  - \*Prime Minister of India in the 1950s
  - Under the weather
  - Line in London
  - \*49th state
  - \*Space Race starter
  - \*"\_\_\_\_\_ Hunt" with Lloyd Bridges
  - First one on a ship
  - PC brain
  - Diva's solo
  - Frustration, in print
  - RIP pots
  - Ben Affleck's 2012 Oscar winner
  - Flax fabric
  - This and the other
  - Polynesian kingdom
  - Man Ray's art movement
  - The inner self
  - Indian Lilac
  - Units of work
  - Scale model of Earth
  - \*It was on Little Anthony's pillow in 1958
  - Grazing field
  - Spiritiveness
  - African tam-\_\_\_\_\_
  - \*Jackie Robinson's and Duke Snider's team
  - \*\_\_\_\_\_ Khrushchev
  - Goodbye in Spanish
  - Commotion
  - Not active
  - Haunted house sounds
  - American cuckoo
  - Rocks at mountain base
  - Gaelic
  - \*Thunderbird
  - Macho guy

### DOWN

- Actor/director Howard
- Between ports
- Willy Wonka creator
- Ladies' fingers
- Post-roller coaster ride condition
- Mother Earth, to Ancient Greeks
- \*"\_\_\_\_\_ About Eve" starring Bette Davis
- Pico de gallo, e.g.
- Obscenity
- Property right
- Tiny purse or case
- 168 hours
- High-pitched cry
- One of 24 in pure gold
- "Every child. One voice." org.
- Ian McKellen in "X-Men" films
- \*Fulgencio Batista's home
- Fork tooth
- "\_\_\_\_\_ death do us part"
- \*Like imaginary curtain
- \*"Park and \_\_\_\_\_"
- Twist and distort
- Neighbor separator?
- Idiot, in Yiddish
- Type of molding
- \*Aeronautics and aerospace research org.
- Stradivari competitor
- Mother \_\_\_\_\_ "The Sound of Music"
- Go wrong
- Debonair
- \*"Lucky Starr" series author
- Asimov
- Kind of pie
- Female equivalent of "sir"
- O in B.O.
- Buenos \_\_\_\_\_
- 2014 movie "\_\_\_\_\_ Girl"
- Dark, as in movie
- \*One of Ike's two
- Carpet layer's calculation
- \*Crick/Watson/Franklin discovery
68. X

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		6	8				
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	4					7	
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3			8	9			6

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

# Game Plots

## Battlefield 1 Breaks Out of the Trenches

By Noah Howard

The mega-blockbuster franchise of *Battlefield* has dominated the wallets and filled the free time of shooter fans since the series' inception fourteen years ago. *Battlefield* consistently reinvented the genre, starting the long trend in the early 2000s of World War II-based shooters with *Battlefield 1942*, poking fun at the dark tone of modern-war shooters with the sitcom-like *Battlefield: Bad Company*, and introducing a disaster movie flare and a dynamically changing map with the spectacular "levolutions" in *Battlefield 4*. But last year's *Battlefield: Hardline* was not well received; it seemed like the team at EA DICE had misplaced their secret sauce and lost their close attunement to the desires of the gaming community. This year's *Battlefield 1* feels like recuperation, an attempt to bring the series back to the right foot with the gaming community. As a result, it offers a fascinating look at the how the changing demands of the videogame world have resulted in one of the most critically acclaimed *Battlefield* games to date.

The praise heaped upon *Battlefield 1* is largely due to its World War I setting. Despite the popularity of World War II, the original Great War has received comparably little exposure or exploration in the world of gaming. Despite the fact that *Battlefield 1* plays much like a highly-polished version of the WWII games that flooded the market ten years ago, in today's market it still feels fresh and rejuvenating. For the past few years gamers have lamented "same"-ness in big-budget shooters. Most tend to take place in a near-future sci-fi setting,



The praise heaped upon *Battlefield 1* is largely due to its World War I setting. Despite the popularity of World War II, the original Great War has received comparably little exposure or exploration in the world of gaming.

filling lackluster stories with tech jargon and convoluted conspiracies. Games like *Evolve* and *Call of Duty: Black Ops III* can be plenty of fun, but ultimately there are only so many robots/aliens/soldiers that you can shoot, and only so many futuristic gadgets to play around with, before everything starts to blend together.

The limited technology available during WWI brings the shooter genre back to basics, creating an experience that feels approachable while still offering a prolific variety of weapons and vehicles. Most importantly, the dull or confusing stories that gamers have criticized in past years' shooters have been replaced with a more character-driven focus. Unlike the sci-fi wars of the future, WWI was an historical event whose massive scars still remain on the world today. The aging gamer population is, by this point, more than well aware of their history, and as a result the *Battlefield* team was forced to be more sensitive when constructing their game's storyline. *Battlefield 1*'s "short story" approach breaks up the single-player campaign into five chapters, each presenting a vastly different perspective

on the war. Though it's disappointing that the player is never dropped into a German point of view, the diverse cast, which includes an African-American, a Bedouin rebel, and a British tank driver, lends *Battlefield 1* a personal, human touch.

The defining moment of the introduction, where the narrator states "behind every gun site is a human being," offers a moment of quiet sensitivity that shooters rarely offer. Even the bombastic, explosive multiplayer battles carry heavier emotional baggage; the game never lets you forget that you're reenacting historical battles where real people died.

Compared with the generic-looking gritty-sci-fi of this year's *Call of Duty*, *Battlefield 1* seems to understand that those of us who enjoy games are demanding more depth from our experiences. Our biggest, most expensive games no longer have an excuse to settle for mediocrity either in story or in originality. In a year full of excellent videogames, *Battlefield 1* stands to be a turning point, and one of 2016's most influential titles.

To respond to Noah's articles email him at [digitalartsnoah@yahoo.com](mailto:digitalartsnoah@yahoo.com) ★

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# Farming Without Getting Dirty



The farm container. Photo by Alona Thomas

By Alona Thomas

**SACRAMENTO REGION, CA (MPG)** - F. Scott Fitzgerald is quoted, "I care not who hoes the lettuce of my country if I can eat salad!" There's not much dirt and no hoeing at Rainsville Farms and the salad greens are the best. As a bit of a lettuce snob - it needs to be fresh, crisp & very clean. This farm delivers on all the above and is located on a cement slab.

Fred Chevaz, a Data Service Manager, retired after 33 years from VSP Vision Care. He wanted out of the corporate world and was looking for a place for his energies and his expertise. After researching franchises that did not give him the control he desired, he returned to his family roots in farming. His grandfather was a lifelong farmer in Rainsville, New Mexico raising his family of nine children.



Fred Chevaz with lettuce crop. Photo by Alona Thomas

Fred always had a backyard garden and loved giving his crops to neighbors, colleagues and friends. His research led him to Freight Farms in Boston that provides completely outfitted containers for hydroponic farming. This company founded in 2010 "manufactures high volume crop production units made from up-cycled freight containers". The vision is to provide a perfect environment in a small footprint 365 days a year regardless of climate.

The 40' refrigerated container comes complete with all the tools to farm. There is not a hoe or shovel in sight, but there is Bluetooth capability, instruments that measure the nutrients in the water, a system that controls the water, LED lights and a great big panel that probably takes an IT person to manage. The container was shipped from Boston and is now parked off of Douglas

Rd. in Rancho Cordova. Inside red and blue lights are on at appropriate times which allow the best growth for the lettuce. Fred spends about 10 hours a week on his farm and is able to manage it daily from his home.

He begins with pelleted seeds that almost have 100% germination. There are six varieties of Butter lettuce including Red Cross, Selanova, Green, Red, Green Oak leaf and Alkindus. Fred also has Basil and Mini Romaine. The seeds once sprouted are transferred to towers hanging vertically in the controlled air temperature of 62 degrees. The system uses 300 gallons of water a month as it recycles through the towers. A quarter of the farm is harvested each week and so there is a constant rotation of crops.

This enterprise only began in July of this year. Chefs love having access to fresh micro greens that are delivered within in a few miles of the farm. Marriot and Claim Stake Brewery have already signed on. This is a family company with his son providing graphic design and web management. His 10 year old twins help him plant the seeds. His farm is the only the second in the state after Google. He is planning on adding two more containers as we all become more conscious of where our food comes from.

*Alona's hobby is food and all the fun that it brings. Email alonat@comcast.net* ★



How the lettuce grows - vertically. Photo by Alona Thomas

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# No On Prop 57: Hold Politicians Accountable

By Guest Contributor:  
Robert Masson

Proposition 57 is not only dangerous for the residents of California, voting it into law would reinforce a precarious trend by our state's highest elected officials to transfer their failings in the prison system to the law-abiding people of California.

The popular debate regarding Proposition 57 seemingly hinges on the topic of paroling inmates and whether those inmates are violent or non-violent. Under Prop 57 guidelines, 7,000 inmates would be immediately released, according to the Associated Press, with thousands more to follow. It would release criminals who have committed domestic violence, human trafficking and sex with minors, among other deplorable crimes. But even more egregious than Prop 57 proponents trying to categorize the above offenses as "non-violent" is the deception and political bullying that has powered this ill-conceived proposition.

The Prop 57 pushers are claiming the only opposition comes from state's district attorneys who have ulterior motives. Once again, Brown and his politicians are trying to fool the general voting public with mistruths. Proposition 57 is opposed not only by district attorneys but by peace officers' associations up and down the state. The California Police Chiefs Association opposes Prop 57 as well as several individual Sheriffs who have been strong enough to stand against the Governor, despite his not-so-discreet intimidation tactics. The Southern California Alliance of Law Enforcement (SCALE) is also opposed to Proposition 57 because of its detrimental effect on public safety.

The reasons to oppose this

proposition are many.

First, this proposition got on the ballot through the convenient bending of rules and deadlines normally required to define and submit a valid proposition. Proposition 57 was originally written to apply only to juveniles, in an attempt to have more flexibility in sentencing. In a sweeping move, Gov. Brown took a juvenile proposition and completely revamped it into legislation that would release thousands of violent adult criminals and alter the Constitution of the State of California. He vastly changed the scope and spirit without resubmitting a new proposition. Voters must understand the gravity of this deceit.

Second, the disingenuously-named Proposition 57 misleads the public by claiming to be a "public safety" act intent to only affect "non-violent" criminals. However, the proposition does not define "non-violent" and the only effect it will have on "public safety" is a negative one.

And finally we must oppose the practice of our elected officials to continuously push the ill-effects of their failures onto the hard-working people of this state. For the third time, state officials are attempting to transfer the state's obligation to fix its prison system to local jurisdictions and communities.

Brown enacted Assembly Bill 109 (AB109) and required individual counties to be responsible for inmates who should have been in state prison. Sheriff Departments were forced to overhaul their jail systems – systems designed to house people who were awaiting trial or were sentenced to less than year – into regional state prisons that hold multi-year, sentenced prisoners. This caused the release of thousands of inmates in already-full county correction facilities.

Second, voters were conned by the deceptively named

Proposition 47, which touted safe neighborhoods and schools. While it has done next to nothing for any school, it has certainly made neighborhoods less safe. It is essentially impossible to punish criminals who commit the types of offenses that plague California residents such as identity theft, burglary and vehicle theft, leaving thieves free to repeatedly victimize our neighborhoods. Under Prop 47, the state did not shift its responsibility to house criminals, it downright abandoned it.

And now, with the Governor and his politicians pushing Prop 57, the good people of this state are at jeopardy of once again taking the brunt of the state's prison failures. The problem with our state prison system is a complex one. It cannot be fixed by an elusive ballot measure that attempts to disguise "solutions" as something more than what it is: the simple turning of the key for thousands, upon, thousands of criminals.

SCALE represents more than 35,000 law enforcement professionals in Southern California. We are the men and women who answer the daily calls for service. We are the men and women who leave our families each day in order to protect yours. And we share in your frustrations that there is very little we can do to protect you from repeat offenders who have gotten a free pass from AB109 and Prop 47.

We, like you, are tired of elected officials forcing the burden of their ill-conceived legislation onto law-abiding Californians. We urge you to VOTE NO on Proposition 57.

Robert Masson is a Master Investigator with the Riverside County Sheriff's Department. He serves as the President for the Southern California Alliance of Law Enforcement, which represents more than 35,000 peace officers in the region. ★



# POPPOFF!

with Mary Jane Popp

1) **CONSIDER WHAT MATTERS MOST TO YOU.** Choose the top three you care about most in your life.

- Achievement...Community...
- Creativity...Enjoyment...
- Expertise...Independence...
- Kindness...Relationships...
- Reputation...Responsibility...
- Security...Self-Control...
- Spirituality...Tradition...
- Vitality

Once you have selected them, spend time thinking about or write why each value is important to you.

2) **THINK ABOUT THE PERSON OR PEOPLE YOU'D LIKE TO EMULATE (NOT IMITATE).** Someone in your family? An historical figure? A public figure? A cartoon character? This is your purpose and you can choose whatever mix of people you like. Just remember, you are who you choose to be, so be careful who you choose.

3) **TAKE THE HEADSTONE TEST.** That's right. Draw a headstone, write your name on it, then write your date of birth. For the date of death, write TODAY. What would your epitaph be? What would you want people to say about you at your memorial service?

4) **NOW THAT YOU'VE PRIMED THE PUMP, ASK YOURSELF. WHAT ARE THE GOALS IN MY LIFE THAT MATTER MOST?"**

To make it easier, you might want to break these into personal, family, work (or school), and community goals that you deeply value.

5) **ASSEMBLE THESE VALUED GOALS INTO AN OVERALL LIFE PURPOSE.** This is where you want to stop and ask yourself, "Is this purpose bigger than myself?" Ask yourself this simple, timeless question "In living toward this purpose, will I treat others the way I would like to be treated?" Make sure the suit fits.

6) **WEAR THE SUIT.** Post your purpose in a place you will see it every day. Make sure you can recite your purpose to yourself or others. Consider sharing your purpose with the people who are close to you. If the purpose doesn't fit, change it until it does.

So many of us are focused on diet and exercise. Dr. Strecher provides us with the true secret to living with health and wellness. The good Doc is an award-winning pioneer in the field of behavioral science and Professor at the University of Michigan School of Health. You can check out his website at [www.VictorStrecher.com](http://www.VictorStrecher.com). "Life on Prupose" tells us how living for what matters most...really does CHANGE EVERYTHING! ★

## Life on Purpose

Is living what matters most? Can that living change everything? I know someone who truly believes that purpose is the key. Dr. Victor Strecher knows. When he lost his daughter to a rare heart disease at age 19, he made it his life mission to find purpose, and help others do the same. This life event challenged every aspect of his personal and professional experience, and drove him to an exhaustive search from ancient philosophy to cutting edge science to pinpoint the potential and impact of purpose in our lives. He claims that purpose can:

### Add Years to your life

- Reduce risk of heart attack and stroke and cut risk of Alzheimers by more than half
- Help us relax during the day and sleep better at night
- Double the chances of staying drug and alcohol-free after treatment
- Activate antibody and antiviral response and diminish inflammatory cells
- Increase good cholesterol
- Repair chromosomes

In "Life On Purpose" Dr. Strecher has a six-step guide to help you discover your purpose in life.

## A Cup of Joe Says a Lot About Us

Dr. James L. Snyder

This week I had several meetings across town and for some reason I miscalculated and ended up with a 2-1/2 hour gap between meetings. I hate to waste time, so I remedied the situation by stopping at a small coffee shop for a cup of Joe.

I ordered my coffee and when the waitress brought it, I began to think about coffee. Why did God give us coffee?

Then my mind went back to my grandfather, whose greatest gift to me was a love of coffee. Nobody loved coffee more. I remember one of his favorite quotes, "You can always tell a man by the coffee he drinks."

Anathema to my grandfather was the idea of instant coffee. No man, in his opinion, would ever drink anything of the kind. "If a man would drink instant coffee," my grandfather perked, "there's no telling what else he would do. Never trust a man who drinks instant coffee."

Grandfather always kept a fire in the old wood cook stove and on the back of the stove he kept his coffee pot, a large 2-gallon pot — one of those old-fashioned percolators long since gone out of style. The coffee was always on, and no

matter when you stopped in to see him, he always had "fresh" coffee brewing.

Actually, the coffee was only fresh on Sunday. On Saturday night, he routinely emptied the coffee pot and prepared fresh coffee for Sunday morning.

He had an old coffee grinder and ground the coffee beans on Saturday night. He put some other things in the coffee. One thing I know he put in was a crushed eggshell. What it did to his coffee, I have no idea, but grandfather was sure it was an important ingredient.

The freshly ground coffee beans were put in, the pot filled with fresh water and set on the back of the stove to slowly perk. This coffee would last the entire week. The coffee was so strong on Sunday that if it did not wake you in the morning, you were dead.

Before retiring each evening my grandfather took care of his coffee. He would freshly grind a few coffee beans, sprinkle it on top of the old coffee grounds and then add a newly crushed eggshell. Then he would refill the coffee pot with water.

My grandmother once tried washing the coffee pot. When my grandfather saw her, he became furious, "Never wash that coffee pot," he spouted,

"you'll ruin its character and a coffee pot needs a lot of character to make good coffee."

When my grandfather died, I looked at his old black coffee pot and discovered two things. One, the original color was blue. And two, although it was originally a 2-gallon pot, it only could take three quarts of water. The "character," so important to my grandfather, had built up so much over the years its capacity was diminished.

In pondering my grandfather, I thought about my Heavenly Father and His gifts. The Bible puts it this way: "Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning" (James 1:17).

I really do not know why God gave us coffee, but I do know God's character is of such a nature that it never diminishes His ability to bless me each day.

Dr. James L. Snyder is pastor of the Family of God Fellowship Ocala, FL where he lives with the Gracious Mistress of the Parsonage. Call him at 1-866-552-2543 or e-mail [jamesnsnyder2@att.net](mailto:jamesnsnyder2@att.net). His web site is [www.jamesnsnyderministries.com](http://www.jamesnsnyderministries.com). ★



## JOIN US FOR SRWF GALA HOLIDAY FUNDRAISER

**Saturday, December 3 at 11:00 AM**

Please join us for our holiday luncheon at North Ridge Country Club, 7600 Madison Ave. Fair Oaks. Admission is \$35.00 per person. Guests are welcome.

**Guest speakers are Sheriff Scott R. Jones and Former Sheriff John Mcginness, now a KFBK radio personality.**

Our luncheon menu will feature petite filet mignon with a glazed cabernet and grilled honey mustard salmon. AND MORE...

Please send checks with menu selection by Saturday 26, 2016 to Margie DeRow, 11612 Gold Country Blvd, Gold River CA 95670.

**Reservations are confirmed with checks made payable to SRWF. For more information please call Chairman, Kay Burton at (916) 635-5590.**



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## Join us for the 11th Annual Veterans Day Ceremony

**We Build - We Fight**

Remembering our Veterans and Honoring the Missions of the US Naval Construction Forces (Seabees)

**FRIDAY, NOVEMBER 11, 2016**

9:30 a.m. Pre-Program Entertainment

10:00 a.m. Commemoration Program

**MEMORIAL PLAZA**

Sacramento VA Medical Center

10535 Hospital Way, Mather, CA 95655

Call 916.851.8700 for more information.



## Helping Business Succeed

Does your business need **free and confidential help** with:

- Hazardous material plans?
- Managing hazardous materials and wastes?
- Starting a new business (restaurant, food truck/cart, automotive, manufacturing, or other business type)?
- Compliance before or after a regulatory inspection?
- One-on-one onsite help at your business with local, state, federal regulatory compliance and permits?
- Compliance with new and existing regulatory and permit procedures?

**Service area:**  
County of Sacramento including the cities of Sacramento, Folsom, Citrus Heights, Rancho Cordova, Elk Grove, Galt.

The Business Environmental Resource Center (BERC) is a free and confidential non-regulatory consultation service designed to help start-up, new and existing businesses navigate and comply with environmental and regulatory permit requirements. BERC Consultants clearly help guide you through the process, which **saves you time and money!**

**Regulatory and Permit Assistance :** Hazardous materials and wastes (including electronic reporting), Health Permits for food businesses (food trucks/carts, restaurants, markets, gasoline stations, including homebased operations), Air quality, Building inspection, Business license, Economic Development, Planning/Zoning, Solid Waste & Recycling, Cal-OSHA, storm water and Waste Water.

**What do businesses say about BERC help?**

"I own a small auto repair business and can't afford to pay anyone to help me with Environmental Issues. BERC has helped me since 2009 and I greatly appreciate it"-Automotive Owner.

"We consider BERC a critical member of our team. **BERC demystifies the industrial permitting process in a confidential, business supportive manner.** The **BERC staff are experts** on the overwhelming industrial permitting process, making permitting a business a simple process"-Senior Vice President, Corporate Community

BERC staff is available to help you with compliance assistance in a **free and confidential** manner.



Contact us today for **free and confidential help:**

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## The Exciting New World of Implant Supported Dentures

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There are millions of people in the U.S. who are edentulous (meaning without teeth) who struggle daily with dentures. A majority suffer from discomfort as a result of loose or illfitting dentures. Many prosthetic wearers simply withdraw from any type of social engagement as a result of having to wear their dentures.

Lower dentures almost never fit properly. They are loose fitting due to less surface area which can't create a suction, shrinking gum tissue and bone loss, which can cause irritation in the mouth, sores and pain. The only relief is using sticky dental adhesive to help it, but it is very messy, hard to clean off and needs multiple applications throughout the day.

Upper dentures are better than lower dentures due to a suction in the upper palate that keeps the denture in place. However, having the palate covered reduces the tastes of foods and the ability to tell the temperature of foods.

Partial Dentures can be a source of discomfort due to lack of supporting teeth or an illfitting partial. Partials also use clasps to secure to existing teeth which can be noticeable and can put added pressure to the existing teeth.



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Whether you are new to dentures or have worn them for years, a snap on denture is a great solution to uncomfortable chewing and slippery painful dentures. There are several types of snap on dentures available, including snap on partials. We make your denture or partial fit and function in harmony with the space available in your mouth, and give custom attention to the delicate fabrication of your snap on denture.

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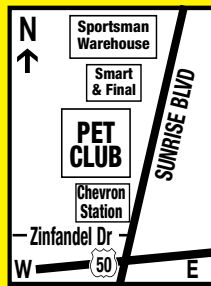
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