

Gold River Messenger

"Written by the people, for the people"

Volume 1 • Issue 6 Serving Gold River and Sacramento County October 2013

Halloween Party for the Neighborhood



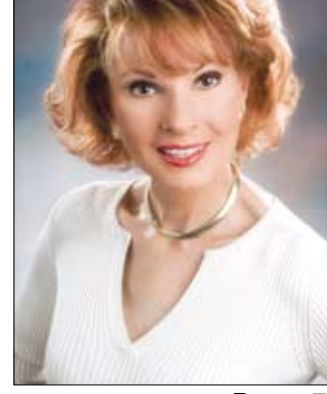
Page 3

First City Manager to Retire in January



Page 2

Nighty Night: Read Mary Jane Popp



Page 5

Local Postal Customer

*****ECRWSS*****

History in the Making

SACRAMENTO REGION, CA (MPG) - The California Capital Airshow (CCA), presented by Sacramento County, announced it will honor the 65th anniversary of the Berlin Airlift, the largest humanitarian aid effort in history. The Airlift will be commemorated during both days of the Show, October 5-6, 2013 at Mather Airport.

The Berlin Airlift Tribute will honor the quiet heroes who played an integral role in this monumental event, bringing together the pilots, aircraft, and German aid recipients from an important period in history. "The CCA team is excited to share this historical event with Sacramento, and celebrate the contributions of these unsung heroes," said Darcy Brewer, executive director of the California Capital Airshow. "The courageous men and women you will meet at the 2013 Show are remarkable examples of those who could put the war behind them and selflessly saved a city from starvation." During 1948 and 1949, the world watched as the war-torn city of Berlin, Germany, was cut off from outside supplies of food and fuel by a Soviet Union blockade, designed to dominate the city. In a gallant and strategic manner, a flight took off every six minutes, 24 hours a day for over a year; often in fog, clouds, rain and ice to ensure the survival of over 2 million people in the city of Berlin. In a span of 15 months, with over 277,000 flights, the United States delivered 2.3 million tons of food, clothing, water, medicine and fuel. Although the life-saving supplies were welcomed by more than 2 million



Warbirds Galore in the sky and on the ground The Airshow will be roaring across the skies of our region October 5-6, 2013! The event will offer spine-tingling performances including an international jet team, the Snowbirds, military demonstrations, world-class aerobatics, wingsuit flyers, barnstorming, wing walking, and endless entertainment and displays along the ramp. Photo courtesy of CCA

residents, what younger survivors remember most is that the "sky rained Hershey bars."

US Air Force pilots pioneered the idea of dropping candy bars and chewing gum with hand-made handkerchief parachutes while 'wiggling' their wings,

which alerted the children they were about to receive treats. When news reached the United States that pilots were dropping candy to the young people of Germany, children all over America sent in their own candy to help with the mission. Soon

major manufacturers joined in, and by the end, over three tons of candy was dropped on Berlin and 'Operation Little Vittles' became a major success.

The C-54E Skymaster, an actual aircraft used during the Airlift will be on display and fly the Tribute performance each day, narrated by Lt. Col. Jon Huggins, USAF. As the grand finale, parachutists from the Red Bull Air Force will jump from the C-54E with candy "goodies" for the crowd. Numerous participants from the Airlift will take part in the Tribute along with individuals who were children in Berlin at the time. The CCA will be all things "shiny, fast and

Continued on Page 11

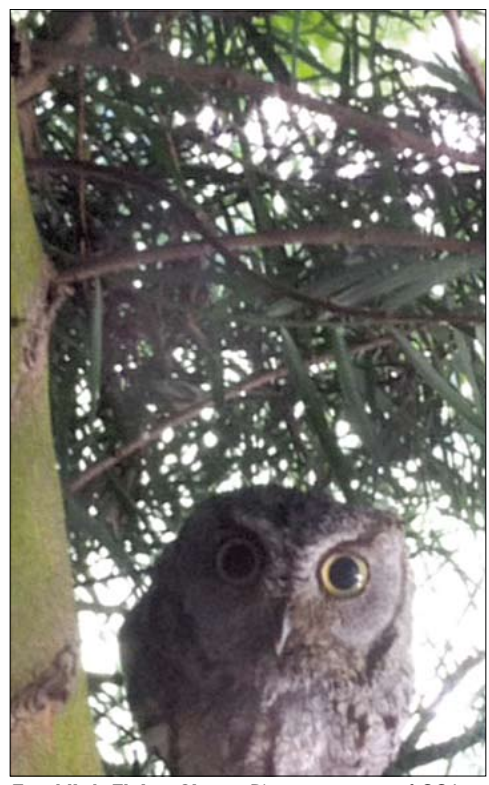


Franklin's Flying Circus. Photo courtesy of CCA

Owls and Coyotes and Dinner Parties, Oh My!

By Jodie Barringer Myers

To many an outsider – say, a Carmichaelian or a Midtowner – Gold River is staid and boring. With our perfectly manicured lawns and well-coifed hedges, some would say we're a bland community, that we're cookie-cutter, predictable, kinda like a right-off-the-rack dress from Sears. We're off-putting by the fact that we strictly adhere to -- and actually



Franklin's Flying Circus. Photo courtesy of CCA

like -- all those CC&R's. And what's with those five (yes, there are five!) variations of brown that most of the houses are painted? Yawn. ZZZZZZ....

As a proud 25-plus-year resident of Gold River, I've got proof otherwise. Gold River is, in fact, full of wildlife and wild life.

Okay. You want proof? First of all, two owls, who we've lovingly named Hootie and Hottie, have lived part-time since Spring in our backyard. They're into voyeurism. They perch themselves right outside our master bedroom and...stare. Wisely, intimidatingly, omnisciently stare. They're fun, a bit eerie, and definitely weird and wild.

Last month, as my friend was heading out poolside for her evening repast, she was accosted by a coiled-up, ready-to-strike rattlesnake. Last week, while I was walking my Mia dog, we saw a coyote and a rabbit, within 100 yards of each other. (Run, sweet rabbit, run!) And just yesterday I saw two squirrels who thought they were trapeze artists flying from tree limb to tree limb in my backyard. Earlier in the summer we saw a skunk skankin' around under our fountain.

From the overly-ambitious, new-on-the-job Stanford grad who orders a 5-shot venti 1-pump-hazelnut with caramel-drizzle-on-top 4-pump mocha...to the tight ab'd 30-year-old yoga instructor who insists on a tall half-caf no-foam non-fat vanilla soy latte...to the "May I please have an Earl Grey tea, thank-you-very-much" 73+ geriatric sweet lady, our local Starbucks is chaotic and a pleasant kind of wild, especially at 8:45 on a Wednesday morning.



Franklin's Flying Circus. Photo courtesy of CCA

Here's more proof of the wild-ness of our beloved town:

Who among us bike trail people haven't seen a deer, or four, in the last month? Such grace, such poise, such innocence. I so hope they continue living amongst us, happily ever after...

Speaking of the bike trail, let's talk really

Continued on Page 3

County Budget in the Black

Special Sacramento County Report

SACRAMENTO COUNTY, CA (MPG) - Following years of reductions, Sacramento County's fiscal outlook is looking up for the second year in a row. After reconciling accounts and making adjustments to June's \$3.6 billion proposed budget, the County is in the black. Savings from controlling expenditures have contributed to a surplus of \$32.5 million that is available to augment critical services and pay past debt.

"I'm happy to report that we have discretionary funds to invest in our community and to address the Board's service priorities," said County Executive Bradley J. Hudson. "Because the departments held the line on expenses we're beginning to recover from the impact of the "Great Recession."

Of the \$3.6 billion, less than a half billion is actually discretionary, and we can decide how to spend it, Hudson added. "I am recommending the resources be allocated across a variety of programs to optimize the use of the funds, while paying back loans and building up our contingency funds. Many of these programs were cut to the bone during the recession and had to be restored."

Of the \$32.5 million that is available, some of the recommended changes include:

- Contingency Funds: \$2.2 M
- Loan Repayment: \$11.7M
- Sheriff: \$4.9 M
- Investment in services, including parks, code enforcement, supervision of drug offenders, District Attorney, Public Health to address communicable diseases and Animal Care: \$4.5 M
- Health and Human Services to backfill state budget cuts: \$6.5 M

"We're not out of the woods yet," Hudson added. "The next few years will continue to be rocky as the economy continues its slow recovery." Ongoing fiscal challenges include increased pension costs, negotiated salary and benefit obligations, repaying \$59 million in past internal borrowing, and replacing funding taken by the State for the Affordable Care Act, said Hudson. "We also need to backfill about \$21 million in one-time resources used to balance previous budgets."

"It's important to take the long view, and we're going to need four to five percent annual growth in discretionary revenue over the next five years to stay fiscally healthy; last year's growth was less than one percent," Hudson added. "We'll continue to focus on streamlining services, increasing efficiency through the use of technology and holding down costs."

The budget hearing will be on Tuesday, September 10, beginning at 2 p.m., and will feature presentations from the County Executive, Sheriff and other departments. The hearings are held in the Board of Supervisor Chambers at 700 H Street and are open to the public. They may also be watched live on Metro Cable Channel 14.

The Board of Supervisors approved the budget on September 10, 2013.

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Make Mine, Mountain Mandarins



By Gold River Resident Alona Thomas



Guy and Danielle Roland are band new to mandarin farming. They treasured their rural childhoods and moved with their two sons to Penryn three years ago.

SACRAMENTO COUNTY, CA (MPG)

This was my first excursion to Penryn, California and to visit a mandarin farm. The discovery last year was that mandarins even grew in the foothills of Placer County. As I drove along English Colony Way huge palm trees lined the road. I am a native Californian, but somehow thought palm trees and citrus all belonged in the Southern part of the state. Doing some research revealed that 1000 palm trees were planted in late 1890's to set the boundaries for a very ambitious Placer development of citrus farms. They flourished for quite some time and then due to a very severe frost, much of the crop was lost.

Guy and Danielle Roland are band new to mandarin farming. They treasured their rural childhoods and moved with their two sons to Penryn three years ago. The property had been an almond orchard for 30 years with 100 trees. The previous owners planted 200 Owari Satsuma Mandarins on 1/2 acre of the farm. Guy described it as a Charlie Brown citrus orchard. The trees were stunted, had not been pruned and generally in poor shape. He and

Danielle began their education and quickly became real farmers. With help from the Placer Mandarin Association and taking classes at UC Davis they learned what had to be done. They first removed the almond trees that surrounded the mandarin orchard and then took out four long rows of trees reducing the size of the orchard to 120. The orchard is already showing positive signs as result of their sweat. In five years they expect that the orchard will be producing at full capacity with 50 to 100 pounds of fruit per tree.

The whole family is involved with Orchard Days, the first and third weekends in December. This is a low key Apple Hill excursion and one to mark on your calendar. The Rolands (no.33) along with 30 other mandarin farmers open their farms. Visitors can purchase mandarins and mandarin products along with arts and crafts. Last year, we attended the Mountain Mandarin Festival at the Gold Country Fairgrounds. This very

popular festival is the weekend before Thanksgiving. Local growers are proud to talk about their efforts and have mandarins for purchase plus lots of mandarin inspired foodie items such as olive oil and citrus segments dipped in chocolate. Information is available at www.MountainMandarins.com.

Danielle and Guy along with their sons are working very hard to have their farm become a healthy and vibrant part of not only the history, but the future of Placer County's rich farming diversity. This tree ripened, hand-picked Owari Satsuma has a bright flavor balanced with sugar acid and has become my family's favorite. Contact the Rolands at R4farms@gmail.com or call 916.674.2203. They will gladly deliver a group order at their farm price. ★

Alona's hobby is food and all the fun it brings. This includes discovering foodie gems in our area, sharing travel adventures and fun times. Contact grcommunityfoodie@gmail.com

Fire Chief Honored

Special Metro Fire Report

SACRAMENTO COUNTY, CA (MPG)

- It is with great pride that we announce Fire Chief Kurt P. Henke has earned the Fire Chief of the Year Award. Earning this prestigious award from the California Fire Chiefs Association is truly remarkable considering the accomplishments achieved during the unprecedented economic downturn we faced over the last four years. Since joining Metro Fire in 2009, Chief Henke has tirelessly worked to improve our District's efficiency, reduce unfunded liability, and explore ways to reform pension and medical costs.

Having a balanced fiscal approach and reducing unfunded liability has been especially crucial. Under Chief Henke's lead, Metro Fire has taken the



Fire Chief Kurt P. Henke
Photo courtesy Sac Metro Fire District

region's most aggressive stance on cost-sharing for unfunded liabilities. With collaborative Labor/Management relations, he was able to negotiate a comprehensive reform including the prefunding of retiree health-care. Leading by example in

the reduction of Management compensation assisted with negotiating employee compensation concessions. Prior to Governor Brown's pension reform, Metro Firefighters were contributing 12% of their salary towards pension costs and pension accounts were funded above recommended levels.

Earning the Fire Chief of the Year Award is a testament to Chief Henke's forward thinking and focus on improving efficiency. His leadership has allowed us at Metro Fire to avoid further service reductions and improve our service to the public.

This award was last received by a Sacramento Metropolitan Fire Chief in 2003 by then Fire Chief Rick Martinez. ★

Source: PIO Jon Rudnicki

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Owls and Coyotes and Dinner Parties, Oh My!

Continued from Page 1

wild! Bikers versus runners versus walkers does not a pretty picture make. The repartee is too often ugly and, sadly, X-rated.

Admittedly, we do have a gang violence problem here in the 'hood. But we're a tenacious, tolerant bunch, as we don't let the turkeys get us down -- even when they wreak havoc on our "bark yards" and leave deposits on our front walkways. There's something endearing about them as they cockily strut en masse

around the village, as if they're the ones paying the homeowners' dues.

And raise your hand if you haven't had a wonderful Delta-breeze, summer evening dinner party with friends, food, music and wine that didn't get a little -- or a lot -- wild. One, two, three...I only see five hands.

See what I mean?

So lest you think that we here in Gold River are nothing more than Pleasantville on tranquilizers, that we consider playing six

simultaneous games of Words With Friends an adventurous day, that we grow weary from twiddling our thumbs, think again! We, the citizenry of Gold River, are indeed a wild and crazy bunch. ★

Jodie Barringer Myers is a 25-year resident of Gold River. She writes a personal blog at cottagecheeseandcrepepaper.com. Feel free to send her your thoughts, ideas and critiques at jbtinmint@hotmail.com.

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City of Rancho Cordova Wins Another Green Award

GOLD RIVER CA (MPG) - Rancho Cordova, CA (MPG) - The City of Rancho Cordova has added another Green Award to its trophy case. The City was the recipient of the 2013 Sacramento Area Sustainable Business Award for the City's Green Building initiatives at the Business Environmental Resource Center (BERC) Awards Ceremony on Tuesday, September 17th. The annual BERC awards honor the top performers in the Sacramento region that have implemented outstanding achievement in energy and water conservation, pollution prevention, solid waste reduction, green building, and transportation/air quality.

During the past year, the City of Rancho replaced all parking lot lighting with induction bulbs that will result in an estimated 60% annual KWH savings, installed Smart Clocks on sprinklers that will adjust run times based on current and future weather conditions



Todd Humphrey (left), Dennis Lentz, and Laurel Bane, from the City of Rancho Cordova Facilities Division, display the 2013 BERC Sustainable Building Award, certifications, and resolutions they received for the City's proactive policies and programs that improve the quality of life for residents, reduce the impact on the environment, and conserve diminishing funds.

to reduce water consumption, and scaled back schedules for building equipment and increased occupancy set points to reduce energy consumption in an "already" efficient building.

There were two winners in each of the eight contest categories. The other winner in the Green Building Category was the Sacramento International Airport.

"We were honored to receive this prestigious award that recognizes our efforts to be a leader in reducing our impact on the environment as well as reducing our operating costs," said Laurel Bane, Rancho Cordova's Facilities Representative. "We hope to inspire other businesses and groups to join us in working towards a sustainable future."

Other recent GREEN awards that Rancho Cordova has received are the Energy Star and Sustainable Business Awards in 2011 and the LEED-CI in 2006 for its City Hall Building. The City's Police Department building received the LEED CI award in 2006.

For more information, contact Bane at (916) 851-8700 or atlbane@cityofranhocordova.org. ★

Source: City of Rancho Cordova

Meet Tango



By Gold River Resident Kay Burton

Tango is a male Lipizzaner horse, and is currently being cross-trained as a hunter (jumping) and a trail horse. Originally from Austria, Tango now lives at the Secret Raven Lipizzaner in Loomis. Lori Green, owner of Secret Raven, purchased Tango when he was 18 months old. She originally intended him to be used for breeding. That was not possible due to his disposition, so he was gelded. He is now 18 years old and weighs approximately

1800 pounds.

Baby Lipizzaner's are dark in color and they generally go through an ugly duckling stage before becoming beautifully dappled grey and eventually white.

Some Lipizzaner's remain dark and it is believed to be good luck to have at least one brown or black stallion in residence at the Spanish Riding School in Vienna, Austria.

Male Lipizzaner's are named for their parents. Tango (or Siglavy Con Bria) is the son of the stallion Siglavy and the mare Con Bria.

All Lipizzaner mares have a name that ends with "a."

Kristen Chang DDS, of Fair Oaks, rides Tango every weekend. She tells us that he is loyal and charming. Tango dislikes Sparrows.

Kay Burton is a Gold River resident, as well as a pet columnist and supporter of the SSPCA and rescue groups. To share your family pet story with our readers, email Kay at kayburton1@comcast.net.

Halloween Party for the Neighborhood The Haunted Racquet Club

GOLD RIVER CA (MPG) - Come to Gold River Racquet Club on Saturday, October 26 from 6:00-8:30 pm for their annual Halloween event. This is always a fun time for young and old. Wear your costume and make sure to bring your bag for candy and prizes. There will be a BBQ, games, a costume contest, a spectacular Haunted House and much more fun. Music will be performed by the Rio Americano Jazz band. This event is free and open to the public. Put the date on your calendar today for a great family event.



Kristen Chang of Fair Oaks rides Tango every weekend.

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Senator Gaines Calls On Governor to Cancel Fire Tax For Clover Fire Victims; Announces Legislation



Senator Ken Cooley

SACRAMENTO, CA (MPG) - Senator Ted Gaines (R-Rocklin) on September 30th, submitted a letter to Governor Brown, calling on the Governor to direct Cal Fire to cancel the "fire tax" for anyone who lost a home or other qualifying property in the Clover Fire, and announced his intention to introduce legislation that would exempt anyone who loses a home to a wildfire from paying the tax.

"I am asking Governor Brown to act immediately," said Gaines. "I don't want insult added to injury. Families have lost everything to this fire and the state should be helping them pick up the pieces, not billing them for homes that no longer exist."

The fire tax is an annual levy imposed on the owners of more than 800,000 properties in the state that are within the boundaries of

State Responsibility Areas (SRA). According to census and Cal Fire data, Senator Gaines' largely rural district includes roughly 20-percent or approximately 160,000 of the properties whose owners are subject to the fee.

The Clover Fire burned more than 8,000 acres southwest of Redding. According to Cal Fire, 68 residences and 128 outbuildings were destroyed; 5 residences and 10 outbuildings were damaged as well. The fire is 100-percent contained, but the effects will be felt by the residents for years to come and Gaines does not want them billed.

"I have fought this illegal tax at every turn. I have been saying that it will do nothing to keep people and property safe and this Clover Fire is just more proof," said Senator Gaines. "The very first day that the Senate is back in session I am going to introduce a bill that exempts the Clover Fire victims from paying this fee or gets them a refund if the Governor will not step up and give them relief this year. The bill will also make it clear going forward that if you lose your home to a wildfire, you won't owe the tax. It should be that simple."

Senator Gaines has been a leading critic of the tax and introduced three pieces of legislation

in 2013 that attempted to provide relief for rural Californians.

- Senate Bill 17 would altogether repeal the collection of the \$150 tax.

- Senate Bill 125 would exempt a property owner of a structure that is located both within an SRA and within the boundaries of a local fire protection district from having to pay the \$150 tax.

- Senate Bill 147 would exempt any property owner located within an SRA who has an income of less than 200 percent of federal poverty level (as determined by the U.S. Department of Health and Human Services Poverty Guidelines) from paying the \$150 fire tax.

Unfortunately, none were successful, but this is a clear-cut case, according to the Senator, "This is not politics, it's common sense. The tax is levied on habitable structures. These homeowners wish that's what they still had."

Senator Ted Gaines represents the 1st Senate District, which includes all or parts of Alpine, El Dorado, Lassen, Modoc, Nevada, Placer, Plumas, Sacramento, Shasta, Sierra and Siskiyou counties. ★

Source: The Office of Ted Gaines



Dare to Live Without Limits

Who Are You?

by Bryan Golden



"Character is like a tree and reputation like its shadow. The shadow is what we think of it; the tree is the real thing."
Abraham Lincoln

"Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved."
Helen Keller

"If I take care of my character, my reputation will take care of itself."
D. L. Moody

"It takes 20 years to build a reputation and 5 minutes to ruin it. If you think about that you will do things differently."
Warren Buffett

Who are you? Do you strive to be liked by everyone? Do you seek other peoples' approval before you make decisions? Do your beliefs always reflect popular opinion? Or do you have a set of principles that are based on what you understand to be right and good? And do you stand fast on your principles regardless of what is happening around you? Your character is defined by what you stand for. Your reputation is how others view you. Character doesn't vary. It's not based on current events, your perception of what others think, whatever is in vogue, or the actions of other people. True character is set in stone. It gets stronger the more it's tested. True character doesn't

require anyone's approval. When things get tough, true character gives you direction, keeping you from getting lost.

People with character don't choose a course because it is easy. They take the route they feel is right. Not only is this far from the path of least resistance, it is usually rife with challenges. Those with character can't be bought for any price.

Do you know who you are and what you stand for? You should. If you don't, you need to spend some time examining your values and beliefs. No one is perfect. Although we all have flaws, character emanates from basic convictions.

Where does your character come from? It begins forming based on the examples you see growing up. Your parents, siblings, friends, and others you come into contact with all have an impact. You can also be influenced by role models in public life. However there are other factors at work.

There are many examples of people emerging from an imperfect upbringing with a stellar character. Conversely, there are numerous instances of people growing up with the best influences, yet developing without character.

Regardless of where your character originated from or when, you can reinforce or modify it. Your character is based on your thoughts and actions, all of which you control. Therefore you control your character. There are no excuses. If you don't like who

you are, then change.

Your character is like steel; it is forged by heat and pressure over time. The more experiences you have, the more problems you solve, the more obstacles you overcome, and the more adversity you go through, the more your character deepens.

People with a solid character know who they are and what they stand for. They don't need to decide where they stand based on their circumstances. They have no problem looking in the mirror or sleeping at night. Their conscience doesn't eat away at them. They don't need someone's approval for how they live.

People whose lives are directed by their character may be criticized, mocked, or shunned. Although such treatment can be uncomfortable, they don't allow it to change who they are. These people understand that if you don't stand for something, you will fall for anything. So make sure you know who you are and live by it. ★

NOW AVAILABLE: Dare to Live Without Limits, the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnist.com or write him c/o this paper. © 2008 Bryan Golden

238th Marine Corps Birthday Celebration

SACRAMENTO REGION, CA (MPG) - The Folsom Marine Corps League Detachment #940 is celebrating the 238th Birthday of the United States Marine Corps with a Birthday Ball. At this Sit down dinner, non-host bar, DJ, dancing and honoring the United States Marine Corps. Open to all members of the military, active duty, retired, their family members and friends etc.

This dinner is the major fundraiser for the Folsom Marine

Corps League and goes to support the following programs:

- College Scholarships for children and grandchildren of veterans.
- The Fallen Warrior program.
- Marine Corps Reserve "Toys for Tots" campaign.
- Provide support to the families of active or veteran Servicemen/women.
- The detachment Honor Guard/Color Guard. The Honor Guard is a uniformed group

of veterans who volunteer to provide Military Honors for deceased veterans. The Color Guard also presents Colors at patriotic events.

Date: Sunday November 10th 2013 at 5:00 p.m. Location: Folsom Community Center 52 Natoma Street Folsom, Ca. Cost: \$35.00 per person.

Contact : Charlie Kank Detachment Commandant 916-984-8455 or Max Hartley 916-384-6629. ★



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A Case in Point Wronged at Work! THEY SAID I'M TOO OLD, SO THEY DUMPED ME By David Graulich, Esq.

"I'm too young to retire...but I'm too old to get a job."

A dilemma confronts millions of talented Americans. They are smart, experienced and ready to work. Yet they are jobless and unable to get hired due to their age. Many of them worry that they are not only unemployed, but unemployable in a job market that has a fetish for youth.

Age discrimination is a widespread and destructive prejudice in today's workplace. Job descriptions use code words such as "fun-loving," "high energy," or "recent college graduate." Young, unmarried employees without children are more likely to work weekends, evenings and holidays at lower rates of pay. Employers believe that younger employees will lower the costs of health insurance. Years of experience, maturity and responsibility are perceived not as valuable assets but as excess baggage.

Here's a comment from Mark Zuckerberg, the 28-year-old founder of Facebook: "I want to stress the importance of being young and technical. Young people are just smarter." A senior executive at Twitter, Melissa Daimler, told the Commonwealth Club in San Francisco that said she couldn't comment on what older-generation workers want at their jobs because they don't work at Twitter, nor does Twitter target them for hire. The average age of a Twitter employee, Ms. Daimler said, is 30.

A partner at a prominent venture capital firm in Palo Alto told a conference audience, "People over 45 basically die in terms of new ideas."

I found similar comments from employers in the court records of recent age discrimination lawsuits:

- A director of sales said that the company needed "race horses, not plow horses," and that the plaintiff's sales techniques were unacceptable because they were "old school" and resulted from "a graying of the sales force."

- The plaintiff was described as an "old geezer" who "didn't fit the mold of a young, aggressive type manager."

- The plaintiff was told that management "was looking for younger, single people" and that "you wouldn't be happy here in the future."

Statistics suggest the scope of the prejudice. The state's Department of Fair Employment and Housing (DFEH) tracks discrimination filings by categories. In 2002, DFEH recorded 3,282 complaints of age discrimination. In 2012, DFEH logged 5,605 age discrimination complaints, an increase of 71%.

One discharged employee who fought back in court was Brian Reid, a 52-year-old manager at Google who was fired nine days before Google announced plans to go public. According to his lawsuit, Reid's supervisors called Reid a "poor cultural fit," an "old guy" and a "fuddy-duddy" with ideas "too old to matter."

Mr. Reid sued Google for age discrimination and asserted that his unvested stock options would have been worth at least \$45 million if he had stayed there. The case ultimately settled out of court for an undisclosed amount.

Another case that I'm following closely is being argued in Alameda County. In May 2008, Lawrence Livermore Laboratories fired hundreds of experienced employees, including nuclear weapons scientists,

researchers, assistants, and others with long years of service. Earlier this year, a jury awarded a \$2.7 million verdict in favor of five ex-employees. The litigation is continuing with about 125 former employees, most aged 40 and over, as plaintiffs.

Both federal and California laws protect employees from age discrimination. The regulations apply to anyone over the age of 40 at the time of the discriminatory conduct, and apply to employers with five or more employees.

The federal law is called the Age Discrimination in Employment Act of 1967 (ADEA). California's age discrimination laws are codified in Government Code sections 12940, 12945 and 12945.2. Remember that complaints of discrimination must be filed with DFEH within one year from the date of the discriminatory act. You can file your complaint yourself, or you can retain an attorney to file on your behalf. After filing with DFEH, you can also choose to pursue a private lawsuit against the employer on the basis of age discrimination. ★

David Graulich is an employment lawyer who represents people who have been wronged at work. He helps clients with problems such as discrimination, harassment, and retaliation. David welcomes questions about Wronged at Work! Contact him at David@wrongedatwork.com or (916) 966-9600. Disclaimer: This column is not intended, and should not be construed, as an offer of legal advice. Consult a qualified licensed attorney for counsel on a specific legal problem.



NIGHTY NIGHT

Does your nighty night turn into a nasty morning? Can stress and sleep loss, be intertwined? And if they are, how can you overcome that stress to get a solid night's sleep? Stress can come from every direction from holiday horrors to kidlet crises to work worries. How many times, after your head hits the pillow, you can't turn off that brain to slow down. Been there, done that myself! According to Dr. Shawn Talbott, nutritional biochemist, stress and sleep loss is an exhaustive and dangerous combination. The long-term effects of not getting enough sleep go well beyond simply being tired the next day. Some research suggests a strong link between sleeplessness and weight gain. That should get your attention if being pooped out by the afternoon doesn't! Dr. Talbott told me that people who are sleep deprived tend to have higher levels of the stress hormone cortisol, which can lead to more belly fat. Say it isn't so. Wishful thinking! Not enough yet? Okay, the sleep deprived may also have a more powerful junk food craving and experience more bad moods. Ah ha, I think I have your attention now. Dr. Talbott got my attention too on my radio show POPPOFF recently. He is one of America's leading lifestyle experts and author of "The Secret of Vigor" How to overcome burnout, restore metabolic balance, and reclaim your natural energy. But we are not alone. According to the National Sleep Foundation, 62% of American adults experience a sleep problem a few nights a week, and just 31% of high school students

POPPOFF!

with Mary Jane Popp

reported getting an average of at least eight hours of sleep. One last fact. Dr. Talbott explained that you can be in bed for 10 hours and still not get enough rest. The problem may be that you are unable to recuperate from the stress that builds up during the day.

But never fear, I wouldn't bring up the problem without some solutions. If you wake up most mornings still feeling exhausted, you might want to try some of Dr. Talbott's favorite tips.

COUNTERACT MENTAL FATIGUE AND PHYSICAL STRESS THAT MAY BE KEEPING YOU AWAKE. Turn off the TV and open a book when it's close to bedtime. Teas made from chamomile, lemon balm, or fennel are particularly soothing.

INCORPORATE CALMING INGREDIENTS INTO YOUR DIET. These are some that are familiar and others you may not have heard of before.

DAIRY: Warm milk's calming quality is not just an old wives tale. Calcium and

Magnesium are relaxing. Plus milk has peptides (small protein chains) which, when digested, have direct relaxation effects in the brain.

MAGNOLIA BARK: If you are feeling depleted and exhausted, this is an ingredient superstar. It helps to lower cortisol levels, which in turn helps to get rid of belly fat. It also helps restore vigor.

PINE BARK: This has some brain restorative powers, which is helpful when you are mentally fatigued.

ORANGES: On the psychological side of stress, the scent of oranges and other citrus fruits has been shown to directly stimulate areas of the brain associated with stress resilience. So take a good whiff of that orange to shield yourself from stress before you eat it.

WHOLE GRAIN CARBOHYDRATES: When you choose whole grains instead of refined grains, you are not getting the blood sugar fluctuations so your brain and body function better. Plus, the lignan compounds in whole grains are associated with lower cortisol.

AMLA: Also known as the Indian gooseberry, amla is rich in rejuvenating antioxidants which help balance the whole body.

TONGKAT ALI: This is traditionally used in Malaysia to restore energy and vitality. It increases your chances of waking up with more vigor.

RAW ALMONDS: These are an excellent source of several anti-stress nutrients including muscle-sparing protein, heart healthy monounsaturated fats, stress-fighting B-vitamins, and relaxing magnesium. They can also help you crunch away some of your stress because several studies show that chewing action can be associated with lower stress and better moods.

INCLUDE SLEEP IN YOUR WELLNESS PROGRAM: Plan your sleep just as you plan your healthy diet and fitness regimen. You can be eating the perfect diet and following an ideal exercise schedule, but if you are skipping sleep you may be sabotaging your efforts.

Talbott concludes that reducing your stress so you can get a better night's sleep will increase your vigor the next day. So, bottom line, get your exercise done early, get your work done in time to relax at night, and if you don't have time to get eight hours of sleep, take steps to get a better six hours. Make it as restful and restorative as possible. If you want more info just check out www.shawntalbott.com and **SWEET DREAMS!** ★

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Rancho Cordova Awarded for Folsom Boulevard Project



The City of Rancho Cordova and project partners Mark Thomas & Company, Salaber Associates, and Y & C Transportation Consultants celebrate the APWA award. Pictured L to R: City Senior Engineer Albert Stricker, City Manager Ted Gaebler, Adrian Engle with Mark Thomas & Company, Mayor Linda Budge, City Management Analyst Robin Borre, Public Works Director Cyrus Abhar, Bob LoRusso with Salaber Associates, City Senior Engineer Kathy Garcia, and Dan Yau with Y & C Transportation Consultants. Photo courtesy of City of Rancho Cordova

RANCHO CORDOVA, CA (MPG) - The Folsom Boulevard Beautification and Enhancement Project in Rancho Cordova has been named Project of the Year in the Transportation Category \$10 Million to \$30 Million by the Sacramento Chapter of the American Public Works Association (APWA).

The 3.5 mile project, completed in 2012, spans Folsom Boulevard from Rod Beaudry Drive to Kilgore Road in Rancho Cordova. Improving all modes of transportation was a key component of the project that also aimed to beautify the boulevard and drive economic development opportunities in the area.

Soon after incorporation in 2003, the City of Rancho Cordova began reinvesting in Folsom Boulevard - its "Main Street." The boulevard holds historical significance as it once served as a route for Pony Express riders in the 1860s and subsequently acting as Highway 50 until the new freeway was built in the 1970s.

"The Folsom Boulevard Project brought a community feel back to Rancho Cordova's

main street for residents and businesses," said City Senior Engineer Albert Stricker. "Cityhood provided the opportunity to reinvent the boulevard, and our City Council and staff leadership steered the project to completion."

Construction of a sidewalk along the south side of the boulevard and four new signals aimed to increase walkability on the corridor and access opportunities to light rail stations. Resurfaced streets and the addition of bike lanes and bike detection areas at signals create a safer ride for drivers and bikers alike.

The City's proactive effort to tap into Community Design Grants and Safe Routes to School funding stretched traditional local, state and federal dollars to construct all phases of the project. A Safe Routes to School grant, for example, provided a safer walk to school for students at Kinney High School through installation of a high visibility crosswalk and sidewalk.

The investment in transportation infrastructure jump started economic growth as well. Notably, the Los Rios

Community College District will begin construction of a satellite campus next year on Folsom Boulevard across from the Mather Mills light rail station.

"The award is a testament to a nine-year project that accomplished one of our first objectives of cityhood," said Rancho Cordova Mayor Linda Budge. "We have restored beauty and pride to an old state highway that was a huge swath of concrete through our City, opened up opportunities for private investment, and constructed the first sidewalks on the south side since the Sacramento Valley Rail Way was built in 1869! It is very rewarding to see people enjoy being able to move safely along Folsom Boulevard. This is truly a 'complete street'."

The City will continue to pursue further grants to revitalize other areas along Folsom Boulevard. If you are interested in more details about the project, contact Stricker at (916) 851-8713.

Source: City of Rancho Cordova

Supervisors Approve Hiring Four New Rangers

SACRAMENTO COUNTY, CA (MPG) - For a second consecutive year, Regional Parks will be adding rangers to its force to assure public safety and maintain the parks. Two rangers were added last year and four new positions have been approved by the Sacramento County Board of Supervisors bringing the total count of rangers to twenty.

"Regional Parks has done a great job during the tough economic times and taken every opportunity to maintain service levels and generate revenue where possible," stated County Executive Bradley J. Hudson.

Rangers patrol 15,000 acres including 32 recreation areas.

Adding these new rangers "allows us to have more patrol resources in the American River Parkway and provides additional response services to the many other recreation areas we manage," stated Jeff Leatherman, Regional Parks Director.

"Having a ranger presence is critical to public safety and is a high priority issue for the many runners, cyclists and recreationists who frequent the parks. We will use the additional resources to address ongoing community concerns including illegal camping, off leash dogs and trail safety."

Regional Parks Rangers have full peace officer authority under

the California Health and Safety Codes and are accredited law enforcement personnel through the Peace Officer Standards and Training certification.

New Rangers can be recent graduates from accredited training facilities or those with prior peace officer experience. Rangers enforce the laws applicable to Regional Parks, specific County ordinances, and California Vehicle, Penal and Health & Safety Codes within all County Regional Parks.

Interested applicants should contact the Department of Regional Parks at (916) 875-PARK.

Source: Sacramento County Media Office

The Workplace Mercy Rule



Commentary By Gold River Resident, David Koenig

GOLD RIVER, CA (MPG) - In a recent story, the commissioner of the California Youth Football League defended the tough penalties for coaches who disregard the league mercy rule and says they will continue to be enforced.

The way it reads right now, any coach who runs the score up by 35 points or more will be suspended for a week of practices and one game and the commissioner added that "Bottom line, this is about players having fun and not an ego trip for a coach who has a talented team". How ridiculous is this?? Little league baseball also has a 10-run rule where a game is ended after 4 innings if one team is leading by

10 or more runs so in keeping with the "fairness doctrine" that is wimpifying youth sports and kids all across America, I think we ought to enact new Mercy Rules for the Workplace:

- Companies can no longer have profits more than 10% and anything over that amount will be given to their competitors so they'll feel better about their crappy performance.

- All employees will receive the same performance review and pay raise because we don't want people feeling bad because they don't perform as well as their co-entive payments will be eliminated because we can't blame sub-par performers for their lack of accomplishment and people should not be incented to work harder when others can't keep up.

- All overtime pay will be eliminated. Just because you want to work harder and put in more time doesn't mean you should be

paid more money than the person who doesn't wish to do the same.

- All company stock programs will be eliminated. Just because you have a better product and sell more of it does not mean that your company should be valued higher than the competition.

- All employees will be able to make their own schedules. We can't expect people to be able to show up on time and not everyone is capable of planning far enough in advance to know when they'll be able to work and for how long from day to day.

"Bottom line, this is about the workers having fun and not an ego trip for companies who have talented employees"... Yup, sounds just as ridiculous.

David Koenig has been a Gold River resident since 1997. To read more, go to his blog site at <http://kongsklassroom.wordpress.com>, or you can email him at david.koenig@hds.com.

History in the Making



The Berlin Airlift Tribute will honor the greatest humanitarian aviation event in the history of the world. Photo courtesy California Capital Airshow

Continued from Page 1

loud" for all ages and so much more! Tickets are now available online and can be easily purchased at the Airshow web site, www.californiacapitalairshow.com/buytickets.php.

The Airshow web site will be updated regularly with news, attraction information and more. Fans can follow the Airshow on

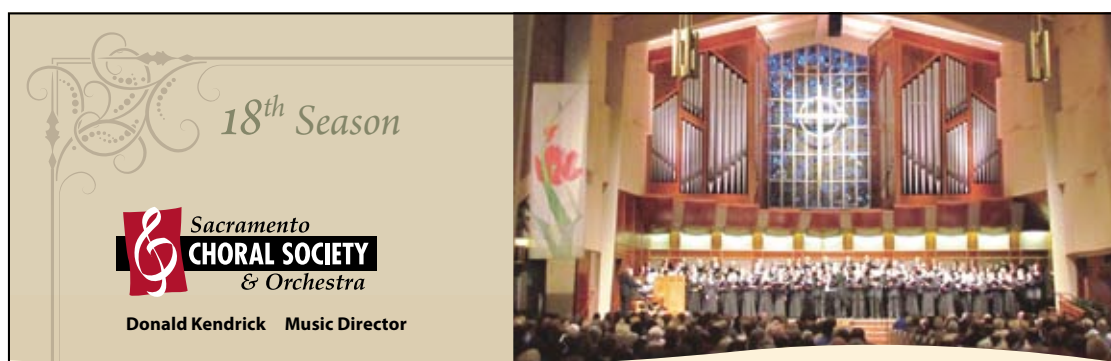
Facebook and Twitter (#calcapairshow), and now on Instagram (@capitalairshow). High-resolution images are available on the website photo gallery.

About California Capital Airshow

Established in 2004, the California Capital Airshow has become one of the largest and highly-respected shows in the nation. As part of its community

relations, the non-profit organization has awarded over 80 scholarships to deserving students from our region with an interest in aviation, aerospace, aeronautics and related fields.

For more information about the California Capital Airshow, presented by Sacramento County, please visit www.californiacapitalairshow.com. ★



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By Gold River Resident, David Dickstein

One day a playful monkey is climbing down your shirt in Honduras, the next you're surrounded by flying bats while tubing along an underground river in Belize, and 24 hours later you're driving an ATV on a dirt road that hugs Mexico's Yucatan coast.

Guided by an itinerary with three ports and as many cruising days, a seven-day "Exotic Caribbean Cruise" aboard the Carnival Conquest offers an optimal combination of land and sea out of the Port of New Orleans. From a strictly water perspective, it's actually a 3-in-1 cruise as you're taken from the Mississippi River to the Gulf of Mexico to the Caribbean Sea.

While it's a bummer that most of the 8-hour journey down Big Muddy is in the dark, the inability to look for swamp denizens like alligators and odd-looking boys playing banjo allows one ample time to explore the 13-deck, 953-foot-long floating resort.

Decked out in decor and location names that bow to great French painters, the Conquest is the most artistic ship in its 24-strong fleet. The vast central atrium, standard on most Carnival ships, goes through nine decks and a hand-painted mural offers a visual reminiscent of a stroll through Paris' artsy Montmartre district. The beauty of the two-deck-high Monet and Renoir dining rooms

Fun if by Land, Do if by Sea

the cruise, each to die for and I probably will. But what a yummy way to go.

As for Funship 2.0 upgrades that don't contribute to a gastric bypass, Hasbro, The Game Show is a clever addition to three of the daily activity schedules. Hosted by genuinely affable cruise director Cory Rogers, one of the fleet's best, giant versions of Yahtzee, Connect 4 and other popular family games are played on the Toulouse-Lautrec stage by passengers plucked from the audience. Modeled after real TV games shows, the experience is a blast, and as a veteran of five of them, including "Name That Tune" and "Scrabble," I can honestly say that being up there to play the memory game Simon stirred up some special memories of my own.

Jury is still out on the new generation of production shows meant to cut costs for the cruise line and offer something fresh for passengers. While Carnival should be applauded for retiring the hokey and dated song and dance revues, those tired shows at least had a live band and didn't rely on LED panels to wow audiences. Of the week's three Playlist Productions shows, "Latin Nights" was the best, featuring music of Shakira, Gloria Estefan, Enrique Iglesias and Jennifer Lopez. Whether J-Lo's "On the Floor" was sung live or not, I was just thrilled to finally hear a song in a cruise production show from the same decade. The new crop pushes the envelope on family entertainment, offering up provocative dancing, actual lip-on-lip kissing and a lot more flesh. I like it. More of that and less LED razzle-dazzle would go a long way in turning around disgruntled showgoers, and based on the dozens surveyed, it was nearly unanimous toward the negative.



French-inspired art is omnipresent on the Carnival Conquest. Photo courtesy Carnival Cruises

and taking the same bus that took you there, it's off to a tequila tasting to say "no gracias" to the overpriced product line and then on to the El Cid resort for a terrific waiter-served lunch, hella strong pina colada (or other beverage) and an hour or so of leisure at the hotel's pool and adjoining beach. Facilities are first-rate. Less than \$90 per person for a 3 1/2-hour adventure with all that included is quite the deal.

In Belize, one of the ports where I suggest booking tours through the cruise line for peace of mind and safety, Chukka is

telling stories about ancient Mayan life, pointing out such evidence as broken pottery. Cave tubing packages start at \$85.

Roatan, the largest and most developed of Honduras' three Bay Islands, rounds out the ports that make up Carnival's "Exotic Caribbean." One of the beauties of this port is that where Carnival docks is adjacent to Mahogany Beach. A quarter-mile walk or a nominal-cost chair lift -- excuse me, "Magic Flying Beach Chair" -- gets you there. If you feel like monkeying around, Victor Bodden Tours (www.boddentours.com) will pick you up near the ship and take you to a mini-zoo where white-faced capuchin monkeys climbing down the inside of your shirt or stealing your cap could be the most fun you have on the entire trip. Cost of being abused by primates is just \$5 if combined with another Victor Bodden excursion. We booked the "Best of Roatan" private tour that provided us with a local guide and driver the entire day for \$25 per person.

As for the port city itself, the uninitiated will likely find New Orleans equally exciting with its local flavor dashed with jazz, nightlife, restaurants and unique attractions, and repulsive with filth, public urination, cockroaches and that lovely aroma of musty garbage that permeates throughout the French Quarter. But that makes Nawlins Nawlins and God bless it. As for lodging, a smart pick on the high end is The Roosevelt, one of Hilton's ritzy Waldorf Astoria Hotels that's just a block from the streetcars and two from the French Quarter. What a property, opulent and full of history that staff are more than happy to share. A less-storied, economical alternative that still maintains convenience and quiet is the downtown Courtyard.

The Conquest will serve out of the Big Easy until November, when she will reposition to Miami to continue a schedule of alternating week-long sails to the Western and Eastern Caribbean. The recently refitted Carnival Sunshine (the former Carnival Destiny) becomes the fleet's belle of New Orleans starting with a Thanksgiving cruise. ★



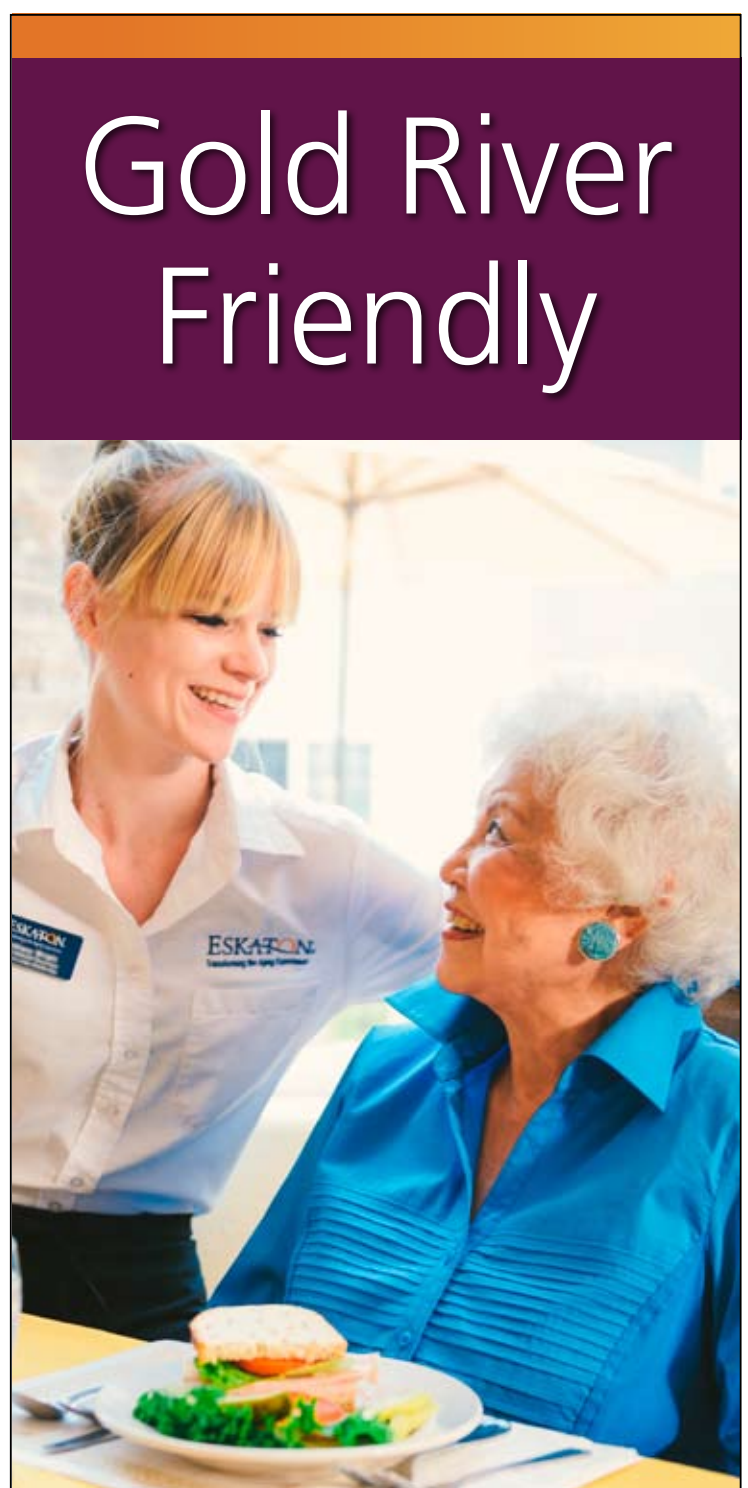
The hairy chest contest is good, (almost) clean fun aboard the Carnival Conquest. Photo by David Dickstein

is matched only by what comes out of Executive Chef Sanjay Chowdhury's kitchens. Like the culinary arts served 24/7, Impressionist art is everywhere on what was Carnival's largest ship when it entered service in 2002. Even the Polynesian decor of the Tahiti Casino is inspired by post-Impressionist Paul Gauguin, right down to the bamboo columns. Don't need to be reminded of the waft of cigarette smoke omnipresent in Parisian cafes, however. Unfortunately, casinos and nicotine addiction go poker hand in poker hand.

What is a breath of fresh air are some of the Funship 2.0 upgrades the Conquest received after being dry-docked for two weeks late last year. Separate bars specializing in rum and tequila drinks are now within splash distance of the main pool on the Lido Deck, and on the Promenade Deck concoctions are being made at a "cocktail pharmacy" called the Alchemy Bar. Closer to midship is the EA Sports Bar, where fans can get the latest scores much cheaper than logging in at the Internet Cafe. Bar none, the most popular upgrade is not a bar, but Guy's Burger Joint, created in partnership with Food Network personality and restaurateur Guy Fieri. Had three of his five signature burgers during

Boo hoo, right? Complaining about mediocre stage shows on a cruise is like whining over a small rip on your cabana in Cozumel. Speaking of which, this island jewel off the Yucatan Peninsula is where snorkeling and other water-based activities abound, not to mention a happening bar scene, but hands down our all-time favorite shore excursion in any Mexican port was here and on this cruise: The Extreme Cozumel Offroad 4x4 Adventure (http://cozumelcruiseexcursions.com/OffRoad4X4) offers the unique combo of driving, exploring, eating and swimming. Polaris RZR buggies are easy and fun to drive through coastal vegetation with stops to pick up shells washed up by Hurricane Wilma and check out a Mayan ruin. After jettisoning the 4x4s

a safe bet for a range of tours. The more exhilarating are built around cave tubing and ziplining at its Jaguar Paw complex in a rainforest a comfortable 75-minute motor coach ride away from port. Closer to the ship are airboat rides and a guided tour of Belize City, where shopping is easy in the one foreign stop on this cruise where English is the official language. The popular cave tubing excursion has guests floating under bat-inhabited limestone archways, some as low as an arm's reach, that would be pitch black if not for the required lighted hardhats. So peaceful, except when the bats flutter about (the first tour of the morning is the most batty). The guide keeps everyone tethered for most of the journey, all the while educating visitors on cave formations and



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