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# Gold River Messenger

VOLUME 7 • ISSUE 08 *Serving Gold River and Sacramento County* AUGUST 2019

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SACRAMENTO  
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A LOVING  
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## Coming Full Twirl



Above - Mariah (right) and fellow competitors at the World Championships. Left - Mariah and her daughter at a Sacramento Kings game. Photos courtesy of Cordova Recreation & Park District

**By Cady Nagy-Chow,  
Cordova Recreation & Park District**

**GOLD RIVER, CA (MPG)** - This year, Cordova Recreation & Park District (CRPD) has joined other parks and recreation agencies state-wide in recognizing Parks Make Life Better!® Month (PMLB Month). Parks Make Life Better!® Month is a celebration of Parks and Recreation as a community service, and a demonstration of how these services model compassion and inclusivity, and promote social equity.

In celebration of PMLB Month, CRPD has chosen to feature the story of one community member each week during the month of July to showcase community pride, recognize individual contributions and encourage the utilization of parks and recreation services.

For Mariah Palmiter, Parks Make Life Better!® Month means the world to her, literally. Her relationship with

Cordova Recreation & Park District is one that led her to worldwide competitions and championships, including a 2nd place team finish and an individual top ten placement at the International Cup. After watching her sister participate in the Baton Twirling program at Mather Sports Complex (MSC), Mariah began twirling with Revolution Twirl Club at age 10.

"I only ever remember practicing at Mather. I spent eight hours a day, every single day, over summer there when I was young. I see the days I spent practicing at Mather as the ones that built important relationships for me. Some that mean so much to me personally, and some that have opened doors in the business world. It's like a home to me, and where I've met some lifelong friends," Mariah said.

Mariah enjoyed the sport and the

program's environment so much that she twirled throughout her career at Oakmont High School, competing at the local, regional, national and international levels. Her dedication and passion for twirling manifested in the form of full-ride scholarship offers to both the University of Hawaii and the University of Memphis.

Because she had family in Memphis, Mariah chose to accept that scholarship and move to Tennessee to pursue collegiate twirling at the age

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**Get a 'Free Lunch' at the Annual Business to Community Expo**

**By Diann H Rogers,  
Rancho Cordova  
Chamber of  
Commerce President  
& CEO**

**RANCHO CORDOVA, CA (MPG)** - Over 100 vendor booths and at least 800 guests will converge on the Rancho Cordova City Hall on Thursday, August 15, 10:00 am to 2:00 pm to share information, promote business goods and services and offer fine lunch samplings from local restaurants and caterers. Sponsored by KP International Market, join our presenting sponsors Chick-fil-A, Elliott Homes, SMUD and Wells Fargo along with event sponsors Heritage Community Credit Union, Rancho Cordova Travel & Tourism and RC Hospice for our annual business to community expo. Everything from financial services to in-home cabinets, hotels and restaurants to information on energy efficiency and IT rescue services - we have it all right here in Rancho Cordova.

The Chamber of Commerce introduced the Business Expo eight short years ago in 2011. Every year it has grown - both in the number of attendees and vendors! The first year the Chamber welcomed approximately 200 guests who explored about 32 vendors. This year, the Expo will triple both those figures.

Colorful billboards along Highway 50 have promoted the event for the past month and a directed social media campaign via Facebook should help drive attendance. Outreach to large employers, small offices, residents, and community organizations help ensure our business community enjoys the opportunity to share their goods and services.

Guests can enter contests, pick up information on special events, find out how to set up an app, collect a give-away or two and even have the chance to win some prizes. The Chamber urges anyone within the region to come by the Rancho Cordova City Hall and check out the Expo.

"I definitely saw an uptick in business from the Expo. I plan to participate every year!" - Greg Fox, Fox Family Heating, Air & Solar

"The Rancho Cordova Business Expo is on my

*Continued on page 5*

## California Capital Airshow Brings Back The Blue Angels

**By Liz Fox Johnson,  
California Capital  
Airshow**

**SACRAMENTO REGION, CA (MPG)** - The California Capital Airshow (CCA), presented by Sacramento County in partnership with the City of Rancho Cordova, announced the exciting performer lineup and kickoff of ticket sales for the October 5 and 6 airshow. Headlined by the world-famous U.S. Navy Blue Angels, this year's show is packed with hours of entertainment in the air and on the ground. Family-friendly ticket pricing provides admission for up to six youth ages 6-15 with the purchase of just one Adult General Admission ticket.



Returning to Mather Airport for its 14th year, the airshow offers miles of static display aircraft in all shapes and sizes as well as interactive STEM experiences for the enjoyment of kids and families. Photo courtesy Mark Loper

Kids under 5 receive free general admission. Information on how to access early ticket discounts is available at

CaliforniaCapitalairshow.com.

Returning to Mather Airport for its 14th year, the airshow offers miles of

static display aircraft in all shapes and sizes as well as interactive STEM experiences for the enjoyment

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# Leadership Rancho Cordova Recruiting for New Classmates

By Dawn Hall,  
Rancho Cordova Chamber  
of Commerce

**RANCHO CORDOVA, CA (MPG)** - Leadership Rancho Cordova (LRC) launches a new class on a year-long exploration of our city this fall, and the search is on for eager participants.

In the spirit of developing community leaders, the program, offered by the Rancho Cordova Chamber of Commerce, LRC enters its fourteenth year and boasts more than 250 alumni - many currently serving in community leadership roles throughout the city and region.

"The next class of approximately 25 will be selected to represent a broad mix of backgrounds, ages, ethnicities and employment - a key ingredient to a successful leadership program," said Denise Brandt, Chair of the program's governing board.

"Community leadership and engagement can be complex, and we want to encourage and support a pool of local people who have taken the time to dig deep and study the many layers of Rancho Cordova," she added.

Class XIV begins in September with a kick-off reception at City Hall, followed by a two-day retreat to immerse themselves in leadership fundamentals and begin the process of teambuilding.

In October, the class begins monthly "modules" and explores topics such as the state of volunteerism, local government, arts, history and culture, education, economic development, recreation and tourism, and public safety in Rancho Cordova, along with leadership lessons relevant to each sector.

The group will also develop



From left to right - Ken Henderson, Julie Pham & Daniel Leonardich, Class XIII showing off some work from one of the LRC modules. Courtesy Rancho Cordova Chamber of Commerce

and execute a class project - the signature of their class. Past class projects have included the design and installation of artistic bike racks placed around the city, a photographic history of Rancho Cordova, a summer family film series and refurbishing the dog park at Hagan Park.

There is a fee to participate and there are significant time commitments for modules, project development and execution. But organizers believe the effort is worthwhile.

"LRC provides graduates who make a difference in the economic health and quality of life in our community through active community engagement," said Diann Rogers, CEO and President of the Rancho Cordova Chamber of Commerce. "Leadership Rancho Cordova provides graduates with the tools necessary to be an effective leader in their community, business or elected office."

Leadership graduates agree.

"LRC is a wonderful

experience for those who want to get connected with the community and learn how to make a phenomenal difference in the lives of the citizens in Rancho Cordova," said Laurel Bane, alumnus of the program - Class XIII. "If you want to make an impact and have fun doing it, this program is for you."

Recruitment is currently underway, and deadline for applications is August 30th.

For more information about Leadership Rancho Cordova,

visit [LeadershipRanchoCordova.org](http://LeadershipRanchoCordova.org). Call 916-273.5700. Or you can email us at [Leadership@RanchoCordova.org](mailto:Leadership@RanchoCordova.org)

**Mission:** The mission of the Leadership Rancho Cordova program is to develop community leaders, activists, visionaries and advocates dedicated to the future of Rancho Cordova through all levels of community engagement.

**Purpose:** Develop and engage leaders committed to making a difference in Rancho Cordova. ★

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# Coming Full Twirl



Mariah and her daughter at a Sacramento Kings game. Photo courtesy of Cordova Recreation & Park District

Continued from page 1 of 17. When asked how CRPD/Revolution Twirl Club program helped prepare her for the collegiate and professional world, Mariah said, "These long days of physical and mental work prepare our athletes for a full-time job. The girls I coach are 16-17, ready to compete in France with the world team and then twirl professionally. I was the same. Hard work and dedication are learned in this program, and the characteristics you build, you can continue adding to with a little bit more work," Mariah said.

In 2013, Mariah returned to her roots and moved back to Sacramento to raise her daughter. A few years later, Mariah found herself missing the team environment and athletic component of twirling. Though she only had one year of dance training, her experience with twirling at MSC prepared her to make the Sacramento King's Dance Team in 2016. "The twirling program opened up professional opportunities in the dance world for me. Normally that door would be closed, but going through this program allowed me to combine my twirling training with a bit of dance, to still be an asset to a professional NBA dance team. Plus, now I still have a great network that keeps professional doors open, like coaching or judging," Mariah said.

Part of this network includes Kellie Pearlman, Mariah's former coach and current Revolution Twirl

Club Coach. "Kellie is like family to me," Mariah said. When Mariah returned to her community, she found a way to give back to the program that shaped her into the professional athlete and person she is today. Following in the footsteps of Kellie, through coaching, Mariah gets to share her knowledge of the sport and mentor young twirlers in life. Kellie, who also began twirling in her youth with Cordova Recreation & Park District and returned to coach for the program years later said, "and to think it all started with a rec class at Hagan Community Park!"

While Mariah coaches Baton Twirling, her daughter participates in CRPD's Kuk Sool Won program, Jr. Kings Clinics, or other activities held at MSC. "There's so many great things offered here, and I would rather my daughter be running around, staying active, than sitting at home in front of a screen. The complex has so many options, which is great. Especially because you never know what you'll like until you try it!" Mariah said.

With the variety of program options for her daughter to try while she is working, and a tighter budget to manage while she completes her master's degree, Mariah feels grateful for parks and recreation facilities like Mather Sports Complex. "Going through parks and recreation classes is so helpful, especially the financial aspect for families. Competitive teams

are so expensive, and you can get the same, or almost the same, training for less through rec. Plus, the opportunity to try classes without a huge commitment is also great for the little ones," Mariah said.

Beyond twirling and programs for her daughter, Mariah believes another great thing about frequenting Mather Sports Complex is seeing friends who participate in the adult programs and the evolution of her home. "While I'm coaching, sometimes I run into friends playing in the adult sports leagues. That's fun because some of them were basketball players I met when I was young practicing here. All of us got really excited when the floor was redone with the Kings. Plus, we got to be first to utilize the remodel! All of the upgrades have been incredible," Mariah said.

Mariah's experiences showcase not only the lifelong physical benefits of program participation, but also the incredible relationships. "You meet other program participants when you're around each other all the time, and when you spend enough time together, lasting friendships form," Mariah said.

Kellie and Mariah recommend Baton Twirling because it helps improve confidence, hand-eye coordination, dance and life skills. Visit [www.crpdc.com](http://www.crpdc.com) for more information about Revolution Twirling Club's classes offered by CRPD at Mather Sports Complex. ★

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**1-855-401-6993**



# Lean Up Team Challenge

Join the Free Fitness Program



The program is made up of 2-person teams assigned to completing a set of team challenges. Photo provided by Gold River Sports Club

By Gavin Russo

**SACRAMENTO REGION, CA (MPG)** - Applications are now being accepted for the *Lean Up Team Challenge*. This FREE wellness program, now in its 11th season, is for area residents seeking to get healthier and fit.

The program, which begins September 16, 2019, is open for all to apply, but limited to 200 participants. Apply online through September 8, 2019 at [www.LeanUp.net](http://www.LeanUp.net) and at any Spare Time Sports Club [www.SpareTimeSportsClubs.com](http://www.SpareTimeSportsClubs.com).

The *Lean Up Team Challenge* is an 8-week fitness program for people who have struggled to be fit and healthy, or have strayed from what was once a healthy way of life. This is a life-changing program for those who need it most.

The program is made up of 2-person

teams assigned to completing a set of team challenges which includes small group boot camps and nutritional and motivational group meetings. A dedicated certified trainer provides support and motivation. All area residents are welcome to apply and can choose a partner to team up with, or have one chosen for them.

In addition, *Lean Up Team Challenge* team members receive a FREE membership at their host club. From September 16 through November 8, 2019 selected participants will enjoy unlimited access to the club and all its amenities.

So come on people -- Let's get lean!

Local participating clubs include: Gold River Sports Club, El Dorado Hills Sports Club, Broadstone Sports Club in Folsom, Rio del Oro Sports Club and Natomas Sports Club in Sacramento, and Johnson Ranch Sports Club in Roseville. ★

# Mountain Mikes Celebrates One Year at New Location in Gold River



Robby Murcia cuts the ribbon to celebrate their recent one year anniversary. Photo by Paul Scholl

**GOLD RIVER, CA (MPG)** - Getting past that first year in business is never easy, especially for new restaurants. Mountain Mike's Pizza in Gold River has recently passed its one year anniversary and is thriving at its location at 2220 Gold Springs Court.

Owners Robby and Samantha Murcia knew opening a new location was going to be challenging, but one year later Robby says "We are so very grateful to be in Gold River. The first year was tough, but the

people of Gold River have been so good to us. We look forward to being here a long time."

The Murcias held a luncheon event to celebrate, inviting members from the Rancho Cordova Chamber of Commerce, the Citrus Heights Chamber of Commerce and the Carmichael Chamber of Commerce.

If you are looking for some great local pizza give them a call at 916-917-5511. ★

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<p><b>FRISKIES BUFFET CANNED CAT FOOD</b></p> <p>5.5 Oz All Varieties</p> <p style="font-size: 24pt; font-weight: bold; color: red;">ON SALE</p> <p>Everyday Effective 7/31/19 - 8/6/19</p>	<p><b>FUSSIE CAT PREMIUM CANNED CAT FOOD</b></p> <p>Black Label Gold Label 2.8 Oz.</p> <p style="font-size: 24pt; font-weight: bold; color: red;">ON SALE</p> <p>Effective 7/31/19 - 8/6/19</p>	<p><b>TIDY CATS SCOOPABLE CAT LITTER</b></p> <p>20 Lb Jug</p> <p>•Regular •Unscented</p> <p style="font-size: 24pt; font-weight: bold; color: red;">ON SALE</p> <p>Everyday Effective 7/31/19 - 8/6/19</p>	<p><b>HI-COUNTRY WILD BIRD SEED</b></p> <p>20 Lb Bag (Kaytee, 20 Lbs - \$8.99) (Audubon Friends, 20 Lbs - \$5.99)</p> <p style="font-size: 24pt; font-weight: bold; color: red;">\$5.99</p> <p>Limit 2 Bags Per Family Effective 7/31/19 - 8/6/19</p>

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<p><b>NEW OKOCAT CLUMPING WOOD LITTER</b></p> <p>•Regular 16.7 Lb <b>\$3.00 OFF</b> •Soft Step 11-13 Lb <b>\$4.00 OFF</b></p> <p><small>Dust Free Natural Paper 2.3 Lb \$4.00 OFF</small></p>	<p><b>HEINZ PUP-PERONI DOG TREATS</b></p> <p>•Beef •Lean •Bacon •Prime Rib 25 Oz Pkg Limit 2 Pkgs</p> <p style="font-size: 24pt; font-weight: bold; color: red;">\$9.49</p>	<p><b>CORE GRAIN FREE DRY DOG FOOD</b> 22-24 Lb Bag</p> <p>3 FREE Core Dog Food 12.5 Oz Can With Each purchase</p> <p>Original <b>\$59.99</b> •Ocean •Reduced Fat <b>\$63.99</b></p>	

<p><b>PETMATE VARI-KENNEL PET KENNELS</b></p> <p>All Sizes Including •Top-Load •Fashion Kennels</p> <p style="font-size: 24pt; font-weight: bold; color: red;">20% OFF</p> <p><small>OUR SUPER LOW PRICES</small></p>	<p><b>PENN-PLAX CASCADE POWER FILTER SALE</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td>MODEL</td> <td>TANK SIZE</td> <td>PET CLUB SALE</td> </tr> <tr> <td>CASCADE 100</td> <td>20 Gal.</td> <td><b>\$17.99</b></td> </tr> <tr> <td>CASCADE 150</td> <td>35 Gal.</td> <td><b>\$21.99</b></td> </tr> <tr> <td>CASCADE 200</td> <td>50 Gal.</td> <td><b>\$25.99</b></td> </tr> <tr> <td>CASCADE 300</td> <td>100 Gal.</td> <td><b>\$35.99</b></td> </tr> </table>	MODEL	TANK SIZE	PET CLUB SALE	CASCADE 100	20 Gal.	<b>\$17.99</b>	CASCADE 150	35 Gal.	<b>\$21.99</b>	CASCADE 200	50 Gal.	<b>\$25.99</b>	CASCADE 300	100 Gal.	<b>\$35.99</b>
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<p><b>PARAGON WHIMZEE Dental Dog Treats</b></p> <p>Edible Dog Chews All Varieties</p> <p style="font-size: 24pt; font-weight: bold; color: red;">20% OFF</p> <p><small>OUR SUPER LOW PRICES</small></p>	<p><b>SENTRY FIPROGUARD &amp; ADVANCE GUARD 2 Flea Control Treatment</b></p> <p>•Dogs •Cats •Regular •Plus •Max All Sizes</p> <p style="font-size: 24pt; font-weight: bold; color: red;">20% OFF</p> <p><small>OUR SUPER LOW PRICES</small></p>	<p><b>AQUEON BOXED 10 GALLON TANK With Economy Kit</b></p> <p>Just Add Heater For Tropical Fish</p> <p style="font-size: 24pt; font-weight: bold; color: red;">\$36.99</p> <p>Limit 1 Per Family</p>	<p><b>KORDON WATER CONDITIONERS</b></p> <p>Amquel 16 Oz <b>\$6.49</b> Amquel Plus 16 Oz <b>\$6.49</b> Novaqua Plus 16 Oz <b>\$6.49</b></p>													
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# 'Fool's Gold' A Gold River of Thoughts

By David Dickstein,  
Gold River resident

**GOLD RIVER, CA (MPG)** - I've got a lot on my mind, and since you're here ...

- Jeers to Applebee's corporate office for not telling me the truth when I called them in March with evidence they were closing the Gold River location.
- Cheers to the wonderful readers who recalled my April column and sent me congratulatory notes after our neighborhood Applebee's went belly up on July 1.
- Will be a while before we dine at Cattlemens again after finding a beetle floating in a water glass. The staff showed as much remorse as a dead fern, but at least the manager chased us down in the parking lot to apologize and mailed us a \$50 gift card.
- Time to get another rescue to replace our beloved Roxie.
- No nine-letter word makes a perfect anagram of "Gold River," but there are two eight-letter words. Quick: Name them! Answers below.
- Saw a cart-pushing homeless person within GRCA jurisdiction for the first time last month. If ever there was a NIMBY moment. (Look it up if you must.)
- Good people, if you absolutely must give money or food to panhandlers, for our well-being and property values, please do so miles away from Gold River.
- Love the food at El Pollo Loco, but how sad that I won't patronize our local franchise due to a manager as skilled at customer service as our state government is at lowering taxes.
- "Overgild" and "overgird." See above.
- Why does the tram at SMF need to make a sharp curve when Terminal B was built from the ground up?
- Bel Air's flowers last longer than those of a more expensive florist, but their fruit tends to rot quicker

than what I buy at WinCo.

- To the people who tainted my community-spirited, free-of-charge and 100 percent legal Fourth of July fireworks show, which was originally being held outside my village at the invitation of residents there, thank you for inspiring a future column about presumptiveness, deception, cowardliness, unsociability, intolerance and the pending ramifications of sharing personal information without permission.
- To the same people, thank you as well for bringing neighbors of my own village closer together. A grand time was had by all.
- California Family Fitness has gyms in Citrus Heights, Folsom, Orangevale, Roseville and Carmichael, and says as such inside each facility and on the company website. But as another example that Rancho Cordova businesses don't use the city's name due to the perception it's bad for marketing, our local Cal Fit doesn't follow suit for gyms in cities where there aren't multiple locations, but calls it "Sunrise/Hwy 50."
- When was the last time you walked the trails "to get away from it all" and didn't use your smartphone?
- It's pretty sad that with all the retail centers on both sides of Sunrise, the only place with a good selection of clothing around here is the Goodwill Store.
- Vacant still is the space where Hallmark was. I was told they didn't want to leave. Hope it was worth it, landlord.
- Wait - did I just admit that I shop at Goodwill and WinCo?
- For the love of God, just bulldoze the old Price-Less and China Super Buffet already.
- Good thing a karate studio and a hamburger joint aren't competitors. I'd hate to see the kids training at the new Level Up Martial Arts

across Sunrise take on Five Guys.

- For the first time this decade, I've gone a month without having to call either DirecTV or Xfinity with technical issues. Yeah, yeah, jinx schminx.
- Bel Air no longer carrying diet A&W cream soda is the quintessential first-world problem.
- I know four Gold River households currently feuding over replacing a shared fence. So much for Robert Frost's proverb.
- My youngest has moved from downtown Sacramento to El Dorado Hills. And just like that, the dining and entertainment options for supportive empty-nester parents got a lot less exciting.
- From the "Things That Will Never Happen in Gold River Department": rap music playing in the background at a Villagers bridge tournament.
- What's with the helicopter that flies so low around 6:30 weeknights that our whole house vibrates?
- To the homeowners whose American flags got caught on gutters and rooftops on Independence Day: Thanks for being patriotic, but please fix that before Labor Day.
- The fascinating and tragic saga of the rapid demise of Side Burn BBQ and Brew is the stuff Business 101 case studies are made of.
- Wish Rite-Aid would stop using my favorite parking spot for sidewalk sales.
- What's with my wife and me rafting down Mendenhall River all three times we've gone to Alaska, but not once in our 20 years of living here have we done the American River practically in our backyard?

Well, I feel a whole lot better now. Thanks pal.

David Dickstein is a Gold River resident. He can be reached at david-dickstein1@gmail.com. ★



Kay Burton

# Meet Cedrick of Gold River



Cedrick is now a very happy little dog. He sleeps with David and wife Carmen...and he loves to cuddle.

Cedrick had a hard life as a Puppy. He lived in a HOT garage, he was covered with fleas and had severe skin problems. That's when David Lanni adopted him (after his daughter, Kerri found him). He was rushed to a Veterinarian who was also a Dermatologist. He had a tumor in one ear drum. That ear drum had to be removed. He has no teeth, they too had to be removed. Cedrick is now a very happy little dog. He sleeps with David and wife Carmen...and he loves to cuddle. The Chihuahua is a tiny dog with a huge personality. A national symbol of Mexico, these are alert and amusing "purse dogs." This breed has a rounded "apple" head which is a breed hallmark. The erect ears are full and luminous. The eyes are expressive. The coats come in many colors and patterns. These little dogs possess loyalty, charm and big-dog attitude. Even tiny dogs require training. Without this training this clever little scamp will rule your household like a little Napoleon. Special care must be taken in cold weather, but Chihuahua's are adaptable... as long as they get lots of quality time in their preferred lap. David Lanni can vouch for that. Kay Burton is a columnist and supporter of the SSPCA and other rescue groups. To share your Pet story with our readers Email: Kayburton1@com-cast.net. ★

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### WEEKLY MEAT SPECIALS

<p><b>\$4.99</b> /lb</p>	<p><b>\$2.99</b> /lb</p>	<p><b>\$3.29</b> /lb</p>	<p><b>69¢</b> /lb</p>
<p><b>99¢</b> /lb</p>	<p><b>\$1.49</b> /lb</p>	<p><b>\$1.79</b> /lb</p>	<p><b>\$2.49</b> /lb</p>

Lamb Shoulder Chops \$9.99/lb, Lamb Leg Steaks \$10.99/lb, Hind Lamb Shank \$4.69/lb, Lamb Arm Shoulder Chops \$9.99/lb, Lamb Ribslets \$5.49/lb, Short Cut Lamb Leg \$5.99/lb, Lamb Rib Chops \$21.99/lb, Boneless Lamb Flanks \$7.99/lb, Lamb Neck Steew \$3.99/lb, Lamb Loin Chops \$14.99/lb, Boneless Lamb Steew \$9.99/lb, Ground Lamb \$7.99/lb

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE JULY 31 - AUGUST 6, 2019.

### FRESH PRODUCE

SALES FOR PRODUCE WILL BEGIN ON WEDNESDAYS @ 12:00PM

2/\$3	1.99	99¢	\$1	79¢	69¢
1.99	\$1	1.49	\$1	\$1	

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### AMERICAN/HISPANIC GROCERY

\$1.99	99¢	99¢	\$3.59	\$2.59
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### ASIAN GROCERY

\$3.99	99¢	\$3.99	99¢	\$1.99
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### EUROPEAN GROCERY

\$3.99	\$4.29	\$7.99	99¢	\$2.99
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### KOREAN/JAPANESE GROCERY

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### HOUSEWARES

\$28.99	\$32.99	\$47.99	\$109.99	\$14.99
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### FROZEN & FISH DEPT

\$1.99	\$2.99
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### EUROPEAN DELI

\$6.99	\$5.99
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## WEEKLY PROMOTION!

### NOVEL WOMEN'S ICE COOL PANTS

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# California Capital Airshow Brings Back The Blue Angels

*Continued from page 1*  
 of kids and families. In addition to the U.S. Navy Blue Angels, the show features an extensive roster of jaw-dropping acts. Performances from the new Team Oracle, which features the only female formation airshow pilot in the country, the Patriot Parachute Team, the F-16 Viper Demonstration Team and so much more will captivate spectators throughout the weekend.

"Of course we are thrilled to welcome back the Blue Angels this year," said Darcy Brewer, executive director, CCA. "We are also really excited about our lineup of world-class civilian performers, military

aircraft and the opportunity to honor our past with a beautiful D-Day tribute. As always, we've worked hard to curate an event that is both inspiring and entertaining to people of all ages and interests."

For thrill seekers, history buffs and STEM or aviation enthusiasts off all ages, this family-friendly festival offers endless entertainment, attractions, music, food and so much more. Tickets go on sale to the general public on Thursday, August 1 at 12:00 a.m. PDT via the Airshow website.

For more information contact Liz Fox Johnson at Liz@californiacapitalairshow.com or

540-632-1696. Established in 2004, the California Capital Airshow 501(c)3 plans and operates the exciting, family-friendly annual event designed to honor the Sacramento region's rich aviation heritage and veterans while using the power and magic of flight to inspire young people. CCA gives back to the community through scholarships, charitable group donations and exciting educational youth programming throughout the year. For more information about the airshow, performers, and discount tickets, please visit CaliforniaCapitalAirshow.com. ★

# Assemblyman Cooley is Pleased with Yosemite Historic Landmark Names Settlement

By Jilena Hernandez

**RANCHO CORDOVA, CA (MPG)** - Assemblyman Ken Cooley (D-Rancho Cordova) released the following statement after news broke that a lawsuit settlement will permit Yosemite National Park to resume using its historic landmark names.

"I am very pleased to hear the news that historic Yosemite names like the Ahwahnee Hotel, Curry Village and the Wawona Hotel have been rightfully restored. In 2016, after learning that the former Yosemite concessionaire had outrageously claimed ownership of treasured Yosemite names, I authored the California Heritage Protection Act (AB 2249) with my colleagues Adam Gray and Frank Bigelow to change the law and make certain a private company could never trademark an historic state park landmark.

"Our parks showcase the beauty and incredible history of California, and should always serve the interests of the people."



Assemblyman Ken Cooley (D-Rancho Cordova)  
 Photo courtesy of Office of Assemblyman Ken Cooley

Source: Office of Assemblyman Ken Cooley ★

# Get a 'Free Lunch' at the Annual Business to Community Expo

*Continued from page 1*  
 Rancho Cordova, CA calendar every year. I enjoy checking out the new and returning vendor booths. The Chamber does a great job of promoting business in our community." Bee Lopez, Explore Rancho Cordova and resident

Rancho Cordova City Hall ~ North Parking Lot; 2729 Prospect Park Drive,

95670; Corner of White Rock just off Zinfandel and Prospect Park. Parking and entry is free!

This Chamber is dedicated to the economic vitality of the Rancho Cordova region. We are the voice of the business community and provide dynamic networking, advocacy and

business resources to our members. We proudly represent the City of Rancho Cordova and the communities of Mather, Rosemont, Rancho Murieta and Gold River. The Chamber serves over 460 members and over 15,000 member employees throughout the Rancho Cordova region. ★



**Publisher, Paul V. Scholl**

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Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at (916) 773-1111.

## Gold River Messenger

Serving Gold River and Sacramento County

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By County Supervisor Sue Frost

GOLD RIVER COMMUNITY UPDATE

Should Sacramento County Ban Flavored Tobacco?

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

One of the more common re Earlier this year, in an attempt to curb teen smoking, the City of Sacramento voted to ban the sale of flavored tobacco products (including flavored e-cigarette cartridges), and soon the County of Sacramento will be facing a decision on whether or not to follow suit. Since this is a controversial issue that would directly impact the County, I wanted to take the opportunity to explain to you my initial concerns with such a ban.

I want to say at the beginning that I am completely in agreement with the proponents of flavored tobacco bans in the goal of reducing teen smoking. We should be doing everything we can do keep teens from smoking, and educating them so that when they turn 18 they fully know the dangers associated with smoking. I recognize that teens are illegally obtaining and using flavored tobacco products in greater volume, and in many cases transitioning to

traditional cigarettes. But Sacramento County doesn't have a wall built around it, and anyone who wants to buy flavored tobacco products can easily obtain them from other nearby areas that have not banned it. These products will still be readily available in every county surrounding ours, as well as cities like Citrus Heights, Folsom, and Rancho Cordova. A statewide ban could be far more effective for an area like Sacramento, but even then, the widespread proliferation of marijuana prior to its legalization in California proves that even national bans can be largely ineffective.

The ban also doesn't come free. When the City of Sacramento enacted their ban, they expected that they would lose a couple million in yearly tax revenue as a result. And in the week following the city's decision, one of Sacramento's oldest tobacco shops had already announced they would be closing their doors due to the expected impact to their sales. While this may be manageable for the city, Sacramento County is struggling financially. This past budget we were forced to make reductions in services due to budgetary struggles (primarily brought on by a few large lawsuits against the County), and next year we will likely be doing the same.

I have also heard from many adults who legally use flavored tobacco

products both because they recreationally enjoy it, and because they use it as an alternative to smoking. While these adults will still be able to access them in other communities, it will make it more difficult for them to access something that is legal to use.

Instead of a ban, we could instead solve this problem by increasing the penalty for selling tobacco products to a minor from the current maximum of \$7,500, to a new minimum of \$7,500, accompanied by a ramped up undercover shopper program. This increase in penalties could potentially fully offset the cost of an improved undercover shopper program, but at the very least be substantially less than the loss in revenue we will now be facing under the ban.

Leading up to my vote on this issue, I will be meeting with stakeholders on both sides of the issue to understand their perspectives in more detail. But more than anything, I want to hear what you have to say. Please e-mail me your thoughts at SupervisorFrost@sac-county.net. Thank you for reading!

Sue Frost represents the 4th District, which includes all or part of the communities of Citrus Heights, Folsom, Orangevale, Antelope, Rio Linda, Elverta, Gold River, Rancho Murietta, North Highlands, Carmichael, Foothill Farms and Fair Oaks and Rancho Cordova. ★

Senate Republicans Offered a Solution to Assist Independent Contractors

By Jacqui Nguyen

SACRAMENTO, CA (MPG) - Republican Senator Mike Morrell (R-Rancho Cucamonga) who is the Vice Chair of the Senate Labor, Public Employment and Retirement Committee voiced his opposition and voted against Assembly Bill 5 which seeks to codify a workforce decision that was handed down by the California Supreme Court in 2018. AB 5 was heard in the Senate Labor Committee and passed on a partisan vote by 4 to 1.

Last year, the state's highest court ruled on the Dynamex Decision which created a new test to determine whether a worker is an employee or an independent contractor. The new test does not account for the diverse workforce in California and will take away the flexibility that many workers currently enjoy as independent contractors.

Senate Republican Leader Shannon Grove (R-Bakersfield) introduced Senate Bill 238 which would have kept California's workforce supportive of independent

contractors. Co-authored by all Senate Republicans, SB 238 also received support from numerous business organizations, but Senate Democrats killed the legislation in the Senate Labor Committee in April.

Senator Morrell stated that SB 238 would have assisted all independent contractors, not just specific industries.

"In making laws, we should do so with a mind-set of opportunity for all and favoritism toward none. Whereas SB 238 would have treated every industry equally, AB 5 chooses winners and losers and is an egregious example of crony capitalism. I do not fault those who pursued and got carve-outs in AB 5. They had little choice but to look out for their own. The process, however, is a telling commentary on both the terrible ruling in Dynamex and the misguided approach legislative Democrats have taken to the issue. We cannot lose sight that we are not just talking about jobs, but livelihoods. This will be another serious blow to our economy," said

Senator Mike Morrell. "Single mothers and student Uber drivers will be greatly affected once the Dynamex Decision is codified into law. My legislation, SB 238, is a common-sense solution that would have helped the 2 million independent contractors who call California home. Unfortunately, partisan politics intervened which leaves the livelihood of millions at risk," said Senate Republican Leader Shannon Grove.

Senate Republican Leader Shannon Grove represents California's 16th Senate District which encompasses large portions of Kern, Tulare and San Bernardino counties and including the cities of Bakersfield, Barstow, California City, Exeter, Frazier Mountain, Joshua Tree, Mojave, Needles, Ridgecrest, Rosamond, Taft, Tehachapi, Twentynine Palms, Tulare, Visalia, Yucca Valley and portions of the Kern River Valley. Follow her on Facebook and Twitter.

Source: Office of the Senate Republican ★



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