



Superheroes Descend Upon Sacramento

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Family First, and Then Swimming

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Gold River Messenger

"Written by the people, for the people"

VOLUME 6 • ISSUE 10

Serving Gold River and Sacramento County

OCTOBER, 2018

SUPERVISOR FROST: CRACKING DOWN ON REPEAT OFFENDERS



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MOLLY THE LOVABLE, SWEET SHIH TSU



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FOOL'S GOLD: BEST OF GOLD RIVER?



PAGE 5

Sacrificing the Parkway

Appeals Case Impacts Illegal Camping Ordinance



Since January 2018, Sacramento County rangers have issued 1,834 citations for unlawful camping under the County ordinance, and 224 citations for unlawful camping under the City of Sacramento ordinance. MPG File Photo

SACRAMENTO REGION, CA (MPG) - A federal court decision has ruled that illegal camping ordinances are unconstitutional and that local governments cannot cite or arrest anyone sleeping on public property.

On September 4, 2018, the Ninth Circuit Court of Appeals ruled on the case Robert Martin v. City of Boise, stating that enforcing anti-camping ordinances when adequate shelter beds are unavailable is unconstitutional.

Because of that ruling, the Sacramento County Department of Parks stopped enforcing the

City of Sacramento's anti-camping ordinance and the County ordinance prohibiting camping without a permit.

Since January 2018, Sacramento County rangers have issued 1,834 citations for unlawful camping under the County ordinance, and 224 citations for unlawful camping under the City of Sacramento ordinance.

The County is currently evaluating enforcement options under existing laws and regulations and will provide information to the Board on next steps.

Sacramento County Rangers will continue to enforce



ordinances including but not limited to campfires, littering, dogs off leash, possession of a shopping cart and environmental degradation.

"As soon as I found out about the ruling, I suggested our board meet to discuss its implications, especially for my constituents who rightfully demand a clean and safe Parkway," said First

District Supervisor Phil Serna, who represents the lower reach of the American River Parkway.

"I have many questions, including why County Counsel advised that park rangers not enforce the illegal camping ordinance without notifying or coordinating with board members," he continued.

Source: SacCounty News ★

Rancho Cordova Area Soroptimist Club Selects Its 2017-2018 Award Winners

Story and photo by Soroptimist International

RANCHO CORDOVA, CA (MPG)- After a very difficult task of judging applications, the Live Your Dream and Ruby Awards were selected, and awards given out at the Soroptimist International of Rancho Cordova & Gold River's (SIRCGR) recent award reception.

Our "Live Your Dream Award" winner, Scarlet, is well deserving of this scholarship. Scarlet has faced many difficult challenges growing up being raised by her single mom with her two siblings. Scarlet has faced, and overcame poverty, substance abuse and even attempted suicide. Her suicide attempt, "sobered" her up, and put her on the path to taking control of her life. She fell in love, moved to Virginia, and had a beautiful daughter. Then her marriage

became emotionally abusive. After seeking help, she saw her future, to open a similar facility that provided her help and support, in Rancho Cordova. She's presently attending Sac State studying for her bachelor's degree in Social Work, with her goal of receiving a Master of Social Work, becoming a Licensed Clinical Social Worker and opening a clinic dedicated to helping women overcome mental health and societal issues such as domestic violence, child rearing, career challenges and general mental health. Scarlet's tenacity and drive, along with her family's love and support, will ensure that Scarlet achieves her goals.

Our Ruby Award was given to Lisa Wrightsman, founder of the Street Soccer USA: Sacramento Lady Salamander program. Lisa's story is just as inspiring as Scarlet's! Lisa was introduced to



Lisa, Scarlet and Sheryl stand proud of their accomplishments. Soroptimist is an international nonprofit organization who seeks to improve the lives of women and girls through programs leading to social and economic empowerment.

street soccer while living in a transitional housing and employment program for the homeless. Lisa excelled in academics and athletics, which led to a college soccer scholarship, then a semi-professional soccer career. Sadly, this path of that career was cut short due to substance abuse. While

seeking help to rebuild her life, she was introduced to street soccer and the Sacramento Mohawks. Lisa participated in the SSUSA National Cup in 2010, then was selected to be on the first All-Women's USA National team representing the USA in the Homeless World Cup

Continued on page 6

Come Get Your Brew On!

Whole Lotta Brews Raises Money to Empower Local Children and Families

FOLSOM, CA (MPG) - Whole Lotta Brews is the premier beer tasting event in Folsom. Whole Lotta Brews guests will enjoy an evening of unlimited craft beer, cider, mead, and spirit tastings from around the region along with gourmet food samplings from local restaurants, caterers and food vendors. Whole Lotta Brews will also host live entertainment performed by a local band provided and sponsored by Powerhouse Entertainment in Folsom Ca.

This amazing event takes place on Saturday, October 20, 2018 from 6:00 p.m. to 9:00 p.m. at the Folsom Sports Complex located at 66 Clarksville Road in Folsom CA. Tickets are available starting June 9th at www.WholeLottaBrews.com.

General Admission tickets are \$40 online and \$50 at the door.

V.I.P. tickets are \$60 online and \$75 at the door. The VIP ticket includes one-hour early entrance into the event (5p.m.) and a unique light up tasting glass.

Whole Lotta Brews is a key fundraiser for the vital work of the Folsom Cordova Community Partnership. This organization provides an array of vital services targeted at reducing the risk of child abuse as well as breaking generational cycles of poverty.

Last year, Whole Lotta Brews raised over \$30,000.00 to support the mission of the Folsom Cordova Community Partnership "to enhance the education, health and well-being of the children, youth, and adults of the community."

Please join us in supporting the Folsom Cordova Community Partnership by purchasing tickets for Whole Lotta Brews and enjoying an evening of craft beer, food, and entertainment.

Event sponsorships are also available. You can contact Chris Clark at CClark@theFCCP.org for sponsorship information.

Source: Folsom Cordova Community Partnership ★

***** ECRWSS *****

Local Postal Customer



Superheroes Descend Upon Sacramento

DC Wonder Woman Run Series Brings Out the Hero in Everyone

Story and photos by Shauna Boyd

SACRAMENTO REGION, CA (MPG) - Sacramento was overrun by superheroes on Saturday, September 22 when the DC Wonder Woman Run Series hosted its inaugural event with a 5K and 10K run through Capitol Mall. Sacramento was the first city in the United States to participate in this race.

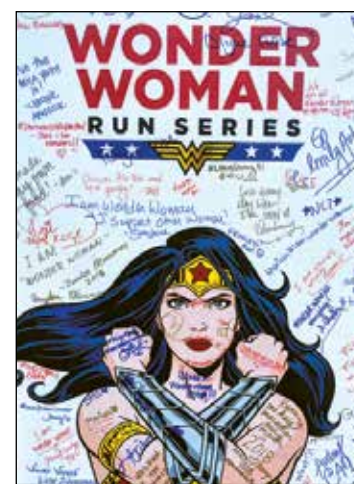
The event was produced by SON Events in conjunction with Warner Bros. and DC Entertainment. Sarah Ratzlaff, director of marketing for SON Events, said, "The race has a strong overall theme of women's

empowerment. Wonder Woman embodies strength, bravery, and power. The goal of the event is to show that there's a Wonder Woman in all of us. That's why we're using the hashtag #IAMWonderWoman."

The festival area was decorated with giant balloons and lined with an array of fluttering Wonder Woman flags. Area streets were blocked off by police cars, flashing their red and blue lights. Approximately 1,300 people participated in the 5K and 10K runs. The first-place finishers were Sandra Khounvichai with a time of 20:26 in the 5K and Stephen Harms with a time of 48:43 in the 10K.



Wonder Woman poses with three-year-olds Roxy (left) and Isla (right).



Participants wrote messages of empowerment and support, and shared their own superhero moments.

skirt, I'll do it.' But more importantly, I decided to do it because I support strong, independent women."

Theresa Ivaldi, Karli Cisneros, and Christina Mundy entered the race together. They thought it would be more fun to run together in a group of friends. This was Ivaldi's first run, and she thought the Wonder Woman run was a fun way to start. Cisneros said, "I love running and love spending time with my friends, so I figured why not combine the two." Mundy said, "What better way to run a 5K with friends and family than a Wonder Woman run that represents women's power?" Mundy's kids, Isabella (10) and Jackson (8), and their friend Sophie Carr (10), all love Wonder Woman. They enjoyed the race and especially loved getting a shiny medal to commemorate their accomplishment of crossing the finish line.

The DC Wonder Woman Run Series will be hosted in Oakland, San Jose, San Diego, and Los Angeles this fall. The Los Angeles run, as the flagship run, will be the largest in the series with 7,000 - 8,000 participants expected. If you would like to participate in one of the upcoming runs, or for more information on the DC Wonder Woman Run Series, please visit the website at www.dcwonderwomanrun.com. ★



Jennifer Waldrop (left) and Allison Gove (right) show off their Wonder Woman medals after completing the 5K run with times of 29:42 and 29:44, respectively.

The DC Wonder Woman Run Series is designed to empower the Superhero in everyone, so runners and walkers of all ability levels were encouraged to participate, regardless of their athletic abilities. Many participants had never run or walked in a 5K before this event. After completing the course, each participant was given a Wonder Woman medal. The festivities continued after the race, with a celebration featuring food trucks, a beer tent, face painting, official Wonder Woman merchandise, and a main stage with live musical entertainment.

Race participant Christie Pierce said he was persuaded to join the race just the evening before: "I decided to tag along. I said, 'Sure, I'll wear a



The DC Wonder Woman Run hosted its inaugural event in Sacramento on September 22, drawing approximately 1,300 participants.

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Local Area Centurion Genevieve Sinclair Honored by General John A. Sutter Chapter, NSDAR

RANCHO CORDOVA, CA (MPG) - The General John A. Sutter Chapter, Sacramento, National Society Daughters of the American Revolution (DAR), is pleased to honor 58-year chapter member Genevieve Glock Sinclair as she celebrates her 100th birthday this October.

Genevieve joined DAR in 1961 in her home chapter in Columbus, Platte County, Nebraska. Encouraged by her father to join DAR, Genevieve traced and documented her lineage to American Revolutionary Patriot Peter Bobb who served under Captain Andrew Stewart and Colonel Robert Elder in the Lancaster County, Pennsylvania 10th Battalion Militia. Genevieve's sister, Naomi Ficke, was also a member of DAR.

Born in the small farming community of Rising City, Nebraska, Genevieve grew up with two siblings: one brother and one sister. Upon graduation from high school, she graduated from Midland University in Fremont, Nebraska, earning a degree in both commerce and English. After teaching for a time in Bristow, Nebraska, Genevieve decided to move to a larger city, Torrington, Wyoming, where she worked as a teacher, and eventually held the position of secretary to the school district superintendent.

Genevieve met her husband, Kenneth Sinclair, in Nebraska where he was working for her uncle. Kenneth had grown up in an orphanage and was eventually invited by her uncle to work on his farm for a summer church project. Upon graduation from high school, Kenneth returned to work on her uncle's farm for a short time prior to enlisting in the United States Army during World War II. It was at this point that Genevieve and Kenneth made the decision to write to each other, which blossomed into a classic tale of World War II romance. Prior to



Genevieve Glock Sinclair will celebrate her 100th birthday this October. Courtesy photo

his being shipped overseas to serve, Genevieve and Kenneth were married in South Carolina on 4-4-44, a date she noted was one that was always easy for her husband to remember.

After the war, the couple resided in Nebraska until their move to Rancho Cordova in 1966. Genevieve transferred her DAR membership to the General John A. Sutter Chapter in 1968 where she held the position of Chapter Recording Secretary prior to serving a two-year term as Chapter Regent from 1973 to 1975.

During their 54 years of marriage, the couple raised four children at their Rancho Cordova home: David, Philip, Kay and Kent. Genevieve has also been blessed with five grandchildren, thirteen great-grandchildren, and four great-great grandchildren. Kenneth passed away in April of 2000. Of all her lifelong accomplishments, Genevieve is most proud of her family.

When asked what advice she would give to young people in this day and age, Genevieve stated that she would remind them to listen to their parents,

and to seek God and have communication with Him.

On the subject of her 100th birthday, she attributes her longevity to good genes and heritage, noting that she had an Aunt that lived to the age of 104, and a Grandmother who lived to age 103.

"Faith in God is paramount. Faith combined with positive attitude is also a major component for a long and productive life," Genevieve stated when asked what advice she would give for healthy living. "Genes and clean living do play a part but you also have to have a sense of humor, good attitude, and always look for the best in people," she added. Genevieve continued by quoting one of her mother's favorite sayings. "There is a little bit of good in the worst of us, and a little bit of bad in the best of us," a very wise mantra for all to consider.

Genevieve Sinclair is truly an inspiration and a special gift to all who have had the pleasure of knowing her.

Source: National Society Daughters of the American Revolution ★



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Flooring
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RV Sales
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Senior Living
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Woods Wanted
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Wanted
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Diabetic!
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Tax Services
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Crossword Puzzle on Page 5

B	U	L	B	S	L	A	C	S	T	E	M
A	L	E	R	T	O	V	A	C	A	R	T
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Sudoku Puzzle on Page 5

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

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 ...

Woods Wanted
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By County Supervisor Sue Frost

GOLD RIVER COMMUNITY UPDATE

Cracking Down on Repeat Offenders

notorious for always being drunk in public and wreaking havoc on the community. In a period of eight days he was arrested six times, and each time he would be right back in the community the same day he was booked into jail. Another person in the County had around 1600 arrests accumulated through his lifetime (and no, that is not a typo).

In response to these, and similar criminals who act with complete disregard for the law, in 2016 Sacramento County implemented something called the "Chronic Nuisance Offender Program". It is a program I take pride in, and I want to explain to you how it works.

Whenever our Deputies notice someone who is getting arrested over and over again, they keep track and as soon as they have been arrested for the tenth time in a one year period, they notify the District Attorney's office. A District Attorney then offers the criminal a choice, they can either spend 120 days in jail, or they can spend 90 days in a drug or alcohol treatment program (90% of the people in this program are addicts). This produces one of two outcomes:

If they reject the treatment and spend the 120 days in jail, at a minimum the community can be at peace for a four month period. But in many cases, we are seeing a much greater impact than that. Since these criminals are used

to being able to get back onto the street the same day they are arrested, a four month stint in jail is a huge shock. Upon release, many times they either leave the area or clean up their act.

If they enter the drug/alcohol treatment program, we are getting the same benefits as the jail option since they are off the streets for 90 days, but with the added benefit of being able to attempt to treat one of the root causes for their criminal behavior. This only heightens the likelihood that we can positively impact their lives.

Neither I nor the majority of my district supported Proposition 47 because it makes it more difficult for our local law enforcement to keep us safe, but I am proud of what Sacramento County has done to think outside the box and work with what we have got.

Thank you for reading – and as always, if you want to contact me call me at 916-874-5491, or e-mail me at SupervisorFrost@saccounty.net.

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



By David Dickstein, Gold River resident

'Fool's Gold'

Best of Gold River?

Gold River's architect – his vision for this master-planned community four decades ago is the bedrock of our quality of life and strong property values we enjoy today.

BEST MAKE-GOOD – Perhaps the GRCA board can look into commemorating Mr. Powell's legacy in the two years leading up to Gold River's 40th anniversary. Honoring the late developer's 20/20 vision should be the board's 2020 vision.

BEST SUSHI – Wish I could say Arigato Sushi because it's ours, but gotta go with the one we all know and love on Hazel in Fair Oaks. So, domo arigato, Mr. Mikuni.

BEST WATER COMPANY – Golden State Water Company. Like we have a choice.

BEST GOLD RIVER PUBLICATION – Gold River Messenger. Like I'm really going to say Gold River Review. For one thing, how many large photos do you need of the cover-featured family wearing the same clothes? And another thing, they don't have me. Let the bidding war begin!

BEST SURPRISINGLY GOOD NEW RESTAURANT – The rebranded and renovated Magnolia House at Shepherders Inn (Rancho Cordova). Looking forward to winning at blackjack when they get their casino license.

BEST ROUTE TO SMF – Up Sunrise, left on Fair Oaks, right on Manzanita, left on Cypress, left on Winding Way, right on Auburn, left onto I-80 north, then take the 5. Or whatever Google Maps says.

BEST DELI MEAT – The turkey pastrami at Bel Air (Gold River). Take a number, get a sample, and you'll be hooked.

BEST PIZZA (THICK CRUST) – Chicago Fire (Folsom); the original location, not the one in Palladio. Both have lousy parking, true, but historic Sutter Street is much cooler than that sorry excuse of an outdoor lifestyle center.

BEST PIZZA (THIN CRUST) – Mountain Mike's (Gold River); for a fast-casual chain, it's pretty darn good. Use a coupon.

BEST GOLD RIVER STREET NAME – Gold River Road. Simplicity at its best. Bummer it's not within the Gold River Community Association.

BEST DRY CLEANERS – V Cleaners (Rancho Cordova). Better prices, service and quality than you-know-who on this side of Sunrise. Just wish they weren't next to a vape shop and massage parlor. Don't want my saintly reputation to be hurt by people jumping to conclusions if spotted.

BEST STEAK HOUSE YOU'VE NEVER BEEN TO – Stanley's Steakhouse (Jackson) in the historic National Hotel. A 45-minute drive is rewarded with sumptuous fried calamari, beef Wellington, prime rib and much-needed country air.

BEST COMMUNITY HELPERS – The brave fireworks-loving men and women of Sac Metro Fire Station 65 on Coloma. So nice to have them so close.

BEST MEXICAN, ASIAN AND INDIAN RESTAURANTS – Carmelita's (Fair Oaks), Mint's (Rancho Cordova) and India Oven (Citrus Heights). The shredded beef tacos, bo luc lac (shaking beef) and chicken tikka masala at each, respectively, are sooooo worth the calories.

BEST REVELATION – Sunrise Boulevard becomes Sunrise Avenue at the county line a half-mile south of Cirby Way. Does that change your entire outlook on life, or what?

BEST POST OFFICE – Gold River's post office is on Progress Court in Rancho Cordova, but the one in Fair Oaks, just west of Sunrise on Winding Way, is closer. Come to think of it, Bella Vista High School is also a shorter distance than Gold River's feeder high school, Rio Americano. Say what?

BEST "BEST OF" LIST – Yours! Please share your favorites (or the contrary) at the email address below and I'll consider them for a future column.

David Dickstein is a Gold River resident. He can be reached at daviddickstein1@gmail.com. ★



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- CLUES**
- ACROSS**
1. Tidy proverbs
 6. "I'm... the cryptic"
 9. Education-related acronym
 12. Hood-up
 14. Fertility clinic slang
 16. A la
 18. Curious's lip
 19. Cat's home
 19. "The Goldbergs" sibling
 20. "Crysal..." with James Condon
 21. "Fallen in on what?"
 22. Crime scene evidence
 24. Sounds of agreement
 25. Telly, moo
 28. Strong hold
 38. "Best of "Good night, and good luck" fame
 45. Ball and document
 47. End of prayer
 49. Broad umbrella for water
 51. Shakespeare's king
 53. Cowboy, pl.
 54. What against and against him in common, pl.
 56. Encourage
 61. Median, to a Sunday
 62. Pleasant gentle mood
 63. Intolerant
 64. Met on
 65. Lucian's last call
 66. "Woodchuck" nickname
 67. "Whistle" period
 68. "Lutetium's successor"
 69. On the "A River Runs Through It"
 70. To a historic: "The..."
 71. Argument's propeller
 72. Engineered
 73. In a particular gray shade
 74. By way of
 75. Theatrical alterations
 76. Displayers display
 77. Australian runner
 78. Editor's "Let it stand"
- DOWN**
1. Desire pleasure
 2. Famous home
 3. Miscellaneous bank
 4. Calhoun
 5. Chain Henderson's name "E"
 6. Ore deposit
 7. Propagator to St. in NYC
 8. Ann Potbury's novel "The..."
 9. Birds are up
 10. H.S. math class
 11. White on tomatoes, e.g.
 12. Animal protein
 13. Population count
 14. Cold unit
 15. Design of electrical resistance
 16. Perform a surgery
 17. "Father and Son, Grammy and Emmy" host
 18. Infamous liars
 19. "County" with Strip
 20. Message V.I.P.
 21. Combustion money
 22. "Kelly's ex"
 23. Convert making
 24. Adam and Mike
 25. Region turkey dance
 26. "Jim Stroud's successor"
 27. Fresh Prince: "...ya later!"
 28. In a pleasant manner
 29. "Whose name James Condon suggests are not"
 30. "Former "Woodland Update" host"
 31. "Apples on Fishhead Bay" Show set
 32. "... me, then what?"
 33. Pasty part of a tooth
 34. Michel Foucault prison capital
 35. Bold forest
 36. Lucian's stalling
 37. Curious' litter
 38. Met in me
 39. Edible fat
 40. Kilo's Deputy
 41. Cover the bull's eye

CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	12
13					14			15			
16					17			18			
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Rancho Cordova Area Soroptimist Club Selects Its 2017-2018 Award Winners

Continued from page 1

in Rio de Janeiro. The impact of that experience was so profound, that Lisa was convinced, compelled and committed to bringing Street Soccer to her hometown of Sacramento. "2018 marks the eighth consecutive year that SSUSA will see the strength and hope of the women in our community. Thus far they've seen women and children reconnect, women overcome interpersonal and physical fears, positive female-to-female relationships develop, women desire a healthier life style and set positive examples for their peers and children, and many other life skills and positive characteristic develop along this Street Soccer journey," says Lisa.

"Our club is extremely proud of all our award winners. We are confident that they will achieve and exceed the goals they have set for themselves and we look forward

to remaining in touch and perhaps develop a partnership of continued support," says Soroptimist International of Rancho Cordova & Gold River President, Sheryl Longworth.

The goal of the Live Your Dream Award is to help head of household women improve their economic status by preparing them to enter or re-enter the workplace. Unlike other scholarship programs, the Live Your Dream award can be used for books, childcare, transportation or any other expense that will help a woman reach her educational goal. The Ruby Award honors women who have worked to improve the lives of women and girls through their professional and/or volunteer work.

The 2018-19 Live Your Dream and Ruby Award application window are open now and both close on November 15, 2018. Both applications may be

accessed at our website: <http://www.soroptimistranchocordova.org/awardapplications/live-your-dream-award> and <http://www.soroptimistranchocordova.org/awardapplications/ruby-award>.

Soroptimist is an international nonprofit organization who seeks to improve the lives of women and girls through programs leading to social and economic empowerment. The name, Soroptimist, means "best for women," and that's what the organization strives to achieve. Soroptimists are people at their best, working to help other women to be their best. Please send an email to siranchocordova@soroptimist.net to receive more information about Soroptimist International of Rancho Cordova & Gold River, how to become a member, or just learn how you can volunteer with our club members or visit www.soroptimistranchocordova.org. ★



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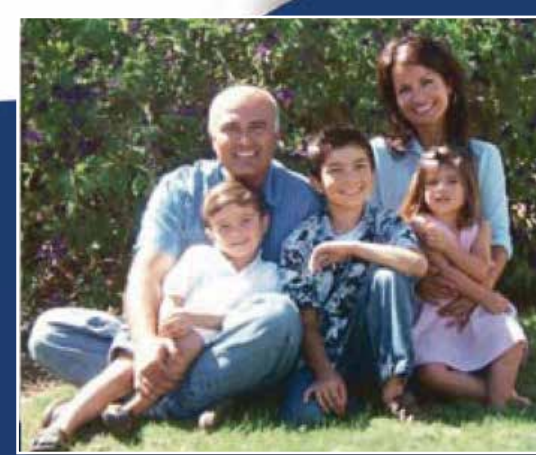



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Meet Molly the lovable, Sweet Shih Tsu



By Kay Burton

Molly is a six month old, black and white Shih Tsu weighing almost seven pounds. She is the adopted daughter of Gold River residents Claire Sherman and Howard Rosenthal.

Claire found her on a private breeder's Craig's Listing in Roseville and it was love at first sight. She is lovable, sweet and cuddly, but also can be playful and energetic, like a young puppy.



Molly, the six month old Shih Tsu weight in at seven pounds.

Claire and Howard are enjoying her immensely, except for the occasional nipping at their feet and arms. They are anxious awaiting the arrival of her adult teeth and the healing of their limbs.

She is adapting pretty well to the Doggy Door they had installed. She loves the Kiddy

Pool they bought for her in the backyard and lives among an army of toys scattered throughout her new home.

Kay Burton is a longtime columnist and supporter of the SSPCA and other Rescue groups. To share your family pet story with our readers, email: Kayburton@comcast. ★

Family First, and Then Swimming



Luca, well ahead of the pack, exactly where he persists and insists on staying

Story by Jan Float
Photos by Tom Jones

GOLD RIVER, CA (MPG) - The Bortolettos, a tightly-knit and fun foursome, could undoubtedly perform as an award-winning relay. To head the race, Dad Michael would swim the first leg, Mom Katie dive in for the second, 12-year-old Joseph third, and Luca as the 11-year-old anchor. This Family First is first to the wall time and time again.

With well-placed priorities -- faith, family and friends -- the Bortolettos create their own special brand of magic that lends itself to this family-oriented sport. In 2000, with a genuine passion for swimming, Mom Katie assumed a secondary role (aka Coach Katie) and hasn't looked back. She embarked on a career with many regional teams, one of which is Johnson Ranch, a Gold River sister club.

For six years Katie was on the Stingrays' deck and, two seasons ago, decided to commute from Roseville for their Family First to rejoin the team. As Coach Katie espouses, "Swimming teaches so many lifelong lessons; and I enjoy the process of the athletes learning to work hard, improve beyond their Beliefs and acquire a love for the sport."

Joseph and Luca swam in the same age group this year, the 11-12s. Though fiercely competitive, it's never against one another. Family First! Their quips and quotes are typically



The Stingrays "Believe" the Bortolettos are a first-rate family and consider themselves privileged and proud to have them on-deck.

thoughtful and engaging. "I love all of my friends," says Joseph, "and how good my body feels after one of Coach Jeff's workouts." As for Luca, "Swimming is so fun, and Coach Jeff has taught me to 'Believe' in myself and my teammates." A loud Shout-Out here to the entire coaching staff, each one putting the boys "in the fast lane" ... and on to faster and fastest! Exemplified by Luca's "Believe" citation, the Stingrays' cheer "I Believe - We Believe" is a double-entendre in the Bortoletto household.

This Family First is assuredly one of the most well-rounded you'll ever meet. Integrated into Dad Mike's employment as sales manager of his company's utility division, all four appreciate The Great Outdoors: hiking, basking in its scenery, playing with creepy crawlers and maintaining a prolific vegetable garden. Both sons, with a strong emphasis on academics, are home-schooled and often visit the areas about which they're being taught.

But that's just for starters. In addition, Joseph and Luca are active participants in the

youth group at their church, Boy Scouts' Tenderfoot and Star ranks, the US Navy League Cadet Corps, mixed martial arts with brown and red belts, an Olympic-styled junior rifle club, lacrosse and golf with Dad. And did we mention swimming? Depicted here is Luca, well ahead of the pack, exactly where he persists and insists on staying.

Avaling themselves of these all-embracing opportunities, the Family First brothers are fortunate to be indoctrinated into an adulthood of Belief, life skills, respect, patriotism, discipline, athleticism, solid character and good sportsmanship -- which, in the long run, create an unquenchable thirst for knowledge and insatiable curiosity about the world.

This Family First, inspiring and admirable, can readily induce a Cause for Pause. Revisiting priorities, and sometimes revising them, is essential in today's high-speed society. The Stingrays "Believe" the Bortolettos are a first-rate family and consider themselves privileged and proud to have them on-deck. ★

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By Noah Howard

SACRAMENTO REGION, CA (MPG) - The most common criticism of major big-budget video game studios is their reliance on repetitive, unoriginal

Game Plots

The Value of Quantity over Quality

filler. Ubisoft, in particular, has become synonymous with their game-world maps filling up with copy-and-paste icons, each indicating a meaningless collectible or busywork side-quest. To complete these tasks, so goes the classic critique, is to be reduced from elite soldier, ancient assassin, or (insert video game avatar here), to little more than an errand runner for wealthy studio executives

who care only about writing "50 hours of gameplay!" on the back of the box. Quality, the gaming community screams, is always preferable to quantity.

But as my life has progressed from middle schooler (when I first started writing this column), to high schooler, to now college student with a job, these filler distractions in big-budget games have begun to take on increasing value. I find

myself struggling to progress through God of War, the newest blockbuster extravaganza (and likely universal Game of the Year winner), instead returning again and again to Mass Effect: Andromeda, a mediocre 2016 release, to complete a few of the menial tasks that for so long I despised.

As I slowly shift into the world of adult commitments, I simply have less time and less mental energy to invest in a sprawling, dramatic, tightly-constructed cinematic story like God of War. Though the dynamic between that game's two main characters (a father and a son) is irrefutably engaging, I prefer to spend my limited

relaxation time exploring Mass Effect: Andromeda's familiar planetscape than investing in God of War's emotionally heavy intra-family drama.

As such, these pieces of busywork drivel that I have, for so long, seen as a blight upon otherwise competent games have taken on new meaning and new importance. The value in games, now, has shifted from their immense storytelling potential to simple escapism, a way to temporarily project my brain out of the worries of this world and occupy it with the trivialities of another. The simple ability to exist in these spaces, even for short spurts of time, is what matters, especially

because the multi-hour blocks of free time necessary for story-based experiences have become increasingly rare.

As a result, I finally understand why Ubisoft-esque games are so popular with adult gamers whose tastes, supposedly, are refined enough to know what they're missing. As the gaming hobby slowly gives way to other commitments, quantity is as good as quality when it comes to the primary reason why most people play video games: to, for a short time, inhabit another body and visit another world.

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

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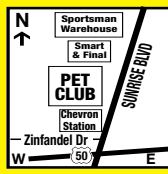


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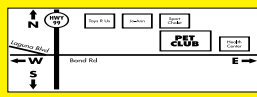
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The Two-Year Globalist War on President Trump

Commentary
Harold Pease, Ph. D

SACRAMENTO REGION, CA (MPG) - The most vicious elections in our history were that of Jefferson in 1800, Lincoln in 1860, Lyndon Johnson in 1964, Ronald Reagan in 1980, but none of these were more contentious than that of Donald Trump in 2016 who was opposed by both political parties. “Never Trumpers” (mostly Republicans) did not resort to street riots but “Not my President” (mostly Democrats) did following his election in many cities throughout the land.

In 2016, Most Americans knew that something was wrong—really wrong. Independents, those refusing to align Democrat or Republican, were about 40%—stronger than either party. Most Americans felt lied to by both parties and the media. Most Republicans felt betrayed when they elected politicians to restore the Constitution and the economy and these same politicians appeared to join the other side as soon as they arrived in Washington D.C. Many had wondered the value of their vote outside “the lesser of two evils” philosophy.

Enter Donald Trump who mostly said what others were afraid to say, beginning with illegal immigration. Our Mexican friends have indeed invaded our country and taken, not just the jobs Americans did not want, but the ones they did want as well. They entered every field and their illegal children, being bilingual, are now favored in most other jobs. When politicians say they will build a fence to help preserve American jobs almost no one believed them. Trump was a builder, building magnificent structures, and was believed.

Simply put, the media, the establishment, and the political parties had lost their credibility. The more the establishment or media ganged-up on Trump the more his following grew. He even identified the establishment media as “fake news.” His bravado was

somewhat refreshing from the Bush’s, Clinton’s, Boehner’s and McConnell’s “no real change” rhetoric. The establishment opposition to Trump certified another factor in his favor. He was not one of them. He would not be controlled by them, as were his predecessors from both parties. Nor did any special interest group control him. This may have been the first time in 120 years that this was so. Only the Constitution should guide and restrain him—not the moneyed establishment.

Another factor in his favor, also not mentioned by the press, was that most Americans believed that the economy was on a crash course. No country can long endure when more money is spent than taken in. No candidate understood the economy better than Trump, having worked successfully with it for decades. He had the most incentive to get it back to a sound base more than any other candidate, or even you or I; we lose hundreds when it blows, he loses billions.

The Trump phenomenon was essentially a rebellion against the establishment by a population tired of being manipulated every four years into staying on the road to bankruptcy with the same failed internationalist foreign policy presented by establishment candidates of both parties.

The establishment media attempted to show candidate Donald Trump as, a joke—certainly not a serious candidate, not a real conservative, a flip-flopper on the issues, anti-women, anti-immigration, insulting to everyone, least likely to beat Hillary Clinton, only attractive to white males, and not in touch with reality and more.


What was very different from previous brutal elections where such rhetoric ended after the election, was that, for Trump, it never ended—indeed it amplified his first two years in the White House. Opponent sympathizers largely financed by CFR member George Soros, took to the streets before the inauguration with signs “Not my

president” while Republican opponents joined the “Never Trump” movement.

The intelligence community with Obama Administration holdovers, now referred to as the Deep State, targeted a duly elected president with what is now known as the “Russia Hoax.” Finding no evidence of Russia/Trump collusion after a two year Special Council Mueller probe; all in an effort to impeach their hated president as a traitor. CFR member and Obama CIA Director, John Brennan had called Trump a traitor. This while completely ignoring, even covering up, a real Russian/Clinton collusion story and the Russian Uranium One deal giving Russia 20% of America’s uranium profiting the Clintons by millions. This, with the bleach-bitted 35,000 Hillary Clinton emails so attesting to this deal, many of which were classified documents sent over her unsecured server.

While the Deep State fabricated collusion was ongoing the establishment press worked at getting Trump Administration personnel to turn on their boss from within, through anonymous sources showing Trump unfit for office. They hoped to “prove” incompetence, and thus exercise the 25th Amendment to remove him from office. But the Trump staff held firm.

Excepting Lincoln, no president should fear an assassination attempt more than Trump and many still fear that end; he is so hated by the establishment. Why? Because For over a hundred years, since William McKinley they, with the help of the media that they came to largely own, have propelled into power politicians sympathetic to their globalist interests in both parties so that their interests got attention no matter which of their two political parties, Democrat or Republican, got elected. Control of foreign policy was never out of their hands. They want “their” White House back regardless of what they have to do to obtain it. ★




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