



Where the Work Flows

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Gold River Messenger

"Written by the people, for the people"

VOLUME 6 • ISSUE 2

Serving Gold River and Sacramento County

FEBRUARY, 2018

HIGH SPEED RAIL IS SLOWING YOU DOWN



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'Fool's Gold' Be My Valentine!



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CALIFORNIA MUST FOLLOW TRUMP'S LEAD AND CUT TAXES NOW



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Where Are They Now?

By Jan Float

GOLD RIVER, CA (MPG) - What goes around comes around. Meet Kellen Arno and his daughter Olivia. Kellen actually began swimming as a Stingray back in 1989 at seven years old ... and kept kicking his way right into college. Together with his wife Amber, they decided to register Olivia last season at age five. Why? Because Kellen years to share all of the benefits he derived from swimming with the Spirited Stingrays.

As a Rio Americano student, Kellen swam and learned water polo and, upon admission into UCD, was one fierce water polo competitor. After graduation, with a degree in history and H2O coursing through his veins, where was Kellen then? Swimming lap after lap with the Davis Aquatic Masters.

Enter Amber and Olivia. Kellen, by then an Ironman-length triathlete, knew that his daughter was DNA-destined for an amphibious life. As a superb athlete, Kellen understands the lifelong concept of mind/body/spirit and has a burning desire to instill that in Olivia. What could be more precious than to relive old Stingrays memories and create new ones through the sparkle in your little girl's eyes? So where is Kellen now? Right back on the Stingrays' deck, cheering on his notably talented Olivia and volunteering as the team's NorCal Swim League representative. What goes around comes around.



Continued on page 3 Kellen Arno and his daughter Olivia share in the joy of swimming success. Photo courtesy Gold River Stingrays

Premier Event Cork & Fork Returns in March

Cork & Fork Raises Money to Support Local Children and Families

RANCHO CORDOVA, CA (MPG) - Cork & Fork is an evening of wine tasting from wineries around the region along with gourmet food sampling from many of the area's best-known restaurants and caterers. The event also features live music and a spectacular silent auction showcasing a variety of items ranging from fine art, exotic getaways, unique home décor and much more.



Cork & Fork is Rancho Cordova's premier wine tasting event and a vital fundraiser for the Folsom Cordova Community Partnership. They provide a wide range of programs targeted at reducing the risk of child abuse as well as help families to self-sufficiency. Each year, the Folsom Cordova Community Partnership provides parent education and support, safe youth activities, employment services and safety-net services to over 5,000 children, youth and adults in our local community. They offer a wide range of services in one place to best serve families through a Family Resource Center and Job Center environment.

Cork & Fork will be held on Friday, March 2nd 2018 from 6:30 p.m. to 9:00 p.m. at the Rancho Cordova City Hall, 2729 Prospect Park Drive, Rancho Cordova, CA. Event tickets are available for \$25.00 online at www.CorkFork.org or \$40.00 at the door. The evening's entertainment will be provided by acoustic guitarist Doug Brewer.

You can partner with Cork & Fork in supporting and empowering children and families in our local community by purchasing tickets at www.CorkFork.org and enjoying an evening of delightful food, wine and entertainment.

Event sponsorships are also available. Please contact Chris Clark at CClark@theFCCP.org for sponsorship details.

Source: FCCP ★

Hwy 50 Interchange Gets Green Light

Story by Jacqueline Fox

RANCHO CORDOVA, CA (MPG) - Plans to build the hotly-contested Rancho Cordova Interchange on Highway 50 have been given the green light to move forward, following a long-fought but unsuccessful opposition campaign to stop them.

The city's Environmental Impact Report (EIR) on the proposed Interchange was approved in a 5-0 vote by the Rancho Cordova City Council in 2015. However, plans to move the project forward have stalled under legal challenges by residents of the upscale community of Gold River, located north of the project but outside the city.

Opponents argue a new interchange would put roughly 100,000 new cars on Highway 50, driving air and noise pollution into their backyards, parks and playgrounds. Gold River residents, including Lon Maier, pooled resources to appeal the validity of

the EIR, but that appeal was overturned last spring. In October a second appeal was heard in court by judges representing cases under the California Environmental Quality Act (CEQA).

The EIR, argued Maier and others, including their attorney, was both drafted and signed off on by the city of Rancho Cordova. Key to their argument was lack of oversight in approving the interchange and refusal to consider an alternative location. But in late December, judges ruled in favor of the city and its EIR, essentially clearing the way for its construction.

"We're very disappointed with the ruling and yes, it does look like this is the end of the road for us," said Maier. "I think they are avoiding the really big issues. To me, the fundamental question is how can anyone, including the city of Rancho Cordova, think that putting an interchange with 100,000 cars on it within 500 feet of children's homes is a good thing?"

The \$100 million project proposes a south-entry only connector on Highway 50 between the Sunrise Boulevard and Hazel Avenue interchanges to alleviate existing congestion and accommodate anticipated growth, given the number of large housing developments planned for the city's southern quadrant.

Maier and others have spent years trying to convince the city to put the interchange at Hazel Avenue, which is further from residential areas. However, the city has argued that that plan would force encroachment on Aerojet land and involve complicated partnering with the county to manage, including mitigation of soil contamination and construction of a county-funded connector road, among other issues.

Maier, however, said the idea was never given serious consideration, in and out of court, largely because there is currently no

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Where the Work Flows

Story and photos by Jacqueline Fox

GOLD RIVER, CA (MPG) - The coffee shop, for many remote workers out there, often doubles as an office space and, it has its perks, to be sure. But try conducting a meeting over the din of a barista bellowing out an order every 10 seconds.

When graphic designer Angela Lofton-Moore set out to find a space to run her business offsite, she experienced this very challenge. After investigating options downtown she found the parking and monthly rental fees out of her range. When she realized there was nothing local on offer, she did what every good entrepreneur does: she fill the niche.

In October, Lofton-Moore signed a five-year lease on a 4,000 square foot building and officially opened WorkFlow Lounge, the first, comprehensive, one-stop-shop for remote workers, sans the lattes, in Rancho Cordova. WorkFlow Lounge provides working space for independent contractors, entrepreneurs, networking groups, nonprofits, anyone in need of a professional working or thinking space, as well as space for meetings and events.

Members pay a monthly fee of \$125, which affords access to either one of several private offices, a large, open, shared workspace, and a private conference room with calling and audio visual connections. There is free Internet, even access to a business telephone number and mailing address, if needed.

And, don't worry: there is coffee, as well as tea, all free for the taking with membership, as well as a full kitchen with a microwave, sink and refrigerator available for storing and cooking meals and snacks. Ample parking out front, as well as an unlimited use of the shared spaces, Lofton-Moore says, set the business apart from others.

"We have plenty of parking here and we don't put any limits on the time you spend here, except for the private conference room



Angela Lofton-Moore, founder of WorkFlow Lounge. Photo by Jacqueline Fox

and offices," says Lofton-Moore. "When we say 'Unlimited,' we mean just that. You can reserve one of the private offices for up to two hours, which allows us to make it available to others. But the shared workspace is open to our clients all day during the hours we are open, and sometimes beyond that, if they need us. Downtown, they say it's unlimited, but it really isn't."

In just a short period of time, WorkFlow Lounge has attracted several, regular groups to the space who use it as a meeting and networking spot, some weekly, some monthly, including the National Christian Chamber of Commerce, as well as a handful of board and investor groups. Lofton-Moore partners with an event planner to provide services for groups or individuals who may want to host a chamber mixer, employee orientation or perhaps a small party or hiring event, for example.

"Our large, shared workspace can also double as an event location and we have the capability to provide a full range of event planning services, from the food and drinks to the decorations and equipment," Lofton-Moore said. We make it possible to cover all of the basis without having to worry about the details."

She also has parlayed her graphic design business,

InfoPrincess, which she opened roughly eight years ago, into WorkFlow's menu of customer services. For additional fees, WorkFlow can help with the conceptualization and design of a logo or website, as well as printed marketing collateral, and customers can enjoy a free, one-hour consultation for these services.

In addition, WorkFlow offers web domain hosting, printing, coping and notary services, and, beginning in 2018, you'll be greeted by a full-time receptionist at the door, who, in addition to servicing customers at entry, also will be equipped to provide live answering services. Currently, auto-attendant reception service is available.

"We want to be able to give a business a place to thrive and represent itself to its fullest, professional capacity," said Lofton-Moore. "We are more than a room with desks and tables and chairs and wifi. We are flexible. We want everyone to feel welcome here. If we get a request from a member who needs us here after hours, or something like that, we will be here. We are here to help them."

Through grants from the city of Rancho Cordova's Economic Development Dept., Lofton-Moore has received funding to begin offering free computer training classes to veterans and seniors

in January, a personal project she's spearheading as a way to give back to the community and a nod to her own upbringing.

"I grew up here, I live in Mather, and my father was in the service, so I bleed Navy," says Lofton-Moore. "I want to help the veterans out there, and seniors, who have little or no computer skills, because it is often the key for them to getting a job and staying current with technology and their community. That's my way of giving back to my people and to the community I grew up in."

The classes will also be open to members at no charge, and non-members will be able to attend for a \$10 fee per session, however, spaces will be limited and reserved for veterans and seniors first. Classes, says Lofton-Moore, will cover a broad range of computer-related issues, including the basics of browsing and Internet tools, as well as Microsoft Office tools. Later, she expects to add basics of Adobe Creative to the menu for anyone interested in learning the basics of design.

Lofton-Moore said start-up costs came in at about \$50,000 and WorkFlow's current membership is at 20. She'd like to see that increase by as much as 10 new members a month. And, she may be in implementation mode with her first location, but Lofton-Moore is already thinking about expansion.

"We started thinking about this business last spring and by October 2 we had the doors open," said Lofton-Moore. "So we moved fast. And now we are thinking about expanding, with possibly one new location in Elk Grove, and two other locations in the region. We'll see how things go but we are considering three locations next year." ★

WorkFlow Lounge
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Hwy 50 Interchange Gets Green Light

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commercial business presence in the alternate location.

"It is pretty disappointing because all along the way we had advised the city to look at alternatives, not just the present (proposed) location," Maier said. "In addition, the body of information about the health impact on kids and the elderly is pretty overwhelming. But even though we provided all of that to the council, and after having several judges reviewing the project, it didn't seem to matter to anybody. That's the most disappointing part. Not just that it's big and ugly, but that it poses serious harm to the environment and to residents' health."

Maier suggested that because the council both drafted and approved its own EIR for the project, the system didn't allow for an unbiased review. The appellate judges, he adds, were equally less concerned about oversite as they were with pushing for a ruling based on the law.

"The city writes the environmental impact report and it's the same body that approves it," Maier said. "There's no oversight for the process and the judges in this case were not concerned about the spirit of the law, just the letter of the law."

Appellate judges hearing CEQA cases do not comment on their findings.

City Manager Cyrus Abhar, who served as the city's public works director when the EIR was drafted, said the judges' ruling clears the way for the next phase of the project, which essentially involves acquisition of rights of way and, most critically, finding a way to fund it.

"With the lawsuit behind us, we can now focus on acquiring the necessary rights of way and developing funding strategies for the project," Abhar said, adding that the city knows the timing of the construction of

the interchange will be linked to the pace of construction of new homes south of Highway 50, as developer fees will be needed to pay for the bulk of the project.

Key to those development plans is the massive Rio Del Oro specific plan currently in the design and permitting phase. The plan encompasses some 3,800 acres of undeveloped land bordered by White Rock Road to the north, Sunrise Boulevard to the west, and Douglas Road to the south. According to city documents, it calls for roughly 12,189 residential units, as well as a new high school, two middle schools, six elementary schools, approximately 157 acres of commercial development, a 90-acre business park, 269 acres set aside for an industrial park, 510 acres of wetland preserve, 121 acres of community parks, 57 acres of neighborhood parks and 16 miles of public trails.

The price tag for the Rio Del Oro project is also currently estimated at \$100 million. Maier said it is going to be a while before housing demands, developer confidence in the residential market and the economy sync up tight enough for construction of the massive complex to begin.

Meanwhile, Maier added that it is likely he and fellow residents of Gold River will start thinking about their next move, too - a move that means leaving the community he and many others have lived in for decades and envisioned as home for many years to come.

"I think most people who live close by will end up selling and moving," said Maier. "I wouldn't be surprised if houses in Gold River started going for cheap. We don't plan on staying here. I've been here 24 years. We'll move somewhere else and this is a place we wanted to stay the rest of our lives." ★

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By County Supervisor Sue Frost

GOLD RIVER COMMUNITY UPDATE

High Speed Rail is Slowing you Down

what we can do to change things.

What many people do not understand is that the vast majority of funds that are spent on local roads are from the state and federal government. Not only that, but many of these funds are competitive dollars, meaning we are only going to win those funds for major projects that have nothing to do with resurfacing, like the road widening happening right now on Hazel Avenue. So even if I wanted to prioritize local road resurfacings, the money Sacramento County could divert towards roads would be insignificantly small compared to what the state and federal government have the ability to do. And this completely ignores the fact that Sacramento County has virtually zero reserves in our budget (if we had to rely solely on reserves, we would only have enough money to last us eight days).

The problem Sacramento County is experiencing with our roads is not localized to just our county or even region. This is a problem afflicting the entire State of California, as of last count our state had over \$57 billion in road maintenance that has been postponed due to not having enough money for our roads, highways, and bridges (also called deferred maintenance). This enormous deferred maintenance bill would feel more understandable if California was broke, but at the same time we have this bill we are spending outrageous amounts of money on California High-Speed Rail (CAHSR), which in my opinion is only a fraction as important as having reliable roads. CAHSR has the potential to benefit a small fraction of the population, specifically those that would use it to commute. Meanwhile, roads are used by everyone, including passengers, freight, fire service, police service, etc. To top it off, the train

doesn't even come close to Gold River, as the furthest north it goes is San Francisco.

When voters approved CAHSR, it was supposed to cost \$40 billion. As of today, the current estimate has risen to \$79 billion, and experts are now expecting that by the time the project is completed it will cost nearly \$100 billion. The first segment of CAHSR is currently being constructed - it is 118 miles through the Central Valley from Merced to Shafter and is supposed to be the easiest part of the construction. Just how easy is the "easy" part? It was expected to be done this year and cost \$6.4 billion, but is now expected to be finished in 2024 and will cost \$10 billion.

Even if we let CAHSR continue to build the central valley line, and we abandoned CAHSR after that we would save enough money to pay for every cent of deferred maintenance for all roads, highways, and bridges in California. Not only that, but we would also save enough to pay for all deferred maintenance in every department across the State, including things like water systems, courts, parks, colleges, fairs, etc. The California Legislature and the Governor have the capacity to fix our roads, they just need to change their priorities and focus on what California needs the most.

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 Murietta, North Highlands, Carmichael, Foothill Farms and Fair Oaks. ★

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

As I enter my second year as your County Supervisor, I find myself reflecting on what I have learned about the communities that I represent. I have learned that we have a community of people in Gold River who love where they live and constantly want to help pitch-in to improve things. I have learned that Gold River is one of the jewels of our County and people are lucky to be fortunate enough to live here. And I have learned that people here are generally happy if the roads in Sacramento County are in good condition. Unfortunately, Sacramento County roads are in a horrible condition and Gold River residents are rightfully upset.

I get it because I am upset myself. I see the deterioration of the streets that have needed repaving for years, and just last month I had to pay \$500 for new tires that my mechanic directly attributed to poor road conditions (tires I bought only 2 years ago). Because of this frustration, the question I get more than any other lately from residents in Gold River is, "why can't you fix the roads in the County?" I wish it were that simple, because if it were I would have done it many months ago. So I wanted to take this opportunity in my monthly article to explain to you why it's not so simple, and

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Crossword Puzzle on Page 5

P	O	S	E	D	T	B	S	P	L	I	I
V	A	L	V	E	O	R	A	L	E	N	D
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Sudoku Puzzle on Page 5

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

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By David Dickstein, Gold River resident

'Fool's Gold' Be My Valentine



Love Flare's safety messages in front of the Gold River fire station, but how safe are they? Photo by David Dickstein

With so much to love about Gold River and this being the month of Valentine's Day and all, I hope you forgive this public display of affection.

- What I love about Gold River:
- Not a single burrito at the Gold River Rubio's is under 850 calories because Americans are far too skinny as it is.
 - Since Gold River Online went offline, the community seems to be much kinder.
 - Our section of the American River Parkway is possibly the safest of the trail's 23 miles. That is, unless you get mowed down by a cyclist who thinks he's in the Tour de France.
 - Tenants of Gold River Town Centre seem to be OK with not getting the increase in business a monument sign along Sunrise Boulevard would bring.
 - Serving on my village's board of directors helped build my tolerance for doing thankless jobs.
 - Close proximity to an In-N-Out.
 - How easy it is to shop our cute, little Bel Air that takes the "super" out of "supermarket."
 - While other tenants of Gold River Town Centre come and go, the most stable is also the smallest and least cool. It's the 450-square-foot shoe repair shop run by an older Korean-American couple, bless their soles.
 - The ginormous Mother Lode Burger at Cattlemens that easily makes for two meals.
 - Flare, Sac Metro Fire's mascot dog, leaves safety tips on the sign in front of the Coloma fire station without considering

- the irony of accidents possibly caused by drivers not keeping their eyes on the road.
- Gold River dentist Paul Cripe and my go-to hygienist Michelle have still not found my first-ever cavity.
- I've never been mugged using the Gold River Wells Fargo Bank ATM at night.
- Ever since my column on the disgusting topic, more Gold River Racquet Club members seem to be wiping down their equipment.
- Having President Trump make homeowner associations great again. Thank you for your service, GRCA President Norm Trump!
- The GRCA.info website will be wonderful once it's done. If it's ever done. The message, "Our website is currently under renovation," has been on the homepage almost as long as the Internet itself.
- Saving money on garbage collection by going with a smaller trash container.
- The deep, deep love felt from so many Giants fans when I wear my Dodgers gear around town.
- Not a single registered sex offender currently resides in Gold River. But poor Mobil Country Club; the walled community at Sunrise and Coloma had four sickos living there at last check.
- Parents of young children can't contain their excitement seeing the banner along Sunrise that reads, "Kids Camp Coming Soon" – right next to a gun and ammo store and a kava bar that

- serves mood-altering beverages.
- When the wind blows just right, the neighborhood basks in the lovely scent of rotting salmon carcass.
- The brave and super-cool firefighters of Sac Metro Fire Station 65 who love fireworks as much as I do.
- The 23.8 percent of residents who make complete stops at our stop signs.
- Free notary service from my Gold River-based State Farm Insurance agent, Tara Dietel.
- The peace of mind \$12 a month brings to each dues-paying household for Gold River Community Patrol.
- Living in a neighborhood where the parameter of the local school still isn't fenced.
- The keyed lockers at the Racquet Club aren't outdated, they're retro!
- The unique soy-ginger sauce that comes with the ahi appetizer at Outback Steakhouse.
- My village's new landscaper is guaranteed to be better because the previous contractor set a bar lower than dirt.
- Quest Diagnostics is taking over the Big Valley Credit Union location near Rubio's, bringing with it a whole different type of withdrawal.
- My readers who support or challenge my thoughts and opinions, and are clever enough to get that "withdrawal" joke.

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

Where Are They Now?

Continued from page 1

Mia Leisten, on the other hand, has essentially never left the Stingrays. During her eight-year participation, she touched first to the wall against powerful opponents, became one of the team's top swimmers, and amassed a myriad of Stingrays Awards and High-Point trophies. Currently enrolled at American River College, Mia sets the pace for other swimmers at a more elite level, competing year-round in a 50-meter pool with the Davis Aquadarts.

Nothing stops Mia from attaining her athletic and academic goals. Soon she'll be off to pursue higher education and a career as a speech pathologist -- all the while swimming on those university's teams. So where is she now? A third-year assistant coach with the Stingrays. This sport is Mia's deeply ingrained passion. Not only does she love passing it on to today's youth, but the entire team loves having her there. What goes around comes around ... or stays around.

On Tuesday, February 6, from 6:30 - 8:30 pm at Fort Rock Brewery, the general public is invited to a Parents Ask & Answer. Come meet & greet with the coaches and board. Ask yourself, where are the Stingrays now? Would my child enjoy swimming? Answer: Chat with Kellen -- and the other experts, as well.



Mia Leisten. Photo courtesy Gold River Stingrays

Though online registration is open on February 11 from 10 am - 1 pm, experienced parents will be onsite at the Gold River Racquet Club to assist new parents with signups. Try-ons for suit sizing and purchases of gear are being presented at that time. Bonus: Each registered swimmer

is treated to a complimentary breakfast (on the house). Then it's time to dive into March Clinics -- four weeks devoted to one swimming stroke per week. After those technique-tweak weeks, the team is off to the races. And then where will the Stingrays be? Stay tuned. ★

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- CLUES**
- ACROSS**
- Got ready for a close up
 - Cookbook abbr.
 - *Super Bowl number
 - Flow-controlling device
 - Like pulling teeth
 - *Tight one?
 - Do like ivy
 - Half human, half cobra in Hinduism
 - Ring like a bell
 - Flying north in fall, e.g.
 - High school breakout
 - Distress signal
 - Choice word
 - One who increases bid
 - One of "12 Angry Men"
 - Kick out
 - Extinct flightless birds
 - Tony on a cereal box
 - Of short duration
 - *Extra point
 - Blood vessel
 - Drawing support
 - Life saver
 - precisely
 - Minimal in magnitude
 - Mortar and
 - "_____" I" said Piglet
 - Winter blues, acr.
 - Getting warm
 - *Only undefeated NFL team
 - Marchers in a kids' song
 - Albany-Buffalo canal
 - Royal topper
 - **"The _____ Bowl" in 1967
 - Actress Campbell
 - Happen
 - Communist color
 - Three-_____ sloth
 - Button on electrical outlet
- DOWN**
- Pipe material
 - Crew propeller
 - Multitude
 - Never without "n"
 - Remove from a throne
 - Grabbing tool
 - Fine, in Scotland
 - It's a long story
 - *One of 11 on field
 - River-dwelling phlebotomist
 - Absurd
 - Lazybones
 - *Team with most Super Bowl appearances
 - "Cheers" regular
 - Itty-bitty bit
 - Sonia Sotomayor's garb
 - Heavenly glow
 - a.k.a. The Islamic State
 - *Team with most Super Bowl wins
 - *Justin's "Wardrobe Malfunction" partner
 - Drug abuser
 - Sounds of amazement
 - Little cave
 - Et alibi
 - Birth _____ or mortality _____
 - Pestilence pest
 - Moonfish
 - Impassioned
 - Author's co-worker
 - Broadcast in progress
 - From this time
 - Old hat
 - r in d = rt
 - Sandwich cookie
 - *Like Super Bowl broadcast
 - Cote d'Azur locale
 - Pouches
 - Poe's Morgue
 - *Former Ravens owner or HOFer Donovan

CROSSWORD

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

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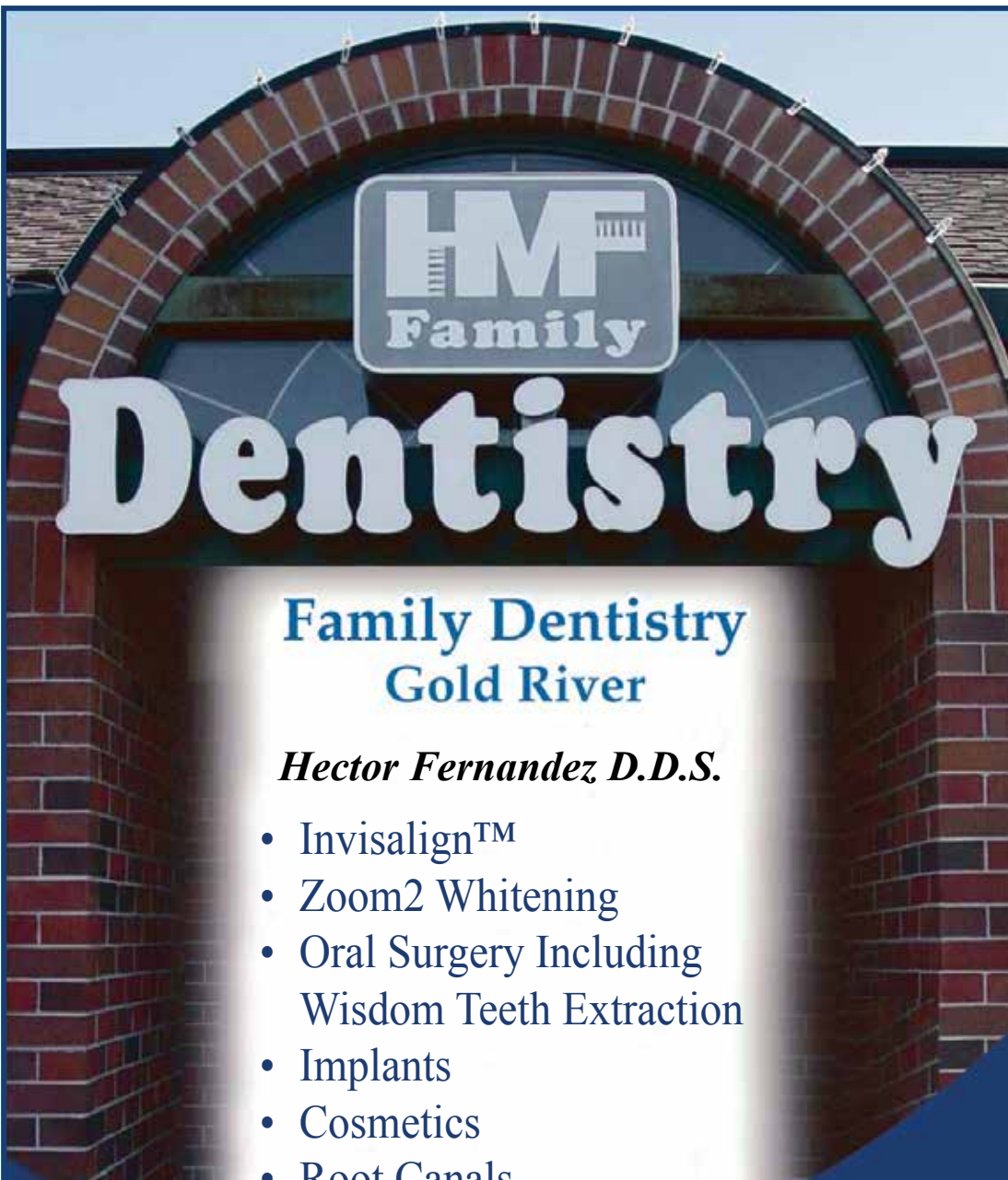
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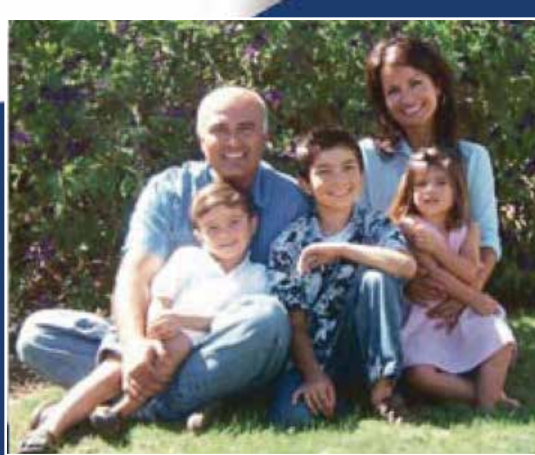



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Pam Young's Corner

Slow Down You Move Too Fast

Years ago, when I was experimenting with my sidetracked nature, I tethered myself to the post in the middle of a round oak table using a six-foot rope. I attached the other end to my ankle. I had a dust rag and Pledge and a basket for "put-aways," so I could deliver them when I'd cleaned the circle within the radius of six feet. This was all for keeping me in one place until the cleaning was done in that place. (I'd gotten the idea from a goat that lived on a farm near me. She was also on a rope and had cleared a weed-ridden patch into a perfect circle that resembled a putting green.)

I went through the holidays with my leg in a brace. (I broke my kneecap while on a walk with my son in Brooklyn, NY. In a way having only one leg to use was almost the same as being tethered to a table. It has caused me to slow down my "action" while my brain remained at its normal output of information. One example happened every time I'd leave one room to go to another (which I tried to keep to a minimum). First I'd make sure I had a list of what I'd be doing in the room I was headed for; sort of like making a grocery list. So going from the living room to the kitchen, my list would read:

Glass of water
Get hamburger out of freezer
Make salad dressing for lunch
Grab some peanuts for a snack
Get cookbook to take back to living room

I knew when I got my leg back, I certainly won't be making a list like that each time I left a room, but I gradually learned that just a little mindfulness as I moved around my house achieved so much. AND consciously slowing down is a big deal! We could all slow down a little! Try this sometime today: STOP right in the middle of doing whatever it is that you're doing and for one minute, see what you can do right there in the space you're in. I've found usually there's something to do right under my nose.

While on one leg, I caught myself humming a Simon and Garfunkel tune "Feeling Groovy," so I Googled the lyrics and am sharing the first verse with you.

*Slow down, you move too fast
You got to make the morning last
Just kicking down the cobblestones
Looking for fun and feelin' groovy*

Of course I just had to write a verse of my own:
Slow down, just what's your hurry

*Go too fast and life gets blurry
Take more time to have some fun
Life is good when feeling' groovy*

What a perfect time of year to feel groovy! Maybe you can try feelin' groovy when you're at the bank, the grocery store, the gas station, in traffic, just start humming the chorus:

*Doot-in doo-doo, feelin' groovy
Ba da da da da da da da, feelin' groovy*

I've always urged SHEs to "check your hands before they leave a room," because often we unconsciously migrate clutter from one room to the other, now with just a little more awareness, coupled with slowing your body down, I hope you'll be surprised by how much you get accomplished!

Maybe that could be your New Year's Resolution! SLOW DOWN.

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



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Meet Baby a Yorkie



By Kay Burton



Meet Baby. Photo courtesy Mahnaz Nasserri

A Yorkie is a small dog developed during 19th century in Yorkshire, England to catch rats in clothing mills. Baby weighs 5.5 pounds and is 14 years of age. She is very happy when her owner, Mahnaz Nasserri, cooks for her. She becomes upset when left alone. She sleeps in her own bed but likes to have her owners shirt with her. She is a tiny dog with a big

personality. Her temperament is: Confident, Bold, Intelligent, Courageous and Independent. Kay Burton is a longtime pet columnist and supporter

of the SSPCA and other rescue groups. To share your family story with our readers, email: Kayburton1@comcast.net

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California Must Follow Trump's Lead and Cut Taxes Now



By Senator Ted Gaines

taxpayers lead another Prop. 13-like revolt and tear down the high-tax, high-spending edifice that so comfortably houses fat cat politicians and their political allies?

It's this fear that's led to the absurd, over-the-top howling about the tax bill, with embarrassingly apocalyptic rhetoric about this much-needed reform and the tired talking point that the Trump plan, by letting people keep more of their own money, was somehow "looting" the treasury. That would only be true if all money you earned belonged to the government and was doled back out to you by their grace. But that belief says much more about entitled legislators than the legislation itself.

The problem is not SALT deductibility, it's the taxes themselves.

California's top marginal tax rate of 13.3 percent is the nation's highest, by far. Our state's base sales tax rate of 7.25 percent is also the nation's highest, and local add-ons push it above 10 percent in some cities.

Even those punitive rates might be tolerable if California delivered first-class infrastructure or schools, for example, but our roads are crumbling and our schools hug the bottom of the achievement curve. What exactly have California taxpayers been getting for their money, whether it's deductible or not?

At the very least, SALT changes could spotlight the terrible bargain California taxpayers get and drag state legislators into an era of greater accountability.

But until then, California politicians will be working overtime

to figure out an end-around on the President's tax plan that will keep taxes high but allow continued SALT deductions, so they can pull the veil back over the people's eyes.

I have a better solution and I'm going to introduce a bill to make it happen: Cut California taxes. By lowering our income tax rates, we could help people in every tax bracket keep more of their paychecks, spreading prosperity throughout the state.

Instead of investing time and energy scheming a way around the Trump plan, let's take this opportunity to provide tax relief to California's citizens.

Instead of complaining about deductibility, let's take a page from the majority of states with far lower taxes and give Californians lower taxes themselves. Why not aim to add to the tally of the six states, including deep blue Washington, with no state income tax at all.

Letting people and businesses keep more of their money expands our economy and personal freedom. Trump knows this far better than California's leading politicians, who will fight tooth-and-claw to keep state taxes among the highest in the country.

Here's hoping they fail, and President Trump's tax cut becomes the catalyst for a tax cut in the Golden State.

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. ★

What the Legalization of Marijuana Means for You

As of January 1, 2018 the recreational use, sale and cultivation of marijuana is legal in California. Prior to the passing of Prop 64, marijuana was only legal to those who obtained a medical marijuana license approved by a licensed medical professional. Although California has legalized pot, counties and cities have the ability to opt out. We've provided some help information below for your convenience.

5 Things YOU Need to Know About Prop 64

1. You must be 21 or over to purchase marijuana.
2. You cannot smoke marijuana within 1,000 feet of a school, day care center or youth center while children are present.
3. CA prohibits the sale of *non-medical* marijuana users under age 21. Although *medical* marijuana can still be used by people under
4. A state license issued by the Bureau of Marijuana Control is required to sell and grow in which strict rules and regulations will have to be abided by.
5. Selling pot without a license can result in a misdemeanor charge and up to 6 months in jail and a \$500 fine.

For more info on Prop 64 visit:
cannabis.ca.gov



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The City of Sacramento

There **are** medical dispensaries open in your town

You **can** start a recreational pot garden outdoors.

There **are** recreational stores in the city .

Sacramento County

There **are no** medical dispensaries open in your town

You **cannot** start a recreational pot garden outdoors.

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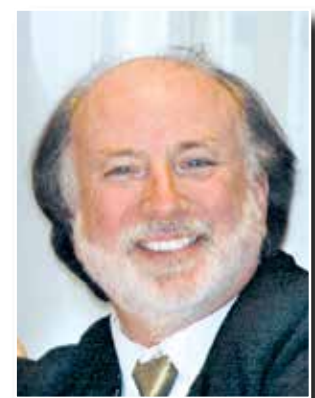


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Serving Gold River and Sacramento County

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Subscriptions should be mailed to *Gold River Messenger*, 7144 Fair Oaks Blvd., Suite #5, Carmichael, CA 95608. Subscription rate is \$12 per year within Gold River. The *Gold River Messenger* is published monthly. Call 916-773-1111 for more information. (ISSN # 1948-1918).



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