



CRPD Staff Leading the Region

Page 2

Local Program Delivers Holiday Spirit to Seniors

Page 2



Gold River Messenger

“Written by the people, for the people”

Volume 4 • Issue 12

Serving Gold River and Sacramento County

December, 2016

RIGHT UNDER MY NOSE



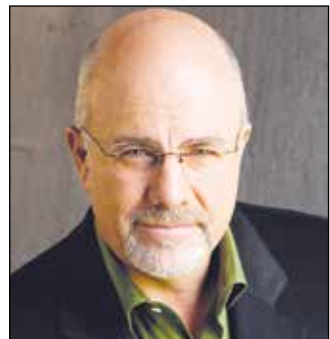
Page 3

DEAR SANTA



Page 5

DO BOTH FOR CHRISTMAS



Page 5

Beautiful Bouquets from Humble Beginnings



The staff at Morningside Florist; (l-r) Rose White, Brandon Bowman, Rachel Neely, Jackie Snyder, Kathleen Bradley and Anya Comer will all be on hand at their 30th Anniversary celebration on December 7th. Staff photo

By Shelly Lembke

RANCHO CORDOVA, CA (MPG) - The month of December will usher in more than the beginning of the holidays for one Rancho Cordova business. Morningside Florist, quietly tucked away among sedate office buildings, is celebrating its 30th anniversary.

Owners Rose and George White opened their shop on Sun Center Drive with original aspirations to serve the business community. Over the years their clientele has grown beyond their original dreams as their talented designers offer complete floral services from basic bouquets and gifts to beautiful bridal creations. A single class started it all.

“I took a silk arranging class at a florist in the bay area and fell in love with industry,” said owner Rose White. And, no, that name is not a joke. “People do comment on a regular basis. My family tells me I was destined to be a florist. Some customers don’t believe it’s my real name, but they always get a good laugh.”

Being in business with her spouse is both a challenge and reward she says, and the decision to open their business here was one they made together. “We decided to open the shop in Rancho Cordova because George and I wanted to move from Silicon Valley where we worked in a commercial business.” The pair chose their location with a vision towards business to

business service. “[We] felt very comfortable opening our shop in a business park environment.”

“We started from scratch,” said White. “On our first day, we did \$50.00 in sales. We plugged along cold-calling every business along the Highway 50 corridor from Watt Avenue to Blue Ravine Road in Folsom.” The beginnings may have been humble, but their continued hard work, innate talent and dedication to superior customer service enabled them to branch out beyond their original plan.

“We’ve come a long way. When we started the business, our focus was on serving the companies in the business park,” White continued. “We quickly realized that the employees of those businesses

could also use our services. We immediately expanded into wedding, funeral, special occasion and every day arrangements.” No matter the request, Morningside will design whatever their clients crave. Religious occasions are simply one example. “One of our customers wants a wall of flowers made with roses every year that he uses as a religious shrine for the holidays.”

Morningside Florist employs a gifted group of designers and has provided training for new ones. “We have had talented designers that we have put through the American Institute of Floral Design (AIFD). We have also brought in European floral teachers that have come to our shop

Continued on page 5

Santas Needed to Fill Local Stockings

You Can Help Formerly Homeless Women and Children

SACRAMENTO REGION, CA (MPG) - Local residents can bring smiles to formerly homeless women and children this holiday season by contributing to Women’s Empowerment’s annual Holiday Stocking Drive. The group is seeking 200 unstuffed stockings and specific fillers for local infants and toddlers, children, teens and adult women.

“There is nothing like hearing the squeals of joy from children and their mothers who have gone from having nothing to now having a place to call home during the holidays and cheerful stockings to hang in their homes,” said Lisa Culp, executive director, Women’s Empowerment. “But these stockings not only bring joy, they give these families necessary items so they can stay healthy and warm this winter as they rebuild their lives.”

For the list of items needed, visit www.womens-empowerment.org. Those interested also can donate \$35 to have a volunteer elf fill a stocking or donate \$15 Target gift cards. Items are needed by Dec. 7 and can be dropped off at 1590 North A Street, Sacramento.

Celebrating its 15th anniversary this year, Women’s Empowerment was recently featured on NBC’s The TODAY Show for offering the most comprehensive job-readiness program in the Sacramento area designed specifically for women who are homeless and their children. The 2014 Organization of the Year has graduated 1,367 homeless women and their 3,700 children. Last year, 93 percent of graduates found homes and 83 percent found jobs or enrolled in school or training. The program combines self-esteem courses, job training, health classes and support services to help homeless women across diverse ages, races and cultures. Women’s Empowerment is funded through private donations from the community and receives no government funding except for in-kind rent from the County of Sacramento. To make a donation: www.womens-empowerment.org. Source: Kristin Thébaud Communications

Todd Harms Sworn in as New Fire Chief

SACRAMENTO COUNTY, CA (MPG) - The Sacramento Metropolitan Fire District Board of Directors will conduct a swearing-in ceremony at its regular meeting tonight for new Fire Chief Todd Harms. Following a national search, Harms was selected by the Board of Directors in August as the District’s sixth Fire Chief. He replaces Mark Wells, who, after 29 years of service in public safety and two years as Fire Chief, is retiring.



Harms has 35 years of public safety service and most recently spent nine years as an Executive Staff member for the Phoenix Fire Department.

“I am truly honored to have this opportunity to lead Metro Fire,” said Harms. “I look forward to continually finding

way to improve our service delivery, showing the communities we serve that Metro Fire is here every

day of the year to solve their problems.”

Harms has 35 years of public safety service and most recently spent nine years as an Executive Staff member for the Phoenix Fire Department. He served as Assistant Chief of Operations, Assistant Chief of Personnel and the Training Division, with oversight of the Training Academy, Command Training Center, Special Operations, Emergency Medical Services, Technical Services, dispatch and the Regional 9-1-1 services.

Harms began his fire

service career in 1981 as a Firefighter Paramedic in Peotone, Illinois. In 1987, he became a member of the Phoenix Fire Department. While there, he progressed through the ranks as a Firefighter, Paramedic, Engineer, Captain, Battalion Chief, Deputy Chief of Special Operations and Shift Commander. He also has been an Urban Search and Rescue team member, with deployments to Hurricanes Katrina and Rita. Harms holds a Bachelor’s degree in Fire Service Management and is a past adjunct instructor at Phoenix College in the Fire Science Program.

“My career in the fire service was more rewarding than I ever expected,” said retiring Fire Chief Mark Wells. “I have been honored to serve this community for the last 29 years with the men and women of Metro Fire.”

Chief Wells started his fire service career with the Citrus Heights Fire District in 1987, and progressed through the ranks of Firefighter, Captain, Battalion Chief, Assistant Chief, Deputy Chief of Administration, becoming Fire Chief in 2014.

Key accomplishments during Wells’ tenure as

Fire Chief include the successful negotiation of a new labor contract, the reopening of three closed fire companies, the implementation of a Joint Arson/Bomb Task Force with Sacramento County Sheriff, the development of a Residential Care Facility Inspection program, equipping all Metro Fire medic units with video laryngoscopes, power gurney systems and automatic chest compression devices, and the donation of two surplus medic units and one fire engine to local community colleges.

*****ECRWSS*****

Local Postal Customer

Local Program Delivers Holiday Spirit to Seniors



Holiday shoppers are invited to participate in Be a Santa to a Senior by picking up a paper ornament at a participating location. Participating locations will display *Be a Santa to a Senior* trees from Nov. 1 to Dec. 28, which will be hung with ornaments featuring seniors' first names and their desired gifts.

SACRAMENTO REGION, CA (MPG) - The holidays are a time to celebrate the joy and warmth of the season with friends and family. In Sacramento, the local Home Instead Senior Care® office is inviting the community to celebrate with local seniors who may be alone during the holiday season.

The Home Instead Senior Care office serving Sacramento is helping to facilitate *Be a Santa to a Senior*®, a community program that provides gifts and companionship to seniors who may be isolated from friends or family during the holiday season. The program is made possible through the generous support of Sacramento businesses, nonprofit organizations, retailers, numerous volunteers and members of the community.

"The holidays can be a troubling time for seniors. They may feel the absence or the distance of loved ones," said Buck Shaw of the Sacramento Home

Instead Senior Care office. "Be a Santa to a Senior provides a ray of hope for many seniors, and it means so much for them to know that people care and value them as members of our community."

The local Home Instead Senior Care office has partnered with Oakwood Village and Meals on Wheels to help with gift collection and distribution.

Holiday shoppers are invited to participate in *Be a Santa to a Senior* by picking up a paper ornament at a participating location. Participating locations will display *Be a Santa to a Senior* trees from Nov. 1 to Dec. 28, which will be hung with ornaments featuring seniors' first names and their desired gifts. Holiday shoppers can choose an ornament, buy the requested gift and return it back to the store with the ornament attached. There's no need to worry about wrapping — community volunteers and program partners will wrap and deliver the gifts

to local seniors in time for the holidays.

"*Be a Santa to a Senior* provides a much-needed boost for seniors who may be isolated, not just through gifts, but through interaction and companionship," said Shaw. "We're so grateful to have a community that comes together to show our local seniors they are not alone during the holidays."

Be a Santa to a Senior trees can be found at the following locations: Eskaton Lodge Gold River, 11390 Coloma Rd., Gold River, CA 95670 - Brookdale Stock Ranch Road, 7418 Stock Ranch Road, Citrus Heights, CA 95621 - Sun Oak Senior Living, 7241 Canelo Hills Dr., Citrus Heights, CA 95610.

For more information about the program, visit www.beasantatoaseniior.org or call Blair Sapeta, Program Coordinator, at (916) 920-2273.

Source: Home Instead ★

CRPD Staff Leading the Region

SACRAMENTO COUNTY, CA (MPG) - Cordova Recreation and Park District (CRPD) is proud to recognize staff who are exemplifying the mission

of the District and serving as leaders in the community. Congratulations to District staff for their hard work, dedication and service! ★



Top photo: Park Planner Cristina James is serving as Development and Operations Representative for the local district of the California Park and Recreation Society. Laura Taylor, Park Planning & Development Manager, was recently re-elected to the Executive Board of the American Society of Landscape Architects Sierra Chapter.



At left: Recreation Supervisor Christine Rivard was elected to the steering committee for the Northern California Aquatic Management Association and recently received a CPRS Aquatics Section Professional Development Scholarship.



Horacio Oropeza, Park Services Supervisor, was awarded a scholarship to attend the California Park and Recreation Society Maintenance Management School this November. Martin Fonseca with Park Services was chosen as a participant in the Rancho Cordova Chamber of Commerce Leadership Class XI program.

Holiday Open House

Wednesday, December 7th 2016

Thank you for 30 years!!!

- Ribbon Cutting Ceremony at 12:30
- 30% off your purchase (use promo code:foreveryone)
- Floral arrangement raffle (Must enter raffle at shop)
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- Shop Tours

Morningside Florist

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Morningsideflorist.com

<p style="text-align: center; font-weight: bold; color: green;">Morningside Florist</p> <p style="text-align: center; font-size: 2em; font-weight: bold; color: red;">30% off</p> <p style="text-align: center; font-weight: bold;">your purchase on 12.7.16 online or in-store</p> <p style="text-align: center; font-weight: bold;">use promo code: foreveryone</p> <p style="font-size: 0.8em;">-offer limited to one discount per customer -offer only valid for purchases made on 12.7.16</p>	<p style="text-align: center; font-weight: bold; color: green;">Morningside Florist</p> <p style="text-align: center; font-size: 3em; font-weight: bold; color: red;">FREE</p> <p style="text-align: center; font-weight: bold;">Wedding Consultation</p> <p style="font-size: 0.8em;">-offer does not expire -Consultations by appointment only</p>
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Right Under My Nose

By Alona Thomas

GOLD RIVER, CA (MPG) - It is a wonder sometimes, how I can be so generally unaware of a terrific opportunity on my doorstep. Our Gold River Villager group recently visited the Murer House in Folsom. These day trips are organized by one of our members who expands our horizons in various directions. This day we gathered at the home of Giuseppe "Joe" Murer in Folsom.

In 1906 Joe emigrated from Italy to San Francisco to help with the rebuilding of San Francisco after the earthquake. Two years later he came to Folsom. His story is the ultimate emigrant tale of a man dedicated to making a better life for himself and his community. He constructed many buildings on Sutter Street including the Fire House, Post Office and refurbished the Folsom Hotel. He served as Fire Chief for the Volunteer Fire Department. In 1925 he built his home, just off of Folsom Blvd., based on architecture from his native Italy.

Joe's home is protected as part of Historical Folsom and The Murer House Foundation has pledged "to educate and preserve the community's understanding of the site". There is an extensive historic photo gallery of Joe, and the chronological development of Folsom during his time. The 900 sq. ft. home is a wonderful example of his handiwork. Tours of the museum are on first Saturday of the month from 10 AM to 2 PM. Admission is free.

After our tour, Cindy Baker, Chair of the foundation and adopted granddaughter of Mr. Murer, taught us how to make Limoncello, Italy's favorite Lemon Liqueur. This delicious liqueur is easy to make with lemons, 95-proof Everclear and simple syrup. We peeled the lemons and received detailed instructions on how to filter and bottle. The hardest part is waiting at least one month for the



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infusion to take place. Next we did a tasting comparing the Limoncello made in class to one purchased - there was no contest - the Murer house recipe was absolutely the winner.

The class was very well organized and Cindy was an enthusiastic teacher. She explained that Murer House is "A Little Bit of Italy in Folsom". Classes center on Italian flavors from cheese making to the "how to" of Minestrone soup. Italian speaking classes are available. There are numerous special events throughout the year and court for bocce ball. It is best to

check the web site for more information.

Gold River Villagers is a social organization with the goal "to acquaint Villagers with one another and foster similar interests". This adventure was just one of the events of the group. Both day and evening activities are organized to foster friendships among members. Membership is open to Gold River Community Association residents only.

Contact grvmembership@gmail.com. Alona Thomas hobby is food and all the fun and love it brings. alonathomas@gmail.com ★



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Help Wanted

Retired Persons. Small Consignment Store. 20 hours per week. 916 965-4685. (MPG 12-2-16)

HELP WANTED

Business Analyst - One Inc. Job site 620 Coolidge Dr, Suite 200, Folsom, CA 95630: Facilitate aspects of development process including gathering reqs, design and testing. Mail resume to job site. Attn: Peter Kondrashov

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Crossword Puzzle on Page 5

Crossword puzzle grid with words filled in: LEAST, BLT, MAMA, SPITE, OER, LICIT, DINAR, LEI, INANE, CURSED, BREXIT, REV, A EON, TAM, ROLL, BAOBAB, RUES, KELP, LLANO, URSA, EATING, DREW, MAORI, POSY, SOLI, PENANG, LAMB, NEE, AZALEA, CHAMPS, BRIDE, ROE, ZEALS, YIKES, VAN, IGLOO, ELAN, ART, LAMED

Sudoku Puzzle on Page 5

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

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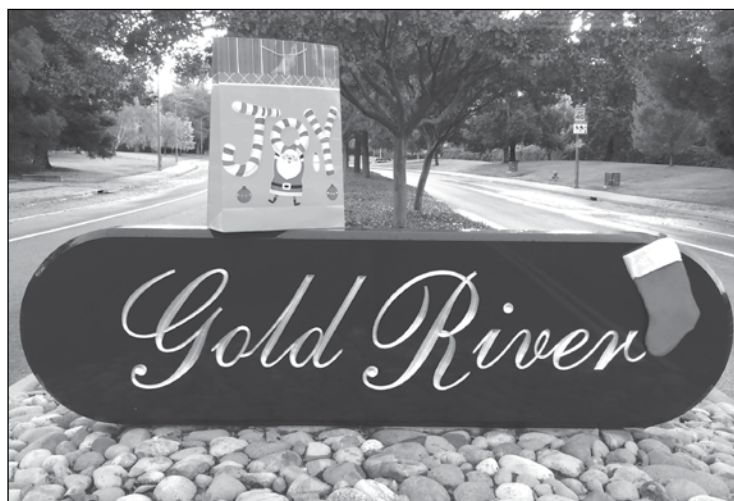
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By David Dickstein, Gold River resident

'Fool's Gold'

Dear Santa



Dear Santa,
I've been waiting a long time to write you this letter. I've been really good this year. I've eaten all my vegetables and I'm one of only six people in Gold River who makes complete stops when driving in the neighborhood! But you probably already know that because you have the power to know when I am sleeping and know when I'm awake, not to mention knowing when I've been bad or good. Kinda creepy, actually.

But I digress. Cutting to the chase, Kris - I mean Santa - since it's obvious I'm on your "nice" list this year, here's what's on my Christmas wish list:

- The 2017 Sports Illustrated swimsuit calendar and reduced homeowner association dues.
- That my liberal friends don't think I'm being racist when I sing about dreaming of a white Christmas.
- A Chicago Fire pizzeria to replace the abandoned Chevy's restaurant.
- People feeling comfortable saying "Merry Christmas" instead of "Happy Holidays" as long as they know to whom they're saying it actually celebrates Christmas.
- A discounted no-tennis membership at the Gold River Racquet Club.
- More than one group of trick-or-treaters next Halloween so it's more fun and I don't eat the bags of surplus candy.
- An elf with html skills for the GRCA office. They've had "Our website is currently under renovation" written on its grea. info home page longer than the

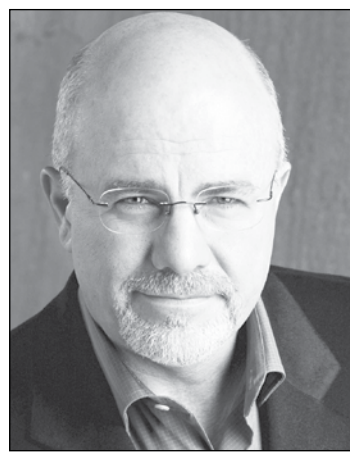
shelf life of holiday fruitcake.

- New brakes for John, our UPS guy. His squealing truck sounds like a pig slaughterhouse on wheels.
- A mutually agreeable solution to the controversial Rancho Cordova Parkway Interchange project. Like canceling it altogether.
- Remorse and restitution by the teens who vandalized Gold River in August, leading to law-abiding lives and removal from your "naughty" list.
- First pickings at the after-Christmas sales without having to get up at 4 in the morning.
- That the piped-in music played in stores during the after-Christmas sale switches to only Hanukkah and Kwanzaa songs. Santa, in case you're not aware, Hanukkah is Dec. 24-Jan. 1 and Kwanzaa is Dec. 26-Jan. 1.
- Chips or any side dish to come with the overpriced sandwiches at Beach Hut Deli and Jack's Urban Eats.
- An escape room in the industrial area of Gold River. You'd love that, too, Santa, if only to practice getting out of homes without chimneys!
- If I ever hit rock bottom and try to end it all by jumping into the American River, bring me a guardian angel on the Fair Oaks Bridge who will make me appreciate all that I have.
- From a wonderful life to

dignified death, please implement a more humane end for the spawning salmon at the Nimbus Fish Hatchery.

- New Christmas decorations for the house in Crocker Grove that has the same Peanuts display every year. Love their holiday spirit, but good grief!
- A complete redesign of the Rivergate Shopping Center parking lot, which is neither smart nor final. With rows ending abruptly, requiring cars to zig-zag as they come from all directions, I swear that whoever striped the rows was blindfolded.
- Take over what would be renamed as the Santa Juan Unified School District and make teachers' pay raises based on meritocracy, not hire date.
- World peace, but if that's asking too much, then gates for Miners' Village.
- Making aerial fireworks and firecrackers legal in Gold River for the Fourth of July and then the rest of California.
- Approval for homeowners to keep their Christmas lights up year-round so that streets are better illuminated.

I love you Santa! Your friend, David
P.S. Please tell Rudolph that I love his song and I'll make venison out of any of his so-called friends who won't let him play in any reindeer games. ★



Dave Says

Do both for Christmas

Dear Dave,
We have three preschool grandchildren, and they get tons of stuff for Christmas every year. We're in really good shape financially and would like to do something for their future this year instead of giving a toy that might get thrown in the corner. Do you have any suggestions?
- Valerie

Dear Valerie,
I'd do both. You don't want to be those grandparents who only hand envelopes at Christmas to 4-year-olds. No, they need things to play with. They're kids and they should be allowed to act like kids and be happy at Christmas. The good news is you can do both without spending an arm and a leg.

In addition to a few special toys, perhaps you could work with their parents to launch Educational Savings Accounts (ESAs) for them. This would get their college funds started, and it's what we do. We use mutual

funds in their ESAs, where each child is allowed to have up to \$2,000 contributed in their name per year.

The beauty of the ESA with the mutual fund inside is that it's growing completely tax-free. You have to name a custodian of the account until the child turns 18, and that could be you guys or their parents. Just make sure that together you don't over fund the ESAs and cause yourselves tax problems.

Merry Christmas, Valerie!
—Dave

Snakes bite!

Dear Dave,
My wife and I are building a home, and we found a great entertainment center we both love. It costs \$6,000, and the dealer said he would give us 10 percent off if we take out a store credit card. We have the cash to buy the piece, but we were wondering if it would be a good idea to get the card and use it for the entertainment center and Christmas gifts, then pay it off immediately.
- Tyler

Dear Tyler,
I hate to burst your bubble, but I'm pretty skeptical about this idea. I know it sounds good on the surface, but the problem is the

vast majority of people don't have the discipline to follow through on a plan like this. Another issue is a lot of places like this hit you with a fee when you pay off the card, the thing runs over, then you get another fee, and so on.

I'd just call the manager out of his office and let him know that unless he discounts the entertainment center \$600 I'm going to his competitor. No, there's no way I'd take out a stupid credit card at this place whether I had the cash on hand or not.

Tyler, you need to learn right now it's a bad idea to play with snakes. Stop screwing around with debt products, okay? Everyone thinks they're the exception to the rule or they're somehow winning or getting rich by doing stuff like this, but it doesn't work. They're trying to hook you, man!
—Dave

Dave Ramsey is America's trusted voice on money and business. He has authored five New York Times best-selling books: Financial Peace, More Than Enough, The Total Money Makeover, Entrepreneurship and Smart Money Smart Kids. The Dave Ramsey Show is heard by more than 8 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com. ★

WIDOWED PERSONS ASSOCIATION OF CALIFORNIA



The Widowed Persons Association of California encourages men and women to come to Sunday Support each Sunday from 3:00pm - 5:00pm. The Widowed Persons Association is designed to be of help to recently widowed men and women, but any and all widows and widowers are welcome as a community service. Participants do not need to be members and there is no charge.

OFFICE HOURS 10:00am - 3:00pm
Monday - Friday (916) 972-9722

Sunday Support - Any and all widows or widowers are invited.
Every Sunday from 3:00pm - 5:00pm

In the meeting room of the WPAC office. Enter from the back parking lot at 2628 El Camino Ave., Ste D-18

Beautiful Bouquets from Humble Beginnings

Continued from page 1

for hands on training and we have locally trained designers certified from American River College," said White.

The well-trained staff at Morningside keeps current with special attention to the needs of contemporary shoppers, especially brides, according to White. "We are very tuned in with today's trends as well as today's brides. Most brides want to meet our designer before they come to our shop. With our strong social media presence, people feel like they know us before they come shopping."

"We have worked very hard to merge technology with our flower shop," she said. The Whites and

their staff have not skipped a beat when it comes to technology. "Our order entry process is completely automated, whether you call, walk in, or order online on our web site," White stated.

The business utilizes online marketing and social media tools. "We use Facebook, Yelp, Pinterest, Instagram, and Twitter."

Over time, the business has developed its own signature style," White confided. "Our creative design staff wanted to go beyond traditional bouquets, so we decided to do more unique designs, what we call our 'Morningside style.' We take traditional seasonal flowers and mix them with exotics and interesting greens and apply our unique design skills to make one of a kind floral arrangements. We

combine unique combinations of flowers and make them look great together."

Full service at Morningside truly means full service. "As a leading florist in the Sacramento area, Morningside Florist provides top quality flowers, floral arrangements, and delightful gifts for all special occasions," said White. Whether for anniversaries, holidays, "get well" or condolences, Morningside has just the thing and offers business, residential, hospital and funeral delivery.

For more information, contact Rose White and her staff at Morningside Florist, 11170 Sun Center Drive in Rancho Cordova at 916-635-9891 or online at morningsideflorist.com. ★

STATEPOINT CROSSWORD • YEAR IN REVIEW

CLUES

- ACROSS**
- Minimal in magnitude
 - Club alternative
 - Angelina to Maddox
 - Cattiness
 - "... the land of the free ..."
 - Permissible
 - 1/100 of a rial
 - Oahu greeting gift
 - Foolish
 - "Harry Potter and the ___ Child"
 - "UK's 2016 withdrawal vote"
 - Christian minister, abbr.
 - Long, long time
 - Scottish cap
 - Sushi selection
 - African tree
 - Faubourg Saint-Honoré and Rivoli, e.g.
 - Brown seaweed
 - Latin American plain
 - Sky bear
 - Don't go out for dinner
 - "This Barrymore got divorced in 2016"
 - New Zealander
 - Ring-around-the-rosy flower
 - Prima donna's numbers
 - George Town state, Malaysia
 - Mary's follower
 - Born, in society pages
 - Fix a horse
 - "Ezekiel Elliott became one in 2016"
 - Popular flowering shrub
 - *Cubs, e.g.
 - *Ciara, on her special day
 - Wade opponent
 - Eagerness, pl.
 - Comic book expression for fear
 - Soccer mom's ride
 - Icy hut
 - Enthusiasm

DOWN

- Aldous Huxley's drug of choice
- "The Iliad," e.g.
- Hokkaido language
- One Beatle
- Less verbose
- "The ___ and the Beautiful"
- "Harper ___, 1926-2016"
- "A ___ Called Quest issued comeback album"
- Seductive one
- Berry high in antioxidants
- Crème de menthe flavor
- Absorbed, as a loss
- Relating to spleen
- What some smells do to memories
- *Kardashian brother who became a dad
- In total
- *Election winner
- Sign of a saint, pl.
- Subatomic particle
- *Like 2016
- One of auto pioneers

CROSSWORD											
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For Solutions See Page 4

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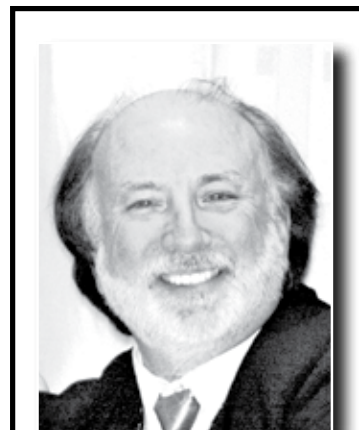
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For Solutions See Page 4



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

It is the intent of the Gold River Messenger to strive for an objective point of view in the reporting of news and events. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

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The Gold River Messenger is published monthly. Call 916-773-1111 for more information. (ISSN # 1948-1918).



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Hello From Buster!



By Kay Burton

Developed in the 19th century in Yorkshire, England to catch rats in clothing mills. The Yorkie is a vigorous terrier, a delicate toy dog made for pampering, and a lover of comforts. The Yorkie enjoys cuddling on laps and snuggling into soft pillows.

If you want a dog who is small and elegant, sheds very lightly, is lively and inquisitive and moves swiftly with light-footed grace, doesn't need a lot of exercise, makes a keen watchdog, won't fail to announce guests and is peaceful with other pets, a Yorkie may be right for you.

At 4 months of age, Buster seems to change every day. Some days are full of biting, some days it's barking. Some days sleeping. The Helmick's are trying to "enjoy this puppy phase because they know it be over soon.

Kay Burton is longtime



Buster seems to change every day. Some days are full of biting, some days it's barking. Some days sleeping.

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

A Yorkshire terrier, named Buster, is living with Spike and Deb Helmick of Gold River and loving it. The Yorkshire terrier, also known as Yorkie, is a tiny dog with a big personality.

SCSO Adds More Festive Cheer to 2016 Celebration

New Matinée, Puppets, Stories Added to Christmas Celebration

SACRAMENTO REGION, CA (MPG) - Great news! Since last year's popular Sacramento standing room only Wells Fargo Home for the Holidays celebration sold out, the SCSO has added a new 2 PM matinee followed by a 7:30 PM evening performance on Saturday, December 10th in Sacramento's venerable landmark, Memorial Auditorium.

SCSO Conductor Donald Kendrick has once again created a fresh and sparkling program designed to capture the magic and spirit of the season for the whole family. Says Kendrick, "This year we will welcome Mr. Grinch himself, along with life-size puppets, narrations and San Jose Opera Baritone headliner Matt Hanscom. It is our pleasure to welcome back the Sacramento Children's Chorus and continue our tradition of a candlelit procession and audience sing-along, all accompanied by our professional SCSO Orchestra and dedicated Chorus. We will even offer a musical nod to last summer's Olympics in Brazil and pay homage to Downton Abbey at this celebration."

The SCSO is once again proud to partner with Wells Fargo to help Sacramento area families celebrate the season in a meaningful way. The warm atmosphere created by Memorial Auditorium's u-shaped seating plan fosters a very strong sense of community at the concert. SCSO Christmas CDs will be available as stocking stuffers in the lobby.

"We are working hard to provide a festive and celebratory mood for our Wells Fargo Home for the Holidays



SCSO Conductor Donald Kendrick helps our Community celebrate the season at Memorial Auditorium at Wells Fargo Home for the Holidays on December 10th

concerts as we plan to welcome families who come together to celebrate this joyful season," says SCSO Board Member Jeannie Brown. "It is a time to experience a wonderful sense of old-fashioned community and camaraderie brought about by the enduring music of the season." Come celebrate the Christmas season at the SCSO's 2016 Wells Fargo Home for the Holidays on Saturday, December 10th

at 2 PM and 7:30 PM at Memorial Auditorium. For information, call the SCSO at (916) 536-9065 or visit sacramentochoir.com.

Tickets priced at \$50, \$40, and \$35 (Students enjoy 50% discount) are available by calling the Community Center Box Office at 916-808-5181 or online at sacramentochoir.com.

Source: SCSO ★



By Marlys Johnsen Norris, Christian Author

The World Is Spinning Out Of Control

is time to stand-up and be counted! God's wrath and judgment will fall on those who break His laws and covenants.

Little by little new concepts are being accepted by our society and put into law. They appeal to a minority who promote their ideas. Example: Abortion which is in direct conflict with God's laws. God loves every one of those little babies that were conceived out of an act of the flesh but nevertheless God knew about both of the people and the conception. He knew about their personal need "to be loved" themselves even though they were misguided trying to use sex to find it.

God created one man and one woman to begin a family and that is the only way it can happen. Certainly not two men or two women! Same sex people do understand each other and can be the "best of friends", but marriage

is blasphemy against the God of Creation.

In spite of everything that is happening God loves every one born into this world. They just have not realized His awesome loving presence in their lives, nor do they know the awesome plan He has for their lives created before the foundation of the world. Because He is a God of second chances, He extends His loving hand in their direction and asks to grasp it and come to Him through His Beloved Son, Jesus Christ. Jesus gave up his own life to purchase a brand new one for each of us. Write me if I can help you know and receive Him to know and love Him with your whole heart.

Marlys Johnsen Norris
Christian Author of 6 books
Marlysjn@gmail.com ★

Black is now white and white is now black, falsehoods or lies are called truth and truth is a lie. Many of us realize who is author of all this constant confusion. We don't go for it but many in our world do and their value system is contrary to the Bible. Living by these shaky systems is on its way to destroy lives and our country as well. Our basic freedoms are being eroded and taken from us one by one. It



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Wildlife Care Needs Your Support

By Rick Reed

SACRAMENTO REGION, CA (MPG) - The non-profit that takes in thousands of injured, orphaned and displaced creatures to heal and release them back to the wild in the Sacramento region are asking for your help.

The annual Wildlife Care Association Nuts & Berries fundraising event is growing this year into a more exciting format but depends entirely on donations from local business and individuals providing products, services and items. Previously a silent auction event at McClellan Park in December, the wildlife volunteers are changing it up by rebranding this crucial source of funding into a more exciting inclusive raffle to be held in January of 2017. One of the prizes already donated to be raffled is a trip to Alaska!

This season more than 5000 birds and small animals were brought to the WCA by citizens who cared. These heroes of nature work tirelessly thru a busy season providing 98% of the care and squeezing 88 cents of every dollar into a second chance for



These birds and animals are all around us and keep our vermin under control, help seed plants and do much more in keeping the environment balanced for our wonderful quality of life in the Sacramento region.

wildlife. These birds and animals are all around us and keep our vermin under control, help seed plants and do much more in keeping the environment balanced for our wonderful quality of life in the Sacramento region.

The care, recovery and release of wildlife is often the 'lived happily ever after' moment a parent hopes for when their child brings

an injured, orphaned or lost creature to WCA for care. Without the volunteers, professional animal care managers and people who give their support across the region this might be a memory best forgotten. Because without the Wildlife Care Association these hurt, lost and orphaned creatures will likely die.

Donations are always welcome year-round and are the 'life blood' of the non-profit based at 5211 Patrol Road at McClellan Park. Items specifically for the Nuts & Berries WCA Raffle can be dropped off at Wildlife Care thru the end of November. This Thanksgiving please help make the New Year brighter by giving your time or financial support to WCA, and thanks to our community volunteers for their priceless contributions in saving wildlife!

Learn or donate directly online at www.wildlifecareassociation.com, or visit us on Facebook & Instagram under Wildlife Care Association. Call 965-WILD if you have found a creature in distress, lost or injured, WCA operates seven days a week, 10am-6pm. ★

Discovery Center Sports News



GOLD RIVER, CA (MPG) - Congratulations to the Gold River DC 6/7 "Grey Team" for winning the Orangevale Recreation & Parks League championship back in October!

The "Grey Team" was coached by Tatyana Prok.

GRDC Boys Middle School Basketball is now underway. GRDC is fielding a 6th, 7th and 8th grade teams. The 6th grade

team is coached by Jay Juma. The 7th grade team is coached by Tim Sherman. The 8th grade team is coached by Brently Davis. News and photo provided by Robert Raffaelli. ★

CDPH Offers Food Safety Tips for the Holidays

SACRAMENTO REGION, CA (MPG) - With the holiday season approaching, the California Department of Public Health (CDPH) reminds consumers to use safe food preparation and storage measures to prevent foodborne illness. Bacteria that can be found in foods such as meat and poultry may cause illness if they are insufficiently cooked, inadequately cooled or improperly handled.

"We can help ensure that foodborne illnesses don't ruin our holidays by properly preparing and handling meat, poultry and other foods," said CDPH Director and State Public Health Officer Dr. Karen Smith.

About 48 million illnesses, 128,000 hospitalizations and

3,000 deaths in the U.S. each year are related to foodborne diseases, according to the Centers for Disease Control and Prevention (CDC)

Foodborne diseases can be prevented by: washing hands with soap and warm water before and after food preparation, and especially after handling raw foods; cleaning all work surfaces, utensils and dishes with hot soapy water and rinsing them with hot water after each use; cooking food thoroughly and refrigerating adequately between meals.

Symptoms of foodborne disease can include diarrhea, which may be bloody, vomiting, abdominal cramps and fever. Most infected people

recover from foodborne illnesses within a week. Some, however, may develop complications that require hospitalization. Young children, the elderly, pregnant women and people with weakened immune systems are at highest risk for potentially life-threatening complications.

Additional information about food safety is available on the U.S. Department of Agriculture Meat and Poultry hotline at 1-888-MPHotline (1-888-674-6854). Consumers can also access the national Partnership for Food Safety Education's Fight BAC! Website www.cdph.ca.gov

Source: CDPH ★



POPPOFF!

with Mary Jane Popp

Slim Holidays

Five to seven pounds added to your waistline...maybe more...between Thanksgiving and the first week in January? Yikes!!! That's what the experts tell us, but what can we do to enjoy the holidays without gaining weight? Lots of questions, but what about answers? I checked in with Dr. Susan Smith-Jones out Hollywood way on POPPOFF. She is author of some 25 books, motivational speaker, and holistic health expert and her celebrity list is impressive. If it's good enough for them, I figured we could take a shot at slimming down and not puffing up for this 'tis the season for being jolly. So enjoy your holidays and take heed of these ten tips. The first one is really HOT HOT HOT!!!

1) **CAYENNE PEPPER.** This wonderful spice provides a three-pronged attack against obesity. First, eating cayenne may help fight off food cravings. Some experts believe that eating sharp-tasting foods such as hot peppers can overwhelm

taste buds, cutting off cravings. Second, cayenne helps you eat less. Researchers in the Netherlands gave men .9 grams of ground cayenne pepper either as a pill or mixed into a tomato juice beverage. Then 30 minutes later, they turned the men loose at an all-you-can-eat buffet. Compared with men who were given a placebo, the men who had consumed cayenne reduced their food intake by 16%. Third, it actually requires energy to eat hot peppers. That's right. That's because the heat you feel when you eat chili peppers takes energy to produce. That's why Dr. Jones adds cayenne capsules to her daily health and nutrition program. And especially with any large holiday meal, she finds ways to also consume some cayenne.

2) **DON'T SKIP MEALS.** Make sure to eat something every 3-4 hours so you won't get famished and end up eating more than necessary.

3) **BRING HEALTHY SNACKS.** While shopping or in the car, healthy snacks help your blood sugar not to plummet.

4) **HAVE SOMETHING SMALL TO EAT.** That's before you go out, especially to a holiday party or big dinner so you don't arrive with a voracious appetite.

5) **DON'T HANG OUT NEAR THE FOOD** during holiday parties and

large gatherings where there are tables of food.

6) **DON'T JUST EAT TO BE SOCIAL.** Choose wisely what food you hold in your hands while talking to others at holiday gatherings.

7) **KEEP YOUR BODY HYDRATED** with purified water. We often confuse hunger with dehydration.

8) **START ALL MEALS WITH HIGH-FIBER FOODS** to fill your stomach. Fiber is your secret weapon to weight control.

9) **EAT SLOWLY.** Put down the fork between bites. Make a meal last 30 minutes so your brain's satiety center gets the signal when you are full.

10) **MAKE SLEEP A PRIORITY.** Lack of sleep causes your body to hold on to all of the calories you eat and strengthens your desire for junk foods.

So go ahead and enjoy this wonderful time of the year, but remember all that extra gym work you'll have to do in January if you're not a little careful. If you want more info, go to www.SusanSmithJones.com and you can sign up for Dr. Jones' Monthly Newsletter for free. She always has great stuff to make your life happier and healthier! **HAPPY SLIM HOLIDAYS!** ★

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JOIN US FOR SRWF GALA HOLIDAY FUNDRAISER

Saturday, December 3 at 11:00 AM

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

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

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

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

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






Photo courtesy of Getty Images

The **GIFT LIST** for Loved Ones



A Perfectly Painted Present

If you can't make the family holiday party or want to put a smile on a loved one's face, a greeting card makes for a heartwarming offering. Created by disabled artists who follow the motto "Self-Help, Not Charity," the festive cards are available in sets of six for \$9.95. Each card features a painting by a member of Mouth and Foot Painting Artists, an international association that includes 800 disabled artists who support themselves by selling their work as cards, calendars, books, puzzles and other gifts. Find more card and gift options at mfpausa.com.

FAMILY FEATURES

With all kinds of personalities on your gift list this holiday season, it can be a challenge to brainstorm multiple types of presents for multiple types of people. From thermal trackers and greeting cards to clothing subscriptions and smart thermostats, and everything in between, know that there's something out there for everyone – even when you're searching for that elusive gift for the person who has everything. As the holidays creep closer and closer, turn to some easy inspiration, like these gifts, to make sure everyone feels the joy of the season.



Photo courtesy of Getty Images

A Wheel of a Deal

Create a quality memory for a young one in your life by giving a classic holiday gift – a bicycle. Every child deserves the joy of feeling the ground beneath his or her tires, whether it's a bike for a young beginner or a growing rider. With countless sizes and styles, there's sure to be a bicycle that's a perfect match for the adventurer you're looking to please.



A Gift for Him

For the man in your life or for yourself, go for a gift that keeps giving like Innovative Menswear's monthly subscription. Sign him up for the perfect tie, sock and underwear collection, and it'll be like gifting him his own personal fashion coordinator. Each month, through Innovative Menswear's monthly subscription service, he will receive a self-selected, fashion-forward ensemble that provides a way to stay current and look great. For more information or to sign up, visit INMensWear.com.



Keep Control of Your Climate

When you're away at a holiday party, help save energy at home with the Nest Learning Thermostat, which is available at U.S. Cellular and learns the temperature you prefer. The thermostat programs itself in about one week and easily connects to Wi-Fi and Bluetooth to control the temperature from your phone, tablet or laptop. It's the perfect gift to ensure you stay warm during the holidays, all while saving energy when you're out. For more information, visit uscellular.com.



Hot Holiday Tech

If you have someone on your holiday shopping list who loves the hottest new technology, look no further. The new LTO-Tracker thermal optic from Leupold will let them "see" heat signatures up to 600 yards away, viewing smooth, high-quality images in one of six different thermal filter modes. Great for outdoor observation, home security or just having fun, the tracker is designed, machined and assembled in the United States. Learn more at leupold.com.

Healthy, Wealthy & Wise



Sunrise Mall Farmers Market
SATURDAYS, 8 AM - 1 PM
 6196 Sunrise Blvd, CH
 (Behind Sears)
 Year Round, Rain or Shine

Historic Folsom Farmers Market
SATURDAYS, 8 AM - 1 PM
 915 Sutter Street, Folsom
 Year Round, Rain or Shine

Carmichael Park Farmers Market
SUNDAYS, 9 AM - 2 PM
 5750 Grant Ave, Carmichael
 Year Round, Rain or Shine

WEDNESDAYS, 3 PM - 7 PM
Fair Oaks Sunset Farmers Market
 8101 Sunset Ave, FO - Rain or Shine
 Seasonal - March to November, 2016

- ⇒ Live Music & Entertainment
- ⇒ Certified Farmers & Organic Producers
- ⇒ Specialty Gourmet Foods
- ⇒ Chef Demos
- ⇒ Artisans/Crafters
- ⇒ EBT/WIC & SNAP Accepted
- ⇒ FREE PARKING



Bring this flyer with you to any market location and receive **FIVE raffle tickets** to enter to win our **Monthly Farmers Market Gift Basket!!** (mpg)

ILoveMyFarmersMarket.com

Become a Sustainable Business Today

Certification is Free and Easy
 Is your business taking steps to prevent pollution and conserve resources, would you like to and need free help? The Business Environmental Resource Center's (BERC) Sustainable Business (SB) Program is here to certify and promote businesses within Sacramento, Placer, Yolo, and El Dorado Counties that pledge to adopt environmentally friendly practices as well as conserve resources.

- Free advertising and promotion – searchable database by industry type
- Cost savings through improved efficiency, energy and water conservation, and waste reduction
- Community recognition of your voluntary efforts to improve our environment
- The opportunity to gain recognition through SB annual awards ceremony



Paladin Private Security was the 2016 recipient of the 'Transportation and Air Quality' Award. Paladin is one of the top private security organizations in the Sacramento community. Along with keeping the community safe, this 24/7 fleet also practices drastically reduce its contribution to air pollution.

- 2007 fleet fuel switched to Compressed Natural Gas(CNG)
- 90% or 70 Ford Crown Victoria's in their fleet are 100% operating on CNG
- CNG fueling is done on-site to reduce pollution during transportation to fueling source
- Vehicle monitoring is key to pollution reduction. Paladin practices tire pressure checks, and has developed a system to monitor and minimize multiple outings

Becoming certified as a Sustainable Business is as easy as 1-2-3!

- 1)Complete Business Application Checklist: (www.sacberc.org/sasb/Pages/checklist-and-publications.aspx)
- 2)Schedule a site visit to review and verify checklist
- 3)Your business is certified!



Sustainable Business Spotlight
 The "Transportation and Air Quality" category certification is important especially in California where enhancing air quality is vital. The Sacramento Metropolitan Air Quality Management District has made great strides to improve air quality within the region, yet it is incredibly important for businesses and the community to take the initiative to improve air quality on their own accord to make Sacramento even more beautiful and sustainable.

Paladin Private Security
 A local Business excelling in sparing the air quality is, Paladin Private Security.

Benefits to being a Sustainable Business:
 •A certificate and window decal to highlight your environmentally friendly
 •Free assistance in making sustainable changes to your business



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The Exciting New World of Implant Supported Dentures

• **Has the Security of a Fixed Bridge!** • **Easier to Maintain Good Oral Hygiene**

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

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

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

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



Now there is a solution to these issues: Implants with "Snap On" Dentures!

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

If you already wear a conventional denture or partial denture, we can sometimes use your denture to accommodate the snaps to fit on your new dental implants.

If you are interested in learning more about improving your quality of life with an implant retained snap on denture or partial, please contact us for a **FREE CONSULTATION** today!

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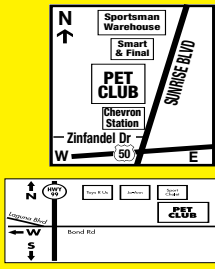
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