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Gold River Messenger

"Written by the people, for the people"

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Serving Gold River and Sacramento County

September 2013

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Giving Always in Style

By Julie Parker

GOLD RIVER, CA (MPG) – Fabulously sassy, The Atomic Angels rock the vintage pin-up and rockabilly look. They also rock fundraising and donation events for a variety of non-profits, such as Shriners, WEAVE, Wind Youth Services, Children's Receiving Home of Sacramento, the Governor's Mansion, and packages for the troops.

Jaime-Lynn Hazzard started the group a little over two years ago. "There were a lot of alternative groups of women involved in modeling and social clubs, and a lot of charity organizations. But, there's not a lot of overlap between them. I wanted to bring something to younger people; a way for them to get involved in charity. I'm also pro-girl power and pro-woman, so I wanted a woman's group with no cattiness or drama. We've done really well. We all get along. Everyone is there for everyone all of the time."

"All of our girls have their own sense of style," adds Jackie Scott, "which is important to us. We want to be able to present a good public image."

Their first event was a pie drive for Loaves and Fishes' Thanksgiving luncheon, which they will repeat for the third time this year.

They support other charitable events as well. "We're at the point now where we're turning down a lot because we're spread too thin," says Hazzard. "We'd love to help everybody, but we



Vintage pin-up looks and rockabilly sensibilities combined with philanthropy are what Atomic Angels are all about. Photo courtesy of Atomic Angels

really can't. No one gets paid for doing this. Everything we take in goes straight to the organizations. So, we can't commit to more than a couple of events a week. It's exciting to see how it's grown, though. We're working on putting together a Bay Area group."

Modeling, signing autographs, bake sales, event coordination, promotions and decorating are a few ways members contribute to the organization. Fun event activities have included Jell-O mold contests, classic car shows,

photo shoots and live music. In fact, they strongly support local musicians.

If you are interested in joining The Atomic Angels, know that it is definitely all about girl power. There is not a men's section, nor an affiliated male group. Members must also be at least 21 years of age, as alcohol is sometimes served at events.

"Come out to an event and say 'hi,'" says Hazzard. "We usually won't invite someone to join after meeting them just one time, but if someone is

coming out to our events, we get to know them and see that they really have a passion for helping others. Occasionally, we get girls who want to come in because they see we get press. This is not to promote a modeling career."

The Atomic Angels' retro fun includes venues. Potential locations in discussion include Reiff's Antique Gas Station in Woodland, the Auto Museum in Old Sacramento, and the Aerospace Museum.

"I feel so blessed," says Hazzard. "Every time I turn

around, I'm meeting someone amazing. I've made lifelong friends just through our events; people I would have never met otherwise."

Like their Facebook page (<http://tinyurl.com/k75qgyd>) or email theatomicangels@gmail.com if you would like to receive notifications of upcoming events, join the organization or request assistance for an upcoming event.

Philanthropy is the coolest.

I Was The Perfect Parent – Until I Had Kids

By Gold River Resident
Jodie Myers



Jodie Myers

GOLD RIVER, CA (MPG) - I remember like it was yesterday – although it was 26 years ago – that Chuck and I vowed to each other, after our niece had just consumed a huge (in reality, one-inch square) piece of chocolate fudge that our children would never, ever (and I mean never, ever) have such sugary, sweet foods. Because we knew, beyond a shadow of a doubt, that such treats would rot their teeth, cause toddler-onset diabetes, and was surely the "gateway drug" to cream puffs and hot-fudge sundaes. Yep, the sweetest thing to touch our child's lips would be unsweetened apple juice and Graham crackers. Deal? Deal.

And, furthermore, our child would never, ever (and I mean never, ever) get out of her big-girl bed - after we had tucked her in and kissed her good night -- and come downstairs sniveling and whimpering, saying she just could not go sleep. I mean, we just would not allow it.

And, no way, under zero circumstances, would our as-yet-unborn child ever (and I mean ever!) bite another child! Are you kidding me? What kind of parent

Every single night. And, every single night, she'd come out breathlessly screaming and bawling, demanding that we come back in and read her another book or five - which, of course, we did. And, then, we became so tired of that routine that we just made a little nest by our bed where she would fall asleep calmly, on her terms, without the drama and the nightly parent-child tug-of-war. Whatttttver...

And then, along came Julia... I had heard and read about little ones biting others. My children, of course, would never do that. So I just skimmed those articles, until sweet Julia bit a babysitter on the arm. About a month later, she bit a chunk out of my thigh as I was loading the dishwasher. We were told by a child psychologist that second-borns often acted out like that to keep up with their older siblings. Oh...okay. That makes it acceptable then.

Of course my kids would innately, inherently have impeccable table- and high-chair manners. After all, they were "little ladies." At least that's what I wanted the world to think. But, I got busted. My neighbor stopped by one evening as I was feeding Julia her dinner. Upon entering the room, Julia hurled a bowl of

peas half-way across the kitchen. Mortified, I said, "Whoops, I guess she doesn't like peas," to my aghast friend. So, yeah, we stepped down from the Parental Pedestal a bit. We felt we had an arsenal of great experiences under our Mom and Dad Belts, and we were confident that the next phase of parenthood would be easier than the infant-to-5 stage.

We could not wait for our kids to start playing organized sports. Exercise, sportsmanship, teamwork – this was going to be great! And there was absolutely no way I would ever (and I mean ever), keep track of how much playing time my kid had, or, worse yet, seek out the coach for a little chat after a game. I mean, who does that?! Turns out, I did that.

And, then, there's the computer thing. The media and every family therapist in America admonished all of us to never, under any circumstances, let your teenager have a computer in his/her room. Duh! Of course we wouldn't do that! Chuck and I pinky-swore we would stand firm on this one. So, we did not allow computers in their room, until we did. It was a slow, insidious process that just kind of happened.

We did adhere to a strict dress code in our home, though. It was made clear that the hemlines were not to be too high, or the necklines too low, until they just had to show off their tanned and toned legs. And, then, "Mommm, I decided I'm not going to wear anything under that deep V-neck shirt from American Eagle."

And now? Now? Well, they've both graduated from college. They're living on their own. They're full-blown adults. We fed and watered them. We clothed and sheltered them. We loved and guided them the best we knew how. They're off creating their own lives, making their own friends, choices, money (yesssss!), and mistakes.

Speaking of mistakes, yeah, I was wrong about that "perfect parent" thing. There is no such thing. I've finally realized what I should have realized two decades ago – that parenting is a hard, humbling, humiliating, happiness-filled, rewarding and never-ending job.

(A note to my daughters: Even though you're all grown up and off on your own journey, you will always be entitled to my opinion. And I'll never, ever quit being your parent. And I mean never, ever.)

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Learn Maps and Compass Skills Along the River

SACRAMENTO REGION, CA (MPG) - Ready for fall hikes? Learn or practice your map and compass skills at an Orienteering meet along the beautiful American River Parkway on Sunday, Sept. 15.

The Orienteering meet, sponsored by Gold Country Orienteers (GCO), takes place at Sacramento Bar in Fair Oaks.

Orienteering is a fun and challenging sport for individuals and families. Using a detailed map, compass and a set of clues, you navigate from point to point to find a series of designated checkpoints.

The sport can be done as a competitive race or a leisurely hike and is great for youth groups, hikers and other outdoors enthusiasts, adventure racers and anyone seeking a physical and a mental challenge.

Beginning, intermediate and advanced courses will be offered. Beginning instruction will be offered.

Registration will be from 9 a.m. to 12 noon. The courses can be started between 10 a.m. and 12:30 p.m. The cost is \$5 for GCO members and \$7 for nonmembers for individuals, plus \$2 for each additional member in

a group. To get there, take Highway 50 east from Sacramento to Sunrise Boulevard. Go north over the river to Fair Oaks Boulevard and turn left. Take the first left on Pennsylvania and follow it into the park. From the north, take Sunrise to Fair Oaks, turn right and then left at Pennsylvania. The park fee is \$5. Look for orange-and-white orienteering signs.

For more information, visit www.goldcountryorienteers.org or contact Mats at (916) 220-0224 or mats.r.jansson@gmail.com.

Bow-Wow Beauties Are 'Putting on the Dog'

GOLD RIVER, CA (MPG) - In less than 2 months - on Saturday, September 21 at 11 a.m., Kay Burton's "Bow-Wow Beauties" will hit the doggie runway in Gold River, next to the Hallmark store. SPCA Executive Director Rick Johnson will be the guest emcee.

Highlighting the SPCA's 17th annual fundraiser will be the pets' performances and the raffles. Western Feed of Gold River will provide pet food samples. Sponsors this year are Bel Air Market and Big Valley Federal Credit Union.

Admission is \$5; children are free. For more information, contact Kay Burton (the event's originator) at 916-635-5590.



An example of what attendees of "Bow-Wow Beauties" may see on September 21.

Win a \$500 Green Acres Gift Card

SACRAMENTO REGION, CA (MPG) - The new River-Friendly Landscape Calculator is for homeowners, landscapers, developers, and anyone else who wants to see how much water, time and money that can be saved by creating and maintaining a river-friendly yard.

The Calculator has simple steps to define the characteristics of your landscape and your maintenance practices. At the

end, the calculator estimates the amount of water your landscape needs, as well as green waste and greenhouse gas emissions it produces, and the cost and labor required to maintain it, as compared to both a river-friendly landscape and a conventional one.

If you would like to participate in the Aspire to be River-Friendly contest, go to www.RiverFriendly.com before

September 30, to register, and complete a survey to calculate your YARD'S GREEN INSPIRATION Level. Qualifying Yards can submit photos/story and enter to win a \$500 Green Acres gift card and be recognized as Sacramento's "Green YARD Ambassador" with a featured photo in Sacramento Magazine!

Looking for Rancho Cordova Veterans

By Julie Parker

RANCHO CORDOVA, CA (MPG) - Robert J. McGarvey, Air Force veteran and member of the Rancho Cordova City Council, would like to honor fellow veterans currently

or formerly living in Rancho Cordova.

Therefore, the City is planning to dedicate a monument, plaque or veterans' wall to Rancho Cordova veterans and is asking for the community's assistance in compiling the list.

If you, a family member or friend is a veteran currently or formerly living in Rancho Cordova, the City would like to hear from you.

An online form is available at <http://tinyurl.com/kumgrw5> or call (916) 851-8700.

Senator Gaines' Legislation Signed Into Law

SACRAMENTO REGION, CA (MPG) - Senator Ted Gaines (R-Rocklin) today announced that Governor Brown has signed two pieces of his legislation into law, opening up valuable recreational opportunities in northern California and protecting debtors from unnecessary collection efforts.

The first bill, Senate Bill 14, restores an important exemption for Bear Lake Reservoir that will allow the lake to be used for recreational activities as well as continuing its role as a source of drinking water for the surrounding communities.

"Bear Lake is gorgeous and I'm so happy that people from around the state will be able to enjoy it now that Governor Brown has signed my bill," said Gaines. "Opening the lake will

be a boon for the local economy and for recreation, and we can do it all while preserving the drinking water quality that the region depends on."

Senate Bill 551 was also signed by the Governor today. This bill will help ensure that debtors who have already satisfied their judgments are not subject to further collection actions.

"When a judgment is paid that should be the end of it," said Senator Gaines. "We had rules in place that made it difficult for banks or other collectors to tell when a judgment had been satisfied, leading them to keep trying to collect the same debt over and over. Senate Bill 551 provides some clarity and standardization that will benefit debtors and collectors alike and make California



Senator Ted Gaines

an easier place to do business." 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.



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Gold River Messenger

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Local Man Wins Championship in Cowboy Action Shooting



Don Pergande of Rancho Cordova performs scenario cowboy action shooting during a recent competition. Each scenario features situations that may be based on old west history or western movie scenes, in which the shooters test their timing and accuracy against steel targets. Photo courtesy Pancho Sin Lefty

Story by Freelance Journalist Margaret Snider

RANCHO CORDOVA, CA (MPG) - Cowboy action shooter Don Pergande of Rancho Cordova has won the championship for the SASS Western Regional competition in the Cattle Baron category. The event took place in Chorro Valley, San Luis Obispo, Aug. 7-11, and this is the third consecutive year he has won that prize.

SASS, the Single Action Shooting Society, foremost in Cowboy Action Shooting, is interested in preserving the history of the Old West through competitive scenario target shooting. They participate in the "spirit of the game" by wearing clothing consistent with the late 1800s and selecting an alias to illustrate their Old West identity.

After retiring from the U.S. Postal Service in 1992, Pergande and his wife moved to Magalia in Northern California. A friend invited him to the Redding Gun Club to watch target shooting, and his interest continued to grow. He practiced diligently, joined SASS, and picked out his alias of De Sabla Don, after Eugene De Sabla, 1903 Butte County hydroelectric plant construction supervisor.

In 2007, Pergande signed up for his first official match, a big one in Susanville, at the age of 70.

"I had a lot of trouble with [my rifle] and I was brand new and didn't know quite what I was doing," Pergande said. "Even with all those problems I was good enough to take first place in my category, the first match I went to, and I was really kind of thrilled about that."

Pergande was into motorcycles all his life and at that time had a Harley, only a year and a half old. Driving home from Susanville after that shoot, something just clicked, and after being involved with motorcycles for 54 years, he sold his Harley to a friend and turned to Cowboy Action Shooting.

Since his first win, in 69 matches Pergande has racked up 32 first place awards, 15 second, 8 third, 1 fourth and 7 fifth place.

"All of our shooting is done against a clock," said Pergande, "as fast as you can do it, without missing the target."

One of Pergande's compatriots, known by the alias of Pancho Sin Lefty, said that when he started out in the game, he would see Pergande scoring high every time. "An older shooter," Lefty said, "is not usually at the top of the list, as

the younger folks can move faster and have better eyes." He began following Pergande's lead, buying the same kind of guns, AND watching how he worked.

"I've been copying everything that he does: what he shoots and how he shoots and he's very consistent. He doesn't miss very much," Lefty said.

A scenario generally includes shooting five rounds with each of two handguns, 10 rounds with your rifle and 10 with your shotgun, with multiple targets. There are a number of variables in each contest, and best time depends on the movement and shooting positions required. There are penalties for missing a target, and also procedural penalties.

"If you screw up and do them wrong, that's what they call a procedural," Pergande said. "You're penalized 10 seconds for that."

A missed target will add 5 seconds, and a safety issue, such as loading too many rounds in your rifle and having a live round left at the unloading table, would be a 10 second penalty. Safety is a primary consideration at every shoot.

Pergande has upgraded his weapons and now uses two single action revolvers, 1873 clones of the old Colts; an American Winchester 1873 rifle and a 12 gauge double-barrel shotgun, a coach gun like the guards on the stagecoaches would carry.

Pergande's wife Jean supports her husband's interest and, in fact, the two have a ritual that they carry out before each competition. She pulls his ear lobe as a reminder, and says, "Take two and save five, no Ps, limpio, and have fun."

Translated into regular English it means for him to take two seconds to calm himself to avoid a five second penalty, no procedural errors, and shoot the match clean (limpio means clean in Spanish).

Now 76, he said that 2013 will be his last year on the circuit for a while since he will be having shoulder surgery and won't be able to compete immediately after.

While Pergande doesn't pretend to be in the Old West, he enjoys the action and the competition. Some competitors wear elaborate Old West gear, but Pergande's outfit is simple.

"He's very modest. He doesn't talk about himself. He just lets his exploits talk for him," Lefty said. "He's just really a traditional slice of western Americana."



Rancho Cordova resident Don Pergande, alias De Sabla Don, won the cowboy action shooting championship in his category in the SASS Chorro Valley Western Regional shoot-out in San Luis Obispo. Photo by Margaret Snider

Villagers' Chefs Dine From Farmers Market

By Gold River Resident Alona Thomas

GOLD RIVER, CA (MPG) - It was the usual line at Starbucks on Saturday morning, except for a group of chatty Gold River Villagers. We were meeting to plan our assault on the Folsom Blvd. farmers market. Sipping our lattes, there was a few of us that confessed they had not been to the market or it had been many years. Gail Luger chair of the Lunch Bunch, a Villagers social group that meets once a month with a themed menu to taste and share recipes, was a novice. She was excited to give it a try and planned to get Gravenstein apples for a crumble for the dining experience on Wednesday. I assured Gail that there was a wonderful apple guy from Placerville. We were ready to begin our adventure on this beautiful sunny morning.

It was time for our plan of attack. First, we walk around the whole market inspecting all the different produce and much to our chefs surprise they discover all kinds of new items. We find purple long beans, sweet Italian peppers, Romano beans, different kinds of summer squash and the delicious O'Henry peaches. Our route is slow as we run into friends and neighbors all sharing their purchases and hugs. We meet the



Gail Luger and Estelle Loranzo at the farmers market. Photo courtesy Alona Thomas

relishes this fruit. But as fate has it, there was a big gap where the apple farmer should have been, promises, promises. Now, we each go our own way to be inspired by this bounty and find what we will prepare for the luncheon. Before we head home we gather to share our treasures. We have a wonderful variety including eggplant,

with Greek filled sweet peppers and white Sangria made with peaches, plums and strawberries. The entrees were terrific and included Zucchini Casserole, Chicken Marsala along with Corn & Basil Salad, Farmers Market Chef Salad and Veggies with Rosemary Aioli. Fresh Peach Trifle, Apple Crumble and Chocolate Zucchini Cake with Coconut Frosting were the wonderful desserts. These chefs really know how to cook and dine!!

Lunch Bunch is one of the many activities that Gold River Villagers offers. With over 180 members, this all volunteer organization's objective is to acquaint Villagers with one another and foster similar interests and friendship. The only qualification for membership is to be a resident of Gold River, who pays dues to GRCA. For information on membership contact Robin Renwick, nana.robin@gmail.com.

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



From purple long beans to Gravenstein apples, you can find it at the farmers market. Photo courtesy Alona Thomas

friendly farmers and they have some great suggestions for preparing their vegetables or fruits. Figs are just coming into season much to the delight of Estella Lozano, originally from Cuba, who really

squash, potatoes, peaches, nectarines, plums, figs, tomatoes, and, Gail being innovative, has some of the first Gala apples. It is truly a happy start of the day.

Our fresh summer feast began

Relay for Life

By Julie Parker

RANCHO CORDOVA, CA (MPG) - Cancer isn't particular. It greedily attacks any organ in bodies of all ages. While medical science has made progress in its fight against this evil marauder, strides still remain to be achieved.

Dr. Gordy Klatt, a colorectal surgeon in Tacoma, Washington, ran a successful fundraising marathon in 1985 for his local American Cancer Society branch. Twenty-eight years later, his resulting vision of 24-hour relay teams has extended around the globe, raising nearly \$5 billion to fight cancer.

As in any good-versus-evil story, the villainous disease has targeted Dr. Klatt, who was diagnosed



with stomach cancer last year. But, the doctor hasn't given up.

You would be hard pressed to find anyone who has not been affected by cancer - family, friend or yourself.

Rancho Cordova is holding its 24-Hour Relay for Life at the Mills Middle School track at 10439 Coloma Road on the weekend of September 21-22, 2013. It will begin Saturday morning at 9 a.m.

with a Survivor's Lap, and conclude Sunday with a Celebratory Lap.

If you are interested in participating as a runner, volunteer or donator, visit relayforlife.org/ranchocordova or contact Denise Reese, event chair, at 730-7251.

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First City Manager to Retire in January

By Julie Parker

RANCHO CORDOVA, CA (MPG) – “Ted’s tenure here in Rancho Cordova has been tremendously beneficial to the residents of our fine city. We have established an innovative, efficient and award-winning local government in partnership with our citizens under Ted’s leadership. I sincerely doubt that we could have been as successful with any other manager. Ted is one-of-a-kind, and we will be forever indebted to him for his massive contribution to our city.”

– David Sander, City Council Member

Ted Gaebler, Rancho Cordova’s first City Manager, will retire in January 2014, following a decade of service to the City and 50 years of public service. Under his leadership, Rancho Cordova has achieved an 88% approval rating and a high degree of support from its citizens.

“There are no complainers, no petitions, and no gadflies at council meetings,” said Gaebler. “We have done a really good job of building a city government that is responsive to the community.”

Although Ohio is Gaebler’s home state, he briefly spent time at Berkeley under a leadership program for students aged 17-23, as the second youngest student on campus. He later graduated from Miami University in Oxford, where he met his wife, Bonne, on the first day of school. They recently celebrated their fiftieth wedding anniversary.

Thereafter, he spent more than 20 years as an appointed government official in Oregon, Ohio, Maryland, Pennsylvania, as well as California. He owned a government consulting company in San Rafael for 13 years, and served as Vice President for Business Development for ACS. In 2000, he became the CEO for Nevada County.

“My first professional years were in the tumultuous 1960s, when people were changing things by riots and burning down



Rancho Cordova’s first City Manager, Ted Gaebler. Photo courtesy of City of Rancho Cordova

cities. I thought, ‘There must be some way that somebody with a managerial background can change governments peacefully from within.’ So, I tried to make sure I always focused on helping my work force change.”

He earned a Master’s Degree in Government Administration from the Wharton Graduate School of Business, and studied the best practices performed in this country and around the world.

Gaebler co-authored the 1992 publication, “Reinventing Government: How the Entrepreneurial Spirit is Transforming the Public Sector” (http://tinyurl.com/lrvzsvc). It rose to number 6 on the New York Times Bestseller List and was translated into 22 different languages. From 1993 to 1999, he was invited to speak in 39 countries. The book continues to have a huge impact on the way people perceive government management.

After leaving Nevada County, and while briefly serving as the interim City Manager for East Palo Alto, Rancho Cordova invited him to serve as their first city manager.

“They wanted somebody who deeply and thoroughly understood county government, had new town experience, had served in a Central Valley city –

in my case, Visalia – and was a senior in the business who could teach the council and staff about what professional management could do and what the partnership between a professional manager and local elected officials could be like.”

He’s particularly proud of the centrally located building, which sits in the middle of a business park, so people perceive the city government as a business. It’s also home to the Chamber of Commerce, Recreation and Park District, Assemblyman Ken Cooley and a private business. “There’s no excuse to be late for a meeting.”

Last fall, on its annual Best Small & Medium Workplaces list (recognizing companies with exceptional workplace cultures), Fortune magazine’s Great Place to Work® placed Rancho Cordova 12th of 25 best small workplaces in the United States. In fact, it was the first local government agency to appear on the list.

If he could offer a few words to the next city manager, they would be, “Continue to focus on the culture of the employees and citizens so they continue to blend well and do good things. Focus on getting better city boundaries. They were politically derived in the winter of 2002 and are terrible. Better boundaries would provide better circulation on future services and benefits.”

Gaebler will not be resting on his retirement laurels. He will continue to stay involved with the California Capital Airshow, Rotary International and other community programs. Additionally, he and Bonne plan to travel the world and, in this country, complete their goal of visiting all 32 NBA venues (eight have been checked off).

“My wife also thinks I need to take two or three years and clean out my two garages. She knows there is a 1968 Salem, Oregon budget that I put together somewhere, and it’s probably time to throw it in the trash.”

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A TV Article by Tim Riley

Riley Reviews

HULU EXPANDS THE TV UNIVERSE WITH NEW ORIGINAL SERIES

With modern technology offering so many new ways to view and enjoy entertainment content previously confined to a television set, it's no wonder that streaming media companies like Hulu and Netflix have become major players in the TV game.

Not that many years ago, Hulu began to offer a user-friendly model for enjoying TV series running on other networks. As Acting CEO Andy Forssell told TV critics recently, Hulu "was all about last night's TV." The program you missed on FOX or NBC could be seen the next day.

Popular for current and vintage TV shows, Hulu now finds itself up against cable providers offering "Video on Demand," and so Hulu started to look for opportunities to offer programs, even from other countries, that have been missing from traditional television.

Hulu CEO Forssell observed that Hulu is "really not a network, we're not a studio, we are a distributor at heart," and that Hulu is all about trying to "connect people with content they love, no matter where it comes from."

However Hulu wishes to define itself, the obvious thrust of its streaming video content is to focus on upcoming original programs, of which there are ten shows to roll out the rest of this year during the major networks' customary fall season.

First out of the block this summer is "The Awesomes," an animated show for adults that combines the thrills of comic book storytelling with the irreverent comedy that springs from the minds of Seth Meyers ("Saturday Night Live") and Michael Shoemaker ("Late Night with Jimmy Fallon").

Seth Meyers gives voice to Prock, the son of America's greatest superhero, who wants to follow in his father's footsteps but is utterly unqualified for

the job. With the help of the dimwitted Muscleman (Ike Barinholtz), Prock puts together a team of D-list superheroes, trying to keep federal funding for his outfit.

"The Awesomes," though it has its moments of comic amusement, is not particularly awesome, but that's because there's not enough inspired lunacy to distinguish this series from the standard animated superhero fare found on any number of similar shows on cable channels.

There's an argument to be made that there is nothing original on TV anymore. Everything is derivative, or so it often seems. A case in point is Hulu's "Quick Draw," a comedic half-hour western set in 1875 that centers on a Harvard-educated sheriff and his quest to introduce the emerging science of forensics to an unruly Kansas town.

In the early days of the FOX network, a series called "The Adventures of Brisco County, Jr." starred Bruce Campbell as a Harvard-educated lawyer-turned-bounty hunter who was hired to capture an outlaw's gang. Humor was a big part of the show.

Similarly, "Quick Draw" is campy and cheeky, with John Lehr's Sheriff Hoyle constantly reminding the unimpressed yokels that he was educated at an elite school. He has no compunction about feeling intellectually superior, boasting that he graduated 327th in his class.

The citizens of Great Bend, Kansas include the brassy blonde owner (Allison Dunbar) of the town's brothel, who runs an odds-making wager line on when the new sheriff will meet an untimely death.

Sheriff Hoyle also boasts of getting a B-plus in sharp shooting at Harvard, which he says is an actually an A anywhere else. Meanwhile, he's assisted by reluctant Deputy Eli (Nick Brown) to hunt down Cole Younger and his murderous gang.

Have you ever wondered about

the person inside a mascot's uniform, whether at a high school game or in pro sports? Well, later this fall, "Behind the Mask" takes viewers on a behind-the-scenes adventure into the colorful world of sports mascots.

The series focuses on four mascots: Lebanon High School's Rooty the Cedar Tree, UNLV's Hey Reb, minor league hockey mascot Tux the Penguin, and NBA mascot Bango of the Milwaukee Bucks.

"Behind the Mask" tells the moving stories of these real-life Clark Kents, capturing their highs and lows, both inside the suit at games and outside the uniform at home and regular life. The tales are funny, entertaining and at times poignant.

A lot of Hulu's original programming comes from the United Kingdom. One show produced by the BBC that looks very promising is "The Wrong Mans," centered on two lowly office workers caught up in a deadly criminal conspiracy. By the way, it is a comedy with a twisted sensibility.

Part of the appeal of this show is that one of the main characters is played by James Corden, a truly gifted comedian. I had the great pleasure of seeing him as the leading man in the Broadway show "One Man, Two Guvnors," arguably one of the funniest stage productions ever. Corden won the Tony Award for best actor in that show.

In "The Wrong Mans," Mathew Baynton's Sam discovers a ringing phone at the scene of a horrific car crash. Answering the phone turns his world upside down, as he and Phil (Corden) soon realize it's up to them to save the day.

Sam and Phil are in the wrong place at the wrong time, with the wrong skills to get involved in sleuthing. Now you know why the show is called "The Wrong Mans," a comedy that seems ever so right.

Several other new programs are on the horizon for Hulu. "Mother Up!" stars Eva Longoria as a disgraced former music exec who transitions from the towers of Manhattan to the carpool lane of suburbia.

I'd like to tell you more about "Mother Up!" and a slew of other new series, but Hulu has not yet provided screeners for review. Nevertheless, there may be a few good reasons to check out Hulu for more than just the next-day airing of TV programs.



THE NOSE KNOWS

Can a mere sniff make a difference that is? What would you say if I told you that without your sniffer, there would be virtually no taste? Sounds freaky doesn't it, but it's absolutely true! And now, you can take it a step forward with what you crave, and how it predicts who you are. Dr. Alan Hirsch, neurologist/psychiatrist and neurological Founder of the Smell and Taste Research and Treatment Foundation in Chicago, shares information that can really tell us about us in "What Flavor is Your Personality" and "What is Your Food Sign."

I don't know about you, but I am a real ice cream buff, so I thought it would be fun for Dr. Hirsch to give us some stats on the flavors. These are the flavors with which they have done research. So pick out your favorite flavor, and discover your personality traits !!!

VANILLA: Impulsive, easily suggestible, idealist.

CHOCOLATE: Self-absorbed, dramatic, lively, charming, flirtatious, seductive, gullible.

VERY BERRY STRAWBERRY: Dependent, nonthreatening, follower more than leader.

MINT CHOCOLATE CHIP:

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Cynical, argumentative, frugal, cautious.

CHOCOLATE CHIP COOKIE DOUGH: Ambitious, competitive, visionary.

PRALINES 'N CREAM: Loving, supportive, avoids the spotlight.

JAMOCA (i.e. coffee): Scrupulous, conscientious, moral perfectionists.

CHOCOLATE CHIP: Generous, competent, a go getter.

RAINBOW SHERBET: Analytic, decisive, skeptical.

ROCKY ROAD: Engaging, good listener, aggressive.

I've got to tell you when he asked me what flavor I liked best, it was difficult since I love every ice cream flavor conceived. I did succumb to the Rocky road or the straight chocolate, but I think the Rocky road fits me best. But then I love vanilla as long as I can slather on the chocolate syrup and whip cream!!! So, on to the world of snacks. We all love 'em. Here are the ones he asked me to ponder.

POTATO CHIPS: Those who love potato chips are ambitious, successful, high achievers.

TORTILLA CHIPS: A perfectionist, always with the highest expectations of themselves.

PRETZELS: Lively and

energetic. Those who prefer pretzels crave novelty and easily become bored by the usual routine.

SNACK CRACKERS: Contemplative, thoughtful, logic rather than intuitively oriented. Decisions are reasoned and not based on emotions.

CHEESE CURLS: Formal, always proper, conscientious, principled. The cheese curls lover maintains high moral ground with their family, work, and romantic partners.

MEAT SNACKS: Gregarious, social. The meat snack lover is at their best amidst the company of others.

Alright, you got me! Let me at those potato chips! I am not pushing one brand over another, but I do love Lay's Potato Chips, and it's true, I can't have just one. It's more like a whole bag goes down at a sitting! Yes, the big one! Hey, I have to have some bad habits too.

Anyway, Dr. Alan Hirsch has a lot more to say about our taste preferences in his two books "What Flavor is Your Personality" and "What is Your Food Sign." If you would like to know more about why we prefer what we do, check out www.smellandtaste.org or www.scienceofsmell.com. Maybe next time when I have Dr. Hirsch on my POPPOFF Radio Show, I will ask him why hot cinnamon rolls trigger a sexual response. Got your attention now, don't I? Till next time, happy snacking!!!



Dare to Live Without Limits

IT'S CLOSER THAN YOU THINK



by Bryan Golden

During the gold rush of the 1800s, a fellow named Roger headed west, bought a claim, and started digging for gold. After a few weeks of excavating, Roger hit pay dirt. The vein he struck was fairly substantial, yielding a consistent amount of the precious metal. Roger didn't get rich, but he certainly made quite a good living from his mine.

Roger's good luck lasted for about a year. Then the gold he tapped into seemed to run out. Undeterred, Roger kept digging. After a month of no success, he sold the mine and all of the equipment for pennies on the dollar. Roger wasn't really that upset. He had been able to save up a sizeable sum, which he was going to use to start a business back east.

William had also gone west hoping to strike it rich. Having very little money, William was happy to buy Roger's mine for next to nothing. William didn't care that the mine was no longer producing gold. He saw it as an opportunity. William had more time than financing, so he figured he could devote his time to further exploration.

Since he knew nothing about mining, William hired a geologist to examine the claim and advise him as to where he should dig next. The geologist calculated that the gold vein Roger originally discovered

had turned inward about half a foot. All William had to do was dig a few inches in a different direction. William followed the recommendation and struck a major find that made him very wealthy.

Roger called it quits when he was literally inches from more gold than he could have imagined. He was closer to success than he realized. Every day, people all over the world give up on something they conclude is unobtainable. Usually, they are literally a mere grasp from their goals when they throw in the towel.

The problem is that until you reach your destination, you often don't know how far you have to go. Like Roger, you are usually closer than you think. What a shame to abort your quest when you may be so near!

You will only fail when you give up. Since you don't know how near at hand success is, it doesn't make any sense to quit. Had Roger understood this principle, he would have struck it rich. I'm sure that if Roger ever discovered how close he was, it would have haunted him for the rest of his life.

As a society, we've grown impatient. We expect immediate results. We can communicate instantaneously with virtually anyone on the planet. It's possible to travel anywhere in a

matter of hours. We can see the pictures we take instantaneously. A person can win the lottery and become wealthy overnight. There are examples of people being plucked from obscurity and receiving instant celebrity status.

So it's very possible that you expect to reach your goals rapidly. If you are impetuous, you'll abandon your quest prematurely. It really doesn't matter how long it takes; the time goes by anyway. Just imagine how you would feel knowing you gave up when you were so close. You don't want to be in a position to always wonder how things would be if you had just kept going a little further.

Continually keep in mind that you're closer than you think to attaining your dreams. Don't repeat Roger's mistake and quit when you're just around the corner from success. Since you never know how close you are, you have no option but to keep going.

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

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Commentary By Gold River Resident, David Koenig

The Healing of the Races

GOLD RIVER, CA (MPG) – With the election of Barack Obama as our first African-American president back in 2008, we were told by talking heads everywhere that America had “turned the corner on its racist past” and the healing could now begin. Racial harmony was upon us, we were told, and his campaign theme of “Hope and Change” would lead us there. Unfortunately for the rest of us, the President and his administration never got the memo.

Attorney General Eric Holder and his Justice Department have had a number of racially charged offenses they have dealt with in questionable fashion. When

2 members of the New Black Panther Party stood outside a Philadelphia polling place on Election Day in 2008 and intimidated white voters with racial slurs and threats, the Bush Justice Department filed a civil-rights lawsuit against the 2 only to have the Holder Justice Department drop the charges against both. I wonder if this would have happened is the accused had been White Supremacists threatening black people? The Trayvon Martin case drew out all the usual race-baiters screaming and protesting for “justice” and when a jury found George Zimmerman not guilty, the Holder Justice Department vowed to investigate federal criminal civil-rights discrimination charges against him even though the FBI had already investigated it and found no evidence of racial bias on Zimmerman’s part. I don’t remember the Clinton Justice Department investigating O.J. after his acquittal. Shortly after the incident, the president felt he needed to tell all of us that

“if I had a son, he would look like Trayvon”. A Caucasian, Australian college student was murdered this week by 3 African-American teens who were “bored” so they drove by him and shot him in the back. Not a word was spoken about this by anyone in the Obama administration. Ayo Kimathi is a small business specialist for the Department of Homeland Security who in his spare time runs a website (War on the Horizon) preparing black people for the “unavoidable, inevitable clash with the white race”. He also states that “Warfare is eminent, and in order for Black people to survive the 21st century, we are going to have to kill a lot of whites – more than our Christian hearts can possibly count.”

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

GMY Phone Scam Dials in on Older Adults

BBB warns to never give out bank account numbers to callers

SACRAMENTO REGION, CA (MPG) - Better Business Bureau Serving Northeast California warns older adults to hang up on phone calls claiming to be from a company calling itself GMY after an Elk Grove woman received several phone calls from the company requesting bank account information.

The Elk Grove woman grew suspicious of phone calls her elderly mother was receiving as early as 6 a.m. when she intervened in the communication.

“When I got on the phone, they tried to convince me my mother would be receiving a card to pay for her medical care,” said the woman. “They went on to ask for her bank account numbers.

I wouldn’t give them any information when they refused to tell me their phone number or company name.”

The woman eventually spoke to someone identified as a supervisor who told her the company name was GMY. Consumers from across the country have reported similar scams in which the same company name is utilized. In other calls, the company may claim to be working with Medicare to issue new cards.

“It doesn’t matter who claims to be on the phone; do not give unsolicited callers your bank account or social security numbers,” said Gary Almond, president of BBB Serving Northeast California. “Always

make sure you are speaking with a trustworthy person and business before taking the conversation any further.”

To avoid this and similar scams, BBB offers the following tips:

Do not give personal information to unsolicited callers.

The government does not call, text or email. Also, the government should already possess the necessary information and should not ask for your social security number or address.

Do not accept free medical services or equipment in exchange for your Medicare number.

Identify real Medicare providers. Call 1-800-MEDICARE or TTY at 1-866-653-4261.

Golfers and Sponsors Needed for Tournament Supporting At-Risk Youth

Golfers and sponsors are needed to help support a program proven to reduce youth violence

SACRAMENTO REGION, CA (MPG) - Every year in Sacramento County hundreds of students are expelled from school because of involvement in on-campus violence. In order for these students to be readmitted to their schools, especially in cases reaching the court system, they must successfully complete a sanctioned violence prevention program. Project SAVE (Safe Alternatives and Violence Education) is one such program.

The mission of Project SAVE, operated by the Sacramento County Office of Education (SCOE), is to reduce youth violence and weapons possession through strong partnerships with local agencies. The mission

emphasizes that weapons possession and violent behavior are unacceptable, especially on school grounds. Since 1998, Project SAVE has served more than 2,500 young people in Sacramento County. Nine out of ten participants remain violence-free after participating in the program.

The 11th Annual Project SAVE Golf Tournament is scheduled for Monday, September 23, 2013 at the Valley Hi Country Club, in Elk Grove. Check-in will begin at 8:00 a.m. and the “shotgun” start will begin at 9:00 a.m. This annual fundraiser is the main source of funding for this model community project that has been proven to prevent and reduce

youth violence and bullying behaviors.

Entry fees for the September 23, 2013 golf tournament are \$150 per person or \$600 for a foursome. Tournament host, contest sponsor and individual hole sponsor opportunities are also available. Project SAVE is also seeking door prize donations to benefit the program. A short luncheon will be provided at the conclusion of the tournament.

For more information about the Project SAVE golf tournament, or to find out about sponsorship and volunteer opportunities, contact Cheryl Raney at (916) 228-2201 or craney@scoe.net.

Source: Sacramento County Office of Education

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By Gold River Resident, David Dickstein

West Maui Offers the Complete Hawaiian Package

Mondays and Wednesdays only, arguably serves up the most fun, from a crooning host who is awesomely hokey (in a good way) to audience participation ripe for viral videos.

The most traditional hula and feast fest in West Maui is the perennial visitor favorite: Old Lahaina Luau. Flat-out fun, it's not once the interactive ancient Hawaiian games make way for the show, and that's by design. Authenticity is stressed for the show, so there's no fiery finale. Fire knife dancing is Samoan, not Hawaiian. Even though rules

respectively. Kahoma offers off-road ATV adventures three times a day, two of them combining an opportunity to cool off with a dip in a reservoir after careening down a tailbone-torturing water slide.

Much of the 2½-hour combo escapade is spent getting equipment and a safety briefing, plus the shuttle to and from the ranch, but the time spent inside the rugged Polaris Rangers is a bona fide blast. Adding to the fun is a staff that's first-rate and familiar with every inch of old sugar cane roads that yield rides that

and follow your nose toward the beach where scrumptious banana macadamia nut pancakes with lip-smacking coconut syrup await at a shack-like diner that is small in size, but where prices and the breakfast and lunch selections aren't.

Ignore what could be a long line; the wait is worth it. And if someone stands in line for your party, the rest of you can explore the lava-formed tide pools just steps away. Lunch at Front Street's Cheeseburger in Paradise or Aloha Mixed Plate with indig-enous cheap eats is a must, and



Old Lahaina Luau is considered the most authentic on Maui. Photo by David Dickstein

averaging in the high 70s, and the omnipresent aloha spirit are enough to lure people away from Orlando, Cancun, and big-city rival Honolulu – the only destinations more popular among American families, according to Travelocity.

While name-embroidered mouse ears and sombreros may be fun to wear, give me a Hawaiian straw hat any day. And make me wear it in West Maui, where there awaits a mix of activities, lodging, and dining that would even make Goldilocks happy. Not too quiet (Kauai anyone?), not too active (aloha, Oahu!), it's just right. Plus, it's got Ka'anapali Beach, ranked among the best in the world by reputable travel guides. The sand is exquisite, and you can't beat the ease and relative safety of snorkeling next to Black Rock, a natural breakwater behind the Sheraton Maui.

Speaking of which, if Goldilocks had a TripAdvisor account, she'd give the Sheraton a positive review not only for its location, but being in the just-right zone between the sheer opulence of the Four Seasons and the Ritz-Carlton in tony Kapalua and the dated beach-front properties in, well, pretty much everywhere else.

The Sheraton's Ka'anapali Sunset Luau at Black Rock also is deserving of a favorable rating for some of the tastiest food, best-looking dancers, and most picturesque grounds of all the hotel luaus on the island. As with

are broken at the bar – doubtfully did Hawaiian royalty and their guests guzzle margaritas, chi chis and lava flows – a taste-ful time is had by all, with some of the credit going to the imu, which unlike with hotel luaus, is the same one that night's audience sees unearthed, or so we're

are awesomely jerky, bumpy, and bouncy. Ironwood Ranch, in Napili, is the closest location to Ka'anapali for horseback riding. Its "West Maui Journey" winds through a pineapple plantation and a magnificent rain forest. What a thrill to pick coffee beans right off the tree.

for a special evening, it's hard to beat an elegant, yet unpretentious dinner at Lahaina Grill, just off Front Street on Lahainaluna Road. Chef-owner Jurg Munch happily shares recipes upon request, but after seeing what it takes to make Chef Arnie's home-made meatballs – a to-die-



Nakalele Blowhole is a popular destination at the northernmost tip of western Maui. Photo by David Dickstein

told. One criticism: A splash of spontaneity would benefit the performance, which seems to be on auto-pilot.

Definitely not on auto-pilot are riders behind the wheel and holding the reigns at Kahoma Ranch and Ironwood Ranch,

After working up a dirt-caked sweat, treat yourself – following a long, hot shower – to a relaxing meal at one of West Maui's fine restaurants. A perfect day of dining can begin with breakfast at The Gazebo behind Napili Shores Resort. Park the car,

for dish with veal, pork and beef, it would be faster just to fly back to Maui.

Check out the island online at the Maui Visitors Bureau website: www.visitmaui.com.



Rugged off-road fun is for the taking on ATVs at Kahoma Ranch. Photo by David Dickstein

the others put on by resorts – the most popular being Drums of the Pacific at the Hyatt Regency, all-you-can-ingest food and drinks, cultural pre-show demonstrations, a ceremonial imu unearthing (typical of hotel luaus, the shredded pork actually served is from a different pig) are included with the main event being a hula-happy performance capped by a fire knife dancer or two. The Sheraton's luau, staged

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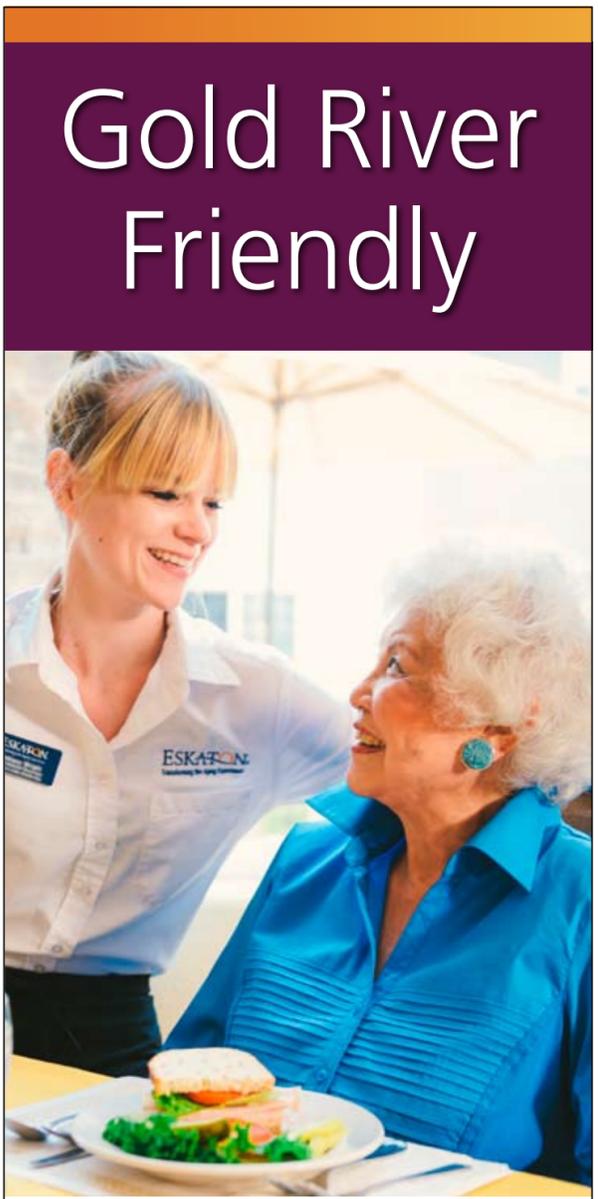
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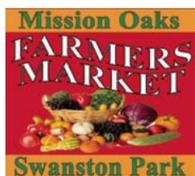
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Farmers Markets!

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SUPPORTING LOCAL FARMERS, YOUTH AND COMMUNITIES



Mission Oaks Farmers Market at Swanston Park

2350 Northrop Avenue, Sacramento

Tuesdays from 3 to 7pm (through November 19th)



UC Davis Health System Sacramento Farmers Market

45th & Y Streets (Behind Shriners Hospital)

Every Thursday from 3 to 7:30 pm (through November 14th)



Sacramento Midtown Farmers Market

2020 J Street (Between the STANF Native American Health and Bioware buildings)

Every Saturday from 8 am to 1 pm - all year round, rain or shine



Fair Oaks Plaza Park Farmers Market

7003 Park Drive, Fair Oaks (Old Fair Oaks Village)

Every Wednesday from 3 to 7 pm (through November 13th)

Mather VA Hospital Farmers Market

10535 Hospital Way, Mather

Every Wednesday from 9 am to 1 pm (through November 20)



Carmichael Park Farmers Market

5750 Grant Avenue, Carmichael (Corner of Grant & Fair Oaks Boulevard under the trees in the Park)

Every Sunday from 9 am to 2 pm - all year round

Over 65 certified and organic farmers and specialty food vendors



Sunrise Mall Farmers Market

6190 Sunrise Boulevard, Citrus Heights (behind Sears located in SE Parking Lot)

Open every Saturday from 8 am to 1 pm - all year round



Historic Folsom Farmers Market

910 Sutter Street, Historic Folsom Public Plaza, Folsom

Every Saturday from 8 am to 1 pm - all year round • Over 50 vendors!



BMSUSA Certified Farmers Markets offer fresh grown organic produce and specialty food products weekly rain or shine, all year round and seasonal! All Markets include Live Music, Quarterly Crafting Events and Health Fairs along with special events and activities.