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Gold River Messenger

"Written by the people, for the people"

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August 2013

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Dogfood: Local Band Looks to Break Out with New CD

By Gold River Resident,
David Dickstein

GOLD RIVER, CA (MPG) – Musicians waiting tables while waiting for their big break are a dime a dozen, but there are only two who add a side of Dogfood to their shifts at the Outback Steakhouse in Gold River. Not to fear, lovers of the Bloomin' Onion -- your favorite deep-fried appetizer isn't intended for Fido; Dogfood is a rock band.

Two-thirds of the group works at the local Outback. When they're not bringing so-called Aussie-Tizers and other dishes with supposed Down Under flavor to hungry patrons, Skyler Michael and Matt Harris take their brand of high-octane alternative rock to mostly stages in and around their adopted Sacramento home.

Friends since high school, Michael, Dogfood's lead singer, guitarist and lyricist, and Harris, its bassist, moved out West together from Sarasota, Fla. after graduation. Instead of ending their cross-country road trip in Los Angeles, the nation's music mecca teeming with talent, they continued up I-5 and wound up in Sacramento. Less than two months after settling in Sac, they recruited drummer J.T. Reed, a 2006 Rio Americano High graduate. Like his band mates, Reed also works at a restaurant part-time. The difference is Reed works in the kitchen instead of facing customers at the Old Spaghetti Factory in Rancho Cordova. "I'm used to being in the back.



Dogfood members (from left) J.T. Reed, Skyler Michael and Matt Harris take time from rehearsals and part-time jobs for a photo shoot at Western Feed and Pet Supply in Gold River. Photo by David Dickstein

"I'm the drummer," he said, matter-of-factly.

Harris explained why Sacramento was chosen over L.A. and all the other large cities west of Florida.

"We wanted a big city, but an affordable big city," he said. "We have gained some traction, maybe

not as fast as we were hoping, but at this point it would be silly for us to move to L.A."

Despite having no record deal yet, the band is making the most of a big fish, little pond strategy.

"We just played Concerts in the Park before 7,000 people (at downtown's Cesar Chavez

Park)," Harris said. "If we were in L.A. we'd never be given that opportunity."

Another plus, Michael noted, is when the subject of Sacramento's top rock bands comes up, Dogfood is a fixture in the conversation. The buzz is about to get stronger with

the release of the band's second CD. The Aug. 2 drop of self-produced "Blink of an Eye" will be marked with a CD release concert that night at Ace of Spades in downtown's "R Street District."

Continued on Page 4

Doughnuts Provide Opportunity

By Alona Thomas

GOLD RIVER, CA (MPG) – June 7th was National Doughnut Day in America. These sweet fried gems are, at the moment, grabbing a share of the "foodie" spotlight. While on the bicycle at the gym I heard all about Cronut (donut meets croissant) in New York that is selling for \$40 on the black market. Dunkin' Donuts debut their Glazed Breakfast Donut Sandwich with much fanfare on this recognition day.

This sentirehullabaloo reminded me of the first recommendation I got from the locals, to make sure I tried Howard's Donuts in the Rivergate Plaza. Right away I found myself having a wonderful Glazed Old-Fashion with coffee at Howard's.

As I took in the scene, people arrived in a constant stream to get their goodies and be greeted by the members of an Asian family. We had a favorite doughnut/coffee shop in my previous hometown, which was operated by a warm, welcoming Cambodian mom and dad.

My question: How does something like doughnuts



become a business for a nationality that would have no background for a Crispy Maple Bar?

The history begins with a fellow named Ted Ngoy, who came to the United States as part of the 1975 immigration of Cambodians who fled from the Khmer Rouge. He was in Long

Beach working in a gas station when he noticed many customers going into the Winchell's across the street.

He applied for a job at the doughnut shop. He was willing to take any job, just to learn the business. He not only learned how to make doughnuts, but how to make it a business and created

a million dollar franchise.

He, in turn, trained and sponsored a large number of poor, unassimilated Cambodians who had fled to the United States.*

Back to our man, Howard Hong, who had escaped Cambodia with his family in 1980. The five members walked

barefoot through the jungle (to avoid the mines) to a Thailand refugee camp. One year later, they were sponsored by a family and came to Sacramento.

In his heart, Howard is an entrepreneur. He educated himself on all the fine points of doughnut artistry, and then with funds borrowed from family and friends, opened his first shop on El Camino. The family worked seven days a week at the shop. He opened the present location in 1985 and with DONUT dough has provided a living for his family with all three daughters graduating from local colleges. Howard and his wife, Samon, have lived in Gold River since 1987 and recently retired. Their daughter Kimna Nou and her husband, Yut, operate the shop. Howard still comes in occasionally at 4 a.m. to start the coffee. A favorite ordered by the regulars is the Apple Fritter – SO GOOD.

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 gcommunityfoodie@gmail.com.

*Source: Los Angeles Times

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Don't Stop Thinking About Tomorrow

By Jodie Myers

GOLD RIVER, CA (MPG) – Fleetwood Mac was in town a couple of weeks ago. Did you go? Because Chuck and I did. And we had a wonderful evening. I mean, who wouldn't love communing with their inner-1978-ish self while watching Stevie and Mick do their thing?

And so it was that we met up with our favorite concert-going friends, Jim and Teresa. First we dined al fresco at one of Gold River's best, Jack's Urban Eats; and then we headed to Arco Arena – I mean, Power Balance Pavilion – I mean, Sleep Train Arena -- for the 7:30 start.

The venue was perfect. Our seats could not have been better. The anticipatory excitement was contagious. The joie de vivre was palpable. Chuck's beer was icy cold. My wine was blissfully refreshing. This, my friends, was going to be an awesome concert!

But...who were these people? As I was checking out the crowd, I was accosted by the sight of an overabundance of "Mom jeans" and Easy Spirit Comfort shoes. At every turn I saw upper-arms-gone-flaccid and too-large-to-be-healthy paunches. I was overlooking a veritable sea of salt-and-pepper and shininess, i.e., graying hair and balding heads.

As I sat there assessing who would for the next three hours be my new BFF's, I wondered what the cumulative cost of HRT, Fibercon and Cialis was amongst all of us gathered together.

A heavy silence descended upon the four of us. I leaned in



and quietly said, "Pssssst. You guys, doesn't everybody here look old?"

Jim replied, "Yeah, they do. But I bet they're saying the same thing about us."

Pregnant pause. Then nervous laughter ensued amongst our little foursome. Because he was right. He was absolutely right. We were one of them. We were all in this together. That cold harsh reality warranted two more quick gulps – I mean, sips – of wine.

Finally, the lights dimmed. Thousands upon thousands of liver-spotted hands clapped in unison. And out came, first, Mick Fleetwood, followed by the venerable, iconic Stevie Nicks. And thus began about 160 minutes of introspection, retrospection, cold chills, misty eyes and sheer entertainment.

Okay. So they sounded a titch raspier, and they moved a tad more slowly, but they still had that same innate ability to captivate and mesmerize.

Their melodically beseeched us to go our own way. They sang to

us about Rhiannon and landslides, and the fact that children get older, times get tough, and that we might just be Second Hand News. And they harmoniously told us: Don't Stop Thinking About Tomorrow.

But heck, I couldn't stop thinking about yesterday! Because after listening to about two of their songs, I was back to circa 1978...before wrinkled bell-bottoms became wrinkled faces; before Ding Dongs and HoHo's evolved into Froyo and Skinny Cows; back to the days when an Apple was, well, an apple; when hashbrowns were a daily staple and hashtags were not yet born. You know, before the advent of 401K's, mortgages and college tuitions...

Sadly, though, all good things must come to an end. After two encore performances, Fleetwood Mac bid us their gracious adieu. The lights, cruelly, came back on, ever-too-brightly. Through no fault of our own, we were catapulted to the here-and-now, which isn't a bad thing, at all. I'm not complaining, at all. I'm just saying: Boy, is it ever cool and therapeutic to take a psychostroll through your 20's!

Chuck and I have seen quite a few bands -- Chicago, The Doobie Brothers, The Eagles, Three Dog Night, Tom Petty and Lynyrd Skynyrd, to name a few. Fleetwood Mac, we decided, ranks among the best. And if, say, Billy Joel, or Bob Seger, or the Rolling Stones ever come to Sleep Train (I propose we rename it The Johnson|Ranadive Center), count us in. We're there!

Hometown Heroes



Air Force Airman Preston D. Wtulich graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

Wtulich is the son of Peter and Shirley Wtulich of Guadalupe Drive, Rancho Murieta.

He is a 2011 graduate of Jesuit High School, Carmichael.



Air Force Airman Joshua A. Cristi graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

Cristi is the son of Barbara Cristi of Hokan Lane Wheatland, and brother of Joseph Cristi of Basie Way, Rancho Cordova.

He is a 2011 graduate of South Sutter Charter School, Placerville.



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Publisher, Paul V. Scholl

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Epilepsy Fundraising Event

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Ferrari Enzo

Three incredible cars will be on display at the Bronte Epilepsy Research Foundation's fundraising event (a no-host brunch) on Sunday, September 8, 11 am - 3 pm, at Zinfandel California Cuisine, 2220 Gold Springs Court, Gold River. Three drawings will be held for the chance to win a 5-minute ride in one of the cars shown here: a Ferrari Enzo, a Ferrari 458 Italia, and a McLaren MP4-12c. Raffle tickets are \$20 each, with all proceeds going to the Bronte Research Foundation. For more information, contact Mary Lou Sordi at 916-965-5510 or at bronte123@pacbell.net. You can also visit their website at www.brontepilepsyresearch.org



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Ferrari 458 Italia

Meet Willie From the Streets of L.A.



By Gold River Resident Kay Burton

GOLD RIVER, CA (MPG) – Maisy Thurmond found Willie online through a rescue group called "Mutt Scotts Rescue," in South Lake Tahoe and Southern California. Willie was originally from the streets of Los Angeles, where he was found bleeding and traumatized.

According to the "Mutt Scott" rescuer, a gang of kids had beaten, kicked, and broken his tail before throwing him in the dumpster. He was rescued from the dumpster and then shipped to their South Lake Tahoe location.

The rescue group brought Willie to Maisy and Larry Thurmond's home to inspect their house ... and Willie never left. Maisy and Larry Thurmond adopted Willie on Dec. 14, 2007 and made his birthday on December 25, Christmas Day.

It took some doing to get little Willie to where he is now. They took him to a professional trainer

to boost his confidence. He has mellowed out and has realized that his hands and feet are not for hitting and kicking.

Willie's DNA shows him to be part chihuahua, beagle, pug, and pit bull. He weighs 5 lbs., but can act like a 100 lb. pit bull if he feels that the family or he is threatened. Getting in the front door used to be hazardous for our guests.

Bad Willie loves to chase lizards, which has resulted in a visit to the vet. Good Willie brings the lizards into the house as gifts. Good Willie does not do that anymore. Willie is a good boy 99.9% of the time.

Willie loves Cheerios and can be pretty insistent if he doesn't get his Cheerios treat by 4:00 pm. He likes to hide them. He insists

on sleeping in bed between the two of them on his favorite blanket. He has his Cheerios and his favorite monkey under the covers. That puts a whole new meaning to making the bed.

He's street smart too. He will sit and stare at a skunk, bird, or anything in the backyard. Then, very quietly and when the coast is clear, he'll go out via his pet door and "attack."

Whoever abused Willie will never know how smart and sensitive he is.

Kay Burton is a Gold River resident, as well as a pet columnist and supporter of the SSPCA and rescue groups. To share your family pet story with our readers, email Kay at kayburton1@comcast.net.



Willie who was rescued from the streets of L.A., has gone through professional training to become a better pet. Willie loves Cheerios and has mellowed out since relocating to northern California.

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.

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Dogfood: Local Band Looks to Break Out with New CD

Continued from Page 1

Evident of how tight-knit the Sactown rock community is, a brimming opening lineup -- Element of Soul, Humble Wolf, The Three Way and James Cavern -- is on tap to support. The night promises to be epic if Reed's observation of local music etiquette holds true -- that Sacramento bands "show up when other bands start and don't leave until after the concert."

The band's 10-song sophomore CD shows growth in musicianship, songwriting and production, but intact are shades of the Red Hot Chili Peppers, Sublime and Incubus as detected in earlier Dogfood works. Though the core doesn't depart from what's on the 2010 debut album "Alabama Voodoo" and other tracks local audiences have heard live at The Boardwalk in Orangevale or over the airwaves on 98 Rock, Dogfood's fan base will clearly notice what Harris described as "maturity" with "Blink of an Eye." The "EXPLICIT" stamp that applied to most songs on "Alabama Voodoo" is needed for only two cuts off the new album as Michael's lyrics this time are not liberally spiced with radio-unfriendly language.

The band also comes off as more down to Earth, able to carry social banners and convey



Dogfood drops its second CD on Aug. 2. "Blink of an Eye" shows growth in musicianship, songwriting and production. Photo by Adam Bucher (IS THIS ADAM'S PHOTO??)

provocative messages without what could be perceived as chest-beating lyrics such as these in "Gunfight" off "Alabama Voodoo": "... We don't play the same old (expletive) as them other (expletive) only tryin' to get rich, yeah! And I don't mean to come off rude, but I know we're a whole lot better than you, nah nah." Although the electric track is the band's most downloaded song on iTunes, its members agree that rockers are perceived as more genuine if vanity is kept in check. They clearly take their own advice in

the fatalistic title track on "Blink of an Eye," one of three advance cuts off the new CD now up on SoundCloud (www.soundcloud.com/dogfoodmusic). Also out is the first music video in support of the album (on YouTube at www.youtube.com/watch?v=SKSsBs7oe7c). Directed by Michael and shot fully on iPhones, the video is a trippy interpretation of the CD's first single, the face-slapping "Feather in the Wind."

Floating in the air like a feather in the wind, to borrow from the song, is the opposite of

Dogfood's aspirations. Together or not, and hopefully the former as they expressed, each band member wants control of where he's going as long as there's music involved. Michael's goal is to dedicate his life to the type of music Dogfood represents. Harris seconds that thought, saying that "I'd be happy living in a crappy place as long as I can play my music." Reed just wants to tour. "That's where the money is," the drummer said.

With all three members in their mid-20s and Dogfood not yet signed, the reality that the new

album puts them in a potential state of now or never isn't lost on the men.

"The next couple of years are really crunch time for us," Michael said. "We understand we're getting older. You almost have to hit it by a certain age."

They may not have a recording contract yet, but it isn't for a lack of paying one's dues. Dogfood (www.itdogfoodbaby.com) went on a three-month tour in early 2012, playing stages from Burt's Tiki Lounge in Albuquerque, N.M. to the Blue Owl back in Michael and Harris' hometown of Sarasota, and returned to Sacramento broke.

"You get paid by the number of heads you bring in," Michael said. "We're bringing in enough each night for gas money, food and nothing else."

Their best-paying gig brought in \$1,500 for the week -- not for playing, but for painting, as in the entire wooden barn on Harris' aunt and uncle's Texas farm. Even Dogfood's manager, Eric James Hill, picked up a brush.

"We were roughing it," said Michael, noting that only on rare winter nights did they not sleep in the van. One gig in Las Vegas came with a hotel room, but otherwise accommodations were the band's 2010 Ford E-350 in a hopefully safe parking lot. Load up the manager and Harris' pet boxer Bruce and you've got

some seriously reeking and cozy conditions.

It's a sacrifice they're willing to make in order to keep playing and recording. When they're not scripping on the road, they're stretching dollars at home by sharing living expenses. Hill makes roommate No. 4, but, sadly, Bruce the boxer is no longer No. 5. The band's "slobber monster, tour roadie" and Harris' best friend had an unfortunate encounter with a car on Fair Oaks Boulevard a year ago.

On a lighter note, how Dogfood got its name has nothing to do with either the band's dearly departed mascot or a cheap meal out of desperation (no, they didn't).

"When picking a band name, you try to get the best possible name," Michael said. "We started throwing out the worst names."

Among the names in contention was "Dog Leg" until it was ruled out as being "kind of lame," according to Harris. "Dog Food" was a joke that got carried away, but it stuck and, well, it's easy to remember," he said with Michael adding, "It sounds more punk-like. It's an ironic band name."

Cool name, new CD, a growing catalog of music, strong local following and places to play. These guys are just a recording contract away from the world eating their own Dogfood.

Hot Jazz Jubilee Coming Labor Day Weekend

RANCHO CORDOVA, CA (MPG) – Hot Jazz Jubilee is almost here! Your Labor Day weekend will never be the same after you hear the great sounds that originated in the '30s and '40s. Louis Armstrong, Hoagy Carmichael, Pete Fountain, Duke Ellington, Benny Goodman, and many more will be re-created during this four-day music festival. In addition, there will be bands that play American roots Zydeco and Cajun, as well as the Big Band sound you grew up with.

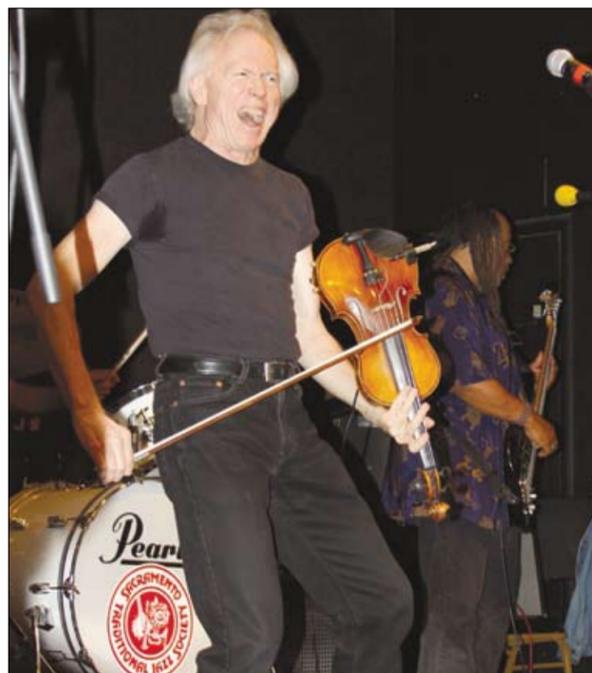
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Jason Prof's Firehouse Lot

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Tom Rigney

Friday, August 30 with a poolside welcome party. There will be hosted hors d'oeuvres for all of those in attendance, along with a paid festival badge. Two bands will entertain you as you become re-acquainted with old friends. At 7 pm, five venues will open to the sounds of local favorites Sister Swing and the Hot Flashes.

Also being introduced to the California circuit is Meschiya Lake and the Little Big Horns, direct from New Orleans. Meschiya was named Female

Singer of the Year in the Traditional Jazz category for the third year in a row. Her sound is true New Orleans from the '30s.

Big Mama Sue with Eddie Erickson and High Sierra round out the start. Music until midnight will be in abundance, with the night closing out with Bob Draga and Friends in the Formaggio Bar.

The music picks up again on Saturday and Sunday at 9:30 am and closes at midnight. Be sure to catch the Doris Day tribute

set for Saturday morning at 11 am. Rumor has it that Doris will be calling in by telephone to welcome the festival goers in attendance.

Several others special attractions will also be provided. Check out HotJazzJubilee.com for details, or call 916-822-2210.

Four-day badges are available at \$95. Rooms are available at the Marriott Hotel, but are going fast. The Hyatt House across the street has rooms starting at \$79 each, and so does the Holiday Inn next door.

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A Film Review by Tim Riley

Riley Reviews

“WOLVERINE” CLAWS ITS WAY TO TOP OF SUPERHERO ACTION HEAP

Logan has not aged, but the soldier he rescued, Yashida (Haruhiko Yamanouchi), is an elderly, extremely wealthy industrialist, now confined to his deathbed, wistfully hoping for immortality.

Lured by the curious Yukio to Tokyo, Logan ends up getting a scrubbing and makeover from geisha girls, but he keeps the mutton-chopped sideburns. The answer to the second question remains elusive and unknowable.

Dutifully paying his respects to the dying Yashida, Logan discovers that the industrialist's granddaughter Mariko (Tao Akamoto) stands to inherit his fortune, and as a result, her life is in serious danger.

For one thing, Mariko's father is a ruthless tycoon who is apparently involved with sinister forces that seek to take control, by force if necessary, of the Yashida financial empire.

A spectacular fight sequence with ninja warriors at Yashida's funeral service causes Logan and Mariko to go on the run, even hiding out for a time at a seedy hotel that caters to customers renting rooms by the hour.

Meanwhile, Logan is undergoing an existential crisis, evidenced by the frequent dream sequences in which his former lover, Jean Grey (Famke Janssen), a fellow mutant that he had to kill, reminds him of misfortune and tragedy.

Shifting to the present day,

More than troubling dreams are at work. Logan is also consumed with thoughts that his immortality is a curse and a burden that hinder his ability to live a normal life, a thought more pressing now that his romantic feelings for Mariko have taken hold.

Due to other strange things going on, Wolverine finds his physical strength ebbing away, his superpowers gradually dwindling and his immediate ability to heal from all wounds no longer a given.

But before falling into a state of impaired faculties, Wolverine manages a spectacular fight to the death on top of a speeding bullet train with a Yakuza assassin.

With the train hurtling along the tracks and through tunnels at a speed of 300 miles per hour, the rooftop battle is skillfully staged and stunning for its heart-pounding suspense. This could be the film's best action moment.

Not so fine is the climactic battle scene inside Yashida's mountainous lair, where Wolverine must fight a giant robot. We've seen enough of this in films like "Pacific Rim," and, well, others I have already forgotten.

"The Wolverine" is filled with plenty of faceless villains, mostly ninja types who are fairly well disguised in their black robes and masks.

The most interesting bad guy is actually a femme fatale (Svetlana Khodchenkova), the blonde nurse who tends to Yashida but has a secret agenda. Though she is attractive, one would be advised not to kiss her.

Though it may not be saying much, "The Wolverine," even when it falters at the end, is one of the better superhero movies of the summer. That's mostly a credit to Hugh Jackman's nuanced performance.

A word to the wise: Be sure to stay for the credits. The future of the franchise hangs in the balance with a breathless teaser.



Dare to Live Without Limits

ACTIONS HAVE CONSEQUENCES



by Bryan Golden

"I believe that we are solely responsible for our choices, and we have to accept the consequences of every deed, word, and thought throughout our lifetime." – Elisabeth Kubler-Ross

All of our actions have consequences. This relationship is as dependable as the ripples created by throwing a pebble into a lake. Consequences can be either good or bad. Problems arise when we don't think about or recognize the consequences of our actions.

When you are not aware of the consequences of your behavior, two things may happen. In the case where the consequences are negative, you run the risk of repeating the same mistake. When you are pleased with the consequences, you may also fail to duplicate the behavior that gave you the desired results. In either case, you will be frustrated.

For example, how far could you get driving a car if you didn't comprehend the consequences of the various controls? Without an understanding of the operation of the steering wheel, gas pedal, and brakes, you wouldn't remain on the road for very long.

Your life works the same way. It's important to understand the consequences of your actions. Many of the consequences you experience are predictable. However, there may be some you didn't anticipate. They are part of

your unending education.

Unexpected consequences provide you with new insights. Invaluable knowledge can be gained by analyzing exactly what happened and why. The discoveries made in this fashion provide you with new information you can use to reach your goals.

Ideally, when assessing various courses of action, an analysis of the corresponding potential consequences enables you to make the best possible decision. This is the basis of the carpenter's adage, "measure twice, cut once." You have probably been told numerous times to think before you act.

Acting impulsively, without thinking, is the same as cutting without measuring at all. This approach is similar to attempting to drive a car by cranking the steering wheel in one direction and then correcting by cranking in the other direction. You will run off the road in short order.

Not every decision you make will be perfect. Your objective is to take the most appropriate action based on the information you have available. If the actual consequences are not what you wanted, you must then take different action and keep going. Don't waste any time lamenting what you should have done differently.

Ignoring or denying the link between your action and the corresponding consequences will often make things worse. You

won't be able to take control of your life unless you see yourself as being responsible for the outcomes you are experiencing.

When faced with undesirable consequences, you want to first identify the cause. Next, determine the action you need to take to mitigate, change, or eliminate them. Then get in gear and do whatever is necessary to correct the situation. Action, not complaining, brings results.

If you fail to take personal responsibility for your actions, you will exacerbate your situation. Those who blame others for their circumstances develop a victim mentality. The result is a belief that they have no power over the direction of their destiny. This type of thinking leads people to accept suffering as normal and unavoidable.

The only way to affect different consequences is to alter your actions. This is accomplished by being proactive in every area of your life. Then when something happens you don't like, your first response will be "what do I have to do to fix this?"

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@columist.com or write him c/o this paper. ©2008 Bryan Golden

WOLVERINE

(Rated PG-13)

Hugh Jackman returns as the mutant hero, the titular character in "The Wolverine." The movie raises two questions: Why is he in Japan? Why does he still sport mutton chops?

When he's not baring his adamantium claws, Jackman's Wolverine is known as Logan. In what is the sixth film (counting spinoffs) of the franchise, Logan is first spotted looking like a homeless mountain man in the Alaskan wild, or maybe it's the Yukon. Whatever, it's some place cold and uninventive.

Living like a recluse in a cave, Logan communes with nature, even managing a peaceful coexistence with a grizzly bear companion. His solitary existence is disturbed by the appearance of reckless hunters bent on snagging a large, shaggy-haired ursine trophy.

Confronting the repugnant hunters at the town saloon, Logan reverts to his old superpowers to ward off his foes, drawing attention from the enigmatic Yukio (Rila Fukushima), who entices him to Japan. So we have the answer to the first question. Memories of World War II are fresh in Logan's mind, as he remembers, while interned in a POW camp, saving the life of a young Japanese soldier during the atomic bombing of Nagasaki, and thereby revealing his miraculous self-healing powers.

Shifting to the present day,

POPPOFF!

with Mary Jane Popp



SUMMER SUN & FUN

Summer is a busy time for all of us ... especially moms who seem to be on the go all day and night. So how about some health tips for staying happy and healthy this summer and heading into back to school?

I turned to award-winning pharmacist Sherry Torkos for those tips on my POPPOFF Radio Show. Sherry is co-author of *Saving Women's Hearts* and combines both conventional and complementary medicine to achieve better health naturally.

Here are seven tips that just might do the trick for you this summer!

1) **Get another hour sleep.** Lack of sleep has been shown to raise blood pressure, trigger inflammation, and promote clotting and atherosclerosis. All of these factors raise the risk of heart disease. Aim for 7-8 hours of sleep each night. Make sleep a priority for better health.

2) **Stress less.** Stress is a powerful risk factor for heart disease. Stress impacts several risk factors for heart disease: it raises blood pressure and

cholesterol, triggers inflammation and promotes blood clots. To better manage stress, try deep breathing meditation, yoga, and regular exercise.

3) **Eat more colorful fruits and vegetables.** Brightly colored fruits and vegetables contain plant pigments, which are rich in antioxidants. These antioxidants offer a number of health benefits. They can help fight free radical damage, support the health of your blood vessels, and reduce inflammation. Aim for 7-10 servings per day, and go for variety.

4) **Add plant sterol-fortified foods to your diet.** Plant sterols are naturally occurring plant compounds in nuts, whole grains, and vegetables that compete with cholesterol for absorption in the body. Research has found that consuming 0.8 grams of plant sterols daily can lower LDL by as much as 15%. It is almost impossible to get this amount from regular foods. You will now see foods fortified with plant sterols in your grocery store such as orange juice, milk, even tortilla chips and cookies, so you don't have to deprive yourself of your favorite foods.

5) **Avoid energy drinks.** These products are loaded with caffeine and sugar, both of which – in excess – can be hard on the heart and can cause racing heart and increased blood pressure. These products can also heighten stress and anxiety, causing sleep issues. Safer ways to boost energy and

combat fatigue include eating small frequent meals with slow-release carbs, drinking green tea, and having drinks/foods fortified with Ribose – a naturally-occurring carb that helps provide sustained energy, without any adverse effects on the heart.

6) **Be cautious about OTC and allergy products.** Some products that are over the counter and available without a prescription can worsen heart conditions. For example, decongestants commonly used for managing cold and allergy symptoms can cause racing heart, increased blood pressure, and insomnia. A safer way to relieve congestion naturally is to use a neti pot or nasal wash with essential oils such as eucalyptus to dissolve mucus and clear your nasal passages.

7) **Laugh more** Laughing relaxes and expands blood vessels, which protects the heart. On the contrary, negative emotions such as anger, hostility, and pessimism are associated with increased heart disease risk.

That should get you started. If you want more information, you can check out her book *Saving Women's Hearts* for more details on how to stay healthy and happy and keep that ticker going strong! She's got a ton of articles on her website that just might give you the extra health info you need at www.sherrytorkos.com.

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Commentary By Gold River Resident, David Koenig

Back in the Saddle Again

transparency. Whether it's Fast and Furious, Benghazi, IRS, Obamacare, or Solyndra, this president uses issues like the Trayvon Martin case to deflect attention away from one of the most corrupt administrations the nation has even seen.

- Unrest in the Middle East continues to ... oh, never mind. 'Nuff said....

- Republicans in Congress have voted 39 times to repeal Obamacare, with vote #40 on the horizon. This meaningless waste of time and effort only underscores that what these idiots are doing in Washington, D.C. is for show and not for the people. Put a bill forward to defund Obamacare, and make people actually go on record and explain their votes.

- The Miami Heat won the NBA championship for the second year in a row, and LeBron James is now only 4

more championships away from catching up with Michael Jordan. Also worth noting: Michael was a perfect 6-0 in the finals, while LeBron's latest win gets him back to 2-2. He's a great player, but he will never be "like Mike."

- Anthony Weiner continues to ...never mind ...again, 'nuff said....

Despite everything going on around us, it's good to be back. With the exception of a few weeks with temps in the 100's, the summer has been blessed with cooler temperatures, bright blue skies, light breezes, and the threats of global warming an all but distant memory. Wait, what??

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.

SMUD Helps Truckers Plug In Instead of Idling Their Engines

Big rig plug-in program helps reduce harmful truck emissions and air pollution

SACRAMENTO REGION, CA (MPG) – At any truck stop, you'll likely find dozens of noisy diesel big-rig tractor-trailers, parked and idling for hours. Truckers typically leave the engine running while they sleep and rest to power the appliances that provide comfort inside the cab such as heating, air conditioning, and TVs. Truckers are required by law to have a 10-hour rest period for each 12 hours of on-road time.

The Sacramento Municipal Utility District (SMUD) is working with truckers and truck stop operators to achieve a clean-air alternative to truck idling. By providing utility power where big-rig drivers spend their rest period, truckers can plug in their rigs to electrical outlets and avoid idling their engines.

More than 30 electrical "shore power" hookups have been installed at the Sacramento 49er Truck Travel Plaza truck stop on Interstate 80, just west of the Interstate 5 interchange. When truckers turn off their diesel engines and plug into SMUD's grid to power appliances, harmful emissions are reduced and truckers save money.

SMUD has partnered with federal and state agencies to promote this new national effort to accommodate truckers with auxiliary power so they can reduce the idling of polluting engines.

About 10 years ago, SMUD began a pilot program to introduce truckers to plugging in their big rigs by installing 16 electrical "shore power" hookups at the 49er. The current 18-month demonstration project is intended to gather technical data and determine feasibility. If it works, the project will go commercial.

"Last decade, getting truckers to plug in instead of idling was challenging," said Tristen Griffith, President, Sacramento 49er Truck Travel Plaza. "A



Sacramento Municipal Utility District (SMUD) Program Manager David Hatfield inspects newly installed "shore power" electric hookups at the Sacramento 49er Travel Plaza, a truck stop near the interchange of Interstates 80 and 5. By providing utility power where big-rig drivers spend their rest periods, truckers can plug in their rigs to electrical outlets and avoid idling their engines. By doing so, truckers save money and harmful emissions are reduced.

lot has changed since then. We expect to see considerably more truckers plugging in now, and we're very proud to be a leader in this change for the better," said Griffith. "One of SMUD's core values is environmental protection," said David Hatfield, SMUD Project Manager. "SMUD sees projects like these fitting perfectly with our mission to keep the air our community breathes a lot cleaner."

Truckers save money using the new technology. Considering the price of diesel fuel – now at more than \$4 per gallon in California, staying cool and running appliances for 10 hours costs more than \$40, compared to about \$1 in electricity costs.

Engine idling has been standard practice in the trucking industry ever since drivers began lodging in their trucks during long-haul trips. Many trucks have sleeper compartments that resemble small apartments with most of the comforts of home. Idling the truck engine consumes about a

gallon of fuel per hour, producing significant amounts of carbon dioxide (CO2) and air pollutants such as nitrogen oxides (NOx), carbon monoxide, and particulate matter. It also makes a lot of noise that interrupts the restfulness of the rest period.

In the United States, trucks consume more than two billion gallons of fuel annually while idling, resulting in wasted energy and emissions of air pollutants that can be harmful to the environment and public health.

For every truck that eliminates idling, there is a savings of 580 pounds of NOx per year, based on an 8-hour per day reduction in run time. That's equivalent to the emissions from 116 passenger cars. When combined with other gases on hot, sunny days, NOx produces ground-level ozone, which can be harmful to the environment and to our health.

For more information about SMUD and its energy-saving and pollution-reducing programs and efforts, visit smud.org.

Newly-Remodeled Eskaton Lodge Gold River Re-opens with Celebration at Gala Event



Table after table lined the walls of the remodeled Eskaton Gold River, filled with tantalizing appetizers and cool refreshments. Attendees were treated to live musical performances, raffle prizes, guest speakers, games, and door prizes.

GOLD RIVER, CA (MPG) – The newly-remodeled Eskaton Lodge in Gold River recently celebrated their grand re-opening on July 26th with an art show and sale to benefit the local SPCA.

Artwork for Animals was a multi-media event, designed and created entirely by the talented residents and staff of the senior community at Eskaton Gold

Program, where residents are motivated to engage in activities promoting self-expression, dignity, pride, and self worth, through the challenging stages of aging and, often, dementia. Residents are also encouraged to participate in social and engaging activities.

One activity is an inter-generational program bringing

facility for shopping, museums excursions, and entertaining movies.

Eskaton's success as a senior residential community has been made possible through innovation and a consistent goal to help residents stay involved with family, friends, and their community as they navigate the ever-changing dynamics of the natural aging process.

The newly-remodeled Eskaton Lodge Gold River offers a beautiful community with 95 apartments that include several amenities and modern conveniences. Along with the beautifully-manicured grounds, visitors and residents will find a sunroom, library, entertainment room, theater, spa, salon, and much more.

Tours of the newly-remodeled facility are provided daily, with or without appointments. Eskaton Lodge Gold River is located at 11390 Coloma Road in Gold River. For more information, or to schedule a private tour, please call John Chaves or Gwen Dirks at (916) 852-7900. Additional information is also available online at Eskaton.org.



The newly-remodeled Eskaton Lodge in Gold River recently celebrated their grand re-opening with an art show and sale to benefit the local SPCA.

River. One could see the sheer pride expressed by Executive Director Steve Marcus as he conducted guided tours of the beautiful two-story art exhibit that adorned the walls of this magnificent facility.

The day was full of activities and events, all in celebration of the much-anticipated unveiling of the new remodeling efforts. Table after table lined the walls of the beautiful facility, filled with tantalizing appetizers and cool refreshments. Attendees were treated to live musical performances, raffle prizes, guest speakers, games, and door prizes. The event even featured a Pet Pool in the courtyard for the convenience of the four-legged guests in attendance.

Dawn of a New Day is the name of Eskaton's Memory Care

all age groups together to teach and learn from each other. There are also exercise and gardening programs. Group activities include trips outside the



Artwork for Animals was a multi-media event, designed and created entirely by the talented residents and staff of the senior community at Eskaton Gold River.

A Lifetime Of Well-Being

(NAPS)—One of the best things you can do for yourself, advises the Centers for Disease Control and Prevention, is make an appointment with a doctor to discuss what screenings and exams you need and when you need them.

For example, many doctors recommend that cervical cancer screening begin at age 21.



New dimensions in mammography may help women live longer, healthier lives.

And, if you're at or near menopause, about 50 years of age, you should ask about a bone density test. Strong, healthy bones help support an active lifestyle.

You should have annual mammograms starting at 40, or sooner if your doctor recommends it. Standard digital mammography is a good way to test for breast cancer, but you may benefit

from the latest technology—3D mammography. 3D mammography helps the doctor see through layers of breast tissue much more clearly, for a more accurate exam and fewer false alarms.

At any age, you should tell your doctor about:

- Lumps or changes in your skin
- Pain, dizziness, fatigue, problems with urine or stool or menstrual cycle
- Depression, anxiety, trauma, or sleeping problems.

Women's Health

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10 Year's Experience in Anxiety Disorders





By Gold River Resident, David Dickstein

GOLD RIVER, CA (MPG) – Look beyond the sin of Sin City – the smut, the smoke, the drunks and, oh yeah, the gambling – and Las Vegas is actually a decent vacation destination for families.

Elaborate shows, circus acts, roller-coasters, aquariums and even dolphin encounters are all found on the famous Las Vegas Strip. True, a family can get all that at certain amusement parks, but what you won't get from, say, Sea World, is the larger-than-life razzle-dazzle that only Vegas offers. This is the town built by Elvis, Liberace, Frank, Wayne, Siegfried and Roy, after all, not that your kids ever heard of them.

Before making plans to pack up the clan and head to Southern Nevada, it should be noted that as sure as Bugsy Siegel didn't offer babysitting service when he opened the Flamingo in 1946, not every Las Vegas property lays out the welcome mat for families. Legendary real estate developer Steve Wynn has fathered two daughters, but at his posh flagship resort, Wynn, strollers are strictly verboten. Caesars Entertainment, owner of several mega-properties, "does not participate in marketing or presenting ourselves to people under 21," a spokeswoman said.

True that. At the company's Rio property, the wholesome Masquerade Show in the Sky that debuted in 1997 has since been sexed-up to attract a stronger adult demographic. Years before the Rio show went from G to PG-13, Treasure Island, also a Caesars property, replaced its family-friendly "Battle at Buccaneer Bay" spectacle with "Sirens of TI." The pirates didn't change much, but their enemy sure did. Cheerio British Navy, hiya hotties. This seductive scuffle happens four times nightly under the stars.

But enough about the past.

Vegas is a Safe Bet for Vacationing Families



In the rear of the Mirage is Siegfried & Roy's Secret Garden and Dolphin Habitat. General admission includes seeing the dolphins and entrance into the "Secret Garden," a provocative name for what is actually a small botanical garden with a modest zoo. Admission is \$19.95, \$14.95 for children 4-12.

This is Las Vegas we're talking about, and it implodes its history. So let's focus on today and where, at least for now, the "welcome" sign hangs for children.

Boasting the world's largest permanent big top and neon clown sign, Circus Circus literally bends over backwards for children. Acrobats and contortionists are just two types of circus acts that take center stage on the midway. On the pink and white property is Adventuredome, a 5-acre indoor theme park that draws around 3 million visitors annually, many enjoying the 25 rides and attractions with an all-day wristband for \$27.95, \$16.95 for children under 48 inches.

From front to back, Mirage has plenty for families to see and do. At the entrance an artificial volcano erupts several times nightly. Just inside the hotel, behind the front desk to be exact, is a 20,000-gallon saltwater aquarium that holds angelfish, tangs, puffer fish and other exotic aquatic life. In the rear is Siegfried & Roy's Secret Garden and Dolphin Habitat. General admission includes

seeing the dolphins (swimming and feeding only, no real shows here) and entrance into the "Secret Garden," a provocative name for what is actually a small botanical garden with a modest zoo. Admission is \$19.95, \$14.95 for children 4-12.

More saltwater – 1.6 million gallons more – is found inside Mandalay Bay at Shark Reef Aquarium, home to more than 2,000 animals representing 100 species, including 15 types of sharks. Admission is \$18 for



Circus Circus literally bends over backwards for children. Acrobats and contortionists are just two types of circus acts that take center stage on the midway. On the pink and white property is Adventuredome, a 5-acre indoor theme park that draws around 3 million visitors annually, many enjoying the 25 rides and attractions with an all-day wristband for \$27.95, \$16.95 for children under 48 inches.

adults, \$12 for children 5-12.

The steel roller-coaster at New York-New York is arguably is the best in town. Experiencing its 204-foot lift, 144-foot drop and vertical and dive loops costs \$14 with same-day re-rides \$7 and an all-day "Scream Pass" for \$25.

Non-acrophobic thrill seekers will go gaga over three rides at the top of Stratosphere's 1,149-foot tower. Just to get up there costs \$18, and with individual rides priced at \$15 each, buying a package is a smart bet.

Like a trip to the Big Apple, no visit to Sin City is complete without taking in a full-production show. Offerings favor adults, no surprise, but to think there aren't plenty of choices for families is as foolish as trusting that what happens in Vegas really stays in Vegas. That said, for budget-conscious families show tickets have sadly gotten out of hand throughout the city. Tix4tonight.com and its 10 locations in town take some of the sting out of the process, but we're still talking several Benjamins to get the roost into a featured show. Proof in point, Terry Fator, who was a nobody until winning "America's Got Talent," commands \$350 for four of the worst seats at his namesake theater at Mirage. It's a ventriloquist act, for gosh sakes.

Leave it to Las Vegas to figure out how to make serious money from those too young to gamble it away.

Rep. Bera Announces Wounded Warrior Position Available in His Rancho Cordova Office



Congressman Ami Bera

SACRAMENTO REGION, CA (MPG) – U.S. Rep. Ami Bera, M.D. (CA-7) announced Friday, July 26, that the House of Representatives Wounded Warrior Program is accepting applications for a position in his district office in Rancho Cordova. He urged eligible disabled veterans in Sacramento County to apply.

"I recently had the incredible privilege of meeting with some of our troops in Afghanistan and was able to witness first-hand the bravery and professionalism of our American military," said Bera. "It is an honor to be able to add one of our nation's brave service members to my dedicated staff, and an excellent opportunity for the men and women who served our nation in the Armed Forces to continue their public service and learn about the options available to them as they transition to civilian life."

The available position is a field representative and caseworker who would be responsible for facilitating and coordinating responses to a wide range of requests received from military and veteran constituents. The employee would serve as a liaison between the Congressman's office and various veterans organizations in the district. A full job description

can be found here.

The Wounded Warrior Program was established to create fellowships that provide employment opportunities within the House of Representatives. The fellowships will provide veterans with experience and exposure to ultimately broaden their scope of transition opportunities. Positions are available in Congressional district offices nationwide.

According to the Wounded Warrior Program, applicants must have served on active duty since Sept. 11, 2001, have a 30 percent or greater service-connected disability rating, and have fewer than 20 years of service. In addition to a current

resume, applicants must submit a copy of their DD214 and a VA letter confirming they have at least a 30 percent service-connected disability rating to housewoundedwarriors@mail.house.gov. They should not send resumes directly to the office of Rep. Bera.

Interested veterans can visit www.cao.house.gov for more information.

Congressman Ami Bera, M.D. represents Sacramento County. Born and raised in California, Bera is a physician and the only Indian American currently serving in Congress. He's fighting to rebuild an economy that works for middle class families and to reduce

our country's debt in a responsible way.

One of Bera's first acts in Congress was to help lead the effort to pass the No Budget No Pay Act, which says if members of Congress don't pass a budget, they don't get paid. As a co-chair of No Labels' Problem Solvers, he's working with people from both parties to find bipartisan solutions to our nation's challenges. He and his wife Janine live in Elk Grove with their daughter Sydra. For more updates on Rep. Bera, follow @RepBera on Twitter, like Congressman Bera on Facebook, or visit <http://www.bera.house.gov>.

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Memories Made Here

You'll find plenty of new friends at Eskaton Gold River Lodge, but please be open-minded:

Some of them may have four feet.

The bond between people and animal companions is one of life's great joys. Pets can spark memories and deepen wellbeing.

That's why they're welcome residents and regular visitors here, helping with therapy and connecting friends.

Friendship comes naturally at Gold River, with stimulating wellness classes, social events and excursions. But it's easy to find quiet time with a furry pal, too.

Please join us for a complimentary lunch! We'll put out the paw-print welcome mat.

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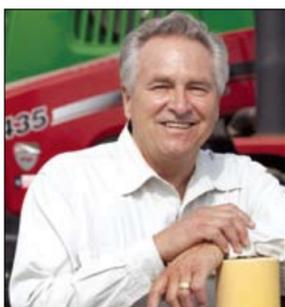
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Sacramento Republican Women Federated Monthly Luncheon to Feature Nielsen

SACRAMENTO REGION, CA (MPG) – The Sacramento Republican Women Federated will be holding their monthly lunch on September 4th at the Northridge Country Club, 7600 Madison Avenue, Fair Oaks, at 11:30 a.m. Joining SRWF in September is featured speaker Senator Jim Nielsen, representative of the 4th Senatorial District.

Senator Nielsen has developed a reputation of being a strong fiscal conservative, promoting controlled government spending and lower taxes, welfare reform, reduced welfare fraud, toughness on crime, and gun rights for law-abiding citizens. Currently, Senator Nielsen is serving as Senate Republican Whip, Vice-Chairman of the Governmental Organization Committee, and a



Senator Jim Nielsen

member of Senate committees on Budget, Health, Insurance, and Veterans Affairs.

In addition, Senator Nielsen is a strong advocate for protecting and strengthening private property rights in California, which entails efforts to curb government's ability to use eminent domain to

seize private property.

He is working with farmers and ranchers in the Klamath Basin to fight efforts by government to steal their historic water rights, resulting in authoring a law to protect 'area-of-origin' water rights in California. In addition, he is diligently monitoring the proposed delta tunnels project.

Luncheon cost is \$26, and reservations should be made by calling 916-733-1623.

Sacramento Republican Women Federated is the largest Republican Women's group in the Sacramento area. Chartered as a National Federation of Republican Women Club in 1932, we educate women on Republican principles, increase the effectiveness of women in the political cause, and are leaders in our community.

Wal-Mart Settles EEOC Disability Suit

Federal Agency Obtains \$40,000 for Estate of Employee with Disability

SACRAMENTO, CA - Giant retailer Wal-Mart Stores, Inc. has agreed to pay \$40,000 and implement preventive measures to settle a lawsuit alleging it fired an employee because of a heart condition and because he had complained about the lack of an accommodation, the U.S. Equal Employment Opportunity Commission (EEOC) announced today.

According to the EEOC's lawsuit, in 2009, a Tire and Lube Express Bay manager who had worked at the Wal-Mart store in Placerville, Calif., since 2003, was fired on account of his disability (atrial fibrillation, a heart condition that causes shortness of breath and difficulty walking) and because he had complained about discrimination and filed a charge with the EEOC.

The Americans with Disabilities Act (ADA) prohibits treating workers unfavorably because they have a disability and requires employers to make reasonable accommodations

to applicants and employees with disabilities. The ADA also prohibits retaliatory actions against employees for requesting an accommodation or filing a charge with the EEOC. After attempting to resolve the case through pre-litigation conciliation efforts, the EEOC filed the lawsuit (EEOC v. Wal-Mart Stores, Inc., CIV. 11-3327 JAM CKD) in U.S. District Court for the Eastern District of California.

In the year following the filing of the EEOC's lawsuit, the worker suffered a fatal heart attack. However, the EEOC and Wal-Mart were able to resolve the lawsuit following a settlement conference before Magistrate Judge Carolyn K. Delaney. Under the two-year consent decree resolving the lawsuit, in addition to the monetary settlement to be paid to the estate of the deceased employee, Wal-Mart has agreed to conduct ADA training of management officials at its Placerville store.

EEOC San Francisco Regional Attorney William R. Tamayo

said, "Disability and retaliation discrimination continue to exist. Employers should upgrade their training of officials and managers to ensure compliance with the ADA. The training provided in this decree is critical to good employment practices."

EEOC San Francisco District Director Michael Baldonado added, "Retaliation cases represent the largest category of charge filings with the EEOC. In Fiscal Year 2012, retaliation claims were made in more than one-third of all charge filings across the country. This shows that too many employers are still making the serious mistake of punishing their workers for complaining about unfair treatment. We vigorously enforce retaliation cases to preserve people's access to receiving help from our agency."

The EEOC enforces federal laws prohibiting employment discrimination. Further information about the EEOC is available on its web site at www.eeoc.gov.



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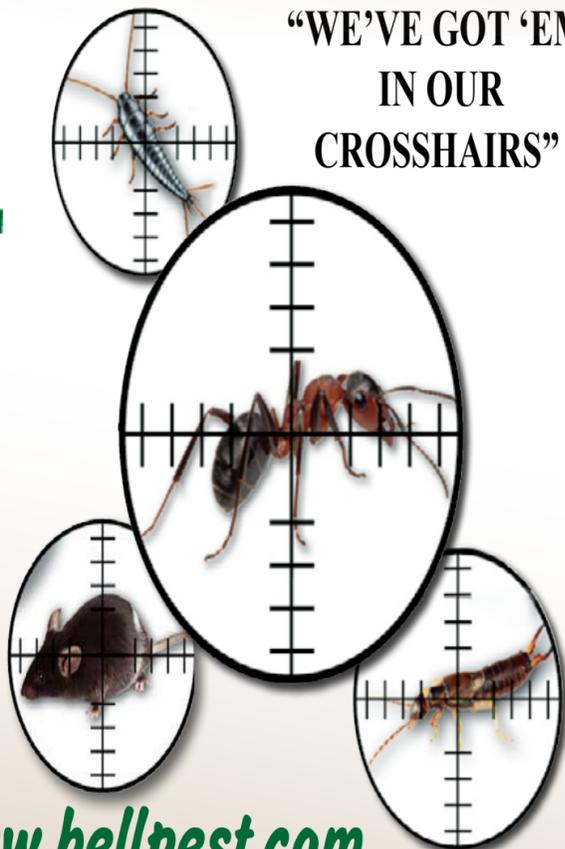


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