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Gold River Messenger

"Written by the people, for the people"

Volume 1 • Issue 3

Serving Gold River and Sacramento County

July 2013

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Eskaton Project: The Art of Joy

GOLD RIVER, CA – The pursuit of happiness is the objective of an innovative creative arts project soon to be hosted at the Eskaton Lodge Gold River assisted living and memory care community. The aptly titled "Happiness Labs" will demonstrate that the fundamental appeal of happiness transcends age and life experiences.

Project co-producers, Eskaton, the Northern California aging services provider, and ARTZ: Artists for Alzheimer's, developed the workshops to guide individuals living with dementia through a process to identify and share what makes them happy.

The free workshops -- open to individuals experiencing memory concerns and their caregivers -- will be scheduled for this fall and winter at multiple Eskaton communities. Later this summer, individuals interested in participating can contact Eskaton Lodge Gold River (916-852-7900) for details.

Several workshops held in late 2012, comprised of residents in an Eskaton memory care community and a classroom of first-graders, served as prototypes.

"The passion and creativity coming from the two very different groups reinforced the obvious -- that happiness is positive and contagious," said Stuart Greenbaum, Eskaton's vice president for public relations, "and more, that it flourishes in the uninhibited mind."

Tiffany Paige, who leads the Happiness Labs, directs the Sacramento chapter of ARTZ: Artists for Alzheimer's. "This project advances our mission to use the creative arts to increase engagement and decrease



Tiffany Paige with ARTZ: Artists for Alzheimer's assists one of their many Eskaton residents with the Art of Joy Project. Photo courtesy Eskaton Gold River

depression," Paige said. "For however long we can focus the attention of individuals with dementia on happiness, we can decrease aggression, anger, agitation and especially apathy." These earlier sessions (as with the upcoming series) also include an exploration of what "happiness" means, with

both literal and abstract ideas displayed on large sheets of paper to serve as cues to encourage the creative process.

EXPRESSIONS OF HAPPINESS

From the several dozen colorful oil pastel paintings produced by participants in

the initial workshops, the co-sponsors created an exhibition of 10 pieces titled "In the Mind of the Beholder" to reflect the diverse range of expressions of happiness. There are rainbows, hearts and flowers, as well as attempts to depict families dining together and childhood vacations.

The exhibition premiered at a downtown Sacramento art gallery, was then displayed on the prestigious Governor's Marble Wall at the State Capitol, and is currently on public display at the Sierra Health Foundation headquarters in Sacramento through August.

CSLB Nabs Unlicensed Contractors

SACRAMENTO, CA (MPG) – Three people who knew better than to perform contracting work without a state license turned up at a Contractors State License Board (CSLB) undercover sting operation in Rancho Cordova on June 6, 2013.

Unlicensed contractors pose huge financial risks for homeowners who hire people who have not been qualified to perform the work, or undergone a criminal background check, and who don't carry workers' compensation or general liability insurance if injury or damage occurs on the property. Unlicensed operators operate in the underground economy

and create unfair business competition for law-abiding contractors.

CSLB's Statewide Investigative Fraud Team (SWIFT), along with investigators from the Department of Consumer Affairs' Division of Investigation and Sacramento County District Attorney's Office, cited seven individuals who illegally bid for landscaping, concrete, painting, fencing, tree, and plumbing work at a one-story residence.

"Contractors who have lost their license are fully aware that they are contracting illegally," said CSLB Registrar Steve Sands. "If you



Unlicensed contractors pose huge financial risks for homeowners who hire people who have not been qualified to perform the work, or undergone a criminal background check.

disregard contracting laws, you'll be caught and held to answer in Superior Court."

One of the former licensees, Anthony Eugene Bodiford

of Woodland, doing business as Planet Rock Landscape, was arrested on misdemeanor charges of contracting without a license and illegal advertising

after he submitted a bid for more than \$8,000 to do fencing and landscape work.

Continued on Page 7

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Collegiate Rowing Champs Come to Gold River

By Eric Hokom

GOLDRIVER, CA- The 111th edition of the Intercollegiate Rowing Association (IRA) Championships churned up the waters of Lake Natoma from May 31-June 2. 31 of the nations best men's intercollegiate rowing teams competed for 11 event and overall championships.

This is the second time that the Sacramento State Aquatics Center and Lake Natoma have hosted this event. 2009 was the first time the IRA held its championship here and it is scheduled to return in 2017. According to coaches and competitors, they love coming to this venue because of the lake/facilities, the great hospitality from local merchants and the support of the local community.

Teams for this year's event came from all corners of the US. The 6 time defending overall champion, University of Washington Huskies came to repeat as well as Pac-12 rivals Oregon State, Cal and Stanford. The Ivy League sent the usual suspects in Harvard, Cornell, Yale and Penn. The Badgers from Wisconsin and the midshipmen of Navy also competed as well as the



This is the second time that the Sacramento State Aquatics Center and Lake Natoma have hosted this event. Photos by Eric Hokom

Florida Institute of Technology.

Great weather greeted competitors and spectators. "We love coming here because of the great facilities, weather and the awesome fans" said Steve Todd, head coach of the Oregon State contingent. Many spectators including The Vernazza's from Redwood City, CA had nothing but great things to say about the area. Their son competes for

Oregon State and they have been to Lake Natoma many times. "What we enjoy is the great hospitality from the businesses in the area. They make us feel at home each time we are here" said Nancy Vernazza.

Competition got underway early Friday morning under cooler than expected conditions. Because of windy conditions the times posted were not indicative

of the crew's true potential. Throughout the heats, there were few upsets as everything went as expected and the favorites held their own.

Saturday's action included semi final action in all divisions. The lightweight events finally got in the water for the first time as well.

The University of Washington came ready for action on

Saturday. They won all 5 semi finals setting up a chance to win all five events for the second year in a row. Cal and Brown also joined the Huskies as the only teams to pull all five teams into Sunday's finals.

With dawn Sunday came another beautiful day for rowing on Lake Natoma. The regatta finals began with the University of Washington poised to win the

overall championship as well as sweep all categories for the 2nd year in a row. With a slight breeze, the finals went off without a hitch. By the end of the regatta, Washington was able to defend its titles, the Stanford women defended its title in the Women's Varsity Eight and Harvard finished off a perfect season by defeating Yale and Columbia in the Men's Lightweight Eight.

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Subscriptions should be mailed to Gold River Messenger, 7405 Greenback Lane #129, Citrus Heights, CA 95610. Subscription rate is \$12 per year within Gold River. The Gold River Messenger is published monthly. Call 916-773-1111 for more information. (ISSN # 1948-1918).

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Publisher@CarmichaelTimes.com. Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at 916-773-1111.

Advertising Sales: Paul V. Scholl, Bill Martin

Graphics & Layout: Banerjee Designs • Stump Removal Graphics • Full Moon Graffiti

Contributing Writers: Susan Skinner • Mary Jane Popp • Marlys Johnsen Norris • Tim Reilly • David Dickstein • Dave Ramsey • Dr. E. Kirsten Peters • Kay Burton • Dr. Bob Graykowski • Julie Parker • Leslie Carrara • Pastor Rich Reimer • Pastor Cary Duckett • Ronnie McBrayer • David Graulich • Perry Hartline • Gerry Scholl

Distribution Assistant: Gabriel Scholl

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News Services: Whiskey & Gunpowder • StatePoint Media • NewsUSA • PRWEB NewsWire • North American Precis Syndicate • Blue Ridge Press • ARA Content • California News Service • Family Features • WorldNetDaily

Photography: Amanda Morello • Susan Skinner

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Riley Reviews

ZOMBIE ATTACK IN "WORLD WAR Z" THRILLS WITH LITTLE GORE

Then complete panic and havoc reigns, as cars are overturned and hordes of zombies chase down pedestrians and pull people from their cars. The transformation to the undead state takes only a matter of seconds.

Gerry's experience with terrorism in global hotspots like Chechnya and Africa serves him well in getting his family to temporary safety outside the city.

His former employers beseech him to join their efforts to battle the zombie plague. But first, there's the terrifying matter of trying to reach a safe zone in Newark for a helicopter extraction.

Once onboard an aircraft carrier in the Atlantic Ocean, Gerry's family is granted sanctuary as long as Gerry agrees to join a task force to hunt down the source of the contagion.

Now bearded and long-haired, Gerry looks more like a surfer than the savior of the human race. There's no explanation as to why he's the essential guy to do a job that would seem to require scientific or medical training.

Nevertheless, Gerry is immediately dispatched to an Army base in South Korea, where it is suspected the outbreak began. Meanwhile, North Korea figured out a way to address the threat, one that would be a boon for dentures.

Apparently, zombies are stirred to action at the sound of the slightest bit of noise, and so Gerry barely makes it back on to his plane and safely out of Korea.

His next destination is Israel, a country that is faring well, for the moment, in the war against the undead – particularly in the walled city of Jerusalem.

In what looks like the siege of an ancient medieval city, the zombie attack on Jerusalem – where the sheer number of the undead allows a pyramid of bodies to breach the wall – is one of the film's most chilling action pieces.

Gerry teams up with brave, yet wounded, female Israeli soldier Segen (Daniella Kertesz) to get to the airport, catching the last commercial flight out of a city that is rapidly falling into the clutches of the flesh-eating zombies.

With the help of his new colleague, Gerry is hoping to make it to a remote World Health Organization (WHO) facility, where reportedly a group of scientists have isolated themselves from other colleagues already infected.

The airplane ride turns out to be another exciting action piece, which is better left as a surprise. I will say, however, that riding first-class is a better idea than coach.

Okay, a very implausible thing occurs, but Gerry and Segen – against all odds – make it to the WHO's medical research facility, where the key to saving the human race may be found in a lab occupied by zombies.

The trick, of course, is for Gerry to figure out a way to sneak into an undead-infested facility to retrieve toxic substances that may, or may not, prove effective in repelling the zombies.

Interestingly, the film's climax doesn't fit the chaotic, action-filled sequences that came before, when the fight against the zombies involved plenty of brute force.

And yet, World War Z sustains its thrilling suspense to the very end. In fact, when Gerry inoculates himself and stares down a zombie madly clicking its teeth, the scene is just as exciting.



By Gold River Resident Jodie Myers

I Love Summer...

Where the patio is always open and the screen door is closed (those pesky flies!). When the grill is hot, the shady oak is cool, the Chardonnay is chilled, and the ice cream is cold. Where a long afternoon nap is welcome, and "peaches gone bad" are forbidden. When the bikinis are itty-bitsy teeny-weeny, and our collective joie de vivre is GINORMOUS!

Summer is where the sounds of "Born in the USA" and The Beach Boys, the smell of Coppertone and freshly mown grass reign supreme. "Deck the Halls" and the smell of pine? Not so much. It's where the chaise lounge is invitingly soft, and the thought of a 5-day workweek is oh-so-hard. It's the time of year when the mercury goes up, and when it's a must to let your hair hang down. And relax...100 degree Sacramento heat? Bring it!

Another great summer love? Glad you asked. Arugula! If you haven't had it, you must. It's delicious, nutritious, leafy, peppery, low-to-no-calories, crisp, refreshing, pretty, light, aromatic -- okay, I'm running out

Arugula, America, and Other Summer Loves

of adjectives. Nothing screams summer much louder (to me anyway) than an Arugula salad! Well, and corn-on-the-cob, cherry tomatoes and strawberry shortcake! And of course watermelon. Oh, and S'mores

But the icon, the hallmark, the very centerpiece of summer is, undeniably, The Fourth of July...

Where the American flag proudly waves, and our patriotism never wavers. When

we celebrate the glory, beauty and freedom of these United States by gathering together, parading, barbecuing, singing and enjoying the magnificence of fireworks.

Ahhh...the sweet memories of Fourth of July's gone by:

Circa 1973 ~ Jamison Stadium (home of the Porterville High Panthers football team), Porterville, California. My BFF Becky and I would show up at dusk, armed with Mom's chocolate chip cookies, all atwitter, waiting in anticipation for the "bombs bursting in air." Well, and hoping to catch a gander of DK or SW (worst case scenario); or better yet, actually sitting with DK or SW; or the ultimate-of-ultimate, some serious hand-holding.

Life was good in 1973. So simple. So innocent. So much in store.

Circa 1983 ~ Corona del Mar, California. Living the single life! Driving with friends to Newport Harbor to see the "Old Glory Boat Parade," with the boats all prettied-up in their patriotic red-white-and-blue best! Music to my eyes. Food for the soul.

Life was good in 1983. So darn fun. So many memories made. So

many life lessons learned.

Circa 1993 ~ Gold River, California. My Cassidy is 5. My Julia is 2. Chuck and I are kinda stressed. (Weren't you, too, when your kids were that age?)

8:00 a.m. parade around the neighborhood with decorated bikes, wagons, strollers, dogs and even cats! Some people showing off their fancy boats and flawless sports cars! The evening meant a barbecue/potluck in the court, families everywhere, music on the boombox, chasing the kids, changing diapers, refereeing toddler spats, inhaling the fumes and sulfur from the Piccolo Petes, and me downing my third glass of Chard. (No driving necessary.)

Life was good in 1993. So darn hectic. So super stressful. But the best of times.

This year ~ 9 of 11 kids have moved on and out of the court. So... Empty-Nesters unite! We're dragging out the barbecues. And we'll show off our salads (mine will be Arugula, of course), mellowly sip on our Chard, talk about our kids (some more incessantly than others), play some classic rock 'n' roll, wave our beloved flags and, hopefully, if all goes well, be fast asleep by 10:00.

Life is good in 2013. And why shouldn't it be? We live in America. We get to call Gold River home. And it's summertime. And the livin' is easy.

Jodie Barringer Myers is a long-time resident of Gold River. She is a part-time court reporter, and currently keeps a personal blog at cottagecheeseandcrepepaper.com.

A Film Review by Tim Riley

WORLD WAR Z

(Rated PG-13)

The fact that World War Z is rated PG-13 may be more informative than the film's advertising about the frightening aspects of a global zombie invasion. Most zombie films are full of blood and gore.

World War Z, directed by Marc Forster, relies on suspense and gnawing tension as the zombie contagion spreads quickly into an almost irreversible apocalyptic demise of the Earth.

This is not George A. Romero's Night of the Living Dead. It's not even what Quentin Tarantino would likely envision if he had the chance. The use of blood and gore is minimal.

The film opens with Brad Pitt's Gerry Lane, a retired United Nations investigator and global troubleshooter, making breakfast for his wife Karen (Mireille Enos) and two young daughters.

The morning TV news talks about a rabies outbreak in some desolate region of the globe. Nothing appears to be completely out of the ordinary, but we are left waiting for the proverbial shoe to drop, and it soon does.

All hell breaks loose during the morning rush-hour drive in downtown Philadelphia, as Gerry chauffeurs his family. At first, police helicopters cruise above and motorcycle cops rush through the streets.

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Fool's Gold

By Gold River Resident, David Dickstein

GOLD RIVER, CA (MPG) – How many times do you go to Gold River Town Centre? Once a week? Once a day? It's pretty close to the latter with my family. It's just so gosh darn convenient. But like with anything, including this column, it can be improved upon.

So, as a special gift to the landlord, whoever it is this week, I'd like to offer some suggestions to make Gold River Town Centre even better. Granted, some of the below might be impossible due to politics, contracts and who knows what else. But it's worth a shot. Here's for starters:

- Erect a long-overdue multi-tenant monument sign along Sunrise Boulevard. A pretty one, please.
- Convince Panda Express to take over the old Jamba Juice space.
- Work a deal with Bel Air for a Raley's Aisle 1 gas station.
- Provide incentives to the first restaurant that serves breakfast.
- Request that cyclists who gobble up parking spots on ride days at least make a purchase.
- Remove some of the grassy area around Wells Fargo for a drive-thru ATM.
- Present a plaque to Gold River Shoe Repair for having

Centre of GR's Attention

the smallest space in the center (450 square feet) and one of the most successful, at least based on longevity.

- Urge all tenants to advertise in the Gold River Messenger. (Making points with the publisher!)
- Put a coin-operated pizza oven in front of Papa Murphy's Take 'N' Bake Pizza. Instant gold mine.
- Use the large grassy area next to Outback for free weekend concerts.
- Be thankful that the sign for The Joint includes "... the chiropractic place" so that users of medicinal marijuana don't get the wrong idea.
- Hey, it just dawned on me that you can get your clothes dry cleaned at Swanson's, enjoy dry wine at Il Forno Classico, dine on dry-rubbed steak at Outback, buy dry ice at Bel Air, blow dry your hair at Brockway, go nuts with dry toppings at Yogurt Monkey, find a card with dry humor at Hallmark, treat dry feet at Bellissima, get dry dog food at Western Pet Supply and be cured of dry sockets at Paul Cripe, DDS. No suggestion being made here, but thought the column was getting a little dry. Back to the subject at hand
- Give a coupon for a free cup of coffee to anyone who rudely ignores the no-smoking signs and lights up in front of the Gold River Starbucks. The coupon is good only at the new Starbucks next to California Family Fitness.
- Give a reserved parking space to whoever bakes the loaves at Il Forno Classico. This person should be treated like royalty.

- Hold a lottery each year so one lucky Gold River non-profit can run a fireworks fundraiser.
- Politely request soft-hearted residents to give to homeless shelters instead of giving money to the panhandlers at the south entrance. That element doesn't help business.
- Remind Jack's Urban Eats that we live in the suburbs. On second thought, don't. "Jack's Suburban Eats" sounds dumb.
- Make sure Bel Air's deli section never changes the recipe of the Santa Cruz sandwich.
- Find a safer place for package delivery trucks to park than right in front of Bel Air.
- Organize special events in the parking lot that bring out multiple tenants, starting with a "Turkey Sandwich Taste-off" in November that pits Beach Hut Deli, Outback, Jack's Urban Eats, Applebee's, Il Forno Classico and Bel Air's deli against each other for a fun competition around Thanksgiving. Except for Outback, they all have a turkey sandwich on the menu already, so let's gobble, gobble, gobble!
- Even though Bel Air was here first, offer the residents of Stanford Court most affected by the noise of early-morning delivery trucks some kind of goodwill gesture. Make it a scoop of Chocolate Malted Krunch from Rite-Aid, the best cheapo ice cream ever.
- One final suggestion: Please, for the love of God, bring a Jenny Craig weight loss center here. If even half of these ideas ever happen, Gold River will double in size, and I don't mean in terms of population.

Gold River wishes to welcome our newest business to the community

The Joint... The Chiropractic Place



By Bill Martin

GOLD RIVER, CA (MPG) - The Joint Chiropractic is unlike any other chiropractic office this visitor has ever experienced before. The offices are beautifully decorated in a very contemporary style, with a superb-feeling, unlike most ridged sterile atmospheres found in similar practices. Although it's a most contemporary environment, one is truly put at ease the moment you walk in. Guests, patients and potential patients are personally greeted by Dr. Troy Mauvals D.C. friendly staff. A member of the exceptionally warm and friendly staff will then escort you to the fabulous treatment room. As you make your way to the treatment room, one cannot help but notice all of the incredible artwork that lines the walls. This, along with subdued lighting and soothing music, puts the patient in a much more relaxed and stress-free frame of mind from the first moment of arrival.

The mission of The Joint Chiropractic is to "Improve quality of life through routine and affordable chiropractic care". "Our goal is to get the

brain and nervous system to communicate with each other and send the correct messages to the spinal column." noted Dr. Troy Mauvals. Dr. Mauvals also added, "These messages that are sent through your body are essential to maintain good overall pain-free health. With routine visits to The Joint Chiropractic, we can help you live your best pain-free life. Learn how to manage and live a full life with your particular ailment(s); like Back and Neck pain, Sleeping Disorders, Migraine and Tension Headaches, Carpel Tunnel Syndrome, Arthritis and more, are but a few conditions we regularly and specifically treat, while always striving to improve the patient's overall vitality and quality of life".

The Joint Chiropractic office offers a verity of different wellness plans and memberships for an individual or whole family, which makes frequent visits to The Joint Chiropractic very affordable. Walk-ins are also always welcome.

Imagine doing your local shopping or meeting a friend at one of many great Gold River eateries feeling the effects from last night's hard-fought Tennis match. You can have your shoulder and elbow pain treated, all during the same outing, in the same location. What a time-saver! I already feel my tension headache going away by just thinking of my visit to The Joint Chiropractic.

According to well-known athlete and golfer, Tiger Woods; "Being a Chiropractic patient has really helped me immensely. Seeing a Chiropractor on a regular basis has made me a better golfer." I had no idea that I could be a better golfer by adding Chiropractic care to my regular routine. Well there goes one of my excuses for my poor game. I wonder if they can help me with my slice too!

For further information regarding The Joint Chiropractic, just stop in while you're in the Gold River area at 2095 Golden Centre Lane, Suite #40, call them at 916-233-0909 or visit online anytime at TheJoint.com.



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The Homeless Cats of Gold River



By Gold River Resident Kay Burton

GOLD RIVER, CA (MPG) – This is a tragic subject, but one that should be addressed to the public to become more aware. Sadly, we have feral cats here in Gold River. There is a colony of homeless cats behind a local restaurant. A few more cats live behind Big Valley Federal Credit Union. There is a gully or creek that runs along Sunrise Blvd. where cats seek shelter in the summer months. This gully fills with water every winter and is called Buffalo Creek. When the creek fills with water, one speculates where the animals can hide to keep warm and dry, not to mention where they will obtain their food.

Jim Ballard of Gold River has dedicated his time and money to help these homeless cats living in Gold River. Jim would appreciate any help he can get from the community. Anyone wishing to donate food for the animals can contact Jim at 947-7722.

Feral cats are the “wild” offspring of domestic cats, and primarily the result of pet owners’ abandonment or failure to spay and neuter their animals, allowing them to breed uncontrolled. These animals survive as best they can behind shopping areas or businesses, in alleys, parks, abandoned buildings, and rural areas. Feral cats often live in loose groups, or colonies, and usually go out of their way to avoid human contact.

The most widely accepted method of assisting feral cats and controlling the population involves humane capture, treatment, spay/neuter, and release.

Surgeries are performed when a feral cat is brought to a veterinary office and returned to the caregiver. Many dedicated veterinarians have provided low-cost spay/neuter surgeries as they are able, with little support or recognition.

Kay Burton is a longtime columnist and supporter of the SSPCA and other rescue groups. To share your family pet story with our readers, email: Kayburton1@comcast.net.

Most have short, painful lives and often die from disease, malnutrition, exposure, by car accidents, or predatory animals. Feral cats are almost impossible to socialize unless captured as small kittens. With patience and care some feral cats can make great indoor pets no matter what their age.



A pair of breeding cats can have several litters per year, and their descendants can theoretically produce about 250,000 kittens over a five-year period.



Dare to Live Without Limits LUCK



by Bryan Golden

“I’m a great believer in luck, and I find the harder I work the more I have of it.”

- Thomas Jefferson

Everyone wants good luck. Who would object to that all desirable lucky break? Unfortunately, too many people wait passively for luck to find them. They are hopeful their ship will come in. In their mind is the prospect that at some point their luck has to change.

Luck is much more than winning the lottery or hitting the big score at a casino. Of course people win jackpots, but they are few and far between. For every big winner there are millions more who lose money. The odds of winning the typical state lottery are 18 million to one. The odds of getting hit by lightning are approximately 3 million to 1. So you have a much better chance of getting hit by lightning than winning a lottery.

Looking at luck in these terms is rather discouraging. Yet, to lots of people, this is their perception of luck. No wonder they get disheartened by the notion that luck seems to happen only to other people.

Luck regularly occurs when attitude and preparation meet opportunity. It doesn’t matter how often opportunity knocks at your door if you don’t recognize it, don’t believe it, or are not ready to take advantage of it. People who have the most luck

are those who are proactive participants in their lives.

Gambling aside, lucky people aren’t just lucky. Lucky people share similar character traits. They have a very positive attitude, believe good things will happen, are always on the lookout for opportunity, are hard workers, always look for, and find, solutions, and tend to be happy.

Successful people are often thought of as being lucky. However, since successful people only get noticed once they have succeeded, most people aren’t aware of all the hard work and preparation that had to take place first.

Lucky people are ready, willing, and able to adjust their thinking as needed. They don’t get stuck in a mental rut. What others may see as adversity, lucky people view as opportunity. A surprising number of products that are an integral part of daily life were discovered by accident. They are perfect examples of what happens when attitude and preparation meet opportunity.

All of the following were accidental discoveries: the popsicle, velcro, superglue, post-it notes, scotchguard, safety glass, cellophane, vulcanized rubber, penicillin, teflon, and microwaves. You have to wonder how many potential breakthroughs might have been missed because of bad attitudes or a lack of preparation.

As these discoveries illustrate, whether luck is good or bad depends on one’s outlook. Something that may initially appear to be misfortune may actually be a gift. So, if you walk around telling yourself you never have any good luck, you won’t. Instead, change your perspective to recognize that things often happen for a reason. The challenge is to discover what that reason is.

Here is how you can improve your luck. Decide what your goals are. Believe that you will attract all that you need and want. Understand that you are surrounded by opportunity. Recognize that there is a solution for every problem. Be willing to alter your perspective in order to discover hidden opportunities. Always keep learning. Acquire as much knowledge as possible about how to attain your goals. Take action. Adjust your course as needed.

Regardless of where you are now, you can turn your luck around. Luck is not something that happens to you. It’s something you create.

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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All of your favorite characters are here in John Lee’s wacky, hilarious rendition of the classic tale, including Elly, a wise cinder-covered girl, two ridiculous stepsisters (Marmaduke and Falafel), and handsome Prince Johann. But in this telling, we also meet Tok Tok, Elly’s irrepressible mouse-friend, the gentle elder, Faithful John and a fairy godmother unlike any you have ever seen named Dame Peridot, Queen of Faerie Earth Magick. Colorful costumes, larger than life characters, and more than a few surprises will keep the whole family laughing in this delightful children’s show!

By John Lee (Theater Director of Fairytale Town) • Directed by Tracy Martin Shearer
Location: Fair Oaks Community Clubhouse 7997 California Avenue, Fair Oaks, 95628
Dates: Saturdays, July 6, 13, 20, 27
Two shows each day: 10am and 12noon • Ticket Prices: All seats \$4

For Further Information: (916) 966-3683 • FairOaksTheatreFestival.com

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Zinfandel Grill Back in Business

By Bill Martin

GOLD RIVER, CA (MPG) – The “Z” place is back and open for business, serving the Gold River community with that mouth-watering food that Zinfandel California Cuisine has always been known for. Locally owned and operated, owner Mario Veske will attend to your every need.

Mario says, “If your diet requires no salt, then your dish will be made to your exact order.” If you wish to substitute your garlic mashed potatoes for green beans, it will be taken care of for you by Mario or one of his experienced staff members immediately.

Each dish is made fresh for you and to your specifications. Your satisfaction, along with the exquisite food prepared over a mesquite/almond wood fire, is what Zinfandel strives for. They use only the freshest ingredients. The fish is never frozen, and the lamb is aged to perfection –



Zinfandel Grill is open again for business under the ownership of Mario Veske. Photo by Bill Martin

tender and served with a fabulous apricot jelly.

Try out one of their fantastic pizzas, cooked to perfection in a brick oven, over a bed of hot coals to give it that unique smoked flavor.

Look for the Zinfandel California Cuisine ad in

this publication, or go to GoldRiverMessenger.com for a printable coupon for lunch and dinner specials. Zinfandel California Cuisine is located at 2220 Gold Springs Court, in Gold River. (916) 853-9600 or www.zincalicious.com

CSLB Nabs Unlicensed Contractors

Continued from Page 1

Contractors can only request a down payment of 10% of the total estimate, or \$1,000, whichever is less.

Bodiford’s contractor license expired in 2011. Two others with revoked licenses went to the sting house but did not submit bids, and will receive administrative citations for illegal contracting and advertising violations.

Undercover CSLB investigators mostly used the online bulletin board craigslist.org to identify potential suspects. Property owners considering improvement projects should always consult CSLB’s online instant license check to ensure that the contractor license is in good standing before hiring anyone to work in or around their home. In California, CSLB-licensed contractors are required for all home improvement jobs totaling \$500 or more in combined labor and material costs.

The seven people who received Notices to Appear in Superior Court all face misdemeanor charges of contracting without a license (Business and Professions Code Section 7028). First-conviction penalties for contracting without a license include up to six months in jail and/or up to \$5,000 in fines; subsequent convictions bring harsher penalties.

Six were cited for illegal advertising (Business and Professions Code Section 7027.1). State law requires that contractors include their license number in all advertisements, including online ads. Those without a license can advertise as long as the ad states they are not a state-licensed contractor, and the combined total of a project’s labor and materials costs is under \$500.

Suspects must appear in Sacramento County Superior Court, 720 Ninth St., Sacramento (MAP). A court date has not been determined.

NOTICES TO APPEAR:

Larry Robert Leonard, Sacramento, contracting without a license, illegal advertising;

Antonio Martinez Torres, Sacramento, contracting without a license, illegal advertising;

Hardeep Singh Sandhu, Elk Grove, contracting without a license, illegal advertising, unregistered salesperson;

Anthony Eugene Bodiford, Woodland, contracting without a license, illegal advertising;

Melvin George Coleman, Sacramento, contracting without a license;

Jose Amadeo Reyes Estrada, Elk Grove, contracting without a license, illegal advertising;

Cirilo Otento-Portento, Sacramento, contracting without a license, illegal advertising.

Visit CSLB’s website for tips about how to hire a contractor. www.cslb.ca.gov

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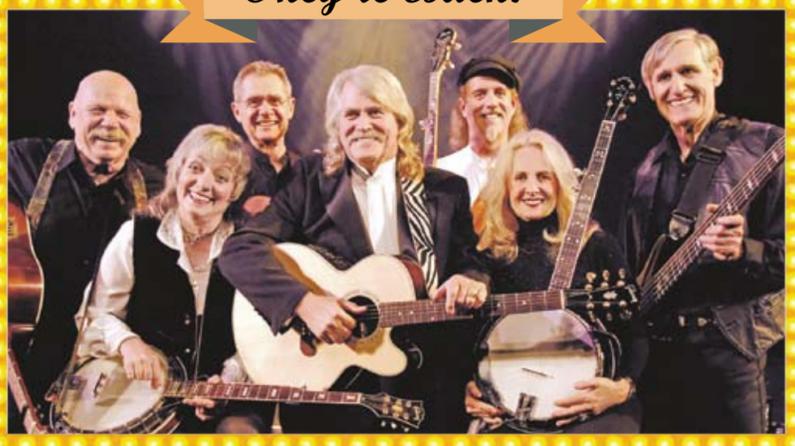
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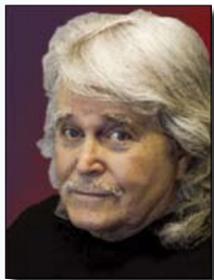
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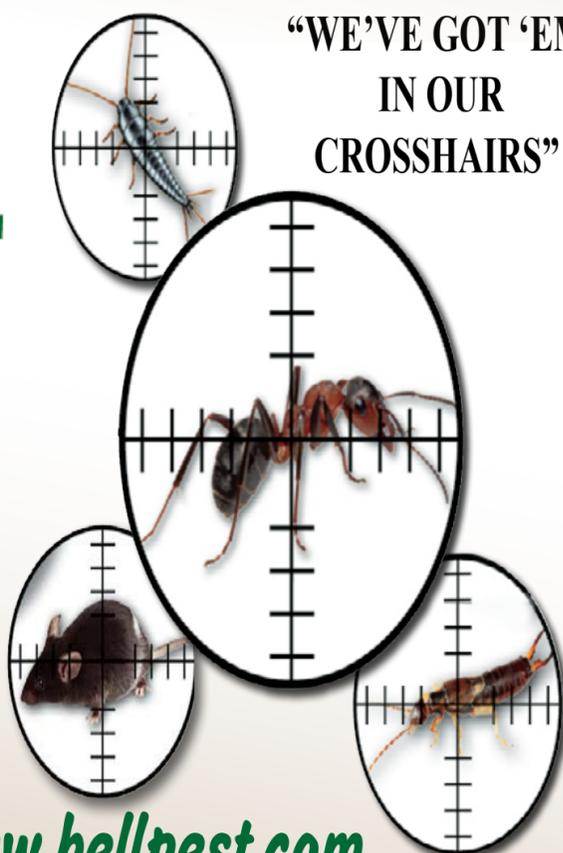


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