



Sacramento Just Got Closer to the Caribbean

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EXCLUSIVE!

LeAnn Rimes Brings Country to the Capital City

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Gold River Messenger

“Written by the people, for the people”

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Serving Gold River and Sacramento County

APRIL, 2015

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Student Fundraising Fights Cancer

GOLD RIVER, CA (MPG) - Lincoln Marks, a fifth grader at the Gold River Discovery Center, knows that pennies add up to dollars, and dollars can add up to a cure for leukemia.

Lincoln's perseverance pays off. For the third year in a row, Lincoln has collected the most donations for his school in the Pennies for Patients coin drive for the Sacramento Leukemia-Lymphoma Association.

Since 1994, millions of dollars have been raised by more than 14 million elementary, middle, and high school students from almost 29,000 schools throughout the country. Students across the country collect pennies, nickels, dimes, and quarters during the Pennies for Patients campaign. The class collecting the most change in each school receives a pizza party. For the past few years, any class that's lucky enough to have Lincoln as a student wins the pizza party.

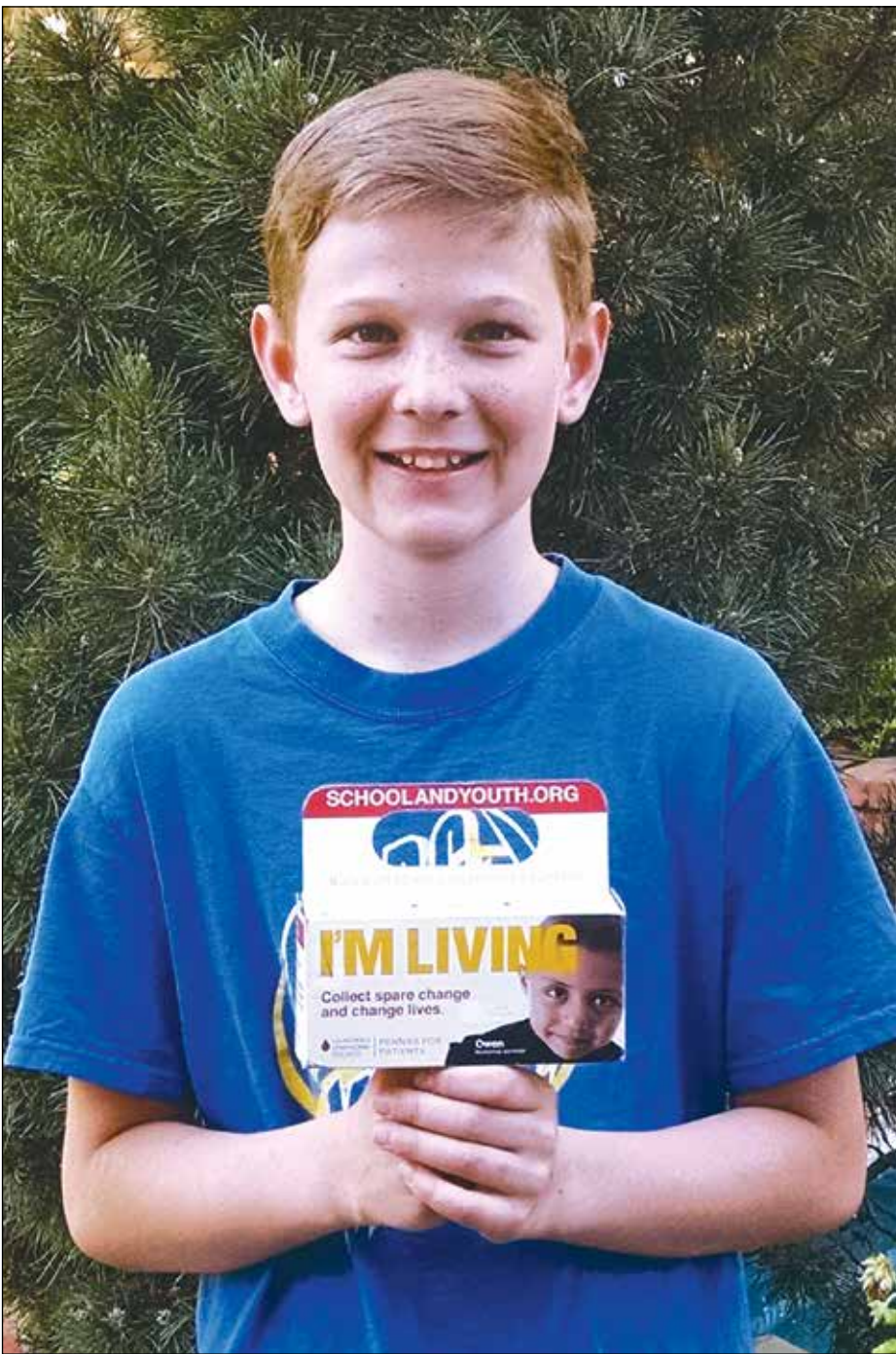
Lincoln has learned a lot about leukemia. It is the most common cancer in children and teens, accounting for almost one out of three cancer cases. Acute lymphoblastic leukemia (ALL) is a cancer of the white blood cells that normally fight infection. The cells do not grow and develop properly, filling up the bone marrow inside bones, where blood is normally made. Each year, there are about 2,900 new cases of children and adolescents diagnosed with ALL in the United States alone.

Not only has Lincoln learned about blood cancer, but he's learned about the kindness and generosity of Gold River residents. The school-sponsored coin drive collects money every spring for three weeks.

On most evenings, after swim practice and finishing his homework, Lincoln would head out to the neighborhood, knocking on doors, asking for donations. On most nights, Lincoln would collect \$40-\$90.

So what would drive a young boy to hit the streets of Gold River every night, collecting donations when he could be hitting the streets to play with his friends? It's not what, but whom.

Lincoln belongs to the Gold River Stingrays swim team at the Gold River Racquet Club. Three years ago, one of his relay and swim team members was diagnosed with Leukemia. Lincoln watched



Lincoln Marks knows how fast pennies can add up. For the third year in a row, Lincoln has collected the most donations for his school in the Pennies for Patients coin drive for the Sacramento Leukemia-Lymphoma Association. Students like Lincoln have raised more than \$260 million dollars to fund breakthrough therapies and patient services. Photo by Shaunna Boyd

his buddy, Garrett, bravely fight the disease. It was tough on Lincoln to watch Garrett lose weight, lose his appetite, and lose his hair.

“Like my friend, Garrett, a lot of kids with this disease feel tired and weak,” Lincoln said. “They often look pale. It's hard for their bodies to fight infections and fevers. Their cuts heal slowly.

They bruise easily. And they feel pain in their bones and joints. I remember my dad telling me that when he was a kid almost all kids who were diagnosed with Leukemia would die. But because of the money we're raising for childhood cancer research, today almost 90% are surviving. That's why you'll see me knocking on your door.”

When the school's annual Pennies for Patients campaign started that year, Lincoln channeled his desire to help his friend and started knocking on doors the first night of the campaign, greeting those who answered with his now familiar introduction: “Hi, I'm Lincoln Marks and I go to Gold River Discovery Center,” Lincoln says. “We're collecting donations for the Sacramento Leukemia Society. Do you have any coins you would like to donate?”

“Lincoln is a very tenderhearted and generous student,” said his teacher, Rick Hendrix. “Lincoln's an inspiration to his class and our school. He motivates others to do better and to do more.”

Every year since, he continues to collect. Lincoln is determined to help his friend and kids like him to not only survive but to live. He's making it happen with the money he collects.

Last year, Lincoln raised almost \$500. This year, he set a goal to raise more than \$500. On his last night of collecting, he finished his count at \$513.85. The school's goal was to raise \$3,000, and they exceeded that mark, raising \$4,416.77. Lincoln's fifth grade class, taught by Mr. Rick Hendrix, raised a total of \$900.92.

Lincoln knows how fast those pennies can add up. Students like Lincoln have raised more than \$260 million dollars to fund breakthrough therapies and patient services. And all of the money Lincoln collects stays right here in Sacramento County.

“Lincoln is a very tenderhearted and generous student,” said his teacher, Rick Hendrix. “Lincoln's an inspiration to his class and our school. He motivates others to do better and to do more.”

“For only 11 years old, he seems to be pretty money savvy about the power of donations,” Hendrix said. “More important, he is heart savvy about the power of life.”

Source: Julie Marks

★

HMF Family Dentistry Celebrates 25 Years in Gold River

By Bill Martin

GOLD RIVER, CA (MPG) - HMF Family Dentistry first opened the doors to their dental practice in 1990, 25 years ago, serving patients from Gold River, Rancho Cordova, and well beyond. After Dr. Hector Fernandez completed his undergraduate work at U.C. Davis, he was off to San Francisco to complete his graduate work at the highly acclaimed U.O.P. Dental School. Upon graduation from U.O.P., Dr. Fernandez and his wife, Charlotte, opened HMF Family Dentistry in Gold River,

setting down roots in the community where they would raise their family in the ensuing years.

When Dr. Fernandez first decided to open his own practice as opposed to joining an already-established practice, he had the option to decide what kind of dental office he wanted his Gold River practice to be. He knew that he didn't want the kind of office that was designed to route through as many people as possible in a single day. He also did not want to base his practice's success on the total amount of the never-ending appointments and fees a single patient could

be charged... a frequent complaint heard from dental patients. Dr. Fernandez stated, “You just can't give people the proper care they deserve in 15 minutes, and a patient shouldn't have their life taken over by dental appointments. It has never been about how many people I could see in a day, how much we could charge them, or the amount of appointments we could schedule with them—but rather, it was about how many people I could help each day.”

Each visit to HMF Family Dentistry demonstrates the

Continued on page 4



Dr. Fernandez's business philosophy includes taking as much time as needed for him to talk with and really get to know each patient. Each visit to HMF Family Dentistry demonstrates the dedicated efforts of Dr. Fernandez and his friendly and experienced staff. Photo by Charlotte Fernandez

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Gold River Discovery Center Explores the Golden State at Disneyland Resort

Local Students Participate in the Disney Youth Education Series Program

GOLD RIVER, CA (MPG) - Gold River Discovery Center students from Gold River, CA, used the Disneyland Resort as a classroom on when they participated in the Disney Youth Education Series “Exploring the Golden State” at Disney California Adventure in Anaheim, CA.

During this two-and-half-hour academic adventure, the students learned about California’s rich history and influential events and people that shaped the Golden State, including Chuck Yeager, Amelia Earhart, Howard Hughes, John Muir, and Walt Disney.

The Disney Youth Education Series allows students to see how the principles they are learning in the classroom are making

exciting things happen every day at the Disney Parks. From physics to history, each unique program emphasizes the importance of teamwork and critical thinking skills while giving students a one-of-a-kind learning experience that blends the magic of Disney with key educational content.

Since its creation, thousands of students from all around the world have been inspired by the Disney Youth Education Series programs at both the Disneyland Resort in California and the Walt Disney World Resort in Florida. Educators can choose from a large catalog of programs covering Arts and Humanities, Leadership, Career Development, Natural Science,

and Physical Science. Ranging in length from two to three hours, these learning adventures are designed to increase students’ desire to learn and discover, to encourage them to reach their individual potential, and to showcase the importance of teamwork. Each program is accredited by the Northwest Accreditation Commission, which certifies them as providing educationally sound experiences designed for academic achievement.

For more information, visit www.DisneyYouthEducationSeries.com or call 1-800-603-0552.

Source: Disney Youth Programs

A Sideline View into the World of Business

By Molly Townsend

SACRAMENTO REGION, CA (MPG) - Behind every good leader is a great leader. For 25 years, Gary Henson, founder of the Sacramento-based www.BusinessCoach.com, has mentored and advised thousands of business leaders worldwide. Henson credits much of his success to the company’s unique approach of creating and nurturing an intimate employer/employee relationship.

“What I love to do is to teach entrepreneurs the fine art of leadership,” said Henson. “Let’s not just work on the job descriptions...but let’s talk about [the employer’s] attitude and relationship to [their] employees.”

According to Henson, changing one’s outlook can often be the determining factor between success and failure. Henson believes that striving for continuous improvement and being committed to learning are crucial qualities to possess in order to become successful.

Henson has a very holistic approach to working with team leaders. It not only centers around increasing profits but focuses on time management, employee delegation, and life balance. The average client works with “Coach Gary” for about 23 months via phone calls, emails, and face-to-face meetings.

Some of Henson’s clients include A & S Motorcycles, Monterey Mushrooms, Carson Landscape Industries, and Haemonetics Inc.

Randy Felice, the president of A & S Motorcycles, said of Henson, “I’m not sure we would be in business today if it weren’t for hiring Gary as our business coach and trusted advisor.”

Henson described one client he is currently working with as a very smart attorney who has great employees but a major work overload to the point where he’s not able to spend much time with his family. Henson is helping the client focus more on the employee delegation aspect of business so as not to overburden himself, thus going from working 55 hours a week to 35 hours a week. Henson also noted that this client has since seen cash flow increase dramatically.

“It’s about implementing certain procedures and making minor changes that are designed to shift the entire business,” Henson said.

According to the website www.impactforcoaches.org, 70% of Henson’s clients have at least doubled their sales or profits. Aside from being a successful entrepreneur, mentor, coach, and business advisor, Henson is a sought-after speaker and a published author in many magazines and journals. He authored the book *Strategies to Future Proof Your Business*, and is a co-author of *Ready, Aim, Captivate!*

A portion of his clients are attracted not only to his style of coaching, but also his passion for his Christian faith, which helps them feel they can better relate to him. He is the past president of the Sacramento Fellowship of Marketplace Christians, an active member of Bayside Church and leader in



Gary Henson, the author of *Strategies to Future Proof Your Business*. Photo courtesy of Gary Henson

their marriage ministry, and president of the Top 20 Thought Leaders of Sacramento, with a legacy goal of donating 90% of his income to his favorite ministries and charities. Henson is also the co-founder of the Make a Difference Project, a non-profit organization committed to ending family violence.

One of the biggest struggles Henson has faced, particularly in the early days of www.BusinessCoach.com, was helping people understand precisely what a business coach is among the differing perceptions of the title, often relating it to the analogy of a sports coach observing his players from the sidelines.

“For years I’ve struggled communicating what it is I do...it’s a hard concept to grasp when you’re talking about the benefits of business consulting,” said Henson.

Henson works with clients by teaching them how to increase profitability; hire top performers; recognize better and larger goals; increase employee accountability; organize workshops, training, and retreats; improve customer service and client retention; promote team building; and learn how to market online through social media. His website also offers potential clients a free first session where they can bring their three biggest concerns for their company to the table and get a feel for what future sessions have in store.

When asked if he believes his occupation is more critical in light of the current economy than it was 10 years ago, Henson said, “It’s always been needed, but it’s needed now more than ever.”

Success aside, Henson still believes his greatest achievement in life is his relationship with his wife, Jenene, and their family.

Those who wish to inquire about Henson’s services can contact him by calling (916) 922-7766 and browsing his website www.BusinessCoach.com.

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- Limit irrigation to no more than two times per week.
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Serving Gold River and Sacramento County

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EXCLUSIVE TO MESSENGER PUBLISHING GROUP!

LeAnn Rimes Brings Country to the Capital City

By Shaunna Boyd

SACRAMENTO REGION, CA (MPG) - On Saturday, April 25th at 2:30 p.m., LeAnn Rimes will be performing at Bonney Field, 1600 Exposition Boulevard, Sacramento, CA. Special guests will include Neal McCoy, Kellie Pickler, Phil Vassar, Kristian Bush, and Keith Anderson.

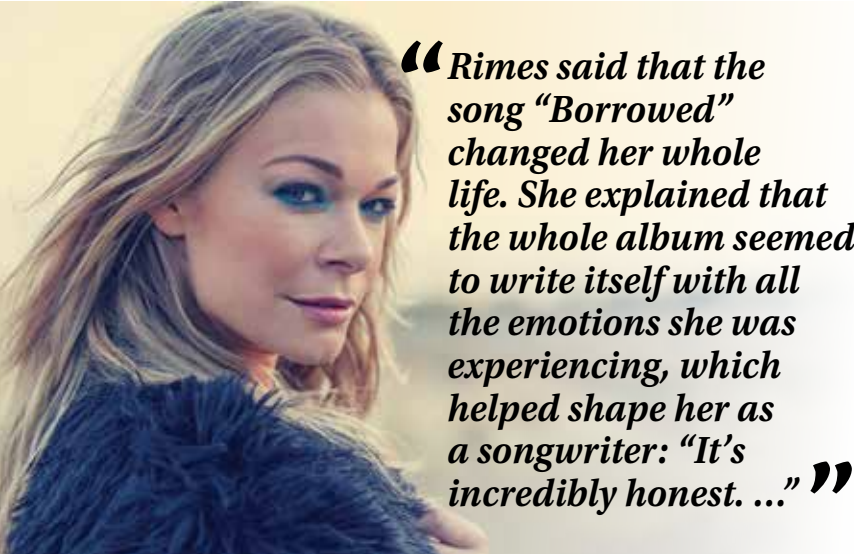
When asked what the audience can expect from her live performance, Rimes explained that her concerts are like an intimate one-on-one conversation with her as an artist. She looks at each performance as a way of storytelling: “I’m an open book through my

such a young age and over the years she has learned, evolved, and grown into herself. “My voice is way different now. It’s stronger now, and the stories behind it are stronger,” said Rimes. “When you’re young, you’re not comfortable in your skin. Now I’ve come into my own as an artist and as a woman.”

Rimes has been singing since she was a little girl, and one of the most significant and impactful songs she remembers singing during childhood is Judy Garland’s rendition of “Somewhere Over the Rainbow.” Her love of singing and dedication to her art helped her break into the music industry at a very young age. She said, “It’s incredibly hard, and I think it’s harder now.” Although it is difficult to get a foothold the industry, Rimes does have some advice for aspiring singers, songwriters, and musicians. She explained the importance of getting out there in front of people and getting as much exposure as possible. “You have to stand out and be your own person, your own artist. And you have to offer something that’s not already out there. ... You have to hone your craft so when the time comes you’re completely ready.”

As a well-known country music star, Rimes has ample experience with the pressures of celebrity. But she says it is easier now than in the early days of her career. She said the pressure is “not as strong now as an adult. It can be hard to tune it out, but I’m more at ease now.” She’s accepted that the paparazzi are always there; that is the reality of living in L.A. Of course, she wishes they wouldn’t photograph her when she’s out in her sweats, but she’s accepted it and they’ve faded into the background of her life.

When Rimes isn’t touring the globe and wowing audiences with her powerful vocals, she and her family love to take advantage of one of the greatest benefits of living in California: relaxing at the beach. Rimes also loves to cook in her spare time. Although she spends so much of her time on a tour bus, her husband convinced her that they should buy an RV and she is thoroughly enjoying that



“Rimes said that the song “Borrowed” changed her whole life. She explained that the whole album seemed to write itself with all the emotions she was experiencing, which helped shape her as a songwriter: “It’s incredibly honest. ...”

music,” she said. Rimes used to follow a set list, but now she enjoys playing off the crowd. She connects with the audience and they get to know her personally through her music. Rimes has a great love of all types of music and admires the work of many artists: “I cover Janis Joplin’s version of Summertime, and that’s probably one of my favorite songs to perform live.”

Rimes describes her drive as an artist as an intrinsic part of her nature: “It’s like food for me,” she said, necessary for her existence. Rimes said, “It’s amazing to create something out of nothing, to turn an idea into a song.” She tries to take any negative experiences from her life and turn them into something positive. “I’m happiest when I’m creating; it’s something I can’t stop doing.”

Although she is internationally known as a sweetheart of country music, she strives to make good music, regardless of the genre. Rimes explained that a lot has changed since the early day of her career, both personally and in her music. She started performing at



When asked what the audience can expect from her live performance, Rimes explained that her concerts are like an intimate one-on-one conversation with her as an artist. She looks at each performance as a way of storytelling: “I’m an open book through my music,” she said. Photos by Sara Hertel

experience: “It’s different and so fun. You can go wherever you want, whenever want,” she said.

Speaking about her most recent album, *Spitfire*, Rimes said, “It’s the first project, musically, that felt like a complete thought.” The process of creating the album “felt great; it was really cathartic.” In particular, Rimes said that the song “Borrowed” changed her whole life. She explained that the whole album seemed to write itself with all the emotions she was experiencing, which helped shape her as a songwriter: “It’s incredibly honest. ...

I didn’t know I could go there, that I would allow myself to go there.”

The audience at Rimes’ upcoming Sacramento show can expect an amazing performance. Don’t miss your chance to see this vocal powerhouse and hear her stories expressed through song. The show will be held at Bonney Field on Saturday, April 25th at 2:30 p.m. General admission tickets are on sale now for \$40 and can be purchased at www.ticketmaster.com/leann-rimes-sacramento-california-04-25-2015/event/1C004E51D3E16B12. ★

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By Alona Thomas

Of course, we are speaking of one of the healthiest cooking ingredients: olive oil. My mother cooked with olive oil and it was not virgin. When on my own, I clung to vegetable oil as those memories lingered of that pungent odor. I grew up, and with some education, it has all changed, and now my cupboard has a variety of olive oils that are absolutely essential to the daily menu. On our very door step, in Placerville, is the Winterhill Farm that produces one of the best extra virgin olive oils.

Owners Annette Schoonover and Richard Wolf were looking to relocate from Lake Tahoe and purchased 40 acres in Pleasant Valley about seven miles from Placerville. They thought they would put in grapes, but after a



The delightful and whimsical labels of Winterhill are the work of developmentally challenged artists. Winterhill labels are also marked with the COOC seal, which means that you are buying fresh California-grown 100% Extra Virgin Olive Oil. Photo by Alona Thomas

trip to Italy, the allure of the olive with its fruity, spicy flavor changed their minds. They planted the first 10 acres and from there they expanded to include 17 more acres of a variety of olive trees. Richard and Annette, with no

Who Really Is a Virgin – Extra, That Is?



Visit the Winterhill Tasting Bar to sample a variety of oils including Shakespeare's Acre 2015 and flavored oils. Photo by Alona Thomas

prior experience, studied and labored. Their first harvest was in 2004, and they began selling their olive oil at Farmers Markets. They opened their store nine years ago right next to the site of the historical hanging tree.

The Winterhill store is an adventure. It offers tastings of their artisanal olive oils, local “products with passion,” Annette’s sculptures, and—very importantly—an opportunity to learn the truth about extra virgin olive oil. The New York Times article “Olive Oil Fraud,” stated that “69% of imported olive oil labeled ‘extra virgin’ did not meet, in a taste test, the standard for the label.” Winterhill olive oils are tested and certified by the California Olive Oil Council (COOC). This is a rigorous process involving a chemical analysis of the olive oil and includes the handling and storing of the product; it also includes a specification that it must be milled within 24 hours of harvesting. The second test is a sensory evaluation with blind test to make sure it is free of defects. The COOC seal means that you are buying fresh California-grown 100% Extra Virgin Olive Oil. This pure

product should be kept in a dark place and has a two-year life after the press date. It has been reported that 72% of supermarket olive oils are rancid.

Winterhill olives are harvested in November and early December. Pressing takes place within three hours of picking, resulting in a low acidity of the product. The oil is placed in tanks and then filtered by gravity. We Americans like our olive oil clear. The oil is kept in stainless steel tanks and only bottled as needed for sale. At the tasting bar in the store, you can sample a variety of oils including Shakespeare’s Acre 2015 and the flavored oils—with Rosemary being one of my favorites. All of the flavored oils are pressed with rinds of the fruits or the herbs along with the olives. This ensures that the flavor holds and will not disappear with heat. The delightful and whimsical labels of Winterhill are the work of developmentally challenged artists. Their posters can be purchased online along with gift baskets and the wonderful real extra virgin olive oils at www.winterhillfarms.com.

Alona’s hobby is food and delicious times. Contact Alona at alonathomas@gmail.com. ★

HMF Family Dentistry Celebrates 25 Years in Gold River

Continued from Page 1

dedicated efforts of Dr. Fernandez and his friendly and experienced staff. The environment, business philosophy, and compassionate patient care are evident. The environment at HMF Family Dentistry includes an open and relaxing lobby area leading to the reception desk. Here, you will be greeted by a big smile and warm welcome, usually from Mrs. Charlotte Fernandez if not one of their other staff members. The couple has been working side by side for the past 25 years. Charlotte’s main goal is also to focus on what HMF Family Dentistry can do for you. Your importance as a new or returning patient is always evident.

It is readily apparent that Dr. Fernandez’s approach to dentistry is very different from other dentists. Have you ever awakened with a bad toothache or soreness along one or both sides of your mouth? Have you been

told that the tooth pain you are experiencing could be related to or made worse by stress? Dr. Fernandez will share this kind of information with you if he believes that to be a likely diagnosis.

Dr. Fernandez’s business philosophy includes taking as much time as needed for him to talk with and really get to know each patient. As noted, there may be other contributing factors to a tooth pain that Dr. Fernandez will take the time to explore with you. Your mouth pain or morning tooth pain may be related to signs of stress in your life, causing you to grind your teeth while you sleep. In this case, a good mouth guard at night is a much better solution than a quick diagnosis and a root canal.

In addition to the relaxing atmosphere and the one-on-one consultation with Dr. Fernandez, HMF Family Dentistry uses only the latest state-of-the-art dentistry equipment along with the highest quality of all

dental materials. This attention-to-detail and cutting-edge dentistry, not only ensures your satisfaction at the time of service but, additionally, helps to guarantee that your dental work will last a very long time.

As an aside, Charlotte Fernandez also wanted to note, “We also encourage our patients who are parents to bring their little ones in with them to their dental appointments so that the doctor and parent together can help get the child acclimated to the gentle touch dentistry that Dr. Fernandez employs.” This makes the dental appointment much more of an enjoyable visit for both parent and toddler and provides early tooth problem detection along with preventative care for the little ones as they continue to grow.

HMF Family Dentistry is located at 11230 Gold Express Drive, Suite 306, Gold River. Please call (916) 852-7660 or visit www.HMFDentistry.com for more information. ★

Awardees of Fire Prevention Fund Grants Announced

CAL FIRE Funded Projects Will Help Reduce Wildfire Threat

SACRAMENTO REGION, CA (MPG)

- The California Department of Forestry and Fire Protection (CAL FIRE) has awarded over \$9.5 million in grants throughout the state for a variety of projects aimed at reducing the elevated threat of wildfires due to the ongoing drought. A total of 83 grant applicants will receive funding for projects that contribute to fire prevention efforts around homes. The project will reinforce CAL FIRE’s ongoing efforts to address the risk and potential impacts of large, damaging wildfires.

“The high number of grant

applications we received underscores just how vested the citizens of California are in preparing for our state’s inevitable wildfires,” said Chief Ken Pimlott, CAL FIRE director and state forester. “We are looking forward to seeing ‘on the ground’ results these projects will yield.”

The Fire Prevention Fund Grants, created in the 2014-15 budget, are aimed at supplementing CAL FIRE’s ongoing activities by funding local entities’ efforts to help counteract the effects of the drought. Grant criteria weighted

projects that addressed fire risk and potential impact of wildfire to habitable structures in the State Responsibility Area, as well as community support and project feasibility.

For more on the Fire Prevention Fund Drought Related Grant Program, visit www.cal-fire.ca.gov/fire_prevention/fire_prevention_fund_grants.php. A full list of the grant projects can be viewed at www.fire.ca.gov/grants/downloads/SRAFPF_ApprovedProjects_for_Funding_030915.pdf.

Source: CAL FIRE

★



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With members who will match your profile to others who may have a completely different background, it’s a great way to get to know new people and to start a new journey. Whether you are looking for friendship, a relationship or just a little bit of fun, you can find it here knowing that member share your same values. So wave goodbye to long, lonely nights! Sign up today.

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Here’s how it all works...

When you first join us, you become a free member. As a free member you can create a profile, add a photo, search for people by county, create your favorites list and send unlimited winks. You’ll also receive an email if someone adds you as one of their favorites, winks at you, or sends you a message. If you decide to become a full member, you will also be able to:

- Send and receive private messages
- Chat online with instant messenger
- See who’s looked at your profile
- Add multiple photos to your profile
- Video chat
- Create and read dating diaries
- Create and watch video profiles

You can upgrade from free to full membership by accessing ‘My Account’ when you login, or click here to be taken to the membership page once you are logged in. If you have any questions about your membership, or have any trouble using singleagain.com/dating, our dedicated support team are on hand to help you.

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LETTERS TO THE EDITOR

A Response to Hysteria

From Thomas James Adams, Ph.D.:
Gentlemen:
Gold River resident Lonn Maier’s hysterical dooms-day letter of March 13 [in Rancho Cordova Independent] listed the following calamities that will befall us if the Rancho Cordova Interchange Project is approved by the Rancho Cordova’s City Council: childhood diseases

will increase, dreaded autism will increase, childhood brain damage will increase, and lung disorders in children will increase.
Some positive effects he did not mention will likely occur as well. Those living near the interchange will probably drive directly to Highway 50 instead of driving through Gold River thereby polluting the air and

killing children. The same will occur for those returning from work in the evening. And finally, time and gasoline will be saved and there will perhaps be fewer accidents.
Restraint informs better than hysteria. I hope it will not be necessary for members of the Council to prove their sanity to Lonn Maier.
Sincerely yours,

Prom and Graduation Safety Comes First

From Lori Martin:
Prom holds lifelong memories, and I did not go. I played sports at high schools in San Joaquin County but graduated from Tracy High in 1993 in a wheelchair. I never planned to end school like that.
When I was 16 in 1992, a drunken driver hit me head-on. The collision caused a coma, brain injuries, and paralysis with multiple broken and dislocated

bones. I stayed in two hospitals for 7 months and 17 months of therapy followed. Not a life a teenager expects.
Some teens believe drinking alcohol is mixed in with the fun. That is wrong, especially if driving is included. Why copy a drunken driver? My dreams for life unexpectedly ended after a drunken driver hit me.
I cannot drive and hear perfectly now, but can talk and walk.

That is a huge achievement.
My letters in newspapers throughout California and speeches at Central Valley schools brought more sober drivers to the roads.
Teenagers, show us you have learned: Do not drink and drive. This saves lives, including yours.
Lori Martin ★

Don’t Use It or Lose It

Californians Believe in Conserving Water, Drought or No Drought Residents are Willing to Make Significant Changes to Their Own Water Use

SACRAMENTO REGION, CA (MPG)
- As California enters a fourth year of drought, a new statewide poll reveals that the vast majority of Californians (90%) are willing to make significant changes to conserve water both inside and out, and more than 80% believe it’s important to conserve water regardless of whether the state is in drought or whether conservation is mandated by local water agencies.
The statewide poll of 801 registered voters—commissioned by the Association of California Water Agencies in partnership with the statewide conservation education program Save Our Water—also found that more than 80% of Californians view the drought and water shortages as “extremely” or “very” serious problems. Some 86% of polled residents believe that California is in a state of persistent water shortage.
The polling also indicates that Californians nearly universally agree that the drought is the most pressing problem facing the state and is more concerning than the economy, education, health care costs, and taxes.
“California is indeed a dry state that can expect to see persistent droughts in its future. This polling underscores the fact that a vast majority of Californians understand this new normal,” said ACWA Executive Director Timothy Quinn. “But the poll also shows that an overwhelming majority of Californians are

willing to significantly change their water usage whether we are in a drought or not. This is a sea change in public opinion and bodes well for our future.”
Mark Cowin, director of the Department of Water Resources, noted that the poll indicates over three-quarters of Californians have been getting the message about the state’s ongoing drought. DWR is a partner with ACWA in the Save Our Water program.
“Clearly, Californians understand the magnitude of this drought,” said Cowin. “Just as important, they understand that they can help California cope through the collective power of individual actions. If we all shut off sprinklers, make the effort to fix a leak, and urge friends and neighbors to do the same, it will make a difference.”
The poll of registered voters was conducted February 22nd through March 1st by the polling firm Fairbank, Maslin, Maullin, Metz & Associates (FM3). Its findings arrive as the State Water Resources Control Board prepares to act on proposed new emergency water conservation regulations today and extend existing ones as the state remains locked in a grinding fourth year of drought. The Sierra snowpack is at record low levels and January was among the driest months on record.
“This poll’s findings stand out among our many years of tracking water issues in California,”

said Dave Metz, principal and president of FM3. “We’ve never seen such a huge majority recognize the severity of the water crisis as well as such a large group that views the water problems as ongoing and warranting continued conservation.”
Metz noted that 83% of those polled said conserving water is “extremely” or “very” important whether or not water agencies are requiring water conservation, suggesting that, for Californians, “conserving water has become more of a core value than simply a reaction to regulations, restrictions, or other external factors.”
A summary of the poll’s findings can be viewed at www.acwa.com/sites/default/files/post/2015/03/summary-key-findings-ca-water-conservation-survey.pdf
The Save Our Water program is using the poll’s findings to improve outreach to consumers this summer and to help local water agencies develop their own outreach programs on drought and conservation.
ACWA is a statewide association of public agencies whose 430 members are responsible for about 90% of the water delivered in California. For more information, visit www.acwa.com. For more on the Save Our Water program, visit www.saveourwater.com.
Source: Department of Water Resources ★



By Sal Arrigo Jr.

Recently, I was a guest speaker at the Society of Military Widow’s luncheon, held at the Veterans of Foreign War Post 4647 in Antelope, CA. My friend Elsie, from the Cordova Senior Center and a member of the group, invited me to join them at a recent Saturday meeting. It was not too long after that I found this group had much more to offer to the military community than I ever knew, and their efforts are worth sharing.

The Society of Military Widows (SMW), Camellia Chapter 5, Sacramento, CA, was chartered on February 6th, 1974, and currently has a membership of 62 women whose husbands have served in the military (www.militarywidows.org). I had the honor to interview both Elsie and Catherine. Catherine is the current historian and an original charter member, and this is their story: The original SMW was founded in 1968 “to serve the interest of women whose husbands died on active duty military service or during retirement from the armed forces.” The SMW is a non-profit organization whose purpose is to “educate the American public concerning the problems and needs of military widows in today’s society.” The SMW is affiliated with the National Association for Uniformed Services (NAUS), which provides for a legislative voice in Washington D.C. and assists with membership recruitment.
When I asked for the main reasons someone would choose to belong to this organization, I

Salute to Our Military Widows



The Society of Military Widows (SMW), Camellia Chapter 5, Sacramento, CA, was chartered on February 6th, 1974, and currently has a membership of 62 women whose husbands have served in the military (www.militarywidows.org).

was told by these two ladies, “It is important to keep up to date with our benefit information.” In addition, the group provides a social outlet for these women and a source to seek advice on a variety of topics of interest to them. Elsie stated, “We are not a sad group; the camaraderie and looking forward to the next meeting is important to us.” I can tell you from personal experience that this is a lively group of women from a variety of backgrounds and ethnicities who do enjoy their time together. To be a member, a widow must be in possession of a valid military dependent identification card.
The local chapter is quite active. As an organization, they donate to the Fisher House (one of the houses is located at Travis Air Force Base, Fairfield, CA), which is a network of comfort homes where military and veterans’ families can stay at no cost while a loved one is receiving medical treatment. These homes are located at major military and VA medical centers

nationwide, close to the medical center or hospital they serve. Fisher Houses have up to 21 suites with private bedrooms and baths. Families share a common kitchen, laundry facilities, a warm dining room, and an inviting living room. Fisher House Foundation ensures that there is never a lodging fee (www.fisher-house.org).
Further evidence of the chapter’s generosity includes paying for a service dog for a disabled veteran, donating cans of coffee and magazines to be used at Veteran Clinics’ waiting rooms in the Sacramento area, and contributing to the Retiree Activity Office at McClellan Park, among other things.
If you’d like to attend a meeting, they are held the first Saturday of each month (except January and July) at 11:30 a.m. for a no-host lunch and short business meeting. It is worth attending for the information available to military widows, but equally important, go for the friendship. ★

“Kids Don’t Float” Life Vest Program is Underway

SACRAMENTO REGION, CA (MPG)
- The Sacramento region has experienced unseasonable warm weather over the past few weeks, sending families and adults flocking to our beloved waterways. The American River Parkway Foundation began installing the Kids Don’t Float boards on March 30th, 2015.
The American River Parkway Foundation has unveiled its Kid’s Don’t Float program two months early. The lifesaving program allows individuals to borrow a life jacket while they are enjoying Sacramento’s waterways.
In 2008, the Sacramento County Board of Supervisors adopted an ordinance requiring life preservers for access to the public waters within the County of Sacramento. The ordinance

reads in part, “It is unlawful for any parent to permit his or her child under the age of thirteen (13) in his or her care to access any public waters unless such child is wearing a life preserver.” Violation of the ordinance is punishable by a fine of \$500 and/or six months in jail.
From now through Labor Day, the life vest stations will be re-supplied and inspected twice a week by the Drowning Accident Rescue Team (DART), Sacramento Metro Fire, and Sacramento County Park Rangers. The station locations include Discovery Park (two sites), Ancil Hoffman Park, Howe Avenue river access, Watt Avenue river access, Paradise Beach, River Bend Park, and Sunrise river access. Each station offers 20 life vests in

various kid sizes.
Executive Director Dianna Poggetto said the Foundation will spend \$10,000 to purchase new life vests. “There are going to be a lot of people heading to the river in the coming weeks and, with the current conditions, practicing water safety rules and wearing life vests will be even more critical in preventing drowning accidents.”
Cyclists, runners, picnickers, and nature lovers are among the more than eight million people a year who use the Parkway for various recreational activities. For more information on ARPF volunteer and donor programs, please see www.arpf.org or call (916) 486-2773.
Source: American River Parkway Foundation ★



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Redefining the Mind-Body Connection

By Eric Nelson

As trailblazing as it may seem, the field of mind-body medicine may actually be stuck in the mud, trying in vain to extract itself from the idea that matter is the be-all and end-all of existence.

Even as it acknowledges decidedly non-matter-based factors like compassion, companionship and an absence of stress as essential to our health, the approach is still pretty much centered on the idea of a largely matter-based brain generating matter-based chemicals that help to improve a matter-based body.

No doubt this is a huge improvement over the days when the body was seen as little more than a biomechanical construct, altogether separate from the mind. But until we're willing to consider an entirely different basis of being – one that's not in the least bit matter-based – it's doubtful we'll be able to make it much further down the road.

“The question is, when is that? Is that next Tuesday or is that 500 years from now? I don't think it's next Tuesday,” says Dean Radin, chief scientist at the Institute of Noetic Sciences. “The investments in medicine and science have a huge amount of inertia built into them, and so it's not likely to change any time soon.”

Nevertheless, things do appear to be moving in the right direction. Ever since the days of Jesus – described by Mary Baker Eddy as “the most scientific man that ever trod the globe” – we've gotten glimpses of a radically different method of taking care of the body, one that acknowledges first and foremost a singular divine Mind



governing its own divine creation as opposed to a collection of matter-based brains in need of adjustment.

For Eddy, matter wasn't so much a thing as it was a perspective, a “human concept,” a limited view of reality. She writes in her book *Science and Health*: “Paul says: ‘The flesh [matter] lusteth against the Spirit, and the Spirit against the flesh.’ Who is ready to admit this?”

“Is there a time we will discover that healing responses and mind-body medicine really moves more toward the mind side than the body side?”

Good question. How many of us are ready to admit that the world as we know it is not made up of conflicting forces, but rather of differing perspectives: one that tends to limit our outlook and cause pain, another that tends to extend our mental horizon to the point where we begin to see our lives as the essential and complete expression of a

wholly spiritual Being? The problem is, most of us would prefer hanging on to both perspectives – the familiar if vulnerable matter-based view and the less-familiar but infinitely reassuring Spirit-based view – regardless of the fact that the two are fundamentally incompatible.

No wonder it feels like we're stuck in the mud.

Perhaps the answer can be found in Eddy's question itself: Are we willing to admit? That is, are we willing to at least entertain the idea that life isn't the physical aggregate it appears to be on the surface but, instead, the indestructible expression of what the one divine Mind is causing us all to see and to be? This is no leap of faith but a reasonable and immensely practical step in the right direction that we're all capable of taking.

Although he's referring to a more human and less divine sense of mind, Radin nevertheless asks and answers an important question of his own: “Is there a time we will discover that healing responses and mind-body medicine really moves more toward the mind side than the body side? I would say, given our research on mind-matter interactions, that the answer is, yes. We could go there.”

Not only could we go, but we must and we will. Both “there” and beyond.

Eric Nelson's columns on the link between consciousness and health appear regularly in a number of local and national online publications. He also serves as the media and legislative spokesperson for Christian Science in Northern California. Follow him on Twitter @norcalcs. ★

Game Plots

The Accessible Interactive Art of Notgames

By Noah Howard

The discussion about video games as an art form has been long-running and hard-fought. People who are ignorant about games attack from the outside, while immature and unrefined gamers debate disrespectfully from within. The idea of video games as art has been gaining traction, with both MoMA and the Smithsonian recognizing their potential expressive value. However, real examples of art in video games seem few and far between, not only to the general public but to gamers themselves.

The fact of the matter is that games appear as art far more frequently than most gamers recognize. That's the responsibility of “notgames,” a category of incredible interactive experiences that are usually so buried within the dark recesses of the internet that they barely reach any audience. Notgames are difficult to define. Even the official notgames blog uses vague terms, saying that notgames are a “design challenge,” an “artistic challenge,” and a “question.” The better definition comes from the blog's explanation of the underlying idea of notgames, to reject the use of videogames exclusively as “games” in the traditional sense.

As Roger Ebert wrote, a game can never be art, because, while you can win a game, you can't



The best anyone can do is to garner understanding that the word “game” in referring to a piece of interactive art is different from a “game” on a board. Photo courtesy Noah Howard

win art. He said that if a video game lacks goals, objectives, or rules, then “it ceases to be a game and becomes a representation of a story.” “Notgames” can be said to be video game representations of stories and as such, they all have a few commonalities. They're short (usually between 10 minutes to two hours), they convey a message or emotion other than fun or power, and they're mechanically simple (most only involve walking or clicking). Games journalist Rainer Sigl criticized the title “notgames” in 2012, saying that it disassociated some of the most creative and artistic work in the digital realm from video games, especially at a time when video games are in desperate need of acceptance as art. However, instead of acknowledging notgames as games, we should instead search for a better word to describe what is generally thought of as a “video game.” When referring to notgames, Gamespot's Kevin VanOrd uses the phrase “interactive fiction,” which fits well.

Considering the popularity of the term “video game,” though, interactive fiction will likely never be its own separate term.

The best anyone can do is to garner understanding that the word “game” in referring to a piece of interactive art is different from a “game” on a board. In this area, notgames have the potential to liberate all videogames from that misunderstanding. Because notgames are short, simple, and emotionally resonant, they have the greatest capability to expand to art lovers who would never otherwise use their PC for anything apart from Word documents. Notgames run the full gamut of experiences you would expect to find in an art museum, from *Intimate, Infinite*, an avant-garde retelling of a Borges story, to *Every Day the Same Dream*, a *Groundhog Day*-like tale about society's reliance on conformity. Both notgames are free and under ten minutes long, yet despite their uniqueness, they've still gone unnoticed by both art and gaming communities alike.

In fact, if you've never played a video game before, a notgame would be a fantastic place to test the waters. Other free notgames like *The Static Speaks my Name* and *Save the Date* left behind feelings of shock or hilarity, respectively. *Freedom Bridge*, which is playable in your browser, delivers a political statement in around 30 seconds. Notgames have more potential than anything in gaming to have an impact on the creative community at large. The tricky part is convincing that community to look past the name so that they can experience the world's newest art form (you can find notgames by Googling the titles).

To respond to Noah's articles, email him at digitalartsnoah@yahoo.com. ★

Jim Miller
Answers
Your
Senior
Questions



Check Out This
Week's Topic!

Savvy
SENIOR

Essential Legal Documents All Seniors Should Have

Dear Savvy Senior,
What kinds of legal documents are suggested for end-of-life plans? I would like to get my affairs in order before it's too late.
- *Getting Old*

Dear Getting,

Every adult – especially seniors – should have at least four essential legal documents to protect them and their family. These documents will make sure your wishes regarding your estate are legal and clear, and will help minimize any conflicts and confusion with your family and your health care providers if you become seriously ill or when you die. Here are the key documents you need, along with some tips to help you create them.

A Will: This document lets you spell out your wishes of how you'd like your property and assets distributed after you die, whether it's to family, friends or a charity. It also allows you to designate an executor to ensure your wishes are carried out, and allows you to name guardians if you have minor or dependent children.

In addition to a will, if you own real estate or have considerable assets, another option you may want to consider is a “revocable living trust.” This functions like a will but allows your estate to avoid the time and expense of probate (the public

legal process that examines your estate after you die) and helps ensure your estate's privacy.

Durable Power of Attorney: This allows you to designate someone you trust to make financial, tax and legal decisions on your behalf if you lose your decision-making capacity.

Advanced Health Care Directive: This includes two documents that spell out your wishes regarding your end-of-life medical treatment. The two documents are a “living will” which tells your doctor what kind of care you want to receive if you become incapacitated, and a “health care power of attorney” which names a person you authorize to make medical decisions on your behalf if you become unable to.

Do-It-Yourself

If you have a simple estate and an uncomplicated family situation, there are several good do-it-yourself guides that can help you create all these documents for very little money.

For creating a will, a top resource is the Quicken WillMaker Plus 2015 software (available at *nolo.com*) that costs \$50, works with Windows personal computers and is valid in every state except Louisiana. If you use a Mac, *nolo.com* offers an online will maker for \$35.

Or, if you only need to create an advance directive you can

do it for free at *caringinfo.org* (or call 800-658-8898), where you can get state-specific forms with instructions. Or for only \$5, an even better tool is the Five Wishes document (*aging-withdignity.org*, 888-594-7437), which is valid in 42 states and will help you create a customized advance directive.

Get Help

If, however, you want or need assistance or if you have a complicated financial situation, blended family or have considerable assets, you should hire an attorney. An experienced lawyer can make sure you cover all your bases – especially when writing a will or living trust – which can help avoid family confusion and squabbles after you're gone.

Costs will vary depending on where you reside, but you can expect to pay somewhere between \$200 and \$1,000 for a will, or \$1,200 to \$5,000 for a living trust.

The American College of Trust and Estate Counsel (*actec.org*) and the National Academy of Elder Law Attorneys (*naela.org*) websites are good resources that have directories to help you find someone in your area.

If money is tight, check with your state's bar association (see *findlegalhelp.org*) to find low-cost legal help in your area. Or call the Eldercare Locator at 800-677-1116 for a referral. ★

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit www.savvysenior.org. Jim Miller is a contributor to the NBC Today show and author of “The Savvy Senior” book.

For the Love of Books

Book Review by Amy Shane
amy-shane@att.net

CROCHETER'S SKILL-BUILDING WORKSHOP
by Paige McKenzie

◆ Publisher: Storey Publishing
◆ Release date: December 2, 2014 ◆ hardcover, 256 pages
◆ Intended audience: Adult/Crafts ◆ Rating: ♥♥♥♥♥

On the Book Jacket: This fresh, fun guide from expert Dora Ohrenstein covers all of the basic crochet techniques and so much more, from choosing yarns to finishing! It includes more than 70 stitch-along swatches that each teach a particular technique, as well as five projects (a hat, shawl, neck warmer, bag, and scarf) that put those techniques to use. The swatches offer not just a variety of stitch patterns but also a variety of shapes and can serve as the building blocks for sophisticated and creative projects of your own design.

Amy's Review: Emerging from history and gaining speed, crocheting is everywhere, from the everyday crafter, to the runway. This book, provides the knowledge to go past the traditional granny squares, to the sophisticated, elevating crocheters to the possibility of fascinating, with inventive new ways to crochet. Inspired to write this book, due to the information gaps on particular aspects, Dora Ohrenstein, addresses problem topics such as: tension control, shaping with complex stitch patterns, choosing yarn and advanced skills. Patterns for 77 swatches are included to effectively learn a particular technique, along with five everyday projects, using skill sets from the previous patterns. *The Crocheter's Skill-Building Workshop*, is filled from beginning to end with every resource you need to be successful, including pictures with every skill to help explain each technique in its entirety, leaving no room for error, making



this book and even more of a valuable resource. Each project is beautifully highlighted, with description, photo and how to advice designed for every level of crocheter. Chapter highlights include: fundamental techniques, how to choose yarn, your crochet tool box, as well as skill chapters on shaping and construction, crocheting in the round, advanced shaping and color changing.

An all in one resource guide, *The Crocheter's Skill-Building Workshop*, encourages readers to experiment and try new techniques, while giving them confidence to tackle any project. I was pleasantly surprised with exquisite attention to detail, not only with the informative guidelines, but with the detailed photos throughout, showing each step. Beautifully put together, with literally everything you need in one book, including a glossary of basic terms, and an informative key stitch guide, making this book invaluable for anyone who loves the craft.

www.GoldRiverMessenger.com

What's Your Kitchen Style?



CONTEMPORARY: The mixture of textures and bold blocks of color are subdued by the clean design. Horizontal lines are still obvious; however, the overall design is a calm contemporary.

FAMILY FEATURES

With so many styles of kitchens and cabinets, it can sometimes be hard to decide on a favorite. You may see kitchens in each style and agree that they are all beautiful in their own way. But which is the style you would choose for your own home?

Aside from the look of each style, many aspects must be considered, such as its compatibility with the rest of the home, and whether it will endure the test of time. With many considerations to sort through, it can sometimes become more of a hassle than a fun improvement on your home. Defined below are different kitchen styles to help you decide on what suits your home while fitting your personal style.

Contemporary

Contemporary kitchens, very simple spaces, are characterized by distinctive hard and sleek horizontal lines. A full overlay slab door style is typically the norm for these kitchens. The Wellborn Cabinet, Inc. Milan door style is the perfect slab selection for a contemporary kitchen.

The small amount of ornamentation that does exist is natural and usually comes in some form of texture. For example, there may be horizontal wood grains to match up with the horizontal line scheme. Visually the wood grain gives off a textured appearance.



TRADITIONAL: The architectural and top-to-bottom details are crucial to the design of this kitchen. From the beams and archways to the mullion cabinet doors and island legs, this kitchen portrays every aspect of traditional.

Traditional

Traditional styled kitchens are distinguished by their detail. Unlike transitional kitchens, traditional kitchens contain embellishments and detail is found everywhere, with corbels and mouldings on every piece of furniture. In terms of cabinetry, raised panels with applied moulding are common for traditional kitchens. Outlining these raised panels are inset or framed cabinet construction, adding a hint of detail to the cabinet doors. A fun thing about traditional is the ability to mix door styles, giving you the freedom to choose a couple of styles and mix them between perimeter cabinets and your island. Techniques are a small detail that, when applied to every cabinet door, give off a striking effect. This is an attribute that can really define your own personal style. Hutch and furniture style cabinets are another unique feature of traditional kitchens.

Casual

Casual kitchens maintain a comfortable feel and fit in with the home. They have the ability to be personalized and beautiful while practical at the same time. Casual is a style that can take on many looks. For instance, there can be coastal, country and eclectic versions of this laid-back look. Here are further explanations of each style:

- **Coastal casual** is a look that is often found depending on location. Beach houses often have the coastal casual style that encompasses a light and airy environment with pops of color through pastels. The atmosphere is also set through driftwood and white washes.
- **Country casual** is a style that is traditionally made up of stained cabinets detailed with ornamentations and embellishments, making for a warm, inviting environment. The embellishments are placed in a comfortable manner reflecting the natural surroundings in which the home is located.
- **Eclectic casual** is a mix of a little bit of everything that you love with taste. It captures pieces and accessories from different places and times and combines them together in one space. Old and new design elements are pulled together to create a unique, individual style.



TRANSITIONAL: The simplistic cabinet doors and mix of design details blend to create a balanced transitional kitchen. Accessories such as the stainless light and candelabra add contemporary and traditional details to the kitchen.

Transitional

Transitional styling pulls together the warmth of traditional with the crispness of contemporary making for a good median. This allows you to choose a simple door style, often a shaker, and pair it with a beautiful stained wood. Neutral paints are also very popular among transitional cabinetry. Wellborn offers two shaker door styles, Bristol and Hanover, which are both wonderful choices for transitional kitchens. With ornamental pieces at a minimum, emphasis is placed on the modest details that do exist. Maybe you like some characteristics of the traditional styling but enjoy the simplicity of contemporary. Transitional style encompasses the best of both worlds and fits the style of many homes because of its versatile traits.

Formal

Formal kitchens often display sophisticated, yet stunning details in which beauty is key. Although the detail may be small, it does not go without notice and forms a timeless environment of high societal living. A vast range of cabinetry door styles can be seen in formal kitchens because the style is distinguished by the architectural elements such as coffered ceilings, columns and moulding details. Glass cabinet doors can be found in formal kitchens to add to the elegance of the environment. The arrangement of over-the-top elements and accessories is essential to creating a formal kitchen.

Whether your preferences fit perfectly into one category or a combination of several, the goal of creating your special kitchen space is to listen to what style speaks to you. For more kitchen and home remodeling ideas, visit www.wellborn.com.



COASTAL CASUAL: The combination of the bead board panel from the cabinets and wall paint color gives this casual kitchen a coastal feel. This causal design makes for a comfortable environment.

Gem and Mineral Show Rocks the Region

Story and photos
by Anne Stokes

SACRAMENTO REGION, CA (MPG) - The Roseville Rock Rollers Gem and Mineral Society hosted their 53rd annual Gem and Mineral Show over the weekend, taking over the Placer County Fairgrounds with 65 vendors, lapidary demonstrators, and educational presentations for rock hounds of all ages. With over 3,000 visitors in attendance, it's becoming one of the largest gem and mineral shows on the west coast, according to show chairman James Hutchings.

But don't call it a gem fair. "It's not a 'fair,'" says Hutchings. "A gem 'fair' is a commercial thing; it has nothing to do with rocks and minerals." Enthusiasts and vendors from all over the west coast brought their collections of rough and polished gemstones, mineral specimens, fossils, meteorites, and jewelry collected from all over the world to be put on display or put up for sale. Collectors were also able to bring in rocks for expert identification. "We've got mineral identification, so people can come and bring their rocks, their gemstones, we'll put them through the testing here and determine whether they have something really interesting, sort of like Antique Roadshow, and give them an idea of what they have," explained Hutchings.

The Roseville Rock Rollers started out in 1960 with a handful of rock hound enthusiasts



Ray Dodds of the Mother Lode Goldhounds gives gold panning lessons and tips at the Roseville Rock Roller's annual Gem and Mineral Show.

who banded together over a shared love of earth sciences and an affinity for collecting. The group now includes over 280 adult and youth members who enjoy lapidary and jewelry-making classes, specimen collecting field trips, and monthly meetings

with their membership. The yearly show not only covers the group's annual operating costs but also gives members the opportunity to display their prized personal collections. "We put out about 50 display cases of the most exquisite collections in the possession of individuals who have spent their lifetime collecting the best of the best," says Hutchings. "They keep them at home and once a year they bring these mini-museums to our show to show people what they collect."

The show was a family-friendly event, with special attention to educational opportunities for young rock hounds at the Kid's Junction, which featured jewelry arts and crafts and a fossil exhibit courtesy of Sierra College. Junior Rock

Roller member Cannon Hansen of Roseville, age 9, brought a selection of his already extensive rock collection to be identified but couldn't quite put a finger on where his love for rocks and minerals comes from. "I've been collecting for years," he said. "I don't know, they're just cool things. I like fossils too, they're my favorite." Cannon's father, Erick Hansen, who is also a Roseville Rock Roller



Eric Lingo, age 7, inspects a mineral sample up close with father Shawn Lingo.

member, brought his son to the show to cultivate his enthusiasm. "Cannon has always shown an interest in rocks; every time we go on a walk outside he's always looking on the ground trying to pick up rocks. He's kind of fascinated with that and it's a good way for us to teach him science," said the elder Hansen.

Hutchings hopes that such hands-on experiences with rocks, minerals, and geology will help to expand young minds. "Hopefully they're going to understand that the rocks in their back yard, the rocks along their driveway, are not the [same as the] rest of the rocks in the world," he said. "The rocks of the world are absolutely exquisite productions of Mother Nature. There are things you never knew existed, and that's the most common comment we get by people who have never been to a show: 'I had no idea that these things existed.'" ★



By Kay Burton

Harley is a Chihuahua and pit bull mix. He weighs about 20 pounds, and will be two years old in June. He is white with brindle in color.

Rob and Tanya Rath think of Harley as their son. He loves people, other dogs, children, and playing with his toys. He is an absolute joy.

Harley is a bit spoiled; he sleeps with his parents but uses his own pillow. Harley thinks he's a human, not a dog. He has a curious and protective pit bull nature.

The Chihuahua is the oldest breed on the American continent and the smallest breed in the world. Native to Mexico, where it received its name from the Mexican State of Chihuahua, Chihuahuas come in a variety of sizes, head shapes, colors, and coat lengths.

The Chihuahua is a good companion dog. Courageous, extremely lively, proud, and adventurous, they enjoy affection. They are loyal and become attached to their owners.

The American pit bull is a companion and family dog breed. Originally bred to "bait" bulls, the breed evolved into all-farm dogs and later moved into the house to become "nanny" because they were so gentle

Meet Harley, a Curious Mix

with children. Their tenacity, gameness, and courage make them popular competitors in the weight pulling, agility, and obedience competition.



Harley is a bit spoiled; he sleeps with his parents but uses his own pillow. Harley thinks he's a human, not a dog. He has a curious and protective pit bull nature. Photo courtesy of Rob and Tanya Varner

Pit bull breeds became famous for their roles as soldiers, police dogs, search and rescue dogs, actors, television personalities, Seeing Eye dogs, and celebrity pets.

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: Kay.Burton1@comcast.net ★



A "before" and "after" (left) sample of polished lace agate from Mexico, for sale at the Roseville Rock Roller's annual Gem and Mineral Show.



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Sacramento Just Got Closer to the Caribbean

By David Dickstein

Between the hassles of airport security, delayed flights, and being treated like cattle, getting there isn’t half the fun when it comes to commercial air travel these days. But if there was a way to get there—a Caribbean cruise, for instance—in half the time, now that would be fun.

With three ships based year round in Galveston, Texas, Carnival Cruise Line is giving Sacramento vacationers a faster way to sail to the Caribbean besides embarking from Miami or Fort Lauderdale. A four-hour non-stop from Sac International to Houston with an hour-long transfer ride to Galveston or 10 to 12 hours spent flying to South Florida at a cost of hundreds of dollars more? You do the math.

The recently refurbished 2,974-passenger Carnival Freedom repositioned from Fort Lauderdale to Galveston in February, bringing with it week-long itineraries to the Western Caribbean (Montego Bay, Jamaica; George Town, Grand Cayman; and Cozumel, Mexico),



Iguanas freely roam Cozumel’s seaside Chankanaab Park, where an all-inclusive pass gets cruisers a day of sunbathing, snorkeling, dining, drinking, ziplining, and performing sea lions. Photo by David Dickstein

the Bahamas/Florida (Key West, Florida; and Freeport and Nassau, Bahamas), and the Western Caribbean (Cozumel; Belize; and Mahogany Bay, Honduras). Carnival Freedom’s \$70 million makeover includes such new “Fun Ship 2.0” dining concepts as BlueIguana Cantina, offering authentic burritos and tacos (think a floating Freebirds), and Guy’s Burger Joint (good luck going there just once). Carnival’s revamped children’s program for 2-11 year olds, Camp Ocean, offers more than 200 new aquatic-themed activities for three age groups. Circle “C” and Club 02 cater to tweens and teens. Also onboard is Carnival’s “Seuss at

Sea” program that would not, could not deny wee ones and their families of interactive story time along with a character parade, arts and crafts, and even a special menu at breakfast. The signature dish? Green eggs and ham, of course.

Joining the spruced up, Seussed up Freedom in Galveston is its two-year older Conquest class sister, the Carnival Liberty, which will make three-night runs that stop in the Mexican Caribbean port of Cozumel and four-night voyages that also dock in Progreso off the Gulf of Mexico. Carnival Liberty has upgrades similar to those on the Carnival Freedom; one exception is Camp Carnival, which will eventually be transitioned to Camp Ocean as part of a fleet-wide rollout. Kids will never know the difference as their parents get pumped up or pampered at the ship’s 14,500-square-foot spa and gym.

Carnival’s largest ship in the fleet—until the Carnival Vista goes into service in May 2016—will begin serving Galveston in December 2016. Boasting all the latest bells and whistles,



Built by the ancient Mayan civilization, the pyramid known as El Castillo is a towering icon of Chichen Itza, a UNESCO World Heritage Site and popular shore excursion destination from the port of Progreso. Photo by David Dickstein

the Carnival Magic and Carnival Triumph with the slightly higher-capacity Liberty and Breeze, Galveston has become the busiest cruise port outside of Florida. Royal Caribbean also sails year round out of Galveston with one ship, the Navigator of the Seas, and beginning in November, the Disney Wonder will do the same. Six airlines serve the Houston area from Sacramento, including United with daily non-stops.

Before “Bon Voyage”

As it does at the Port of Long Beach, Carnival dominates Galveston, a phenomenal pre-cruise destination in its own right. The island has a lot going for it besides being the inspiration of Glen Campbell’s 1969 hit. Within walking distance of the cruise terminals is a historical district rich in unique attractions. The Strand Seaport area alone houses the Ocean Star Offshore Drilling Rig and Museum that makes great use of a retired jack-up rig and one of the oldest ships sailing today: the restored, Scottish-made 19th century Elissa. Steps away is Pier 21 Theater, which every hour unspools a 27-minute documentary on The Great Storm of 1900, the deadliest disaster in U.S. history. Nearby are the Galveston Railroad Museum with an impressive 40-piece rolling stock of locomotives and cars and the Grand 1894 Opera House, which still stages productions where vaudevillians Sarah Bernhardt,



As one of the more social penguins at Galveston Aquarium, Tommy Lee, a northern rockhopper, is a popular pick for the Penguin Encounter offered daily at the Moody Gardens attraction. Photo by David Dickstein

George M. Cohan, George Burns, and the Marx Brothers once performed.

A 20-minute cab from the cruise terminals is Moody Gardens and its three main pyramid attractions that house an aquarium, a rainforest replica, and science-oriented exhibits, respectively. Lots to see and do whether you get a day pass (\$57 online) or more modest admission (\$22 for the aquarium or rainforest), but if you’ve

ever wanted to get up-close and personal with a penguin, head to the largest of the pyramids. During the 45-minute Penguin Encounter, you’ll meet one of the friendlier among the facility’s colony of 85. Tommy Lee, a northern rockhopper, one of six species represented here, enjoys hearing himself in the nook of a room where guests sit on benches to chat with a biologist and observe the star flightless bird. Checking off “pet a penguin”

on your bucket list and posting a Facebook photo to prove it are well worth the \$50 upcharge.

Moody Gardens is neighbored by 26-acre Schlitterbahn Waterpark and the Lone Star Flight Museum, which in 2017 will move to Houston in response to \$18 million in damage caused by Hurricane Ike in 2008. When the new museum takes wing, aviation enthusiasts flying in from California will have a fun stop-over before trekking to Galveston for a memorable shore-to-ship adventure. ★

If you go:


Carnival Cruises
(888) 227-6482, www.carnival.com

Galveston Island Convention & Visitors Bureau
(888) 425-4753, www.galveston.com

Moody Gardens
(800) 582-4673, www.moodygardens.org



The seaside Mexican village of Costa Maya is a popular cruise destination on selected Caribbean itineraries. Photo by David Dickstein



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By Gold River resident
David Dickstein

Placerville is “Old Hangtown.” Davis is “Bicycle Capital of the World.” Sacramento, or “Sactown,” claims to be “Almond Capital of the World” as well as “Big Tomato,” “River City,” “Camellia City,” “City of Trees,” and “America’s Farm-to-Fork Capital.” As sure as Lodi is the “Zinfandel Capital of the World” and Isleton is “Asparagus Capital of the World,” nicknames seem to be attached to places everywhere in Northern California. Except here, that is.

Gold River has a lot going for itself, but a nickname isn’t one of them. After doing extensive research in search of a descriptive name, the closest I came across is on the Gold River Community Association’s website. Tucked within the “About Gold River” tab is this: “Gold River: An innovative community blending the riches of the past with the vision of the future.” It’s more of a slogan than a nickname, but either way, “innovative” isn’t how I’d describe Gold River, and in 16 years of living here I haven’t seen any blending of past riches. I do see where strong enforcement of covenants, conditions, and restrictions (CC&Rs) can be regarded as envisioning the future, however.

As far as why Gold River doesn’t seem to have an official nickname, slogan, or motto, our master-planned community has only been on the books as “Gold River” since 1980. The names of other communities near us have been around since the Gold

“Fool’s Gold”

Gold River Needs a Nickname

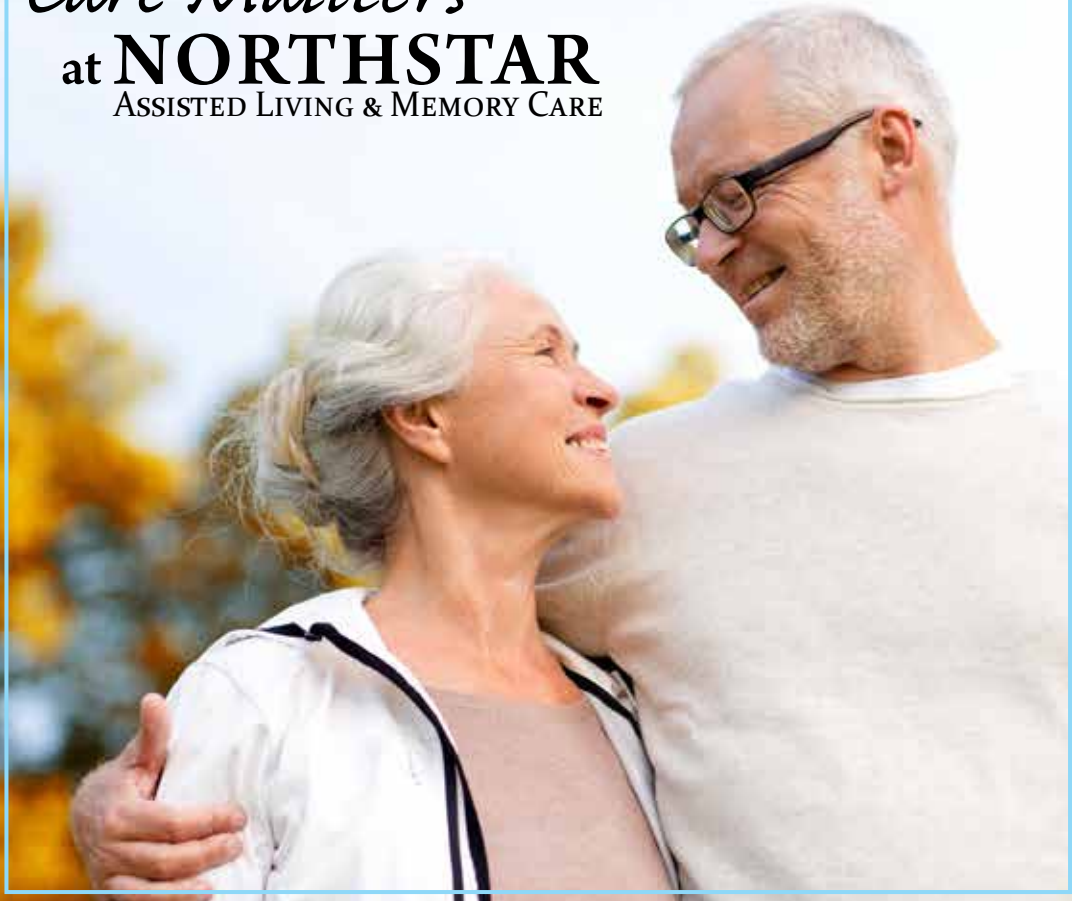
Rush, if not longer. Even Rancho Cordova had a nickname circa 1855: “Hangtown Crossing.” Gold River is a different story. Mining activity took place on the land where our homes are, but because the appellation “Gold River” wouldn’t come for another century, a slogan like “Where the West Came and Stayed” doesn’t fit. Folsom’s historic district, however, wears that motto appropriately and proudly.

This got me thinking about a nickname for Gold River. Having one could help build community pride and unity, and if it comes with positive economic value, all the better. Maybe there’s a community activist among us who could take this on in his or her spare time, if not the Gold River Community Association (GRCA). Should the effort to give Gold River an official slogan, motto, or nickname actually get to the next level, I’m throwing out these candidates to consider:

- “Brown House Capital of the World”
- “Gateway to the American River and Yogurt Monkey”
- “We Don’t Just Have a School, We Have a Discovery Center!”
- “Crossroads to Rancho Cordova”
- “Come to Gold River and Pay Your Dues”
- “The Land that Bob Powell Built”
- “The Town that Never Sleeps (Except Between 9 p.m. and 8 a.m.)”
- “Home to Il Forno Classico, Not Il Fornaio, Dummy!”
- “Gold River is Just Like Barcelona... Nine Letters!”
- “Where Anything Is Possible (with Board Approval)”
- “It Takes a Village. All 25 of Them!”

- “Gold River, Wider than a Mile, I’m Crossing You in Style ... Today!”
- “A Great Place to Live, Work, and Play. Well, Mostly Just Live.”
- “13 Miles to Our Feeder High School is Nothing!”
- “We’re Between San Francisco and New York City!”
- “We’re 5460 Nicer than 90210!”
- “We Got an Outback!”
- “Mountain Lions, Coyotes, and Deer, Oh My!”
- “The Other River City”
- “Three Trees for Every Resident!”
- “The Heart of 38.623611 Latitude and -121.244860 Longitude”
- “We’re GR-r-reat! Like Frosted Flakes. Playing Off Our Initials. Get It?”
- “Paradise Bordered by a Sunrise, a River, a Freeway, and a Hazel”
- “83 Miles East of the Birthplace of Tom Hanks”
- “Where 2,735 Homeowners Pay for Five Miles of Nature Trails Used by Everyone”
- “‘Gold River’ is an Anagram of ‘Log Driver’!”
- “Salmon Capital of the World, If You Overlook Ketchikan, Alaska, and Hundreds of Other Places”
- “Squirrel City U.S.A.”
- “Home of Former Congressman Dan Lungren and a Few Local News Anchors”
- “We Have ARCO Gas Stations on Both Ends!” ★

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

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