



How To Enjoy Oahu Nature Tours

Page 7

PLUS: Meet My Private Chef

Page 4



Gold River Messenger

“Written by the people, for the people”

Volume 3 • Issue 3

Serving Gold River and Sacramento County

March, 2015

Gold River Professional
Elected Vice Chair of
Statewide Board



Page 3

David Dickstein:
Filling a Void



Page 8

Simplified Smart
Phone Options for
Tech-Shy Seniors



Page 6

Local
Postal Customer

*****ECRWSS*****

A Passion for Parrots

Volunteering Time at Parrot Planet and the Wing Foundation

By Shaunna Boyd

SACRAMENTO REGION, CA (MPG) - Sara Walter loves parrots, and her passion for these beautiful creatures prompted her to volunteer her time at Parrot Planet. Established in 2013, Parrot Planet evolved from a parrot rescue service, the Wing Foundation (www.thewing-foundation.org). Dana Strome, an ardent parrot lover and parrot advocate, is a founder of both services.

Over a period of 20 years, Strome has rescued and rehomed over 800 parrots at her sole expense, with no re-homing fees required. Strome saw that too often parrots were sold with little to no regard for either their or their human counterparts' compatibility, welfare, or environment. This often contributed to many of the parrots ultimately having to find new homes. From this came a call to action resulting in the advocating of “The Parrot Bill of Rights,” exclusion of certain parrots for sale, and the evolution of a completely new breed of parrot retail venue—Parrot Planet.

“The store is amazing and parents always bring their children in because it is really like a zoo and fun for them to interact with the parrots and get some education from the staff, including me, who volunteers and I absolutely love it. It is very therapeutic for me to be there helping and bathing birds and giving them attention,” said Walter.

Parrot Planet has a cage-free philosophy and allows the birds, rescues, and babies raised in house to be out on manzanita stands where they can socialize and interact with store visitors. There is a section for the rescue birds called Rescue Island



where people specifically looking to adopt can visit and get to know these birds.

Walter volunteers at Parrot Planet about 20 hours a week on top of working full time because she really feels there is a need to help these parrots. At Parrot Planet, these birds are taken in, cared for, housed, and taken to the vet. Potential adopters are interviewed and have to fill out an adoption contract; often, a home check is conducted to make sure the new home is suitable for the parrots. There are also parrots available for adoption that are handicapped or damaged in some way due to not being cared for and housed properly. Walter herself recently rescued an abused Macaw in

poor health and is slowly nursing him back to health with the help of a wonderful Avian Vet.

“We consistently receive, on average, one bird per week every month that are surrendered to us. On occasion, they are left in boxes in front of our store. We do ask that people wait until we open to bring them safely inside. Some of the reasons they are surrendered are because they have behavior problems, their owners have died and the family brings them in, or the owners' life circumstances have changed and they can no longer care for the

Continued on page 2



Marshall and Marty (above) are both Blue and Gold Macaws who were recently adopted. They actually both chose their owners and demanded in their own ways to be taken home, which is a very common action for parrots. Blue and Gold Macaws are native to South America. Marty was found hanging around in a backyard missing a lot of feathers, which are now growing back, and Marshall was surrendered to Parrot Planet. Parrot Planet volunteer Sara Walter loves caring for birds. She is pictured here with Ariel the Toucan.
Photos courtesy of Sara Walter

Mylan World TeamTennis Returns to Sacramento

CITRUS HEIGHTS, CA (MPG) - Mylan World TeamTennis (WTT) has decided to return to the Sacramento area as a newly formed ownership group will move the Texas Wild franchise from their home in Irving, Texas for the beginning of the 2015 season.

The team will be re-branded as California Dream and play at Sunrise Mall in the Sunrise MarketPlace Business District of Citrus Heights.

The new ownership group includes long-time franchise owner Jeff Launius who is joined by Harbor Point Tennis Club President Bob Kaliski and Dallas-based investment banker Michael Malone.

Kaliski, who is well-known in Northern California tennis circles for his successful tennis events, was eager to see professional team tennis return to the Sacramento region.

Kaliski pitched Launius, who has been a WTT team owner since 2001, on bringing the team to the Sacramento area. Launius was already well aware of the popularity of team tennis in the area.

“For so many years, I hated bringing my team to Sacramento because I knew there would be so many fans there going crazy for their team,” said Launius. “I hope they feel the same way about the Dream and come out to support us. This market certainly has fans that know and love World TeamTennis and they deserve a team.”

The Dream will play seven home matches this July on a specially-constructed stadium in the parking lot at Sunrise Mall. Sunrise MarketPlace will be an inaugural sponsor of the California Dream. Launius

Continued on page 2

Gold River Racquet Club Offers Sunday Funday Tennis Clinic

GOLD RIVER, CA (MPG) - Every Sunday at 11:00 a.m., promising beginners pile onto the court of Gold River Racquet Club full of energy and excitement as coaches Bobby and Alvin run them through stations and drills to help sharpen their skills on the court. While Coach Alvin is teaching the kids the correct volley positions and grips, Coach Bobby is on the opposite side of the court hand feeding them groundstrokes and focusing on forehands and backhands.

The clinic is one hour long and costs \$10 to attend; the clinic is open to non-members. In addition to all of the on-court time, the kids also have a homework sheet full of activities they can do off the court to help improve their skills on the court. This particular group is for kids between the ages of five and seven. For any questions or for more information on junior programs, please contact Gold River Racquet Club at (916) 638-7001, ext. 24.

Source: Gold River Racquet Club

★

Every Sunday at 11:00 a.m., promising beginners pile onto the court of Gold River Racquet Club full of energy and excitement as coaches Bobby and Alvin run them through stations and drills to help sharpen their skills on the court. Photo courtesy of Gold River Racquet Club



www.GoldRiverMessenger.com

PRSR STD
ECRWSS
U.S. POSTAGE
PAID
EDDM RETAIL

Passionate About Parrots

Continued from Page 1

parrots, and some parrots we receive are rescued because of abuse and neglect.”

Parrot Planet doesn’t receive many donations, so volunteers run the program with their own money. Walter said, “Taking care of these birds gets costly, but it’s the right thing to do.”



Guinness is a Black Palm Cockatoo raised from the time she was an egg. Guinness is 10 years young and is very regal, calm, and gentle. Black Palm Cockatoos are very rare in captivity, and she is the main attraction for the children who visit the store. Black Palm Cockatoos are native to New Guinea and Australia. Photo courtesy of Sara Walter

“I have always loved birds and had my first parakeet when I was just a child; we also had a Senegal named Sydney while I was growing up. Most of my family also had parrots. As an adult, I find that it gives me great satisfaction to help these magnificent creatures,” said Walter.

“We offer our customers and adopters weekly articles on proper care of parrots on our Facebook page as well as send out a monthly newsletter with helpful tips and articles. We are in it for the long hall with our parrots, and our customers and adopters are like family. We are the only Hybrid store of our kind that offers rescued parrots as well as hand-raised baby parrots,” said Walter.

For more information about Parrot Planet and the Wing Foundation or if you would like to adopt a parrot, you can



Maya Spiteri (above) is the niece of Parrot Planet volunteer Sara Walter. Following in her aunt’s footsteps, Maya loves to visit the shop and is a member of the bird club at her High School. Maya is pictured with Ariel the Toucan, who was surrendered to us after her loving owner died. Ariel is very much loved by all customers and staff and is very sweet. Photo courtesy of Sara Walter

come by and meet their birds at 4819 J Street in Sacramento or visit their website at www.thewingfoundation.org.

You can also get more information by emailing Sara Walter at sara@parrotplanet.com or by visiting the Facebook

page at www.facebook.com/ParrotPlanetLLC.

Source: Sara Walter



Sacramento International Airport Named Among Top Five

Airport Association Names SMF Fourth in U.S. and Canada for Customer Service

SACRAMENTO REGION, CA

(MPG) - Repeating its success from three previous years, Sacramento International Airport has been ranked fourth in North America for customer service by Airports Council International (ACI), the international trade association for commercial airports.

The awards were determined by the cumulative results of Airport Service Quality (ASQ) surveys collected in 2014. ASQ Awards recognize the best airports based on passenger surveys and are the only global survey measuring passengers’ satisfaction while still at the gate. All airports use the same questionnaire and follow the same scientifically designed methodology.

Sacramento International Airport won fourth place in the category of Best Airport by Region-North America. The region includes the United States and Canada.

Since their creation in 2006, the ASQ Awards have become the world’s leading airport passenger satisfaction benchmark, with more than 280 airports participating.

Sacramento International Airport also took top honors in 2012 and 2013.

“An award like this is the result of teamwork,” said John Wheat, Director of Airports for the Sacramento County Department of Airports. “Airport and airline employees, the TSA, vendors, and partners are to be congratulated for creating a culture of customer service.”

Airports ranking ahead of Sacramento in the Best Airports by Region-North America category were Indianapolis (first), Tampa (second), and Jacksonville (third).

For more information on the ASQ awards, visit the ACI website at www.aci.aero/Airport-Service-Quality/ASQ-Awards/2013-Winners.

The Sacramento County Department of Airports is responsible for planning, developing, operating, and maintaining the county’s four airports: Sacramento International Airport, Executive Airport, Mather Airport, and Franklin Field. The regional economic impact of the Sacramento County Airport System is more than \$4 billion annually. For more information, visit www.smf.aero.

Source: Sacramento County Department of Airports



Mylan World TeamTennis Returns to Sacramento



Continued from page 1

said the support of Sunrise MarketPlace merchants and the area’s fan base was appealing to the Dream’s owners.

Sunrise MarketPlace Executive Director Kathilynn Carpenter said, “We welcome the California Dream to Citrus Heights. We fully support the new team and its owners and look forward to seeing the stadium rise again at Sunrise Mall. Our customers have indicated they missed the sports-entertainment that team tennis brought to the District for several seasons beginning in 2002.”

World TeamTennis has been popular in the Sacramento area for nearly three decades. The region was previously home to one of the most successful franchises in league history

from 1986-2013. According to research by Sunrise MarketPlace during the last tennis season in 2012, 43 percent of attendees spent an average of \$71.45 the night of the event within the Sunrise MarketPlace Business District.

Team ownership will unveil the team logo and ticket packages in the next few weeks. The 2015 rosters will be finalized at the Mylan WTT Player Draft on March 16 in Indian Wells, Calif. The regular season begins July 12 and concludes on August 2 with the Mylan WTT Finals.

2015 marks the 40th season for Mylan World TeamTennis (WTT), the groundbreaking leader in professional team tennis competition. Mylan WTT features many of the world’s best players competing annually for

the King Trophy, the league’s championship trophy named after co-founder Billie Jean King. This summer, Mylan WTT becomes only the fifth major professional team sports league in the U.S. to reach the 40th season milestone.

Mylan WTT has been a pioneer in the sports world with many of the league’s modernizations recognized and adopted by others in the industry. In addition to being the first professional sports league to feature men and women competing equally on a team, Mylan WTT has showcased advancements such as no-ad and cumulative scoring, on-court coaching and playing let serves.

Source: Mylan World TeamTennis



Working to keep your money in your pocket rather than the government's.

TAX PREPARATION

GET EXPERT HELP AT A REASONABLE PRICE

Edward L. Cook CPA

5330 Primrose Dr., Suite 146, Fair Oaks, California
(Near Madison & Sunrise)

Your benefit should be the most important consideration in any financial advisor's mind when you become their client.

Our first tax preparation meeting is only the beginning. In preparing your 2014 returns we will work at getting the most benefit from the tax codes legally allowed. 2014 is past and much of what can happen is already etched in stone.

We will begin to work on 2015 with an eye to reducing your taxes and reaching your financial goals. I value long-term relationships with my clients. That relationship helps me know you better and thus serve you better.

CALL BARB AT (916) 705-4713 TO MAKE AN APPOINTMENT



**Publisher,
Paul V. Scholl**

Gold River Messenger

“Written by the people and for the people”

Publisher’s Statement: It is the intent of the *Gold River Messenger* to strive for an objective point of view in the reporting of news and events. We consider our Editorial and Opinion pages to be a public forum for our readers. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

The *Gold River Messenger* is not responsible for unsolicited manuscripts or materials. The entire contents of the *Gold River Messenger* are copyrighted. Ownership of all advertising created

and/or composed by the *Messenger* is with the publishing company and written permission to reproduce the same must be obtained from the publisher.

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
Contributing Writers

Banerjee Designs • Stump Removal Graphics
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

Accounting

Nicholson & Olsen CPA

Web Master

RJ at thesitebarn.com • JWS Promotions • Mikahn Design

News Services

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

Photography

Amanda Morello • Susan Skinner

Member of Carmichael, Citrus Heights, Fair Oaks,
and Orangevale Chambers of Commerce

We are proud members of these newspaper associations.



Gold River Messenger is a member of
Messenger Publishing Group



Gold River Professional Elected Vice Chair of Statewide Board of Directors

GOLD RIVER, CA (MPG) - Kathryn Henricksen, Certified Community Association Manager (CCAM) and vice president of Northern California for FirstService Residential California LLC, has been elected vice chair of the board of directors for the California Association of Community Managers (CACM). Henricksen is based in Gold River.

CACM is the only community association management organization to offer California-specific training and education for community association managers. The CACM board is responsible for establishing and overseeing CACM’s programs and policies and for upholding the association’s Code of Professional Ethics and Standards of Practice. The group also serves as an advisory body for CACM’s education and certification programs, which focus strictly on California HOA management.

Gordon Goetz with The Management Trust-Goetz Manderley in Santa Maria was elected chair and René Decker with PowerStone Property Management in Irvine was re-elected corporate secretary.

Newly elected members include Robb Etnyre with Tahoe Donner Association in Truckee and Amber Nelson with Bay Area Property Services in Walnut Creek.

“With more than 14 million Californians living in HOAs and more than 1,200 state laws pertaining to HOAs now in effect, community association management has become extremely complex,” said David Zepponi, president and CEO of CACM. “Homeowners associations—led



Kathryn Henricksen of Gold River is a Certified Community Association Manager (CCAM) and vice president of Northern California for FirstService Residential California LLC. Henricksen has been elected vice chair of the board of directors for the California Association of Community Managers (CACM). Photo courtesy of Hahn Communications

by their boards of directors—are mini-governments responsible for everything from financial reporting and legal obligations to general maintenance and technology upgrades for their communities. Our goal at CACM is to provide the latest training and education about managing HOAs in California for our managers and affiliate members so they can deliver the highest standard of service to their homeowners.”

Based in Laguna Hills, CA, CACM is the only community association management organization in the nation to offer

a California-only educational program leading to the designations of Certified Community Association Manager (CCAM) and Master of Community Association Management (MCAM) for industry professionals. CACM’s membership is comprised of nearly 3,000 California-based professionals from the community association management industry. California is home to more than 50,200 associations. For more information on CACM, please visit www.cacm.org.

Source: Hahn Communications ★

Soroptimists Seek Donations for Comfort Kits



Soroptimist International of Rancho Cordova and Gold River (SIRC) has started their sixth annual Comfort Kit item collection drive for local women fleeing domestic abuse. These kits contain basic essentials since many women leave their violent environment with nothing. Photo courtesy of Soroptimist International of Rancho Cordova and Gold River

RANCHO CORDOVA, CA (MPG) - Soroptimist International of Rancho Cordova and Gold River (SIRC) has begun their sixth annual Comfort Kit item collection drive for local women fleeing domestic abuse. These kits contain basic essentials since many women leave their violent environment with nothing. SIRC started collecting donation items for the Comfort Kits on February 23rd and the drive will continue through March 13th. Donations can be dropped off at two locations during normal operating hours: Rancho Cordova City Hall at 2729 Prospect Park Drive, Rancho Cordova, CA 95670; and Cordova Church of Christ at 10577 Coloma Road, Rancho Cordova, CA 95670.

A Comfort Kit is a large zippered canvas tote bag filled with a 30-day supply of toiletries and personal care items that most women do not think about packing when they are fleeing from an abusive environment. Soroptimists are filling a need to support these women when they may be afraid, hurt, depressed, or suffer from low self-esteem. The kits are designed to help these survivors feel normal and taken care of and also show them that there is a group of women out there who care and provide encouragement. SIRC has been delivering Comfort Kits to WEAVE (Women Escaping A Violent Environment) for the past three years for distribution

at their Sacramento County safe houses. They have grown from delivering 50 bags that first year to 175 kits in 2014.

“Last year we expanded our program by also providing a drawstring bag containing a toothbrush and paste, brush and comb, small blanket and small stuffed animal as well as a coloring book and crayons, called a Comfort Kid Kit for children entering the shelter with their mothers. Children are frequently traumatized when their mothers suddenly take them from the bed or crib, often in the middle of the night, to leave their abuser. These children are often forced to leave their toys and items that comfort them behind. The goal of the Comfort Kid Kit is to give these children some items of comfort that they can begin their new life with,” says club president Julie Schaffer. Donations of items as described for the Comfort Kid Kits will also be gratefully accepted. “We would love to see a day come where women don’t need to seek shelter from violence and abuse, but in the meantime Soroptimists will work to help meet the needs of women in our community. We can’t do it alone; every person can help us help others,” says Schaffer.

The club needs things like toothbrushes and toothpaste, feminine hygiene products, soap, deodorant, shampoo and conditioner, facial tissue, hairbrushes and combs, emery boards, and

hand sanitizer. They will also accept things like hair clips and accessories, body spray/fragrance, small first aid kits or adhesive bandages, journals with pen, pain relievers, skin cleansers/other toiletries, makeup removers/cleansing cloths, cosmetic bags, body and hand lotion, and makeup. All donations must be new and in unopened packaging. Full-sized items are preferred, but the group will accept trial sizes. Please contact Carol Limbaga, Comfort Kit chair, at climbaga@comcast.net or Rachel Meyer at rachel.meyer.edd@gmail.com with any questions.

The name Soroptimist means “best for women,” and that’s what the organization strives to achieve. Soroptimists are women at their best, working to help other women to be their best. If you would like more information about Soroptimist International of Rancho Cordova and Gold River and how to become a member, or if you just want to be informed of volunteer opportunities, please visit the club’s website at www.soroptimist-ranchocordova.org or contact Julie Schaffer at siranchocordova@soroptimist.net. If you aren’t ready to become a member but believe in what they are doing, please sign up at www.LiveYourDream.org.

Source: Soroptimist International of Rancho Cordova and Gold River ★

Inspiring healthier lifestyles
one life at a time



For over 40 years, Spare Time Clubs has guided thousands of Northern Californians to a more active and healthy lifestyle. Our expert instruction and innovative programming combined with our commitment to your success, is what truly sets Spare Time Clubs apart from everyone else. Visit a Spare Time Club and feel the difference for yourself.

Become a Member Today!

Only \$24 Initiation Fee!
plus save up to \$68 a month for 6 months!*



GOLD RIVER
RACQUET CLUB

(916) 638-7001
2201 Gold Rush Drive • Gold River
www.sparetimeclubs.com

HEALTH & FITNESS • SPORTS • SWIMMING
YOUTH PROGRAMS • SOCIAL EVENTS

A Premier Spare Time Club

*Offer ends 3/31/15. Initiation fee is a first-visit joining incentive. Savings is in the form of a monthly credit for up to six consecutive months and amount varies by membership type. Offer not available for previous members who cancelled with the last 12 months. Additional restrictions may apply.



By Alona Thomas

I'm home from a busy day of shopping, playing Bunco with my Gold River Villager friends, and running my grandson to jujitsu. Barry Manilow music is playing. The dining table is set for dinner. My private chef has prepared a three-course dinner with grilled hanger steak, roasted potatoes, and broccoli with charred onion Remoulade for our entree. Okay, this is a dream and not even close to my reality. However, I do have a personal chef—my nephew, Nathan Todoroff. Born just five months apart, my son and his cousin Nathan grew up as best



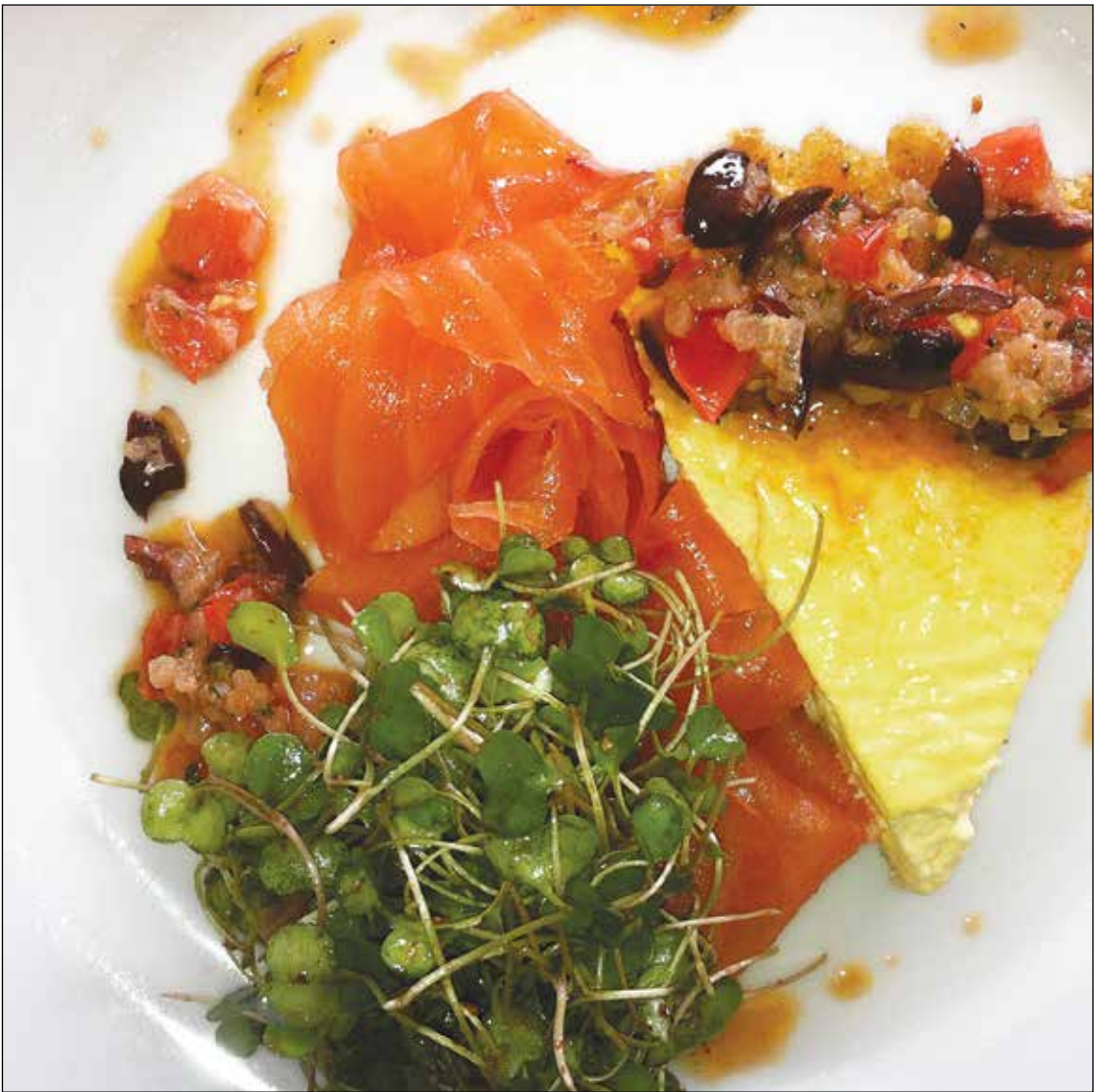
A dinner of grilled hanger steak, roasted potatoes, and broccoli with charred onion Remoulade. Photo by Chef Nathan Todoroff

Meet My Private Chef

friends and have been pals all their lives. After school, Nate would invite his cousin and their friends over and cook for them, never thinking where this would lead him. And I never gave it much thought.

Nathan is a private chef for a family in Santa Barbara. There is a big difference between private and personal chefs. A private chef plans the menu, shops, and usually prepares a high-end, multi-course gourmet dinner for one family. A personal chef cooks for several families or can be hired to prepare a gourmet menu for a special affair. My chef has been both with 10 years of experience in this field.

Nathan's first introduction to fine food was an internship at Hotel Prince in Liutpoldt-Bad, Germany. This graduate from the Santa Barbara Culinary Arts program began the arduous journey in the restaurant industry. He worked in various restaurants in the Santa Barbara area including the Bacara Resort & Spa. Every aspiring chef must



Lunch by Chef Todoroff: smoked salmon and saffron cheese cake. Photo by Chef Nathan Todoroff

work his way up the ladder, and Nathan paid his dues becoming a sous chef and then executive chef at various restaurants in areas of California such as Santa Barbara, Yountville, and Eureka. Wanting a change from the hot environment of restaurant kitchens, his next step was to work as a personal chef to five families. His reputation grew for not only fine food but as a professional in the kitchen. As a private or personal chef, his meals are always client driven, the kitchen is cleaner than on his arrival, and while in the home his employer is assured of a calm presence and confidentiality.

Nathan's current family is

actually two families living on the same property. Five days a week, lunch is served at 12:30 p.m. for three to five or if it is summer time the number grows with the children. Dinner for 15 to 20 is served from 5:00 p.m. to 6:30 p.m. Every meal includes a protein, vegetable, and starch. Meals rotate during the week: fish is served twice, chicken is served once, beef is served once, and a vegetable is once. Amazingly, he usually does not know what he will prepare for that day's meal. Shopping takes place about three days in advance and usually from the farmers market. He has a sous chef who works

with him. Special occasions are always part of the planning, but the big event is Halloween with 400 people.

I just checked his Instagram account, Hilt and Tang (@hilt-andtang), and tonight he is serving duck, roasted Brussels sprouts and cauliflower, and duck fat crotons served with Chambord and dried cherry sauce. As a foodie, I am drooling. Most of all, I am very proud of his hard work and dedication to his art.

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

Child Support Payments Made Easier with MoneyGram

SACRAMENTO COUNTY, CA (MPG)

- The State of California has partnered with MoneyGram to provide convenient locations for paying child support to the Sacramento County Department of Child Support Services (DCSS).

Parents previously had to drive to a local DCSS office if they preferred in-person payment, but can now pay while they shop at one of approximately 100 locations in Sacramento like CVS Pharmacy, Walmart, or Raley's.


"This increased access makes the child support payment process easier," said Terrie Porter, director of DCSS. "It benefits the children and their families when parents are able to make payments on time."

Parents can pay MoneyGram with cash, debit, and credit at any of its nationwide locations. To make payments, parents need their personal Participant Identification Number (PAR ID) and the Receive Code 14630. There is a \$1.99 convenience fee, but for many the accessibility saves money on time and travel. Payments may take up to three days to post, so parents should plan accordingly.

Child support payments may also be made online, by phone, by mail, and by mobile app for increased convenience.

Go to the MoneyGram website to find locations in your area. To find out which local DCSS offices accept in-person payments, call (866) 901-3212 or visit the DCSS list online.

Sources: Sacramento County and Gospel Cruz ★


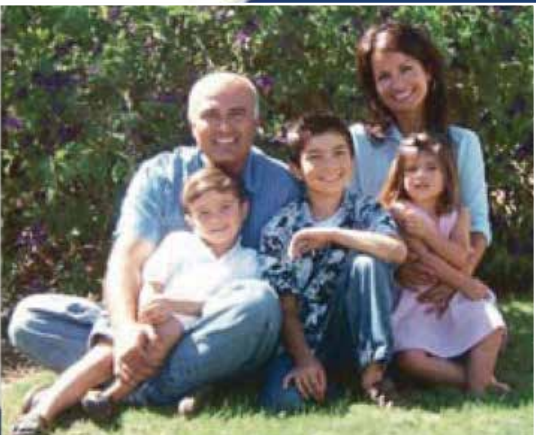


Dentistry

Family Dentistry Gold River

Hector Fernandez D.D.S.

- Invisalign™
- Zoom2 Whitening
- Oral Surgery Including Wisdom Teeth Extraction
- Implants
- Cosmetics
- Root Canals



hmfdentistry.com

11230 Gold Express Dr.
#306
Off Sunrise & Hwy 50

852-7660



Make the rest of your life the best of your life.

Search Single Again Dating Free Today!

Are you looking for a relationship? With our online dating tool we've made it easy for you to take the first step in to finding your perfect partner. We understand that dating can be a daunting experience, but with our help we can ease you through it. Using our simple and FREE sign up system you could be browsing for other single people within a couple of minutes.

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.

With instant messaging, status updates, member feeds, video dating, dating diaries and more, there are plenty of ways to get to know some of our two million members!

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.

The best online dating site!
100% Free to register
and search today!

Single Again

WWW.SINGLEAGAIN.COM/DATING

Soroptimist International: Last Year in Review

GOLD RIVER, CA (MPG) - 2014 was an extremely busy year for Soroptimist International of Rancho Cordova and Gold River. All of the group’s projects served and empowered women and girls in the Rancho Cordova/Gold River areas and the Sacramento region.

Last year, Soroptimist International handed out two Women’s Opportunity Awards totaling \$1,500. A Women’s Opportunity Award is a program that provides women who serve as the primary wage earners for their families with the financial resources to offset costs associated with their efforts to attain higher education or additional skills and training.

The group also handed out their first Ruby Award to Elaine Whitefeather, executive director of A Community for Peace. This award honors women who have worked to improve the lives of women and girls through their professional and/or volunteer work.

Soroptimist also awarded a \$200 Violet Richardson award to Cordova High senior Melissa Perez with a matching \$200 donation to the Color Guard club she started at Cordova Meadows Elementary. This award recognizes young women ages 14-17 engaged in volunteer action within their communities or schools.

Approximately 175 Comfort Kits and 75 Comfort Kids kits were created and delivered to WEAVE. A Comfort Kit is a large canvas bag filled with a 30-day supply of toiletries and personal hygiene items for women who have fled an abusive relationship. The Comfort Kids kit is a drawstring backpack containing toiletries, coloring books/ crayons, a stuffed animal, and small blanket for the children these courageous women bring

with them to the WEAVE safe house.

The group provided 27 homeless teen girls with anywhere from one to three new bras to help raise their self-esteem and self-respect. In addition, they outfitted 14 homeless senior Cordova High girls with what they needed to be able to attend Senior Ball, be it a ticket, new dress, shoes, hair and makeup, manicure or pedicure, or all of the above, so they wouldn’t be left out of a cherished high school memory and tradition because of their situation.

To celebrate the group’s fifth anniversary, Mayor Dan Skoglund presented the club with a Key to the City of Rancho Cordova, and Keaton Riley of Congressman Ami Bera’s office presented the club with a Certificate of Congressional Recognition.

For Christmas, Soroptimist purchased Christmas presents for two families through Christmas Promise, along with providing a holiday party to 183 kindergarteners and first graders attending White Rock Elementary. The party had a visit from Santa, two free 5x7 photos with Santa, cookies and punch, and a storybook.

By 2016, their plan is to continue growing the programs described above, along with adding new programs. Soroptimist would like to participate in the “Dress a Girl Around the World” program, which is a program that makes pillowcase dresses for girls in countries where sexual abuse and trafficking of young girls is prevalent. A well-dressed girl is less likely to be targeted by predators. The Soroptimists are working with the Folsom High School Fashion Design class to create these dresses. The group would also like to offer a Girls

Empowerment day camp after school to teach high school girls basic menu preparation, creating home budgets and grocery shopping basics, cooking skills, job hunting skills, basic automotive maintenance and safety, and self defense. Finally, they would like to offer a follow-up to the STOP Trafficking Symposium to the one they collaborated with four other Soroptimist clubs to offer back in 2011.

“Of course, we dream of a day where the work our club is doing is no longer necessary. Soroptimists around the world strive to achieve that goal. Until that day comes, our club will continue doing this important work and encourage women and men to join us,” said Julie Schaffer, Rancho Cordova and Gold River club president. “We welcome everyone to join us. While we hope you will become a member of our club, we hope you will consider trying us out and just volunteering to help at any or all of the numerous activities,” said Schaffer.

The name Soroptimist, means “best for women,” and that’s what the organization strives to achieve. Soroptimists are women at their best, working to help other women to be their best. If you would like more information about Soroptimist International of Rancho Cordova or how to become a member, or if you would like to be informed of volunteer opportunities, please visit the club’s website www.soroptimistranchocordova.org or contact Julie Schaffer at siranchocordova@soroptimist.net. If you aren’t ready to become a member, but believe in what we are doing, please sign up at www.LiveYourDream.org.

Source: Soroptimist International of Rancho Cordova ★



By Sal Arrigo Jr.

“I wish I would have taken classes like that!” This has many times been the reaction from individuals when I explain I have a college degree in Leisure Services and Studies and teach this subject matter at the university level. “What classes do I take—shuffleboard?” has been a comment thrown in my direction.

In its official definition, leisure provides an individual with the freedom to choose an activity that brings personal satisfaction and stress relief that positively affects their attitude, motivation, and

Do You Leisure?

overall happiness.

In essence, many people associate leisure time with free time, being lazy, and not being productive. If we have extra time to work at our jobs or schoolwork, shouldn’t we be doing this? If you work more and make more money, then this is what we should be doing, right? Wrong! If you tell me that you need to work because you have bills to pay and so on and you don’t have time for leisure, then you are like a boiler that is building up steam and ready to blow!

If you say you don’t have the time to take a break, you are fooling no one. My students work hard and study hard, yet they find time to take a break, and they have bills to pay as well. Whatever they want to be in life—a doctor, financial advisor, communications specialist, or newspaper writer—they all have time for leisure. And believe me, they will be better professionals because of their

leisure time.

Did you know you can sit in silence with your eyes closed for 10 minutes and recharge your mind and body? There are reasons people exercise by taking part in yoga, running, walking, or lifting weights. Such activities can be a form of leisure, recharging your mind and body. But leisure activities can also be as simple as reading a book. Your leisure is your personal choice of what provides you that needed time out. Even if you don’t have a family history of incorporating leisure in your life, you can start now. Find that hobby, that exercise, or that place that gives you a sense of happiness, and plan time to include it in your life on a regular basis.

Everyone has time for leisure; it makes for healthier families, better communities, less dependence on prescription medicines, and provides for a better outlook on life. And who doesn’t want that? ★

2015 U.S. Senior Open Championship Announces New Ticket Packages

SACRAMENTO REGION, CA (MPG)

- The 2015 U.S. Senior Open Championship, conducted by the United States Golf Association (USGA) and held June 22nd through the 28th at Del Paso Country Club, is offering two unique ticket packages.

The 4-pack is one of the ticket packages now available for purchase. This ticket option includes four good-any-one-day tickets to the championship for just \$109. A Trophy Club 4-pack is also available for \$199 and includes four good-any-one day tickets to the championship inside of the Trophy Club pavilion. Both of these packages serve as a flexible option, allowing for all four tickets to be used on one day or separately throughout the week.

A Trophy Club ticket will grant access on to the grounds and inside of an air-conditioned pavilion located near the

17th green with indoor/outdoor seating, TV monitors, scoring terminals, and the option to purchase upgraded food and beverages.

“It has been exciting to see the Sacramento community support this major championship through corporate hospitality packages, but also through general public ticket sales,” stated 2015 U.S. Senior Open Championship Director Brian Flajole. “Following the overwhelming response for tickets over the holidays, we wanted to offer a limited number of 4-pack packages. We hope fans take advantage of this special offer while supplies last, so they can attend the largest sporting event Sacramento has ever witnessed and see some of golf’s greatest right in their backyard.”

Additional ticket options for large groups attending the championship are also currently

available with special group pricing. Packages start as low as \$850 and rise to \$5,000 per package, including a variety of weekly and daily tickets with championship grounds and Trophy Club access.

All tickets and group ticket packages can be purchased online at www.2015ussenioropen.com. Throughout the week of the championship, kids 17 and under will receive free admission when accompanied by a ticketed adult. Each ticketed adult can bring up to nine kids. The front row of each grandstand is reserved for kids and a junior exhibition will be held during championship week.

For additional information, contact Olivia Twiddy at (916) 246-7254 or via email at tickets@2015ussenioropen.com.

Source: Bruno Event Team ★

Governor Brown Announces Appointments

SACRAMENTO REGION, CA (MPG)

- Governor Edmund G. Brown Jr. announced several key appointments on January 16th, including residents from both Gold River and Carmichael.

Bill Slaton (67) of Carmichael has been reappointed to the California Public Employees Retirement System Board of Administration where he has served since 2012. Slaton was bank director at Placer Sierra Bancshares from 2002 to 2007 and at Sacramento Commercial Bank from 1997 to 2002. He was regional vice president at ePlus Inc. from 1992 to 2002, at

PacifiCorp Capital from 1987 to 1992, and at Municipal Leasing from 1980 to 1987. Slaton was a marketing representative at Federal Leasing Inc. from 1977 to 1980 and at IBM from 1969 to 1977. He is a member of the Sacramento Municipal Utility District Board of Directors. This position does not require Senate confirmation and the compensation is \$100 per diem. Slaton is a Democrat.

Sheri Farinha (55) of Gold River has been appointed to the California Domestic Violence Advisory Council. Farinha has been chief executive officer at NorCal Services for Deaf and

Hard of Hearing since 1993. She was interim chief executive officer at the Greater Los Angeles Agency on Deafness from 1999 to 2003 where she was chief administrative officer from 1984 to 1993. Farinha is chair of the California Coalition of Agencies Serving the Deaf and Hard of Hearing Board of Directors. She earned a Master of Arts degree in special education from California State University, Northridge. This position does not require Senate confirmation and there is no compensation. Farinha is a Democrat.

Source: Governor’s Press Office ★

LETTER TO THE EDITOR

A Recipe for Disaster: the Rancho Cordova Interchange Project

From Lonn Maier, Gold River resident

I love a well-made dinner. My mom-in-law is the best cook when it comes to the all-American pot roast, broiled potatoes, vegetables simmering atop the pot roast that has been carefully seared, then placed in the oven to marinate. Wait three hours, then out comes a meal worth waiting for. It smells so divine, you can get full just inhaling the aroma. A little horse radish and other garnishments to enhance the meat and potatoes, drown the meat in country gravy, and it’s a meal fit for a king. After that indulgence, then comes the best part--dessert. Succulent apple pie delicately sprinkled with a crumb-top crust, apples with just the right dose of cinnamon, sugar, and butter to satisfy the most yearning soul hungry for the finer things in life.

What if my mom-in-law tried something different? What if she had all of us at the table first eat an apple apiece. Then each of us swallowed 5 tablespoons of sugar. Then she brought us all a half-cup of flour to choke down. Add to that a spoonful of cinnamon and salt. Oh, don’t forget the four tablespoons of butter. We’d all be at the table greener than the apples we just ate. “A recipe for disaster” you’d say. “No one in their right mind would do something like that.” A good meal, and its dessert, takes planning, years of fine tuning, and finally perfection is attained when just the right complement of ingredients are verified with proof by a round of applause by the dinner guests for the cook.

The City of Rancho Cordova is tentatively poised to approve the proposed Rancho Cordova Interchange Project at its March 16 meeting at City Hall. You may not be aware that the City and its

well-meaning project staff have been busy in the city hall kitchen preparing a recipe not unlike the apple pie that’s revered as a properly baked confection, but instead is a recipe for disaster. It’s not well thought out and the end product is no less than a literal gag-meal for the guests, those who will endure the project for as long as they live in Gold River. The massive 6-lane interchange structure will be located in Gold River’s Eureka Village between Sunrise and Hazel in a small 7-acre parcel, as close as 50 feet to existing homes. Serving as the main traffic drain for a projected 53,000 homes, it is estimated that at least 100,000 cars will use the interchange daily. Can you imagine standing 50 feet away from such an interchange and breathing the toxic car emissions 24 hours a day? How about your children or grandchildren? How about the kids that run their hearts out playing soccer or recreating at the nearby Prospect Hill Park? You wouldn’t even think of subjecting your family to such a hazard, but that’s exactly what the City is proposing, and they are not batting an eye when they tell you it’s a good project.

Dozens of studies have been conducted (many of them in California) by major universities that raise a red flag when it comes to children and toxic air emissions. Rates of childhood diseases increase significantly even at distances as far away as 1,000 feet from a freeway or interchange. In fact, one study documents that a mother who lives within 1,000 feet of a freeway while pregnant doubles a child’s odds of having autism. Scientists in Los Angeles have for the first time directly linked freeway vehicle emissions with brain damage due to airborne

toxins from cars. Other studies document lung disorders in children that live near interchanges, especially those with stop-and-go (resulting in higher levels of emissions) vehicle approaches.

What does the City say to all of this? Nothing. Did they bother to even conduct a Toxic Air Contaminant study in the environmental impact report prepared for approval of the project? No. Did they attempt to characterize the risk to residents that might be living within a stone’s throw of the interchange? No. Was there any sort of modeling exercise completed to at least warn residents of Gold River that their health will be impaired if they live within a 1,000 feet of the project? No. Yet the Rancho Cordova City Council is quietly and comfortably poised to approve the project, health risks and all. Next agenda item please?

Every Gold River resident needs to make known to the City their opposition to this project being located in Gold River. There are alternatives--for example locating the project at Hazel Avenue--that will accomplish the same goal for the City but not result in serious health maladies for our community and its residents. Call Mayor Robert McGarvey at (916) 851-8700 and let him know that putting an interchange 50 feet from homes is a terrible idea. Make your opinion known. Attend the City Council meeting. Consult the City’s website for more details at www.cityofranchocordova.org/index.aspx?page=356.

Otherwise, it’s a recipe for disaster. No one in their right mind would propose such a thing.

Lonn Maier is a resident of Gold River and can be contacted at GRIC@sbcglobal.net. ★

Kevin Kitrell Ross
Senior Minister/CEO
Unity of Sacramento

Host, Design Your Life
on UnityOnlineRadio.org

Coach to
America’s Rising Stars

unity
of Sacramento

**A positive path
for spiritual living**

Welcome to Unity of Sacramento
We are a transdenominational, intercultural, interfaith, spiritual community of love open to all people. We are a place to heal and a space to grow. We are a soft place to land for the traveler on the spiritual journey.

Our Spiritual Leader
Reverend Kevin Kitrell Ross, Senior Minister

Our Vision
“Centered in God, we co-create a world of peace, prosperity and unconditional love for all.”
Unity of Sacramento is home of the Daily Word and is an affiliate of the Unity Worldwide Ministries and Unity Institute at Unity Village, Missouri.

OUR SUNDAY CELEBRATION SERVICES
Traditional /Contemplative 9:00 AM
Guided Meditation 10:15 AM
Contemporary/Inspirational 11:00 AM
with Sunday school for children and teens during the 11:00 am services

**Unity of Sacramento, 9249 Folsom Blvd
Sacramento, CA 95826 • 916-368-3950
unityofsacramento.com**

**CALL 773-1111
TO ADVERTISE**
GoldRiverMessenger.com

Can Better Health Be Bought?

By Eric Nelson

There was a time during the late Middle Ages when anyone with enough cash on hand could appeal to the local church “pardon” for the remission of their sins, in effect buying their way to heaven. The bigger the pardon (for instance, salvation from eternal damnation), the larger the donation, ensuring, if not a rosy afterlife, a well-funded Crusade and a first-rate cathedral.

Times have changed. Or have they?

According to a study published in the Journal of Economic Psychology, tax subsidies for charitable contributions not only increase how much we give, they can also have a positive influence on our mental and physical well-being, impacting everything from stiff joints to lung problems to emotional disorders.

While not nearly as disingenuous as the old-school method of bribing your way to a better life, the underlying message is the same: When it comes to improving your prospects, don’t underestimate the value of a liberal largess and the willingness to share it with others.

But what about those whose largess isn’t all that liberal? Does this mean they should resort to a more mundane approach, one that includes, say, regular exercise or an improved diet? That would be missing the point since the effectiveness, if you will, of one’s gift has a lot less to do with its size or shape than the thought behind it – a key variable apparently left unexamined in the aforementioned study.

The Bible drives this point home in its account of Jesus watching people toss coins into a church collection box. “Many rich people put in

large amounts. Then a poor widow came and dropped in



two small coins,” the story goes. “Jesus called his disciples to him and said, ‘I tell you the truth, this poor widow has given more than all the others who are making contributions. For they gave a tiny part of their surplus, but she,

‘Subsidies for charitable contributions not only increase how much we give, they also improve our mental and physical well-being.’ Really?

poor as she is, has given everything she had to live on.”

The narrative makes no mention of the woman’s health, either before or after this incident, or any incentives that may have been involved. Instead, the focus appears to be on the sincerity of her gesture and depth of her gratitude,

that singular quality of thought shared by rich and poor alike that health researchers continue to affirm stimulates the mind and revitalizes the body.

Too often, though, mustering such qualities of thought can seem a lot harder than simply cutting a check, regardless of how empty we might feel afterwards. But this assumes that gratitude functions like any other currency; that there are limits to its supply or, worse, conditions for its use. Nothing could be further from the truth.

Gratitude requires little more than an honest heart in order to unleash its benefits, physical and otherwise; a heart humble enough to see that it’s not about how much we think we have but how much God, the divine source of all good, has to give, and willing enough to inject into our shared economy “the love wherewith He [God] loves us,” as Mary Baker Eddy puts it.

Such honesty comes naturally to us all, and when lived to its fullest, has the effect of counteracting the inescapable mental and physical discomfort that comes with insincerity and greed. Even better, it shows us that what truly defines us has nothing to do with a matter-based body and everything to do with the moral and spiritual qualities we choose to express.

It may be awhile before we figure out what it takes to be spared eternal damnation, but gaining even a glimpse of this fact is a step in the right direction.

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 @norcals. ★

Game Plots Video Game Awards Shows Deserve No Prize

By Noah Howard

While the results of the recent Academy Awards may be divisive, most people seem to agree that 2015’s show was as entertaining and grand as we’ve come to expect from years past. But while movies draw their inspiration from Broadway to biographies, video games seem determined to imitate only movies. Entire franchises, like *Uncharted*, are based centrally around the idea of being as cinematic as possible. However, this imitation extends beyond gameplay itself. The most inexplicable way that video games mimic film is in their insistence on having Academy Awards-style shows.

Two major video game awards ceremonies are held on a yearly basis: The Game Awards and The VGAs. The VGAs (Video Game Awards), however, inexplicably changed their name to the VGXs this past year. Frequently, these two game awards shows are such a comedy of errors that they provide more entertainment by accident than intent. In their obvious attempt to further legitimize gaming to the public, they only have the opposite effect.

The Game Awards is the lesser of two evils. The numerous announcements and trailers during the show seem to be more fitting of a convention than a gathering to honor talent. Indeed, the highlight of the show was when *South Park*’s Trey Parker won best actor in a videogame.



What needs to be understood is that video games shouldn’t need an awards show to feel like legitimate entertainment. The best thing that can happen to video game awards shows is not their improvement; it’s their disappearance. Photo courtesy Noah Howard

“This proves that videogames are the greatest form of entertainment in the world,” he said in his 30-second acceptance speech, “because only in video games can Trey Parker beat out Kevin Spacey for acting.” Kevin Spacey had been nominated for his role in *Call of Duty: Advanced Warfare*.

2014’s VGXs, on the other hand, were cringe worthy. Not only did they seem completely unrehearsed, with hosts messing up simple teleprompter reading, they featured a host who tried too hard to be funny but whose jokes on diapers and alcohol only made him vulgar. Especially bad was the instance in which he implied designer Tim Schafer was high while creating *Broken Age*. It was more awkward than an elementary school play, and not just because of the cartoonish, crowned monkey statuette that passes for a trophy.

But why, exactly, are video game awards shows so bad when far smaller industries (like theater) manage to pull them off? The paramount reason is that video games are the first

entertainment medium where the primary creators are more involved in software development than show business. Programmers tend to be far more awkward and insecure onstage than trained actors who make a living off of it. Presenters from the game industry are usually at a loss for simple things like where to put their hands while speaking. The individuals who break the norm and actually seem comfortable in front of a live audience are so rare that they end up reappearing every year and between almost every speech.

It also doesn’t help that the nominees are usually composed almost exclusively of AAA blockbusters; thematically shallow action-oriented experiences that would never get nominated in any other genre. This past year was especially bad, with all five Game of the Year nominees at the The Game Awards focusing on fantasy and combat. This robs award shows of a large degree of legitimacy, especially when they fail to recognize most small, artistic games. Video game awards shows are, more than any other awards shows, a popularity contest, mostly because voters likely have had time to play only two or three of the nominees in any given category.

For now, video game awards shows seem doomed. They get worse as games get better, constantly misunderstanding what makes a show good in the first place. What needs to be understood is that video games shouldn’t need an awards show to feel like legitimate entertainment, especially when the simple awards concept fits so badly around the medium itself. The best thing that can happen to video game awards shows is not their improvement; it’s their disappearance.

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

Simplified Smartphone Options for Tech-Shy Seniors

Dear Savvy Senior,

I’m interested in getting my 72-year-old mother a smartphone, but want to get one that’s very easy for her to use. What can you recommend? - Shopping Around

Dear Shopping,

There are several different ways you can go about getting your mom a simplified smartphone that’s easy for her to use. Depending on how much you’re willing to spend, here are some different options to consider.

Simplify a Used Phone

The cheapest way to set your mom up with an easy-to-use, uncomplicated smartphone is to get her a second-hand android phone, and install a senior-friendly “launcher app” on it, which is a user interface software application.

This type of launcher will turn the appearance and performance of most android smartphone into a simplified phone with big understandable icons for commonly used features (phone, text messaging, camera, contacts, etc.) and no excess clutter. Most launchers can also be customized to fit your mom’s needs and preferences.

There are a variety of launcher apps available today that provide this type of technology and are completely free to use. Some popular options include, Necta Launcher (launcher.necta.us), Wiser (wiser-me.com), Seniors Phone (seniorsphone.mobi),

Fontrillo (fontrillo.com) and Big Launcher (biglauncher.com), which also offers an upgraded version for \$9.

Or, if you have an old Apple iPhone that you’d like to convert, check out Silverline Mobile (silverline.mobi) that converts both Apple and androids for free.

Purchase a New Phone

If you’re interested in purchasing your mom a new smartphone, you have options here too. For starters, you could purchase her a smartphone that’s specifically designed for seniors, like GreatCall’s Touch3 that costs \$150 (with no contract) at greatcall.com or 800-918-8543. This is an android phone, made by Samsung, that has a 4-inch touchscreen and provides a simple menu list to often-used features like the phone, text messages, camera, pictures, email and Internet, along with your contacts and apps.

It also offers a variety of health and safety features like the “5Star app” that would let your mom speak to a certified agent 24/7 that could identify her location and get her the help she needs. “Urgent Care,” which provides access to registered nurses and doctors for advice and diagnoses. And “MedCoach,” which sends medication reminders.

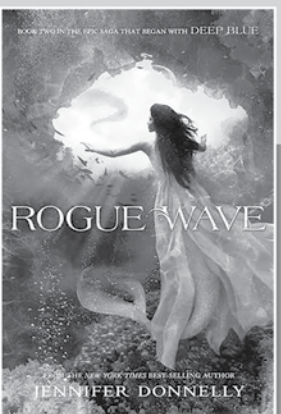
Another way you could go is to purchase her a standard/mainstream smartphone

that provides a built-in “Easy Mode” or “Simple” feature in the phone’s settings. This will let you convert the phone into a much simpler mode of operation, that provides larger, well labeled icons, to only commonly-used functions like the phone, camera, messaging, Internet, pictures, contacts and her favorite apps.


Smartphones that offer the “Easy Mode” or “Simple” feature include the Samsung Galaxy phones, which are available through most cell phone carriers at prices typically ranging between \$400 and \$850 without a contract. Or, for a more budget-friendly option, the Huawei Vision 2 and Huawei Ascend Mate 2, which you can buy as an unlocked phone or through Consumer Cellular (consumer-cellular.com, 888-345-5509) for \$80 or \$225 without a contract. Consumer Cellular is a top-rated no-contract service provider that also offers discounts to AARP members.

A nice advantage of getting your mom a mainstream phone is that if she masters the Easy/Simple mode (or gets bored with it), and is ready to expand her skills, you can always switch the phone back to the standard operation mode exposing her to more options. You can also add any number of health and safety features to her phone, like what the Touch3 offers, by downloading their apps at greatcall.com/medical-apps. ★

For the
Love of Books



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



ROGUE WAVE (WATERFIRE SAGA)
by Jennifer Donnelly

◆ Publisher: Disney Hyperion
◆ Release date: January 06, 2015 ◆ Hardcover, 320 pages
◆ Intended audience: Young Adult ◆ Rating: ♥♥♥♥♥

On the Book Jacket: Serafina, Neela, Ling, Ava, Becca, and Astrid, six mermaids from realms scattered throughout the seas and freshwaters, were summoned by the leader of the river witches to learn an incredible truth: the mermaids are direct descendants of the Six Who Ruled-powerful mages who once governed the lost empire of Atlantis. The ancient evil that destroyed Atlantis is stirring again, and only the mermaids can defeat it. To do so, they need to find magical talismans that belonged to the Six. Serafina believes her talisman was buried with an old shipwreck. While researching its location, she is almost discovered by a death rider patrol led by someone familiar. . . . The pain of seeing him turned traitor is devastating. Neela travels to Matali to warn her parents of the grave threat facing their world. But they find her story outlandish; a sign that she needs to be confined to her chamber for rest and recovery. She escapes and travels to Kandina, where her talisman is in the possession of fearsome razormouth dragons. As they hunt for their talismans, both Serafina and Neela find reserves of courage and cunning they didn't know they possessed. They face down danger and death, only to endure a game-changing betrayal, as shocking as a rogue wave.

Amy’s Review: After the fall of her Kingdom, Serafina must venture out and find the talismans to secure the safety of the sea, however, this adventure isn’t everything she expected it to be, Serafina will be tested from head to fin, on who she is, and what she is truly capable of. This time the adventure is not just Serafina’s for the telling, Neela also joins the adventure,with her story being told from her side of the ocean. Neela, once covered her emotions and feelings with bing bangs, kanjaywhoohoos and whatever mer-sweets she could get her hands on, but now she finds herself craving seaweed and greens- the healthy food she needs to carry her on the journey. On the run from her family that doesn’t believe her, Neela sets out on an adventure that will test her strength and her fortitude, as she helps the others, by searching for her own talisman. Now, danger and death lurk around every shipwrecked corner, as the girls face adventures filled with fallen palaces, dragons and knight riders. Yet the greatest feat may

just be discovering who they can trust and who they will need to save. Nevertheless, just as Serafina thought everything was coming together, her world swims out of control, when she discovers her betrothed as a knight rider, hunting for her. Leaving Serafina not only to discover how to find the talismans, but how to uncover the secrets, the lies and the truth that lies buried underneath it all. Capture the thrilling continuation of the *Waterfire Saga*, as the adventure continues from the depths of Mediterranean Sea, to the dragon caves buried deep in the Indian Ocean. Fast paced and full of adventure *Rogue Wave* fulfills its promise of beautiful mermaids and high sea adventure. A story that is still beautiful and perfectly appropriate for the younger teens, of the young adult genre, but also entertaining and fast paced with a compelling story plot for the rest. From a gorgeous cover that draws you right in to a captivating storyline, that keeps you reading, Jennifer Donnelly knows how to bring the ocean to life.

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.

Oahu Nature Tours

By Judy M. Zimmerman

I loved the near-perfect view of Waikiki Beach from the window of my hotel room as I anticipated many happy hours of relaxing on the beach. But a different world of unique natural discoveries also awaited me just 15-20 minutes from Waikiki Beach.

Before leaving home, I had booked three hikes with Oahu Nature Tours, the island’s original eco-tour company that was formed over 20 years ago. It specializes in small-group guided adventures to see colorful bird and plant species, cascading waterfalls, lush rainforests, and volcanic craters.

Arrangements for the hikes couldn’t have been more convenient. Each day, just across the street from my hotel, I met the nature company’s white van with its logo of the island’s rare red honey creeper bird, the ‘I’iwi.

My first adventure was rated as moderate: a two-hour, 2.5-mile hike to the Manoa Waterfall, the highest accessible waterfall on Oahu. The trail led through giant ferns, gurgling streams, and plants that can be found nowhere else on earth. A hidden treasure deep within a prehistoric landscape, it was used by Spielberg while filming “Lost World.”



Judy Zimmerman on the 2-1/2 mile hike to Manoa Falls, the highest accessible waterfall on Oahu. Photo by Sky Chamberlain

world’s finest botanical gardens. Greg Arndt, our highly educated guide, revealed the valley’s fascinating history and the arboretum’s effort to save over 5,000

Head” certificate. Oahu Nature Tours recommends that “Guests on the ‘moderate tours’ should be in good physical condition.”

While most of the participants on the nature hikes were younger than my 70+ years, I found the trails were not too difficult because I frequently walk three to five miles at home.

All nine of the company’s tours include round-trip transportation from five downtown hotels, entry fees, bottled water, backpacks, and walking staffs.

In addition, custom bird watching tours can be arranged for a small group.

Michael Walther, the president of Oahu Nature Tours and author of four books about Hawaii’s native species, says, “Let us show you the real Hawaii.”

For more information about Oahu Nature Tours, visit www.oahunaturetours.com or call (808) 924-2473.

Judy Zimmerman has been a travel editor and award-winning freelance travel writer for over 28 years. She’s traveled to well over 100 countries and sailed on more than 65 cruises. Her articles have appeared in over 500 newspapers, magazines, and websites.

She is a member of the Society of American Travel Writers; the International Food, Wine, and Travel Writers; and the Outdoor Writers of California.

Her specialties include cruises, worldwide destinations, senior and solo travel, destination health spas, soft adventure, service articles, and the Western U.S.

Judy’s home base is Gold River, CA. ★



Judy Zimmerman on the Valley of the Rainbows Adventure trail in Oahu’s Lyon Arboretum. Photo by Greg Arndt

Expert guide Sky Chamberlain, a documentary filmmaker, said, “It’s a myth that Oahu is mainly an urban center. This (job) is my higher calling—to learn about some of the most endangered species.”

While driving through the upper-middle-class neighborhood of Manoa to the trailhead, Sky also shared insights into Oahu’s lifestyle. For example, he pointed out President Obama’s exclusive Punahou High School and the Baskin Robbins store where he once scooped ice cream.

The next day, the trail of an easy Valley of the Rainbows Adventure meandered through 200 acres of the Lyon Arboretum, an exotic paradise that is considered one of the

species of some of the world’s rarest plants.

After exploring the cloud-swept valley’s vibrant flowers and emerald green hills, we drove to Pu’u’Ualaka’a State Park high above Waikiki. It afforded a breathtaking view of Oahu’s famous icon, Diamond Head Crater, and the shimmering waters of Pearl Harbor.

The summit of Diamond Head was the destination of my last hike. During the steep climb (500 feet over ¾ mile distance) we learned about the crater’s intriguing geology and military history. Rated as moderate, the challenge was more about the crowded trail and the late-morning heat, but the hike itself was well worth the view and the personalized “I climbed Diamond



Foster Care

The need is great for loving, safe homes for foster children ages 0-18 & pregnant/parenting teens.

We offer free training, fingerprinting, CPR/ 1st aid, 24 hr support, monthly reimb.



Call Lenka (916) 338-7156

Sacramento Hospice.com



Hospice Resources

Patient Needs

Caregiver Needs

The Roseville Rock Rollers Gem and Mineral Society 501(C)

53rd Roseville Gem, Jewelry, Fossil & Mineral Show!

March 28 & 29
Roseville (Placer County) Fairgrounds
Saturday 10 am - 5 pm • Sunday 10 am - 4 pm

FREE PARKING!

The Big Show!!

Family Fun!

50 Vendors
Family Fun ♣ *Exhibits*

- Crystals • Beads • Jewelry • Gemstones
- Gold Panning • Meteorites • Fossils
- Minerals • Free Door Prizes • Fabulous Food!

General Admission \$6.00
Seniors 60+ \$5.00
Kids 12 and Under FREE
Rain or Shine • Inside & Outside

\$1 OFF ADMISSION WITH THIS AD

www.rockrollers.com



Persian Lamb Chop Kabob

Juicy marinated pieces of lamb chops, delicately prepared and cooked over an open flame, served over aromatic long grain Basmati Saffron rice, and grilled Tomatoes.

\$7⁹⁹ and up

TAKFoodMarket.com
call 916-944-3188
9045 Fair Oaks Blvd, Carmichael



★★★★
THE SACRAMENTO BEE
FOOD REVIEW
FEB 2013

COMPLETE CAR CARE

Get Your Car Road-Ready!



An Honest Brake® Since 1983

Yes, We Do...

- ✓ Wheel Alignment
- ✓ Front End Repairs
- ✓ Shocks & Struts
- ✓ Batteries, Starters and Alternators
- ✓ Belts & Hoses
- ✓ Water Pumps
- ✓ Timing Belts
- ✓ Axles
- ✓ Air Conditioning
- ✓ Fuel Pumps
- ✓ Radiators
- ✓ Factory Specified Services
- ✓ Towing Available
- ✓ FREE ABS & Check Engine Light Scan
- ✓ FREE Shuttle Service
- ✓ FREE A/C Check

ACDelco
KYB
ASE CERTIFIED

- QUALITY SERVICE
- QUALITY PARTS
- FINANCING AVAILABLE
- EXTENDED WARRANTIES HONORED

10% MILITARY DISCOUNT

ACCREDITED BUSINESS

FRONT OR REAR BRAKES

- Front disc or rear drum
- Resurface rotors or drums
- Centric pads or shoes
- Repack bearings as applicable
- 12 month or 12,000 mile warranty

\$89⁹⁵ Reg. Price \$109.95

*Applies to most cars & light trucks

SAVE \$20!

Additional parts or labor required on certain vehicles. Plus disposal fee. Not valid with any other offers. Expires 3/21/15.

Centric Parts

EXPRESS LUBE, OIL & FILTER

- New Valvoline filter
- Up to 5 quarts of 5w-30 or 5w-20 oil

\$19⁹⁵ Reg. Price \$24.95

SAVE \$5!

Bring in a 2nd car the same day, & get the same for only \$10! Except Saturday.

Includes: Express courtesy inspection, under 30 minutes in most cases. Most cars & light trucks. Plus disposal fee. Not valid with any other offers. Expires 3/21/15.

ANTI-FREEZE FLUSH SERVICE

FOR WORRY-FREE WINTER DRIVING

- Revitalizes your engine's radiator & entire cooling system
- Includes new anti-freeze coolant (chemical kit extra if necessary)

\$49⁹⁵ Reg. Price \$69.95

SAVE \$40!

Most vehicles. Plus disposal fee. Not valid with any other offers. Expires 3/21/15.

MAINTENANCE SPECIAL

OIL CHANGE PLUS ANY 2 FLUSHES:

- Transmission Fluid
- Steering Fluid
- Brake Fluid
- Coolant
- Fuel Injectors

\$169⁹⁵ Reg. Price \$289.95

SAVE \$120!

Most vehicles. Plus tax & disposal fee. Chemical kits extra. Not valid with any other offers. Expires 3/21/15.

| | | |
|---|--|---|
| CITRUS HEIGHTS 8000 Greenback Ln. 916.723.8000 | RANCHO CORDOVA 2265 Sunrise Blvd. 916.638.2886 | SACRAMENTO 3261 Northgate Blvd. 916.921.0502 |
| ELK GROVE 8456 Elk Grove Blvd. 916.714.8585 | ROSEVILLE 106 Harding Blvd., #2 916.786.7800 | SACRAMENTO 5810 Auburn Blvd. 916.338.5656 |
| MANTECA 515 E. Yosemite Ave. 209.239.7400 | ROSEVILLE 10221 Fairway Dr. 916.774.1600 | TRACY 1210 Tracy Blvd. 209.836.3500 |
| ORANGEVALE 9348 Greenback Ln. 916.988.0737 |  <p>Spend \$100+ & Receive a 2-Night Las Vegas Getaway!</p> | |

WE ACCEPT COMPETITOR COUPONS FOR SAME SERVICES AND PRODUCTS

ACCREDITED BUSINESS

More Coupons: www.Brakemasters.com



By Gold River resident David Dickstein

An online petition has been started on www.change.org by a Gold River resident to woo Winco into opening a store at the former Sam’s Club property a few miles down Sunrise Boulevard. Not a bad idea—that 114,000-square-foot warehouse next to Home Depot has been empty for a dozen years. I’m concerned, though, though another discount grocery would further erode Bel Air’s market share, which, according to several workers there, went down when Smart & Final opened across Sunrise.

Instead of a super-duper supermarket, I’d prefer to see the big-box property become an all-ages indoor recreational center with bowling, ice skating, roller skating, laser tag, mini-golf, and a state-of-the-art arcade. That would fill a big hole for a region lacking in indoor family entertainment. Currently, it offers only bits and pieces at best, such as the following activities:

- Monster Golf at the Nimbus Winery is fun once or twice, but then gets as stale as the same ‘70s and ‘80s songs they play over and over.
- K1 Speed indoor go-kart racing on Bradshaw is cool but pricey; it’s not for every age and also gets old fast.
- Rancho Cordova’s strip joints, but that’s for a column at another time and in a less community-minded publication.

“Fool’s Gold”

Filling a Void

- Sky High Sports trampoline park has its plusses and minuses. Cheers in that it gets youngsters to play sports without a need for sunscreen, like other bounce places around here. Jeers in that these boingy businesses aren’t built with family participation in mind.

- Bowling and skating qualify as indoor family fun, but the facilities around here are either pretty run down or aren’t in the greatest of neighborhoods.

- Dave & Buster’s in Roseville is family friendly and in a nice location, but what’s at The Fountains is a closet compared to other D&B’s. It’s stunning that it has survived for five years.

- What didn’t last was *Toby Keith’s I Love this Bar & Grill*. After only three years, it closed in December, and the area lost a unique yet horribly run establishment. The namesake singer himself even played there. Honky-tonkers are no doubt two-stepping their way into fledgling Cadillac Ranch a few miles away at Nimbus Winery. That’s what Tommy T’s comedy club calls itself after the laughs stop and country music and dancing start on certain nights of the week. But, again, it’s not for all ages.

- Movies can be for the entire family, depending on the rating, but the experience isn’t interactive. Plus, the cinemas nearest to Gold River—UA Sunrise 4 and Century Folsom 14—don’t offer stadium seating and one only shows second-run movies.

With warmer weather ahead, it’s a bummer that we won’t be enjoying an embarrassment of riches when it comes to indoor

family entertainment venues, at least not for a while. So that said, perhaps the area should focus more on bringing some all-ages fun to our neck of the woods instead of more supermarkets, pizza places, and pet stores. Heck, just adding safe places for Gold River’s bored teens would be huge.

Turning the old Sam’s Club into a YMCA is a thought. So is

“Instead of a super-duper supermarket, I’d prefer to see the big-box property become an all-ages indoor recreational center with bowling, ice skating, roller skating, laser tag, mini-golf, and a state-of-the-art arcade. That would fill a big hole for a region lacking in indoor family entertainment.”

Cordova Parks and Recreation opening a teen center at the old Bryan College property. With so many Intel families in Gold River, how awesome would it be for the tech giant to open one of its Computer Clubhouses for underserved youth at the long-dormant World Savings on Sunrise and Gold Express? True, when one thinks of Gold River, “underserved” doesn’t come to mind. But can you think of one single place around here where teens can just hang out that’s safe, supervised, subsidized, and within walking or biking distance?

Despite all the wonderful things going for Gold River, we clearly have gaps. Fortuitously, the real estate glut has provided plenty of vacant space to fill them. ★



Story and photo by Kay Burton

Grooming pets regularly is necessary for their comfort and good health. Even if you choose to have professional groomers deal with the big jobs—like baths and haircuts, for example—you should still do regular touchups at home. All dogs and longhaired cats need to be brushed. In addition to improving the appearance of their coats and reducing the snarls and matting that can hurt their skin, regular brushing increases your chances of discovering fleas, ticks, or lumps that could endanger your pet’s health. Don’t worry if your dog or cat doesn’t respond well to brushing at first; once they get used to being groomed, pets come to expect it, and most actually like it.

Brush longhaired pets every day and shorthaired ones weekly. Always brush in the opposite direction of hair growth, one section at a time, starting at the skin and moving outward.

Grooming Your Pets



Meet Mr. Big Shot: Sonny Boy Burton is the beloved pet of columnist Kay Burton.

Work the hair gently to remove knots—matted fur can sometimes be loosened with a drop or two of mineral oil—or cut them out with scissors.

Dogs and cats, as well as birds, need to have their nails clipped regularly. Never use regular nail clippers for this purpose, as the flat blades can crush an animal’s claws. Purchase nail clippers appropriate for your pet’s size at a pet store; these resemble small scissors with circular indentation in the blade. Be gentle and patient, and be sure not to clip into the quick (opaque part) of your pet’s nail. If your pet is skittish, remember that you do not have to clip all of the toenails at one sitting. Start slowly, and do only two or three a day.

Dogs need dental care just like

and other member of the family. It may seem like an odd notion to brush your dog’s teeth, but brushing at least once or twice a week can prevent gum disease, early tooth loss, and just plain foul breath. What you need is toothpaste specially formulated for dogs. These pastes come in flavors that the animals usually love, such as peanut butter, beef, or chicken. Don’t use human toothpaste because those minty formulas are not edible and they can upset your pet’s stomach. After a few brushings, your dog will probably look forward to this grooming procedure.

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 ★



LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!

Call to place your legal advertising **483-2299**

All Legal Ads Published in the Rancho Cordova Grapevine Independent



92%

of residents and families would recommend Eskaton



At Eskaton, we listen. We want to know how we’re doing, so we ask. According to our 2014 Satisfaction Survey — carried out, calculated and validated by a third party — more than nine out of ten residents and families would recommend Eskaton. The reasons are many. We provide high quality service. Our focus is on wellness of mind, body and spirit. And we feature unique Signature Programs like Smart Sensor technology for an enhanced level of care, Kids Connection for intergenerational experiences, along with powerful life enrichment like Thrill of a Lifetime, music and pet therapies. All this with the practicality of month-to-month rental.

Experience the Eskaton difference. Call 916-900-1685 today.



Transforming the Aging Experience

Eskaton Lodge Gold River
Assisted Living, Pre-memory Care and Memory Care
11390 Coloma Road | Gold River, CA 95670

916-900-1685
License # 347001241
eskaton.org





CORK & FORK

“Cork & Fork” Event Raises Money to Support Local Children and Families

Rancho Cordova’s premier event, "Cork & Fork", is scheduled to take place on Friday, March 13th 2015 from 6:30 – 9:00pm at the Sacramento Marriott Rancho Cordova. This event is one of the key fundraisers for the significant work of the Folsom Cordova Community Partnership (The Partnership). They provides a wide variety of programs targeted at reducing the risk of child abuse and neglect as well as impacting generational cycles of poverty. Each year, The Partnership provides parent education and support, safe youth activities, employment services and safety-net services to over 5,000 children, youth and adults in our local community. It provides a wide range of services in one place to best serve families through a Family Resource Center environment.

This event will take place at the Sacramento Marriott in Rancho Cordova on March 13th, 2015 from 6:30p.m. - 9:00p.m.

"Cork & Fork" will be an evening of wine from around the region along with gourmet food tastings from many of the area’s best-known restaurants and caterers. A sampling of featured restaurants and wineries includes; Dickey’s BBQ Pit, Barsetti’s Vineyards, Grace’s Vineyards, Mint’s Euro-Asian Cuisine, and Costa Vida. The event also features live music and a spectacular silent auction presented by Pacific Auction Company that will showcase a variety of desired items ranging from fine art, golf packages, exotic getaways, unique home décor and more. Additionally, this year’s Best of the Best in Rancho Cordova will be honored by the Cordova’s Choice Awards. The Cordova’s Choice Awards is sponsored by the Grapevine Independent, a local community newspaper serving Rancho Cordova.

Goals of “Cork & Fork” Event:

- Support the Partnership's goal to build a strong community of children, youth, and families
- Bring together like-minded community members and socially conscious businesses
- Generate awareness about the programs and resources the Partnership provides
- Raise money to support the mission of the Folsom Cordova Community Partnership

You can partner with the Folsom Cordova Community Partnership in supporting and empowering children and families in our local community by purchasing tickets for “Cork & Fork” and enjoying an evening of delightful food, wine and entertainment.

Tickets are \$25.00 per person in advance or \$40.00 at the door.

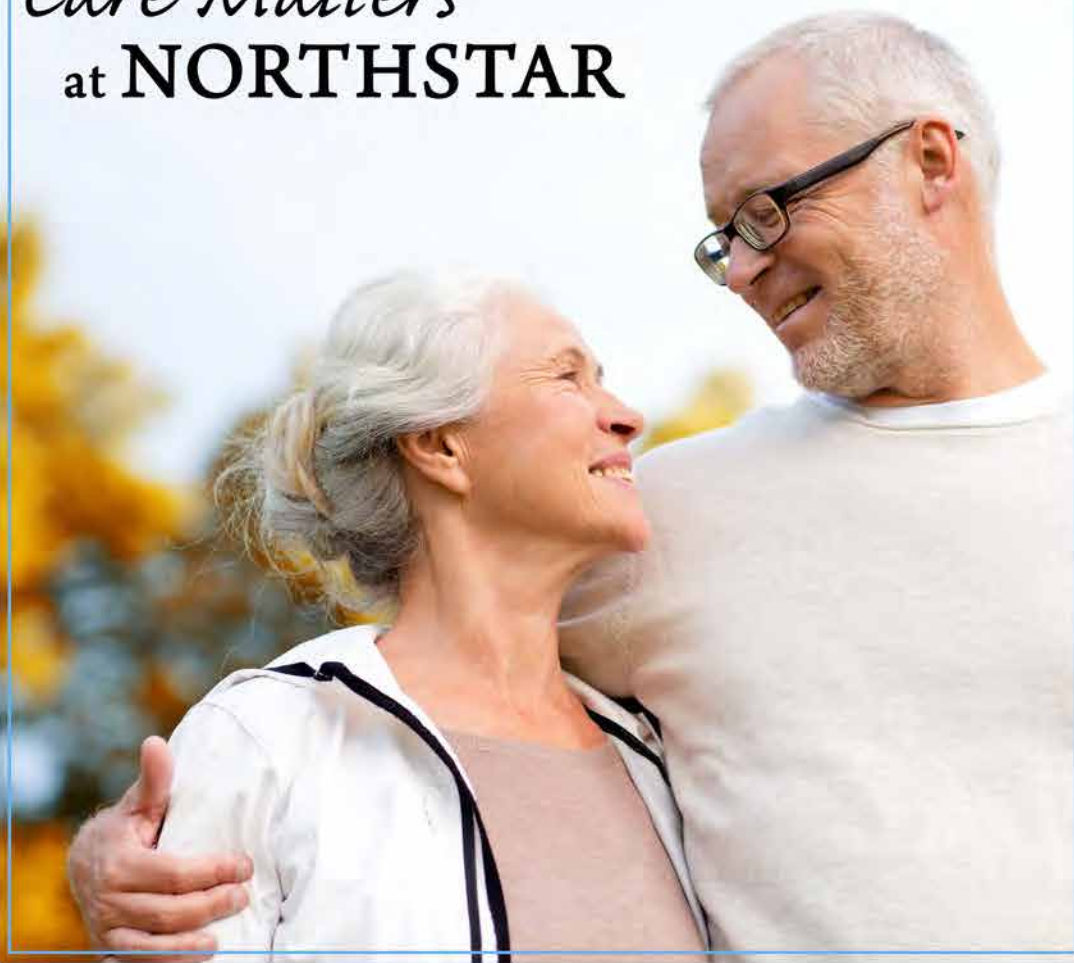
Event sponsorships are also available.

To purchase tickets, visit www.CorkFork.org or call

Chris Clark, Resource Development Manager at 916-361-8684 ext.281.



Care Matters
at NORTHSTAR



Quality Care in a Home-like Setting

Tours Available Daily
with Communications
Relations Directors

- Special Diets Available
- Excellent Activities
- Registered Nurse on Staff
- A Place to Make New Friends



NORTHSTAR
Rancho Cordova
ASSISTED LIVING & MEMORY CARE

(916) 330-1300
www.NorthstarRanchoCordova.com
2341 Vehicle Drive
Rancho Cordova, CA 95670
(off Hwy 50 at Sunrise Blvd.)



RCFE# 34005361

SPRING 2015



EUROPEAN MASTERWORKS

Magnificat (West Coast Premiere) | Cecilia McDowall
Great Mass in C Minor, kv 427 | W. A. Mozart

Hailed by Gramophone magazine as the new voice of English composers, McDowall's evocative and poignant "Magnificat" is the perfect prelude to Mozart's triumphant masterpiece.

Nikki Einfeld, Soprano
Marina Boudart Harris, Soprano
Ross Hauck, Tenor
Daniel Yoder, Bass

Projected
supertitle
translations

Saturday, March 14 at 8:00 p.m.
7:00 p.m. – Pre-concert talk by Donald Kendrick

Community Center Theater
1301 L Street, Sacramento

Concert Sponsor
Raley's BEV AIR
For food. For family. For you.™



Nikki Einfeld



Marina Boudart Harris



Ross Hauck



Daniel Yoder

"In all, the concert (European Masterworks) was another example of how glorious choral music can be when sung by skillfully directed singers who are accompanied by a fine professional orchestra."

by E. Haig – Sacramento Gazette, March 14, 2014

Community Center Theater Tickets
CCT Box Office | 916.808.5181 or TICKETS.COM

SACRAMENTOCHORAL.COM

GOLD RIVER OWNERS REPLACE DRY ROTTED EXTERIOR BEAMS



LAKE TAHOE
BUILDERS

Carmichael, California CSL # 726692

916.944.4681

Custom Kitchens Bathroom Remodels Design

CONTACT US FOR A NO OBLIGATION CONSULTATION

www.laketahoebuilders.net

info@laketahoebuilders.net

