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American River Bank with
Week-Long Celebration

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Gold River Messenger

“Written by the people, for the people”

Volume 2 • Issue 8

Serving Gold River and Sacramento County

August, 2014

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Kits to WEAVE



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*****ECRWSS*****

Pioneer Trek Challenges Youth



Dressed in period costume of the 1800s, youth and leaders of Sacramento Cordova Stake of The Church of Jesus Christ of Latter-day Saints haul handcarts during their 21-mile, three-day trek. The pioneer reenactment provides a grueling reminder of the hardships faced by pioneers.

Inset: With multiple yokes, boys and men of The Church of Jesus Christ of Latter-day Saints work together to haul each of 10 handcarts in turn up an especially steep incline.



Story by Margaret Snider
Photos by Ron Aguilar

SACRAMENTO REGION, CA (MPG) - In a recent pioneer reenactment, around 80 youths and 20 adults pulled and pushed 10 loaded handcarts following rough trails in the Sierras. The wilderness handcart trek of the Sacramento Cordova Stake of The Church of Jesus Christ of Latter-day Saints is typically carried out every four years or so. One of the purposes is to help the young people understand the hardships their ancestors may have endured.

“When we first started out, we were all excited, we wanted to be one of the first ones up the hill,” said Kyla Mavy, 17, of Mather. “When we first picked up the wagon we thought, *this is actually pretty easy*.” Almost immediately things started looking more serious. “As soon as we started there was a big giant hill we had to go up,” said 15-year-

old Xander Green of Rancho Cordova. “Right after that I thought to myself, *what the heck are we doing?*”

A couple served as Ma and Pa for each of the handcart groups and were responsible for their trek “family,” which included their “children,” ages 14 to 18. They ate, camped, and pulled their handcart together.

One of the highlights of the two and a half day trek was the women’s pull on the second day. Just after breakfast, men representing Army officers of the period enlisted the boys and men into the Mormon Battalion. The actual Mormon Battalion in 1846 and 1847 marched nearly 2,000 miles to take part in the Mexican-American war, though they never actually saw combat.

The girls and women carried on by themselves. Maria Standing, who was the Ma of her family group, was in the process of loading and tying down their

cart with her family and her husband Kyle Standing when he and her trek sons left. “We’re going to have to do this all by ourselves?” Maria thought. “It was crazy. I didn’t know if we could do it. I was actually crying. It ended up being a few hours until right before lunch.”

Their solo efforts concluded at the end of an especially steep and difficult hill. The men, who had marched ahead, saw the women tackling that hill. “The women’s pull was inspiring because it was really long and hard,” Kyla said. “There was this hill that seemed to never stop. We just had to keep going, one foot in front of the other.”

After that, the men took sole charge to get the 10 handcarts up an even steeper stretch, covered with loose rock and heavy with

dust. “Basically half of the men took up one cart and the other half took up another, and then they just rotated,” Maria said. “Ten times, up and down a very steep, very dusty, hill.”

After that, it was a relief to work together.

“I don’t remember who said it, but there is a saying,” said 14-year-old Marissa Mavy of Mather. “‘By ourselves we are great, but together we are unstoppable.’ I kept thinking about that quote.”

For two nights the company camped on the mountain under

the stars, boys in one area and girls in another. “(The campground) looked over gorgeous mountains,” said Kara Green, 17, of Rancho Cordova. “In the distance you could see the valley. It was really nice, a really great area.”

The third day followed a similar pattern. “Even though we were all together, it was just more hills and hills,” Kyla said. “We were thinking, *we’re so high up right now there’s no way we could go any higher*.”

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Hash Oil Explosions in Sacramento County

SACRAMENTO REGION, CA (MPG) - Homemade manufacturing of hash oil is widespread in Sacramento County. It causes explosions and fires in our neighborhoods and puts the safety of our residents at risk. Also known as wax, shatter, honey oil, hash, BHO, earwax, oil, concentrated cannabis, and dabs, hash oil is a highly concentrated form of THC, the psychoactive substance in marijuana. It is highly popular among both recreational and medical marijuana users.

The most popular production method is BHO, or Butane Hash Oil, which utilizes the highly volatile solvent, butane. The butane vapors evaporate during the process, but are heavier than air and

often congregate in a low lying highly flammable cloud. A pilot light, static electricity, overhead light switch, or an automatic switch such as that found in a refrigerator or air conditioning unit is enough to ignite the cloud. The result is a sudden, powerful explosion and ensuing fire.

There are several telltale indicators of hash oil manufacturing. Marijuana shake—the stems and leaves left over from trimming the mature buds of the plant—is often utilized in the process. PVC tubing, glass tubes, coffee filters, butane canisters, and hose clamps are also used. The resulting product is a brown, oily substance that hardens

Continued on page 8



The most popular production method is BHO, or Butane Hash Oil, which utilizes the highly volatile solvent, butane. The butane vapors evaporate during the process, but are heavier than air and often congregate in a low lying highly flammable cloud. Stock photo

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Pioneer Handcart Trek Challenges Youth



“When we first started out we were all excited, we wanted to be one of the first ones up the hill,” said Kyla Mavy, 17, of Mather. “When we first picked up the wagon we thought, this is actually pretty easy.” Almost immediately things started looking more serious. “As soon as we started there was a big giant hill we had to go up,” said 15-year-old Xander Green of Rancho Cordova. “Right after that I thought to myself, what the heck are we doing?”

Continued from page 1

But there were still hills we were going up.” The consensus was positive in spite of, or maybe because of, the difficulty of the journey.

“Who goes out and does 20 miles in 1847 type clothing for three days?” asked Kyle Standing. “I think it’s a person who wants to appreciate history a little bit more, who wants to fortify

something deep within them, and at the end of the day wants to say *I accomplished something difficult and I have a greater respect for those who went before me.*” ★

Gold River Welcomes American River Bank with Week-Long Celebration



L to R, Tony Kwiatkowski, Tracey Weems, Ashley Honeycutt, Assistant Vice President and Branch Manager Michelle Barber and Lucy Trevallee. Right: Exterior view of American River Bank.



for the most vulnerable women and children in our area”. Since it was established, the American River Bank Foundation has donated \$652,600 to over 36 different organizations. Donations received by the Foundation are granted to community organizations. The Foundation is supported in whole by American River Bank, its employees and partners.

Story and photos by Bill Martin

GOLD RIVER, CA (MPG) - After thirty-plus years in Fair Oaks Village, American River Bank has moved to a beautiful state-of-the-art facility right here in Gold River. The American River Bank kicked off a week-long celebration starting on Tuesday, July 29th with a ribbon-cutting ceremony hosted by the Rancho Cordova Chamber of Commerce. The event was catered by Mario and his staff from Zinfandel California Cuisine.

The celebration continued on Wednesday with coffee and donuts from President and CEO, David Taber, and Michelle Barber, Assistant Vice President of Client Services and Branch Manager. Taber and Barber also shared information on the many services American River

Bank offers their customers. On Thursday, July 31st was a casual lunch of hot dogs, lemonade and ice cream with the American River Bank staff.

The Fair Oaks Chamber of Commerce ended the week-long celebratory event with another Grand Opening Ribbon-Cutting on August 1st. There were muffins and coffee for everyone, and one lucky person was fortunate enough to win an Apple iPad Mini!

American River Bank is a solid bank with a desire to help and to be part of the communities they serve. That’s not a slogan, but a mission for The American River Bank Foundation. According to a bank brochure, “The American River Bank Foundation was formed in 2004 to support organizations that create opportunity, enhance self-esteem and provide physical and emotional well-being

This year’s Community Partner is Courage Worldwide, who provides services for minors who are victims of commercial sexual exploitation, and Legal Aid of Sonoma County, whose Child Abuse Prevention Program works to prevent child abuse and neglect.

Other grant recipients for 2014 include Operation Care, CASH, St. John’s Shelter for Women and Children, Sacramento Life Center, Child Advocates of Placer County, Senior Gleaners, The Arc of Amador & Calaveras, The Living Room, and Wellspring Women’s Center.

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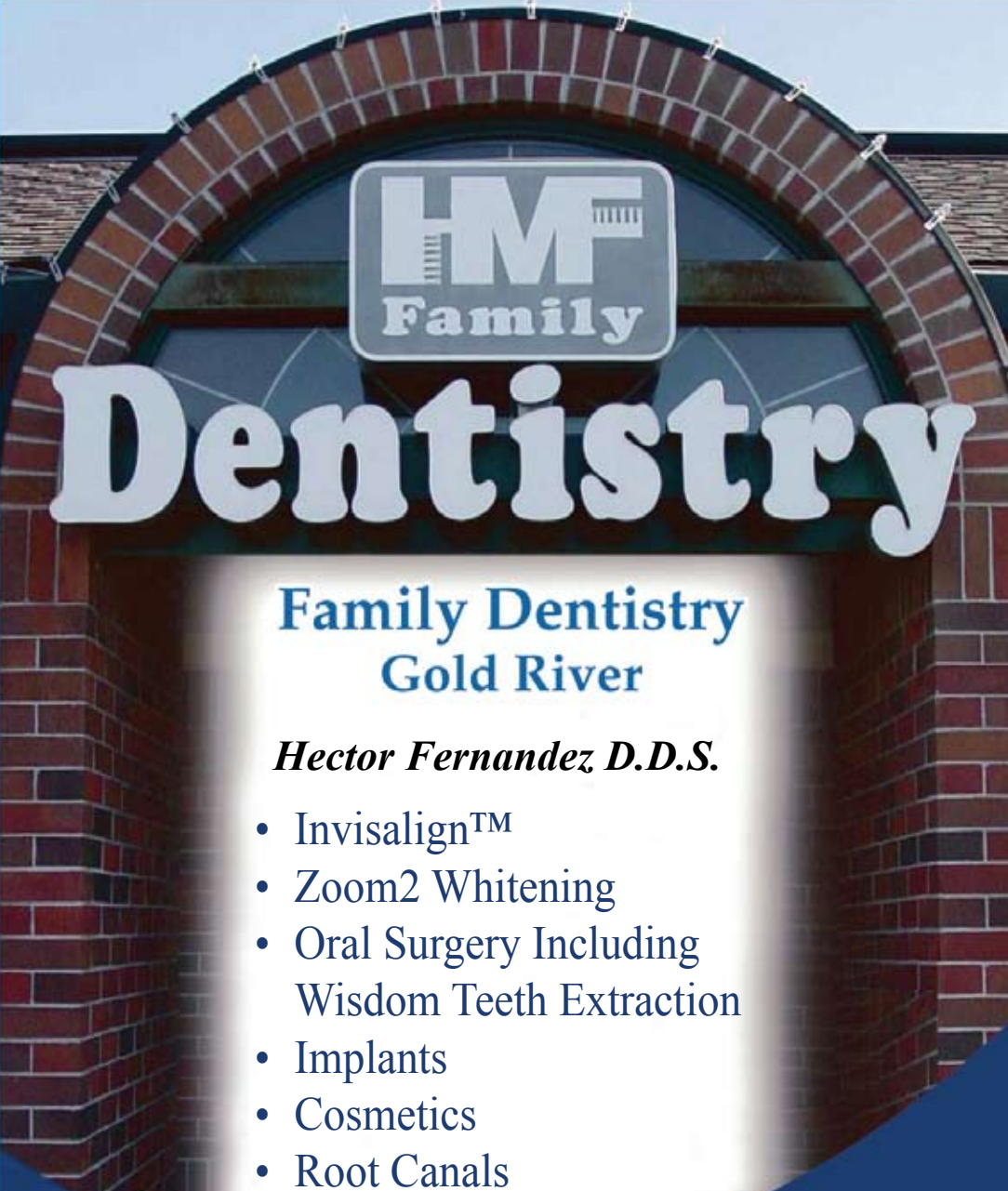
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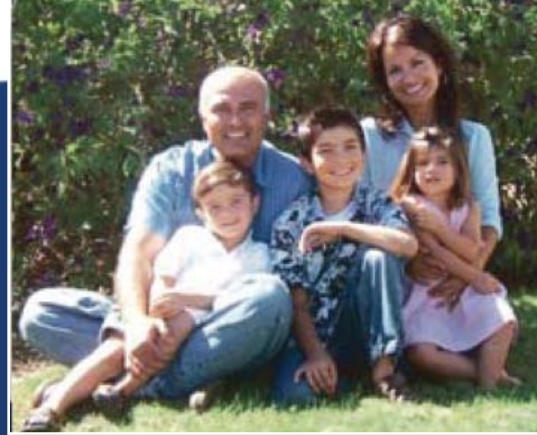


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Putting on the Dog

Bow-Wow Beauties SSPCA Fundraiser



Sonny Boy Burton. Photo courtesy Kay Burton.

By Kay Burton

GOLD RIVER, CA (MPG) - Kay Burton's Bow-Wow Beauties will hit the doggie runway on Saturday, September 6th at

11:00 a.m. in Gold River next to Hallmarks.

Dave Bender of KOVR Channel 13 will be a guest emcee for the event. Anything can happen when dogs

dressed in canine fashions model their fancy duds.

Bel Air's Store Director, Karen Brodovsky, will again sponsor a Hot Dog stand at a discount. Big Valley's CEO, Linda Sweet, will also sponsor this event.

Western Feed of Gold River is in partnership with Alpha K9, service dogs for people with PTSD (post-traumatic stress disorder). There have been 250 dogs placed with disabled Vets so far. Western Feed will have samples of Pet Food for the public.

Admission is \$5.00 for adults; children are admitted free.

Kay Burton originated the pet show and fundraiser eighteen years ago. For more details, please call 635-5590. ★

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

Local Soroptimists Donate Comfort Kits to WEAVE



The Comfort Kid kit is to give some comfort to the children, who many times, are forced to leave beloved toys behind as their mother leaves to find refuge with WEAVE. Photo courtesy of WEAVE

RANCHO CORDOVA, CA (MPG) - The Soroptimist International of Rancho Cordova and Gold River club recently assembled and donated to Women Escaping a Violent Environment (WEAVE) about 175 Comfort Kits and 75 Comfort Kid kits. The club made its first delivery of 50 Comfort Kits to WEAVE four years ago, "and with the incredible generosity of donors such as the employees of Franklin Templeton Investments, Cordova Church of Christ, American River Dental as well as Rancho Cordova residents, we have been able to grow the number of kits we produce every year and now we can also offer some comfort to the children who have also been affected by their mother's choice to reclaim her life and begin a better life with her children," said club president, Julie Schaffer.

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. The Comfort Kid kit is to give some comfort to the children, who many times, are forced to leave beloved toys behind as their mother leaves to find refuge with WEAVE. A Comfort Kid kit is a drawstring backpack containing a small

blanket, plush toy, coloring book and crayons as well as some personal hygiene items that will hopefully comfort the children enough so that their mother can focus on what she needs to do to begin a healthy new life for her family.

Megan Laurie, Manager of Events and Community Relations at WEAVE, stated in her thank you letter to the Rancho Cordova club, "In the past year, at our Safehouse, we served 171 women and 210 children for a total of 8,934 bed nights. These survivors of domestic violence or sexual assault often come to us with only the items they could carry as they left their house in a hurry or nothing at all. When they arrive to our home they are welcomed with not only safety but with your comfort kits. The comfort kits that you put together for WEAVE provide our clients with the basic essentials to get them started on their new journey."

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 & Gold River, please visit our website www.soroptimistranchocordova.org. If you would like to join our mailing list to be notified of future project volunteer opportunities or meetings, please sign up at www.LiveYourDream.org. ★

Source: Soroptimist International of Rancho Cordova



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One Jew’s Open Letter to the World

ISRAEL (MPG) - It has taken me some days to write down something coherent ... but this is how I feel tonight. I feel like I weigh 500 pounds. Everyone I know feels like they are walking through water. And sad. We are all so very, very sad. This is what I know right now, today:

The ugliness, the venom and sheer, violent hatred you are seeing in Paris, London, Berlin, LA, Boston, Denver.... this is just the beginning. We Jews are the canaries in the coal mine for all of humanity. Today, they are throwing bricks at synagogues and smashing chairs and saying “Kill the Jews.”

Today it is Israel, tomorrow it will be you. Maybe that is why everyone gets so disproportionately annoyed about this conflict. Because everyone knows after us, it gets real personal ...

Seeing these violent protests, hearing the sickening screams for death, we Israelis understand better than ever we must fight for every square inch and with all we have. It only matters that when the smoke clears Hamas is disarmed, destroyed, disabled and defeated. Forever.

Hamas. NOT the people of Gaza. I feel so very sorry for them. Sorry they were misguided and elected these lunatics. Sorry that in their desperation they allowed Hamas to fill the empty bedrooms next to their children’s room with rockets. Sorry that

their leaders have mansions and swimming pools and are sitting in air conditioning in another city while they are sweating and wondering where the roof over their houses went. Sorry that they have been brought up with no inkling of who Israelis are nor what compromise is.

Defeating Hamas will be a big problem for the power brokers because shame and honor are all that matter in this part of the world. Honor in the Middle East does not come from whether your children are literate, how successful you are, how much money you make, how civilized your community is. Here in this part of the world—for Hamas, honor comes from getting revenge. For them revenge is everything. For them revenge is the only thing.

Remember, we left Gaza. There was no blockade. They were free to build a model democracy—the first successful, shining taste of the new, proud Palestine. But they didn’t want that kind of success ...

There is another Gaza underneath Gaza. Hamas could have built hundreds of schools, paved thousands of roads, built hundreds of kindergartens with the cement and iron they have used to build these underground bunkers and tunnels (and you wondered why Israel put a blockade on bringing building supplies into the Gaza strip?).

These tunnels to hell are filled with ammunition. And no women or children, not a single elderly person is brought to safety there. They want them on the street - on the roof, nice and close to the terrorist firing the rocket.

Hamas asked for a cease-fire. And they broke it. They break every single one.

Israel is setting up a massive field hospital to treat our enemies. From 8 p.m. on tonight, there will be a working maternity ward, an operating theater ... a working hospital. For ... our enemies.

We are going to lose more boys. Last night we lost 13. With each day we are going to lose more. But everyone here now understands this is a fight to the death. It is them or us.

They cannot compromise, and they don’t want peace or to share or to negotiate. They want revenge even if it means killing their own people. So we have to go in there and do things none of us want to do, but we have to. So this is why we are all so sad. Israelis want peace so badly. But we also desperately want to live. We love life, and we are not about to let anyone, let alone a bunch of deranged thugs take it away from us. So yes, this is a fight to the death for both sides.

Remember, if they win, you are next. ★

Source: Liberty Counsel



LETHAL EATING

He’s an ER Doc, and he’s just about seen it all. The stories Dr. Bob Slay can tell you would absolutely slay you. I know...sorry! Couldn’t resist! Anyway, Dr. Bob battled with his own issues like weight control. So he and wife, co-author doctor wife, came up with some great ideas for weight loss in “The Battle Buddy Diet:” 2 Docs, 4 Weeks,

Victory. But what caught my attention is his list of 12 lethal foods we should never eat. I’d like to survive my eating habits in order to try the diet. So here are the foods that should be on our ‘no-no’ list.

1. NO FLOUR or any bread products made from processed grain. If the ingredients include the word flour, don’t buy it.

2. NO “BAD FATS such as beef, pork, or any type of mammal meat (except game meat). If it has fur, eyes, and a mother, don’t eat it. And do not eat it if it has feathers and comes from an egg.

POPPOFF!

with Mary Jane Popp

- 3. No fast food almost Never!** If you are forced into a fast food joint, look for a low or no fat salad with low fat vegetable oil dressing, or balsamic vinegar.
- 4. NO DAIRY FAT.** No dairy products. Sorry about the ice cream. Dairy fats are lethal fats.
- 5. NO FRIED FOODS** of any type and that especially includes: the so-called ‘vegetable’ French Fries. Deep-fried anything, tempura, pan fried foods, donuts, funnel cake, hash browns, and fried seafood are absolutely lethal.
- 6. NO BAKED GOODS.** Watch out for the low fat muffin or the fat-free cookies. They frequently have high carbohydrate load, flour, sugar and highly caloric. Crackers, cookies, pretzels, cupcakes, and baked chips are lethal.
- 7. NO SUGARED SOFT DRINKS OR FRUIT JUICES.** They are high in sugar (20 grams) or fructose and sodium and have lots of empty calories.
- 8. NO ALCOHOL OR STRICTLY LIMIT INTAKE** to two ounces a day or less and make it red wine.
- 9. NO ANIMAL FAT, SATURATED COOKING OILS** especially lard and butter, high in saturated fats. Avoid coconut oil, peanut oil, and corn oil.
- 10. NO MILK, EVEN FAT-FREE** since it contains a high carbohydrate and sugar load (12 grams), in an 8 oz glass, and is highly caloric (90 calories).
- 11. NO WHITE RICE OR WHITE POTATOES.** Use brown rice and yams instead.
- 12. NO SWEETS, CANDY OR PASTRY DESSERTS** including : milk chocolate (mixed sugar and milk), candy, crepes, pies, cheese cake, fruit tarts, pastries, fruit cobbler, ice cream, and the ubiquitous donut holes.
- Any food made with sugar is not needed by your body. Sugar is super lethal and directly linked to the development of diabetes and obesity. **NO SUGAR EVER!!!**
- Now I have to be honest with you. My first thought is **WHAT’S LEFT !!!#?!?** The good Doc is also a stand-up comedian, and I hope some of this was tongue and cheek, but I have a suspicion, he really means it. Anyway, that’s what he told me and so I’m passing it on. You can find out more information at www.battlebuddydiet.com. He is also the spokesperson for LAUGHMD because he believes laughter brings healing to hospital patients. Now he’s talking my language. *Keep a smile on your face and do the BEST YOU CAN!!! STAY WELL!* ★

Deadheading at Daybreak at the Old City Cemetery

SACRAEMTNO, CA (MPG) - Come join us in the beautiful Old City Cemetery’s Historic Rose Garden on Saturday, August 16, at 7:30 a.m. for an early morning hands-on event (late risers are welcome). Stay as long as you like. We will be removing spent blooms from the many rosebushes and tidying up the garden which encourages repeat blooming of the roses in our treasured Historic Rose Garden.

Bring your own gloves (otherwise

they will be provided). Tools and training will be provided and coffee and pastries will be served.

Workshops are free, however, donations are appreciated and go towards the restoration and preservation of the roses and cemetery artifacts.

The cemetery is located at 1000 Broadway, Sacramento. Free parking is available in the lot at 10th & Broadway, across the street from the 10th Street entrance. For more

information, call (916) 448-0811 or 916-264-7839.

The mission of the OCCC is to join hands with the community to restore, beautify, preserve, and protect the Historic City Cemetery, while maintaining access by descendants of the deceased, and to provide educational services to all visitors to the Historic City Cemetery of Sacramento. ★

Source: Old City Cemetery Committee, Inc.



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Greater Sacramento Young Republicans Announce Endorsement of Doug Ose for Congress

RANCHO CORDOVA, CA (MPG) - The Greater Sacramento Chapter of the California Young Republican Federation announced today its endorsement of Doug Ose for Congress. The endorsement comes just weeks after the club endorsed Doug Haaland in his campaign for Assembly District 8.

Ose is running in the 7th Congressional District, which includes the communities of Elk Grove, Folsom and RanchoCordova in east Sacramento County. The 7th Congressional District largely overlaps with Assembly District 8 presenting the club with a unique opportunity to impact two critical races in the election.

The Board of Directors for the Greater Sacramento Young Republicans voted unanimously to endorse Ose and will immediately begin planning precinct walks and phone banking events to support the Ose and Haaland campaigns.

“Doug Ose will bring a unique combination of practical experience as a business owner and political knowledge to Congress,” said Adam Ellison, President of the Greater Sacramento Young Republicans. “The 7th Congressional District deserves a representative that reflects the principles of voters and understands the challenges the district faces. Ose has a strong record of supporting local

issues and conservative values so we are excited to have the opportunity to impact this important race.”

Individuals interested in joining the Greater Sacramento Young Republicans in its efforts to support the Ose and Haaland campaigns can email: sacramentoyoungrepublicans@gmail.com.

The California Young Republican Federation of Greater Sacramento is the sole official and chartered chapter of the California Young Republican Federation representing young conservatives ages 18-40 throughout Sacramento, Yolo, and El Dorado counties. ★

Source: Nick Kump



By Gold River Resident Jodie Barringer Myers

The wounds are still fresh. It still stings. It was made clear to me on July 4th that I am a bonafide Loser—with a capital L. (Place your right thumb and index finger in the shape of an L in the middle of your forehead and look in the mirror now.)

Admittedly, Chuck and I kind of futzed around the weeks preceding the Fourth of July. We weren't proactive in making any plans on one of the most fun, sunny, carefree holiday weekends on the American calendar. We languished in hope and optimism that we'd get an invitation to go, like, to Northridge Country Club, or Tahoe, or Carmichael, or down the street, to celebrate with friends and eat barbecued hot dogs and hamburgers and drink adult beverages and watch spectacular fireworks.

The phone never rang. No “Are you guys free to go with us to Tahoe for the Fourth?” calls. Zero texts like: “Do u guys wanna come down 4 a bbq?” Nada. As that big fat number four on the calendar drew nearer and blaringly glared at us, the silence between us Empty Nesters was deafening. I can't speak for my husband, but I was kind of mortified.

I get that our daughters will never darken our doorstep. Newport Beach and Portland on the Fourth will trump time spent with the parentals in the River of Gold every time. I understand all that. And let's see: the Bs were headed with the Zs to Graeagle; the Hs were in Hawaii; the Es were en route to Tahoe; and the Fs were on their way to Oregon. And the Myerses of Gold

L is for Loser

River? We were smack dab at the intersection of Desperation and Embarrassment.

Late on the evening of the third, though, Chuck's cell phone rang. The Rs of El Dorado Hills asked, “Hey, are you guys available to meet up at the Folsom Rodeo and see some fireworks tomorrow night?”

Chuck's quick reply was, “Sure! We'd love to. It's been too long since we've gotten together!”

Whew! We had been invited somewhere. A sense of relief washed over me. Gratitude filled my every pore. Thank you, R's, for reaching out to us – even if we were, obviously, your Z-Lister friends, the ones that are way down low on your invitee list.

Chuck had a stellar idea. “Let's go to Mikuni first, just you and me, and then we'll drive up and meet them.” Great plan. Done.

Ecstatic, excited and no longer red-faced with embarrassment, we set out for sushi a deux prior to what promised to be a fun/friends/firework-filled evening. As we were in the middle lane ready to turn left into Mikuni's parking lot, we were accosted by the appearance of a vast, empty parking lot, void of any living beings.

“Are you kidding me? Mikuni's can't be closed!” We were in shock, filled with disappointment. “I cannot believe it!” It never even occurred to us that it would be closed.

Certain that other more business-savvy restaurants would be open, we decided to head up to El Dorado Hills Town Centre. “I bet all the restaurants up there will be open,” I said. Again, we drove into a black crater of inactivity, with nary a human in sight.

Right then, Mr. R. called from the Folsom Rodeo. “Chuck, I don't think tonight's going to happen. We've been waiting in line for 30 minutes, and they're

telling us they're sold out for the fireworks. So I think we're going to just go home and barbecue with our neighbors.”

Alrighty then...

Have you ever experienced that feeling of acute loneliness and loser-ness, when you feel like everybody else in the world is at that very moment laughing and having fun ... but you?

“Baby, we're Losers,” I said. I had to laugh to keep from crying.

Ever the optimist, Chuck suggested we go back through Old Folsom. “Maybe Hacienda will be open.”

Well, Hacienda was not open, nor was any other restaurant in Old Folsom, except for one. And it was chock-full of other Losers. Just like us.

Hampton's on Sutter is the name of the restaurant. Now that is one customer-oriented, very smart business! (Well, either that or they're dumber than a box of rocks for making their now-disgruntled employees work on a night when every other restaurant in town let their employees enjoy the summer holiday.)

Anyway, so we put our name on the Losers-in-waiting list. We ordered a beer/wine, consoled and commiserated with other fellow Losers, and waited for “Myers, Party of two” to be called. And you know what? We had a pretty delicious meal at a great table, on a quaint deck, overlooking charming Sutter Street.

We survived, actually enjoyed, and later laughed at our quiet, ill-fated, not-a-firework-to-be-seen Fourth of July holiday.

So yeah, L is for Loser—and also Lesson Learned. You can bet that next year we'll be hinting around for a Fourth of July invitation starting the day after Easter. ★

Jodie Barringer Myers's email address is jbthin-mint@hotmail.com.

Hash Oil Explosions on the Rise

Continued from page 1

into a wax-like substance when the butane fully evaporates.

The recent BHO phenomenon is sweeping the United States, especially in states where marijuana is completely legal or partially legal due to medical marijuana laws. BHO production is relatively cheap and simple, and the resulting product is more valuable by weight than marijuana. In Sacramento County, the District Attorney's Office has prosecuted more than a dozen manufacturing cases in 2014. The year has seen multiple explosions and fires caused by the manufacturing process. In January, an explosion inside a Rancho Cordova apartment complex resulted in the lengthy hospitalization of two people and the displacement of over 140 others, including many children, for two days. In March, an explosion inside an Arden Arcade home resulted in major fire damage to the structure. Two children ages six and two were lucky to escape the fire, although

their pet dog perished. In May, a south area home was completely destroyed after an explosion and fire gutted the inside; a firefighter suffered burn injuries while battling that blaze. Earlier this month, a Wilton area home was burned after an explosion led to a fire in the kitchen area. Two children ages three and five were fortunately not home at the time, but they too lost their pet dog as a result of the fire.

Each of these fires was completely preventable as each was directly caused by people manufacturing hash oil. The explosions and fires that commonly result cause enormous property damage; severe burns; and permanent disfigurement to those engaged in making the hash oil, innocent bystanders, and first responders.

The manufacture of Butane Hash Oil is illegal in California. There is no defense under either Proposition 215 (the Compassionate Use Act of 1996) or the Medical Marijuana Program of 2003. Manufacturing hash oil is a felony and is punishable by up

to seven years in a county jail. If a fire is caused, arson related charges may be brought which can result in a state prison commitment. If someone is seriously injured as a result, an additional three years in prison is possible. If children are present, child endangerment charges are likely. If someone dies as a result, homicide charges can be brought.

Those contemplating making hash oil should be aware of the extreme danger involved, that it remains highly illegal, and that it is unaffected by the state's medical marijuana laws. Those suspecting someone of making hash oil should contact law enforcement and evacuate the area immediately.

The District Attorney's Office is committed to stemming this dangerous threat to people and property in our community and will continue to aggressively prosecute BHO manufacturing and related crimes. ★

Source: Sacramento County District Attorney's Office

CDPH Warns Not to Use Certain Tattoo Products Due to Risk of Infection

SACRAMENTO, CA (MPG) - Dr. Ron Chapman, director of the California Department of Public Health (CDPH) and state health officer, warned consumers not to use White & Blue Lion tattoo products because testing has found microbial bacterial contamination in both the inks and needles. Use of the contaminated inks or needles may result in bacterial infection and can lead to sepsis, a potentially life-threatening complication of an infection. One illness has been linked to the affected products at this time.

White & Blue Lion, Inc. of City of Industry, California, is voluntarily recalling the following varieties of tattoo products: Tattoo Ink, Tattoo Needles, and Tattoo Kits incorporating tattoo ink and needles. These products were distributed by White & Blue Lion and sold separately by 8Decades and White & Blue



Consumers are warned not to use White & Blue Lion tattoo products because testing has found microbial bacterial contamination in both the inks and needles. Photos courtesy of www.fda.gov.

Lion, Inc. online. Product labeling on the Inks indicate a “Best if used by date” of “16/12/16” (December 16, 2016). The recalled products were sold separately and in kits by 8Decades and White & Blue Lion, Inc. through www.amazon.com.

Consumers in possession of the recalled products should discard the products following acceptable biohazard and sharps disposal methods.

CDPH recommends that consumers experiencing any ill effects after use of these products should consult their health care provider.

Consumers who observe the product being offered for sale are encouraged to report the activity to the CDPH toll-free complaint line at (800) 495-3232. ★

Source: California Department of Public Health

Governor Brown Announces Appointments for July

SACRAMENTO, CA (MPG) - Governor Edmund G. Brown Jr. recently announced the following appointments.

Michael Erickson, 70, of Gold River, has been appointed to the California Board of Psychology, where he has served since 2010. Erickson has been a clinical and forensic psychologist in private practice since 1980. He was assistant clinical professor of psychiatry and clinical instructor at the University of California, Davis School of Medicine from 1987 to 2003 and clinical psychologist and acting director for the Eskaton-American River Mental Health Center from 1975 to 1980. Erickson was a management psychologist at the Weyerhaeuser Company from 1973 to 1975 and served as a Peace Corps volunteer in Colombia from 1965 to 1967. Erickson earned a Doctor of Philosophy degree in clinical psychology from the University of Oregon. This position does not require Senate confirmation and the compensation is \$100 per diem. Erickson is a Democrat.

Daniel Curtin, 66 of Carmichael, has been appointed to the California Water Commission, where he has served since 2010. Curtin has been director of the California Conference of Carpenters since 2001, where he was a legislative advocate from 1987 to 2001. He was chief deputy director at the California Department of Industrial Relations from 1999 to 2001. This position requires Senate confirmation and the compensation is \$100 per diem. Curtin is a Democrat.

Patricia Kinnard, 63, of Sacramento has been appointed special assistant to the Office of

the State Librarian. Kinnard has been a staff services analyst at the California State Library since 2008, where she was an office technician from 2005 to 2008. She served as an executive secretary at the California Department of Transportation in 2007 and was a clerk at American River College from 2004 to 2005. Kinnard was a librarian at Cordova Garden Elementary School from 2000 to 2005 and a library clerk at Cordova High School from 1999 to 2000 and at Peter J. Shields Elementary School from 1995 to 1999. This position does not require senate confirmation and the compensation is \$58,848. Kinnard is a Republican.

Marta Green, 35, of Rocklin, has been appointed chief deputy director at the California Department of Managed Health Care, where she has served as deputy director of communications and planning since 2012. Green served in multiple positions at the California Health and Human Services Agency from 2010 to 2012, including associate secretary of media relations and assistant associate secretary of health care reform. Green was assistant director of external affairs at CaliforniaVolunteers from 2007 to 2010 and was acting assistant associate secretary at the California Health and Human Services Agency from 2006 to 2007. She was a senior information officer at the California Department of Rehabilitation from 2005 to 2006 and served in multiple positions at the California Department of Transportation from 2000 to 2005, including information officer and right-of-way agent. This position does not require Senate confirmation and

the compensation is \$124,872. Green is registered without party preference.

Kimberly Delfino, 46, of Sacramento, has been appointed to the California Water Commission, where she has served since 2010. Delfino has been California program director at the Defenders of Wildlife since 2000. She was legislative director at the California Public Interest Research Group in 2000 and staff attorney at the U.S. Public Interest Research Group from 1997 to 2000. Delfino was an associate attorney at Meyer Glitzenstein and Crystal from 1994 to 1997. Delfino earned a Juris Doctor degree from the University of the Pacific, McGeorge School of Law. This position requires Senate confirmation and the compensation is \$100 per diem. Delfino is registered without party preference.

Anthony Saracino, 55, of Sacramento, has been appointed to the California Water Commission, where he has served since 2010. Saracino has been a water resources consultant since 1995. He was principal at Saracino and Mount LLC from 2012 to 2013 and was California water program director at the Nature Conservancy from 2005 to 2012. Saracino was principal at Schlumberger Water Services from 2001 to 2005 and president of Saracino-Kirby Inc. from 1999 to 2001. He is a member of the Water Education Foundation. Saracino earned a Master of Science degree in geology from Colorado State University. This position requires Senate confirmation and the compensation is \$100 per diem. Saracino is a Democrat. ★

Source: The office of Governor Edmund G. Brown

Kevin Kitrell Ross
Senior Minister/CEO
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A Day That Will Change Your Life

By Sal Arrigo, Jr.

One minute, life is going along as it usually does. The next, you get a call that will change everything: Mom has Alzheimer’s.

You may be thinking that this kind of situation happens to other families, not ours! Your life, and that of your family, has changed in an instant. Whether you realize it or not, you may be on the way to becoming a caregiver. There are more than five million Americans living with Alzheimer’s disease, and the cost of care provided by unpaid caregivers was estimated in 2013 to be 220 billion dollars, according to the Alzheimer’s Association.

I was recently given a copy of the “Caregivers Bill of Rights,” and among the many important things contained in it is this: take care of yourself! A caregiver who is exhausted and isolated is no good to anyone, and is far more likely to develop a serious illness or die while being a caregiver. Consider creating a checklist where you can keep track of your emotions. Are

diet? Drinking a little too much alcohol? What physical exercise are you getting? Are you attending any support groups? The importance of support groups to individuals and families cannot be overstated! These groups are great places to tell your story without anyone judging you, and you will undoubtedly pick up good care giving tips from those who have already walked this path.

Doing some reading about Alzheimer’s disease may prove enlightening: the more education you have on the subject, the more likely you will be to ask the right questions of medical personnel, and more importantly, be able to locate the resources to help you cope. As time goes on, you may find that new caregiving challenges have arisen that are causing you more stress than ever before; if that happens, it may be time to seek out a counselor who can help you deal with the emotional issues of care giving. Unloading on a neutral party can help you take things one day at a time and learn constructive ways to live life while being a caregiver.



home, requiring you to find a quality assisted living facility?

Getting help, in even the smallest matter, is an important step as you become a more experienced caregiver.

In this region, there are many places to choose from, but do not be taken in by the “glamor” of the facility—in other words, being shown how attractive the place is by means of material goods is less important than the care your loved one will be given. Check into the nutrition program, recreation and social outlets, dispensing of medicines, transportation services and how many staff are on-duty at any given time. Visit them at different hours, and enlist some friends or family members to visit the same places and ask questions. Gather written information from each, and visit a minimum of four facilities. In addition, ask the personnel if they have been cited for any code violations and if a place suits the care that is needed. There are also websites that show any violations the facility may have been cited for by the state of California.

get back to a more normal lifestyle, and you’ll likely find your stress level is reduced. Although this is a major step to helping your loved one, there is still plenty of work that must be done as soon as reasonably possible. There are legal matters that need to be attended to.

If your loved one does not already have these matters taken care of, your next move is to secure the proper paperwork for health-care decisions, financial decisions as well as legal decisions. These are usually done simultaneously, as they do overlap in certain areas. There are healthcare directives that are necessary to complete so that someone is authorized to make health decisions on behalf of your loved one. Determine whether it will be up to you to follow their wishes or if someone else has been designated as the decision-maker. While you’re at this task, long-term contingencies also need to be considered, such as increased care or the selling of property.

Who is empowered to make legal decisions? It is recommended to seek the advice of an Elder Law attorney. This means an attorney that specializes in the issues that are common in this type of situation, and they are skilled in asking what your loved one needs in order

to protect assets. Like your other critical decisions, you should interview attorneys, check out their legal backgrounds and ask for referrals if applicable.

Many of your concerns can be answered by the professionals that I have mentioned. You may begin to feel your caregiving work is coming to an end when all the paperwork is signed and sealed. However, somewhere in your conversations the issue of end-of-life decisions will be presented to you.

Although it is not a popular subject to discuss around the dinner table, it is just as important as if you were planning a wedding. A wedding can often take up to a year of planning; however, when it comes to making final arrangements, we’d often like to avoid it altogether, as if talking about it will somehow result in hastening death.

Those feelings aside, death is something everyone will face, and the more knowledge a caregiver has and the more arrangements that are determined ahead of time, the better. Start by knowing the wishes of your loved one. Do they want a funeral and a viewing, or will it be a cremation? Is there a need for flowers and some music? Will there be a religious ceremony? What type of urn or casket will fulfill

your loved one’s wishes? So many decisions to be made, and just like a wedding, funeral arrangements also need to be planned, preferably well in advance. There are several advantages to this: payment for the prepaid arrangements can take place over time instead of in a lump sum; preplanning assures that your loved one’s wishes will be carried out just as they have instructed; and there will be no need for all these many details to be decided while the family is in the midst of grief over the loss of their loved one. Many people criticize the funeral industry for the expense involved in a funeral. Think about it this way—when you have to get an airline flight at the last minute, you don’t always have many options and it generally costs more than if you’ve had time to plan a trip in advance. The same is true of funeral planning. Planning ahead allows you much greater flexibility. It also can prevent family squabbles. Take the time to get this information along with the price list so you are educated.

If you are in a situation where you loved one can’t or won’t make the decisions for final arrangement, it is the responsibility of the caregiver (or the person who has the legal authority to make these decisions) to know what should be done. Look around; you may be able to gather the information you’ll need to plan an appropriate tribute. What is her favorite color? Is there any favorite music to incorporate into the funeral or memorial service? Was there a favorite scripture passage or a poem that relates to your loved one’s life?

Think about your own final arrangements for a moment. If you do not have any, do you want to wind up being dressed in the shirt you hate? Do you even want a funeral? Does your family know your wishes? There is no time like the present; do it while you are able to make your wishes known, to take action and write down what you want for your final arrangements. Don’t wait. ★

“Just like a newborn, the person in your care is dependent on you to make the correct decisions based on expert advice. Be honest with yourself: is the situation beyond the scope of care you can provide at home, requiring you to find a quality assisted living facility?”

you depressed? Not sleeping very well? Are you angry? Are you exhausted and feeling so overwhelmed that one more issue will make you “blow your top?”

Carving out time for your personal needs is essential. Do not feel guilty when you take time to renew your mental and physical being. Something as simple as taking an hour away to get a haircut or going for a walk can be amazingly restorative.

You have your work cut out for you, but do strive to have healthy outlets to keep your mind and body functioning properly. How’s your

Being a caregiver is an evolving work in progress and may last only a short time, or it may take place over the course of many years. I’ve mentioned only the basics here—even seasoned caregivers need refresher courses!

In the words of John Donne from 1624, “no man is an island;” this is especially true in regards to caregiving.

Just like a newborn, the person in your care is dependent on you to make the correct decisions based on expert advice. Be honest with yourself: is the situation beyond the scope of care you can provide at

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By Mark J. Cimino, CEO CiminoCare

Of all the things we might forget to do, by all means, don’t forget to use your long-term care insurance policy if you—or the person you care for—have one.

I have seen this happen more than a time or two.

Scenario One: your parents purchased a long-term care policy years ago, and they paid premiums all these years, but because records aren’t in order or communication about the policy hasn’t happened, the option of utilizing the policy to help cover the costs of care needed today is squandered, overlooked, and lost.

Scenario Two: Mom and Dad have had a long-term care policy in place for years, having paid many thousands of dollars in premiums over the years, but despite one or the other parent now needing care, the pervasive sense of denial —of admitting you or your family member is “needing help”—the policy just sits there collecting dust instead of doing what it was supposed to do: HELP! It was designed to help augment the care for the spouse or surrounding caregivers so that there is time to

Don’t Forget to Use Your Long-term Care Insurance Policy!

take care of the caregiver, so the caregiver can stay strong.

A TRAGIC WASTE OF MONEY: So, this happens often with both of the above scenarios. We have had both residents in our senior communities as well as home care clients whose parents finally agreed to access their long-term care policy for help. But unfortunately, the person passed away right as the policy was being accessed, or they passed away shortly after.

And let this be an opportunity for those who may be reading this who have not thought about securing such a policy. Nowadays, these policies have lots of options, and they even have different pricing points to make them fit into your budget. But the standard rule is, the younger you are when you buy it, the more affordable it will be. Also a general rule: If you wait until you need it to buy one, IT IS TOO LATE!

One of the great human needs is to leave a legacy. While many people think that means simply an inheritance, it means so much more. To me, it means getting the support you need and deserve so you can spend more quality time with the ones you love in the twilight years. For example, because of having a long-term care insurance policy, I know of a senior that was able to go on an extended trip and have a companion caregiver along in order to attend a great-grandchild’s wedding. But for the policy, she would have otherwise

not been able to attend. Hence, this great-grandmother was able to leave a piece of her legacy by simply being there, being part of the memories and her smile plastered in all the pictures for time immemorial.

So in review, what can we say? First, make sure when you acquire a long-term care insurance policy that you remember to discuss it with all your potential caregivers, such as your spouse, your children, and your extended family members so that everyone is aware that you have this in place. And second, resolved today that when you really need it, you will recognize your human propensity for DENIAL and give your circle of potential caregivers advance permission to HELP you by accessing the policy, be it for in-home care, senior day center care, or living in a long term care setting, such as an Assisted Living community.

Mark J. Cimino, is the Chief Executive Caregiver of CiminoCare, a Sacramento-based assisted living provider. Mark started in his caregiving profession at age six when he and his siblings would tag along as their mother visited her in home care clients. In addition to his job, Mark is actively involved in Rotary International. His interests include hiking and doing fun things with his three boys. Mark can be reached at mark@ciminocare.com



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“Serving the needs of Seniors”



By Gold River Resident, David Dickstein

GOLD RIVER, CA (MPG) - Sometimes something has to die for something else to live. Rivergate Shopping Center across Sunrise was on hospice care with a decaying 36-year-old Kmart as its anchor. But ever since the parent company euthanized what had been the area’s home of Blue Light Specials, life has been restored to the once-shabby strip mall.

With the first of three new retailers now open, folks from all over are checking out the new Rivergate. Sadly, you’re likely not one of them. Due to a disease common among Gold River residents, called “No Shopping Or Dining Across Sunrise Syndrome,” or “No SODASS,” only a few of you will ever experience the Rivergate renaissance. You may not have known it by name, but the affliction hits roughly 90 percent of all Gold River residents, according to the Centers for Snobby Disease Control and Prevention. That might make for an entire column in the future, so let’s just leave it that perhaps No SODASS caused Kmart to close in the first place.

Even if you never step foot in Rivergate Center, you’re definitely seeing the improvements – at least twice a day as you motor past the center on the way to or from the freeway or, more likely, In-N-Out Burger. Kmart’s demise has made way for the newly opened Sportsman’s Warehouse and, soon, Smart & Final Extra, and Pet Club.

Before you worry about our Bel Air Supermarket or Western Feed & Pet Supply losing customers, they’re immune to the new competition across Sunrise because of you-know-what. Even if Smart & Final has rump roast for \$2.99 a pound and Pet Club is selling the finest natural dog food at half price, the majority of Gold River will snub those stores.

Take Scooter’s for example. You know, that drive-thru coffee place near the front of Rivergate. Scooter’s probably brews up a decent cup of joe, and couldn’t be more convenient. But have you ever seen a customer there in the four months it’s been opened? I hear the franchise is

“Fool’s Gold” New World Across Sunrise



The just-opened Sportsman’s Warehouse across Sunrise Boulevard is a whole new world for the uninitiated. Photo: David Dickstein.

owned by a Gold River family, so once my Starbucks’ gift cards run out, I’ll give them a shot by giving me a shot – of Espresso.

Speaking of shots, I checked out the trigger-happy Sportsman’s Warehouse the other day. The store was busy for a weekday afternoon, but no other Gold River resident was there. How do I know? Because the store has an even-numbered address on Sunrise, for one thing, and I’ve never seen my neighbors wear camouflage as street clothes. They also don’t have arms covered in tattoos or engage in conversation about their latest kill. At Bel Air you make small talk with the checker about weekend plans, the weather, youth soccer. At Sportsman’s Warehouse, it’s about the latest in crossbow technology and the frustration over not having the proper-sized game bag while hunting for Rocky Mountain elk.

Listening to all the foreign conversation, surrounded by products I didn’t know existed, I realized how much of a fish out of water I was in there – so much that had I put on a drop or two of Atlas Mike’s Catfish-scented lunger lotion, every angler in the store would have mistaken me for the bewhiskered bottom-feeder.

Lunker lotion? Maybe I’ll need to turn in my man card for not knowing what that was before stepping foot inside this outdoorsman emporium with everything from ammo to Zebeo. You need animal urine? They’ve got a menagerie of bottles: doe urine, coyote urine, red fox urine, bull elk urine, cow elk estrus urine What in Duck Dynasty’s name is estrus urine? According to the package, it’s pee “collected fresh during the peak 24- to 36-hour breeding

cycle for maximum rut effectiveness.” So do hunters use this urine like cologne to attract male elks? Actually, I’d rather not know.

Even ordinary things are fascinating to one not of that subculture. You won’t find Good Housekeeping, Redbook and People on this store’s magazine rack. It’s got World of Firepower, Gun Digest and Predator Xtreme, which in the August issue has a feature on “Cat Setups that Work.” I don’t think they’re talking about scratching posts for Snowball.

Among the designer water bottles is one with a skull and crossbones that proudly reads, “Liberty or Death.” Not a gift for someone with a “Hillary Clinton for President” bumper sticker. The pet section has packages of feathers, both wild quail and wild pheasant, for hunting dog training. Bird carcass not included. Even the decorative thermometers in stock would make a card-carrying NRA member cry tears of joy; “Shootin deers & drinkin beers – that’s how I roll!” reads one, clearly exposing the writer’s lack of punctuation skills when g-dropping.

While I lost my appetite seeing all the taxidermy heads mounted on the walls, the target audience is eating them up, literally. Within the store’s 85,000 square feet is a food section for all your elk and bison summer sausage needs. The selection of jerky is also impressive, if you’re into that. But if you’ve been looking high and low for the line of Larry the Cable Guy snacks, you’re really in luck. They’ve got bags aplenty of all your favorite flavors of potato chips, including hard-to-find cheeseburger, biscuits and gravy and buffalo-style. Not a single Pringle or Lays to be found. Kmart, this ain’t. ★

The Search Begins for Abandoned Art



Artist Nancy Bagdanov with sweet art to abandon. Abandoned art pieces are easy to identify: the works have information on the back so finders can make contact with the artists and perhaps even send selfies and stories via email and Facebook, telling how they discovered their hidden treasures. All photos courtesy of the City of Rancho Cordova.

SACRAMENTO REGION, CA (MPG) - Look under that park bench ... is there a painting to be found?

What’s that sticking out from behind the potted plant at the coffee shop? Is it art?

That’s the sort of questions that will be asked across Sacramento and the world. Rancho Cordova Arts struck with Abandoned Art on Friday, July 31st. About 2,000 pieces of art have been stashed; most are in the Sacramento Region, but some are in other states and other countries.

The pieces of art are easy to identify: the works have information on the back so finders can make contact with the artists and perhaps even send selfies and stories via email and Facebook, telling how they discovered their hidden treasures.

An early placement was discovered in the National Gallery of Art in Washington, D.C., and according to instructions, an unidentified discoverer had a photo taken of herself holding the piece and sent it back to the artist. Some pieces will have RFID bar code tags which can be read by smart phones and will provide finders with a video. For a free

application to read RFID tags, go to gettag.mobi.

The brainstorm of artist Victoria Smith, The Highway 50 Artists, Monto Kumagai and Transmedia Mirage, and artist



An early placement was discovered in the National Gallery of Art in Washington, D.C., and according to instructions, the unidentified discoverer had a photo taken of herself holding the abandoned art and sent it to the artist.

Robyn Slakey, the Abandoned Art project is described as community performance art which promotes local artistic talent.

Art abandonments are not entirely new, but the explosion of social media has powered abandonment projects to new heights. Recent abandonments

of small amounts of cash in some American cities set off search frenzies.

How can art abandonment happen? Sometimes art is abandoned by being tied to the branches of trees, or scribbled on napkins at restaurants. The idea is to create a piece of art and leave it for somebody else to find and enjoy; the artist gives a gift of art ... and moves on. Finders can keep the art, or re-abandon it.

“The spirit of it is in keeping with the ‘random acts of kindness’ concept,” said Smith. “It brightens your day when you discover some art has been abandoned for you to find.”

Finders should send a selfie or correspondence to abandonedart2014@gmail.com or the Abandoned Art Project 2014’s Facebook: <http://goo.gl/S6FW9E> (case sensitive).

Who produced the art? “There are professional and amateur artists of all ages who are abandoning art for the community to find,” said Smith. “My latest count is that there will be more than 2,000 pieces abandoned.” Rancho Cordova artists are reaching out in a provocative and fun way. The mass abandonment will continue through 2014, Smith said. Other artists who want to get in on the action can continue to join up. To participate, artists should contact Smith at the email or Facebook address to get started.

A portion of the project is funded by Rancho Cordova Arts, a two-year old organization of artists who have formed a loose collaboration to support local art exhibits at Rancho Cordova City Hall, at public events, even a “Brushes and Brews” hook-up with the American River Brewing Company.

The visual arts group sponsors Plein Air art events and works hand in hand with the Rancho Cordova River City Concert Band and Rancho Cordova Civic Light Orchestra to nurture local artists and art activities, under the guidance of the Cordova Community Council.

“We think our Abandoned Art project expresses a lot about how we not only want to be a place where local art is supported and enjoyed, but a place where art happens,” said Smith.

Happy hunting! ★

Source: The City of Rancho Cordova

The War on Women?

By David Koenig

Listen to any Democrat or liberal these days, and since they have no agenda to run on for the mid-term elections and are doing everything they can to not talk about Obamacare, you hear the talking point that Republicans are waging a war on women. Whether it’s about the latest Supreme Court decision regarding contraception choices with Hobby Lobby or the far-reaching “gender pay inequality” issue, they want you to believe that the racist, homophobic Republicans want to return women to the stature of the caveman days. Unfortunately for them, facts have a funny way of messing with their argument.

Let’s start with the Hobby Lobby decision from the Supreme Court which has liberals and feminists all around the country screaming about the “5 old white guys in robes” taking away women’s healthcare rights. Hobby Lobby is a family-owned business that run their business on Christian principles and they filed a lawsuit against the United States over new regulations in the ACA that required employers to

cover emergency contraceptives or otherwise supporting abortion-causing drugs or devices. There are 20 different versions of contraceptives under the coverage in the ACA and Hobby Lobby only objected to 4 of those so anyone saying they were taking away women’s healthcare are just not being honest. I’m sorry but if you can’t find something out of the 16 offered contraceptives the company offers under their plan then go out and buy it on your own. Nobody is preventing you from doing that.

The 2 biggest whiners lately about the “gender pay inequality” issue have been President Obama and Hillary Clinton so let’s look at their record. The President’s own staff at the White House is in sharp contrast to his rhetoric. A study released shows that female staffers are paid, on average, 17% less than their male counterparts. Also, the President has been in office for over 6 years now and has not put forth a single proposal to address wage disparity for women. Hillary Clinton, meanwhile, is paid \$200,000 per appearance to make speeches. This is the same woman who claims that she and

President Clinton left the white house broke in 2000 even though she had signed a book deal for \$8 million, was making a base salary as a US Senator of \$186K and President Clinton having received nearly \$16 million in pensions and benefits from the federal government since leaving office. Is this really the person the left wants carrying the torch for gender-pay inequality?

Finally, one more irony from feminists on the war on women. The National Organization of Women (NOW) has released its “Dirty 100” list of groups that have opposed the Obamacare birth control mandate. Included on this list is the Little Sisters of the Poor which is a group of Nuns who operate homes in 31 countries where they provide care for over 13,000 needy, elderly persons, many of whom are dying. Former NOW president Patricia Ireland said “the group is trying to impose religious beliefs on employees”... said group being Catholic Nuns....maybe this whole war on women thing is real ... ★



Congressman Ami Bera

SACRAMENTO REGION, CA (MPG) - On Friday, August 1st, Congressman Ami Bera, M.D. voted against H.R. 5230, a partisan political ploy that is endangering the lives of thousands of children and jeopardizing the security of our nation’s borders. He offered the following comment:

“As a father, I’m deeply concerned about the young children, many of them girls, who are crossing our border alone and thousands of miles from home to flee violence, trafficking and persecution. This humanitarian crisis is an extremely difficult situation and we must ensure we have the resources needed to enforce our laws, while also treating these kids humanely. Unfortunately, today’s bill did not provide the support needed to make sure that case reviews

happen in a fair, timely fashion, and will just add a needless backlog. It also undercuts critical protections for vulnerable children.

We need real, bipartisan solutions, not political posturing, to handle this emergency, and I’m disappointed today’s bill didn’t offer any. The U.S. has an obligation to both protect our borders and screen and provide protection to children in need, and that means providing resources for judges, screeners, and legal representation. We also need to work to address the root causes to prevent similar humanitarian crises in the future. Finally, this situation reaffirms the urgent need for the House to act on the bipartisan comprehensive immigration reform the Senate passed last year, which would fix our broken immigration system and make major investments in border security.”

The past two years have seen a surge of unaccompanied minors from Central American countries crossing into south Texas – nearly 60,000 children have already entered the United States this year alone, and the number of girls and children under 12 is also rising significantly. This influx has exhausted federal resources and created a humanitarian crisis, as thousands of detained, unaccompanied,

children immediate assistance while their cases for asylum are being reviewed.

In addition to endangering children, the bill provides only one-seventh of the support requested to address the crisis at the border, a situation that Appropriations Committee Chairman Hal Rogers calls “dire.”

Congressman Ami Bera, M.D. represents Sacramento County. Born and raised in California, Bera is a physician and the only Indian American currently serving in Congress. He’s fighting to rebuild an economy that works for middle class families and to reduce our country’s debt in a responsible way. One of Bera’s first acts in Congress was to help lead the effort to pass the No Budget No Pay Act, which says if members of Congress don’t pass a budget, they don’t get paid. As a leader of the No Labels’ Problem Solvers, he’s working with people from both parties to find bipartisan solutions to our nation’s challenges. He and his wife Janine live in Elk Grove with their daughter Sydra. For more updates on Rep. Bera follow @RepBera on Twitter, like Congressman Bera on Facebook, or visit www.bera.house.gov. ★

Source: The office of Ami Bera

Big Savings with San Francisco CityPASS

By Judy M. Zimmerman

San Francisco CityPASS is a ticket booklet that gives you unlimited cable car rides plus admission to four must-see attractions at 47% off the combined admission price. This is a savings of \$74.90 per adult and \$41.90 for ages 5-11. And you can skip most ticket lines with the booklet.

In San Francisco, the CityPASS ticket booklet may be used at:

- *California Academy of Sciences*
- *Blue & Gold Fleet Bay Cruise*
- *Aquarium of the Bay (or the Monterey Bay Aquarium)*
- *Exploratorium (or De Young Museum)*

The California Academy of Sciences is the only aquarium-planetarium-rainforest-living museum where you can climb into the canopy of a four-story rainforest.

On a fully-narrated Blue & Gold Fleet Bay Cruise, you'll pass the Pier 39 sea lions and go underneath the Golden Gate Bridge and around Alcatraz.

At the Aquarium of the Bay you'll see eye-to-eye with sharks, be mesmerized by jellies, and explore giant tunnels surrounded by 20,000 marine animals.

At the Exploratorium along San Francisco's waterfront,

The California Academy of Sciences is the only aquarium-planetarium-rainforest-living museum where you can climb into the canopy of a four-story rainforest. Photo Credit: Getty Photos



On a fully-narrated Blue & Gold Fleet Bay Cruise, you'll pass the Pier 39 sea lions and go underneath the Golden Gate Bridge and around Alcatraz. Photo Credit: Getty Photos

there's a unique interactive museum dedicated to the excitement of experimentation and the power of play.

The de Young Museum showcases international art from all continents.

The CityPASS booklets are valid for nine consecutive days in San Francisco. Other CityPASS booklets are available for nine other U.S. cities as well as Disneyland and Universal Studios, Hollywood and SeaWorld in San Diego.

Tips for using the passes:

- *Avoid the long line at the Cable Car Turn-Around by boarding at least four stops above the turnaround.*

- *At the California Academy of Sciences weekdays are less crowded than weekends.*
- *Morning and late afternoon bay cruises are least crowded.*
- *Mornings at the Aquarium are least crowded.*
- *At the Exploratorium lines tend to be shorter on weekday afternoons and Wednesday evenings.*
- *Friday nights at the de Young Museum offers live music, hands-on art, yours, artist demonstrations.*

You can purchase tickets at www.citypass.com. Other CityPASS booklets are available for Atlanta, Boston, Chicago, Houston, New York City, Philadelphia, Seattle, and Tampa Bay. ★

Metro Fire and Ken Cooley Host Sidewalk CPR Taught at the State Capitol



In May, Metro Fire launched a program called Sidewalk CPR. This Hands-Only CPR training is open to all ages, takes only five minutes to learn, is easy to remember, and is free! Photo courtesy of Sacramento Metro Fire

SACRAMENTO REGION, CA (MPG) - Metro Fire has joined with Assemblyman Ken Cooley (D-Rancho Cordova) to host a Sidewalk CPR event on August 21, 2014 on the North Side Steps of the State Capitol.

In April, Metro Fire crews had the opportunity to reunite with three year old Mason, whose father had performed CPR after pulling him out of a backyard pool. Later that month, we met Ricky, the Assistant Manager of a store in Rancho Cordova, who started CPR on a shopper who had collapsed. Both of these patients not only survived, but are expected to make close to full recoveries. How is that possible? Because CPR was started immediately by somebody on scene, while paramedics were

en route. This early CPR completely changed the outcome, and the future quality of life, for both these patients and their families.

In May, Metro Fire launched a program called Sidewalk CPR. This Hands-Only CPR training is open to all ages, takes only five minutes to learn, is easy to remember, and is free! At our most recent Sidewalk CPR event, Metro Fire taught roughly 500 people how to save a life, with students ranging in age from two to seventy.

At the Capitol event, hosted by Assemblyman Ken Cooley, Metro Fire will be teaching Hands-Only CPR in six different languages: English, Spanish, Russian, Ukrainian, Vietnamese and Japanese. The event is open

to everyone. Bring your friends and co-workers and help us reach our goal of teaching 1,000 people how to Be Somebody's Hero!

"If I can learn how to save a life in five minutes, so can you," stated Assemblyman Cooley. "I am excited to be working with Metro Fire to teach this simple, yet priceless skill. I challenge my fellow legislators, business owners, community members, and neighbors to come out to the Capitol and learn CPR with us."

The event is Thursday, August 21st, 9 a.m.-1 p.m., California State Capitol, North Side Steps at 11th and L St. For more information, visit www.metrofire.ca.gov. ★

Source: Sacramento Metropolitan Fire Department

Thirty-four Recruits Promote to Probationary Firefighters This Week

MATHER, CA (MPG) - Metro Fire's newest firefighters have graduate from their 14-week fire academy. Of the 34 recruits, 20 of them have been working for Metro Fire as Paramedics since 2013. This Single Role Paramedic (SRP) program is a career pathway unique to Metro Fire, designed to give the next generation of Firefighters the opportunity to enter emergency medicine as Paramedics and EMTs, with the expectation they will promote to Firefighter/Paramedics when positions become available. The SRP Program launched in 2013, so this will be the first Academy class ever to see Paramedics successfully promoted to Firefighters.

The 14-week fire academy has been physically, academically, and emotionally grueling for recruits. They have been placed in intense situations and expected to perform, learning first-hand, what it means to "dig deep." Hundreds of hours were spent on the drill ground: throwing ladders, deploying hoselines, tying knots, and marching. They were required to meet time standards for donning turnouts and SCBAs. They have trained in live fire,



simulated collapsed structures, and learned countless other firefighting skills, while writing papers, taking tests, and being evaluated in EMS scenarios. Though required to start with a basic level of fitness, they have spent the first hour of every day doing intense fitness training, preparing them for the job of a firefighter.

Academy staff not only taught recruits the skills needed to be successful in their careers, but also instilled Metro Fire's core values of Integrity, Professionalism, Teamwork, and Service before Self. Drill

Master Ty Eidam frequently reminds the class, "Don't ever forget that you are public servants; be honorable, courteous and respectful at all times."

Metro Fire Academy Class 14-1 graduated July 3, 2014 at 6 p.m. at the Croatian American Cultural Center, 3730 Auburn Boulevard. After the recruits received direction from Fire Chief Kurt Henke, they took an oath to serve the public and begin their careers as Probationary Firefighters. ★

Source: Sacramento Metropolitan Fire District



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Mayhem Becomes A Mission



Mayhem Mike Farmers Market. Photo courtesy of Alona Thomas.

By Alona Thomas

A weekly trip to the farmers market is an absolute in our household. My husband has joined this Saturday morning routine, and we enjoy our shared adventure between the markets at Sunrise Mall and the Folsom Boulevard location. Each has their own unique offerings and each has favorites that we make sure we visit. Recently, at the Sunrise Mall market, we discovered Mayhem Mike's BBQ Sauces. There has been a long quest for a barbecue sauce that has texture, aroma and just the right sweet, tangy and smoky flavors. EUREKA!!



Creating Mayhem Mike's BBQ Sauce. Photo courtesy of Alona Thomas.

Aaron Rile is the owner of Mayhem Mike's, and his mission is "To provide great sauces with bold flavors and a rich complexity to satisfy the palate of any backyard griller". As a dedicated griller, he was not satisfied with any of the commercial barbecue sauces and began experimenting on his own. He was looking for just the right balance of smoke and sweet. His signature Smokey Sweet sauce was created and is now his most popular.

Mr. Riley's middle name is Mike, the origin of the brand. He loves rock music blasting in the kitchen as he stirs his 54 quart pot so the sugar does not burn, bringing the sauce to a rolling boil, creating the five base flavors. His style creating the sauces does resemble mayhem. The sauces range from mild to extra hot, and his Trinidad Torture, using the Scorpion pepper, was an award winner in the extra hot class. He has been perfecting the Whisky Sauce using Jim Bean as a base. That one is my next try.

Aaron had another mission when launching his business. Mayhem existed in his own life. He was a plumber, but due to an undiagnosed illness that has disabled him for twelve years; he was unable to provide for his family. He needed

to find a way to gain his own respect and fulfill his role. With the encouragement of his family and friends, he bottled his sauces and began selling them at farmer markets, fairs, and festivals. His full line of sauces is now carried at the Roseville Meat Company and the Orangevale Meat Shoppe. Recently, both Raley's and the Nugget Markets have made inquiries. His hope for the future is to have a BBQ restaurant where he can use his vast experience with smokers from the build-it-yourself drum style to the Weber. He described his "burnt ends" recipe using a beef brisket smoked for 12- 15 hours; it is cut into cubes and then put back in the smoker and smothered with the Smoky Sweet Sauce for one hour. I was drooling.

The Riley's are not new to the farmers market scene. His dad had the very successful Four Season's Jams and Jellies. He has retired to Oregon. You can check out the web site www.mayhemmikesbbqsauces.com or sample them at the Sunrise Mall market.

Alona's hobby is food and all the fun it brings. This includes discovering foodie gems, sharing travel adventures and pleasurable times. ★



SPOTLIGHT ON BUSINESS

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Ruth is licensed as an RDHAP, a Registered Dental Hygienist in Alternative Practice. What is an RDHAP? A Registered Dental Hygienist in Alternative Practice (RDHAP) has completed additional specialized education and training. RDHAP's hold a special California license which allows them to practice independently, providing preventive and therapeutic Dental Hygiene services.

Ruth earned her Bachelors Degree in Dental Hygiene and continued her education and training at University of the Pacific, Arthur A. Dugoni School of Dentistry-Center for Special Care in San Francisco. After successfully completing an additional state licensing exam, she received her RDHAP licensure. Ruth has over 15 years of dental experience.

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Ruth Redd, RDHAP Owner,
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Come See
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THE DROWSY
CHAPERONE
A MUSICAL WITHIN A COMEDY



'The Drowsy Chaperone' will again feature an all-star cast including Analise Langford-Clark - as Janet Van de Graaff, the star of Feldzieg's Follies. Debonair, dashing, and a matinee idol Robert Martin is played by Bernie.

The all-star cast includes Dan Slauson, as the Man in Chair - a mousy, agoraphobic Broadway fanatic, seeking to cure his "non-specific sadness".

Deane Calvin as the Drowsy Chaperone, the melo-dramatic diva to be reckoned with whom gleefully chews the scenery and steals just about every scene in which she appears.

The Drowsy Chaperone is a parody of American musical comedy of the 1920s. The story concerns a middle-aged, musical theatre fan; who as he plays the recording of his favorite stage show, the fictional 1928 musical, The Drowsy Chaperone, the show comes to life vibrantly onstage.



Directed by Bob Irvin, this musical is based on a book by Bob Martin and Don McKellar, music and lyrics by Lisa Lambert and Greg Morrison and score by Richard Adler and Jerry Ross. The show won the Tony Award in 2006 for Best Book of a Musical and Best Score. Fair Oaks Theatre Festival's production is choreographed by Sunny Smith, with Vocal Direction by Tracy Martin Shearer and Music Direction by Kirt Shearer.

For Further Information:
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