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Gold River Messenger

“Written by the people, for the people”

Volume 2 • Issue 9 *Serving Gold River and Sacramento County* September, 2014

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Local
Postal Customer

*****ECRWSS*****

Capital Airshow Returns!



(Above) No runway? No problem! Arguably, one of the greatest breakthroughs in aircraft technology, the unique Harrier jump jet is capable of vertical takeoffs and landings, providing the U.S. Marine Corps with mobility, flexibility and firepower. Don't miss the rare chance to see this remarkable aircraft show off!

(At right) Flying a beautiful Lockheed T-33 Shooting Star named "Ace Maker," Gregory "Wired" Colyer has been performing for Airshow fans since 2008. With big, sweeping turns and graceful aerobatics, fans are shown first hand the appreciation for this aircraft and its place in history as the U.S. Air Force's first operational jet. Come experience the wonders of the "Ace Maker!" All photos courtesy California Capital Airshow.com



Filled with aircraft, space artifacts, robots, flight simulators and more, guests at the California Capital Airshow (CCA) can watch demonstrations, participate in games and experience first-hand the clear relationship between aviation and aerospace, and Science, Technology, Engineering, and Math (STEM) studies in school. Kids will also have the opportunity to rub shoulders with men and women who have used their education to change the world. Airshow attendees won't want to miss spine-tingling F-22 Raptors, Harriers, and the Patriots Jet Demonstration Team while experiencing thrilling aerobatics, barnstorming, pyrotechnics, vintage aircraft, music, choreography, and so much more!

SACRAMENTO, CA (MPG) - The ninth annual California Capital Airshow (CCA), presented by Sacramento County, announced that discounted general admission tickets are now available for purchase at all SAFE Credit Union branch locations throughout the region in addition to the event's website. The Airshow will be held at Mather Airport on September

6-7th, 2014 featuring all things shiny, fast, and loud. Airshow attendees won't want to miss spine-tingling F-22 Raptors, Harriers, and the Patriots Jet Demonstration Team while experiencing thrilling aerobatics, barnstorming, pyrotechnics, vintage aircraft, music, choreography and so much more!

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Fire Chief Kurt Henke Announces Retirement

SACRAMENTO, CA (MPG) - Sacramento Metropolitan Fire District (Metro Fire) Fire Chief Kurt Henke informed the Board of Directors on August 14th he intends to retire in October after 33 years in the fire service. Subsequent to Henke's announcement, the Board approved a recommendation from its Executive Committee to conduct an internal search process among the ranks of Deputy Chief to select the next Fire Chief.

"I would like to thank Fire Chief Henke for his strong leadership during a period of significant challenges and transition for Metro Fire," said Board Vice President Grant Goold. "Chief Henke and his management team

have assisted this Board in enacting many innovative reforms to weather the worst impacts of the recession. While the steep decline in property tax revenue forced the closure of six engine companies, the reforms made to reduce our labor costs and long-term liabilities have allowed Metro Fire to emerge stronger in some respects than before the recession. Because there is more work to do to reduce costs and operate more efficiently, we will look for the next Fire Chief from the ranks of the Deputy Chief."

Henke joined Metro Fire in 2009 and has served as its Fire Chief since 2011. He began his career in the fire service as a volunteer with the Napa County Fire Department in 1981. He served in multiple ranks with the Vallejo Fire Department starting in 1985, serving as Assistant Fire Chief between 1998 and 2009.



Chief Henke joined Metro Fire in 2009 and has served as its Fire Chief since 2011. He began his career in the fire service as a volunteer with the Napa County Fire Department in 1981. He served in multiple ranks with the Vallejo Fire Department starting in 1985, serving as Assistant Fire Chief between 1998 and 2009.

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During Chief Henke's tenure, the Board of Directors approved measures that reduced labor costs by approximately \$9 million annually and the district's long-term liabilities by \$192 million. These measures included a 20 percent reduction in the base salary of the Fire Chief, a lower-tiered pension formula for new employees, and 12 percent required employee contribution to pensions. In addition, the cap on health benefits was lowered and contributions increased for both active and retired firefighters, with contributions used toward prefunding retiree

health benefits in the future. In addition, new employees must satisfy a 20-year vesting schedule for full retiree health benefits. Meanwhile, starting pay, educational incentives, sick leave accrual have all been lowered for starting employees. Wages for all employees have been frozen since 2008.

"Metro Fire is a much different organization than when I joined five years ago," said Henke. "I would like to thank the Board for its commitment to transforming the organization into a model of fiscal accountability. I am proud to have had the opportunity to take my three decades of experience in the fire service to help

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Capital Airshow Returns!



Continued From Page 1

“Did you know that a weekend at the Airshow provides families with a greater return on investment value than most theme parks and sporting events in our region? With an Airshow ticket, fans are provided seven and a half hours of family entertainment for \$20.00 or less per person,” said Darcy Brewer, executive director of the CCA. “If

(At left) The Lucas Oil Parachute Demonstration Team debuted their performance in 2013 on the air show circuit and have taken the industry by storm ever since! You won’t want to miss the skydiving performances of this skilled three-man team as they open the Show with the American Flag parachute jump followed by a series of breathtaking jumps later in the Show. It will be the first time the team has performed in Sacramento and we can’t wait to see how they light up the Sacramento skies! All photos courtesy California Capital Airshow.com



In an amazing display of formation and aerobatic flying, the Air Force Heritage Flight Foundation will bring its homage and artistry to the skies over Sacramento. Paying tribute to both past and present, with two of the most iconic fighters in our nation’s history, the P-51 Mustang and F-86 Sabre Jet, flying along side the F-22 Raptor, the Heritage Flight honors the US Air Force as we remember those who fought and died on the wings of these amazing machines, now and forever.

you plan ahead, a family of four can purchase our Family Four Pack for just \$50.00! Where else can you purchase family entertainment for that many hours? And once inside the gates you’ll be amazed at the plethora of entertainment on the ground and in the sky!”

The Show will also showcase “Stars & Stripes Forever,” a salute to veterans and the greatest generation. Attendees will step back in time with an authentic theatrical production featuring professional military re-enactors, a parade of vintage warbirds, tanks, live USO-style music, costumes, and pyrotechnics. 2014 is the 70th anniversary of D-Day, and this colorful and emotional tribute will be a fitting way to honor one of the most important events of the 20th century while showing gratitude to the men and women who serve and sacrifice in order to provide the freedoms we all enjoy today.

There is so much to see and do inside the gates at Mather Airport! If you haven’t been to the Show in a couple of years, you are in for a real treat. Aerojet Rocketdyne’s LaunchPad, the Kid’s Zone and SAFE Credit Union’s DREAM BIG Pavilion all seek to combine the love of games and technology with real world application. Filled with aircraft, space artifacts, robots, flight simulators and more, guests can watch demonstrations,



The aerobatic performance by Mike Wiskus, sponsored by Lucas Oil, is a tightly choreographed energetic, awe-inspiring routine in a Pitts S-1-11b. This high-flying action along with the Lucas Oil Parachute Demonstration Team is a sight to behold! Mike’s enthusiasm and willingness to share his aviation experience with people around the country is nothing short of contagious!

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**Publisher,
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Gold River Messenger

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Legends Come to Life at the Circus

SACRAMENTO REGION, CA (MPG) - Behold the living legends! Children of All Ages will believe in the unbelievable with the all-new circus spectacular, Ringling Bros. and Barnum & Bailey Presents LEGENDS, coming to the Sacramento's Sleep Train Arena September 12-15 and Stockton Arena September 19-21, 2014.

This all-new edition unites iconic circus stars with living mythological creatures in a celebration of the legends that have captured imaginations for centuries. Ringmaster Johnathan Lee Iverson guides Paulo, the Legend Seeker, on his quest to discover real living legends from around the world and presents Paulo's fantastic discoveries to circus fans everywhere.

"Ringling Bros. and Barnum & Bailey is where legends live, and we constantly ask our audiences to believe in the unbelievable. For this edition we've combined a number of mythical themes and stories into a lavish produc-



An hour before show time, families can come to the arena floor and participate in interactive, up-close circus experiences, the All-Access Pre-Show and the brand new Ringmaster Zone. Free to all ticketholders, the All Access Pre-show allows circus fans to learn juggling and balancing skills, meet the performers of The Greatest Show on Earth, get autographs, take photos, and enter to win a one-of-a-kind Pachyderm Painting.

tion of sight and sound unlike any show we have ever created," says Producer Nicole Feld.

Mythology meets reality as Paulo



"We searched the world for the best of the best and put them together in an unforgettable show," says Producer Alana Feld.

encounters the wondrous Pegasus and the amazing Unicorn. Circus legends such as big cat presenter Alexander Lacey; the Riders of the Wind Cossack

"PT Barnum put his show on rails in 1872. Ringling Bros. first traveled by train in 1890. The tradition continues, and today Ringling Bros. owns two of the largest privately owned trains in the U.S., each over 50 cars long."

horsemen; and motorcycle daredevils, the Torres Family, all come together along with a cast spanning 25 countries in a spectacular production. Experience magnificent Asian elephants, a twenty-

acrobat troupe perched atop only a pair of bicycles, and a never-before-seen double-wide, high-flying trapeze act.

"A legend is something so magical and larger than life that once you see it, you never forget it. The talent in this show is unprecedented and embodies the name Legends," says Producer Alana Feld. "We searched the world for the best of the best and put them together in an unforgettable show."

The extraordinary talent that can only be seen at Ringling Bros. Presents LEGENDS includes: Alexander Lacey's legendary mixed cat display; The Riders of the Wind, speeding daredevil Cossack riders; Thehe fearless Torres Family on speeding motorcycles inside the Globe of Steel; An elite super-group of high-flying trapeze artists from the U.S., Brazil, Venezuela and Mexico, The

Solar Hawks; The Chinese National Acrobatic Troupe from Beijing; and The elegant choreography of the Jade Statues.

There is also a heartwarming presentation of showmanship with an animal menagerie ranging from ten to 10,000 pounds: the treasured Ringling Bros. Asian Elephants, North American rescue dogs, donkeys from Europe, pigs from Asia, llamas from South America, kangaroos from Australia, and a special surprise...Woolly the Mammoth.

An hour before show time, families can come to the arena floor and participate in interactive, up-close circus experiences, the All-Access Pre-Show and the brand new Ringmaster Zone. Free to all ticketholders, the All Access Pre-show allows circus fans to learn juggling and balancing skills, meet the performers of The Greatest Show on Earth, get autographs, take photos, and enter to win a one-of-a-kind Pachyderm Painting.

★
For the national tour schedule and to find out more about Ringling Bros. and Barnum & Bailey Presents Legends, visit www.Ringling.com and follow us on Twitter @RinglingBros and @NicoleFeld.



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By Kay Burton

Gold River residents, Ron and Mary Walker, lost their 16 year old precious Yorkshire Terrier, Phoebe, in March. They quickly began a lengthy search to replace their beloved companion.

They found the perfect puppy through the Yorkshire Terrier Club of America. The YTCA members are breeders of champion show dogs. The Walkers drove to Sparks, Nevada and were able to purchase a 3 month old little puppy who is cute and perky as can be.

The Yorkshire Terrier is a small dog breed of terrier type,

A Cuddly Bundle of Joy

developed in the 19th century in the in county of Yorkshire, England, to catch rats in clothing mills, also used for rat-baiting.

The Walkers named this 2.8 lb. furry female Izzi to match her energetic personality.

Izzi was raised with 16 other Yorkies so she so she is very used to other dogs. Her mother, named Breeze, and father, Mick, are champions with the father recently winning Best of Show.

Izzi exhibits superb genetic with good examples of stance and posture. She is black and tan now, like all Yorkie puppies, but will turn silver like her parents as an adult.

She now has the puppy “rascal” behaviors with chewing and getting into trouble like chomping bark and leaves, chewing paper, grapping socks, etc. Izzi is attending Puppy School and is learning to properly walk on the leash. Her family is teaching her tricks. She can fetch a ball and bring it back to them.

When she gets her AKC



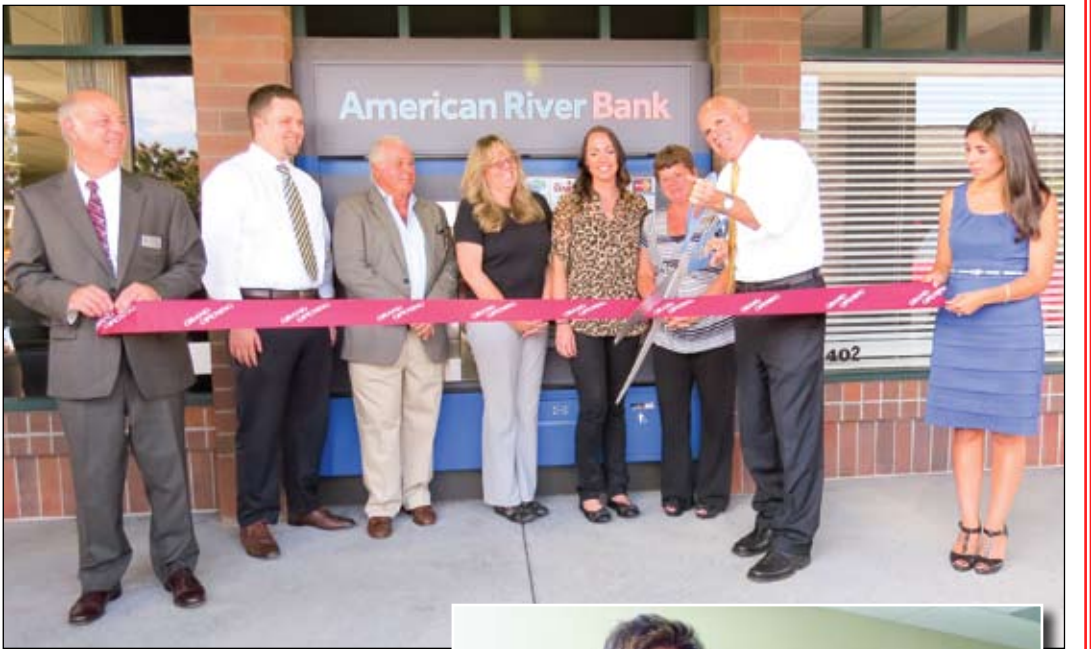
certificate she will be registered as Izzi Bella Under the Tuscan Sun.

Izzi is definitely loving, loyal and already attached to her new family. Izzi has agreed to participate in the upcoming “Bow Wow Beauties” Fundraiser to support the SSPCA.

This event will be held Saturday, September 6, at the Hallmark location in Gold River.

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

Ribbon-Cutting Ceremony at American River Bank



Above: American River Bank kicked off a week-long celebration with a ribbon-cutting ceremony hosted by the Rancho Cordova Chamber of Commerce. Clients, friends, and fans of the bank were treated to live music, and delicious food and beverages catered by Zinfandel California Cuisine.

Mitchell Derenzo CFO was all smiles at the Ribbon Cutting Ceremony along with Tony Kwiatkowski, one of the original founding members of the American River Bank, Dr. Roger Taylor; Tracey Weems; Ashley Honeycutt; Dawn McMillan; President and CEO David Tabar; and Michelle Barber, Assistant Vice President Client Service and Branch Manager.

Photos courtesy American River Bank.



Above: Gary Crewal, owner of the Fair Oaks Quik Stop convenience store and his son, Jaijit Singh, enjoying the festivities along with Corporate Communication V.P. Diana La Point and Assistant V.P. Client Service Manager Michelle Barber.



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Northstar Celebrates Opening With A Ribbon-Cutting



Summerset Assisted Living Managing Members Neil Heuttenhain and Rick Beasley, Northstar Senior Living CEO Rick Jensen, Northstar Rancho Cordova Executive Director Deborah Pontynen Godt, and others with take part in the ribbon cutting and Grand Opening ceremonies.

RANCHO CORDOVA, CA (MPG) - Northstar, the city’s first large-scale assisted living and memory care community, celebrated its grand opening with a huge gala event which brought hundreds of local businesspeople, seniors and their families, and the entire Northstar staff together on August 14th.

Also attending the event were State Assemblymember Ken Cooley, Rancho Cordova Mayor Dan Skoglund, and Rancho Chamber of Commerce President Diann Rogers.

Staff team members provided tours of the thoughtfully

designed and richly appointed environment, which includes a baby grand piano and a cozy fireplace.

Excellent refreshments were provided, giving attendees an opportunity to sample foods prepared by the community’s Executive Chef.

The community is located at 2341 Vehicle Drive near Sunrise Blvd., providing easy access along the Highway 50 Corridor. The three-story building is comprised of 80,000 square feet, primarily living area as well as ample space for shared dining, recreation, and social activities.

Northstar Rancho Cordova, offering assisted living and memory care, is owned and developed by Summerset Assisted Living of Rescue, California. It is managed by Northstar Senior Living, headquartered in Redding, California. They provide experienced, caring, and ethical leadership to the assisted living and memory care industry, and currently delivers management and consulting services to 26 senior communities in the United States.

For more information about the community contact Denise Evans at (916) 799-7440. ★



By Sal Arrigo, Jr.

My good friend, Adrian Kissler, was an important person in my life. Adrian taught me the importance of looking at each day with one goal in mind – facing my challenges. If one challenge seemed too daunting, then I was urged to try a different approach, a new way of thinking. Adrian recently passed away and I will forever have many fond memories of him, but it was his zest for life that stays with me.

Adrian was the creator and builder of the ROPES Challenge Course, located in Grass Valley, CA. Designed by individuals who were tired of working the daily grind and who wanted to unleash their creative “juices” and to share with others, the course is for adventurers who want to push themselves to new limits, but it is also for the first-timer who needs a nudge to go beyond his or her comfort zone.

My Friend Adrian

A favorite quote of Adrian’s was, “When was the last time you did something for the first time?” ROPES offers you this opportunity; thousands of individuals, from the corporate world, local school districts or even SWAT police teams have ventured onto the course. I have visited more than 30 times with Sacramento State students and each time I learn something about human nature and certainly something about myself.

One of the benefits of participating in the ROPES course is the bonding that individuals feel after their day is complete. When I take students there, I have the hardest time keeping the class quiet, as they now have developed new friendships and camaraderie. This, too, happens for corporate groups, who send their managers to enjoy a day away from the office; here, they realize they have solved, or have begun to solve, issues at work in an environment of challenge and learning for all involved.

Take, for instance, one of the morning challenges, the Spider Web. How does a group of 12 people work its way through this obstacle when the instructions say not to touch any part of the web? You can bet it takes teamwork! The office manager may not be so comfortable leading the way, so a fellow worker rises to

the challenge and takes charge. The ROPES course allows everyone, no matter the title they carry at the office, to speak up and offer their suggestions.

After the morning routine, attendees prepare for additional challenges. One important point to be made is that everyone who attends the ROPES course is asked to move out of his or her comfort zone and challenge themselves, either mentally or physically. All present look skyward as the facilitators explain the various climbing elements; many wonder how anyone is going to climb the highest element measured at 80’ 3” and then jump off! (The extra 3” was Adrian’s idea. He never did things that were standard!).

The ROPES Challenge Course is a place where your creativity, both individually and as a team, can flow freely. There are no wrong answers, only solutions. Students love this educational and leisure-filled outing and, before you ask, yes, I have jumped twice from the highest element and lived to write about it. Let me know when you’re up to the challenge – Adrian would be proud. ★

Sal Arrigo, Jr. worked for 15 years as the director of the Cordova Senior Center. He currently is an instructor at CSU Sacramento.

Fire Chief Announces Retirement

Continued from Page 1

find every possible measure to reduce costs and long-term liabilities, maximize revenue and change how we deliver service to the customer.”

“Working closely with Chief Henke, this Board has been proactive in making hiring and planning decisions that provide us the ability to make a smooth, internal transition to the next Fire Chief,” said Goold. “An internal search process will allow us to move quickly and continue the

strides we have made during Chief Henke’s tenure.”

Metro Fire estimates that an internal search process will save the district \$25,000 in fees to a recruitment consultant and shorten the process by four months.

Forged from a long line of tradition, Sacramento Metropolitan Fire District (Metro Fire) provides professional and compassionate protection, education and service to all-risk emergency hazards and incidents.

The District was formed in 2000 through the final consolidation of 16 predecessor departments in the Sacramento region. The combined District now consists of approximately 630 employees and serves an area encompassing 417 square miles that include Sacramento and Placer counties. Metro Fire is the seventh largest fire agency in the State of California. ★

Source: Sacramento Metropolitan Fire District

Just a Pinch



Sharing Hometown Recipes, Cooking Tips and Coupons

By Janet Tharpe

Beat the Heat with Palate Pleasing Lemon Ice Cream

“Delicious and easy!”



This ice cream is fresh, tart and creamy dreamy! A perfect summertime treat. With so many berries in season, Pat Morris’ Lemon Ice Cream would be superb served with any type of fruit cobbler. And the best part of the recipe—besides being super easy? No ice cream maker needed!

See step-by-step photos of Pat’s recipe plus thousands more from home cooks nationwide at: www.justapinch.com/lemon

You’ll also find a meal planner, coupons and chances to win! Enjoy and remember, use “just a pinch”...



Pat Morris
Augusta, GA
(Pop. 610,828)

-Janet

Lemon Ice Cream

What You Need

- 3 tbsp fresh lemon juice
- 1 c granulated sugar (you can use sugar alternative too)
- 1 pt half and half
- 2 tsp grated lemon zest
- 2 drops yellow food coloring (optional)

Directions

- Blend well all of the ingredients.
- Pour into a cake pan or glass loaf pan. An ice tray (without the removable inserts) works too.
- Freeze for 3 hours in freezer.
- It is not necessary to stir, as it freezes smooth.

Submitted by: Pat Morris, Augusta, GA (Pop. 610,828)
www.justapinch.com/lemon

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Raley's Supermarket Settles Civil Environmental Case

Special District Attorney's Report

SACRAMENTO REGION, CA (MPG) - District Attorney Jan Scully joins 25 other California district attorneys in announcing that West Sacramento-based Raley's supermarket was ordered to pay \$1,599,000 in civil penalties, costs and supplemental environmental projects, as part of the settlement of a civil enforcement prosecution, which includes a final judgment and permanent injunction. Raley's cooperated with the prosecution team throughout the investigation into their unlawful practices.

The judgment is the culmination of a civil enforcement lawsuit filed in San Joaquin County to stop the supermarket chain from unlawfully transporting and disposing of retail hazardous waste. The lawsuit claimed that more than 130 Raley's supermarket stores improperly stored, handled, and

disposed of hazardous waste and pharmaceutical waste products into company trash bins. Instead of being sent to authorized disposal sites, hazardous wastes and contaminated materials were being unlawfully transported to area landfills. Additionally, the lawsuit alleges that Raley's failed to take sufficient steps to preserve the confidentiality of their pharmacy customers' information.

As a result of the prosecution, California Raley's supermarkets modified existing policies and have adopted new policies and procedures designed to eliminate the disposal of retail hazardous waste products and pharmaceutical waste into store trash compactors for eventual disposal into local landfills not equipped to handle such wastes. Hazardous waste produced by California Raley's supermarkets through damage, spills, and returns is now being collected by state-registered

haulers, taken to proper disposal facilities, and properly documented and accounted for.

In addition, the settlement requires Raley's to dispose of or destroy all confidential customer medical information in a manner that preserves the confidentiality of the records.

In addition to devoting resources to California environmental compliance with regard to hazardous waste identification, classification, storage, transportation, and disposal, Raley's has agreed to purchase five mobile freshwater purification systems to provide safe drinking water to local communities in California in times of emergency or other pressing need. The mobile freshwater purification systems will be located in Placer, El Dorado, Sonoma, Sacramento and Contra Costa counties, but will be available for use by other counties within the state.

★

Sacramento County Expresses Opposition to State Delta Plan

Sacramento County Special Release

SACRAMENTO COUNTY, CA (MPG) -This week, the Sacramento County Board of Supervisors formally submitted comments challenging the findings of the Bay Delta Conservation Plan (BDCP) state environmental impact report (EIR) and federal environmental impact statement (EIS). Of significance, the comments expressed the frustrations of many residents with a plan to build twin tunnels and take additional water from the Sacramento Delta.

A recognized expert on water issues and elected representative of Sacramento's Delta communities, Supervisor Don Nottoli expressed, "The BDCP proposes to irreversibly change, and in many instances, permanently destroy the generations-old socioeconomic fabric and physical landscape of the Delta."

"Constructing massive twin tunnels won't produce any more water, but make no mistake, it will leave a legacy of negative impacts on the Delta, its economy, and

its people. The BDCP doesn't solve California's water problems and sacrifices the Delta to benefit others. Simply, this is not acceptable, and never will be."

Among the many flaws in the environmental reports, the County noted that there are major negative impacts to the lives of county residents, the local economy, and natural resources in and around the Sacramento River, the Delta itself, and south Sacramento County communities where twin tunnels are slated for a 10-12 year construction project.

The Supervisors cited the following significant impacts that the planning document either inadequately addresses or ignores altogether: Direct/indirect impacts to existing legacy communities and agriculture from long-term construction activities and project operations; Uncertainties surrounding future water project operations and how these

operations will impact water supplies; Impacts to the roadway/transportation network from construction activities; Impacts from the conversion of agricultural land to habitat; Economic and social impacts to the local Delta communities from the long term displacement of businesses and residents; Impacts to Airport operations; and, Impacts from changes to drainage pattern changes resulting from project construction.

Next, federal and state agencies tasked with reviewing comments will evaluate and consider the comments submitted by stakeholders, including, non-governmental organizations, individuals, and governmental entities. It is important to note that given the huge volume of comments submitted, the evaluation process will take several months at best. It is anticipated that a Final Draft document will be prepared following the evaluation process.

★

CA Water Bond Won't Create New Water

SACRAMENTO REGION, CA (MPG) - Food & Water Watch is disappointed with the \$7.5 billion water bond passed by the State Legislature and Governor Brown, now slated for the November ballot. While this bond will not solve California's water problems, it will stick taxpayers with serious debt. The bond prioritizes \$2.7 billion of taxpayer dollars on wasteful dam projects: spending money to pour more concrete won't create a drop of new water

or increase water use efficiency. An investment in dams is an investment in private interests, not in the public interest.

"In addition, the bond would funnel taxpayer money to purchase more water for big agriculture interests on the west side of the San Joaquin Valley where corporations are exporting water-intensive crops grown on toxic soil. Meanwhile, the Brown administration has yet to take serious action to promote water

efficiency and stop the over-pumping of our groundwater.

This bond measure fails to respond to the current drought and relies on solutions from the last century.x

Food & Water Watch works to ensure the food, water and fish we consume is safe, accessible and sustainable. For more information, visit www.foodandwaterwatch.org.

★
Source: Food & Water Watch



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Congressman Ami Bera Discusses Value of Medicare Advantage with Area Seniors, Physicians



Congressman Bera, a medical doctor, has seen the benefits of Medicare Advantage to beneficiaries firsthand and was recognized by the Coalition for Medicare Choices as a 2014 Medicare Advantage Champion for his work in Washington to protect seniors in the program.

RANCHO CORDOVA, CA (MPG) - The Coalition for Medicare Choices (CMC) and CAPG hosted a roundtable discussion today with Congressman Ami Bera, M.D., local seniors, and physicians about the importance of the Medicare Advantage program to millions of seniors in California. Congressman Bera, a medical doctor, has seen the benefits of Medicare Advantage to beneficiaries firsthand and was recognized by the Coalition for Medicare Choices as a 2014 Medicare Advantage Champion for his work in Washington to protect seniors in the program. The discussion with the congressman focused on the value of Medicare Advantage and the importance of continuing to protect seniors in Medicare Advantage in the future. According to Congressman Bera, “As a doctor, I know firsthand how critical strengthening Medicare is for our seniors. Medicare Advantage plans cover 44 percent of Medicare recipients in Sacramento County,

delivering improved health outcomes while bringing down costs for nearly 100,000 seniors. We must keep the promises we’ve made to our seniors, and ensure this critical program is there for the people who need it.” Medicare Advantage is the part of Medicare through which private health plans provide comprehensive medical coverage to seniors and other Medicare Advantage beneficiaries. Research shows that 9 out of 10 Medicare Advantage beneficiaries are satisfied with their coverage. Members of the Coalition relayed their personal Medicare Advantage stories to the Congressman. “The value (of Medicare Advantage) to us as a family is beyond description,” said Medicare Advantage recipient Gordon Lipp of Carmichael, while telling a story of how his Medicare Advantage plan saved his family \$50,000 in out-of-pocket medical expenses. “As far as value is concerned, when you are talking about medical care, I just don’t know

how you can put a value on that.” More than 15 million Americans nationwide, including more than 2 million Californians, choose Medicare Advantage because of the better services, higher-quality care, and added benefits these health care plans provide. Physicians who participated in the discussion shared their experience treating patients in the program and the value of Medicare Advantage to seniors. “Patients enrolled in Medicare Advantage have access to a coordinated care system that focuses on prevention and team-based primary care,” said Dr. Amy Nguyen, chief medical officer of CAPG. “All of this results in patients receiving high quality care that is essential, especially for patients that have multiple chronic conditions. As we heard today, Dr. Bera shares the view that this program is among the best available examples of coordinated care for Medicare patients.” ★ *Source: Coalition for Medicare Choices and CAPG*

Putting on the Dog

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.



Sonny Boy Burton. Photo courtesy Kay Burton.

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*

Embracing Online Public Schools

Guest editorial by Gold River resident Louise Arias

Like many families throughout California, ours is taking the important step of beginning another school year and our sons will be attending an excellent public school...in our Gold River home. Our sons attend the California Virtual Academies at Sutter, an online public charter school offered statewide and certified by the state of California. CAVA is among a growing list of diploma-granting virtual education schools in our state. Thanks to Gov. Jerry Brown, California has recently made some giant strides in public education. Now I, speaking on behalf of many parent leaders, believe state lawmakers must join the governor’s enthusiasm and embrace the benefits of virtual schools and the positive contributions they make to our

children’s education. For many children, a traditional school setting simply is not a good fit. A child might find the classroom is not moving at the right pace, depending on whether they are gifted learners or need more one-on-one instruction. In some cases, a child might have medical reasons or other challenges that make it difficult for them to participate productively in a group environment. Technology makes this possible, but it doesn’t mean students in virtual schools are lacking measurement standards, opportunities for socialization or personal support from teachers. Public virtual school students are partnered with teachers who meet with them and help track their progress, and group activities are arranged throughout the school year, including field trips and club projects. Academic standards for online schools are just as high, if not

higher, as those at other public schools. Our teachers are state-certified, and student academic progress is rigorously monitored by state education officials. More than half of the states in the U.S. now have statewide online public schools. And for parents in California, public virtual education gives them unprecedented freedom to access a school program that works best for their children, a freedom that used to be limited to families who could afford private schools. Let’s continue Brown’s vision for excellence in education and ensuring that all students, regardless of where they attend school, have the opportunity to succeed. ★ *About the Author: Louise Arias is a resident of Gold River and a board member of California Parents for Public Virtual Education. To learn more, visit www.calvirtualed.org.*

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By Gold River Resident, David Dickstein

GOLD RIVER, CA (MPG) - Often in life, the more there is of anything the less important it becomes. Take, for example, the slew of “Best of Sacramento” surveys and contests. This town has so many they seem to go on year-round, like Girl Scout cookie sales. KCRA 3, CBS Sacramento, Fox 40, Sacramento Magazine, Sacramento News & Review -- those are just the ones at the top of my head, and not one I would consider reputable. How can they be when establishments bribe patrons with free appetizers and car washes for votes? Is Red Hawk really No. 1 for “Best Casino” and “Best Mexican-American Cuisine” or is it because they induced voters with a chance to win “\$5 to \$100 in FREE PLAY” in a slimy, yet brilliant “We Win You Win” campaign?

I’d be more appalled if I wasn’t lucky using house money at the slots or our cars didn’t look so good after getting free washes at Quick Quack during the last KCRA 3 A-List campaign. With that confession I might as well go all the way by saying that I feel compelled to provide the world with one more “Best of” list. But instead of Sacramento, I’m going to keep things local with my personal “Best of Gold River” list. So with that, I present to you the first and possibly last “Goldies.” Drumroll, please.

Best Confusing Street Name: Gold River Road, which isn’t in Gold River.

“Fool’s Gold”

The Best of Gold River: “The Goldies”

Best Place to Learn a Foreign Language: Who needs Rosetta Stone when you can hang out between Starbucks and Rite-Aid and pick up some East Slavic language skills?

Best Pizza Perplexity: Papa Murphy’s. About 25 percent of new customers confuse it with Papa John’s, according to a worker at Papa John’s. I mean Papa Murphy’s.

Best Sandwich: Sorry, fans of Jack’s Urban Eats and Beach Hut Deli, but it’s the Santa Cruz at Bel Air’s deli section. Brown roasted turkey, bacon, avocado, Havarti cheese, mayonnaise, organic spring mix, tomatoes on an artisan ciabatta roll. Even better, no tip jar!

Best Gold River Business Name on Halloween: Stone & Graves Attorneys at Law.

Best Web Address Error: Inadvertently going on GRCA.org instead of GRCA.info sends Web users to the online home of the Golden Retriever Club of America, which is much more adorable than the Gold River Community Association’s website.

Best Neighbors Not Good Enough to Eat: Since 1958, the Nimbus Fish Hatchery has been successfully providing mitigation for the loss of natural fish habitat, but I don’t think there’s a single restaurant in the region that serves up salmon caught in the American River.

Best Waste of Space: The clubhouse portion of the GRCA administration building is a lovely meeting facility and paid for through association dues. But unless it’s for the Gold River Villagers social club, every resident’s request to hold a special event there, even on weekends when the room is not otherwise

in use, is met with a firm “no” for reasons I’ve never seen satisfactorily explained.

Best Place to Get a Traffic Ticket: Coloma and Clipper Gap, at the Gold Spike Village entrance. Making a “California roll” at that stop sign, especially now that school is back in session, can result in being asked that lovely question, “May I see your driver’s license and vehicle registration, please?”

Best Place to Use a Flashlight: Maybe it’s just my eyes getting older, but Bel Air Supermarket dims the lights so much to save energy that sometimes I can’t tell if the label on that can of low-fat chicken soup says 80 calories a serving or 8,000.

Best Village with Punctuation in its Name: Miners’ Village. It’s also the only one.

Best Thankless Worker at Gold River Racquet Club: Austin. The young maintenance man is such a pro, going about his sometimes unpleasant job with tremendous efficiency and composure, and yet I’ve never seen any other club member even say “hi” to the guy.

Best Way to Know You’re in Gold River with Your Eyes Closed: Wait for it ... wait for it ... WAAAAANK! There it is, the lilting sound of the Aerojet horn.

Best We Can Do?: The “famous residents” listed on Gold River’s Wikipedia page are a county supervisor, a retired software programmer, a former politician and a former local news anchor. Famous? Really? Heck, if they qualify, then add me and my neighbor to the list. I’ve been on five TV game shows and the guy who lives across the street goes to Iowa a lot on business. ★

Waking Up Under the Tuscan Sun

By Alona Thomas

With less than three weeks of preparation, I did wake up in the Tuscan town of Montepulciano via plane, train and bus. It definitely is on the tourist track, but I never heard of this city or dreamed that I would be part of its daily life. A family member was attending the Il Sasso language school and I volunteered to escort the five year old son to join her. If you ever thought about having a real Italian experience learning the language, living in an apartment with panoramic views and gardens in a historic town in the middle of Tuscany, this is it.

Since this was definitely one of those bucket list items, I stayed for two weeks and began exploring. There was so much that I experienced that it has been difficult to narrow in on one subject, but for this article will keep to the foodie side. Montepulciano is a medieval and Renaissance hill town. It is a major food and wine producer, renowned for its pork, Pici pasta, among other items, and is known all over the world for its wine.

Montepulciano area produces two premium wines—Vino Nobile and Russo. Each of these wines must contain 85% of the Sangiovese grape that is grown here. The wineries can date back centuries with caves dug underground and in one case leading to an Etruscan tomb to a totally futuristic, organic, biodynamic facility that is committed to environmental sustainability.

The Russo was probably my favorite, but certainly enjoyed the Nobile and best of all wine is served in such a civilized way. You must drink wine with food. It is not permissible to have just a glass of wine. Every glass is served with a bite of food such as cheese, little sandwiches or crackers. Salute



If you ever thought about having a real Italian experience learning the language, living in an apartment with panoramic views and gardens in a historic town in the middle of Tuscany, this is it.

The traditional Tuscan pasta is called Pici. It is very thick, hand-rolled fat spaghetti. My first night I tried it with wild boar sauce along with radicchio stuffed squid and a glass of wine sitting outside on the narrow street. A fellow strolling down the street was playing an accordion. I’m thinking this is a movie set.

Every restaurant from the local’s trattoria to the tourist’s pizza places serve food with care. It took a few meals before I realized that you have to ask for the check. Just to make sure, I deliberately sat for 20 minutes after completing my lunch and no check came until I requested it. After a day long bus trip to Pienza (great pecorino cheese) I had the

best bean/ lentil soup served by a dashing gentleman who resembled George Cloony. He sang opera at my table and said I was gorgeous. My bowl of soup cost \$25.00. It was worth every Euro.

There is more to come on this Tuscan adventure. I spent a wonderful day at Pamela Johns’ agri-turismo, Poggio Etrusco. She is the author of many cookbooks and has been featured on television. Until then, Caio!

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

Photos courtesy of Alona Thomas

Transparency Continues



Commentary By David Koenig

Back in February 2014, President Obama told Bill O’Reilly during a live interview broadcast on the day of the super bowl that there was “not even a smidgen of corruption” linked to the IRS targeting hundreds of conservative and Christian organizations. Back in 2013 when the story first broke, it was blamed on six “rogue” agents working out of Cincinnati but when Lois Lerner, the Director of the Exempt Organizations Division was brought in to testify, it became very clear that the scandal had links all the way to the Obama White House and Lerner chose to take the 5th rather than testify. She was held in contempt by

Congress as Committee Chairman Darrel Issa (R-CA) continued to request information pertinent to the investigation.

Now the IRS has told us that the hard-drive containing all of her emails has been destroyed and all of her records, as well as those of 6 others at the agency who were being investigated, have been lost. Does anyone else smell a “smidgen” of BS like I do?

What do you think would happen to a regular taxpayer out there who told the IRS they lost all of their records if they were being investigated? You would have a lien put on your house, your bank accounts would all be frozen and you would probably pay a substantial fine along the way if not face jail time.

The IRS overpowers people with an endless supply of manpower and facilities that the average citizen just can’t compete with. Now they get backed into a corner from their own misdeeds and they flippantly tell us that the relevant information just got lost? President Obama was right; there isn’t a smidgen of

corruption. It is MUCH larger than that, so maybe until the Obama administration takes this seriously, all Americans should just stop paying taxes. Set your state and federal deductions to 99 so a bare minimum of tax is taken from your check and then when it comes time to file your taxes, in the words of Nancy Reagan just say NO.

The IRS was supposed to be an agency that collected the taxes of hard-working Americans and interpretation and enforcement of the Internal Revenue Code. It now collects over \$2.4 TRILLION dollars each year and has become an out-of-control monstrosity that has intimidated and bullied our citizens for far too long. Abraham Lincoln spoke of a government “of the people, by the people and for the people”. Too bad the Obama administration does not support even a smidgen of that thought ... ★

David Koenig has been a Gold River resident since 1997. To read more, go to his blog site at <http://kongsklassroom.wordpress.com> or you can email him at david.koenig@hds.com



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'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.

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.

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YOU CAN BEAT CANCER

Dr. Carl Helvie is the longest known survivor of lung cancer. He is an experienced Nurse Practitioner and Nationally acclaimed author of *“You Can Beat Cancer”* using Alternative/Integrative Interventions. He hosts *“The Holistic Health Show.”* According to the good Doctor, a new study has presented data that “Taking small amounts of aspirin over long periods of time reduces the risk of colon cancer and certain other cancers in people 50-65. It has been found that taking aspirin for at least five years also limits mortality, along with reducing the risk of cancer. He shared his insightful journey through the terror of cancer diagnosis and how he persevered to conquer it on my **POPPOFF** Radio Show.

So I asked him if he could give me his top ten tips to prevent/treat cancer.

1) USE THE HOLISTIC APPROACH. This involves a combination of physical, spiritual, and social support activities.

2) BUILD YOUR IMMUNE SYSTEM. He prefers host defense made of 17 types of organic mushrooms, but other possibilities are colostrums or Beta 1.3d Glucan.

3) EAT ORGANIC. That includes a diet of fruit, vegetables, grains and nuts with no simple carbohydrates or protein (except AG/pro or other protein substitute) during treatment of cancer. Add minimal amounts of protein mainly from fish and poultry later in cancer treatment and after recovery.

4) MAINTAIN ALKALINITY IN BODY. He prefers using 2 organic lemons squeezed in water with some Stevia each morning, but other use X20 from Xooma in water to drink throughout the day, or add an alkalizing filter to your water tap.

5) USE SOMETHING TO KILL CANCER CELLS WHEN PRESENT. He prefers laetrile and apricot kernels that require additional supplements such as pancreatic enzymes and zinc to facilitate the process. Others prefer high dose vitamin C, poly MVA, insulin Potentiation therapy, and other natural, alternative interventions.

6) USE SUPPLEMENTS DAILY. For example, vitamin D has been shown to assist in killing cancer cells and preventing cancerous cells from converting to cancer cells.

7) GET PHYSICAL. Exercise daily to prevent and assist in recovery from cancer.

8) USE SPIRITUAL INTERVENTIONS. Try prayer, meditation, serving others, and strengthening spiritual attributes of patience, forgiveness, and gratitude. Faith, optimism, and spirituality have been shown through research to have a powerful effect on recovery and longevity.

9) MENTAL INTERVENTIONS. Affirmation and visualization have been shown to facilitate recovery from cancer when used in conjunction with other modalities.

10) MAINTAIN A SUPPORT SYSTEM. Friends, family, and a higher source known to him as God to facilitate recovery from stress is a part of the cancer process, other diseases, and daily living.

Dr. Helvie has done research for some 60 years. He also served as a nursing consultant in Russia and taught at the University of Applied Sciences in Frankfurt, Germany. He is also the recipient of the 1999 Distinguished Career in Public Health Award from the American Public Health Association. His best-selling book, *“You Can Beat Cancer”* is available at all the regular places and you can check out his website at www.beatcancer.net. Taking matters in your own hands gives you the power over your own life. Stay well my friends! ★



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-Erica Thompson, mother of three and Club member

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Ruth Redd, RDHAP, Owner of Healthy Glo Mobile Dental Hygiene Practice saw a need that was not being met. *"I noticed that several of my patients had difficulty coming in for their regular Dental Hygiene Care. Due to aging, mobility issues, Dementia, vision problems and other medical conditions, many of my patients were not getting the regular care they needed. When they did manage to come in, I noticed the rapid decline of their oral health. I was worried about the lack of care, so I decided to go to them! I am very proud of the wonderful quality of care we provide to our patients and their families! It is so nice to be able to go to them and provide a positive and stress free experience."*

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.

Healthy Glo Mobile Dental Hygiene practice cares for patients in Private Homes, Skilled Nursing Facilities, Assisted Living and Senior communities, Group Homes and more....

Our patients include those who are disabled, either temporarily or permanently, mobility challenged, (walker, wheelchair, cane) Alzheimers/Dementia, those with complex medical conditions, Sensory challenged (Blind/Deaf) and Many different types of Special Needs Patients. We treat all ages.

NO REFERRAL IS NECESSARY!

"Our mission is to bring excellent clinical care to our patients. We want our patients to have a positive, safe, comfortable experience and to ensure that all their oral health care needs are being met. Each patient is special and deserves personalized care, to be treated with dignity, caring, gentleness and respect."

**Ruth Redd, RDHAP Owner,
HEALTHY GLO Dental Hygiene Practice**

SERVICES PROVIDED

- Screening and Oral Health Assessment
- Dental Hygiene Diagnosis
- Dental Prophylaxis (cleaning)
- Scaling and Root Planing (Deep Cleaning)
- Periodontal Maintenance
- Fluoride Treatments
- Dental Sealants
- Denture and Partial Cleaning
- Nutritional Counseling & Oral Health Education
- Placement of Chemotherapeutic Agents (To reduce bacterial levels)
- Oral Cancer Screenings
- We make Referrals to Dentists or specialists as needed.

We work with the patients, caregivers and family members to develop daily care plans to promote oral health and possibly reduce painful and costly dental emergencies.

If you would like more information for yourself or a loved one, please call (916) 612-6770 or visit our website at: www.HEALTHYGLODH.com.

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“THE PRIVILEGE OF PLANNING”

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Friday, October 10
11:30 am to 12:30 pm

EAST LAWN MEMORIAL PARK & CREMATORY
4300 Folsom Boulevard • Sacramento
RSVP Required: 916.732.2000

Wednesday, October 22
(Spanish & English)
11:30 am to 12:30 pm

ANDREWS & GREILICH FUNERAL HOME
3939 Fruitridge Road • Sacramento
RSVP Required: 916.732.2026

Thursday, September 18 Thursday, October 31
Dinner 6:30 pm 11:30 am to 12:30 pm

**SIERRA HILLS MEMORIAL PARK &
EAST LAWN MORTUARY**
5757 Greenback Lane • Sacramento
RSVP Required: 916.732.2020

Friday, September 19 Thursday, November 13
11:30 am to 12:30 pm

ELK GROVE MEMORIAL PARK & MORTUARY
9189 E. Stockton Boulevard • Elk Grove
RSVP Required: 916.732.2031

**Reservations Required, please RSVP
to the location of your choice, or to
Lisa West at LisaW@EastLawn.com**

Seating is limited to 30 attendees per seminar