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Gold River Messenger

"Written by the people, for the people"

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May, 2014

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*****EGRWSS*****

A C.L.U.B. Just for Alzheimer's Patients



Sal Arrigo, who founded The C.L.U.B. in the early 1990s, explains "Due to the stress of caregiving, many caregivers become sick or die before their loved one passes." Photo courtesy of Respite C.L.U.B.

By Rebecca Graulich

SACRAMENTO REGION, CA (MPG) - Imagine yourself surrounded by cold, iron poles. Wherever you go, they go with you. Your words, thoughts and physical interactions must squeeze between the poles. Likewise, information you receive has to navigate past the poles to reach you. Now imagine the poles are replicating, closing in on you. Your physical, social and verbal interactions with the outside world are slowly being cut off.

Sound like a bizarre sci-fi movie? This is how an Alzheimer's patient recently described her world.

Now imagine you are responsible for taking care of the person behind the poles. Helping him or her get up, get dressed, eat and communicate with those cold, iron poles constantly getting in the way.

Fortunately, an oasis of diversion and fun exists for Alzheimer's patients. It is known as The C.L.U.B. (Caring, Laughing, Understanding and Belonging), and is a drop-in center for seniors with physical impairments and memory-loss issues such

as Alzheimer's and other types of dementia. While participants socialize and partake in various physically and mentally-stimulating activities, caregivers have time to themselves.

Sal Arrigo, who founded The C.L.U.B. in the early 1990s, explains "Due to the stress of caregiving, many caregivers become sick or die before their loved one passes. To be effective caregivers, they need to take care of themselves. Respite time is critical for their well being."

A typical day at The C.L.U.B. includes a table activity such as a craft; a healthy mid-morning snack; physical activities such as lawn games, a short walk or chair exercises; a well-balanced lunch and live entertainment. "We keep the participants active all day," comments Activities Director Barbara Henderson. "It's our goal to stimulate minds, exercise bodies and encourage socialization."

"The Club is a blessing in so many ways," said Paula Schwarz. "For my 94-year-old mother who has recently been diagnosed with dementia, it provides the socialization, camaraderie and connection to others at

the same stage of life. Because I know my mother is part of such a loving community of volunteers and staff, my husband and I can relax and enjoy the respite and rest from our 24 hour daily caregiving responsibilities."

When Flora Maloney, Program Coordinator since 2001, took over, The C.L.U.B. was open one day a month. She has expanded it to 10 days a month. "Caregivers frequently ask us to be open more days. It is our goal to meet their needs."

The C.L.U.B. will host a Country Fair fundraiser on Saturday, May 17, 2014, 10:00 a.m.-2:00 p.m. at 10600 Coloma Road. The Fair will include free children's games, a cake walk, silent auction, country store, bake sale and musical entertainment. Admission is \$5.00 for adults and \$3.00 for children 12 and under. "We would like to raise enough money to increase the number of days we are open," explains Maloney. "Our goal is to provide more respite to caregivers so they can keep their loved ones with them for as long as possible."

For more information or to visit The C.L.U.B., call (916) 635-5147. ★

Sacramento Life Center Receives \$15,000 Grant

SACRAMENTO, CA (MPG) - American River Bank is supporting low-income pregnant women and teens through a recent \$15,000 grant to the Sacramento Life Center. The grant is helping the Sacramento Life Center launch its second licensed Mobile Medical Clinic that provides women and teen girls with free services, including well woman exams, pregnancy tests, STD tests, ultrasounds, counseling and resource referrals. The non-profit has a primary clinic in Midtown Sacramento and two Mobile Medical Clinics that travel to neighborhoods in need of services. The group expects to help more than 3,000 women and teen girls this year.

"Community funding is essential to keeping our doors open to the many women and teen girls who are pregnant, scared and have nowhere else to turn," said Marie Leatherby, executive director, Sacramento Life Center. "We are grateful to American River Bank for helping us continue to provide a safe place where women and teen girls can find a support system and the care they need in their own neighborhood." ★

The Sacramento Life Center's mission is to offer compassion, support, resources and free medical services to women facing an unplanned or unsupported pregnancy in the greater Sacramento area. In addition to its clinics, the Sacramento Life Center offers a school-based teen education program, 24-hour hotline and other support services. For more information about the Sacramento Life Center's Sac Valley Pregnancy Clinic, visit www.svplclinic.com. To make a donation to the Sacramento Life Center, visit www.saclife.org.

Source: Kristin Thebaud

GOT MORE LOCAL NEWS? CALL 773-1111

Fix 50 Around the Clock

SACRAMENTO REGION, CA (MPG) - Caltrans is rehabilitating a section of U.S. Highway 50, known as the W/X Viaduct, located south of downtown between 18th and 24th Streets. This section of freeway was built in 1968 and is comprised of two 2,530 foot-long parallel structures that carry six lanes of traffic over city streets, freight, and light rail lines in downtown Sacramento. These structures have extensive cracking on the deck and are in need of rehabilitation in order to enhance safety, reduce recurring maintenance costs, and increase the life of the concrete decks about 20 years. The shoulders will also be widened, new concrete barriers and railings and energy efficient lighting installed.

Work will continue around the clock, 24 hours per day, seven days a week. The phases of work are:

Eastbound Highway 50: April 22 - May 21
Phase 1: April 22 - May 6, the 11th St. on-ramp will be closed.

Phase 2: May 7 - May 21, the following ramps will be closed: 16th Street On-Ramp - Connector ramp from eastbound Highway 50 to southbound Highway 99 - Connector ramp from eastbound Highway 50 to eastbound Business 80. Two to three through lanes will be open and westbound traffic will be fully open as normal with no impact.

Westbound Highway 50: May 27 - June 25
Phase 1: May 27 - Jun 10

Phase 2: June 11 - June 25, the following ramps will be closed: 16th Street Off-Ramp - Connector ramp from westbound Business 80 to westbound Highway 50. Two to three through lanes will be open. Eastbound traffic will be fully open as normal with no impact.

Regional Transit will add supplemental bus and light rail service to increase capacity and lessen the impact of Fix 50 construction. For more information on RT availability, visit www.sactrt.com. ★

Source: Caltrans, www.fix50.com



Public safety equipment, such as fire trucks and ambulances, may be delayed when driving through the city as the result of state highway congestion and local arterial congestion. Control of traffic and public safety issues may have a moderate to major impact upon city resources.

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Local Soroptimists Help Teen Girls Get New Undergarments



The Soroptimist International of Rancho Cordova club recently purchased almost forty new bras for "residence-challenged" teen girls in Rancho Cordova and Folsom. Shown here (L to R): club member Sheryl Longworth; club volunteer Carol Rhodes; club member Carol Limbaga; club president Julie Schaffer. Photo courtesy of Soroptimist Club

SACRAMENTO REGION, CA (MPG)

Members of the Soroptimist International of Rancho Cordova club recently purchased almost forty new bras for "residence-challenged" teen girls in Rancho Cordova and Folsom in conjunction with the Folsom Cordova Unified School District's Learning Express Shoe Event at each city's Payless Shoe Source.

After these girls picked out their new shoes and other items provided by Learning Express and Project 680, a member of the Soroptimist International of Rancho Cordova club escorted them to Wal-Mart next door to pick out a brand new properly fitting bra.

"It's terrible that girls choose to not dress down for PE because they are ashamed of their undergarments. A properly fitting bra helps a girl feel more confident," said Sheryl Longworth, club co-founder and Charter president.

This club was chartered in 2009 and has made a significant impact in the community. Some other notable projects include:

- Working with Project 680 to provide "residence-challenged" PreK-12 students in the Folsom Cordova Unified School District with basic necessities like socks, shoes, toiletries, undergarments, etc.

- Creating "Comfort Kits" for women who have escaped domestic violence in our community, since many leave with nothing but the clothes on their backs and "Comfort Kid" kits to be given to the children of domestic violence survivors, to help them overcome the emotional trauma they have endured as well. Comfort Kid kits will contain necessities as well as items of comfort such as coloring books and crayons along with a stuffed animal or small blanket.

- Worked with four other local Soroptimist clubs to host a STOP Human Trafficking Symposium at First Covenant Church

- Treating Kindergarteners and first graders to a holiday party complete with gifts, food, personal time and free 5x7 picture with Santa Claus in an elementary school where 90% of the families live below the poverty line

- Providing deserving homeless senior girls with a new Senior Ball dress, shoes and

makeover for Senior Ball

- Giving cash Women's Opportunity Awards to head of household mothers who have returned to school

- Giving cash Violet Richardson awards to 14-17 aged girls who volunteer and make a difference in their community, with a matching cash award to an organization of their choice

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 please visit our website <http://www.soroptimistranchocordova.org/> or send an email to siran-chocordova@soroptimist.net.

If you aren't ready to become a member, but would like to volunteer for future projects, please sign up at <http://www.meetup.com/Soroptimist-International-of-Rancho-Cordova-and-Gold-River/> or www.LiveYourDream.org.

Source: Soroptimist International of Rancho Cordova

Nationally Acclaimed Drum & Bugle Corps Event Marches to New Home at Hughes Stadium

SACRAMENTO REGION, CA (MPG)

On June 22, 2014, at 6:00 p.m., Drum and Bugle Corps from around the country will gather at Hughes Stadium (at Sacramento City College) to compete in the 35th Annual Moonlight Classic, presented by Sponsors of Musical Enrichment (S.O.M.E.). The audience is expected to number in the thousands.

For the uninitiated, this event, the longest running of its kind in the Western United States, is a visual extravaganza of sight and sound. It's often described as "marching bands on steroids."

Competing corps can include up to 150 youths, ages 8-21, comprised of marching percussion and brass, front ensemble, (vibraphones, marimbas and other percussion instruments) and color guard. The color guard component has evolved from merely carrying the flag to now include dance and props such as rifles, sabers and other specialty items.



This event, the longest running of its kind in the Western United States, is a visual extravaganza of sight and sound. It's often described as "marching bands on steroids."

Each 11 minute performance includes all of these elements in a meticulously choreographed presentation which can span the entire football field, and in past

competitions, has included spectacular visuals like a field of mirrors, giving the illusion of doubling the size of the corps, full on Spartacus inspired gladiator match. Corps are judged on musical performance, general effect on the audience, and color guard.

General admission is \$20. Reserved VIP Seating is \$30. Tickets can be purchased at the S.O.M.E. web site, www.someinc.com, or at the gate the night of the event.

S.O.M.E. is a non-profit California corporation founded in 1978 for the purpose of supporting local youth music organizations and the performing arts on a continuing basis. Funds raised by this organization are reinvested in the local community. To date, over \$3,000,000 has been granted to deserving groups and individuals.

Source: Sponsors of Musical Enrichment

Doug Ose for Congress Raises Over \$226k in Q1

SACRAMENTO, CA (MPG)

The Doug Ose for Congress campaign announced that it had raised \$226,778.77 in the first quarter of 2014. Ose enters the second quarter with \$417,735.85 total cash-on-hand, over 90% of which can be used in the June Primary.

Of the \$606,884.09 Ose has raised since announcing his candidacy in September, about 60% has come from within Sacramento County. In contrast with his opponents, Ose's local fundraising numbers and local endorsements solidify his status as the locals' bona fide choice for Congress.

Since announcing his candidacy, Ose:

- Has raised nearly \$355k from within Sacramento County
- 70% of his donors are from within Sacramento County
- Can use more than 90% of his \$417k COH in the Primary
- Has been on both radio and television airwaves since March



Doug Ose

"Sacramento residents want a voice in Washington who will fight to lower taxes and spending, and repeal Obamacare," said Doug Ose. "Our campaign is picking up steam because local folks know I'm going to serve them, not Washington DC special interest groups."

Ose's impressive list of community endorsements includes the majority of the Board of Supervisors, Sacramento County

Sherriff and Deputy Attorney, over two thirds of all District City Council Members and Sacramento's largest grassroots Republican organization.

The Cook Report, which conducts non-partisan political analysis, views California's 7th Congressional District as one of the most competitive House races in the country, as voter registration is nearly evenly split. Moreover, they cite Doug Ose as the GOP's best chance of unseating Congressman Bera. In addition, Real Clear Politics has also ranked the race a "toss-up."

As a former Member of Congress, Doug Ose previously represented over 70% of California's 7th Congressional District. California's 7th Congressional District includes the suburban communities of Sacramento County, California.

For more information, visit www.DougOse.com and Twitter @DougOse #CA07.

Source: Contact: River City Communications

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Gold River Messenger

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Publisher, Paul V. Scholl

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Conscious Un-Mothering



By Gold River Resident Jodie Barringer Myers

Gwyneth and her husband are doing it: they're Conscious Un-coupling. And I've come to realize that -- by necessity, not by choice--I have been trying to practice Conscious Un-mothering for a while now.

My daughters don't need or want my mothering anymore...which I guess is a good thing, because that means we did an okay job of giving them strong, healthy wings to fly the coop, leaving Chuck and me with the proverbial empty nest, while they busily, happily feather their own fine nests.

Sure, I'll forever and always be their mother (the noun), but as for the mothering (the verb) part, let's just say they've tacitly, and blantly, told me to back off.

When Julia was struggling mightily in her new fresh-out-of-college, non-challenging job, in her new I-know-nobody-except-my-roommate environs of Newport Beach last year, I fretted about her well-being, fretted that she would hastily quit her job, not give it a chance, and move back home, thereby forfeiting her \$2500 deposit she had on her apartment.

So I sent her daily emails, left what I thought were oh-so-clever, inspiring texts, and called her every night at 5:20 after she got off work, each time dispensing loving, sage, encouraging, motherly (my words, not hers) advice. I grew to learn that each of my well-intentioned, unwanted and unsolicited messages fell on very deaf ears.

"Mom, you need to let me figure this out on my own!" she said.

Cassidy weighed in too, reprimanding me for bordering on obsessive, being perilously intrusive, and going way overboard on the mothering thing. "Leave her alone, Mom."

But I can't sleep at night worrying about her, and I love her so much, and I've been through stuff like this myself before, and I'm her mother, and I know what is best, and I need to counsel and console her, I thought to myself.

When Cassidy expressed concern over some weird spots on her skin last fall, I spent two-plus hours one afternoon researching and "interviewing" the best dermatologists in Portland. Helpful mom that I am, I made an appointment for her.

Relieved and proud, I called her. "I made an appointment for you next Thursday at 3:15 with Dr. K!"

"Ummmm. Okay. Thanks, Mom."

Whoops. Did I over-mother there, I thought. No way. She really appreciated it. Didn't she?

After each of their birthdays, I'm quick to give them about a five-day grace period...and then I pounce. "Have you written the grandmas a thank-you note yet?"

Last year I didn't have to wonder if I stepped beyond my mothering bounds. "Mommmmm! We're 22 and 25. Give it a rest!"

Ouch.

I recently helped Julia and two friends move into a new apartment. They had gotten three most gorgeous orange and blue patterned pillows that beautifully adorned their living room furniture in the last place.

So on moving day, I walked into the new living room. There sat the oversized neutral-colored couch and chaise, the leather ottoman/coffee table, and just the blue patterned pillows. Not a titch of orange in sight. "Oh," I said, "you haven't unpacked the orange pillows yet?"

"We decided we're not going to do orange in this room. We like just the sand and blue. What do

you think?"

Energetically, I responded. "I love the orange. You need that accent color! It's a must!"

"Nope. We like just the blue. We're keeping it as-is." said the three roomies in unison.

Be bland and boring, I said to myself.

So I was lamenting to Sue S. at the club a while back. "How are your girls doing?" she asked.

"Oh, they're doing well. A lot of drama and trauma in their lives these days. But no matter what I say, it's either wrong or mortifying or irritating to them."

So experienced, been-there-done-that Sue, who has a daughter a few years older than mine, said, "I know exactly what you mean. And here's what I've learned: Show Up and Shut Up. That's all we can do."

"I like that. Good advice. I'll give it a try."

So I've been working on it. Slowly but surely, I'm Consciously Un-mothering.

When Cassidy called on a recent Saturday and told me she and a group of friends were going on a remote, all-day hike and couldn't be reached all day, I whined, "Oh, man. Will you please call me the second you get service back to let me know --"

"Mom! I'm almost 26 years old!"

"Okay. Sorry. Have fun!"

See? I'm getting better. But I thought to myself: Please be extra safe in that stupid Portland rain. I mean, you could slip in the mud and/or hit your head and/or potentially cause great bodily injury.

Conscious Un-mothering means biting your lip (as exemplified by my bloody lip). Not to brag or anything, but I think I'm doing a stellar job of perfecting the fine art of Conscious Un-mothering.

But I still have a ways to go...

It's Mother's Day soon. Whatever mode of mothering you're currently in -- HAPPY MOTHER'S DAY! Celebrate and revel in the power of unconditional love. Because that's what moms do best. ★



By Sal Arrigo, Jr.

What do you get when you mix a musician, actor and political figure all in one? You get members of various Kiwanis clubs. Elvis Presley, Tom Cruise and Harry S. Truman, thirty-third President of the United States. Although this question has yet to be featured on Jeopardy!, you can share this information with the community of Rancho Cordova and surrounding areas.

Here is another fact: the name Kiwanis ("Nunc-Kee-wanis") was adopted from the Otchipew Language (Native American) that means "we meet" or "we share our talents" along with several more versions. Founded in 1915 in Detroit, Michigan,

The Kiwanis Corner

Kiwanis Clubs serve in many communities across America and I am proud to be a member of the Rancho Cordova Kiwanis Club. Our Kiwanis motto, "Serving the Children of the World" is exactly what we do locally. There are several events throughout the year that support this ideal, one being the annual Pancake Breakfast that just completed its 25th year and various educational and recreation programs with Rancho Cordova grade schools and with Cordova High School.

In addition, we support the Rancho Cordova Food Locker in various ways from helping to maintain their trucks to providing manpower during the holiday season. We also support senior citizen services such as the Alzheimer's Respite Care Club of Rancho Cordova and the Kiwanis Family House. The Kiwanis Family House is a collaboration of all the Kiwanis Clubs in the region. The mission is to provide temporary housing and support to families of seriously ill or injured children and adults being treated at the UC Davis Medical Center.

Kiwanis Clubs enjoy working with teenagers like those of the Kiwanis Key Club (Key Clubs

are the oldest and largest service programs for teens in the world) established at Cordova High School more than 20 years ago. Students learn about community service, leadership skills and just as important, how they can make a positive difference in the city of Rancho Cordova and beyond. When these students graduate, they may choose to join a Circle K club that is for college and university students.

Now that you have a "feel" of what your Rancho Cordova Kiwanis does, why not come to a breakfast meeting? We (teachers, retired folks, realtors and business people from all walks of life) gather at the IHOP on Sunrise Boulevard at 7 am every Thursday morning. It is a great way to start your day and a stepping stone to enhance your personal self.

Stay tuned as this column will provide upcoming information on new and first-time events in support of the Rancho Cordova community and Kiwanis Family House. ★

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

Hexavalent Chromium in Drinking Water CDPH Submits Final Regulation Package

SACRAMENTO, CA (MPG) - The California Department of Public Health (CDPH) submitted to the Office of Administrative Law (OAL) its final proposed regulation establishing the first ever drinking water Maximum Contaminant Level (MCL) for hexavalent chromium (Cr VI). More than 18,000 comments were received by CDPH regarding the proposed regulation. The proposed final regulation documents include the Summary and Response to comments received.

The proposed final regulation will take effect after it has been reviewed and approved

by OAL in compliance with the Administrative Procedures Act. This review can take up to 30 working days to complete. Once approved, the regulation is then filed with the Secretary of State and will become effective the first day of the following quarter.

"The drinking water standard for hexavalent chromium of 10 parts per billion will protect public health while taking into consideration economic and technical feasibility as required by law," said Dr. Ron Chapman, CDPH director and state health officer.

If the regulation is approved as expected, implementation of the new drinking water standard for hexavalent chromium will begin July 1, 2014.

Today's filing also complies with timelines imposed by the Alameda Superior Court in Natural Resources Defense Council, Inc. v. California Department of Public Health.

The department's submission to OAL can be found on the CDPH website: www.cdph.ca.gov. ★

Source: California Department of Public Health

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Meet A "Deer" Chihuahua

By Kay Burton

Bella is called a "Deer" Chihuahua because of the confirmation of her head. This is different from an "Apple Head" Chihuahua with a rounded head.

Sterling and Barbara Ellison adopted Bella from a neighbor who had abandoned several dogs. Bella is now 12 years and 12 lbs. She has a very loving nature, but is leery of most strangers. After a few minutes, she realizes that two more hands could be petting her and jumps right into their laps.

Chihuahuas are highly intelligent and should not be underestimated even though small in size. The breed can be any color—solid, marked or splashed, and the coat may be long or short. These sassy little dogs are well known as "purse dogs."

The Chihuahua's history is shrouded in mystery, but some believe it originated from Fennec Fox, a very small animal with big eyes and ears, which could explain the tiny

frame, luminous eyes and large ears on the breed today. Chihuahuas were used in religious ceremonies and were pets to the upper class. The breed derives its name from the Mexican State of Chihuahua, where the earliest speci-

vegetable—raw or steamed. Bella is a very happy girl who loves having a doggie daddy who works from home, she favors daddy's lap, because he seems to generate more heat. She LOVES to lie in direct sunshine, winter and summer. ★



Bella likes to keep her mom company in the kitchen. When mom dropped a slice of zucchini on the floor, they discovered she will eat any vegetable—raw or steamed.

mens of the breed were found. Bella likes to keep her mom company in the kitchen. When mom dropped a slice of zucchini on the floor, they discovered she will eat any

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



Dare to Live Without Limits

Thinking

by Bryan Golden



"If everyone is thinking alike, then somebody isn't thinking." -- George S. Patton

There is some invisible force driving people to seek approval of their thinking. Apparently it's a basic human need to have our thinking validated as being conformist. However this creates a huge pitfall. Without unique ideas, mankind would still be living in caves.

Consider some historical examples. When Columbus set sail, the majority thought the world was flat. Columbus was chided for embarking on an obviously futile journey. Prior to the American Revolution, the concept of democracy was virtually unheard of.

The thinking of our founding fathers was considered outlandish by many. Who in their right mind would think there was the slightest possibility of defeating the British, the most powerful military force in the world?

Guglielmo Marconi, inventor of the radio, was thought to be insane by his relatives for his outlandish attempts to communicate without wires. Thankfully, he was undeterred, as all of humanity has benefited from the results of his individual thinking.

Unconventional thinking is the source of all innovation and progress. If everyone thought alike, discoveries would not be made. Yet due to the risk of ridicule or criticism, there is an aversion to articulating independent thought. The perceived power of majority thinking discourages many people from engaging in any dissent or variation.

Thinking does not mean agreeing. True thinking involves analysis, questioning, and testing the current belief system. It should take place without concern for how your thoughts compare to those of others.

Did you hear any of the following when growing up? "What will the neighbors think?" "What will our friends think?" These admonishments pressured us to constrain our thoughts. We were constantly told it was necessary to conform our thinking to mesh with the people around us.

Unfortunately, this conditioning constrains our thought processes. We then grew up comparing our thoughts to others in order to seek validation. When our thoughts are unique, as they should be, they get stifled rather than cultivated.

Just because a group of people's thoughts are aligned in a particular way doesn't mean they are right or accurate. Invariably, just the opposite is true. Group thinking is often based on erroneous understanding. The thinking of the masses changes reluctantly and slowly once individuals who go against the flow demonstrate the validity of alternative thoughts.

Crowd psychology is powerful. Like the behavior of a panicked mob, it can sweep you up with its momentum. Your own thoughts are then displaced by groupthink. It takes a strong individual to retain his

or her identity while surrounded by great pressure to conform.

As I've often pointed out in this column, it doesn't matter what others say, think, or do. You don't have to convince anyone of the validity of your thoughts. All that's important is your belief in yourself.

Your thoughts generate your values. Having a positive sense of values and sticking to them is essential for a happy life. When you have a strong core, you are not prone to being unduly influenced by others. People who don't are prone to engaging in behavior unlike anything they would do if acting alone, including unethical and even illegal conduct. When you have a solid foundation, you won't fly whichever way the wind blows.

Don't worry about what other people are thinking. Pay attention to your thoughts. If your thoughts are always in alignment with popular opinion, you should do some deep introspection to ensure you aren't being subconsciously influenced. In order to reach your goals, you must have your own thoughts. You don't have to think like everyone else. ★

NOW AVAILABLE: "Dare to Live Without Limits," the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnist.com or write him c/o this paper. © 2009 Bryan Golden

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Laura Lewis Chosen as New SMUD General Counsel

SACRAMENTO REGION, CA (MPG)

Laura Lewis, chief assistant general counsel, has been named as SMUD's general counsel. Lewis, a 14-year SMUD veteran, was appointed by the SMUD Board of Directors to fill the position following former general counsel Arlen Orchard's recent appointment to SMUD general manager and CEO. Orchard replaces John Di Stasio who officially retires April 11th.

"I am honored and grateful to be chosen by the Board of Directors to be SMUD's general counsel and to succeed Arlen Orchard who ran our legal department for 13 years," said Lewis. "I look forward to delivering for our customers as SMUD and the utility industry face ever-increasing challenges in the years ahead."

"Laura's experience in SMUD's legal department, working closely with the board and with Arlen, made her the clear choice to be SMUD's top lawyer," said Genevieve Shiroma, president of SMUD's Board of Directors. "She is an experienced corporate and regulatory counsel with a proven track record of providing the legal expertise needed for SMUD to meet its business objectives and remain a leader in the utility industry," said Shiroma. "We believe she will deliver uninterrupted



Laura Lewis Photo courtesy of SMUD

continuity in helping SMUD navigate the increasingly complicated legislative, regulatory and business environment."

Lewis joined SMUD in 1997 as a staff attorney and served in that capacity through 1999. She served as an attorney at the San Francisco law firm Davis Wright Tremaine until 2002, when she returned to SMUD and served as a senior attorney through 2010. She served as assistant general counsel through 2012 before becoming chief assistant general counsel in 2013.

As chief assistant general counsel, Lewis oversaw legal matters related to the Federal Energy Regulatory Commission (FERC), North American Electric Reliability Corporation (NERC),

wholesale markets and transmission. She served as chair of the Energy Regulatory Task Force (ERTF) of the Large Public Power Council (LPPC), which involved negotiating and crafting strategic positions among disparate public power members and representing LPPC interests before FERC and NERC.

Lewis is a member of the American Bar Association and the State Bar of California. She earned her juris doctor, at McGeorge School of Law, Order of the Coif, and her bachelor's degree in political science at the University of California, San Diego.

As the nation's sixth-largest community-owned electric service provider, SMUD has been providing low-cost, reliable electricity for more than 65 years to Sacramento County and a small portion of Placer County. SMUD is a recognized industry leader and award winner for its innovative energy efficiency programs, renewable power technologies, and for its sustainable solutions for a healthier environment. SMUD is the first large California utility to receive more than 20 percent of its energy from renewable resources. For more information, visit www.smud.org.

Source: SMUD

Sacramento Zoo Grieves the Loss of a North American River Otter

SACRAMENTO REGION, CA (MPG)

The Sacramento Zoo is saddened by the loss of "Wilson," the Zoo's male North American River Otter, who was found dead in his exhibit by his zookeeper the morning of Monday, March 31st. The day before zookeepers noticed his behavior to be slightly abnormal and were monitoring him. The cause of death is unknown. A full necropsy will be performed by UC Davis to help understand why he died. Wilson was considered an older otter and was thought to be around 14-years-old. North American River Otters can live up to 10 years in the wild and up to 20 years in captivity.

"Wilson will be a tough loss for everyone," said zookeeper Erik Bowker. "He was an amazing otter to work with due to his incredible intelligence and love for foods of all kind. He was a wonderful ambassador for his species and drew the attention of kids and adults alike. His ability to interact with the public delighted many as he often stood nose-to-nose with children at the glass of his exhibit. He will be greatly missed."

Wilson was born in the wild in South Carolina but unfortunately he and his sibling were orphaned. He was considered non-releasable by authorities and was given a home in a zoo accredited by the Association of Zoos and Aquariums. He came to the Sacramento Zoo in 2006 and shared an exhibit with Percy, the female North American River Otter. Wilson's last extensive veterinary exam was April 16th, 2013, including a full blood panel test and physical exam. The veterinarians did not find anything abnormal or cause for concern.

North American River Otters are native to



Wilson the North American River Otter. Photo by Chris Llewellyn.

the freshwater rivers and streams in the United States. The largest concentration of otters in California is the Suisun Marsh, about 40 miles from Sacramento. They can also be found in the Yolo Basin, and the American River range, even stretching to the foothills.

SPOTLIGHT ON BUSINESS

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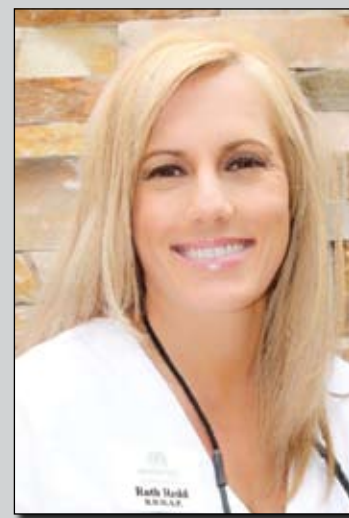
Ruth is licensed as an RDHAP, a Registered Dental Hygienist in Alternative Practice. What is an RDHAP? A Registered Dental Hygienist in Alternative Practice (RDHAP) has completed additional specialized education and training. RDHAP's hold a special California license which allows them to practice independently, 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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You Can't Make This Up

Sharlene Simon. Brandon was killed and one of his friends was seriously injured with multiple fractures while the other friend managed to escape with a few scrapes and bruises.

Six months after Brandon's funeral, his older brother was found dead after popping too many pills and drinking too many shots that many believe was his way of trying to stifle the grief of losing his younger brother. You would think that this is the end of the story for this family that has now lost two young sons within six months of one another, but the family was dealt another blow that seems incomprehensible.

The driver in the accident that killed their son is now suing the family for \$1.35 million in damages due to her psychological suffering, including depression, anxiety, irritability and post-traumatic stress. She blames the boys for negligence claiming that "they did not apply their brakes properly and were incompetent bicyclists".

Just when you think you have heard every stupid, mind-

boggling, frivolous lawsuit, whether it's dumping coffee in your lap and suing McDonalds or burglars suing homeowners because they hurt themselves when breaking in, this one takes the cake. I am just at a complete loss to understand how ANY lawyer in good conscience (and maybe that's the rub) could sign up to be a part of something like this.

Also, how can this woman look in the mirror every day without making herself sick? Does she not have any friends or family to talk some sense into her about the devastation these events have already brought to this family? I'm sure it has weighed heavily on her to be a part of an accident like this where there is loss of life but therein lies the problem with society today, it's all about ME, ME, ME.

As much as I would like to, I can't bring myself to wish for something bad to happen to this woman but I will definitely pray that God shows her some grace and mercy ... or that karma rears its ugly head. ★



By Alona Thomas

That's how Chef Joe Randall described his dinner he was preparing for our cooking group of 23 years. We had traveled to Savannah, Georgia, and where anxiously anticipating a cooking class from one of the top chefs in the country. Chef Randall has numerous awards and has been featured on HGTV and Food Network. But as soon as you enter his demonstration kitchen, his warmth and wonderful sense of humor makes you feel that you have been friends for a long time. As he is slicing green tomatoes, he asks where you are from and it becomes evident that he is widely traveled and knows his audience.

When I owned up to being from Gold River near Sacramento – a gleam was in the Chef's eye. What a surprise, he was not only familiar with the area, but has a wonderful connection to our part of the state. In 1977 he purchased a Nikon camera and left Seattle (and the culinary arts) to attend the Glen Fishback School of Photography in Sacramento. Shortly, after arriving a friend needed a teacher for a cooking class and, of course, we know the rest of the story. Chef Randall taught for the Sacramento Unified School District, Fremont School for Adults. He also taught classes at American River College in the Hospitality Management program. In fact, one of his students, Brian Knirk, is now Chairman of this program. In 1978, he met and married Barbara, a graduate of Sacramento High and who attended Sacramento State University. She was a dispatcher for the city police. Her grandmother wore black to the July wedding at the Woodlake Inn, as

South in the Mouth

she said if felt like a funeral. They lived in the area until 1983 when they felt the pull of the South.

Chef Joe grew up in the industry during a time when the kitchen staff was called Domestic and in many cases where mainly African Americans. This all began to change with the American Civil Liberties Act. Parents and grandparents wanted their children to move out of kitchens and seek what

was followed by those Fried Green Tomatoes with homemade Buttermilk Dressing. The entrée was Roasted Rack of Sage Rubbed Pork with Madeira Jus Lie, accompanied by Hoppin' John (common Southern dish made with beans and rice), Baked Macaroni and Cheese along with Southern Collard Greens. These were the first collard greens that I truly enjoyed. The dessert was a special one that



Chef Joe Randall and his wife Barbara.

they considered better lives (is that why Barbara's grandmother wore black?)

He preaches the gospel of African American Cuisine that represents comforting, familiar and contemporary foods with acknowledgement of one's ethnic roots. Just as in our family we make rice porridge, and have pickled herring with memories of our Scandinavian background. Joe brings time honored traditions to Southern cooking with innovative and wonderful expertise.

Our Southern Dinner Party began with Sautéed Shrimp Cakes with Mustard Sauce. They were extraordinary, made with large shrimp processed with egg whites and breaded, prepared in a very well-seasoned cast iron pan. This

has been in his family forever, Georgia Lemon Pound Cake with fresh berries and Chantilly Cream. A foodie's dream!!

Chef Joe is recognized for his capacity to teach, guide and advise others on all aspects of food service. In 1977 the culinary instituted the designation of Chef and the world of food became a universe. Chef Joe has been on forefront of this movement.

When traveling to Savannah make Chef Joe Randall's cooking school a must. It was fun to note that Paula Deen had been there just a couple of nights before us. ★

Correction- Simply Recipes Simply Love should have read Hank Shaw, of Orangevale.

2014 Progress Toward Clean Air Data from 35 Air Districts

SAN FRANCISCO, CA (MPG) - The California Air Pollution Control Officers' Association (CAPCOA), a statewide organization of local air quality regulators, released the 2014 California Progress Toward Clean Air report.

The report compiles air quality data, progress and initiatives from the 35 local air districts throughout California in 2013. The report provides information useful to city, county and state planners as well as businesses and the general public. The report also addresses the continuing challenges air quality regulators face and presents air quality data in an accessible format, helping the public understand how statewide air has improved over time.

"The CAPCOA report shows that over the past 20 years, air quality in California has been a

success story, with significant across-the-board decreases in air pollutants and dramatic cost-saving improvements in public health," said Jack Broadbent, executive officer of the Bay Area Air Quality Management District. "But as population and traffic in the state continue to increase, and as concerns about climate change loom ever larger, further improvements will call upon all the resources and ingenuity of local air districts to ensure that this trend continues into the future."

California's Progress Toward Clean Air is available for download at capcoa.org. Highlights include:

- Over the last 20 years, California's population increased by 22 percent and average daily miles driven increased by 45 percent. Over the same time,

statewide emissions of smog-forming pollutants decreased by over 50 percent.

- An estimated 63 percent of California residents reside in areas that meet the federal standard for ground-level ozone, compared to only 24 percent in 1990.
- Particulate Matter is the air pollutant that poses the greatest risk to public health.
- Since 2000, air quality has steadily decreased even as statewide population has increased.

CAPCOA is a non-profit association of the air pollution control officers from all 35 local air quality agencies throughout California. To learn more, visit capcoa.org. ★

Source: Yolo-Solano Air Quality Management District P.I.O.

Local Animal Shelters Continue Life-Saving Programs with Grants from ASPCA

SACRAMENTO, CA (MPG) - The Sacramento Animal Care Partners, comprised of the Sacramento SPCA, City of Sacramento Front Street Shelter, Sacramento County Animal Care & Regulation, and Happy Tails Pet Sanctuary, have received \$125,000 in grant funding from the American Society for the Prevention of Cruelty to Animals (ASPCA) to continue their work in reducing intake at local animal shelters and providing care to animals with a variety of medical needs.

Funds granted by the ASPCA will focus on four different programs:

- \$10,000 on animal retention programs that educate families

on how to resolve the issues they face with their pet, ensuring more pets are kept in the home.

- 2. \$30,000 on free spay/neuter for pit bulls, one of the most predominant breeds found in local shelters.
- 3. \$35,000 on veterinary care for animals placed with animal rescue groups.
- 4. \$50,000 on spay/neuter programs to support feral and community cat programs, helping to reduce the number of unwanted litters of kittens coming into shelters each year.

"In order to reduce the number of animals entering local shelters each year, we have to look at

every contributing component," explains Rick Johnson, CEO of the Sacramento SPCA. "The ASPCA is helping us to address that. We've seen incredible success with ongoing spay/neuter services for animals in need in our community. These funds will help us to continue that work and also allow us to reduce numbers in our shelters by helping families to keep their pets as important members of the family."

In 2013, the Sacramento Animal Care Partners took in more than 31,000 animals. ★

Source: Sacramento SPCA www.sspca.org

Senior Financial Crime Victims Could Receive Aid

SB 847 approved by Senate Public Safety

Committee on 7 – 0 vote
SACRAMENTO REGION, CA (MPG) - Seniors victimized by fraud and theft would be eligible for limited assistance through the state's Victim Compensation Fund under SB 847, a measure approved Tuesday in the Senate Public Safety Committee.

SB 847 by Senator Marty Block (SD-39) would add seniors and dependent adults who suffer financial abuse to the list of victims eligible to receive reimbursement for mental health and financial counseling from California's Victims of Crime Fund. The state fund is financed through restitution

and dependent adults the loss results in depression, emotional distress, and even suicide.

Currently, crime victims may receive reimbursement for the financial or pecuniary losses they suffer as a direct result of criminal acts, but elder and dependent adult financial abuse is not among the crimes eligible for reimbursement.

"Seniors are easy targets for financial predators who take advantage of their loneliness, isolation and vulnerability," Block said. "The financial loss of savings and other income can be devastating, especially if it is caused by the acts of a trusted family member or friend. Elder victims need help to recover financially and emotionally." Block added for too many elders

and dependent adults the loss results in depression, emotional distress, and even suicide.

SB 847 establishes a maximum reimbursement of \$1,000 for financial counseling and a combined reimbursement amount of \$2,000 for mental health and financial counseling.

It is sponsored by the California Commission on Aging and also supported by the California Police Chiefs, AARP, Crime Victims United; the California Assisted Living Association, the Consumer Federation of California and the California Welfare Directors Association and others. ★

Source: The Office of Senator Marty Block

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POPPOFF!

with Mary Jane Popp

I tried to put on a happy face and joke and tease when I was with her until I got in the car and the tears would come for the Mom I used to know. I knew she was well taken care of. I saw her most every day, but I felt helpless that time marched on and I could not stop the progression of her condition. Yes, she slowly drifted away from me and this life, so when she passed, I knew it was better for her to leave and rest in peace with no more pain or anguish.

Then the healing began, or so I thought. You go through the whole bad time and think "There was more that I could have done," yet realize that was not in fact true. You know that intellectually, but not emotionally.

My DAD passed many years before MOM, and it's strange how one comes to grips with one's own mortality when both parents pass on. Saying that, I slowly began to remember the better days. Were all the memories positive? No, but then that's reality. Mom had a very negative nature. You know what I mean. It's the type of personality that, if I took a trip, "OMG, your plane is going to crash" type of personality. Sometimes it made me crazy. Happily, I took after Dad who was just the

opposite. I guess opposites do attract. But we had some wonderful times together on trips to all parts of the country, and she had a laugh that you could pick out of a crowd and had to laugh with her.

We loved her old fashioned cooking and Christmas was a glorious time of year. She loved watching my brother and me perform on stage. I sang, he played the accordion, and she loved meeting the celebs I would have on my Radio and TV shows. She passed on some great gifts to me, like always dressing impeccably. But perhaps the greatest gift she gave to me was her gift of gab. She could talk to anyone about anything. It sure helped in the business I chose. She also loved to dance and sing. Guess that gene got passed on too.

When I look back now, it's the good times I recall. The bad times just don't matter. It's the beautiful woman with gorgeous blue eyes and blonde hair who is in my heart. I only wish I could hug her one more time.

If your Mom is still with you, give her a hug for me. Let her know you care. The time will come when you too will wish for that last hug! Love to you Mom and HAPPY MOTHER'S DAY to all! ★

MISSING MOM

Normally I write about some of the great guests I have on my POPPOFF Radio Show, but with Mother's Day coming up, my heart took over and I had to share these thoughts with you. It's hard to believe my Mom has been gone well over a decade. She passed in the millennium year 2000 just after Mother's Day. Leave it to my mom to pick the beginning of another century. She always loved being the center of attention.

It took me a long time before I could look back at the good memories and great times. The last two years of her life were really rough. There were times when she didn't even know who I was. Seeing a strapping strong woman with a mind of her own wither away to this tiny helpless little creature that I was almost too afraid to hold for fear I might hurt her was almost more than I could bear. I guess I was feeling sorry for myself because she didn't realize that she was slipping away from me.

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"Going with the Flow" Caring for Dementia and Alzheimer's

By Mark J. Cimino, CEO
CiminoCare

"Dad is no longer living! Don't you remember?" said the frustrated daughter-caregiver to her Alzheimer's afflicted mother, "He passed away 8 years ago!" In frustration, she continued, "Now stop asking me when dad's getting home from work!"

This conversation, and many, many like it plague thousands of families caring for a loved-one who suffers from the onset of Dementia or Alzheimer's disease. If worrying about the stress of the physical demands of caring for a loved one isn't enough, the relationship stress when caring for someone with memory loss can be even more taxing to the family caregiver.

I can't tell you how many friends have reached out to me "at their wits end," asking, "How do you deal with all of this?"

In the not-too-far distant past, a strong theme in the caring of those with memory loss was "Reality Orientation" and

correcting a person's "faulty reality" lest we participate in a "lie." Well, it took a while, but experts finally realized that all this really accomplished - as it would for most anyone - was to produce in our memory-loss loved one more anger, more resistance and more withdrawal.

Today we stand upon the shoulders of the previous generation of caregiving experts, and we now have learned that the key to caring for memory loss is to simply "be in the moment" and "go with the flow." That sounds simple, but we know it's hard to accomplish without help and practice.

For my work, I try to keep abreast of the latest developments and writings. I recently read the book, "I'm Still Here" by John Zeisel, Ph.D., which is a great addition to materials for family (and institutional) caregivers addressing memory loss. Within the context of the overarching concepts of "being in the moment" and "going with the flow," Dr. Zeisel provides a number of practical applications, including how to effectively manage agitation, apathy, anxiety, and aggression. He also provides the five keys for meaningful communication, and seven rules of relationship building.

So, now when mom asks— for the tenth time—"When is your father coming home from work?" daughter-caregiver can respond by "redirection" and say, "I don't know, but mom, what shall we make for dinner? Can we make it together?" And, while behaviors will always be varied, unpredictable and inconsistent, the chances are, the family experience will be more meaningful.

I appreciate Dr. Zeisel's discussion so much that I ordered a box of his books to share with my team, with friends and with other readers. I have 15 more to give a way. First come, first served for 15 of you to email me to have your own copy as my gift to you.

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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Sugary Drink Warning Labels Win Key Legislative Victory

SACRAMENTO, CA (MPG) - Safety warning labels on sodas and other sugary beverages sold in California came one step closer to reality today, when the powerful Senate Health Committee approved SB 1000 on a 5-2 vote. The first-in-nation legislation was introduced by State Senator Bill Monning (D-Carmel) to ensure that all Californians are aware of the critical scientific information linking sugary drink consumption to exploding rates of diabetes and obesity.

"Consumers have a right to know about the adverse health effects of frequent sugary drink consumption," stated Senator Monning. "SB 1000 does exactly what the beverage industry has long said we should do - educate the public - and this is the appropriate public health response to the scientifically proven risks that liquid sugar poses to the public's health. The bill is a common sense measure that is overwhelmingly supported by the public."

SB 1000 would place a simple warning on the front of all beverage containers with added sweeteners that have 75 or more calories per 12 ounces. The label, developed by a national panel of nutrition and public health experts, would read: **STATE OF CALIFORNIA SAFETY WARNING: Drinking beverages with added sugar(s) contributes to obesity, diabetes, and tooth decay.**

Armed with overwhelming research linking soda and sugary drink consumption to skyrocketing rates of diabetes, obesity and tooth decay, the nation's first measure requiring safety warning labels on sugary drinks now moves forward to votes in the Senate Committee on Appropriations, before being

referred for a full Senate floor vote. According to a recent Field Poll, 74 percent of California voters, including a majority of Republicans and Independents, support warning labels on sugary drinks.

"Science has conclusively shown that the jolt of liquid sugar delivered by a soda and other sugary drinks plays a unique and leading role in driving both diabetes and obesity epidemics. The average American is drinking nearly 45 gallons of these products a year, with little understanding of just how much damage they do to their health," explains Dr. Harold Goldstein of the California Center for Public Health Advocacy. "It's irresponsible to sell such risky products without properly warning consumers of the threats they face."

Research shows that a soda or two a day increases the risk of diabetes by 26 percent.

Sugary drinks are also the single largest contributor of added calories in the American diet, responsible for 43 percent of the additional calories consumed over the last 30 years. Drinking just one soda a day increases an adult's likelihood of being overweight by 27 percent and a child's by 55 percent.

"I see more and more patients losing limbs or going blind every year, and many of them drink a soda a day, unaware just how hazardous the habit is to their health," said Dr. Ashby Wolfe of the California Medical Association. "Diabetes rates have skyrocketed by more than 600 percent over the past generation, and liquid sugar is uniquely responsible for this epidemic. Warning labels are a vital step toward preventing a lot of trouble down the road."

These health implications are felt most acutely by California's communities of color, which are the largest consumers of sugary drinks.

"Unless these twin epidemics are reversed, one in three children born after 2000 - and nearly half of Latino and African-American children - will develop type 2 diabetes in their lifetime," said Darcel Lee, president and CEO of the California Black Health Network. "For that reason, the California Black Health Network has proudly joined with our state's doctors to support this key legislation."

The Latino Coalition for a Healthy California (LCHC) echoed that sentiment. "We're seeing unprecedented rates of type 2 diabetes and obesity in the Latino community," says LCHC Executive Director Xavier Morales. "All lives matter, and the health of our community requires immediate action. A warning label on the sugary beverages that are unique contributors to these health epidemics is a great first step." SB 1000 is co-authored by Senate President Pro Tem Darrell Steinberg, Senators DeSaulnier, Leno and Mitchell, and Assemblymembers Ammann and Williams. The legislation is co-sponsored by the California Black Health Network, California Center for Public Health Advocacy, California Medical Association and the Latino Coalition for a Healthy California.

Complete information on SB 1000, including fact sheets on the science linking sugary beverages to diabetes, obesity and cavities, is available at www.sodawarninglabel.org. ★

Sources: Brown-Miller Communications and California Medical Association

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