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***Women's Pro Tennis Comes to Gold River in July***

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# Gold River Messenger

*"Written by the people, for the people"*

Volume 2 • Issue 6

***Serving Gold River and Sacramento County***

June, 2014

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**"Fool's Gold" Preparing for an Empty Nest**



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## ***Hundreds of Volunteers Energized by Community Service Projects***

By Naomi Harper

**SACRAMENTO REGION, CA (MPG)** - Over 500 volunteers with gloved hands used rakes, mattocks and shovels, removed weeds, and cleared a three foot swath under posts and cables at Sacramento County park at Sailor Bar. El Cid Nieto, county of Sacramento Parks Maintenance Supervisor (Watt Avenue to Nimbus Dam of the American River Parkway), welcomed the volunteers. It was an opportunity to accomplish work that would take park personnel weeks to accomplish.

Neito said, "We need it. By removing the weeds along the posts and cable, you are helping to save that resource in case of fire. It's awesome what your group is doing. You don't see this kind of volunteering on this scale anymore. It is refreshing."

Clay Jackson, assistant director of Public Affairs for the Carmichael Stake of The Church of Jesus Christ of Latter-day Saints, contacted both the county park and state park rangers to coordinate the efforts for the April 26th, statewide Community Day of Service-Mormon Helping Hands. Rangers responded



**Kathy Laret, a teacher at Twin Lakes Elementary School, came out to 'improve community parks and environment by clearing weeds so that everyone can enjoy the parks. I want my students to know they are a part of the community and to serve for the greater good.'**

with a long list of projects at Sacramento Bar, Sailor Bar, Nimbus Dam Overlook, and Negro Bar.

Scott Becker, Sailor Bar park employee, looking at the scene



**Brian Jensen, Director of Public Affairs and member of the Community Day of Service planning team, said of the effort, "The rains were a double blessing though, both helping to relieve the drought and softening the soil to the extent that we accomplished MUCH more work than we anticipated. The visual impact at Sailor Bar was amazing."**

of hundreds of volunteers said, "This is awesome. This is a great system you have going on to help us out."

Taking a Saturday to pull weeds at Sailor Bar, Bernice Davidson, a 78 year old grandmother, said, "What could be better than accomplishing something worthwhile with friends?"

Given the wet conditions, the painting projects at all four parks were cancelled. Ted Allebes, 83, was redirected from his original painting assignment to weeding. Allebes responded to the change with, "I'm here to clean up." The crew of volunteers adjusted to new instructions at Negro Bar and beautified the picnic area, campground, and boat launch. They prepared the area to accommodate everyone for the BBQ.

Kelvin Harris, county of Sacramento Parks employee

appreciated the work of the volunteers and remarked that for the park, "It is a labor of love." Harris has been coming to the river since he was young and considers the American River Parkway a part of his life and a treasure worth protecting.

Cheryl Sanford, Trades and Maintenance, California State Parks, provided the weed eaters, gas, masks, and filters to a volunteer crew to remove weeds from the entrance on Hazel to the parking area at the Nimbus Dam overlook. Sanford looked at what was accomplished and said, "What your crew did in a day would take two of us weeks and months to complete. This is the first year we have worked with Mormon Helping Hands. We always have projects—construction, invasive weeds and

*Continued on Page 8*

## ***California Senate Passes Bill to Raise Minimum Wage to \$13 per Hour***

**LOS ANGELES, CA-** On Thursday May 29th, California State Senate voted 21-12 to raise the state's minimum wage to at least \$13 per hour by 2017. The bill would also require the minimum wage to be automatically adjusted for inflation annually beginning in 2018. The adjustments would be calculated using the California Consumer Price Index and reductions in the minimum wage would be prohibited if inflation is negative in any given period.

California Partnership (CAP) Director Vanessa Aramayo said "an increase in California's minimum wage is long overdue as it is lower than it was in 1965 when adjusted for inflation. SB 935 will reduce the number of Californians living in poverty, reduce the number of people going hungry, and increase economic activity in our communities that have been hardest hit by the economic recession and stagnation of wages."

A recent report by Human Impact Partners cites a study that predicts a minimum wage of \$13 would help reduce the record high income gap that exists in California today. The study predicts that the income of 7.6 million Californians in families in the lowest quarter of income distribution would rise while the net income of the top 75% of households would not change[1].

California Partnership is a proud co-sponsor of this bill with the Women's Foundation, the Western Center on Law and Poverty, United Food and Commercial Workers Union and the California State Council of Service Employees International Union.

CAP is a statewide coalition of community-based groups, organizing and advocating for the policies and programs that work to reduce and end poverty. ★

*For more info: Jeff Brewer, California Partnership, (213) 700-6276 or email jbrewer@communitychange.org*

## ***River Cat and RCLL Pitcher are Just Like Twins***

By David Koenig

On the surface, the similarities seem hard to find. Michael Taylor, the 28 year old Sacramento River Cats outfielder and the team's all-time hits and runs leader, is 6'5" 250 pounds and bats and throws right-handed. Will Linberg is 10 years old, plays for the Rancho Cordova Little League's Major Red Sox as a pitcher and shortstop, stands just a hair under 5'0", weighs about 80 pounds and bats and throws left-handed. But take a closer look and you start to see the commonality. Both players have a burning passion for baseball, both wear the number 52, Michael went to Stanford which just happens to be Will's favorite college but more importantly, both

have Type-1 Diabetes meaning they both need to monitor blood sugar levels several times a day as well as take several insulin injections daily.

The two met at a couple of River Cats games and became friends through



**Michael Taylor (right) and Will Linberg at a recent RCLL Red Sox game.**

Twitter. Will's dad Dave, who coaches his Little League team, reached out to Michael to invite him to one of Will's games and he quickly accepted. He spent time talking to players as well as parents, and watched Will's game intently from the dugout while offering encouragement to all of the players. Afterwards he addressed the team, posed for pictures, signed autographs and just spent time talking to players and parents alike. Will ended the game with two walks, a triple, two runs scored and four solid innings of one-run pitching to lead



**Michael Taylor, the 28 year old Sacramento River Cats outfielder and the team's all-time hits and runs leader is shown above with the Rancho Cordova Little League's Major Red Sox team.**

his team to a 5-3 win. Michael spent the game watching Will and cheering him on the same way Will watches and cheers for Michael from the stands at Raley field while Michael suits up for the River Cats.

Like Vincent (Danny DeVito) and Julius (Arnold Schwarzenegger) from the movie Twins, it's hard see the likeness

from their outward appearance, but Will and Michael share so much not seen by the naked eye. Whether or not he has the storied Major League career that all baseball players strive for, Michael will forever be an All-Star in the eyes of Will Linberg and the Linberg family. After meeting and talking to him, he has become my favorite player as well. ★

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## Gardening at the Library Healthy Food by Kids, for Kids

**RANCHO CORDOVA, CA (MPG)** - Nicolas Come is a nine year-old who has already created an app called Nicolas' Garden. He has a vision that growing and serving healthy food is not only good for us, it can be fun to share ideas, games and recipes By Kids and For Kids. He wants to introduce a healthy "Nicolas' Seal of Approval" that kids and their parents will trust when they shop for produce or products world-wide. He also wants to design and launch games that make being healthier fun for kids of all ages!



Join him and support and share his mission for a healthy future. Meeting dates are: July 11 - Cancelled, August 1, September 5, October 3, November 7, December 5 or 12. The Rancho Cordova Library Garden Club meets the first Friday of every month from 1:00pm - 2:30pm at the Library, 9845 Folsom Blvd, Sacramento CA 95827. For more information, contact Claudia Alstrom, scalstrom@sbcglobal.net or Jill Stockinger, jstockinger@

saclibrary.org, or visit www.saclibrary.org, click on Events, and follow the prompts. Source: Rancho Cordova Library Garden Club The Rancho Cordova Library Garden Club meets the first Friday of every month from 1:00pm - 2:30pm at the Library, 9845 Folsom Blvd, Sacramento CA 95827. **Future meeting dates:** July 11 - Cancelled, August 1, September 5, October 3, November 7, December 5 or 12 The Rancho Cordova Branch Library is a branch of the Sacramento Public Library. Website: http://www.saclibrary.org, click on Events, and follow prompts. ★ *Contact: Claudia Alstrom - scalstrom@sbcglobal.net or Jill Stockinger - jstockinger@saclibrary.org.*

## Peking Restaurant Serves Quality Chinese-Korean Fusion Cuisine Food for 21 Years

By Linda Harper

**GOLD RIVER, CA (MPG)** - One only has to see the collage of photographs behind the register at Peking Restaurant to see why it's a great place to find quality Chinese-Korean Fusion Cuisine. Their clientele is multi-generational. Grandparents began eating at the family style restaurant since it's opening in 1992. Their children remained patrons when they became adults, and now they bring their offspring in to enjoy authentic Asian food in the friendly, inviting atmosphere, Peking Restaurant has gained notoriety for.

Liyen and Chung Yi Liu immigrated to the US from South Korea with their young family in 1988, and settled in Gold River. They arrived with years of experience in the restaurant business, and set out to do what they do best, prepare and serve quality, affordable Chinese-Korean Fusion Cuisine for their community. The Liu's opened Peking Restaurant, located in Butterfield Plaza, 9529-A Folsom Blvd., 21 years ago, and have been successfully supplying area residents with healthy, authentic Asian meals ever since.

Liyen Liu, the matriarch of the family business, greets customers when they arrive with an inviting smile and bubbly personality, while her husband, a trained Chef, prepares mouthwatering dishes from the restaurant's wide menu. Their son, Robert Liu, helps out in all aspects of the business operations. Patrons can't help but notice the stuffed, happy Panda Bears adorning Peking restaurant. Liyen explains they were given to her by satisfied repeat



Liyen and Chung Yi Liu, owners of Peking Restaurant. Photo courtesy of the Liu family

customers, over the years. These cuddly creatures add to the friendly ambiance of the restaurant. Peking Restaurant is open six days a week: Tuesday-Friday, 11 a.m.-9 p.m., Saturday, 11:30 a.m.-9 p.m., and Sunday, 12 noon- 9 p.m. They offer lunch specials, family dinners and an extensive menu of delectable Asian dishes. The Liu's celebrate customer birthdays by offering 10% off the birthday person's meal, and they're equipped to host parties of any size. Their full menu is available for takeout, and reservations are not required. If you're an Asian food connoisseur, or if you and your family just want to experience a hearty meal prepared with fresh ingredients, visit Peking Restaurant. Call (916) 363-3959 for more information. ★



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I'm California born and bred. But because my sister married a Southern gent and raised her family in Memphis, and because both of my daughters went to college at University of Kentucky, I've been fortunate enough over the years to visit quite a few cities and small towns in the South.

So, yeah, I'm not a Southern belle. At all. I don't have that fresh peaches-and-cream, dewy complexion—a gift from that often horrendous humidity. Nor do I have that glorious accent—a gift from God that lulls me into a calm like nothing else can. And I don't like or even know how to make sweet tea. (There is an art to it.) And here's a really sad thing: I own not one piece of clothing by Lilly Pulitzer or Vineyard Vines. Yet.

When I have to void my bladder while dining in a restaurant, I usually say something like, "I

have to pee. I'll be right back." Southern women, on the other hand, are much more refined. They delicately wipe their Chanel-lipsticked mouth with their crisply-ironed white linen napkins, previously placed just-so on their Lilly P shift, push their (real) Queen Anne chair back and say, "Excuse me." As simply and sweetly as that.

When the heat is unbearable and the humidity is at 95 percent, a Southern lady will say, with a wide Crest-commercial smile, "Oh, dear me!" I say, "Are you kidding me?! This is ridicccccculous!" Because it is.

The very things for which Southerners are sometimes ignorantly and unfairly lambasted, I believe, are what make them so special and charming. They are far from superficial or insincere. They have a glass-half-full attitude.

And the Southern Hospitality  
thing is legit, real and

I'm not a Dixie chick. But gosh do I try...

Sadly, I've never been to a debutante ball. I so regret not going to my niece's coming-out fete in Memphis circa 2000.

In reality, though, I'm a proud native California person through-and-through who has fallen in love with the South and its citizenry. And whether I go back to Charleston or Nashville again, or explore a new Southern gem of a town, I can't wait to go again.

When next year you are in northern California, please know that you are welcome here. We'll barbecue (not cookout) some salmon and chicken, toss a mixed greens farm-to-fork salad, drink a bottle or three of wine from Napa Valley—on our humidity-free, bugless patio (not porch). And by then, my goodness gracious, I do hope I'll be wearing a Lilly Pulitzer to show ya'll. ★

**SACRAMENTO, CA (MPG)** - The California Association of Public Information Officials (CAPIO) announced at its annual conference in Santa Barbara that Nancy Pearl was selected as the 2014 Paul B. Clark honoree, the highest individual recognition given by the statewide organization.



“The Paul B. Clark Award is a wonderful honor by my peers,” Pearl said. “I’ve always enjoyed the challenge of helping government communicate and interact more effectively with its citizens,” she said. “For young communicators in our profession to consider me a mentor is the greatest tribute of all.”

CAPIO is a statewide group serving communication professionals throughout the public sector including cities, counties, state agencies, special districts and private

Pearl has been an active member of CAPIO and served on its Board of Directors. She's won numerous awards for her strategic communication initiatives, both from CAPIO and other local, regional and national organizations. As a consultant, she helps select clients with strategic communication planning and implementation, media relations, crisis communications, and special events.

Pearl now resides in Reno where she's actively engaged in her passion for the arts, serving on the City of Reno's Arts & Culture Commission and singing in the renowned Reno Philharmonic Chorus.

CAPIO, [www.capio.org](http://www.capio.org), provides California-focused education and networking that helps members and agencies develop and advance on the belief that good government requires good communicators. ★

Source: California Association of Public Information Officials



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By Kay Burton

Gemma is a small, yellow Labrador retriever who can frequently be seen happily walking the Gold River Trails—often trying to beg a treat from other walkers. To see her now it is hard to remember the fearful dog she was last summer, desperately trying to hide behind her owners legs when anyone approached.

Jim and Karen Purvis, of Gold River, adopted Gemma from the Central California Labrador Retriever Rescue (CCLRR) group last July when she was about one year old. She had been confiscated, along with a large number of other dogs, from a hoarder in the Mariposa area. The dogs had been



kept in almost feral conditions with little socialization.

The first few months in a puppy's life are critical to their social development. It's the time when they need to be exposed to a wide variety of new experiences, people, and sounds in order to learn what's normal in the world. Unfortunately,

Gemma had only learned how to get along in a pack of other dogs and was very fearful of strangers and new situations.

Fast forward to today. With the help of so many Gold River trail walkers, plus training classes and play care at The Local Bark, Gemma has gradually developed

confidence and security in her new world. The owners could expose her to new situations on their own, but it took the Gold River Villagers, one cookie at a time, to show her how wonderful people can be. Amazingly, she recently passed the AKC "Canine Good Citizen" test which measures obedience and trust.

The Purvis family are so grateful to all of their Gold River neighbors who have shown immense patience in helping to socialize Gemma into the amazing "gem" she's become.

Gemma has been invited to participate in the upcoming "Bow Wow Beauties"

Fundraiser to support the SSCPA. This is to be held on Saturday, September 5, at the Hallmark location in Gold River. For more information on this upcoming event call (916) 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: Kay.Burton1@comcast.net

## It Takes a Village



### MY DAD, MY HERO

I can't tell you how many time my mother said to me, "You are just like your father" with a strong hint of sarcasm in her voice. I took it as a badge of honor. Dad passed away many years ago, but the strength he left behind is instilled in me. His story is what the greatest generation movies are made of. Born in the U.S. his parents took him back to Romania at age two. At age fourteen, he had to declare his citizenship there or here. Dad was proud to be an American, and so this kid began a journey all on his own. His father was a brilliant and spoiled alcoholic interpreter in Detroit. Not at all a family man. So when Dad asked his father to help him get a job, his father told him, "I gave you wings, now fly." That's why I think dad was so devoted to his family. He never

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with Mary Jane Popp

wanted my brother and I to face what he had. He loved to travel with my brother and I when we would perform and beamed with pride. After a terrible accident, and only one week out of the hospital, he insisted on driving me to the Indiana State competition so I could compete singing and playing violin. It was an historic snow storm, but that did not deter him. No one else was going to take his family on this trip.

Getting back to his early years, my dad did fly. He lied about his age and got a job. And his father's brilliance was passed on to dad. He went from manual laborer to designing fur coats for Metro Goldwyn Mayer Studios in Los Angeles. He never backed down from a challenge. He went from putting blasting caps on TNT in an ordinance plant for the war effort to furrier to management in an aircraft plant to full-fledged Ironworker. He even got a little acting in there too. And how can I forget race car driver, and dare I say early on, a little bootlegging too during the prohibition era? Dad's will to succeed for himself and his family was in his

DNA, and I would like to think he passed it on to me. We were so much alike. When we argued, it was a stalemate. It was like arguing with your mirror image. Was dad perfect? No. He had a terrible temper, and periodically, it got out of hand. I guess I got that DNA too, but it has softened some with age. He died rather young, but I can tell you, he lived life to the fullest!

I miss dad, but I still talk with him...especially when I am driving. He enjoyed being behind the wheel, and he loved to travel, family in tow, all over the country. Sometimes the driving went on for long periods, but that was dad too...goal oriented. But I am grateful for what dad passed on to me, both in philosophy and his drive to be the best you can be. I will always remember his story about making mistakes. "Remember," he would tell us, "You are not learning if you do not make mistakes." Of course, I'm sure he hoped we would not repeat them after the lesson was learned. Dad, you are loved now and always! HAPPY FATHER'S DAY! ★

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THE SACRAMENTO BEE  
FOOD REVIEW  
FEB 2013



# Take the Train to San Francisco for the Day

By Judy M. Zimmerman

Need a break from your humdrum routine week? Then hop on the train for a fun-filled day in San Francisco. Be sure to check out the bargains on Amtrak’s special commuter train, the Capitol Corridor. (See sidebar below.)

Sit back with a cup of coffee and the newspaper and appreciate the rich colors and textures of the landscape—beautiful details you’ve never noticed while negotiating the traffic and tolls of Highway 80.

When you get off the train at Emeryville, there’s a bus (or two) waiting just outside the train station to take you to five different locations in San Francisco. Before boarding the bus, show the driver your train ticket and tell him your destination so he can let you know which bus stop you want.

Here are a few ideas for starters, all day trips I’ve enjoyed in

- the past two years:
- A Wed., Sat. or Sun. matinee at one of the theaters.
  - Sunday matinee of the San Francisco Ballet, only two blocks away from the Asian Art Museum. Its café is an excellent choice for lunch.
  - Saturday morning’s Farmers’ Market at the Ferry Building where you’ll find a mouth-watering breakfast or lunch at one of the outdoor kiosks and lots of intriguing shops inside.
  - Golden Gate Park (closed to traffic on Sundays) – the Museum of Modern Art and Ca. Academy of Sciences. My young nieces’ favorites were climbing and running around the Japanese Tea Garden and the playground.
  - A steep climb up Telegraph Hill to the Coit Tower (be on the lookout for the neighborhood’s wild parrots).
  - For a panoramic sunset view of the city, order drinks and snacks at the Top of the Mark (Hopkins Hotel) on Nob Hill where many fond memories began during WW II.
- Choose any one of the same five San Francisco Amtrak bus stops to return to the Emeryville Train station. There’s no need to be concerned about missing the train to Sacramento because the bus and train schedules are coordinated. ★
- For More Information:  
Capitol Corridor, [www.capitol-corridor.org](http://www.capitol-corridor.org), tel. 877-974-3322 (\$9.00 for 24-hr parking)  
Visitors Guide, [www.onlyin-sanfrancisco.com](http://www.onlyin-sanfrancisco.com)  
Comprehensive site to San Francisco Arts, [www.sfarts.org](http://www.sfarts.org)  
Best of Broadway plays, [www.shnsf.com](http://www.shnsf.com)

# Consumers Union Expresses Deep Disappointment in Narrow Defeat

**SACRAMENTO REGION, CA (MPG)** - Consumers Union, the policy arm of Consumer Reports, expressed deep disappointment in the narrow defeat of California Senate Bill 1381, which would have required labeling of genetically engineered (or GMO) food in the State. Introduced by Senator Noreen Evans (D-Santa Rosa), the bill was voted on the Senate floor in favor 19 to 17, but needed 21 votes to pass. Evans called for a reconsideration vote of the bill today, where again, it was short to votes to pass.

“California missed a critical opportunity to be a national leader in supporting transparency in the food system and standing up for consumers’ right to know how their food is produced,” said Elisa Odabashian, West Coast Director of Consumers Union. “This issue is not going

away--thousands of consumers told their state legislators they want labeling of GE food and Consumers Union will continue to support their efforts.”

In 2012, California’s Proposition 37, a ballot initiative requiring labeling of genetically engineered food, narrowly lost. Agribusiness and food corporations spent nearly \$50 million in advertising to drown the airwaves and defeat the measure. California could have followed in the footsteps of Vermont to become the second state in the nation to label GE foods. Connecticut and Maine have already passed labeling legislation, but the enactment of those laws is contingent upon other states passing similar legislation.

States are moving ahead of the U.S. Food and Drug Administration, which has indicated that it will support only voluntary labeling of GE foods, despite receiving nearly two million public comments urging mandatory federal labeling. The U.S. is far behind the 64 countries around the world that already require GE foods to be labeled. Unlike most other developed countries – such as 15 nations in the European Union, Japan, Australia, Brazil, Russia and even China – the U.S. has no federal laws requiring labeling of genetically engineered foods.

Consumers Union supports federal and state efforts to label GE food and has testified at State hearings on this issue. For more about its position on GMOs, please visit [NotinMyFood.org](http://NotinMyFood.org). ★

Source: [NotinMyFood.org](http://NotinMyFood.org).

SPOTLIGHT ON BUSINESS

## Healthy Glo MOBILE Dental Hygiene

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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.

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Ruth Redd, RDHAP Owner, HEALTHY GLO Dental Hygiene Practice

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# 1,583 Reasons to Say “No” to the Rancho Cordova Interchange

**Guest commentary by Lonn Maier**

The City of Rancho Cordova and Caltrans are proposing to build a multi-lane freeway interchange that will serve as the main traffic drain for an estimated 25,000 cars daily that will at build-out serve a massive 90 square mile, 54,000 home residential development in south Sacramento County. The interchange would be located in the midst of residential homes in Gold River, just south of Tenderfoot Drive in Eureka Village.

Residents of Gold River aren’t happy with the proposed massive traffic drain for a couple of reasons. Well, maybe more. Let’s start with 1,583 reasons—that’s the approximate number of children that live in Gold River, according to the latest census data.

Air emissions from cars include carbon monoxide, carbon dioxide, nitrous oxides and sulfur oxide, and ozone, not to mention particulate matter from diesel trucks and cars.

The City of Rancho Cordova’s own analysis shows that under build-out conditions, uses in the Planning Area may produce 14,300 tons of reactive organic gasses, 3,200 tons of nitrous oxides, and 8,400 tons of particulate matter 10 microns in size per year. Most of these air contaminants are from cars and trucks, especially diesel vehicles. Wind currents in Eastern Sacramento County will typically move air from the south to the north. So in other words, **Rancho Cordova generates the pollution by having an interchange close to homes—Gold River and adjacent areas receive it.**

Thousands of children and parents alike frequent the nearby Prospect Park annually, which is located a mere 100 yards from the proposed interchange. Kids in sports will be running their hearts out will be inhaling the emissions from the thousands of vehicles that

pass through Tenderfoot Meadow every week.

There is cause for concern. In the last 10 years, a significant amount of research has been conducted. Under a directive from the Environmental Protection Agency, California agencies are discovering through air quality monitoring a greater risk of respiratory illness with children that live near freeways. Dozens of research studies have shown that when children live in proximity of freeways, they will have low birth weight, heart defects, acute respiratory illnesses, asthma attacks, long-term health effects, such as chronic respiratory diseases and development of asthma and cardiovascular diseases.

In fact, children living as far away as 1,500 feet from a freeway or interchange can exhibit these health conditions. **Again, Gold River’s only public park where children play year-round is only 100 yards away.** Homes with children are located as close as 150 feet away from the project. Even the State’s own Air Resources Board thinks that interchanges near homes are a bad idea. They recommend that homes be sited farther than 500 feet from freeways, including interchanges.

The *Rancho Cordova General Plan* identifies some lofty goals to ensure the community has decent air to breathe. The General Plan states in part that the goal of the City is to “*Ensure a healthy community...meet or exceed all state and federal air quality standards...support land use patterns and densities that lessen air quality impacts...support a circulation system design that reduces vehicle trips and emissions...provide buffers and setbacks between sensitive land uses and sources of air pollution.*”

Do any of these laudable goals sound like they were even a vague consideration when Rancho Cordova planners decided to drop

a giant-sized freeway interchange into the midst of a residential community?

At least Rancho Cordova officials *sound* concerned with the air quality of a community. So why do they think it’s a good idea to build an interchange 200 feet from a community park and nearly in the backyards of homes? Why do they think that siting a project that will result in tons of toxic air contaminants conveniently deposited in Gold River is a good thing?

How is it that *anyone* thinks that building a freeway interchange within 50 feet of someone’s backyard a good thing? Apparently the City and Caltrans do. There’s a huge gap between their talk and the way they walk; between what the City boasts and what it plans for the future for its residents and people who live in Gold River.

Our community youth who are at risk of developing serious health maladies are taking a back seat to the City and Caltrans who are driving the bus in the wrong direction.

The City and Caltrans are on the fast track to get this built so they can approve the couple dozen developments that have been pending until the interchange is up and running. **The City has adopted a motto: The Playful City. Don’t believe it. Don’t let them play with your children and grandchildren’s health and future.**

Let Caltrans and the Mayor of Rancho Cordova know of your opposition to the project. We have 1,583 reasons to say no. ★

Georgette Neale, Caltrans 2379 Gateway Oaks Drive, Suite 150  
Sacramento, CA 95833  
georgette.neale@dot.ca.gov  
Dan Skoglund, Mayor City of Rancho Cordova  
2729 Prospect Park Drive  
Rancho Cordova CA 95670  
dskoglund@cityofranhocordova.org

Lonn Maier is a resident of Gold River. He can be contacted at [griec@sbcglobal.net](mailto:griec@sbcglobal.net)



By Alona Thomas

“Learn how to cook -- try new recipes, learn from your mistakes, be fearless and above all have fun.” Julia Child

Susan Pollak and Lee Manigault, the Deans of The Charleston Academy of Domestic Pursuits not only live Julia’s mantra, but are now sharing their knowledge with all of us. Their credentials are impeccable and have earned them PhD’s.

Suzanne was raised in Africa where her father was a diplomat. She has co-authored Entertainment for Dummies and the Pat Conroy Cookbook. Lee is truly the professor as an internationally educated cook “who can set a table with over 100 utensils and butcher a side of beef.” She lives with her two daughters in one of the most magnificent and significant homes In Charleston. Their paths crossed at a party (of course) and found they loved entertaining and using home as a way to reconnect in life.

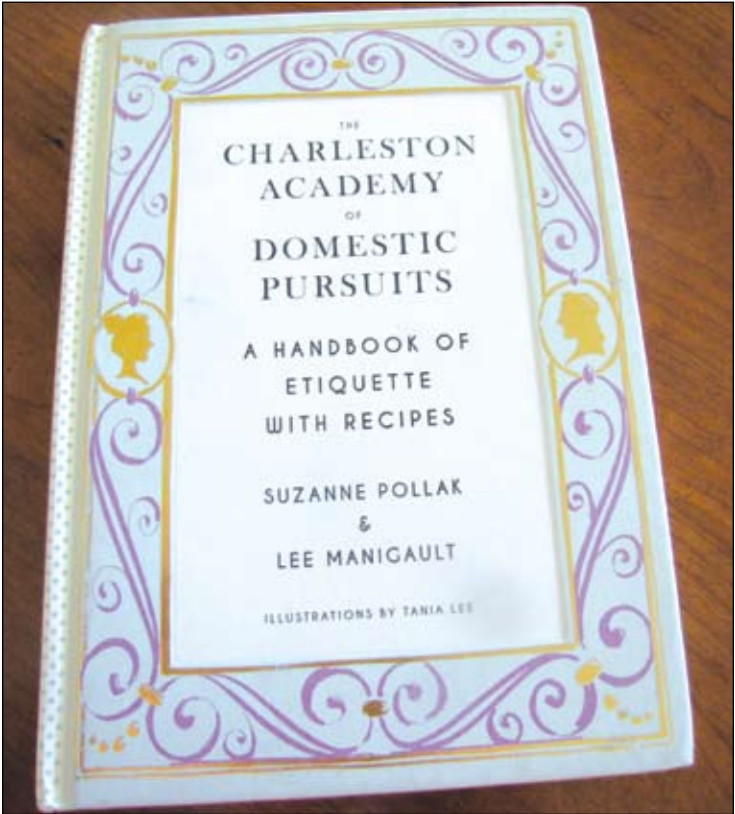
Long time cooking pals, from Santa Rosa, are my companions exploring Charleston from cooking classes to James Beard restaurants. We enrolled in the academy and spent a wonderful evening in Suzanne’s historic home on Rainbow Row. She greeted us with an Old Fashion, which was a delight. Eleven of us sat around the kitchen counter while oyster stew was prepared and then served in silver sterling cups. Our dinner of fried quail, roasted vegetables with pears and greens with gigantic croutons was served in the living room, seated on a large square coffee table with huge Palmetto growing in the center. Conversation was humming and we had to stop to enjoy Bourbon pie for dessert. Lee was unable

# Domestic Art Rediscovered

to join us, but Suzanne did share their joint vision to spread the word “about the art & science of living in your home”

Friends and associates of the Deans were seeking their knowledge about all sorts of domestic questions such as menu sugges-

number one in its category on Amazon. It is written from the insights of both Deans and at times their ideas are contrary to each other, giving the reader an opportunity to weigh both opinions. It contains real life situations (how to seat guests?) and



Susan Pollak and Lee Manigault, the Deans of The Charleston Academy of Domestic Pursuits not only live Julia’s mantra, but are now sharing their knowledge with all of us. Their credentials are impeccable and have earned them PhD’s.

tions to how to remove a drunken reveler. They started the academy realizing they could truly serve a purpose. The classes are offered to private groups on a variety of subjects including Unforgettable Dinner Parties without 27 Nervous Breakdowns to How to Give an Oyster/Pig roast. They recognized that their shared knowledge may be needed beyond the world of southern hospitality.

In April they published THE CHARLESTON ACADEMY OF DOMESTIC PURSUITS, A HANDBOOK OF ETIQUETTE WITH RECIPES. The book is

some very funny answers that you know come from true experience. I am making my way through the very nicely bound hardback and have one all lined up for the Bride to Be in our family. The book has also become a unique hostess gift and is less expensive than a bottle of wine. Here’s to “living at home”. ★

Alona’s hobby is food and all the fun it brings. This includes discovering foodie gems, sharing travel adventures and pleasurable times. Contact [grcommunityfoodie@gmail.com](mailto:grcommunityfoodie@gmail.com)

## Sarah Elizabeth Egan of Gold River Named to Dean’s List at Clemson University

**CLEMSON, SC (MPG)** - Sarah Elizabeth Egan of Gold River, whose major is Elementary Education, has been named to the Dean’s List at Clemson University for the spring 2014 semester.

To be named to the Dean’s List, a student must achieve a

grade-point average between 3.50 and 3.99 on a 4.0 scale.

Ranked No. 21 among national public universities, Clemson University is a major, land-grant, science- and engineering-oriented research university that maintains a strong commitment to teaching and student success.

Clemson is an inclusive, student-centered community characterized by high academic standards, a culture of collaboration, school spirit, and a competitive drive to excel. ★

Source: Clemson University

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By Gold River Resident, David Dickstein

**GOLD RIVER, CA (MPG)** - Fifteen years of quality education at Gold River Discovery Center, three years of International Baccalaureate at Churchill Middle School and eight years of growth at Rio Americano High School. The combined preschool-12 journey of our two boys is all complements of the San Juan Unified School District, and how great they have been. Soon it will be how great they were.

Bittersweetly, the days of sack lunches and calling teachers by “Mr.,” “Mrs.” or “Miss” are coming to an abrupt end for our family this month when the younger of our two boys is presented with a scroll and a handshake on what promises to be a teary, yet cheery Sacramento Memorial Auditorium.

My dear wife is going to be a wreck that day. Mimi, or “Mrs. Dickstein” as many of you and your kids know her better as a teacher at GRDC, won’t have

## “Fool’s Gold”

### Preparing for an Empty Nest

a handbag big enough for all the Kleenex she’s going to go through before, during and after the afternoon ceremony. You’d think she’d be used to it being a teacher – some of her students are already college graduates, for crying out loud. But this is different, of course. When she watches her own kid marching to “Pomp and Circumstance,” for crying out loud won’t be just an expression.

As for Dad, this old softy surprised himself when he wasn’t a giant mush ball two years ago at Dylan’s graduation, so I don’t see myself being one at Max’s. That will come in August. If you want to see a grown man become a slobbery mess, find me the day after we move Max into his dorm at Chico State. That will be the first day of my wife and I being – gulp! – empty nesters. Blending umbilical cord severing with advancing age, that term is a double whammy for parents who actually enjoy having their children around, like us.

E-M-P-T-Y. N-E-S-T-E-R. Ugh. It was bad enough getting an invitation to join AARP three years ago; now I have to come to grips over being what I once called old people. Before some of you justifiably serenade me with your air violin, know that not lost on me is the good fortune that both our children are going

to universities, for one thing, and at schools within a five-hour road trip – close enough for them to come home on most academic breaks. We have friends who wish their children had such options, and others with sons and daughters going to college much farther away, some on the East Coast. My heart goes out even more to parents with kids entering the military, and God bless each one of those young men and women.

As for my roost, proud as I am to have two amazing sons who will both be maturing in ways only living away from home can do, it comes at an emotional price. I’m reminded of the last episode of that classic TV show, “The Wonder Years,” in which the main character ponders the bridge between childhood and adulthood, and growing up in a suburban neighborhood much like Gold River.

“Growing up happens in a heartbeat. One day you’re in diapers, the next day you’re gone. But the memories of childhood stay with you for the long haul. I remember a place, a town, a house, like a lot of houses. A yard like a lot of other yards. On a street like a lot of other streets. And the thing is, after all these years, I still look back ... with wonder.”

Kleenex anyone? ★

## Women’s Pro Tennis Comes to Gold River in July

### Freight Solution Providers to Sponsor \$50,000 USTA Event at Gold River Racquet Club July 5 – July 12



The tournament, part of the USTA Pro Circuit, is the only \$50,000 event scheduled for California in 2014. It’s expected to attract players ranked between 100 and 800 in the world.

**GOLD RIVER, CA (MPG)** - Some of the world’s most promising women tennis players will descend on the Gold River Racquet Club to battle for \$50,000 in prize money and valuable ranking points at the FSP Gold River Women’s Challenger/USTA tournament July 5 – July 12.

The tournament, part of the USTA Pro Circuit, is the only \$50,000 event scheduled for California in 2014. It’s expected to attract players ranked between 100 and 800 in the world.

USTA Pro Circuit tournaments are a series of entry-level professional tournaments offering prize money from \$10,000 to \$100,000. Challenger-level events are stepping stones to WTA Tour events and Grand Slam tournaments like Wimbledon and the U.S. Open. Each year, more than half the players in the U.S. Open Women’s draw have either played or are currently playing on the USTA Pro Circuit.

New for this year, the tournament is will be part of the US

Open Wild Card Series. The American player with the best performance over the course of three consecutive tournaments will receive a Wild Card entry into the Main Draw of the US Open in New York at the end of August. FSP Gold River Women’s Challenger is the 1st tournament in this series.

Sacramento-based FSP (Freight Solutions Provider) has signed on as the tournament headline sponsor. Founded by Lielanie Steers in 1989, FSP is the nation’s largest female minority-owned freight forwarder in the United States. An award-winning company that embraces the diverse talents, backgrounds, cultures, and lifestyles of its employees, FSP is consistently recognized as one of the top employers in the Sacramento Metropolitan Area.

All proceeds from the tournament will be donated to the Sacramento Regional Tennis Foundation, which promotes the sport of tennis among youth in the Sacramento region. Programs are held after school and during school hours. The

Foundation provides all of the necessary equipment and leadership.

The FSP Gold River USTA \$50,000 Women’s Challenger features a singles main draw of 32 players and a doubles main draw of 16 teams. Main draw play begins Monday, July 1, and concludes with the final matches on Saturday, July 12. The qualifying tournament begins Saturday, July 5.

Matches will be scheduled throughout the day and evening during the tournament. General admission for spectators is free during qualifying rounds and all main draw day sessions. Admission is \$10 per person for evening sessions Tuesday – Saturday. Tickets will go on sale June 1.

Gold River Racquet Club is located at 2201 Gold Rush Drive, Gold River. ★

For more information about the FSP Gold River USTA \$50,000 Women’s Challenger Tennis Tournament, go to the website at [www.goldriverchallenger.com](http://www.goldriverchallenger.com)

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# Hundreds of Volunteers Energized By Community Service Projects



From left: El Cid Nieto, Bill Busath and Kelvin Harris.

Continued from Page 1

plants that need to be removed. We could use you every year.”

Pat Doyle, California State Parks, looking at the bags of

weeds stacked by 66 volunteers at the Negro Bar project site said, “If we had more groups like this pitching in instead of messing up parks, what a difference that would make. Your people have



Everyone was stunned at how quickly we completely reconstructed the trail to the lake. We were even more shocked at how much of the road way we improved by removing fire-prone weeds and stretching and mending the severed metal cables.

something in common. You have such a good worth ethic.”

Clay Jackson, the Assistant Director of Public Affairs for the Statewide Community Day of Service, contacted Terri L. Lopez, District Interpretive Specialist, Gold Fields District, California State Parks. Jackson requested a list of projects that 500 volunteers could accomplish in 4 hours. Lopez’s lengthy project list included painting, weed removal, and fence mending. At the end of the day, Lopez stood with hundreds of volunteers at the culminating luncheon and thanked the crowd, “I loved it... the energy and enthusiasm of the volunteers to work and to be able to say, I did that. I accomplished something today by helping visitors enjoy the park. I’m a Californian.” ★



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Wednesday, July 16 11:30 am to 12:30 pm      Thursday, August 14 Dinner 6:30 pm

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

Upper dentures are better than lower dentures due to a suction in the upper palate that keeps the denture in place. However, having the palate covered reduces the tastes of foods and the ability to tell the temperature of foods.

Partial Dentures can be a source of discomfort due to lack of supporting teeth or an illfitting partial. Partials also use clasps to secure to existing teeth which can be noticeable and can put added pressure to the existing teeth.

**Now there is a solution to these issues, Implants with “Snap On” Dentures!**



Whether you are new to dentures or have worn them for years, a snap on denture is a great solution to uncomfortable chewing and slippery painful dentures. There are several types of snap on dentures available, including snap on partials. We make your denture or partial fit and function in harmony with the space available in your mouth, and give custom attention to the delicate fabrication of your snap on denture.

A snap on denture gets some support from the implants that it snaps onto. Unlike conventional dentures that rest on the gums, a snap on denture is anchored to multiple implant snaps and is therefore much more stable and comfortable.

Two or more implant snaps can be used on the upper and/or lower jaw. The more snaps that are placed, the more stable the denture will be. Much like a four legged chair would be more stable than a three or two legged chair, the use of denture snaps keep the denture stable, secure and comfortable. These snaps are designed with different levels of retention, customized to the needs of the patient. When the snaps wear out, replacing them is a simple and inexpensive procedure.

If you already wear a conventional denture or partial denture, we can sometimes use your denture to accommodate the snaps to fit on your new dental implants.



**2 Implants With Attachments to a Denture  
\$2000 Off**

**If you are interested in learning more about improving your quality of life with an implant retained snap on denture or partial, please contact us for a FREE CONSULTATION today!**

**Carmichael Dental Group**

**(916) 944-7700    [www.YourCarmichaelDentist.com](http://www.YourCarmichaelDentist.com)**

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