



**Eskaton
Gold River
Celebrates!**

Page 2

**PLUS:
Get the Most
Bang for
Your Buck**

Page 9



Gold River Messenger

“Written by the people, for the people”

Volume 2 • Issue 7

Serving Gold River and Sacramento County

July, 2014

What, Me Worry?



Page 6

Experience One
of California's
Hidden Treasures



Page 6



Page 8

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Saluting Our Flag



“The flag of the United States is one of the most recognizable symbols on earth, more so than our monuments or presidents. From its creation, the flag has stood for freedom, liberty, and the prosperity of the United States. It was designed to accommodate the growth of a budding nation. Stars have been added, but it has retained the same significance. When you take your flag out to fly, hold it carefully, as it is a representation of our whole nation!”

– Author Unknown
**Commentary by
Elise Spleiss**

There was a time not so long ago when our flag, I believe, did not have as much meaning as it does today. It was just a part of our lives, and we took it for granted. I know I did.

Growing up in the 50s and 60s, I assumed it would always be around, always representing my country, and always respected by our citizens. But unfortunately this did not happen, and the flag began to be treated badly. Allowed to fly unmanaged, never folded or brought in at night, many became dirty and tattered. Disgruntled groups burned flags in protest. Yes, this is legal, but still sad. And our flag began appearing on inappropriate items.

I never realized it, but we are not supposed to wear a flag in any form, yet so many different items with this precious image are created to be wrapped around us and

worn on our body and feet. We have rugs we walk on, napkins to wipe our faces, and even cloth on which we sit bears this precious image.

This misuse remains, but on Sept. 11, 2001, we found ourselves with a renewed respect and appreciation for our flag.

Following a catastrophic attack on our American values and freedom, our pride suddenly—once again—exploded.

We saw our American flag on homes, on posters in businesses of every kind, and on numerous pieces of clothing—which was still inappropriate. I think we just did not know, but maybe for a moment it was all right.

Of course, many of us remember those mammoth flags fluttering from the windows of cars and trucks. Today I’m beginning to once more see the fluttering flags attached to the windows of vehicles.

It felt good then, but it’s too bad

it had to take a national disaster to bring us a renewed appreciation of our flag.

Remember the photo taken of three firefighters raising the flag above the rubble of the World Trade Center—raising the Flag at Ground Zero? It was reminiscent of the famous 1945 WWII photo of six Marines raising Old Glory over Iwo Jima. Thomas E. Franklin, the photographer of the new photo, said of it, “This was an important shot. It told of more than just death and destruction. It said something to me about the strength of the American people and of these firemen having to battle the unimaginable.”

One of the three firemen in the photo, Dan McWilliams remembered that as the flag was being raised, other fire personnel yelled, “Good job” and “Way to go!” He said, “Every pair of eyes that saw that flag got a little brighter.” I think this pretty much confirms what our flag means to us.

It has been over 10 years since 9-11, so why is this topic becoming important again? I believe it’s because everywhere we look today in this country, we see on TV, hear on the radio, and read in print how our borders, our language, our American culture, and our way of life are being compromised in the name of political correctness. We are being led to believe that when we’re too proud of our own way of life, of our freedom and uniqueness, we are insulting another’s way of life. This is when it gets dangerous.

We still welcome all who desire to come to this country with integrity as they embrace our culture alongside their own. We welcome them as they learn our language, and come to appreciate and love the American way of life that already exists here as much as we do. We learn from each other.

This is what our flag means to me. What does it mean to you? ★

Whooping Cough Epidemic

*More than 800 New
Cases Have Been
Reported in the Last
Two Weeks*

SACRAMENTO REGION, CA (MPG) - The number of pertussis (whooping cough) cases in the state has reached epidemic proportions reported by Dr. Ron Chapman, director of the California Department of Public Health (CDPH) and state health officer.

As of June 10th, there have been 3,458 cases of pertussis reported to CDPH in 2014, more than were reported in all of 2013. Over 800 new cases have been reported in the past two weeks.

Pertussis is cyclical, and peaks every 3-5 years. The last peak in California occurred in 2010, so it is likely another peak is underway.

“Preventing severe disease and death in infants is our highest priority,” says Dr. Chapman. “We urge all pregnant women to get vaccinated. We also urge parents to vaccinate infants as soon as possible.”

Infants too young to be fully immunized remain most vulnerable to severe and fatal cases of pertussis. Two-thirds of pertussis hospitalizations have been in children four months or younger. Two infant deaths have been reported.

The Tdap vaccination for pregnant women is the best way to protect infants who are too young to be vaccinated. All pregnant women should be vaccinated with Tdap in the third trimester of each pregnancy, regardless of previous Tdap vaccination. In addition, infants should be vaccinated as soon as possible. The first dose of pertussis vaccine can be given as early as six weeks of age.

Older children, pre-adolescents, and adults should also be vaccinated against pertussis according to current recommendations. It is

Continued on page 3

**GOT MORE
LOCAL NEWS?
CALL 773-1111**

Capital Crew Men’s Earn Third and Fifth in the Nation

SACRAMENTO REGION, CA (MPG) - Local Capital Crew Club high school rowers earned national honors today on their home course at US Rowing’s Youth National Championships held at the Sacramento State Aquatic Center. They won their invitations to compete from the Southwest Region last month. The prestigious regatta brings the best American high school rowers

into competition; this was the first time in its 18 years that it was ever held in the West, signaling the increase in popularity among college-bound high school youth.

Capital Crew Club, which operates out of the Sacramento State Aquatic Center, had almost 200 high school students working out this past spring: 46 Novice Men, 53 Novice Women, 45 Varsity

Continued on page 3

(L-R) Capital Crew Men's Varsity Coach Bob Maclean; Men's Youth Lightweight 4 team - Andrew Montoya (Jesuit H.S.), David Cloninger (Rio Americano H.S.), Coxswain Jacqueline Holben (St. Francis H.S.), John Slater (Jesuit H.S.), Aaron Rothleder (Jesuit H.S.); the Men's Youth Pair Parker Brooks (Oak Ridge H.S.) and Bryan Brennan (Jesuit H.S.) Photo courtesy by Jeanne Winnick



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Eskaton Gold River Turns 15!

Story by Bill Martin

GOLD RIVER, CA (MPG) - Saturday, June 14th marked the day that Eskaton Gold River celebrated its 15th Birthday. Eskaton pulled out all the stops for a great celebration event. Food, music, and beverages of all kinds filled the Grand Dining Hall at Eskaton in Gold River. The air was full of music from a live three-piece band playing fabulous Jazz and swing-area tunes. Delicious smells from fantastic food filled the room. Glasses were clinking, residents and guests were singing, and there was lots of toe-tapping and laughter. The happy residents and their guests all reported that they were having a wonderful time.

Upon my arrival at the Gold River facility, I was greeted by Marianne Richardson, Executive Director of Eskaton Gold River. With Marianne as my guide, I was given a tour of this incredibly-beautiful facility. Newly remodeled in July of 2013, all guests and residents are treated to beautifully-maintained gardens and pathways throughout the property. The interior entrance showcases warm woods, earth tones, high vaulted ceilings, and a welcoming fireplace (for the winter months). Eskaton's elegant grand dining room rivals that of any of the best five-star hotels in the area.

In addition to Eskaton Lodge Gold River offering assisted living and memory care for their residents, they now also offer the convenience of an in-house, private physician and professional medical team.

The new Community Medical Partner Program, a signature program of Eskaton, provides access to medical support beyond the traditional office setting. With this program, a medical professional makes house calls right to the Lodge, giving residents some important healthcare advantages.

Marianne Richardson, the executive director, did want to stress that there are individualized programs offered to the residents to match their activity level, to make sure they remain engaged in life,



In addition to Eskaton Lodge Gold River offering assisted living and memory care for their residents, they now also offer the convenience of an in-house, private physician and professional medical team. Photo courtesy Brandon Singer.

and to maintain a healthy and positive outlook for the future.

There are several more events planned for Eskaton Gold River in the months to come. Look to the Gold River Messenger for additional information on upcoming events.

Eskaton is Northern California's largest nonprofit community-based organization serving seniors. With four decades of experience and a national reputation for innovation and public education, Eskaton's vision is to transform the aging experience.

Eskaton Lodge Gold River is located at 11390 Coloma Road in Gold River. For more information, call (916) 852-7900 or visit them online at www.Eskaton.org. ★



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Eskaton Lodge Gold River was recently selected a "Caring Star" of 2014 as part of an annual nationwide program honoring service excellence based on consumer ratings and reviews posted on Caring.com, the leading senior care website. Only the top 1% (about 400) of assisted living communities nationwide captured the 5-star consumer rating (the highest possible score).

THANK YOU! And may we humbly admit that the reason we are number one is because our residents are number one with us.

Call or come by for a visit. Learn more about the Eskaton Lodge Gold River difference.



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eskaton.org



Publisher,
Paul V. Scholl

Gold River Messenger

"Written by the people and for the people"

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Eagle Project Takes Place at the Mather Navigator Memorial



I was fortunate to have over 250 volunteer service hours from my family, friends, church and school to assist in making my Eagle Project a huge success. Photo courtesy Brandon Singer.

Special report by Eagle Scout Brandon Singer

RANCHO CORDOVA, CA (MPG) - My name is Brandon Singer and I'm from troop 325 in Rancho Cordova. My Eagle Project took place out at the Mather Navigator Memorial on 5/17/14. I worked closely with David Boyer, Park Maintenance Supervisor from the County of Sacramento. The project was to remove an old path made of decomposed granite from one location and create a new path that would now have a safer

entrance from a new parking lot. After the intersection of Zinfandel Drive and Douglas Road was created, the entrance to this Memorial was coming from Douglas Road. Now the entrance is no longer on this road but now from a parking lot. This project had two phases. First, I arranged for a group of youth and leaders from my LDS church to assist me on Tuesday, May 15th in rototilling the new designated path and removing weeds from the surrounding

concert path. Phase two was on Saturday, May 17th where we dug up the old path, leveled and laid new decomposed granite on the new path, laid new bark around the concert path, added a new drainage culvert under the new path and restored the area to its natural state. I was fortunate to have over 250 volunteer service hours from my family, friends, church and school to assist in making my Eagle Project a huge success. This location was an honor for me as I plan to join the Air Force in the next few years. ★

Capital Crew Men's Earn Third and Fifth

Continued from Page 1

Men, and 60 Varsity Women. The CCAP (Capital Crew Apprentice Program) introduces rowing as a non-cut sport to middle school students. Erg machines are taken to area schools for physical education workouts to encourage benefits of exercise, ultimate teamwork, and a sense of belonging to students who haven't found a sport that works for them. The Capital Crew rowing program creates an opportunity for teenagers to learn discipline time management, importance of good nutrition and exercise while it gives young athletes an opportunity to compete on a local, state, regional, national and world level. It also has athletes and coaches who represent the area on the US national team, consistently sending boats to the US Nationals. The Club helps many students receive college scholarships into schools where they might not otherwise gain acceptance. Club members also see the benefits from the direction of Mary Whipple, an

alumni who has won two Olympic gold medals and a silver in rowing. For more information see

SacStateAquaticCenter.com. *Source: Sacramento State Aquatic & Boating Safety Center*

Whooping Cough Epidemic

Continued from Page 1


particularly important that persons who will be around newborns also be vaccinated. "Unlike some other vaccine-preventable diseases, like measles, neither vaccination nor illness from pertussis offers lifetime immunity," says Dr. Ron Chapman. "However, vaccination is still the best defense against this potentially fatal disease." The symptoms of pertussis vary by age. For children, a typical case of pertussis starts with a cough and runny nose for one to two weeks. The cough then worsens and children may have rapid coughing spells that end with a "whooping" sound. Young

infants may not have typical pertussis symptoms and may have no apparent cough. Parents may describe episodes in which the infant's face turns red or purple. For adults, pertussis may simply be a cough that persists for several weeks. CDPH is working closely with local health departments, schools, media outlets and other partners to inform the general public about the importance of vaccination against pertussis. Pertussis data, including the number of cases in each county, can be found on the CDPH website, and is updated regularly. ★ *Source: www.cdph.ca.gov*



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with Mary Jane Popp

7) WRITE DOWN DEVELOPMENTS. That includes medications administered, names of procedures, instructions given, and dates and times of the above (your advocate can do this for you too). Ask and record the names of caregivers, and understand the hierarchy so you know who's in charge and whom to speak to if there's a problem. Attitude is important—you're just trying to be a cooperative and collaborative partner.

8) WRITE A LETTER TO THE CEO. In fact, an advocate colleague suggests you keep an open notebook on the bed table and invite any clinician who enters the room to write down their name and title so they can be Included in the letter. What do you think that does to their performance level?

9) BE POLITE BUT ASSERTIVE WHEN NECESSARY. Complaining too often or too aggressively about minor inconveniences can alienate the multi-tasking staff. But you should expect reasonable and timely responses to reasonable requests and questions. If you're being neglected, ask to speak to the hospital's patient advocate

10) BE NICE! Make friends with your nurses, phlebotomists, (people who draw blood) and other hospital personnel. Ask about their job, their day, and their kids. Relationships count!

Pat comes at this from personal experience. Her own father died in the hospital due to a preventable infection.

That's why she has developed this major passion to help save other lives. She has also created the Patient Pod, a unique bedside multi-tool for patients, along with authoring "Design to Survive." She looks at how simplicity, efficiency, and shared responsibility with customers can help us all stay safer and healthier. You can also check out her website at www.design-tosurvive.com. As Pat told me that on her hundredth birthday, she would simply like to collapse while picking tomatoes in her garden. Unfortunately, our parts wear out. About 25 percent of the money Medicare spends every year is for the last year of life, unchanged from twenty years ago. We seem to focus on illness rather than living. But that's a whole new article. That's why we need to know how to take care of ourselves every single day, and knowledge can change lives. It's my POPPOFF motto! ★

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THE SACRAMENTO BEE
FOOD REVIEW
FEB 2013

SPOTLIGHT ON BUSINESS

Healthy Glo MOBILE Dental Hygiene

HEALTHY GLO Dental Hygiene Practice is different than seeing your average Dental Hygienist.

THEY COME TO YOU! Meet Ruth Redd, RDHAP, the MOBILE Dental Hygienist!

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

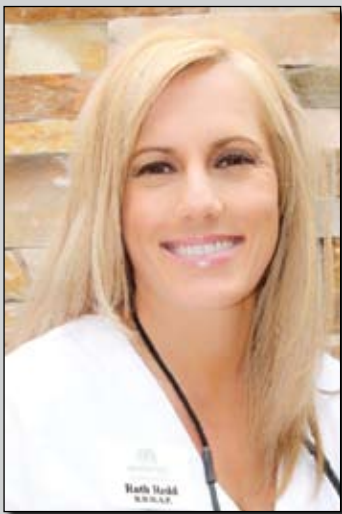
Ruth is licensed as an RDHAP, a Registered Dental Hygienist in Alternative Practice. What is an RDHAP? A Registered Dental Hygienist in Alternative Practice (RDHAP) has completed additional specialized education and training. RDHAP's hold a special California license which allows them to practice independently,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

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

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

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Ruth Redd, RDHAP Owner, HEALTHY GLO Dental Hygiene Practice

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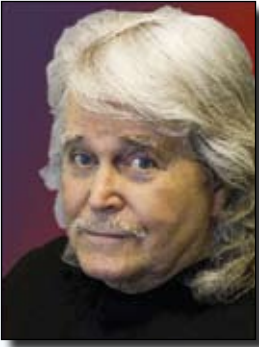
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The New Christy Minstrels

They're Back!



This Grammy Award-winning American folk music group will perform two live concerts as fundraisers for the Fair Oaks Theatre Festival and the New Christy Minstrels Foundation.



Under the direction of Randy Sparks, the group has sold millions of records and launched the careers of several musicians including Kenny Rogers, Gene Clark, Kim Carnes, and Jerry Yester. Known for hits like "Green, Green," "Saturday Night," and "Today," the group played to a sold-out house last year, so get your tickets early!

Saturday July 26th & Sunday July 27th

6:30 pm: Gates Open • 7:30 pm: Performance
Fair Oaks Community Clubhouse
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For Further Information: 916.966.3683

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Fair Oaks Theatre Festival Presents

The play, presented in partnership with American River College, is about an affectionate and hilarious send-up of bad 50s sci-fi movies. "The Brain" tells the story of an alien invasion circa 1958.

Opening June 20th

A brain and its two alien cohorts, Zubrick and Yoni, arrive on Earth and plan to take over the San Fernando Valley. It's the first step on the road to their quest to take over the entire planet and to destroy the family unit. This rousing toe-tapping musical features a dancing, singing brain... what more could you want from a musical!

"The Brain From Planet X" will be directed by Bob Irvin and featuring the Fair Oaks Theater Festival award winner cast.

The play is from a book written by David Wechter and Bruce Kimmel, with music and lyrics by Bruce Kimmel.

The play premiered in Los Angeles to rave reviews. The Los Angeles Times call "The Brain From Planet X", "Wildly funny... wittily staged, sharply cast and graced with some catchy numbers." The Beverly Hills Outlook called "The Brain, "Fun theatre! Silly, spoofy, and goofy!"

For Further Information:
Call (916) 966-3683
FairOaksTheatreFestival.com

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Bishop - California's Hidden Treasure



Journeying south through the majestic mountain vistas along Highway 395, you also escape the boring flat landscapes and awful traffic of other freeway routes. And there are few places in America that can compare to the clear starry night skies of the Eastern Sierra. Photo courtesy of Judy Zimmerman.

By Judy M. Zimmerman

Bishop and the spectacular beauty of the Owens Valley in the Eastern Sierra Mountains is one of California's hidden treasures.

By journeying south through these majestic mountain vistas along Highway 395, you also escape the boring flat landscapes and awful traffic of other freeway routes. And there are few places in America that can compare to the clear starry night skies of the Eastern Sierra.

Be sure to visit Bishop, the area's largest town. It's a great place to base your stay any time of year and only about a five hour drive from Sacramento.

A few miles northeast of Bishop on Highway 6, Laws Railroad Museum and Historical Village is a special place that will take you back in time to the "good old days." Thirteen acres of exhibits include a church, school, homes, mining shacks and ranch buildings. There's also a huge assortment of all the things that used to be commonplace over 100 years ago, but are never, or seldom, seen today.

Another must-see in Bishop is the Mountain Light Gallery, founded by the celebrated wilderness photographer Galen Rowell. It features extraordinary images of the High Sierra as well

as from around the world.

Bishop is also proud of its spectacular outdoor art gallery. Educational and historical murals of the area's Western tradition showcase the talents of many artists. You can pick up the driving map and guide to the 18 murals at the Visitors' Bureau located on Main Street at the entrance to Bishop City Park, a great place to relax, enjoy a picnic, or let the kids run around to their hearts' content.

Across the street from the park, there's the famed Erick Schat's Bakery, "Home of the Original Sheepherder Bread," baked fresh daily since 1907. The original Sheepherder plus other delicious breads and pastries are worth their weight in gold. A sandwich bar, cappuccino drinks, and imported specialty items attract many visitors.

From Bishop, take U.S. 395 fifteen miles south to Big Pine. Then turn east on Hwy. 168 into the harsh and windswept White Mountains to see the Ancient Bristlecone Pine Forest, a hauntingly beautiful landscape dotted with the oldest recorded living trees on earth.

Continuing south on Highway 395 to the town of Independence, you'll find one of the West's finest collections of Native American baskets, beadwork, garments, and several

exhibits related to Manzanar. From Independence, heading toward Lone Pine, history lovers shouldn't miss the Manzanar National Historic Site where more than 10,000 Japanese Americans were interned during World War II. Established by the National Park Service, the original auditorium is now restored as an interpretive center with exhibits and a film, serving as a reminder of the fragility of American civil liberties.

Manzanar's memories are unpleasant, but there is also beauty here; its breath-taking backdrop of Mt. McKinley rises over 14,000 feet into the Sierra Sky, making it the highest peak in the 48 contiguous states. ★

If You Go:

- **Bishop Area Chamber of Commerce & Visitor Center, 888-395-3952, www.BishopVisitor.com.**
- **Laws Railroad Museum & Historical Site, 760-873-5950, www.lawsmuseum.org.**
- **Galen Rowell's Mountain Light Gallery, 760-873-7700, 106 S. Main, www.mountainlight.com.**
- **Bodie Ghost Town, one of the best-preserved in the West, 90 mi. N. of Bishop at Bridgeport.**



By Gold River Resident Jodie Barringer Myers

I bet my DNA contains more Worry cells than yours does. I worry. We all worry. Even you worry, I bet, whether you admit it or not. In my case, perhaps it's a genetic/Barringer thing. Or maybe it's an environmental, learned trait. After all, I learned from a true pro, my mom, who still to this day insists I call upon touchdown when I take a flight, who implores me to "drive like everyone else on the road is drunk" every time I get behind the wheel.

I am an admitted, full-functioning worrier.

Is that white bump on my eyelid a moisturizer globule, the beginning of a Staph infection, or Stage IV eyelid cancer?

My car made a strange noise yesterday morning. Is that sound just the beginning symptomatology of what will ultimately morph into a \$328.00 bill at Gold River Lube 'n' Tune?

If and when I get Botox, will I be the 1 in 12, 632 whose eyelid will permanently droop?

And will that half-round of Brie I ate last night go right to my thighs – never mind. I "worry" that a celery stick will go to my thighs...

And ohmigosh, what if Chuck's business dries up... and I never take another deposition again? Will we be forced to live out of a downtown dumpster?

I mean, that is the kind of stuff that chews and gnaws at me – not only in the dark of

Worrying 101

the night, in the wee hours of the morning, but also as I sit here right now at Starbucks.

And Mom Worry is ten times more potent and painful than Regular Worry. Mom Worry started for me when our firstborn was seven hours old. (First of all, I had never held an infant before, as my parents didn't allow me to babysit, because they worried I'd cause great bodily injury to the child entrusted to my care, and the the family would of course then sue our family, etc., etc., etc....)

So there I was in the calm of the hospital room, proudly and lovingly holding my daughter. As brand-new mother and newborn infant made our first-ever eye contact, her sweet, little, baby blue left eye strayed inward. I hit the bedside panic button. The nurse came running in. "My baby is cross-eyed! She's cross-eyed! Call 9-1-1!" (We were *in* the hospital, mind you.) Even after the nurse assured me that that is normal for all newborns, as their eye muscles are still developing, I still worried. I mean, what if they *never* strengthen? Then what?

And of course the teen years bring an angst and anxiety and worry like none other. I cannot begin to tell you the number of times I've pictured my kids in a heap, or a puddle, or worse, on the side of the road on a dark night, past curfew. "Sorry, Mom. I forgot to call." And recalling the times I've thrown myself into a near-anorexic state worrying about my daughters' extremely hurt feelings and long-term mental health because of all the "Mean Girls" ugliness that ensued in junior high and high school still cuts me like a knife.

Negative Nellie? Debbie Downer? Fun Sucker? Is that what you think I am?

I maintain I'm none of those things.

I've given a lot of thought to this Worry Thing. First of all, I think in a way it's all semantics. Call it fretting; call it overthinking; call it stressing. Call it what you will. To me, it's called caring. I worry because I care. And I think as a self-protective mechanism, I let my mind go to the ugliest, worst-case scenario I can envision. And then -- yay and alas! -- it *was* just a moisturizer globule; the noise my car made *wasn't* anything at all; and Cassidy and Julia always came home safe and sound and in one happy, healthy little package. Thank you, God.

Speaking of... I'm growing weary of some people out there (are you reading this, Chuck?) insinuating that one who worries doesn't really trust in God. "Let go. Let God." "Worrying is negative energy." "Worry doesn't empty tomorrow of its sorrow; it empties today of its strength." I've heard them all. And I actually believe there's validity in all of those quotes. Whatever label we put on this emotion, I think it's normal, it's healthy, and that there's nothing wrong with it.

So it's now 8:45 p.m. This article is due to Paul, the publisher of this newspaper, by midnight tonite. I worry that if I don't get it to him in time, he'll be upset with me for procrastinating, and then he won't run this column this month, and then he won't want me to write for The Messenger anymore, and then I'll be fired. And then my mom will be all worried about me because she'll know I'll be all worried and upset.

See? I worry. Because I care. ★

Jodie Barringer Myers's email address is jbthinmint@hotmail.com.



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By Mark J. Cimino, CEO CiminoCare

One way to cope with the stress of being a family caregiver is to simply express your feelings by FIGHTING BACK!

Whether it be Alzheimer’s, Parkinson’s, Cancer, or some other affliction of the loved one you care for, there are causes—or WAR if you will—led by innumerable organizations.

One such larger organization is the American Cancer Society (ACS). As a sponsor, I have been in awe year after year of ACS’s signature event, Relay for Life, where family caregivers come out in force and to raise funds for cancer research and awareness in the community.

In May 1985, Dr. Gordy Klatt walked and ran for 24 hours around a track in Tacoma, Washington, ultimately raising \$27,000 to help ACS fight cancer. A year later, 340 supporters joined the overnight event. The Relay For Life has kept growing into the worldwide phenomenon it is today, raising nearly \$5 billion to fight cancer in more than 5,200

Caregivers Cope by Fighting Back

communities and 20 countries. Each Relay For Life event is special to its local community, but the movement’s true “war power” lies in the combined commitment of thousands of participants, volunteers, and supporters to help the organization save lives from cancer.

Each Relay is made up of teams of 10-15 participants who take turns running or walking around the track to raise funds. The teams not only are there to honor survivors and remember those who have been taken, but also to have a fun time camping out overnight. It’s a great bonding experience for families and a great team building experience for organizations.

For dates and locations in your town, please check out the main website and enter your town: www.relayforlife.org. Fair Oaks and Orangevale have already had their Relays this year, but other communities are still to come.

Our CiminoCare Angels team will be participating in the Citrus Heights Relay July 19-20th at San Juan High School track. If you are interested in this event, feel free to contact me at mark.cimino@ciminoicare.com or Courtney. Tyler@cancer.org

One of my favorite times throughout the event is the Luminaria Ceremony. As the sun sets on the first day, luminaria lining the track light up the night. The mood of the event

becomes more reflective. Relay For Life participants, survivors, and caregivers then gather to remember loved ones lost to cancer and to honor those whose fight continues. Many thousands of “luminaria bags” are sponsored by individuals and their families for \$10, and the names of those who are honored for their continued fight or remembered are written on those bags. For many who cannot make the whole event, but can make it to this event, or even sponsor a luminaria bag for a loved one, we would love to have you join us.

We don’t face cancer alone and neither should you. Family caregivers come together every year to get involved in their local Relay, get to know others who are facing the same challenges, and provide opportunities and an outlet for support, learning, sharing, and friendship.

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@ciminoicare.com

WARNING: This is Hazardous to Your Health!

Guest commentary by Lon Maier

What would you think if someone had an idea to build a nuclear plant in the midst of a residential area? “Crazy” you would say. “Insane.” “Who in their right mind would propose such a hazardous project in the midst of where people live? The project could malfunction, it could leak, it could explode and it could contaminate the water and air with radioactivity. Our lives would be changed forever!”

What would you do? Would you just accept the fact that government officials knew what they were doing, and would you just trust them to make the right decision? Would you stand aside, have no response, since in your mind, nuclear plants have supposedly been a “safe” source of energy?

Or would you oppose it with all your might and resolve, given the failed history of nuclear plants like Chernobyl, Three Mile Island, and even yes, Rancho Seco. Would you say it belongs away from homes, people and families? Of course you would and you would want everyone around you know of it so they could oppose it too.

What if you heard about a project that had the potential to be more dangerous than a nuclear plant, and that government officials were hoping to build it without anybody noticing or objecting to it? You won’t believe this: **It’s happening right in Gold River, right now.**

The City of Rancho Cordova is proposing to build a multi-lane freeway interchange that will serve as the main traffic drain for as many as 100,000 cars daily from South Sacramento County. The interchange would be located in the midst of residential homes in Gold River.

Why is it so dangerous you

ask? It’s well known that exhaust from cars is toxic, and can even kill if inhaled in high enough concentrations. Carbon monoxide, carbon dioxide, nitrous oxides and sulfur oxide, and ozone, not to mention exhaust dust from diesel trucks and cars.

The reason for the interchange is Rancho Cordova’s development located south of Highway 50. The City’s own studies show that the development will produce thousands of tons (yes, tons) of polluted toxic air. Most of the pollution is 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, the City of Rancho Cordova will generate huge amounts of pollution by having an interchange close to homes—Gold River will receive it.**

Over 1,500 children live in Gold River, attend school at Gold River Discovery Center, and play in Prospect Park, which is located only 100 yards from the proposed interchange. Kids in sports running their hearts out will be inhaling the polluted air from the thousands of vehicles that pass through Tenderfoot Meadow every week.

You need to be concerned. In the last 10 years, dozens of research studies have been done to show that when children live near freeways they will have *low birth weight, heart defects, acute respiratory illnesses, asthma attacks, chronic respiratory and cardiovascular diseases.* 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 100 yards away.**

Air quality agencies warn against having interchanges close to homes. In fact, the Air

Resources Board recommends to not having interchanges closer than 500 feet. This project will be built *as close as 100 feet to homes.*

Rancho Cordova officials really aren’t concerned with anyone’s health. Otherwise, why would they think it’s a good idea to build an interchange nearly in the backyards of homes and 100 yards from a community park.

Our community youth who are at risk of developing serious health conditions 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 50,000 homes for the 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 our children’s health and future. Don’t let your legacy be that you did nothing to oppose it.** ★

Let Caltrans and the Mayor of Rancho Cordova know of your opposition to the project.

Georgette Neale, Caltrans
2379 Gateway Oaks Drive, Suite 150
Sacramento, CA 95833
Email: georgette.neale@dot.ca.gov

Dan Skoglund, Mayor
City of Rancho Cordova
2729 Prospect Park Drive
Rancho Cordova CA 95670
dskoglund@cityofranchocordova.org

Lon Maier is a resident of Gold River. He can be contacted at gric@sbcglobal.net.



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Rancho Cordova Fourth of July Celebrates 30 Years

RANCHO CORDOVA, CA (MPG) - Exercise your freedom in a 5K fun run. Wave the flag at a hometown parade. Spend a couple of days along the beautiful American River, topped off with some of the most spectacular fireworks in the region.

The two-day Rancho Cordova Fourth of July celebration returns for its 30th anniversary year July 3-4, and organizers say they're confident they have something for everyone.



No event captures the spirit of Rancho Cordova like the Rancho Cordova Fourth of July. It may have something to do with the long affiliation with the nation's defense rooted at the former Mather Air Force Base or Aerojet Company, which together gave birth to Rancho Cordova. Whatever the reason may be, no community puts more into their Fourth of July observance than Rancho Cordova.

Looking for some great Fourth of July fun? Here's what's happening in Rancho Cordova:

July 3 Kick-off

Independence Day fun gets a jump-start on July 3 when the Fourth of July Festival opens its gates at 4 p.m. with a full carnival, free Kids Zone with plenty of free activities, beer gardens complete with musical entertainment and more. Festival food, exhibits, pedal boat rides on the Hagan Park ponds, plus a spin for the kids on the Bobble Lagoon and Swan Lake boats make it a night to remember.

The BMX Freestyle Team will be presenting three exciting shows on the hour beginning at 6 p.m. Watch their breathtaking tricks and get a free bicycle helmet autographed by the riders. 27 Outlaws will be playing country tunes in the Beer Garden beginning at 6 p.m.

At 8:15 p.m. everybody heads into

the outdoor Main Stage concert venue for music under the stars from Journey Unauthorized, a tribute band that is the next best thing to the real thing! Be sure to bring a blanket or lawn chairs and be ready when the band rolls the crowd into the concert-ending fireworks mini show—an eye-popping treat for the senses to get you warmed up for the Fourth of July.



July 4: Happy Birthday, America!

Celebrating the nation's birthday starts early in Rancho Cordova.

At 9 a.m., exercise your freedom — and your muscles — during the 5K All



At 8:15 p.m. everybody heads into the outdoor Main Stage concert venue for music under the stars from Journey Unauthorized, a tribute band that is the next best thing to the real thing! Be sure to bring a blanket or lawn chairs and be ready when the band rolls the crowd into the concert-ending fireworks mini show—an eye-popping treat for the senses to get you warmed up for the Fourth of July. Photo courtesy of City of Rancho Cordova.

America City Fun Run. This flat course starts and finishes at the judging stand for the Fourth of July parade, so runners have the unique experience of finishing down the Coloma Road race route to cheers of folks gathering for the parade. Visit www.ranchocordovajuly4th.com to get signed up for this inaugural event.

At 10 a.m., get your sunscreen and

red, white and blue t-shirt on and head for the annual Rancho Cordova Fourth of July Parade. Or, better yet, consider being part of the procession! This hometown event is a favorite of Rancho Cordova, and you never know what is coming down the road next. To sign up for the parade, visit www.ranchocordovajuly4th.com.

Next, cool off from the parade at nearby Hagan Park where the festival goes into overdrive following the parade. It's a remarkable day of carnival rides, concerts, beer gardens, domino tournaments, festival food and more. The Kid's Zone is full of free things to do, plus some special pay to play amusements. Ride a pedal boat, a Live Steam train and wander through dozens of food booths and exhibitors, or just find a shady spot to enjoy some music and some great once-a-year treats.

All kinds of music will be playing, beginning with patriotic tunes from the Rancho Cordova Concert Band, country music by Big Trouble Band and laid back folk music by Stumpie and

the Bird. The BMX Freestylers are back at 4 p.m., 6 p.m. and 8 p.m., the Radio Disney Road Crew brings it for kids from 6 to 7:30 p.m. Make sure you have a great view of the Main Stage as the Bay Area's "Night Fever" performs disco, funk, top 40s and more.

Then, lay back with your eyes on the skies and enjoy Rancho Cordova's signature Fireworks Spectacular. Wave to friends north of the river who are gathering for the show, but be sure you are in Hagan Park to watch this aerial ballet choreographed to music selected just for this event. It's the perfect way to end a perfect day along the American River.

Admission to the Fourth of July Festival in Hagan Park is just \$2 per day, with children under the age of five admitted free of charge. Event parking is \$10. No pets, BBQs or personal fireworks allowed at the festival—everything you need or want is already available! For additional details on a remarkable day in Rancho Cordova, visit www.RanchoCordovaJuly4th.com. ★

Source: Cordova Community Council

Is There Anything to Celebrate on the Fourth?

By John Horvat II

The cloudy day set the mood for the Fourth of July barbeque. It was a family get-together but there was not much family to get together. Several members were too far away to come; others were on cruises. There were a few absent because they were no longer family since some marriages had turned ugly.

But the barbecue was lively as people gathered around the picnic tables eating plenty of ribs, potato salad, corn-on-the-cob and fixings. Not everything was homemade, much less homegrown — there was simply no time for that. As the night progressed, a discussion arose. Almost everyone agreed that Fourth of July was not what it used to be.

It used to be so happy. Everyone could remember the times when they would get together and there would be plenty of food, conversation, outdoor games and fireworks. It was a real celebration. Now everyone seemed to be complaining about everything.

"The problem is big government!" one exclaimed. "We need to just get rid of big government and that will solve everything."

"It's taxes! That's what killing us. We need to cut taxes across the board. I can't make my new car payments, student loans or pay my mortgage."

"I can't make it anymore on my Social Security," an older baby boomer chimed in. "It's not right."

And so each had their own grievances, some complaining about too much government and others claiming not enough benefits.

At the end, someone made the comment that, with this government, there really wasn't that much to celebrate this Fourth of July.

With that, there was a lull in the conversation that left everyone uneasy. Some



A family of patriots watches a Fourth of July parade. Photo courtesy of Susan Skinner.

took advantage of the awkward interval to check their emails on their iPhones or make small talk. And as the talk died down, the grandfather unexpectedly spoke up.

He was now a frail old man, a World War II veteran who had known hard times and good times; economic depression and happy days. He had difficulty getting around and spent a lot of his days thinking and praying.

Continued on Page 3

Continued from Page 1

Now he stood before them with an air of dignity saying: "Yes, government

has changed. But you know something, we've changed, too.

"When I was growing up, families looked after their own members. We didn't need or want handouts. We managed, even if we didn't have the latest gadgets or the best car. When there were problems, everyone pitched in. Times were hard, but we were happier.

"Today, it's all about money. Back then, money didn't rule everything. People had honor. They were faithful to their spouses and family. People weren't afraid to be leaders and accept responsibility.

"We knew the difference between our

government and our country. Politicians are one thing and America is another. Today, people treat our country like a corporation where they expect only dividends. When the going gets tough, everyone abandons her and sells off their shares. That's not right.

"No, America should be more like a family. When the family's in trouble, everyone pitches in.

I pitched in. I served my country because America is my country and I love her. Many of my buddies served too ... and some didn't return."

A silence hung over the area as darkness was falling and lightning bugs were

starting to appear.

The old man still continued: "I'm sorry for rambling on but I've been thinking a lot about this lately. We need to turn to God again. We used to say 'give us this day our daily bread' now everyone turns to the government — they don't even know how to ask God for things — or what to ask for.

"We complain about government but we've become just like the government we criticize. We've got the government we deserve. We should get our own ships in shape. We need to return to order."

The silence was now complete and everyone became pensive. The old man settled down in his lawn chair still apologizing for rambling on. Everyone in their heart knew that he was right.

At that moment, a rocket soared into the night and burst in air and the darkness was lit by a marvelous display of light and a mighty boom. There was something grand about the way the fireworks exploded that stirred the hearts of those who watched and filled them with awe and pride. At least for an instant, they forgot about their own problems, and celebrated that special something called America. ★

John Horvat II is a scholar, researcher, educator, international speaker and author "Return to Order: From a Frenzied Economy to an Organic Christian Society — Where We've Been, How We Got Here and Where We Need to Go," (www.returntoorder.org). His writings have appeared worldwide, including The Wall Street Journal, FOX News, The Christian Post, The Washington Times, ABC News and C-SPAN.

For more than two decades he has been researching and writing about the socio-economic crisis in the United States.

Get the Most Bang for Your Buck

Don't Let Your Fireworks Budget Go Up in Smoke

By David Dickstein

SACRAMENTO REGION, CA (MPG)

Fireworks come in various shapes, sizes and colors, just like we Americans who will celebrate our country's 238th birthday with them. This rings true whether you're reveling among the masses at a public fireworks display – Rancho Cordova's Hagan Park, Carmichael's La Sierra Community Center and the All American Speedway in Roseville will host three of the region's largest – or if you take to the streets of Woodland and other areas of Yolo County where consumer fireworks are allowed this time of year.

What's new? What's loud? What's colorful? Is that \$50 fountain really worth the money and how long is it? The patriotic, pyrotechnic perplexity starts June 28.

With such a wide variety of product out there, how can you ensure that your display will be a Yankee doodle dandy that doesn't have your money literally going up in smoke? Once again the Messenger Publishing Group put each of the new state-approved items to the test, along with other items likely to catch your eye from behind the chicken wire at stands that bear the names TNT and Phantom.

Fireworks are listed by price and rated on a 5-star scale for performance, duration, distinctiveness and overall comparative value. Judges included firefighters of Sacramento Metropolitan Fire District, Station 65 in Rancho Cordova, where the test was conducted.

Let the sparks fly!

New for 2014



• **Apache Firedance Premier (Phantom), \$49.99** – Phantom gets “Best New Firework” honors for supersizing one of its classic fountains. Scores for seven effects, including some of the best crackles and strobes on the safe and sane market, and height and width that push the 10-foot legal limit. *140 seconds. 5 Stars*



• **Moondance Premier (Phantom), \$29.99** – It's Phantom's value-priced Moondance Fountain on steroids. Terrific height, lots of purple, a real crowd-pleaser. *100 seconds. 4 Stars.*



• **Sparkling Nights (TNT), \$24.99** – TNT's best new fountain is a solid, multi-effect performer with decent burn time for the price. A good mid-show pick. *91 seconds. 3 Stars.*



Firework stands run by non-profit groups will be open for business starting June 28 throughout Sacramento County and much of Placer County. Photo: David Dickstein.



• **Fiery Frogs (Phantom), \$24.99** – These fused green-foiled, grapefruit-sized amphibians took five years to migrate to California – they've been sold by Phantom in other states since 2009. Price – you're paying for the novelty – but glimmering eyes and mouth make it a fun item. *50 seconds. 3 Stars.*



• **Exploding Pinatas (TNT), \$17.99** – Has the ingredients for a winner, with whistle, fish and crackles, but for the same price a wiser buy is TNT's combo deal on the far-superior Mad Dog Fountain. *60 seconds. 2 1/2 Stars.*



• **Confetti Lights (Phantom), \$4.99 for two** – Mundane stuff, but good value as a buy-one-get-one. Think of it as a Fourth of July stocking stuffer. *34 seconds. 3 Stars.*

Best of the Rest (4-5 Stars)

• **Opening Show (TNT), \$59.99** – Budget permitting, last year's “Best New Finale” is a 500-gram must-have. The climax at the 2-minute mark is intense. Like, crazy intense. Be no closer than 20 feet away for this one. *130 seconds.*

• **Delirium (TNT), \$49.99** – Fan-shaped 500-gram fountain is pricy, but its intensity and beauty are bona fide stunning. Best fan on the California market. *133 seconds.*

• **Game Time (TNT), \$39.99** – Scores with intense crackle and wide-spreading sparks in the late innings, but not powerful enough to hit it out of the park. Still a gamer. *93 seconds.*

• **Peacock Tail Fan (Phantom), \$34.99** – 2013's “Best New Firework” builds excitement with each dazzling stage. Works out to 65 cents per second, but still a must-have. *54 seconds.*



• **Luminescence (Phantom), \$14.99** – Starts out as just your run-of-the-mill multi-effect fountain, but then surprises with an eruption of wide-spreading sparks. *73 seconds. 4 Stars.*



• **Loco Lobo (TNT), \$12.99** – Crackles and chrysanthemums are fine, but at this price point, and even lower, TNT has returning items that blow this not-so-crazy wolf away. *46 seconds. 2 Stars.*



• **Wild Blue (TNT), \$7.99** – The most wild thing about Wild Blue is there's no blue. For the money, go with TNT's better, cheaper and longer-burning Rainbow Rays and Little Miss. *33 seconds. 2 Stars.*

• **Serenity (Phantom), \$15.99** – Noiseless fountain opens with lovely lava lamp-like lumps (thank you, nitrocellulose!) and peacefully pleases with seven colors and white chrysanthemums. *59 seconds.*

• **Phantom Night Owl (Phantom), \$14.99** – Phantom's best internally glowing fountain (eyes and mouth light up) has four loud screeches and an exciting overall performance. *65 seconds.*

• **Surfs Up (TNT), \$10.99** – Last season's “Best New Fountain” runner-up. Gorgeous globs lead to a wave of multiple effects. Punctuation issues in its name aside, this surfer dude has some of the best and widest-spreading titanium rain and crackles for the price. *58 seconds.*

• **Twilight Magic (Phantom), \$12.99 for two** – Last season's “Best New Fountain” is even better now as a two-for-one deal (was \$9.99 for one last year). Sophomore fountain has three exciting rotations of crackle-and-whistle and wide-spreading sparks. *57 seconds.*

• **Luck of the Irish (TNT), \$9.99** – This 13-year-old classic features gold and silver spray, red and green balls, crackles and four super-loud whistles. *75 seconds.*

• **Firecracker Fountain (Phantom), \$9.99** – Lives up to its name with a remarkable crackling barrage alongside multi-colored pearls. *76 seconds.*

• **Lil Red Devil (TNT), \$9.99 for two** – Packs plenty of heat for the size and price. Ends strong with wide-spreading titanium crackling sparks. This combo deal times five, lit side-by-side together, makes for a great finale. *35 seconds.*

• **Phantom Dragon Slayer (Phantom), \$9.99 for two** – Got some white, blue and lemon chrysanthemums, rowdy crackles and red stars going on. *66 seconds.*

• **Little Miss (TNT), \$4.99** – This value-priced opening act packs plenty of color plus silver rain and crackles. *40 seconds.*

• **Moondance (Phantom), \$2.99, and Purple Rain (TNT), \$5.99 for two** – These identical cousins are little dynamos that emit loud crackles, purple pearls and glittering gold and white sparks. *45 seconds.*

For stand locations and additional product information, visit the retailers websites: TNT, www.tntfireworks.com; and Phantom, www.fireworks.com.



State-approved fireworks in all shapes, sizes and price points are a big fund-raiser for area non-profits from June 28 through the Fourth of July. Photo: David Dickstein.



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