



DMV Reminds Motorists of New 2014 Laws

Page 8

PLUS:

Cadet Cori Kathryn Lemere Completes Basic Training at West Point

Page 5



Gold River Messenger

"Written by the people, for the people"

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Serving Gold River and Sacramento County

January, 2014

Denise Evans Joins Staff of Northstar Rancho Cordova Senior Living



Page 4

Resolution Revolution



Page 5

In Memorium: CMSgt. Robert Neal Ivey



Page 3

Local Postal Customer

*****ECSRWSS*****

Low and Slow, With Passion



Mark Barros is an Environmental Specialist for the University of California, he says BBQ is his hobby, but his unbridled enthusiasm makes him a true ambassador of the art.

By Alona Thomas

RANCHO CORDOVA, CA (MPG) - Mark Barros, a longtime resident of Rancho Cordova, is a gregarious, engaging gentleman with a mission in life, to spread the word about real Barbeque. After a devastating loss in his family, his wife Kathy felt he needed to have an activity to help him heal. She brought home a Weber BBQ cookbook and as they say, the rest is history. He immediately found his outlet and now has five BBQS in his backyard and working on adding more.

The last eight years he has studied

all the different styles. He has trained and schooled to become a certified judge of grilling and barbeque. As an Environmental Specialist for the University of California, he says BBQ is his hobby, but his unbridled enthusiasm makes him a true ambassador of the art. He calls his love, Gunsmoke Barbeque. A couple of months ago I got to be a part of his creative efforts.

The first course was grilled shrimp with Mark's own cilantro oil and capers sauce. As he prepared the dish he shared his hard earned knowledge. His tool of choice is the Weber Smoky Mountain.

This combination of grill and smoker is designed to be versatile. It has a temperature gauge which is monitored throughout the cooking process and always kept between 225 to 250 degrees. Mark is adamant about the temperature. He recommends keeping a diary of each cooking adventure to use for a reference in the future.

He prepared the smoker using Kingsford 100% charcoal available at California Backyard or Costco. The tri tip has a secret rub (he would not share) and must be at room temperature for even cooking. When the coals are ready

he spreads them using welding gloves. His tools of choice are fireplace grade implements. Timers are set at each station, he risks nothing. He prefers cherry wood for ribs, brisket and pork shoulder. These meats are cooked indirectly at the low temp very slowly. The tri tip was perfect in 20 minutes and served with an avocado dipping sauce. He loves creating sauces and has found that he now enjoys the Latin influences for barbeque. Grilled Green beans that had been blanched marinated with garlic olive oil, lemon and

Continued on Page 2

City Responds to State Law on Plumbing Fixtures

RANCHO CORDOVA, CA (MPG) - The City of Rancho Cordova is being required to inspect interior plumbing fixtures due to California Senate Bill 407 (2009) that took effect on January 1, 2014.

California Senate Bill 407 applies to property owners of single-family homes built before 1994 that have a building permit for an interior addition, alteration, or improvement, multi-family properties, and commercial properties. This law requires property owners to install plumbing fixtures that conserve water, such as toilets, faucets, and shower heads. The deadlines to install the plumbing fixtures are scheduled over the next five years.

"It is difficult for an average citizen to keep up with all new state and federal laws and mandates," said Chief Building Official Cyrus Abhar. "We do

our best to guide our customers to navigate their way through the maze of new regulations."

What plumbing fixtures must be replaced?

1. Any toilet manufactured to use more than 1.6 gallons of water per flush.
2. Any urinal manufactured to use more than one gallon of water per flush.
3. Any showerhead manufactured to have a flow capacity of more than 2.5 gallons of water per minute.
4. Any interior faucet that emits more than 2.2 gallons of water per minute.

Single-Family Home Guidelines

The bill applies to all single-family homes built before 1994 in Rancho Cordova. As of January 1, 2014, all plumbing fixtures that do not conserve

water in these homes must be replaced when a property owner has a building permit for an interior addition, alteration, or improvement.

Rancho Cordova's Building and Safety Division will inspect interior plumbing fixtures when these projects are completed. Property owners have two options during this inspection:

1. The City can inspect all interior plumbing fixtures in the home; or,
2. The City can inspect interior plumbing fixtures only in the project area, such as a sink in a kitchen remodel. However, the property owner will have to sign a "Self-Certification of Compliance." This document says that all interior plumbing fixtures in the home, including those that weren't inspected by the City, conserve water.

All other single-family homes

built before 1994 in Rancho Cordova must install plumbing fixtures that conserve water by January 1, 2017.

Also after January 1, 2017, a seller must disclose in writing to the prospective purchaser if the property has plumbing fixtures that don't conserve water.

Multi-Family and Commercial Guidelines

As of January 1, 2014, multi-family and commercial properties that have a building permit and meet certain project requirements, such as total construction is more than \$150,000, must replace all plumbing fixtures that do not conserve water. Visit SB407.CityOfRanchoCordova.org to view the additional requirements.

Rancho Cordova's Building and Safety Division will inspect interior plumbing fixtures when

these projects are completed.

All other multi-family and commercial properties in Rancho Cordova must install plumbing fixtures that conserve water by January 1, 2019.

Also after January 1, 2019, a seller must disclose in writing to the prospective purchaser if the property has plumbing fixtures that don't conserve water.

How will this affect me?

All plumbing fixtures that do not conserve water need to be replaced by the property owner. Once the water-conserving plumbing fixtures are installed, the City building inspector will finalize the permit.

For further information or questions, please visit SB407.CityOfRanchoCordova.org or contact the Building and Safety Division at (916) 851-8760. ★

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BBQ Bob: Low and Slow



Continued from Page 1

herbs accompanied this terrific dinner.

Mark agrees that true barbeque is labor intensive. For him it is not only a hobby, but a sport and a time to meditate. His wife is his mentor and he gives her the credit for teaching him the basics but encouraging experimentation.

This year he organized Rockin' Ribs at the Rancho Cordova Moose Lodge. This first time effort had 10 teams competing, with an attendance of 200 people including city officials. It was a real community event and he is making plans for next year to make it even better. They are called grill jockeys and pit bosses and they are passionate about their calling. Mark is a member of this special group



and we are lucky that he is in our 'hood. 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 ★

The Flu is on the Rise

SACRAMENTO, CA (MPG) - Following the normal seasonal pattern, influenza activity is on the rise in California and nationwide. Many California counties, and other states, are reporting patients who are critically ill with influenza, including healthy young adults.

The H1N1 strain appears to be the predominant strain circulating so far in California and in the rest of the United States this flu season. The H1N1 virus, which emerged during the 2009 pandemic, causes more illness in children and young adults, compared to older adults. It causes severe illness in all age groups, including those younger than 65 years of age. This year's influenza vaccine protects against the strains circulating in the state, including H1N1.

"It is not too late to get the

flu vaccine," urged Dr. Ron Chapman, director of the California Department of Public Health (CDPH) and state health officer. "A yearly flu vaccine is the most important step in preventing influenza. It's important to remember that unlike other vaccine preventable diseases, it is necessary to get a flu shot every year."

The vaccine is available now. Once vaccinated, it takes approximately two weeks before you are fully protected against the flu. An influenza vaccine is especially important for pregnant women and other people at higher risk for severe influenza.

"It's impossible to predict the severity of a flu season, but the best way to prevent spread of the flu is to get vaccinated," said Dr. Chapman.

In addition to getting

vaccinated, it's crucial to practice good health habits. If you become ill, you should take actions to stop the spread of germs, including:

- Stay home when you are sick
- Cover your coughs and sneezes
- Wash your hands with soap/water
- Avoid touching your eyes, nose and mouth

You can also protect your health by eating a nutritious diet and getting enough sleep. If you think you have influenza, contact your physician.

Visit a flu vaccine location near you to get immunized. Some local health departments may also offer free or low-cost immunizations. ★

Registration Opens for Nature Bowl Science and Conservation Competition

SACRAMENTO REGION, CA (MPG) - Registration is now open for the 29th annual Nature Bowl, an elementary school activity-based competition held in the spring. Coordinated by the California Department of Fish and Wildlife (CDFW) in partnership with local organizations and agencies, the Nature Bowl increases the science and conservation literacy of third through sixth grade students in the Sacramento Valley and Sierra foothills.

The Nature Bowl is open to students from any school, group or organized youth club. Participants employ teamwork, creativity and critical thinking while participating in group learning activities centered on

local and regional natural environments. The first round will be held at 10 locations from mid-March through early May. Teams will consist of three to seven students each and several teams will advance to the finals to be held at California State University, Sacramento on May 17, 2014.

Teachers, youth group leaders or parents can coach a team. A coaches' workshop is scheduled Jan. 16, 2014 from 3:45 to 5 p.m. at the Nimbus Hatchery in Rancho Cordova and the semifinal at Nimbus Hatchery is scheduled April 3, 2014. For reservations, please call (916) 358-2884. Another coaches' workshop is scheduled Jan. 15, 2014 at Effie Yeaw Nature

Center in Carmichael from 3:45 to 5 p.m., with the semifinal at Effie Yeaw Nature Center scheduled March 11, 2014. For more information, please call (916) 489-4918. A new semifinal is also being offered at Sutter's Landing Regional Park in Sacramento on either May 1 or 2 (date to be determined). For more information, please call (916) 284-1627.

For more information about the Nature Bowl, please call (916) 358-2353 or visit the CDFW website at www.dfg.ca.gov/regions/2/naturebowl/. ★

Source: California Department of Fish and Wildlife News Release

River Cats Now Hiring For 2014 Season



WEST SACRAMENTO, CA (MPG) - The Sacramento River Cats are in the midst of filling between 150-200 seasonal positions for the upcoming 2014 baseball season at Raley Field. The club - which is entering its 15th

season in Sacramento - is hiring clean team members, emergency medical technicians, ushers, Kids Corner representatives, Merlino's Freeze workers, and several other seasonal positions. In addition to the seasonal positions, the River

Cats are also looking to fill full-time positions in several departments including ticket sales and corporate partnerships.

The first River Cats home game of the season is set for Friday, April 11, at 7:05 p.m. at Raley Field when

the Salt Lake Bees - Triple-A affiliate of the Los Angeles Angels of Anaheim - come to town.

Those interested in applying are asked to visit rivercats.com for more information. ★

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Resolution Revolution



By Gold River Resident Jodie Barringer Myers

Or something like that. And I'm just not doing it anymore.

I started a one-woman Resolution Revolution more than a decade ago.

It used to be that, starting around December 27, I'd vow to myself and anyone within earshot that I'd no longer contribute to the fast-moving, ever-changing, exhilarating rumor mill that seems to run on high gear when amongst friends; that I'd floss every single night – even those hard-to-reach back teeth; that I'd keep clean and organized all drawers and cabinets, especially in my bathroom; that I'd volunteer my time at least weekly at Bayside Church or St. John's Shelter or the Crocker. Oh, and of course I'd lose two inches off of each thigh and run a marathon by year's end.

(Cue the shattered glass.)

By March of each year, my dental hygienist would reprimand me for my lackadaisical flossing skills. ("Oh, ya gotta be sure and get way back in there, Jodie.") And speaking of mouths, by April I would realize that I opened mine way too often when discussing who-did-what-to-whom-where-and-when, thus being a major contributor to the rumor mill. By June my drawers

were more "clutterful" than ever, and the bathroom cabinets became even more discolored from smeared lipstick and blush residue. Volunteering? I didn't do much. And, of course, the marathon was never run, and my thighs were not one whit smaller in circumference.

So you see, I grew tired of unfulfilled promises to myself. I deemed myself an epic failure. And that is why I started the Resolution Revolution.

But back to those REFRESH and RESET buttons...

There is a wonderful "new car smell" to every January. It's a great time to trade in the woe-ful, ugly and unsavory parts of the previous year for a shiny new replacement, and to look forward to all the doors, rife with potential and possibility, that will open. Makes me wish there were an OPEN button.

So here's to you, and to the brand new baby that is 2014, and to all of us becoming the better, new and improved model of our former selves...and to confidently knocking, peeking in, tiptoeing, walking or barging through those doors. ★

Jodie Barringer Myers writes a blog, *cottagecheeseandcrepepaper.com*, and can be reached at *jbtinmint@hotmail.com*.

The holidays of 2013 are so...last year. I, like you, hit the PAUSE button during Thanksgiving and Christmas. I reflected and relaxed and enjoyed the family fun and holiday hoopla.

As a new year dawns, it is now time to hit REFRESH and RESET. But I'll take a pass on that RESOLUTION thing.

Look up "resolve" or "resolution" in your Webster's. It's a hoity-toity, weighty word that means I hereby declare and promise to the world, and myself, with firmness of mind and purpose, that I will attain each and every goal upon which I set forth.

Historic Old Sac Has Tour Guide Openings

SACRAMENTO REGION, CA (MPG) - Looking for an interactive, engaging and fun part-time job in 2014? The Historic Old Sacramento Foundation (HOSF) is currently accepting applications for paid tour guide positions for its popular Old Sacramento Underground tour program that will resume in late March or early April 2014 (exact date TBD). In addition to the paid tour guide job openings, volunteer opportunities are available as well.

HOSF is looking to fill a minimum of six paid tour guide positions to staff the coveted Old Sacramento Underground tour

program, which will start its fifth consecutive season in 2014. The underground tour program takes visitors into the city's underground and hollow sidewalk areas created when the streets were raised in the 1860s and 1870s due to devastating floods.

All available positions for the underground tours are part-time and include evening and weekend shifts. Applicants with public speaking or theatrical experience, a background in history or prior tour guide experience are strongly encouraged to apply. Interested applicants can review job requirements and/or download an online

application at www.historicoldsac.org and resumes can be sent to tokmcalpin@cityofsacramento.org. The deadline to submit applications is January 27, 2014. No phone calls please.

The Old Sacramento Underground tour program is offered by the Historic Old Sacramento Foundation in partnership with the City of Sacramento, California State Parks, Old Sacramento Business Association and participating merchants and businesses.

More information is available at www.historicoldsac.org ★
Source: T-Rock Communications

In Memoriam: CMSgt. Robert Neal Ivey 20 November 1960 - 16 December 2013

Robert Neal Ivey, 53, a long-time resident of the Sacramento area, was tragically killed in a hit-and-run motorcycle accident on December 16, while commuting to work at Travis AFB.



Neal was born to Henry and Ernestine (Millay) Ivey at Larson AFB in Moses Lake, WA. The family moved to Beale AFB, CA, in 1962, then to Rancho Cordova in 1963. Neal attended Cordova Gardens Elementary School, Mills Junior High School, and Cordova High School, graduating in 1979.

After high school, Neal joined the United States Air Force, serving most of his active duty time in England as a munitions maintenance specialist at RAF Welford. While in England, he married Sarah Darrah on 12 March 1988.

Upon their return to California, Neal earned a Bachelor of Arts degree in Christian Leadership with Electronic Engineering from William Jessup University. Neal returned to the USAF as a reservist in 1996, and served many years as a full time civilian employee in his Reserve unit.

In 2010, Neal was promoted to Chief Master Sergeant, a rank that only 1% of enlisted members are skilled enough to attain. Most recently he served as the Air Transportation Manager with the 55th Aerial Support Squadron at Travis

AFB. He served a six-month tour in Afghanistan, where he oversaw air cargo and passenger operations for the 455th Air Expeditionary Wing at Bagram Airfield.

Neal was an active member of The Family Church in Roseville, where he recently accompanied a group of missionaries to Mexico to build a house for a family and to help orphaned children. He was involved with many other charitable activities.

Neal is survived by his wife Sarah, of Carmichael, their daughters, Abigail, of

Germany, Melanie, of Vacaville, and Bethany, of Carmichael; his sister, Dayna (Tom) Beckman, niece, Amy Reeves, nephew, Patrick Beckman, great-nephews, Anthony and Aiden Reeves, all of Salt Lake City, UT; and half-sisters, Sandra (Paul) Jones, Marsha (James) Nichols, and half-brother, Glenn (Marlene) Ivey, all of Florida. He is also survived by aunts, uncles, and numerous cousins.

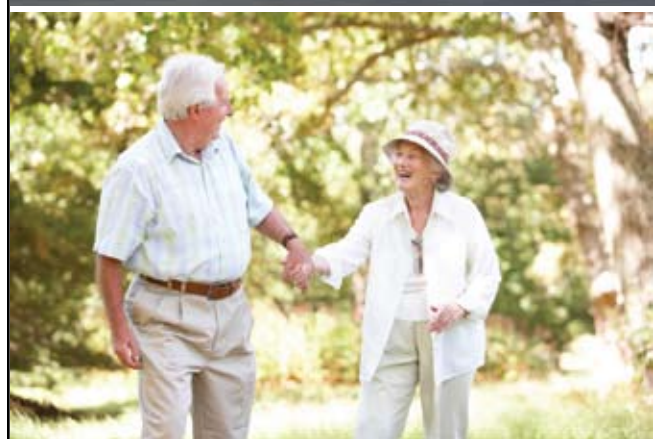
He was preceded in death by his parents and two half-sisters, Melba (Ellis) Kinard and Ellen (Lloyd) Socky.

Memorial services were held January 3 at Sacramento Valley National Cemetery in Dixon with full military honors, and January 4 at The Family Church in Roseville. ★



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Harlene's Career Change



By Kay Burton

Harlene, is a beautiful yellow Labrador retriever. Ann Dunn, of Gold River, daughter Jane, adopted Harlene who started out her life as a guide dog for the blind. She was raised and trained by a couple. Apparently, she wouldn't follow too many commands without a treat, because of this she couldn't be a full fledged guide dog.

Jane called the Guide Dog for the Blind in San Rafael. They said they had a dog like she wanted and invited Jane to come to see her. Jane brought her entire family to San Rafael where they met Harlene and fell in love with her.

Because Harlene was a guide dog it wasn't as easy as just making a trip to the facility and picking her up. The organization sent a representative to Jane's house to check HER out, along with the kids and the entire family. After the rep

gave Jane's family a thumbs up, Harlene had a new home! The kids thought Harlene was kind of an odd name, but Jane's family unanimously decided that Harlene was her name and they wouldn't change it. In fact it had a nice ring with "Queen," so they called her Harlene the Labrador Queen," and she's every bit that!

Harlene raced during the annual Snow fest event at Tahoe Donner in Truckee one year. The only reason she didn't get

first place is because a spectator leaned over the fence with a camera to take her picture and like any gregarious yellow Labrador, true to form, she stopped/ hesitated thinking he may have a treat for her. She was second! ★

Kay Burton is a longtime columnist and supporter of the SSPCA and other rescue groups. To share your family pet story with our readers, email: Kayburton1@comcast.net

Denise Evans Joins the Staff of Northstar Rancho Cordova Senior Living



Denise Evans has joined the staff of Northstar Rancho Cordova senior living community as a community relations director.

RANCHO CORDOVA, CA (MPG) - Denise R. Evans has been named community relations director for Northstar Rancho Cordova, an assisted living and memory care community nearing construction completion just off Highway 50 at Sunrise Blvd. Executive Director Deborah Godt said, "We are extremely pleased to have a marketing and management expert of the caliber of Ms. Evan as part of our team."

Ms. Evans will work with seniors and their families to help determine if Northstar Rancho Cordova is the best option for meeting their long-term care and housing needs. She is also responsible for developing and implementing strategies to attract prospective residents, maintaining working relationships with professional referral

sources, serving as a resource about senior living to service groups and health care professionals in the surrounding area, and assisting new residents with the process of moving into the community.

Ms. Evans joins Northstar with nearly 30 year's experience as an accomplished sales and marketing professional. For the past six years, she has focused her talents in the senior living industry. She worked as both a community marketing director and executive director of communities in Carmichael. She began her career in the 1980s and received comprehensive sales training with a large pharmacy chain, first in the Bay Area and later in the Sacramento Region.

Active in professional organizations, Ms. Evan is a member

of the Carmichael and Fair Oaks Chambers of Commerce, the Alzheimer's Association and the California Assisted Living Association. She also has received, from the State of California, certification as an administrator of Residential Care Facilities for the Elderly, the official designation for assisted living communities by the State.

Construction is nearing completion of the three-story, 106-apartment community, which is slated to open in February 2014 at 2341 Vehicle Drive, near Sunrise Boulevard and Zinfandel Drive. For information about the lifestyle options, pricing, and availability of hard-hat tours, contact Ms. Evans at (916) 799-7440. ★

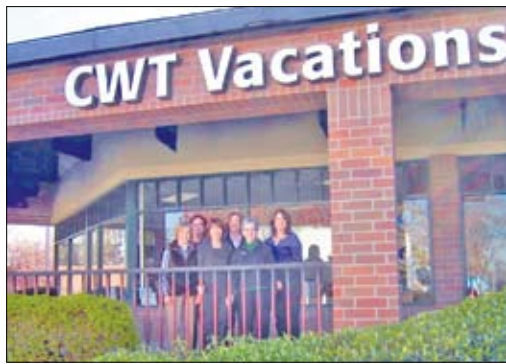
SPOTLIGHT ON BUSINESS

CWT Vacations

The World is Your Oyster

CWT Vacations

By Bill Martin



L to R front row, Barbara Andras, Liz Hoffman, Lynne Powlesland. Back row, Donna Welborn, Lindsey Bressani and Linda Nichols.

and leisure travel has given me invaluable insight into a wide range of travelers and complicated itineraries." A favorite destination for Liz is Europe.

Linda Nichols, CTA, has spent 32 years in the travel industry, with personal trips visiting Asia to Zimbabwe, most of Europe, and many weeks aboard a myriad of cruise liners throughout the world. Linda's passion is Africa. She will be returning to Africa in 2014, for her sixth trip, exploring Namibia's Himba and Bushmen cultures.

A senior travel advisor at CWT Vacations, Lynne Powlesland, CTC, celebrates over 30 years of personal firsthand travel experience all over the world. Lynne has also earned her "Master Cruise Specialist" certification for her expertise in the different cruise lines, the latest itineraries, ships and the very popular River Cruises.

Donna Welborn, CTC, has also had the opportunity to travel extensively; her favorite destination tends to be the last place she visited. When pressed for choices, Donna says "Paris tops my list, followed by the Great Wall of China, the Coliseum in Rome, the Forbidden City in Beijing, Stonehenge in England and the Great Buddha in Japan." Doesn't that make you want to travel, too?

Don't settle for another trip to Disneyland because planning your dream vacation seems too daunting of a task. If your wanderlust has been intrigued by these exotic destinations mentioned, the experts at CWT Vacations can help turn your dreams into reality. CWT Vacations boasts a staff of seasoned travel professionals dedicated to continuing education, so they are up-to-date on destinations around the globe. The world is your oyster and they will guide you to the pearls.

Stop by or call CWT Vacations and start planning your next vacation. CWT Vacations is located at 11230 Gold Express Drive, Suite 311 in Gold River, 916-638-3536.

The World Needs Ditch Diggers Too



Commentary by David Koenig

I love that line from the movie Caddyshack. Judge Smalls offers it up to Danny Noonan who is shamelessly begging for a scholarship as he tells of his family's financial woes while caddying for the judge. I thought of this while watching the debates and protests this month over raising the minimum wage for fast-food

workers. Speaker after speaker got up and whined about people not being able to support their families and the evil CEO's reaping all the profits. What I want to know is when working at a McDonalds or Subway became a career to support a family?

I thought these jobs were for kids just starting out looking for work or students working their way through college. \$8.00 per hour is a lot of money to pay some kid for flipping burgers or mopping floors but if we start paying them \$10.00-\$15.00 per hour then businesses are just going to close up shop or scale back the workforce. When will we finally learn our lesson? Back in the 90's they tried to make it so everyone could own a house and the market collapsed because of faulty loans.

In the early 2000's they tried to say that everyone deserved a college education and you ended up with a bunch of people with worthless degree's and mounting

student loan debt. We just passed the Affordable (?) Care Act so everyone can have health coverage and that nightmare is just starting to unfold so why are we looking to raise the minimum wage on top of it? But if you're going to raise it to \$10.00 per hour, why not make it \$20.00 so people can afford more for their families? Or \$30.00 so people can splurge on their kids like the evil rich people who probably stole their fortunes or cheated someone out of them?

What happened to hard work and earning your keep? Our nation has turned into a bunch of Cousin Eddie's from Christmas Vacation being unemployed for 7 years holding out for a management position. Since when did cleaning toilets, picking up trash or digging ditches become jobs that were below us? Or \$8.00 minimum wage become too little to work for? Isn't it called minimum wage for a reason? ★

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Riley Reviews

ECENTRIC COMEDY FOR THE "WALTER MITTY" EVERYMAN FABLE

media operations, management plans one final print issue of LIFE where the magazine's cover image will carry great cultural significance. The assignment falls on Walter's shoulders, a parting shot for the photo editor's talent.

Out in the field and only intermittently reachable by phone or letter is noted war photojournalist Sean O'Connell (Sean Penn), who has shipped to Walter a set of negatives, one of which is deemed to be his best work ever.

The problem is that Walter is unable to find this mysterious negative in the roll of film that has arrived from an undisclosed location. Now he has to dodge the odious Ted Hendricks, trying to buy time in a frantic search for one lousy frame.

Meanwhile, Walter has developed a fruitless crush on lovely, clueless colleague Cheryl (Kristen Wiig), a single mother with a young son, who hardly takes notice of his clumsy, pointless efforts to initiate a conversation.

Walter also has to contend with moving his aging, meddling mother (Shirley MacLaine) into an assisted living facility, while enduring the taunts of his oddball sister (Kathryn Hahn).

Thurber's Walter Mitty was a henpecked husband whose fantasies carried him away from the constraints of his marriage. Stiller's version is a modern bachelor dreaming of romance and trying to make a connection on an internet dating service.

There's amusement in Walter's attempts to create a profile for eHarmony, since he's never done anything or been anywhere of interest. Walter fields the occasional phone call from his excited eHarmony advisor (Patton Oswalt) who tries to spur him into action.

What finally dislodges Walter from his reveries is not just looming unemployment, but the absolute devotion to his craft of running the photo department in all of its analog world glory. To that end, he must find the missing negative, in a hurry.

At this point, "The Secret Life of Walter Mitty" undergoes an almost complete tonal shift, as Walter must suddenly act in an unaccustomed role of being a doer rather than an inattentive observer on the sidelines.

Life for Walter must quickly take the shape of LIFE magazine's famous motto, emblazoned on its building, which in part encourages people to "see things thousands of miles away." It may be uncharacteristic for him, but Walter plunges into a reckless search for the elusive Sean O'Connell.

Following up on a few leads, Walter flies off to Greenland, only to find himself a few steps behind the famous photojournalist. From Greenland he ends up on a fishing trawler but not before having to swim with sharks in the ocean.

After the boat docks in Iceland, Walter's next adventure takes him skateboarding in the direction of an erupting volcano, only to be rescued at the last moment by a passing motorist in a hurry to evacuate from the path of billowing smoke and lava.

The search must continue onto even more treacherous terrain as Walter makes his way to the remotest mountain region of the Himalayas, where finally he locates Sean O'Connell on the verge of capturing an image of a nearly extinct wild animal.

By this point, Walter is no longer a "Walter Mitty"-type character, having blossomed into an intrepid adventurer willing to go to great lengths in pursuit of a goal, becoming more like his idol Sean O'Connell.

"The Secret Life of Walter Mitty," though clever and amusing, is not easily pegged as the standard comedic vehicle for Ben Stiller. Instead, it's a humorous fantasy adventure layered with conflicting emotions, resulting in an enjoyable confection.

Lemere Completes Basic Training At West Point

WEST POINT, N.Y. - Cadet Cori Kathryn Lemere, daughter of Mr. and Mrs. Roger Lemere of Mather, Calif., completed Cadet Basic Training at the U.S. Military Academy.

Lemere entered West Point on July 1 and has successfully completed six of CBT. CBT is one of the most challenging events a cadet will encounter over the course of their four years at the academy.

The initial military training program provides cadets with basic skills to instill discipline, pride, cohesion, confidence and a high sense of duty to prepare them for entry into the Corps of Cadets. Areas of summer instruction included first aid, mountaineering, hand grenades, rifle marksmanship and nuclear, biological, and chemical training.

Lemere began classes Aug. 19. The West Point curriculum offers 37 majors balancing physical sciences and engineering with humanities and social sciences leading to a Bachelor of Science degree.

Lemere graduated from Rosemont High School. She plans to graduate from West Point in 2017 and be commissioned as a second lieutenant in



the U.S. Army.

The mission of the U.S. Military Academy is to educate, train, and inspire the Corps of Cadets so that each graduate is a commissioned leader of character committed to the values of

Duty, Honor, Country and prepared for a career of professional excellence and service to the nation as an officer in the United States Army.

THE SECRET LIFE OF WALTER MITTY (Rated PG) A Film Review by Tim Riley

To say that Ben Stiller's "The Secret Life of Walter Mitty" is based on the famous short story by James Thurber has a kernel of truth only insofar as the film's titular character is, indeed, a socially awkward man who daydreams of performing heroic acts.

Pulling double duty as director and star, Stiller has been on both sides of the camera with films like "Tropic Thunder" and "Zoolander," both of which were flat-out comedies. His work here is a more nuanced bitter-sweet comedy, slightly eccentric and reminiscent somewhat of "Greenberg."

The daring exploits of Walter Mitty (Ben Stiller) bear little resemblance to the odd detours of Thurber's version. The on-screen Walter's lapses into fantasy are mostly geared to romancing a pretty co-worker or triumphing over danger with the passion and confidence of an action hero.

Whatever the reason for flights of fancy, Walter is a nebbish consigned to the increasingly unimportant task of managing the photo department of LIFE magazine, recently taken over by snotty corporate downsizing experts who are determined to shut down the print operation for good.

Sporting beards and sharply-tailored suits, the arrogant corporate types, led by the unctuous, detestable Ted Hendricks (Adam Scott), are hell-bent on eliminating many of the publishing empire's jobs during its swift transition to the digital age.

Scrambling to revamp the



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with Mary Jane Popp

labor—you have a choice when discussing challenges. One is to view it as a problem and discuss who is to blame, how it happened, and how it makes you feel. A better choice is to discuss the issue in terms of a goal. When you begin the conversation with goals, it gets both partners thinking about solutions, possibilities, and opportunities for change.

2) Look beyond flaws and discuss your honeymoon phase instead.

Couples get into a negative state of mind when they start to fixate on pet peeves— their partner's annoying habits, shortcomings, and flaws. Talking about what you don't like about each other only does damage—there's no opportunity for positive feelings to emerge. Instead, try this activity. Retell the story of how you first met. Try to remember everything you loved about each other. What did your partner do to move the relationship forward and how did you keep the passion going? This conversation will stimulate lots of good ideas and feelings.

3) Notice what's pleasing about your partner and the relationship. It's all too common to notice problems and overlook progress.

Think about what your partner did right in the past few days—like a small endearment, pleasant mood, asking about your day etc. Share that information. It makes you aware of the kinds of things that make your partner feel good, and it helps each partner feel noticed, valued, and appreciated. Again, progress, not problems.

4) Redefine your marriage by continuing to date. When he asked

married couples to define their marriage, he often hears comments like "it's a lot of work" or it's pretty humdrum." They don't have to define your marriage. When you first dated, you said and did things to please your partner. He brought you gifts. She wore the dress he loved. You can get out of a marriage rut by doing the same kind of things. The key is to do things regularly—daily--that make your partner happy.

5) Function as a true partnership, and establish new roles. Couples divide up the responsibilities in different ways. One partner may do more domestic work while the other may take on finances and larger household chores. Couples who recognize and hone their respective skills as partners tend to have fewer problems. Talk about what you are good at and what you are not. It's just like a business. The partnership is most effective when people's roles are matched with their strengths.

That's a good start to a New Year. Remember focusing on problems only

creates negative feelings and creates impasses and conflict. Flip that problem-focused talk into solution-focused talk. Get out of a relationship rut and reignite the passion with your partner. Check out **Elliott Connie's** tips in detail in "The Solution Focused Marriage." You can also learn more at www.elliottspeak.com.

What a way to start out the New Year with a happy marriage! Your marriage can be serene in 2014. HAPPY NEW YEAR!!! ★

How To Improve the Road Ahead



Commentary By Lee H. Hamilton

Congress is winding down its historically unproductive session with a small flurry of activity. It's a welcome change, but so long overdue that it can't possibly make up for what should have been accomplished on Capitol Hill this year.

The problem is that for too long, members of Congress have been working hard at everything except the one thing they should have been working hard at: legislating. They've been so unproductive that they've actually threatened our world standing and our domestic well-being.

To be sure, they are moving incrementally. Gridlock is breached, but not broken. The likelihood is that Congress will pass a defense bill. It reached a small-scale budget agreement that undoes a bit of the damage caused by the sequester. It is finally starting to work through a list as long as your arm of judicial and executive-branch confirmations, but only because Senate Democrats decided they had to change the rules if they wanted to fill long-unfilled government appointments.

Yet the list of what Congress hasn't done is sobering. There's no food-stamp reauthorization or waterways construction bill. It passed a one-month extension to the farm bill, but that

falls far short of the certainty this crucial economic sector needs. There's no lasting solution to the debt ceiling problem. Almost nothing has been done about the fundamental gap between taxes and spending. It has left unemployment benefits unresolved, immigration reform unresolved, tax reform unresolved, and action on climate change unresolved. This lack of productivity makes me wonder if Congress can address truly hard challenges without a crisis before it.

Mind you, some legislators take pride in how unproductive Congress has been. They argue that the less the government does, the better. But given Congress's pathetically low standing in the polls, it's clear that most Americans don't agree. They don't like incompetence, as their response to the botched rollout of the Affordable Care Act suggests, and they really don't like people who dodge their responsibilities, which is what Congress's ineffectiveness amounts to.

Unlike many members of Congress, Americans seem to understand that things that ought to be done are not getting done, and that there are real costs to inaction. We're in a competitive race with China for world leadership, and whether we like it or not, others around the globe are comparing our two governments. The attractiveness of the American model is under challenge, and our political dysfunction is a serious handicap. As the Wall Street Journal put it recently, a superpower that isn't sure it can fund its government or pay its bills is not in a position to lead.

And because problems aren't getting addressed, others are stepping into the breach at home, too — but with less transparency, less accountability, and less flexibility. The

Fed is doing the heavy lifting on the economy. The Supreme Court is essentially legislating. Executive branch agencies are trying to handle massively difficult challenges through executive orders. State and local governments have decided that even on issues they can't truly address effectively, like immigration, they're on their own.

When asked about all this, congressional leaders tend to blame the other house, arguing that they've done their best but the other side has bottled up their efforts. All I can say is, finger-pointing is not an excuse, it's an admission of failure. A leader's responsibility is to enact legislation, not just get a bill through the house of Congress he or she controls.

Legislating is tough, demanding work. It requires many hours of conversation about differences, commonalities, and possible solutions. It demands patience, mutual respect, persistence, collegiality, compromise, artful negotiation, and creative leadership. Especially when Congress is so divided.

Yet when Congress meets only episodically throughout the year, when it often works just three days a week and plans an even more relaxed schedule in 2014, when the House and Senate give themselves just one overlapping week this month to resolve huge questions of public policy, you can only come to one conclusion: They're not really willing to work hard at legislating. A last-minute flurry of bills offers hope, but it's going to take a lot more work to convince the country that Congress knows how to live up to its responsibilities. ★

Lee Hamilton is Director of the Center on Congress at Indiana University. He was a member of the U.S. House of Representatives for 34 years.

NEW YEAR-NEW MESSAGE

It was a hectic holiday. It was fun, but there are always a few strained times with family and friends and especially on a marriage. So I thought it appropriate to begin the New Year with some tips on how to resolve some of those problems and turn them into marriage solutions. So I turned to well-known marriage counselor **Elliott Connie** on my POPPOFF Radio Show for some ideas. He has a fresh approach to resolving love relationship conflict. Most of us hate to hear the words "We need to talk." It's like getting punched in the stomach. Why? Because we're conditioned to expect conversations to be about problems rather than solutions. Enter **Elliott**. He says it only takes a few simple behavioral shifts to flip problem-focused talk into its positive counterpart solution-focused communication. In his book "The Solutions Focused Marriage," Elliott gives us five simple habits that will bring out the best in your relationship. Looking for change? Here you go:

1) Replace "where we're at" with "where we want to be." For any prickly issue that's causing conflict in your relationship—whether it's sex, money, kids, or division of

2014 Gold River Stingrays Swim Team Registration



GOLD RIVER, CA (MPG) - Mark your calendars to join the 4 time Gold Rush NorCal Swim League team champions for the 2014 spring and summer swim season! Registration is scheduled for Saturday, February 9 from 10:00 am – 2:00 pm and again

on Saturday, March 9 from 10:00 am – 2:00 pm. Sign up so you do not miss the fun and excitement as we continue the winning tradition with the Gold River Stingrays!

Registration for our March Swim Clinics as well as the

Summer Swim Team is available online at our swim team website www.goldriverstingrays.org. The coaching staff looks forward to all new and returning swimmers and families joining us for another exciting year of fast swimming and great times! ★

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SCOE Operation Recognition Seeks Eligible Veterans to Receive High School Diplomas

Veterans and WW II Japanese-American Internees Eligible for High School Diplomas

SACRAMENTO REGION, CA (MPG) - The Sacramento County Office of Education (SCOE) is again awarding high school diplomas to qualifying U.S. Veterans and Japanese American citizens through its popular "Operation Recognition" program.

The Operation Recognition program was adopted in October 2001 by the Sacramento County Board of Education to honor the contributions and sacrifices of individuals who missed completing high school to serve in the U.S. military (specifically World War II or the Korean War) or relocated to a World War II internment camp for Japanese American citizens. In 2005, the County Board of Education expanded the program to include

veterans of the Vietnam War. The Sacramento County Board of Education has provided diplomas to 171 veterans and Japanese American citizens through Operation Recognition since 2001. Eight of the diplomas have been awarded posthumously.

Residents of Sacramento County are encouraged to request diplomas on behalf of themselves or qualifying family members, including persons who are now deceased. April 30, 2014 is the deadline to submit applications. The Sacramento County Board of Education is scheduled to hold its next Operation Recognition diploma ceremony on Tuesday, May 20, 2014.

Operation Recognition applications are available online at

www.scoe.net/or or by mail from: Operation Recognition, P.O. Box 269003, Sacramento, CA 95826-9003. To request that an application be mailed, phone (916) 228-2416. Applications are also available from the Sacramento County Veterans Service Office, located in midtown Sacramento at 2007-19th Street. There is no charge to participate in the program.

Qualifications for an Operation Recognition diploma include:

- Applicant or recipient is a Sacramento County resident;
- Veterans — show proof of Honorable Discharge from U.S. military service occurring during WW II, the Korean War or the Vietnam War

• Japanese American citizens — show proof of internment in a WW II relocation camp; and

• Veterans and Japanese American citizens — give name of high school applicant was attending at time of induction into military service or internment.

An application may be submitted by a family member of a qualifying individual, living or deceased. Persons who meet the qualifications, but earned a GED, also are eligible. Diploma recipients and/or survivors should be current or former Sacramento County residents. Those living outside Sacramento County may be referred to their local county office of education. ★

Annual "Sacramento Museum Day" Returns February 1

Free or Half-Priced Admission to 30 Sites

SACRAMENTO, CA (MPG) - Imagine. Explore. Discover. To the delight of the greater Sacramento area community, thirty local museums will offer free or half-priced admission from 10 a.m. to 5 p.m. on Saturday, February 1, 2014, during the 16th Annual Sacramento Museum Day! Two museums have recently joined the association and community-wide event, including the California Statewide Museum Collections Center and the Center For Sacramento History. During the highly anticipated event, 28 of the 30 museums will offer free admission whereas two destinations located in residential areas — the Sacramento Zoo and Fairytale Town — will offer half-priced admission to offset parking control and security costs. Coordinated by the Sacramento Association of Museums (SAM) and the Sacramento Convention & Visitors Bureau, this hugely popular event is proudly presented by Chipotle Mexican Grill.

Sacramento Museum Day, a popular Sacramento cultural tradition, is designed to encourage all members of the community to experience the Capital City's

incredible wealth of art, history, science and wildlife — at little or no cost. Many of the museums are within walking distance of each other and easily accessible via public transportation. Event coordinators suggest that guests plan to visit no more than two or three different museums on this day in order to allow adequate time to enjoy the experience and to travel between individual sites.

In addition to offering free or reduced cost admission, some of the destinations are offering special activities during Sacramento Museum Day. For instance, the Aerospace Museum will offer an "open cockpit" day where most aircraft will be open for viewing (weather permitting), a children's art contest and on-site exhibitors such as the Tuskegee Airmen. And, some of today's big monster tractors will hit the road to make a special trip to be on display at the Heidrick Ag History Center in Woodland.

"We are very excited to continue this popular annual tradition and we are proud to welcome two new museums to the event this year," said Sacramento Association of Museums Chair Kristina Swanson. "With each passing year, more and

more community members are introduced to the amazing array of arts, culture and museum offerings available in the Sacramento region. And, we are especially pleased that Chipotle Mexican Grill has continued as a title sponsor. The support of generous corporate sponsors is invaluable and helps to make Sacramento Museum Day possible each year."

While admission is free at 28 of the participating museums during Sacramento Museum Day, admission to two destinations located in residential areas are half-priced as follows: Sacramento Zoo is \$5.75 for adults, \$3.75 for children ages 2-11 and free for children under two; Fairytale Town is \$2.50 per person and free for children ages one and under.

Due to the popularity of Sacramento Museum Day, some locations must limit the number of admissions for safety reasons. The event is scheduled from 10 a.m. to 5 p.m. but note the last guests will be admitted at 4 p.m. More detailed information about participating museums, addresses, limitations, suggested parking and public transit options is available at www.sacmuseums.org (click on "Events"), or by calling the Sacramento Convention & Visitors Bureau at (916) 808-7777.

Sacramento Museum Day 2014 is proudly supported by active and engaged community partners. In addition to the title sponsor Chipotle Mexican Grill, other sponsors include KSEG 96.9 FM, Outword Magazine and STAR 106.5 FM.

Comprised of 30 greater Sacramento area museums working in partnership with the Sacramento Convention & Visitors Bureau, SAM's mission is to raise awareness of local museums by giving the community the opportunity to discover California's fine art, history, science and wildlife treasures. SAM achieves its mission through implementing cooperative promotions and developing strategic marketing alliances, by encouraging sharing of knowledge and resources among its partner institutions, and by conducting Sacramento Museum Day each year. ★

Source: T-Rock Communications



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By George Valverde - Director, California Department of Motor Vehicles

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Q. I've seen recent news coverage of pedestrian and vehicle involved crashes. Do you have information online about pedestrian safety?

A. Pedestrian safety is a serious issue. In California, pedestrian deaths occur in approximately 19 percent of all traffic fatalities and pedestrian fatalities are on the rise. Drivers must respect the right-of-way of pedestrians and always stop for any pedestrian crossing at corners or other crosswalks. While every pedestrian is at risk, older adults and children have a higher likelihood of being injured or killed while traveling by foot, wheelchair or stroller.

The Department of Motor Vehicles is committed to providing customers with information on alternate modes of transportation and safe measures to incorporate while utilizing these alternative sources. To heighten the awareness of drivers, bicyclists and walkers alike, DMV offers a special area in our website with tips and advice for pedestrian safety and awareness. <https://www.dmv.ca.gov/about/pedestrian.htm>

Q. Is there a charge or cost to submit a Change of Address to the DMV?

A. There is no fee to submit a change of address. For faster processing, the Change of Address can be made online if you are a registered user; the form is available at: <http://www.dmv.ca.gov/online/coa/welcome.htm>. You can change your residence or mailing address for your California Driver License, Identification Card, vehicle, or vessel. A new driver license, identification card or registration card is not issued when changing your address and temporary mailing addresses are not allowed. You can also submit the form by mail the mailing address is provided at the bottom of the form.

Q. Do DMV field offices provide a designated counter specifically for disabled persons?

A. Each DMV field office has a counter specifically designated to accommodate disabled persons. The "Start Here" counter personnel can direct you to the counter designated with a disabled logo. For more information on this and other DMV services, visit us online at www.dmv.ca.gov or call 1-800-777-0133.

Q. I want to see which model and type of cars qualify for the stickers that allow you to drive on the HOV (carpool) lanes in California. Is there a list or website I can check before making my next car purchase?

A. You can learn more about the current

list of hybrid and electric vehicles that qualify for Green and White Clean Air Vehicle decals by visiting the California Air Resources webpage: <http://www.arb.ca.gov/msprog/carpool/carpool.htm>

Q. One of my license plates fell off and I received a citation for a missing plate. How can I get a replacement?

A. For regular series license plates, you can complete an Application for Replacement Plates Stickers Documents (REG 156). The completed form and \$19 will be required. You can make an online appointment or call 1-800-777-0133 to schedule an appointment. Be sure to also take the remaining plate and your current registration card to the DMV Field Office. ★

Don't Stand In Line, Go Online! Doing business with the DMV has never been easier. The DMV offers an array of services to customers 24 hours a day, 7 days a week through its Website including online advance appointments for written and drive tests; vehicle registration and driver license renewals, selection of personalized license plates, changes of address and payment of fees via secure debit transactions. Customers can also effect transactions by calling DMV customer service at 1-800-777-0133. DMV is a department under the California Transportation Agency.

DMV Reminds Motorists of New 2014 Laws

SACRAMENTO, CA (MPG) - With 2014 just around the corner, the California Department of Motor Vehicles (DMV) is reminding motorists of some of the new laws that will become effective in the new year. The following laws go into effect on January 1, 2014, unless otherwise noted.

Bicycles: Passing Distance. AB 1371 (Bradford), known as the Three Feet for Safety Act, will require a motor vehicle driver passing a bicycle that is proceeding in the same direction to pass with no less than 3 feet between any part of the vehicle and any part of the bicycle or driver. When three feet is not possible, the motor vehicle must slow to a reasonable and prudent speed and only pass when no danger is present to the bicyclist. Failing to do so can incur a fine, regardless of a collision or not. This law will take effect September 16, 2014.

Clean Air Vehicle Decals/“HOV Stickers.” AB 266 (Yee) and SB 286 (Blumefield), together extend sunset dates for low emission, zero emission vehicles to operate in high occupancy vehicle lanes (HOV) without meeting occupancy requirements to January 1, 2019.

Commercial Driver’s License. AB 1047 (Linder) will allow the DMV to conduct the commercial drive test for the holder of an out-of-state commercial learner’s permit. The department would electronically transfer the information to the motor vehicle department in the applicant’s state of residence. AB 1047 also modifies the license class definitions to require a driver operating a bus weighing more than 26,000 pounds to hold a commercial Class B license and a driver operating a bus weighing 26,000 pounds or less to hold a commercial Class C license.

DMV Vehicle Registration Pilot Program. SB 806 (Hueso) authorizes DMV to establish a pilot program to evaluate the use of alternatives to stickers, tabs, license plates, and registration cards, subject to certain requirements. It will also enable the DMV to experiment with electronic license plates, as well as facilitate DMV’s



ability to explore cost-effective alternatives to California’s traditional metal license plate, plastic-coated registration stickers, and paper registration cards.

Registration and Vehicle Transfers Between Family Members. AB 443 (Lowenthal) prohibits the transfer of ownership of a vehicle to a relative or a revocable living trust until all parking or toll-violation fines and penalties reported to the DMV are paid by the transferee.

Teen Drivers. SB 194 (Galgiani) will prohibit a person who is under 18 years of age from using an electronic wireless communications device to write, send, or read a text-based communication while driving, even if it is equipped with a hands-free device.

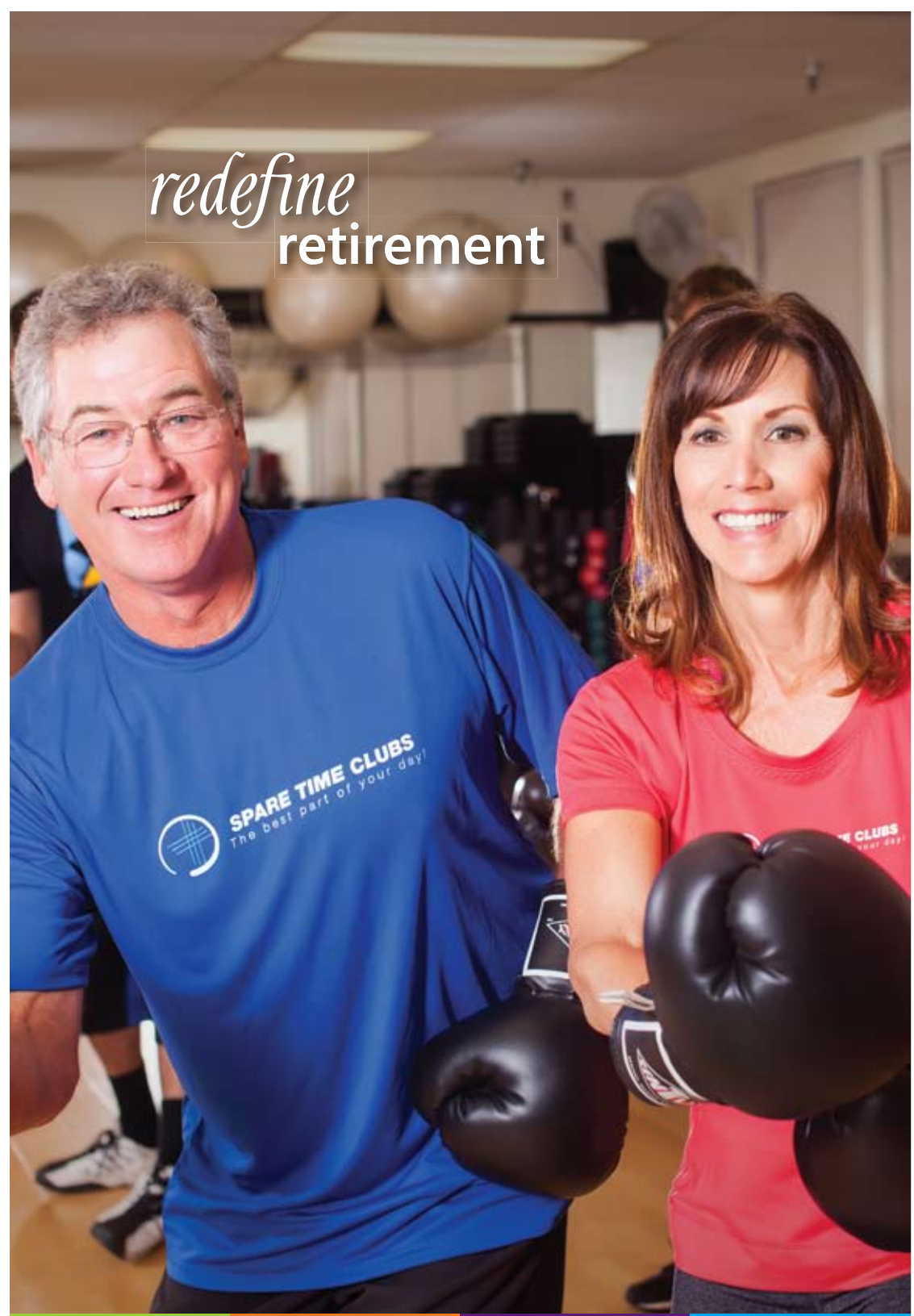
Veterans License Plates. AB 244 (Bonilla) Requires the California Department of Veterans Affairs (CalVet) to sponsor a veterans’ special interest license plate and requires the DMV to issue the veterans’ plate if CalVet meets the current statutory requirements. This law creates, in addition to the current Honoring Veterans design of the Veteran’s Organization Plate, a new program to reissue the Veteran design that was issued prior to January 1, 2010. These plates are available to all vehicle owners. The Department of Veterans Affairs must secure 7,500 pre-paid applications in order for the department

to implement this plate program.

Additionally, the Department of Motor Vehicles will begin the process of implementing AB 60 (Alejo)—the new law requiring DMV to issue a driver license to an applicant who is unable to submit satisfactory proof that he/she is legally present in the United States —by drafting new regulations and preparing field offices to process new applications. The new law becomes operative by January 1, 2015. The applicant will be required to meet all other driver license qualifications.

For complete information on chaptered bills enacted in 2013, please refer to the Legislative Counsel website at www.LegInfo.ca.gov.

Save Time, Go Online! Doing business with the DMV has never been easier. The DMV offers an array of services to customers 24 hours a day, 7 days a week through its Website including online advance appointments for written and drive tests; vehicle registration and driver license renewals, selection of personalized license plates, changes of address and payment of fees via secure debit transactions. Customers can also effect transactions by calling DMV customer service at (800) 777-0133. DMV is a department under the California State Transportation Agency (CalSTA). ★



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As a young woman, Dr. Livoni lived in Carmichael. She raised a family, worked as a Public Health Nurse in the Refugee Clinic in Sacramento, and as an ICU Nurse at UC Davis. She’s returned to the community she loves to serve the residents. Dr. Livoni believes that health care should be close to home.

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