



Area Residents Can Receive Free Tax Help at Local Centers

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PLUS: Koreana Plaza Food Court Opens

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Gold River Messenger

"Written by the people, for the people"

Volume 2 • Issue 2

Serving Gold River and Sacramento County

February, 2014

Rancho Chamber Celebrates "Aloha"



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The Dog Days of Winter



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Sacramento Sports Hall of Fame Inducts Jeff Float



Jeff Float was inducted into the Sacramento Sports Hall of Fame on during a celebration at Thunder Valley Casino & Resort.

By Jan Ellis Float

GOLD RIVER, CA (MPG) - Gold River Racquet Club's Aquatics Director/Head Coach Jeff Float was inducted into the Sacramento Sports Hall of Fame during a celebration held on Saturday, January 25th, at Thunder Valley Casino & Resort. Last fall, amongst 52 homegrown athletes, Jeff was nominated as a possible recipient for this honor. Following a public voting process, it was announced he'd been selected.

Jeff's fellow inductees were none other than legendary swimmer Debbie Meyer, football star Tedy Bruschi and baseball heavy-hitters Leron Lee and Steve Sax. "What a privilege," Jeff remarked, "to even be considered within this roster." Especially touching and memorable, Special Olympian Donald Schendel was also recognized and inducted during the ceremony.

All in attendance were given the opportunity to meet, greet and obtain autographs

from these high-caliber sports achievers -- as well as last year's invited inductees: cherished swimmer Summer Sanders, basketball greats Kevin Johnson and Bill Cartwright, baseball phenom Dusty Baker and boxer Tony "The Tiger" Lopez. In addition, Gold River's own famed broadcaster Beth Ruyak McWhirter delivered Jeff's official introduction.

Jeff's success story is familiar to many Sacramento sports fans. As an infant, he suffered spinal meningitis that rendered

him with a substantial hearing impairment. Partially due to sedentary speech lessons, Jeff exuded nonstop energy ... so much so that Arden Hills' Olympic Coach Sherm Chavoor agreed with his parents: "The kid's got potential!" Motivation, determination and distance training led to membership on the .80 Olympic Swimming Team bound for Moscow, only to be boycotted by US political Powers That Be. Jeff kept churning water.

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Final State Water Action Plan Released: Outlines California's Near- and Long-Term Water Priorities

SACRAMENTO, CA (MPG) - As California experiences one of the driest winters on record, the California Natural Resources Agency, the California Environmental Protection Agency, and the California Department of Food and Agriculture released the final California Water Action Plan, laying out goals and vision for the next five years. The plan will guide state efforts to enhance water supply reliability, restore damaged and destroyed ecosystems, and improve the resilience of our infrastructure.

At the direction of Gov. Edmund G. Brown Jr., a collaborative effort of state agencies, and nearly 100 substantive public and stakeholder comments

formed a plan to set direction for a host of near- and long-term actions on water issues for the state.

"It is a tall order. But it is what we must do to get through this drought and prepare for the next," said Gov. Brown in his 2014 State of the State address.

The Governor's proposed 2014-15 budget lays a solid fiscal foundation for implementing near-term actions for the plan, recommending \$618.7 million in funding for water efficiency projects, wetland and watershed restoration, groundwater programs, conservation, flood control, and integrated water management.

"As we work on emergency actions to manage through one of

the driest winters on record, we are also taking proactive, long-term steps to prepare California for future droughts and flood," said Secretary for Natural Resources John Laird. "Each decade brings improvements, but also significantly highlights what we can do better. The California Water Action Plan gives us clear focus and vision for the next five years."

Final revisions to the draft plan, released in October, include an expanded section on drought response and a new effort focused on better management of Sierra Nevada headwaters that helps water storage and quality, and ecosystems. Public comment on the draft plan made it clear that California must better understand



the economic and ecological harm of sustained dry weather. The Governor's proposed budget would provide \$472.5 million

in Proposition 84 funds to the Department of Water Resources (DWR) for integrated regional

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Sacramento Sports Hall of Fame Inducts Jeff Float

Continued from Page 1

earned a spot on the .84 LA team and was named Team Captain by his peers. Touched out for the bronze in the 200m freestyle, the next day he and his 4x200m relay teammates were pitted against the indomitable West Germans. In what is known as "The Perfect Race," our fierce four-some thrashed their way first to the wall ... and into Olympic history. Their astounding finish, by 4/100ths of a second, is far less than the blink of an eye. Jeff and his teammates then climbed atop the Olympic podium, accepted their Gold Medals, belted out The Star-Spangled Banner and proceeded with lives that were changed forever.

From an exciting past to a rewarding future, "Coach" Jeff has been employed by Spare Time Inc. for nearly two decades. Now in his seventh year at Gold River, Jeff considers those early accomplishments as a mere prelude to sharing his life's passion with the next generation of local young athletes. It's also fulfilling for Jeff to give back to the community, one that embraces

his previous triumphs and appreciates his latter contributions. He and his wife Jan enjoy being involved in a variety of national, statewide and regional charities.

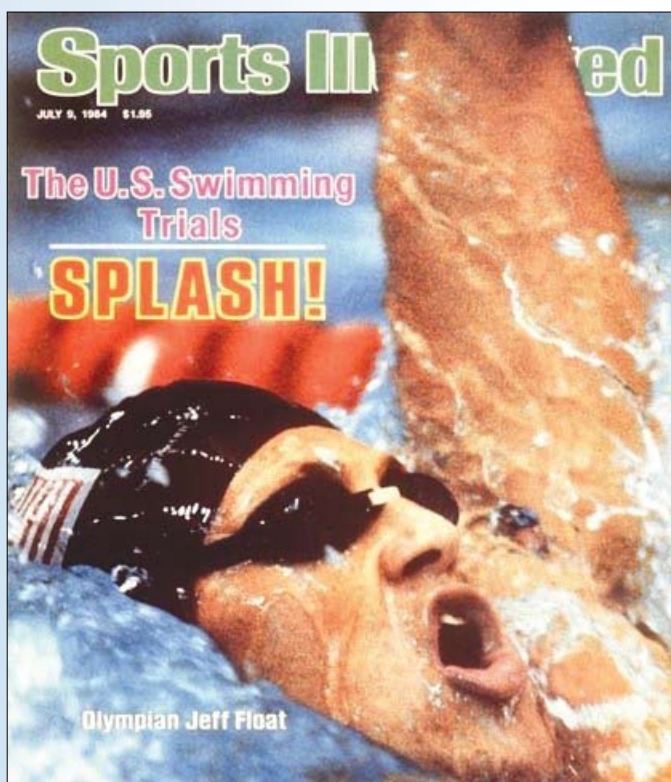
Gold River's Stingrays, the club's spring/summer recreational team, brought home its fifth consecutive Championships trophy last year – an unprecedented feat. "I'm fortunate to coach at this grassroots level. We emphasize belief in one's self, health and fitness, sportsmanlike conduct, proper stroke technique ... and having plain old fun." If you're interested in more information about the team, feel free to drop by the pool or log on to www.goldriverstingrays.org. Also providing personal-training sessions, he observes rapid improvement, which is especially gratifying. Today Jeff wishes to extend his sincere gratitude to those who afforded him this tribute ... induction into the Hall of Fame. Highlights of the ceremony can be viewed at www.sacsportshof.com. It was indeed a festive, inspiring and memorable evening.



★ Standing on the podium at the 1984 Summer Olympics.



Jeff at 7 years old.



On the cover of Sports Illustrated, July 9, 1984.



Gold River Champs in the water!

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The Dog Days of Winter



By Gold River Resident Jodie Barringer Myers

They say you should write what you know. So I will. What I've lived, breathed and known the past month and a half is a rambunctious, darling, yellow Lab that we adopted on December 21, when she was almost eight weeks (weeks!) old.

You might have read the Dogs and Diamonds column from November...where I talked about losing our beloved dogs, and the kids moving out, moving on and getting engaged. Well, as fate would have it, we lost our 14-year-old Lab Mia on December 14. Losing her was not a surprise, as she was, after all, a 90-year-old "woman." But it was still very painful. Of course. She was our fifth family member. She made us other Myerses better, for we tried, often in vain, to be the great humans to her that I know she thought we were.

The days after our Mia died, kind friends and thoughtful neighbors sent flowers, cards and condolences. One of our friends asked Chuck, "So are you going to get another dog?"

"Hell, YES," was his lightning-quick reply.

"Hell, PROBABLY NOT," was mine.

I guess we know who wears the pants in this family...

Exactly seven days and one hour after Mia being gone, we

got another little Myers. Merry Christmas to us! We "interviewed" her parents, we met the owner, we consulted with our kids, we talked at length with our "dog mentor" friends, the Johnsons. We fell in love. We brought her home.

Her fancy name is Noel. Our first Noel. But we call her Noie (pronounced Noey) Julia looked up the meaning of Noe (they spell it wrong) in Hawaiian, and get this: it means "Mist from heaven." In our home, loosely translated, that means: "Mia is looking down from heaven, admonishing Noie to treat her forever family very, very well, for a very long time." Just like Mia did. Yes, Noie, you have HUGE paw prints to fill.

She's already acquired quite a few nicknames: Noey Bose, Noella Bella, Snowey, LuluHead, BooBoos, YouBrat, NoNoNooooo, and OuchhhThatHurts!

She poops, she pees, she even throws up. And she doesn't discriminate. She'll do all of the above inside, outside, in the car, in her crate, on Sisal or antique Persian rugs, hardwood and/or tile and/or carpet.

I had Chris our carpet cleaner on speed-dial the first couple weeks. But then I took a deep breath, quit stressing about the 10 new stains on the carpet, and imposed a moratorium on having houseguests over until she "grows up," at which time we'll re-cover all flooring surfaces in the entire house.

This girl is multi-talented. Pooping and peeing isn't all she does...

She digs, a lot, when given the chance. Which is why we have to be ever-vigilant of her every move, which means we can't let her out of our sight for more than a nano second, which means we can't get much of anything done.

And she sheds. A lot. Which is why my floors are coated in a fine, blond-colored fur. My house is in shambles. My Swiffer moves have become

quite impressive and proficient, but, sadly, futile. I can't wait for summer, when our littlest angel will be in full-shed mode.

She can go from 100 mph to zero in the blink of those big brown eyes. Ah, how I love those naps. That's when I get a bit nostalgic, remembering with clarity what it was like when my kids would snooze. Noie's nap-time is my time to rush to get my stuff done -- work on transcripts, do the laundry, return phone calls, unload the dishwasher... and write this.

So am I too old for this new puppy thing? I think so. No, I know so. But for the love of my husband, and at the behest of my two wonderful daughters (who live away from home and don't have to "live it" everyday), and for the exponential increase of the Cuteness Factor in this home, and for the sheer pleasure of smelling that puppy breath and fur, I will suck it up and... just do it. Happily. Well, for the most part happily. 98% happily. Okay...52% happily. (Just kidding.)

At this moment in time, she sleeps like a newborn, plays like a hyper toddler with ADD, eats like a ravenous adolescent boy, and too often acts like a defiant, rebellious teenager. The claws upon her pudgy paws are like razor blades. She IS a set of sharp teeth (think ice picks) with a honey-colored Labrador Retriever body attached. We have the cuts and bruises on our hands, arms, ankles and nose to prove it.

But gosh is she ever cute! (Okay. Who doesn't say that about their new puppy?) But, really, she is.

You are more than welcome to stop by to meet, cuddle, play with or smell our newest family member at any time. But please knock quietly. Hopefully, she'll be napping. ★

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

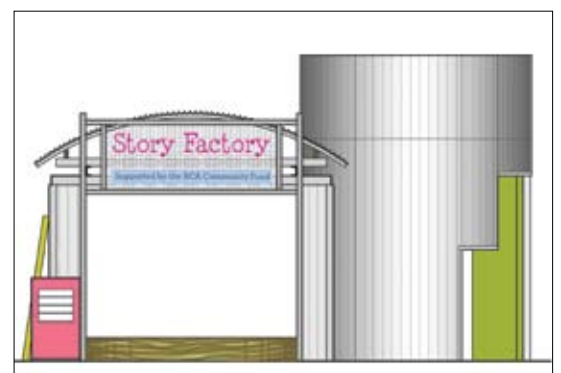
New Exhibit, Valentines, Puppets, & Science Are on February Agenda at Children's Museum

RANCHO CORDOVA, CA (MPG) - February art projects at the Sacramento Children's Museum (SCM) in Rancho Cordova will feature making valentine cards, masks, and puppets. February will also be Pop-Up Science Month and will include Science Sundays.

But the big news is that Story Factory that features a theater and stage will be installed in the Museum. The new exhibit will include "tell-a-story" prompt cards, a dress-up area, and a video component so children can see their story come to life. Story Factory will serve as a platform to carry out structured literacy activities and general reading and literacy exploration for SCM visitors. The Museum will be closed from Monday, February 3rd, through Thursday, February 6th, during the installation.

"Focusing on literacy and story-telling, Story Factory will enable children to create their own stories and explore how stories and reading come together," said Sharon Stone Smith, the Museum's Executive Director. "The video component will provide the opportunity for others to watch what the children create on the screen."

SCM, located at 2701Prospect Park Drive in Rancho Cordova, is made up of eight exhibit areas where children, 8 years and younger, are



Story Factory that embraces literacy and reading exploration will be installed at the Sacramento Children's Museum in February.

encouraged to think for themselves and expand their problem-solving abilities through creative exploration and exercise. The Museum is open daily from 9 a.m. to 5 p.m., Tuesday through Saturday and from noon to 5 p.m. on Sunday. The Museum features birthday party packages and school and youth group field trip opportunities. For more information, call (916) 638-7225 or go to www.sackids.org or info@sackids.org. ★

Source: City of Rancho Cordova

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By Kay Burton

Owners, Hans Mitchell, Merchandising Manager of Bel Air Market in Gold River, and his wife Nicole say that Oliver and Bentley are inseparable. They weigh about twenty four pounds each and love to go for walks and take naps.

The pug is of Chinese origin and dates back to the pre-Christian era. They were prized possessions of the Emperors of China and lived in a most luxurious atmosphere and at times were even guarded by soldiers. Pugs are the oldest (or second oldest, depending on source) continuously bred dog. They were originally bred as companion dogs for the Chinese royal court. Pugs come in two AKC recognized colors, fawn and black. The fawn color is far

The Royal Pugs



Photo courtesy of Kay Burton.

more common.

The pug was accepted for registration with the AKC in 1885. He is referred to as "Muldo in Parvo" meaning "a lot of dog in a small space." This happy little dog was enjoyed by many Monarchs of Europe and to this day is a favorite with royalty and discerning people all over the world.

Pugs are a low maintenance dog. There is no grooming to speak of when you own a pug,

they are wonderful with children, and make a great family pet.

A pug is an even-tempered breed, exhibiting stability, playfulness, great charm, dignity, and an outgoing, loving disposition. ★

Kay Burton is a longtime columnist and supporter of the SSPCA and other rescue groups.

To share your family pet story with our readers, Email: Kay.Burton1@comcast.net



By Reverend Kevin Kitrell Ross

Q: How do I find my purpose in life and start living it?

A: I'm so glad that you have raised this question because it's a question many people struggle with finding the answer. There are some very important clues that will support you as you come into the realization of your purpose.

Being in the space of inquiry is the first step. So it's very important you remain in the question. To remain in the question simply means to allow yourself to be in a space of exploration and experimentation. To explore your purpose is to look carefully at those activities in which you feel naturally drawn to and you are energized by.

When you are functioning in your purpose, you will find you are connected to a cause for

Empowering Insights for Spiritual Seekers

which you are willing to devote your passion, your resources, and your time towards accomplishing. When you are passionate about a cause, it means you are willing to "pass on" the energy of your entire being for the fulfillment of that cause. Your purpose is not always presented to you in a neatly gift wrapped package. Sometimes your purpose shows up in ways that are disappointing. Or your purpose may be presented to you in ways that are very disturbing. For example, you may be very disturbed and uneasy about the presence of racism in our nation and you may be compelled to take a stand to put an end to this form of injustice within our country.

The aspect of yourself that is irrepressible and cannot be stopped in the pursuit of taking some progressive action toward this cause squarely places you in the operation of your purpose. Don't think it too great a task or too daunting. Embrace it! Accept it! Enjoy it!

Your purpose is always there and when you embrace it and not resist it, you will become clearer and more confident as you take

steps to fulfill it. You will also discover its simplicity, however difficult it may be to achieve.

Idle contemplation and "futz-ing" about your purpose are not the best ways to discover it. However, moving with the impulse and the restlessness of the soul guides you to take the journey up the path of purpose.

Every person is meant and sent to this earth. And the two greatest days in a person's life are "the day you are born and the day you find out why."

Dive in deep within yourself and contact the presence of God within you and you will undoubtedly uncover in some significant way you are here to express God as peace, love, harmony, joy, healing, and abundance.

Here's to the journey of a lifetime! ★

Kevin Kitrell Ross is an author, inspirational speaker, life coach, senior minister of Unity of Sacramento, and host of Design Your Life on Unity Online Radio. His hit DVD, Liberate Your Spirit, and other inspirational products are available online at kevinrossspeaks.com.

unityofsacramento.com

Empowering Senior Drivers Through Education

SACRAMENTO REGION, CA (MPG)

- For some, the ability to drive is a true sign of independence. Driving plays an important role in maintaining an active, fulfilling lifestyle. As part of the California Highway Patrol's (CHP) mission of providing the highest level of Safety, Service, and Security to people throughout the state, the CHP remains steadfast in maintaining and improving traffic safety and mobility for California's older drivers.

According to the CHP's Statewide Integrated Traffic Records System (SWITRS), in 2011 there were more than 23,000 drivers over 65 years of age involved in a collision. Among those senior drivers involved in a collision, nearly 400 were killed

and more than 22,000 suffered injuries.

Further analysis of the SWITRS data indicates more than 50 percent of those senior drivers were found to be at fault in the collision.

To help California's seniors maintain their driving independence for as long as they can safely drive, the CHP offers the two-hour, "Age Well, Drive Smart," course. The program is supported by the Keeping Everyone Safe grant from the California Office of Traffic Safety. Through this program, seniors can tune up their driving skills, refresh their rules of the road knowledge, and learn about normal age-related physical and mental changes and how to adjust to these changes.

To find out when the next Age Well, Drive Smart course is being offered, call the East Sacramento Area CHP office at (916) 464-1450.

• **WHEN:** Thursday, February 20, 2014 at 10:30 a.m.

• **WHERE:** CHP East Sacramento, 11336 Trade Center Drive, Rancho Cordova, CA 95742

Funding for CHP's Start Smart program is provided by a grant from the California Office of

Traffic Safety through the National Highway Traffic Administration.

If you have any questions or need additional information, please contact Public Information Officer, Jasper Begay, at (916) 464-1450. ★

Final State Water Action Plan Released: Outlines California's Near- and Long-Term Water Priorities

Continued from Page 1

water management. The bond funds would leverage local and federal investment in projects that reduce demand, build supply, and offer additional benefits such as wildlife habitat and flood management. The budget also placed immediate emphasis on water and energy use efficiency and wetlands and coastal watershed restoration to further support the resiliency of water supply and ecosystems during this dry weather period.

The governor's budget also would allow DWR to better monitor the groundwater resources that provide more than one-third of California's supplies in dry years, and supports the development of a state backstop for sustainable groundwater management practices by the State Water Resources Control Board, should local efforts to do so not materialize.

"Together, the Governor's proposed budget and this finalized plan provide the State with practical solutions to the state's most critical problems; the proposals on groundwater are a good

example," said Cal/EPA Secretary Matt Rodriquez. "Data collection and monitoring are crucial to sustainable management of our unseen but incredibly important aquifers."

All of the near-and long-term actions in the plan center on sustaining supplies of water for people, the environment, industry and agriculture. This year's severe dry conditions highlight the stakes. Drought threatens to force the following of hundreds of thousands of acres of farmland, throw thousands of people out of work, and potentially raise supermarket food prices.

"Our severe dry conditions are alarming for California's agricultural industry," said California Department of Food and Agriculture Secretary Karen Ross. "In the near term, we must do all we can to keep our fields productive. In the long term, we have a once-in-a-generation opportunity to make the investments that will allow us to stay productive in the face of a changing climate."

Key actions identified in the

Plan include:

- Make conservation a California way of life.
- Increase regional self-reliance and integrated water management across all levels of government.
- Achieve the co-equal goals for the Delta.
- Protect and restore important ecosystems.
- Manage and prepare for dry periods.
- Expand water storage capacity and improve groundwater management.
- Provide safe water for all communities.
- Increase flood protection.
- Increase operational and regulatory efficiency.
- Identify sustainable and integrated financing opportunities. ★

Source: Dwr Natural Resources Agency News

SPOTLIGHT ON BUSINESS

SEE AMERICA

RV RENTALS

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By Linda Harper, Business Writer

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Sac Zoo Announces first baby born in 2014: an infant Coquerel's Sifaka Lemur

SACRAMENTO REGION, CA (MPG) - The Sacramento Zoo welcomes its newest resident, and the first baby born in 2014: an infant Coquerel's Sifaka Lemur discovered by keepers the morning of Sunday, January 5th. The male weighed 121 grams at birth. Mother, father and infant are bonding in their habitat across from the Conservation Carousel.



Coquerel's Sifaka have a unique brown and white coloration, and are distinguished from other lemurs by the way they move. All sifaka have arms, hips, hands, and feet specially adapted for vertical clinging and leaping. Their legs are extremely long relative to body and arm length. Using their powerful back legs, they travel through the forest jumping from one upright tree limb to another, easily leaping more than 20 feet in a single bound. On the ground, they cannot run on all fours because of their long legs so they travel by springing sideways to cover the distance. There are potentially less than 10,000 Coquerel's Sifaka living in the wild and they are native only to a small area of north-western Madagascar. Coquerel's Sifaka are among the most endangered of the sifaka species - habitat

loss due to deforestation is the leading threat.

There are only nine Association of Zoos and Aquariums-accredited facilities in the U.S. that house fewer than 60 endangered Coquerel's Sifaka. To help preserve vanishing species, the Sacramento Zoo takes part in Species Survival Plans® initiated by the AZA, to cooperatively manage specific populations of typically threatened or endangered species in accredited institutions.

Open since 1927, the Sacramento Zoo is home to more than 500 native, rare and endangered animals and is one of over 200 accredited institutions of the Association of Zoos and Aquariums. Located near the corner of Land Park Drive and Sutterville Road in William Land Park, the Zoo is wholly managed by the non-profit Sacramento Zoological Society.

This Sacramento treasure inspires conservation awareness through education and recreation. Open daily from 10:00 am to 4:00 pm, general admission is \$11.25; children ages 2-11 are \$7.25 and one and under are admitted free. Parking is free throughout the park or ride Regional Transit bus #6. ★

For information, call 916-808-5888 or visit sac-zoo.org.



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SPOTLIGHT ON BUSINESS

The Joint

New Concept at Chiropractor Clinic



Ms. Erica Edwards and Dr. Troy Mauvais

Dr. Troy Mauvais, a licensed California Chiropractor, and the Clinic Director at the Gold River location of **The Joint**, says, "**The Joint** is a whole new concept in Chiropractic care".

The Joint makes Chiropractic care affordable, effective and convenient. Securing quality Chiropractic care can often be a challenge. **The Joint** removes many of the barriers that typically prevent people who want Chiropractic care as part of their health and wellness program. These barriers can sometimes include cost and convenience. "We think our concept overcomes the biggest hurdles," says Dr. Mauvais.

At **The Joint**, insurance isn't an issue or concern. **The Joint** is a membership-based business. "With us, people are able to receive ongoing quality Chiropractic adjustments at very affordable prices, regardless of what's going on in the world of insurance."

The Joint maintains that routinely-scheduled Chiropractic care can improve one's overall health on a regular basis. At the heart of this theory, is understanding how important the nervous

system is to our bodies, and how the spine and the nervous system are intimately related. The spine houses and protects the delicate nerves that extend from the brain, sending and receiving messages to all the parts of our body. It is extremely important that the nerves be allowed to send and receive messages unimpeded. Therefore, it is advantageous to have regular or periodic Chiropractic care to ensure there are no irritations upon these vital tissues.

People are most often motivated by pain when they seek the help of a Chiropractor. Dr. Mauvais can help with many painful conditions, including neck and back pain, along with persistent headaches. However, one does not have to be in pain to benefit from Chiropractic care. A program of consistent care can help with flexibility, seasonal allergies, and mental clarity, to help you achieve your physical fitness goals by preventing new injuries.

At **The Joint** you are not even required to make appointments. At your first visit you will speak with the doctor personally and receive a focused physical and orthopedic evaluation. At the completion of your evaluation, the doctor will make a determination if you are a candidate for Chiropractic care. There may be a recommendation for other medical opinions, or special studies. If Chiropractic care is indicated, and it is safe to treat you, your doctor will perform an adjustment on you that day. All of your information from your initial examination is then entered into your electronic account by the doctor.

There are over 400 locations of **The Joint** to serve you across the entire United States. All you need is your membership card to check into any location. Your records are available at any location for the doctor to review and they can treat you on the spot.

Stop by **The Joint** at 2095 Golden Centre Lane, Suite 40, for tour or sign up for membership. You can also call 916-233-0909, or visit TheJoint.com for all locations.



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with Mary Jane Popp

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SEXUAL ENLIGHTENMENT

Valentine's Day is just around the corner, so how would you like to revolutionize your love life? With ten simple steps Dr. Elsbeth Meuth and Freddy Weaver claim they can light up the passion for this special day and beyond.

They authored "Sexual Enlightenment: How to Create Lasting Fulfillment in life, love, and intimacy. So let's

1) Master your breathing and calm the unending chatter in your mind. Relax and breathe deeply into your belly to the count of four, and discover how mindful awareness of your breathing can silence the unending chatter in your mind.

2) Touch each other's heart through hand-on-heart connection. By touching your partner's heart with your hand and synchronizing your breathing, you feel a sense of soothing and a state of calm.

3) Kiss often to awake the endorphins. Tantra nova practices that involve kissing, especially the upper lip, make the body release

4) Gain control of your "love muscle" and let go. Learning how to gain flexibility and strength in your love muscle (the internal pelvic muscles) allows you to let go of tension and tightness. Practicing the squeeze and release exercise will ground you in your body, heighten your sense of aliveness, and expand your lovemaking to new levels of ecstasy.

5) Eye-gaze into heaven. Looking into each other's left eye (corresponding to the right brain hemisphere) will give you access to being fully present with your partner and deeply connected to each other's soul.

6) Spoon to rejuvenate and reconnect after a hard day. In Tantra Nova, you will use spooning practices to nurture each other and as a form of communication. Spooning allows you to let go of interfering tension and harmonizes your moods.

7) Create fun and laughter. Laughter and orgasm originate from the same physical center in your body. Both initiate the release of endorphins. Make practices, such as expressive dancing or poetics improvisation part of your daily routine to set free your creative energies and experience joy.

8) Do the "Yab Yum": Run

Sit facing each other with your chests and bellies touching. Breathe together and align your partner's energy center which will deepen your connectedness and increase your sense of love and intimacy.

9) Be "hip" and get energized through hip rocking. Open physical and emotional blocks by lying on your back and practicing the hip rocking pelvic exercise. Push your lower back into the floor on the exhalation and arching the back on the inhalation which makes the hips rock and sets the energy free.

10) Practice "sex magic" to create what you want. Step 1: Focus on what you want in your life. Step 2. Raise your energy to a heightened state in your lovemaking session. 3. In that heightened state you will amplify your intention of what you want and open unexpected possibilities that you will translate into action.

The details are explained in "Sexual Enlightenment" and you can also check out their website at www.tantranova.com. They have assisted more than ten thousand couples and singles in rekindling and expanding their love and relationships over the past decade. HAPPY VALENTINE'S DAY !!!

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Koreana Plaza Food Court Opens



Byong Joo Yu bought the former Albertson's grocery store on Olson Drive in 2003 with the vision of creating a multi-ethnic market. He began carrying products catering to the more than a third of Rancho Cordova's nearly 67,000 residents from the former Soviet Union and eastern Europe.

By Jane S. Daly

RANCHO CORDOVA, CA (MPG) - Excitement crackled in the air as over 200 dignitaries and community leaders gathered on December 17, 2013 for the ribbon cutting and grand opening for the Koreana Plaza Food Court. Rancho Cordova Chamber CEO, Diann Rogers introduced Byong Joo Yu, the entrepreneur responsible for breathing life into a dying center on Olson Drive. Also in attendance were: Representatives from the office of Congressman Ami Bera, Senator Ken Cooley, and BOE George Runner, Assistant City Manager Joe Chinn, Mayor Bob McGarvey, Terri McGarvey, Councilwoman Linda Budge, Economic Development Manager Curt Haven, Chamber board chair Steve Millner, and a sprinkling of Chamber board members and

ambassadors.

Byong Joo Yu bought the former Albertson's grocery store in 2003 with the vision of creating a multi-ethnic market. At first, he offered food products for Koreans and Chinese, but there weren't enough customers. He began carrying products catering to the more than a third of Rancho Cordova's nearly 67,000 residents from the former Soviet Union and eastern Europe.

When Rancho Cordova's Latino population reached 20 percent, Yu put in the tortilla machine and rows of Mexican sauces, cheeses, spices and produce such as nopalitos (prickly pears), cactus, mangos and gigantic Mexican papaya. Koreana's fresh produce rivals any local farmers market. You'll find potatoes, a Slavic staple, but also jackfruit, taro leaf, durian, Korean pears and dragon fruit.

Koreana Plaza sits next to the Cordova light-rail station just off Highway 50. Zinfandel Square has an enormous parking lot, and when Albertsons left and Mervyns folded, Yu bought both parcels, not including Kohl's, and brought the center back to life, said former Rancho Cordova Mayor Linda Budge.

"It's not just a shopping center, it's a shopping experience and a destination," said Curt Haven, director of economic development and neighborhood services for Rancho Cordova.

Current Mayor Dan Skoglund calls it "A unique shopping, dining, and entertainment experience we haven't seen the likes of in Rancho Cordova." Well said.

BJ invites the community to stop by for a sample of the variety of foods offered in the food court. ★



JACK RYAN: SHADOW RECRUIT (Rated PG-13)
A Film Review by Tim Riley

The brutal realities of war in the rugged terrain of Afghanistan, as told in "Lone Survivor," hits the audience right in the gut in this unvarnished tale of heroism and courage under the harsh light of Peter Berg's direction.

The director brilliantly captures the unforgiving essence of a Navy SEAL operation that went horribly wrong when a reconnaissance team of four brave soldiers became trapped under fire in the mountains of the remote Hindu Kush region of Kunar province.

Based upon the first-person account of Marcus Luttrell, "Lone Survivor," at least as a title, downgrades the element of suspense, but not enough that the ill-fated mission is relieved of all sense of shock and trepidation.

The opening scene is a fitting prologue that explores in excruciating detail the rigors of the intensely grueling training process, where only those with the greatest mental and physical toughness emerge as full-fledged SEALs.

The point of this exercise is to set the stage for what follows in 2005 when Marcus Luttrell (Mark Wahlberg) and three of his battle-ready fellow soldiers are dispatched on a mission to capture or kill a top Taliban leader responsible for slaying U.S. Marines.

The other elite soldiers include commanding officer Lt. Michael Murphy (Taylor Kitsch), gunner Danny Dietz

Riley Reviews

EXCITING SPY THRILLS IN "JACK RYAN" REVIVE THE COLD WAR

(Emile Hirsch), and sonar technician Matthew "Axe" Axelson (Ben Foster), all of whom report to Lt. Commander Erik Kristensen (Eric Bana).

Character development is somewhat limited by the circumstances of the wartime setting. We get a glimpse of the camaraderie between the men at the base camp, mostly the usual male bonding and joking around, but not a lot of perceptive insight.

On June 28, 2005, the four-man surveillance team of Operation Red Wings boarded a helicopter so that they could be dropped into a remote mountainous area with the mission to identify Ahmad Shah, a high-level Taliban operative that the American military was most anxious to neutralize.

The four SEALs arrive safely on the ground, but soon discover that their radio equipment and satellite phone are not functioning regularly, leaving them isolated when having to make key decisions or relay vital information back to headquarters.

Another immediate problem is that three goat herders grazing their flock stumble upon the men's hiding place, plunging the mission into immediate jeopardy. The SEALs are forced to make an urgent life-and-death decision - how to treat the intruders under the rules of engagement.

In one of the film's most compelling scenes, the soldiers debate the choices facing them. Instantly, they know that protocol dictates they must release civilian noncombatants, but these guys look more sinister and suspicious than simple farmers.

Still, killing the unarmed

prisoners so that they could not alert the Taliban was morally objectionable, to say nothing of how the soldiers could be crucified by public opinion and the official rules if they killed innocent civilians.

Ultimately, the goat herders are cut loose, and the SEALs began an arduous climb to what they hoped would be safety. Soon, hell-fire rained down on them.

The Taliban, bolstered by more than a hundred fighters, launch an assault that results in an intense firefight from machine guns, mortars and rocket-propelled grenades. The Americans are seriously outnumbered and outmatched in firepower.

But the hardy band of Navy SEALs hold off the enemy hordes for quite some time, a blood-splattered affair that puts the Americans in a courageous last stand that offers no way out since help is not imminently on the horizon.

Even when the cavalry arrives, in the form of an assault helicopter, the Taliban have already gained the upper hand and blast the rescue team out of the sky, killing another 16 Marines.

Even after falling down mountainous hillsides, pummeled by rocks and falling debris, Luttrell, badly wounded, miraculously escapes to small village where he's hidden by a tribe willing to stand up to the Taliban thugs.

For a war movie that seeks to put the audience in the thick of the action, "Lone Survivor" has adroitly accomplished the mission. Director Berg delivers an unflinching look at the brutality of warfare.

"Lone Survivor" is a significant war movie, and much like "Saving Private Ryan," it highlights the heroism of our soldiers. But it is also much like "Black Hawk Down" insofar as recalling very tragic circumstances of grueling combat. ★

Cordova Choice Awards 2014

Cordova Choice Awards 2014 will be held during the "Cork & Fork 2014" event to be held March 14th 6:30-8PM at the Sacramento Marriot Rancho Cordova

Instructions and rules for Cordova Choice Awards 2014

Business must be located in Rancho Cordova, Gold River, Mather, Anatolia, or Sacramento zip code 95827. All votes must be received no later than March 10th at 6:00 pm at the office of Messenger Publishing Group. Votes can be made either by mailing this form to MPG at 7144 Fair Oaks Blvd, Suite 5, Carmichael, CA 95608, or by completing the online form at www.CordovaChoiceAwards.com. Only one vote per person. All voting entries must have complete information or the votes will not be counted. Cordova Choice Awards will be presented at this year's "Cork & Fork" event. This year's event will be held at the Sacramento Marriott Rancho Cordova on March 14, 2014 from 6:30pm - 9pm. "Cork & Fork" will highlight an evening of gourmet delights from some of your favorite restaurants, breweries and wineries. Please come out and support this event while giving back to the community.

Goals of "Cork & Fork"

Support the Partnership's goal to build a strong community of children, youth, and families Bring together like minded community members and socially conscious businesses Generate awareness about the programs and resources the Partnership provides Raise money to support the mission of the Folsom Cordova Community Partnership. To purchase tickets for this event please contact Chris Clark at 916.361.8684 ext 281 or via email cclark@thefccp.org. Mail your vote to The Grapevine Independent, 7144 Fair Oaks Blvd., Suite 5, Carmichael, Ca 95608. You can also vote online at www.CordovaChoiceAwards.com



- Best Place To Start Your Day _____
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- Best Photographer _____
- Best Workplace (50 employees) _____
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- Best Workplace (200+ employees) _____

Top Vote Getter will be announced at the Awards

Chamber Celebrates "Aloha"



By Jane S. Daly

RANCHO CORDOVA, CA (MPG) - What do you get when you mix unlimited crab, pulled pork, and colorful Hawaiian shirts? The Chamber of Commerce's annual crab feed gala.

The new board members Beth Tinchler (SMUD) and Jane Daly (First Bank) took the oath of office, promising to:

- Serve on each and every committee, task force, coalition, working group, and commission, because not only am I dedicated I have the time.

The business community gathered together to sponsor everything from the water to the venue. Food was plentiful, courtesy of West Coast Events, with local American River Brewing providing craft beer.

Individual table sponsors were treated to personalized cupcakes, courtesy of Sugar Bake Cupcakes. Dez

Vision Images roamed the room, capturing the event on film.

An exciting live auction topped off the evening. Bidding was fierce for the opportunity to spend 'quality time' with Mayor Dan Skoglund, Supervisor Don Nottoli, Assemblyman Ken Cooley, and Congressman Ami Bera. Who knew so many business people wanted to be up close and personal with our elected officials?

The Chamber's annual dinner not only supports ongoing programs to benefit local businesses, but a

special 'Fund-A-Need' auction raised almost \$10,000 for Leadership Rancho Cordova, chaired by Ada Gerard, President of Heald College. "Building our bench today is key to Rancho



The evening of January 30 began with 260 hungry people, many sporting flowered shirts and flip flops instead of suits, ties, and dresses. Liquid libations were in abundance, including Wiki-Wak, the

- Personally provide wine, gift cards, auction items, raffle prizes for our events – even if I must re-gift items from my personal gift closet
- Attend all board meetings,

Chamber's special drink. The charming Ms. Simney Chhuon, News 10 anchor, introduced the sponsors and dignitaries.

As usual with the annual dinner, new Chamber board members took their oath of office. Retiring board chair, Terrence McNamara (CC Myers) handed the gavel to the 2014 chair, Steve Millner (US Bank).

Chamber CEO Diann Rogers thanked McNamara for all he'd accomplished in the past year. Retiring board members Josiah Kitonga (Hyatt Place), Kristin DiLallo Sherrill (CEAR), Mary Anne Kelly (Kelly Consulting), and Heather Pollock (Republic Services) were given special recognition from several elected officials.



mixers, luncheons, galas, golf tournaments, special events – because I am dedicated and have the time.

The oath was taken freely and without undue pressure.

Cordova's success in the next decade." ★

Area Residents Can Receive Free Tax Help at Local Centers



SACRAMENTO REGION, CA (MPG) - Local households making less than \$58,000 a year can receive help filing their taxes for free as part of the region's Volunteer Income Tax Assistance program led by United Way California Capital Region. Those interested can visit SAFE Credit Union's Rancho Cordova branch, 12519 Folsom Boulevard, or the Folsom Cordova Community Partnership, 10665 Coloma Road.

As part of the VITA program, United Way has created www.KeepYourTaxRefund.com, an online tool helping local residents save money this tax season.

"We want people to keep more money in their pockets and make our community stronger by taking advantage of tax credits," said Stephanie McLemore Bray, United Way president and CEO. "This website is an easy and effective way to file your taxes and save your money for what matters most

to you."

KeepYourTaxRefund.com's filing tool is free to individuals or households making less than \$58,000 a year. For those making more, the cost is less than \$50. The website, which is powered by H&R Block software, saves users an average of \$200 in tax preparation fees. Users will need a valid email address and income forms, such as a W2, 1099, 1098, etc. Those who need in-person help can schedule an appointment through the website to meet with a VITA volunteer who will help file their taxes for free, if they qualify, or they can visit the Rancho Cordova VITA locations.

United Way also is seeking volunteers to distribute information about VITA. No prior tax law experience is necessary. Schedules and locations are flexible. For more information, contact United Way Volunteer Services at volunteer@uwccr.org or (916) 856-3983.

United Way California Capital Region is spearheading the effort, along with partners including the IRS, Franchise Tax Board, 2-1-1, Asian Resources, Bank of America, CHOC Housing, City of Sacramento, Community Link, Goodwill Industries, Sacramento Coalition for Working Families, Sacramento News & Review, Sacramento Regional Transit, SAFE Credit Union and the Yolo Family Resource Center.

For 90 years, United Way California Capital Region has actively worked to address the community's most pressing issues, now focusing on innovative solutions related to high school graduation rates, household financial stability and obesity. For more information or to make a donation, visit www.yourlocalunitedway.org. ★

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