

Gold River Living



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CELEBRATING MOORE TOGETHERNESS

Cover Photo By Becci Ravera Photography



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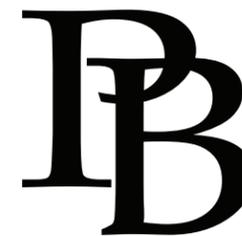
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January 10	February
February 10	March
March 10	April
April 10	May
May 10	June
June 10	July
July 10	August
August 10	September
September 10	October
October 10	November
November 10	December

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September 2016

Dear Reader,

I got into publishing because I love writing; but you may have noticed that I haven't done much writing since the first issue! I had no idea this would become such an absolutely beautiful experience for everybody involved and that I would spend much of my time meeting with so many great people as a result. Speaking of great people: the Moore's. That's all I need to say, as the rest can be found inside the feature story. I'm excited for you to read it.

Every month we share stories that I have found bring people together in a truly special way. Maybe you know the residents on the cover; maybe you don't, but you've seen them walking their dog or waiting in line at Starbucks, or working on their form at the Racquet Club. And many have shared that they now know someone they didn't before, because of *Gold River Living*. I myself was just afforded the luxury of spending a fantastic Sunday afternoon with one Nancy Bernal of Gold River, from whom I received quite an abundance of art and history knowledge. Thank you Nancy! No matter who is featured on the front or what's inside, what remains the same is that they share something with you—an affinity for Gold River.

Also, I'm really impressed by the support you've shown the local businesses that sponsor *Gold River Living*. They make the magazine possible, and I've personally met every single one of them. Dave Trux at Valley Motorwerks has such an amazing auto repair company—the perks of going to a dealership, but with a local and personal touch. Nathan and Jasmine at Castle Services have a business that offers so many services to home and business owners that I don't even know how to describe them. I just have to say 'go check out their website' and be prepared to scroll down as you look at what they offer...they are just honest and good people that I'm excited to connect with you.

On a slightly less amazing note, last month our publishing team suffered a bit from the human condition and we made a typo on a very important date regarding packet pick up for the GRDC. We are sincerely sorry for that mistake and hope it didn't cause too much chaos.

I really want your September to be amazing. Personally, I've made the commitment to spend more time outside enjoying warm evenings. And if I'm lucky, bright mornings at a nearby outdoor basketball court (however tempting the luxuries of the indoor, air-conditioned gym seem). It would also be nice to really dive into my summer reading list that right now looks more like a Leaning Tower of Recommendations-from-friends. Is an autumn reading list acceptable? Or maybe I could break my newfound habit of falling in love with the first chapter of a book so much, that I become curious about the first chapter of every other unread book in my library. Oh that book? The first chapter is great.

Thank you for reading, and as always I'm looking forward to your feedback!

Kindest Regards,

- Derek La Crone



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Celebrating Moore Togetherness

By Kimberly Martinez

Prior to WWII, the family table was unequivocally the center of most American homes. More than just a place to eat together, it was a place for families to share the details of their lives and to remain tied to one another; an invitation to eat with the family was a welcoming gesture of friendship.

After the war, America's families changed dramatically. Bit-by-bit the family table was replaced by the family car as the center of family life. Nowadays, the majority of time parents spend with their children takes place in the car. School, soccer, dance lessons, swimming, play dates, parks, weekend trips to theme parks and concerts, and long drives to visit grandparents all require time spent in close quarters on four wheels.

Brian and Michele Moore make use of both in keeping their family linked in a busy world that pulls in every direction. As Michele says, "Our family is very important to us and we love spending time together."

Brian Moore was raised in nearby Carmichael. By the time he was 16 years old, he owned and operated Brian's Aero Wax, a company that maintained the airplanes of his father and his father's friends. His hard work and flair for detailing planes was rewarded with requests from clients to work on their cars. Brian had no formal training, but with practice (on his parent's car) and a growing know-how, he began to build a career restoring cars. Bill McKinley, one of Brian's clients, believed in his abilities and helped him set up a shop in Gold River restoring foreign, exotic, and classic cars: Brian D. Moore Restorations has been operating in Gold River for the past 38 years.

Michele's family settled in Carmichael when she was in the 8th grade and began to attend Sun River church, where Brian's family also happened

to be attending. Although the two families knew one another, it wasn't until Michele was 18 that Brian's sister set the two up on a blind date. At least in this case, she was a great matchmaker: Brian and Michele were married four years later in May of 1983.

Their family grew quickly over the subsequent years as Brandon, Addison, Brookes, and McKinley joined them. (The Moore family now includes Brandon's wife Kate, and six-month old Jack.)

For most of their marriage, Michele was a stay-at-home Mom—doing everything except stay home! While their four children were at school, she planned events and undertook fundraising for Shriners Hospitals.



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She was also very involved with the PTA at all of their children's schools. Life is a great teacher, and Michele gives credit to her work with these organizations for the skills she now uses in her very successful career with Brian: owning and operating a Concours d'Elegance and other car related events in the area. French for 'competition of elegance', a Concours d'Elegance is an event like no other: it's a conglomeration of elegant cars, fashion displays, winetasting, and other specialties for those with a refined taste for life.

Brian and Michele are car aficionados and have been attending the Pebble Beach Concours d'Elegance for over 30 years. They have shown many of Brian's expertly restored cars at this Pebble Beach event, as well as many others in California. In 2003 they started the Niello Concours at Serrano. The numerous car relationships that Brian has built over time are the basis for the many superb entries the event garners each year.

The 13th annual Niello Concours at Serrano will be held this coming October 2, and as usual the whole family will be working together to make it an outstanding event. Brandon is the crew chief, Kate sees to all of the award details, Brookes and McKinley manage the ticket sales and

booth, and Addison is in charge of working with the photographers.

Brian and Michele don't stop with the togetherness brought on by time spent 'in the family car'. They also place great importance on the connections made at the family table; something they focused on when they moved into Maidu Village last July. "The eating area at our old house was a bit cramped when the whole family was together," Michele explains. "I wanted plenty of room for us all...the table extends so that as the kids get married and start their own families, we can all fit." Right away, they set about remodeling and turned the family room into a large dining area with a long farm table.

Their intent to individualize their home with improvements was one of the reasons Brian and Michele moved to Gold River in the first place. They liked the manicured look and felt that the high level of maintenance would help retain the value of any work they did on the house; and they already knew many people living in the community. Now a resident, Michele joins other Gold River ladies for a monthly game night. Brian and Michele are also both very involved in their church.



Now that their children are all in homes of their own, they cherish even more those times when they are all able to join in a blessing at the family table, followed by a wonderful meal, made all the better by the sharing and laughter of a tight-knit family.

Whether it be through time spent eating at a common table; sitting together in cars; taking vacations; commitment to a church; enthusiastic support of a particular sports team; or the pursuit of common hobbies, family togetherness is a beautiful thing. Brian and Michele Moore have found their own way to keep their family connected in the modern age of busyness and the pull of numerous responsibilities.

In a similar way, residents of Gold River have developed multiple avenues for creating a community network: the racquet club, school, biking or walking on the trail, game nights, book clubs, parades, and laughter over a cup of coffee. The Moore's have found a place that shares their appetite for personal attachments and shared lives. And it's a beautiful thing.

Who do you want to see on the cover? Nominate your neighbor to be featured in one of our upcoming issues! Contact us at kmartinez@bestversionmedia.com.



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Dr. Palmer Lee has been a Gold River resident since 1983 and has served the community through optometry for almost 40 years



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Go to the Zoo

By Heather Spiva

That phrase, 'mom knows best', is pretty much a mantra in my house.

Okay, so that's not actually true. I don't think I've ever said those words out loud in my life (though I should). That mantra is strictly in my head.

My two boys have yet to fully believe this phrase, too—yet alone say it. I'm not sure if it's that they doubt me or doubt that what I want for them really is the best. The thing is, I do know best. And it's true for so many wonderful reasons. A good example is the trip we took to the Sacramento Zoo last year. While we need to take a trip again this year before school is back in, I fondly look back on that time as a moment in time etched in my memory forever.

My two boys are older. And by older, I mean one's a teenager and the other thinks he's a teenager (he's almost ten). So when I suggested we go to the zoo, I recall the feigned looks of disdain and horror as if I'd asked them to eat a zucchini and brussel-sprout casserole.

Perhaps it wasn't as bad as that. But my oldest son's eye roll seemed to invoke a sense of dread.

However, being the 'mom knows best' mom that I am, that didn't matter. I dragged both of them to the zoo, and even bribed them with a lunch out, since they are very much like the animals in the zoo whose very training is about being food-motivated.

The Sacramento Zoo is pretty much the only zoo I grew up with, so watching it go through amazingly good changes over the years (growth in the variety of animals as well as size of the park) taking my boys there was just a natural thing to do.

The Sacramento Zoo is truly gorgeous, very much like the gorgeousness of Gold River. The amount of trees, flora and foliage is beautiful (which is should be being we're a 'city of trees'). And then throw in wild life, and I don't care how old you are, how can you not like it?

And guess what? My boys loved it. There's no age cap to seeing animals from Africa and Asia and around the world right in front of your eyes, and some nearly a matter of feet in front of you. My youngest loved the reptiles' exhibit, since snakes and lizards are clearly a must for any young boy.

My oldest loved the giraffes. And honestly, to watch them walk, and move, dip down their neck to drink or raise their neck to eat, it's overwhelmingly beautiful. And there's this fun miniature train that runs around the park. Remember how I said that my boys thought they were too old to go to the Zoo? Guess which two wanted to squish himself inside a car and ride the train?

Here's a (my) checklist for you to go over to see if you should go to the Sacramento Zoo. It's very basic, but crucial to knowing whether the zoo is for you.

- If you have kids in your house, of any age.
- If you love animals.
- If you love being outdoors.
- If you love trees and flora and fauna
- If you're in between the ages of 0-110
- If you haven't ever been to the zoo
- If you haven't been in the last five years
- If you're alive and you live in the Sacramento Region
- If you're alive and you live anywhere in the world
- If you like riding trains (plenty of adults rode this thing)

I may not know best, but I do know that the Sacramento Zoo is a beautiful, natural feature of Sacramento that shouldn't be missed.

And even if you have children like mine, and they insist they don't think they'd want to go, activate your parental rights and invoke your own executive order. They'll thank you later, maybe not with words but with smiles and happiness. And though you may never live to hear the words 'mom know best*', in that order and from their lips, they most definitely are thinking it.

*Obviously, insert the phrase 'dad knows best' if he is making the decision to make the wonderful journey to the world of wild animals.



Heather is a freelance writer living in beautiful Gold River. When she's not writing, or reading, or wrangling her two boys (and husband), she can be found selling vintage clothing at her online shop, thrifting, and doing yoga. She loves coffee, Han Solo, and the color olive green. (All to the same degree and not necessarily in that order.)

Heather's Blog: www.heatherspiva.com
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ASHLAND, OREGON'S SHAKESPEARE FESTIVAL: A GREAT ANNUAL TRADITION



By Judy Zimmerman

Although I have bought tickets for several plays in Ashland each summer for the past 20-plus years, this was my first time to attend a Preface introductory lecture, and I enjoyed it immensely.

David Thompson, one of the resident teachers at the Oregon Shakespeare's Festival (OSF) in Ashland, offered an excellent 30-minute lecture in Carpenter Hall before the outdoor evening performance of *Hamlet*:

"Something is rotten in the state of Denmark.... What a piece of work is man...? The lady protests too much.... Get thee to a nunnery!"

"Shakespeare's plays are just a bunch of clichés," joked Thompson, in his pre-play introduction to the themes, characters, and plots of *Hamlet*.

We all come to this political play, perhaps, with more baggage than others. Its enormous back-story goes back decades and it has been said that *Hamlet* is the best play ever written about a young man, one of the most intellectual characters in literature. It is such a great play because it tells so many stories in such detail. Every single production is unique and there are many meanings in this tragic play of redemption.

How many ways can we go with it? A variety of answers can be justified:

- Why does Gertrude marry Claudius? There are few clues.
- Is there evidence that Hamlet is 30?
- Why is Hamlet cruel to Ophelia?
- Does Hamlet have an aversion to sex with all women?
- Is Hamlet completely off his rocker? Or when in the journey does he lose control of himself?

Two other plays for which a Preface is offered this season are *The Winter's Tale* and *The Wiz*, a musical from the story *The Wonderful Wizard of Oz*. Visit www.osfashland.org or call 800.219.8161 to book your tickets.

Theatregoers are also invited to a free post-matinee discussion with OSF actors daily (except Mondays) until October 16. Following the performance of *Richard II* in the Thomas Theatre, a friend and I went next door to Carpenter Hall for a most amusing conversation with K.T. Vogt, who played the Duchess of York in *Richard II*. Next season, she will be cast in the role of Falstaff in the *Merry Wives of Windsor*.

Festival Educational Opportunities at Noon

To make the most of your theatre experience, a menu of other lectures, conversations, and demonstrations offer insights into the plays.

On Tuesdays and Sundays there are free informal Park Talks with company members that are held in the Bill Patten Garden, outside Gate 1 of the Allen Elizabethan Theatre. All other events are in Carpenter Hall.

To book tickets and see the complete season of Festival Noon activities through September 4, go to www.osfashland.org/festivalnoons.

Eleven plays are offered in three theatres this season through October 30:

- Twelfth Night
- Timothy of Athens
- Richard II
- Hamlet
- The Winter's Tale
- Great Expectations
- *Roe
- *The Yeomen of the Guard
- *Vietgone
- *The Wiz
- *The River Bride

*Non-Shakespeare plays

You can find a schedule of back-stage tours and free entertainment on the Courtyard stage at www.osfashland.org.



David Thompson, resident teacher at Ashland's OSF, presents an introductory lecture before each outdoor performance of *Hamlet*. photo credit to Judy Zimmerman.



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Judy Zimmerman has been a travel editor and award-winning freelance travel writer for 30 years. She's traveled to well over 100 countries and sailed on more than 65 cruises. Her articles have appeared in 500-600 newspapers, magazines, and websites.

She is a member of the Society of American Travel Writers and the Outdoor Writers of California. Her specialties

include worldwide destinations, soft adventure, solo travel, small expedition cruises, destination health resorts, service articles and (three separate) journeys throughout the United States. Gold River, California is Judy's home base.



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11575 Sutters Mill Cir	2	2	1630	5	\$415,000
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Active Inventory: 28 Active Listings, 19 Pending Listings in Gold River

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WOMEN'S PRO TENNIS COMES TO Gold River

Brought to you by the Gold River Racquet Club

Some of the world's most promising women tennis players descended on the Gold River Racquet Club to battle for \$50,000 in prize money and valuable ranking points at the 5th Annual FSP Gold River Women's Challenger/USTA tournament July 17 - July 24. Michael Burchett, General manager of Gold River Racquet Club, is proud of Gold River's part in this exciting tournament. "This was our 5th year for this event and it just keeps getting better," he said. "This is great tennis right in our backyard, and many of these ladies will be playing in the upcoming US Open."

2016 marks the third year that the tournament was part of the US Open Wild Card Series. The American player with the best performance over the course of three consecutive tournaments will receive a Wild Card entry into the Main Draw of the US Open in New York at the end of August. FSP Gold River Women's Challenger is the 2nd tournament in this series with Stockton, CA and Lexington, KY being the others.

All proceeds from the tournament have been donated to the Sacramento Regional Tennis Foundation, which promotes the sport of tennis among youth in the Sacramento region. Programs are held after school and during school hours. The Foundation provides all of the necessary equipment and leadership. The tournament also supports Faces of Tomorrow and St. John's Program for Real Change.

ABOUT THE USTA PRO CIRCUIT

With prize money ranging from \$10,000 to \$100,000, the USTA Pro Circuit is the pathway to the US Open and tour-level competition for aspiring tennis professionals, and a frequent battleground for established players. Last year, more than 1,000 men and women from more than 70 countries played on the USTA Pro Circuit, competing for valuable ATP and WTA ranking points.

Administered on the local level, the USTA Pro Circuit brings world-class tennis to local courts nationwide as part of the fabric of communities—an opportunity for current and new fans to experience the excitement and intensity of the professional game in their neighborhood.

John Isner, Maria Sharapova, Sam Querrey, Sloane Stephens, Kei Nishikori, Victoria Azarenka and Andy Murray are among today's top stars who began their careers on the USTA Pro Circuit.

RESULTS FROM THE JULY 17-24, GOLD RIVER WOMEN'S CHALLENGER/USTA TOURNAMENT

July 24, 2016: Defending doubles champions, Ashley Weinhold (USA) and Caitlin Whoriskey (USA) kept their title as reigning doubles champions of the FSP Gold River Women's Tournament for the second year in a row. The two stuck to their aggressive game by taking over the net and playing simple tennis. Next week, they will be in Lexington, KY, and then the dynamic



duo will be headed to Dallas Fort Worth, TX.

17 year old, Sofia Kenin (USA) has a greater chance of returning to the US Open after beating Grace Min (USA) in the finals. Sofia not only claimed her title as the FSP Gold River Women's Challenger Singles Champion, but she also earned 70 points, propelling her to the number one spot for the US Open Wild Card Challenge. Both Kenin and Min will be in Lexington, Kentucky tomorrow to battle it out for another singles championship and more points toward the coveted, wild card spot!

For more information, visit procircuit.usta.com



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September 2016

September 2, 9am
Renaissance Society's Fall Semester
 @ CSUS
www.csus.edu/org/rensoc/index.html
 916.278.7834
 The Renaissance Society is a partnership between Sacramento's older adults and CSUS, offering an opportunity for participatory lifelong learning and community engagement for older adults. *Fall semester is 12 weeks in duration. Yearly Membership: \$80*

September 8-11
Th/Fr 4pm-12am, Sa 11-12am, Su 11am-12pm
Gold Country Fair
 @ Gold Country Fairgrounds in Auburn
www.goldcountryfair.com
 530.823.4533
 End the summer right! Visit the fair for livestock exhibits, hands-on kids activities, a large carnival of exciting rides, delicious specialty foods, multiple stages of amazing entertainment, contests, strolling entertainers, Demolition Derby, crafters, commercial and local exhibits.
\$10 Regular Admission
\$8 Seniors
12 & under free

September 9,
San Francisco Opera Opening Gala
 @ War Memorial Opera House
www.sfopera.com
 415.864.3330
 The San Francisco Opera has been thrilling audiences since 1923. One of the world's leading opera companies, it commissions numerous world premieres and trains opera's greatest young artists. Discover the power of live performance, with the electricity of the crowd and musical passion. This season has something for everyone...from opulent new productions and rarely performed masterpieces to beloved classics. September's features include: Andrea Chénier, Dream of the Red Chamber, and Don Pasquale.
Tickets begin at \$25

September 10, 6:30-10pm
Feast at the Fort
Fundraiser presented by Friends of Sutter Fort
 @ Sutter Fort State Historic Park
www.suttersfort.org

916.445.4422
 Head to the fort for an incredible four-course dinner prepared by Sacramento's top chefs, amid a beautiful evening in a historic setting. Chefs will prepare history inspired recipes that showcase a 'barrel aged' focal point while incorporating locally sourced ingredients. Enjoy appetizers and local wine and beer tastings; watch and interact with chefs as they prepare their culinary creations in outdoor fire pits, historic kitchens, and an on-site bakery. There will be live music and a silent auction.
\$85 per person

September 11, 9:30am-2pm
6th Annual Tomato Taste-off
 @ Downtown Roseville Farmers Market
www.bemoneysmartusa.org
 916.484.7000
 Come taste and vote on your favorite fresh tomatoes. Farmers compete with each other for the best tasting, most beautiful, sweetest, juiciest, and meatiest heirloom tomatoes. This fun event also includes games, prizes, and a "Best Salsa" contest. Canning demo at 10:30am, salsa contest 11:30am.
Free

September 11, 3-4pm
Soprano Carrie Hennessey
Presented by the Crocker Art Museum
 @ Crocker Art Museum
www.crockerartmuseum.org

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 Carrie Hennessey returns to the Crocker for a concert celebrating female composers throughout many eras. Hennessey will present a program with works by Alma Mahler (wife of Gustav), Clara Schumann (wife of Robert), and Fanny Mendelssohn (sister of Felix), as well as contemporary composer Libby Larsen. Carrie will be accompanied by noted Los Angeles-based pianist Catherine Miller. Space is limited, and reserving tickets in advance is recommended. Enjoy a docent-led tour of works by female artists in the Crocker's permanent collection in advance of the performance at 1 or 2 PM. Prelude Tours help place the musical performance in context of the art on view. No registration is necessary for the tour.
\$6 Members
\$6 Members
\$10 Student/Youth/Capital Public Radio Members
\$12 Non-Members

September 18, 8am-4pm
Folsom Antiques Fair
Promoted by the Folsom Historic District Association



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Free

September 24, 6:45 am
Break Free Run 5k&10K Run/Walk/Kid's Fun Run
 @ Corner of E. Bidwell & Oak Ave. in Folsom (Lakeside Church Folsom)
www.3StrandsGlobal.com
 916.365.2606
 The Break Free Run is an integral part of the fundraising efforts of 3Strands Global, an organization committed to confronting and ending the growing global enterprise of human trafficking. Proceeds from Break Free events go toward funding anti-trafficking programs and to further the organization's vision of a world free from human trafficking. Each runner will receive a survivor-made 'Race Tek' shirt, runner bag, and water bottle. (Register by September 11 to be guaranteed a shirt.) All ages

are welcome...form a team for even more fun! Prizes will be awarded and all are invited to attend the post-race festival. *(Prices listed are for registration by September 11.)*
 5K: 18+ \$40, Youth 5-17 \$25, 5 & under free*
 10K: 18+ \$50, Youth 5-17 \$30, 5 & under free*
 Kids (3+) ½ mile Fun Run \$20
 *5 & under participants can purchase a Race Tek shirt for \$10

October 2, 10am-5pm
Niello Concours at Serrano
 @ Serrano Visitor's Center, El Dorado Hills
www.nielloconcoursatserrano.com
 916.635.2445
 Join the Moore family (cover feature) for this spectacular Concours d'Elegance. View an astonishing array of cars, enjoy a fashion show, wine tasting, plenty of food, and specialty vendors too.
\$45 in advance, \$55 at the gate
Children 12 & under admitted for free with a paid adult

October 1-2, 9am-5pm
 (Flying Performances 12-4pm)
California Capital Airshow
 @ Mather Airport
www.californiacapitalairshow.com
 Don't miss the spine tingling performances by U.S. Navy Blue Angels Demonstration Squadron, U.S. Army Golden Knights,

Royal Canadian Air Force CF-18 Demo Team, USAF Air Combat Command F-16 Viper Demo Team, rare warbirds and bombers, pyrotechnics, theatrical tribute performances, and miles of fun interactive exhibits. This event is held rain or shine.
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Special Events

September 17, 6-9 pm

Growl, Howl and Wine: A Benefit for the Folsom Zoo Sanctuary

@Folsom Community Center (52 Natoma Street in Folsom)

folsomzoofriends.org/ghw2016/

916.351.3527

Enjoy a premier tasting event at the Folsom Community Center. The event features regional wineries, craft breweries, and local restaurants; plus live and silent auctions for a variety of art, gift baskets, excursions, personal services, and the popular Wall of Wine. Live music by the Have Mercy band and visits with some of the Zoo Sanctuary's animal ambassadors add to the fun. (Note: this event is for ages 21+.)

The Folsom Zoo Sanctuary provides a home for both native and exotic wild animals that have been orphaned, injured, or confiscated from unsafe and illegal situations. The Zoo Sanctuary also serves as an educational facility to teach responsible behavior toward all animals. Proceeds from the Growl, Howl and Wine event help provide the resources to feed and care for the animals and maintain the Zoo's outreach programs.

Individual tickets are \$40 in advance and \$45 at the door; reserved tables for eight are \$450. For tickets and more information visit: www.FolsomZooFriends.org/GHW



September 11, 7:30am-12pm

Join us for a fun ride to benefit the best cycling spot in town:

The American River Parkway!

Come ride your bike on September 11th along the Jedediah Smith Memorial Trail to support the American River Parkway. Start at William B. Pond Recreation Area in Carmichael and ride as many miles as you like on the bike trail before returning to William B. Pond for a post-ride party.

- Check in at William B. Pond Recreation Area from 7-8:30am and start your ride.
- Rest stops stocked with refreshments at Discovery Park (7:30-10:30am) and Nimbus Fish Hatchery (8:30am-12pm).
- BBQ lunch from 11am-1pm at William B. Pond Rec Area (map) catered by O'Connor's Wood Fire Grill.
- Beverages from New Belgium Brewing, Rubicon Brewing, and Two Rivers Cider.

Proceeds from Ride the Parkway benefit the American River Parkway Foundation's invasive plant management program aimed at removing nonnative plants that can inhibit wildlife and recreational uses.

Save the Date

November 24, 8:15 am

(Thanksgiving morning)

Run to Feed the Hungry 5k/10k

@ J St., just west of Sac State Campus

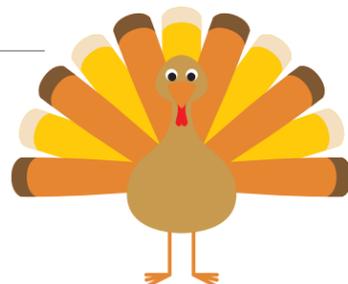
www.runtofeedthehungry.com

Registration is now open for this fundraising event benefiting the Sacramento Food Bank. Register as an individual or as part of a team. Individuals receive a long sleeve shirt; team registration includes a long list of extra perks! See the website for more information.

Early bird registration:

Youth (17 & under) \$20, Adult (18+) \$35

Youth Team \$35, Adult Team \$55



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Medicare Misconceptions

Brought to you by Joe Hart: Parisi Insurance Agency

Medicare's Annual Enrollment is soon upon us. Here's a little quiz to test your Medicare knowledge. (Try not to look at the answers first!)

1. I will get penalized if I don't sign up for Part B when I am first eligible.

False: If you have group coverage through your work or your spouse's work, you can opt out of Part B until you are no longer eligible for that group plan through retirement or a reduction in hours. Remember: COBRA and Individual Plans don't count!

2. For the most part, Medicare supplements don't cover prescriptions.

True: Medicare Supplements only cover prescriptions that are Part A or Part B benefits. Most prescriptions fall under Part D.

3. Medicare costs the same for everyone.

False: Medicare Part B and Part D are income indexed. The more you make, the more you pay.

4. After my initial 6-month enrollment window, I will have to answer health questions to purchase a Medicare supplement.

True: Except for a few situations, Medicare supplements can ask health questions after your initial enrollment window.

5. Annual Enrollment (October 15 to December 7) allows me to switch my Advantage Plan or my Drug Plan.

True: Again, with just a few exceptions you can switch Drug plans, Advantage plans or return to Original Medicare.

If you got three or more right, good for you! If you think you need more information, feel free to call me at 916.481.6534.

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Curious George Goes to the Zoo

By Margret and H.A. Rey

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James Herriot's Treasury for Children

By James Herriot, Illustrated By Ruth Brown and Peter Barrett

This was my animal-adoring son's favorite book in elementary school. Each of the eight individual stories from the life of country veterinarian James Herriot emanate gentleness and a respect for animals and people alike. The illustrations are beautiful too!

The Wednesday Wars

By Gary D. Schmidt

The story of Holling Hoodhood's seventh grade year in Mrs. Baker's class—who he's certain has it out for him. Although the story is set in 1967 (so no cell phones) kids will definitely identify with Holling's struggles and triumphs, and learn a little about what the world was like so very long ago. Parents may enjoy it even more than the kids. It's probably my favorite junior fiction ever. (Keep the tissue handy...I cried buckets over the last couple of page.)

The Lookkeeper's Wife

By Diane Ackerman

An inspirational, heartbreaking, and true story set in 1930s Poland. It gives one hope that good can shine in even the worst of times; and that sacrifice, courage, and tenacity are the ingredients for true heroism.

Classifieds Submissions

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• **Breville Juicer.** Works like new. Includes recipe book. \$100. Call Kathleen at 916.704.5870.

• **Telescope accessories.** Star Diagonal 1 1/4", #94115-A / 120V AC Adapter, #18773/ Visual Back 1 1/4", #93653-A / Visual Back 1 1/4", #93653-A/ 50mm Finderscope, #51611/ 40mm PLOSSL 1 1/4" eyepiece, #93315/ Hand controller Brand new: all for \$75. Call Barbara at 916.859.0347.

• **Bicycle:** Electra Townier 3 Suspension Lady Champagne. \$85. Please call Carolyn at 916.376.7615

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What are the benefits? Scouting develops leadership and life skills. Designed for boys ages 11 to 18, Scouting combines outdoor activities, sports, academics, and more in a fun and exciting program that helps boys experience adventure they never thought possible! Interested boys and parents are encouraged to contact Troop 281 at: www.Troop281.net or 916.458.1284.



Gold River Living BULLETIN BOARD

Any ladies interested in joining me for a leisurely 10-12 mile ride on either Thursday or Friday morning?
Email: judyzim@comcast.net



Wanted:
Reports of Random Acts of Kindness. Have you witnessed a neighbor being encouraging, kind, positive, or inspiring? Have you noticed a remarkable bird nesting in the neighborhood or seen an exceptionally beautiful flower blooming on the trail? Send us a note (and picture if you'd like) so we can hang it up on the bulletin board. Life is beautiful let's celebrate it!



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GOLD RIVER COMMUNITY ASSOCIATION (GRCA)

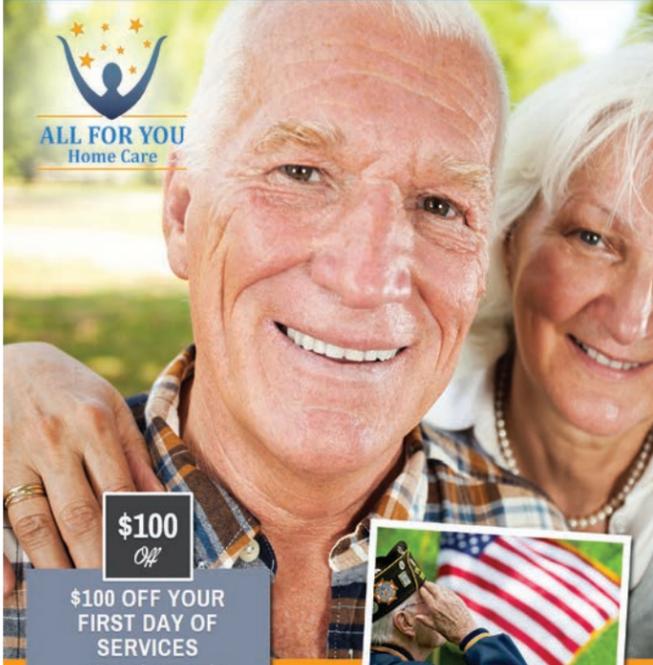
The GRCA office is open Monday through Friday from 9am to 5pm. It is closed on State and Federal holidays. The office is located at: 11715 Gold Country Blvd., in Gold River. Two administrative assistants are prepared to answer your general questions and irrigation/landscape concerns. You may also report or inquire about lost and found objects. Photos of lost animals can be posted on the GRCA bulletin board for two weeks.

Joann Barklage (reception@goldriverca.org) and Stephanie Fretwell (office@goldriverca.org)

GOLD RIVER VILLAGERS

The Gold River Villagers is a social organization of Gold River homeowners who participate in a variety of activities and events. Members enjoy a wide range of options including monthly luncheons with guest speakers, bi-monthly coffees, and, special events throughout the year as well as opportunities for evening and weekend dining out events. Occasionally there are organized field trips to various places of interest. There are also many activities available such as Book Chat; Bridge for Ladies and Couples; Bunco; Lunch Bunch; and Mahjong. Members of the Villagers may participate in as few or as many activities as they wish. If you are interested in learning more about the Villagers or would like to join, please contact the Membership Chair at grvmembership@gmail.com.





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Time to Head to the Park

By Kimberly Martinez

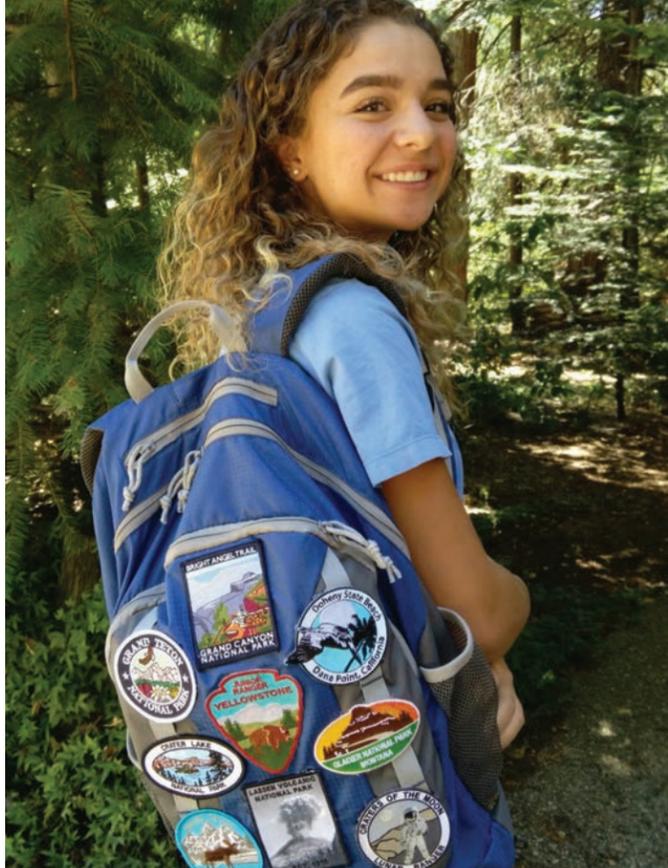


In 1871, the head of the U.S. Geological Survey of the Territories, Ferdinand Hayden, set out with a team of 50 men to survey an area of the western territories known as Yellowstone. Unbelievable tales of impossibly deep canyons and mythical splendor had been reported but received as mere works of fiction. Hayden decided it was time for the professionals to see for themselves the potential value of this land. The natural world they found astounded them, leading them to make an unprecedented decision: rather than divvy up the land among themselves, or allow it to be used for the profit of a few, they would ask that the government set it aside, to save it, for the use of everyone.

Among the men in Hayden's party were painter Thomas Moran and photographer William Henry Jackson. Together, the three men lobbied Congress on behalf of the American people. Hayden assured lawmakers that the land was unsuitable for use as farmland, ranching, or mining; Moran and Jackson plied their skills as artists to document the wonder that few could easily believe. Thanks to their efforts, a bill was proposed that would set aside a 2-million acre tract of land in Montana and its surrounding territories as a 'public park or pleasuring-ground for the benefit and enjoyment of the people'; and charging the Secretary of the Interior with the task to 'provide against the wanton destruction of the fish and game found within said park, and against their capture or destruction for the purpose of merchandise or profit'.

On March 1, 1872, President Ulysses S. Grant signed the Yellowstone Act of 1872 into law. I find it remarkably poetic that the man who wielded a sword to secure the freedom of all Americans, wielded a pen to secure their collective right to the best land the nation had to offer.

In the subsequent years, men such as John Muir and Theodore Roosevelt served as unyielding shields, protecting the natural heritage of all Americans through a time in history when robber barons flourished; railroads simultaneously built and destroyed; and thousands of families risked everything in pursuit of land to claim as their own. It is thanks to the efforts of these and numerous other men and women that the National Park Service was established at the hand of President Woodrow



Wilson on August 25, 1916.

My own family has visited many National Parks over the years. This summer, we were very fortunate to spend time in five parks: Crater Lake, Glacier, Yellowstone, Grand Tetons, and Lassen Volcanic. (My husband and I were particularly pleased to find that there is still virtually no cell reception in most areas of the parks... and better yet, no Pokémon Go.) Last summer, my daughter started a collection of National Park patches, which she has proudly sewn onto her high school backpack. I asked Melissa why she loves going to the parks so much. "I think it's because I have a lot of memories of family times in the parks, and being in untouched land makes me really happy," she said. In July, she hiked up one of the Tetons. "Even though halfway up I felt miserable and wanted to quit, once I got to Surprise Lake I felt so successful and glad that I stuck with it."

2016 marks the centennial celebration of the National Park Service... and California is home to nine of America's 58 national parks! It's time to get out and visit these places that have been so carefully preserved for us.

- President Obama initiated a program named 'Every Kid in a Park'. It offers every U.S. fourth grade student a one-year pass to the parks, beginning September 1. (www.everykidinapark.gov)
- Yosemite National Park is a mere 150 miles from Gold River. Around a three-hour drive, it's a remarkably easy way to appreciate the splendor of the natural world.
- 176 miles from Gold River, with a drive of just over three hours, a trip to Lassen Volcanic National Park is a fantastic way to enjoy the unique nature of California's geography.
- Seniors (62+) can obtain a lifetime pass for only \$10.

Can't get out to visit a park just now? Check out the documentary, Ken Burns: The National Parks—America's Best Idea.

Because no matter who you are, no matter where you live, our parks, our monuments, our lands, our waters—these places are your birthright. - President Barack Obama

Kids Corner

CHALLENGE #1:

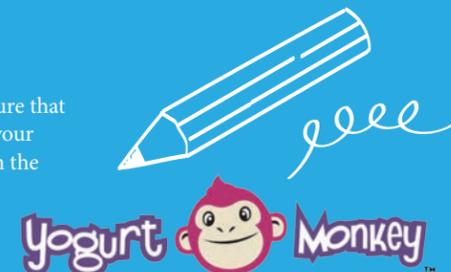
Can you locate (online) a painting depicting one of our National Parks that is displayed in the Oval Office? (Hint: the artist may be someone mentioned in the "Time to Head to the Park" article.) Be one of the first three kids to send the title of the painting, and the artist's name to kmartinez@bestversionmedia.com to win a \$3 gift card to Yogurt Monkey!

Parents: Please provide the child's first name and a guardian's contact information to claim the reward.

CHALLENGE #2:

Draw a picture of something you've seen in nature that you really like. Write your name and a title for your picture, then send it in, and you'll get to see it in the pages of this magazine!

Parents: email a digital image of the picture to kmartinez@bestversionmedia.com.





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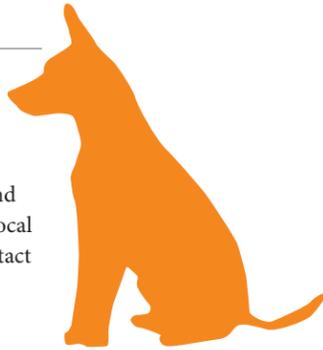
Brought to you by the Rancho Cordova Whisker Warriors

Formed in March 2015, to end suffering in the animal community, the Warriors dedicated themselves to reducing animal overpopulation through no cost spay/neuter programs.

The City of Rancho Cordova City Council has provided grants for the past two years in support of this mission through the Community Enhancement Fund. The Whisker Warriors provide animal welfare education and confidential assistance with animal issues, especially stray homeless cats. The small team of volunteers is committed to eliminating the need for animal rescue.

Partnerships with Animal Outreach of the Mother Lode, Fat Kitty City and local businesses such as Pet Club and Safeway, have allowed the Warriors to provide additional services to the community. One such service is providing pet food for at-risk seniors through the Meals-on-Wheels program. These seniors do not have the resources to provide consistent food for their companion pets. The Meals-on-Wheels program obtains donated pet food from the Whisker Warriors, bags it up for individuals, and delivers the pet food with the senior meals. This innovative program has now expanded throughout the region, due to the generous donations of Pet Club in Rancho Cordova and Roseville. The Whisker Warriors also provide Animal Services with donated pet food to distribute to any resident who is in need.

The Whisker Warriors seeks to expand the level of services offered by increasing our volunteer base of those willing to provide help to residents through humane trapping and education, conducting training programs in local schools, and social media coordination. (Contact RCWhiskerWarriors@gmail.com for more information.)




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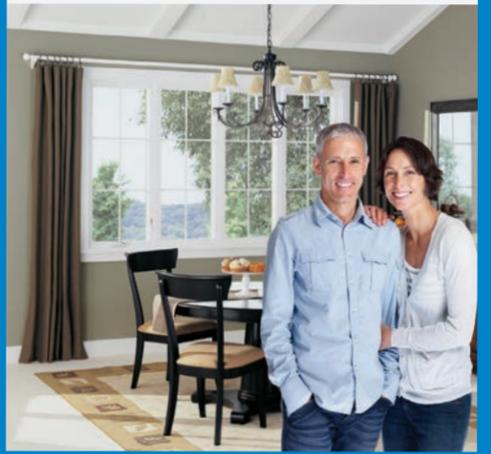
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- Superman Pulses
- Glute Bridges
- Plank Jacks



Partner Workout!

Directions: Find a Partner (a friend, your spouse, or your hyperactive kid). Partner 1 completes 30 jumping jacks while Partner 2 holds on exercise. Then the partners switch back and forth through the entire set. Partner completing jumping jacks sets the pace for each holding moment. Complete 1 full set as a finisher, 3 or more sets for a quick, full-body workout!

- Plank Hold
- Boat Hold
- Superman Hold
- Side Plank Hold (R)
- Side Plank Hold (L)
- Hip Bridge
- Wall Sit

facebook.com/solutionsformom

Melanie Tiner is a Gold River resident, personal trainer, and group fitness instructor specializing in fitness and nutrition for busy moms.

Image: Melanie & Husband

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GOLD RIVER HISTORY: *Did You Know?*

By Sterling Ellison

In 1901, the Natomas Company (an agricultural development company) built a gravel crushing operation called the Fair Oaks Rock Crushing Plant. The operation existed on the south side of the American River, behind our current Gold River Community. A railroad spur off Sunrise Boulevard accessed the area.

The plant crushed rock from gold dredger tailings to create railroad 'ballast' which was the foundation for railroad tracks. The company was the largest rock crushing plant in the United States. It was in operation from 1908 to the late 1950s, running 24-hours a day, seven-days a week. The company shipped an average of 45 train cars of crushed rock daily, totaling more than 16,000 cars per year. The Natomas Company sold the operation in 1929 to Pacific Coast Aggregates. In later years, crushed rock was used for roads, dams, overpasses and other transportation systems nationwide.

According to Fair Oaks History Center docent, Jean Cress-Black, "American River rock was particularly desirable because it is heavier than other crushed rock. It was used at Aerojet for the reason that it would not be as easily blown around by the blast from rocket engine tests." Of course, the weightier American River rock would also be an asset for train ballast, as it would not be easily blown around by the steam from the trains.

Flat bed rail cars, the remains of employee housing, and conveyor belts can still be seen in the abandoned site.

The Fair Oaks Rock Crushing Plant provided housing for its employees: both bachelors and families. Today, off Sunrise Blvd. just east of the existing former river rafting rental building is a large flat area where other plant housing was located.

Below is a photograph of a foundation of one of the structures. The old foundation is on the south side of the access road.

Along the concrete foundation to the left of the center, some steps can be seen. Above the concrete foundation a low, river rock retaining wall is visible. There is a former flagpole out of the picture to the right. The concrete driveway and flagpole lead one to believe that this may have once been an office.

To access this area from Sunrise Blvd., turn right along the access road (not the recreation trail) from the former river rafting rental building, in the direction of Hazel Avenue. (Source: Fair Oaks History Center.)



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