



**It's a Bird ...  
It's a Crane ...  
It's a Sandhill Crane!**  
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**Honoring the Son  
of One of Our  
Nation's Founders**  
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# Gold River Messenger

VOLUME 8 • ISSUE 01 *Serving Gold River and Sacramento County* JANUARY, 2020

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INSIDE**

## SALMON IN A WILD SEASON



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## HOMWOOD SUITES BY HILTON OPENS IN RANCHO



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## BUI-THOMPSON ELECTED SMUD BOARD VICE PRESIDENT



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PRSR STD  
ECRWSS  
U.S. POSTAGE  
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Local  
Postal Customer

## Moving America Forward

*Sending a Holiday Salute and Care Packages*



Move America Forward, members of the military community and volunteers stand by their stations, sending a salute to our service men and women. Photo by Patrick Larenas



Move America Forward volunteer Erica Allen and FedEx Freight worker Matt Kimmel operating the pallet jack. Photo by Patrick Larenas



US armed forces recruiters were part of the military presence at the Care Package event. From left to right: Jonathan Martinez, U.S. Navy Recruiter; D'Andre Hardin, U.S. Army Recruiter; and Regina Fatigati, U.S. Navy Representative. Photo by Patrick Larenas



Move America Forward outreach director Scott Raab sends a thumbs up and a shipment of some 2500 boxes to military service men and women. Photo courtesy MAF

## SacRT Launches Express Bus Service to the Airport

By Jessica Gonzalez,  
Sacramento Regional  
Transit

**SACRAMENTO REGION, CA (MPG)** - The Sacramento Regional Transit District (SacRT) has launched a new bus route with service between downtown Sacramento and the Sacramento International Airport. The new route 142 operates seven days a week every 20 to 30 minutes combined with YoloBus downtown/airport routes 42A and 42B.

"Airport express bus service is an easy, affordable way to avoid parking fees and ride-hailing surge pricing," said SacRT General Manager/CEO Henry Li. "This is a great solution to provide a frequent mobility option from downtown Sacramento to the airport while we pursue additional funding to extend the Green Line light rail to the airport."

"YoloBus has been providing hourly service from downtown Sacramento to the airport for years, but this new partnership with SacRT will make it much more convenient for riders," said YoloBus Executive Director Terry Bassett. "We have heard from our riders that they value more frequent bus service, this is a great step forward."

There are several downtown drop-off and pickup locations along J Street, L Street and Capitol in downtown Sacramento with direct service to Terminals A and B at the Sacramento International Airport. The new bus route 142 starts service as early as 3:24 a.m. and operates just past midnight.

"We are thrilled SacRT has started bus service to SMF," says Sacramento County Airports Director Cindy Nichol. "This has been a long desired service for our passengers and a great connector between downtown and the airport."

SacRT is offering free rides on the Route 142 until Friday, January 31 to celebrate the new airport express route. YoloBus is also offering free rides on Routes 42A and 42B that go between downtown and the airport. Starting Saturday, February 1, the cost will be \$2.50 for a single ride, \$1.25 for discount eligible riders or free for students in grades TK through 12. For YoloBus Routes 42A and 42B, the cost is \$2.25 per trip, \$1 for discount eligible riders and free for students.

Visit [SacrtAirport.com](http://SacrtAirport.com) for a map and schedule. ★

# Salmon Run Out in a Wild Season

## Steelhead Spawners Swim In



A courting pair of bald eagles find easy pickings as spawning Chinook salmon struggle upriver near Gold River.

Story and photo by Susan Maxwell Skinner

**SACRAMENTO REGION, CA (MPG)** - The recently-finished 2019 spawning season brought glad tidings for scientists monitoring annual chinook salmon runs on the American River. Returning adults this season greatly outnumbered 2018 spawners.

"2018, was an adequate but not fantastic season," reports Nimbus hatchery staffer Laura Drath. "This year was very good: we saw more fish this fall than we have in years." In 2018, Drath noted that 5700 adults climbed the hatchery ladder. In the season just past, 8,000 fish made the same climb. Nimbus processing figures do not include thousands of fish that spawn outside the hatchery. These mate in river gravel beds where the females build nests and deposit fertilized eggs. Fish that reach the hatchery are relieved of eggs and milt and artificially spawned.

This harvesting ended before Christmas and the steelhead trout run - which continues until February - is now in full throttle. Meantime, some late-coming chinooks of the 2019 season are still reaching breeding grounds. At three or four years old, they are completing lives - and epic migrations - that include thousands of river and ocean miles. Hell-bent on reproduction, mature salmon leave Pacific waters in autumn; their mass upstream swim is an instinctive return to hatching places. The annual "run" can be

observed from Arcade, Carmichael, Rancho Cordova, Fair Oaks and Gold River outlooks. Thanks to December rain, river water levels were helpfully high for the 2019 spawners. But 30-pound chinook still crawled over riffles and gravel bars with much of their bodies exposed. Battered and close to death, the adults used fins, tails and entire bodies in the struggle against the icy current. Salmon die soon after mating; their carcasses drift downstream to provide winter food for fish, birds, mammals and microorganisms.

From the Nimbus Hatchery harvest, edible salmon parts are salvaged and shipped to Seattle for processing. The meat is then distributed to food closets. Artificially fertilized eggs hatch in about 40 days and are nourished in man-made ponds. In spring, they are about three inches long and begin their river-to-sea migration as smolts.

Operated by the California Department of Fish and Wildlife, The Nimbus Hatchery is now processing the 2019/20 steelhead run. This operation continues until late February. Rainbow hued, spotted and sportive, these anadromous fish may spawn several times in their lifecycle. Though they face similar challenges as the Chinooks in their upstream migration, the urge to breed is stronger than most obstacles that nature or man put in their way.

Anyone may visit Nimbus Fish Hatchery. Learn more at [www.wildlife.ca.gov/fishing/hatcheries/nimbus](http://www.wildlife.ca.gov/fishing/hatcheries/nimbus) ★

# New Habitat Restoration Project Nurtures Record Number of Salmon Nests

Submitted by Bruce Hartzell, Sacramento Suburban Water District

**SACRAMENTO REGION, CA (MPG)** - Kat Perkins, a scientist with the Sacramento Water Forum, poured over an aerial image of the lower American River near Sailor Bar in Fair Oaks, looking for redds - underwater depressions or "nests" created by female salmon to lay their eggs. Part of an annual ritual to systematically count redds first by inspecting aerial imagery and then in person, last year she found zero. This year was a different story - the area teamed with redds - more than 345 this time around.

The difference? A new habitat restoration effort completed in fall to protect salmon and steelhead in the lower American River, spearheaded by the Water Forum in partnership with the U.S. Bureau of Reclamation and other federal, state and local agencies. Over three weeks in September, the project placed more than 14,000 cubic yards of cleaned and sorted gravel into the river and carved out a new side channel to help fish spawn and rear their young.

"The results are gratifying," said Tom Gohring, Executive Director of the Water Forum, a nearly 20-year-old organization that represents a diverse group of local water providers, environmental organizations and governments focused on safeguarding the lower American River for both drinking water and wildlife. "Salmon were here long before we were. Nurturing their survival is not only important to sustaining a

species but to also sustaining our region's identity and quality of life."

The lower American River is home to 43 fish species, including struggling fall-run Chinook salmon and federally threatened Central Valley steelhead, and is a major water supply source for nearly 2 million people. The river and parkway, which runs 23 miles along the river's shores, hosts up to 8 million visitors and brings \$364 million into the economy each year.

The restoration project at Sailor Bar is part of the Water Forum's ongoing science program that uses cutting-edge techniques to further understand how to improve the river's environment for fish survival. Over the past several decades Water Forum studies have produced detailed information about the conditions salmon and steelhead find ideal for spawning and rearing their young, including:

Detailed underwater maps of the lower American River to identify the best locations for enhancing habitat that also won't impact flood safety;

The ideal size of gravel and river flow for spawning;

How long it takes for salmon to use a restoration site after construction, and how long they continue to use the site.

How cover (woody material, branches or tree roots) in a side channel improves survival for juvenile fish.

This year's effort at Sailor Bar was the region's ninth project restoring fish spawning gravel beds and improving juvenile fish rearing habitat on the lower American River. Since 2008,

the Water Forum and its partners have invested more than \$7 million to create over 30 acres of spawning beds and 1.2 miles of side channels.

"These projects truly represent what can be accomplished when local, state and federal agencies work together toward a common purpose," Gohring said, noting that the team responsible for this project includes scientists from Reclamation, the Water Forum, U.S. Fish and Wildlife Service, National Marine Fisheries Service and California Department of Fish and Wildlife.

Additional project partners included the Sacramento Area Flood Control Agency (SAFCA) and Sacramento County Parks, as well as the City of Sacramento Department of Utilities, which provided their crews and heavy equipment to the project.

To learn more about the Sacramento region's habitat restoration work on the lower American River, visit <https://www.waterforum.org/the-river/habitat-management/>.

Established in 2000, the Sacramento Water Forum is a diverse group of business and agricultural leaders, citizen groups, environmentalists, water managers and local governments working together to balance two co-equal objectives: to provide a reliable and safe water supply for the Sacramento region's long-term growth and economic health; and to preserve the fishery, wildlife, recreational, and aesthetic values of the lower American River. Learn more at [waterforum.org](http://waterforum.org). ★

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By David Dickstein, Gold River Resident

# 'Fool's Gold'

## My New Year's Resolutions

**GOLD RIVER, CA (MPG)** - Happy new year, Gold River! Have you made any resolutions? The last time I did was in 2016, and all modesty aside, I think I did quite well. No, I didn't lose weight. No, I haven't stopped getting upset when seeing kind-hearted, but irresponsible people give panhandlers money. No, I didn't attend my first village board meeting in many years. But I was successful in changing buying habits so that locally owned Bel Air gets more of my household's grocery business than Southern California-based Smart & Final. An even bigger accomplishment was stopping at one piece of that awesome peasant bread at Il Forno Classico.

- So, what are my New Year's resolutions for 2020? Glad you asked!
- End my habit of walking out of Rite-Aid with a scoop of Chocolate Malted Crunch.
  - Give Gold River something to talk about by taping a sign to the closed-down Applebee's that reads "COMING SOON: GENTLEMAN'S CLUB."
  - Stop griping to the innocent cashier at the Sunrise-Coloma ARCO every time the payment machine at the pump doesn't work.
  - Live more dangerously, starting with crashing a Gold River Villagers bridge luncheon and demanding we change the game to mahjong.
  - Campaign to have the former Hallmark Gold Crown Store become a Mimosa House. The "Maui French Toast" and "Morning Fruit Salad" are pure heaven.
  - Chip in for a cop to patrol the aisles of Bel Air because someone needs to get serious about stopping shoplifters. On second thought, because numbskulls

passed Prop 47, which effectively gives shoplifters the green light to steal, I'm all for hiring someone without a badge who will really teach these criminals a lesson.

- Work on appreciating soccer, especially now that Sacramento is getting an MLS team. For me, the low scoring, oversized field, constant player flops and arbitrary officiating, puts the game on the same level of

shop replacing Crazy for Yogurt if they go from self-service to full-service like Pinkberry. I'm a germaphobe when it comes to those places, and the business model of less-than-hygienic kids and adults handling yogurt dispensers and topping containers is a major turn-off.

- Walk more and drive less to and from the Gold River Sports Club, and impress wonderful

on Home after Owner 'Springs' into Action."

- Perform a study to determine once and for all whether Gold River's official post office in Rancho Cordova is more efficient for us to use than the one in Fair Oaks or Bel Air's courtesy desk.
- Convince Gold River good guy Bruce Wallace to stop thinking about retiring.

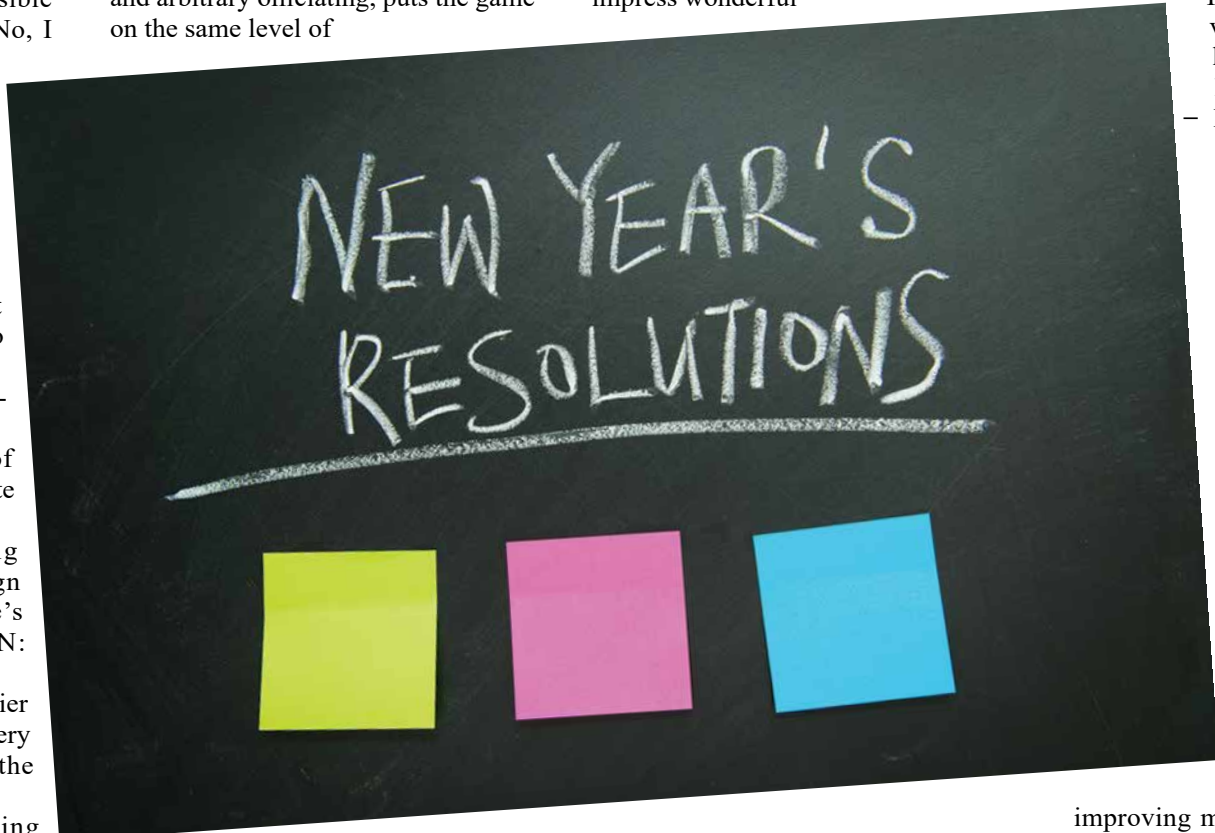
He's cleaned our dryer vent for two decades, and, last I checked, our house hasn't burned down once.

- Put some excitement in the lives of our community patrol officers the next time I see one in my village. I'll wait until we make eye contact. Then, after giving him or her a startled look, I'll suddenly bolt down the street and run out of sight. Nothing like instigating a good, senseless vehicle and foot chase to stir things up in our quiet town.
- Buy my wife a Peloton for her birthday this month and face the wrath of all her over-reactive feminist girlfriends.
- Enjoy the last full year of my 50s by

improving my chances of living longer with a doctor-prescribed weight program I'll be starting this month. So much for all the foods mentioned in this column.

- Get through the 2020 presidential election without anyone knowing who I support in order to maintain friendly relationships and keep America great.

David Dickstein is a Gold River resident. He can be reached at [daviddickstein1@gmail.com](mailto:daviddickstein1@gmail.com). ★



excitement as watching my Scooby-Doo Chia Pet grow.

- Make a bet in which the loser is forced to go to the California Capital Airshow wearing a head-turning T-shirt that says, "I LOVE TRAINS!"
- Spearhead a committee to change the worst Gold River street names. First to go: Boom Pointer Way in Bret Harte Village.
- Give my business to the frozen yogurt

managers April and Taylor by seeing less of me as they see more of me.

- Reduce stress by resigning to the fact that my village will never fix the one cluster mailbox door that's been broken for years. We're talking one stupid spring.
- Be part of the solution by fixing the stupid mailbox myself if it's not taken care of by February. You'll know that wasn't a good idea if the headline of my March column is: "Lien Placed

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# Division of Boating and Waterways Offers Grants to Help Keep California's Waterways Clean

California State Parks Press Release

SACRAMENTO REGION, CA (MPG) - The Division of Boating and Waterways (DBW) is now accepting grant applications from public government agencies for the purchase and deployment of floating restrooms on California waterways. Interested applicants should review the grant guidelines and submit a grant application to DBW's office by Tuesday, Jan. 21, 2020 at 5 p.m. PST.

DBW's Floating Restroom Grant Program helps reduce pollution from recreational boater sewage by providing floating public restrooms in areas with limited landside access. Over the years, DBW floating restrooms have become known as S.S. Relief stations. California State Parks' engineering group re-designed the restrooms this year to achieve ADA compliance. The floating restrooms are solar-powered and the holding tanks



Floating restroom shown during December 2019 deployment at Lake Berryessa. Each ADA compliant unit holds about 500 gallons of sewage. Photo courtesy California State Parks

capture about 500 gallons of sewage. That's more than one million gallons of sewage kept out of our waterways each year.

A total of \$840,000 in federal and state funding is available this year for the purchase and deployment of approximately

six DBW-designed and developed ADA compliant floating restrooms. More than 260 floating restrooms have been placed on California lakes and reservoirs through this grant program since 1972. About 160 restrooms are currently deployed.

To be eligible for funding, grant applicants must operate a California lake or reservoir that is open to the public. General information on the grant requirements and the online application can be found on DBW's Floating Restroom Grant webpage.

The competitive grant applications will be scored and ranked according to need, as well as the ability to operate and maintain the floating restrooms for at least 10 years. DBW expects to announce grant recipients in spring 2020.

The Floating Restroom Grant Program is available through the Clean Vessel Act, which is funded by the U.S. Fish and Wildlife, Wildlife and Sport Fish Restoration Program and the Harbors and Watercraft Revolving Fund. Grants are also available to offset the ongoing operation and maintenance costs of these units through a Sewage Management Equipment Operations and Maintenance grant. ★

# The Senate's New Drug Bill is Socialism Lite



Commentary by Sally C. Pipes

House Speaker Nancy Pelosi has a radical new plan to let the federal government set drug prices.

Republicans are holding up Senator Chuck Grassley's Prescription Drug Pricing Reduction Act as a more moderate

alternative.

That's a mistake. While Grassley's bill isn't as radical as the Pelosi's, it includes similarly dangerous reforms. Neither bill would do much to save patients money. And both would make it harder for Americans to access new drugs.

Pelosi's bill empowers government officials to set prices for a variety of drugs. The bill instructs the Secretary of Health and Human Services to "negotiate" the prices of up to 250 medicines.

These negotiations would hardly be fair. The bill caps the negotiated prices at 120 percent of the average price paid for these drugs in six other countries. Any

company that refused to negotiate would have to pay the government 65 percent of last year's sales for the drug in question.

Grassley's bill also contains its fair share of government price setting. Like the section that prohibits drug companies from raising Medicare prices faster than the rate of inflation. Firms that raise prices too quickly would have to pay a rebate to the government, equal to the difference between the old and new prices.

Like all price setting, this so-called "inflation penalty" would prohibit drug companies from setting market prices. But that won't lower costs for patients. Over time, companies will begin

launching drugs with artificially high prices, to avoid having to raise prices and face the penalty down the line.

The Senate plan would also tax manufacturers for certain drugs sold in Medicare Part D. Once Part D beneficiaries spend \$5,100 out of pocket on prescriptions, the government begins paying for the majority of each drug they take. Under Grassley's bill, drug makers would have to pay for 20 percent of each drug sold in this "catastrophic phase."

But most Part D beneficiaries never reach the catastrophic phase. So this reform won't do anything to lower their drug costs. In other words, the

government is the primary beneficiary of this new tax on drug makers.

The Senate bill would raise taxes on pharmaceutical firms by \$100 billion. And as any Republican senator should know, raising taxes is bad for business.

This is especially true for the drug industry, where developing just one new medicine costs an average of \$2.6 billion. The more money researchers have to fork over to Uncle Sam, the less they'll have to spend on research.

Price setting also makes it harder for patients to access new drugs. Consider that Americans had access to almost 90 percent of all new medicines released between 2011 and 2018.

Meanwhile, patients in the United Kingdom only had access to 59 percent of those drugs. Canadian patients had access to just 46 percent.

Grassley's plan may be a slightly better alternative to Pelosi's. But watered-down socialism is still socialism and would be equally disastrous in the long run. Let's hope Republicans come to their senses and drop this bill before it's too late.

Sally C. Pipes is president, CEO, and Thomas W. Smith fellow in health-care policy at the Pacific Research Institute. Her latest book is The False Promise of Single-Payer Health Care (Encounter). Follow her on Twitter @sallypipes. ★

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Effective 1/8/20 - 1/14/20

# Sacramento Life Center Raises Record \$310K at Annual Dinner

By Kristin Thébaud, Kristin Thébaud Communications

**SACRAMENTO, CA (MPG)** - Sacramento Life Center's A Knight for Life Dinner and Auction raised a record-setting \$310,000 with 720 guests on Nov. 2 at the Hyatt Regency Sacramento. This year's event, which honored the Knights of Columbus, raised vital funds for the organization's free medical care, counseling and education for low-income pregnant women and teens. The gala included a gourmet dinner, auction packages, raffle baskets and inspiring stories from some of the 2,000 people who received medical care from the Sacramento Life Center this year.

"This was our most successful dinner ever, with the highest amount of funds raised and the most number of guests in attendance," said Marie Leatherby, executive director, Sacramento Life Center. "We are so grateful for this community's financial support that will expand our services and reach even more low-income pregnant



Marie Leatherby and Rev. Michael Kiernan present an appreciation award to David Abbott of the California Knights of Columbus at the Sacramento Life Center's Knight for Life Dinner in early November. Courtesy Kristin Thébaud Communications

women and teens." The Sacramento Life Center's mission is to offer compassion, support, resources and free medical care to women and couples facing an unplanned or unsupported pregnancy. The Sacramento Life Center's licensed Sac Valley Pregnancy Clinic includes a primary clinic and mobile clinic that provide all services for free, including pregnancy tests, STD tests, ultrasounds, patient advocacy for men and women, education and resource referrals. In 2018, the Sacramento Life Center achieved accreditation by the

Accreditation Association for Ambulatory Health Care, which ensures the group has met nationally recognized standards for the provision of high-quality health care. The nonprofit also offers a school-based teen education program, 24-hour hotline and program for women who have experienced reproductive grief. For more information about the Sacramento Life Center's Sac Valley Pregnancy Clinic, visit [www.svpclinic.com](http://www.svpclinic.com). For more information about the Sacramento Life Center or to make a donation, visit [www.saclife.org](http://www.saclife.org). ★

# Bui-Thompson Elected SMUD Board Vice President



Nancy Bui-Thompson, vice president of the SMUD Board of Directors. Photo courtesy of SMUD

### SMUD Press Release

**SACRAMENTO COUNTY, CA (MPG)** - SMUD Director Nancy Bui-Thompson was elected vice president of the SMUD Board of Directors. Her term as vice president will run from January through December 2020. Bui-Thompson served as the Board president in 2012 and 2016 and served as vice president in 2011 and 2015. She was first elected in November 2008 to represent the 215,000 constituents of Ward 2, which includes the communities of Folsom, Rancho Cordova, Gold River, Rancho Murieta, Galt, Wilton and Elk Grove. At the time of her election, she was the youngest ever to be elected to the SMUD Board.

For over 17 years, Bui-Thompson has served as a technology and management professional who has worked with federal, state and local government agencies, energy and health-care organizations. She is currently the Director, Transition and

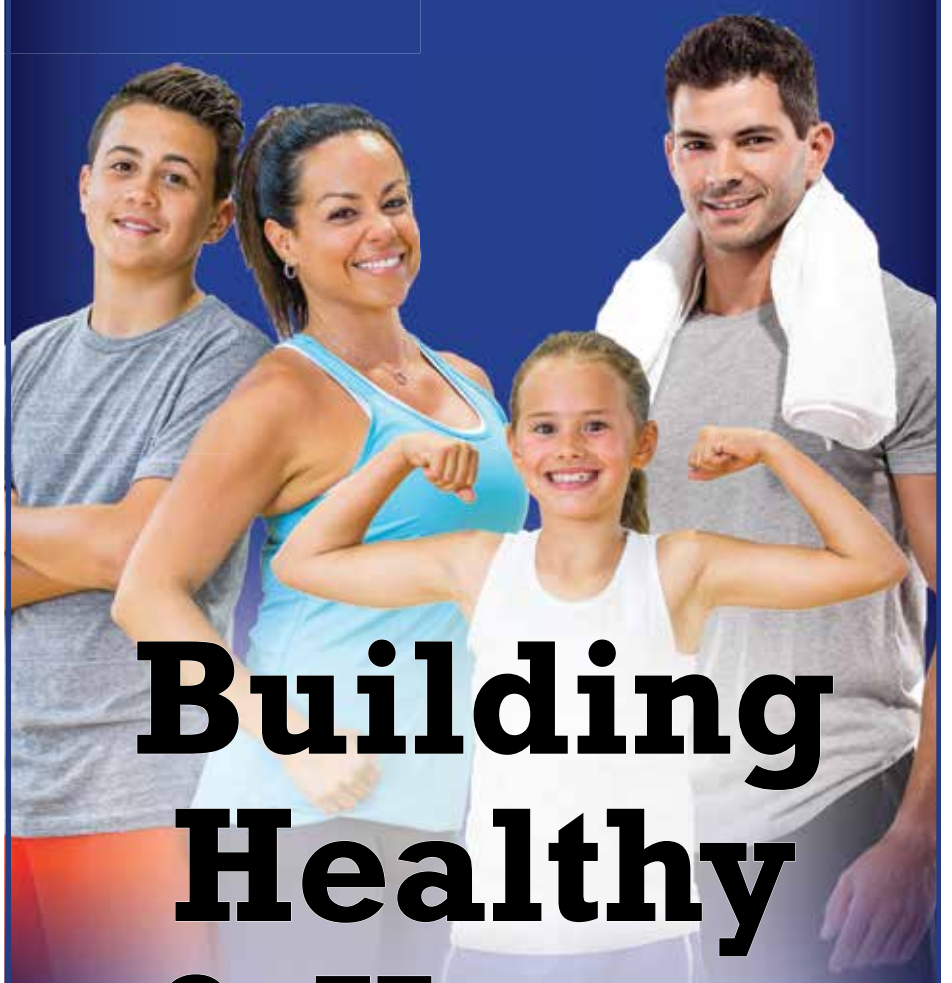
Integration – Strategy and Execution at Health Net. Health Net is a subsidiary of Centene Corporation. Centene is #51 on the Fortune 500 with over \$48.4 billion in revenues, 33,700 employees and serves over 12.2 million members. Prior to Health net, she was a Director at Public Consulting Group (PCG), in their Technology practice. Prior to PCG, she was a consultant for two of the world's largest and best-known consulting companies – Accenture and Deloitte.

Bui-Thompson has represented SMUD on both the national and international stage. She served as a main stage speaker at the Energy Thought Summit (ETS) - ETS2019, ETS2018 and ETS2017 in Austin, Texas. She served as Chair of ETS2019. Bui-Thompson has been featured session speaker at DistribuTech, the world's largest Distribution technology conference with over 12,000 attendees and was the keynote speaker at SpaceTime Insight's Annual Users Convening.

The Sacramento Business Journal has honored Ms. Bui-Thompson as one of the top fifteen women business leaders in the Sacramento Region as a 2017 "Women Who Mean Business" and a 2011 "40 Under 40" awardee. In 2012, the German Marshall Fund of the United States (GMF) awarded the prestigious Marshall Memorial Fellowship (MMF) to Bui-Thompson (75 fellows per year). The GMF is a non-partisan American public policy and grant-making institution dedicated to promoting better understanding and cooperation between North America and Europe on transatlantic and global issues.

She is a proud graduate of California Polytechnic State University at San Luis Obispo, with a bachelor of science in economics and management information systems. ★

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**Publisher, Paul V. Scholl**

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# POPPOFF!

with Mary Jane Popp

## 2020 NUMBERS AND PREDICITONS

Did you know that everything has numbers surrounding them from happenings to the human spirit? That's why I invited **Melanie Channell** to my POPPOFF Radio Show to add up those numbers that can give us some insight into our future with the beginning of this new decade. **Melanie** is a spiritual counselor, Tarot card reader, Life Coach, energy and crystal healer, Angel enthusiast, and for our purposes...a numerologist. She has been into the study of spirituality and empowerment concepts for over twenty-five years. So let's take a look at this new decade with emphasis on 2020. By the way, **Melanie** is co-author of three #1 Amazon best-sellers... "Heart and Soul"...*Reading Between the Signs*" and *Warrior Women with Angel Wings*."

So let's get started with a definition of this thing called numerology. Numerology is a

metaphysical term for the study of numbers. It explores relationships between the planet as a whole and to people on a personal level. So now it's a look at the year 2020 and what's in store, according to the numbers.

The year 2020 will be a four-universal year...2+2=4, because the zero is not counted in Numerology equations. Everyone on the planet will be affected by the energy of the universal year number on some level.

The four is a serious number and relates to building or rebuilding foundations. It is a year for organizing, hard work, dedication, honesty, working on home, family issues, and health. Four years can be difficult because working hard and reorganizing your life can create upheaval and stress.

In the United States, there will be a focus on analyzing where the country has gone awry politically, fiscally and morally. The election year will be a fight to the finish. There will be much controversy over the fake news and whether there was in fact, a fair election. If President Trump does win re-election, he may have some health issues surface which affect his presidency.

This is a year that people should save money, pay down their mortgages and conserve as much as possible. The stock market will be volatile and it is possible we may see the beginning of a recession in 2020.

We will see many more advances in the technology sector and AI...artificial intelligence. There may be some people who question how far these advances should be taken. Questions about people losing jobs due to these advances, and if something goes awry, with machines taking over and who would be held responsible for the fall out.

2020 could be a year filled with more natural disasters than usual around the world. Could be another devastating tsunami in the Pacific. An abnormal number of people may be uprooted from their homes and have to move elsewhere.

It's only a brief sketch of a big year and a bigger decade, but it's a start. You can check out **Melanie Channell** at or you can give her a call at 916-920-7832 to check out your personal numbers. Add up your numbers and don't forget to count your blessing!

**A HAPPY AND BLESSED NEW YEAR** from our home to yours! ★



## Dare to Live Without Limits

by Bryan Golden

Every No Gets You Closer to a Yes



No one wants to be told no when pursuing their dreams. Hearing the word no is extremely frustrating while traveling on the road to success. Too often, no is perceived as either a road block or an insurmountable obstacle.

We are not born with this aversion to no. Children don't accept no. When they are told they can't have what they want, they persist until their weary parents relent. Whether they resort to incessant pleading, whining, or crying, children quickly discover they can outlast their parents' determination.

Salespeople understand that there is a certain percentage of people who will buy their products. If 10% of potential customers decide to buy from them, then they expect 90% of potential customers say no. Therefore, a salesperson realizes that each no gets them closer to the next yes.

Successful job hunters are well aware of this process. Regardless of one's qualifications, being turned down numerous times usually precedes getting that first job offer. Walt Disney, Dr. Seuss, and Stephen King, were all rejected numerous times before attaining success.

Successful people understand that they must get through a certain number of no's in order to reach a yes. They view getting past no's as a requirement for getting to yes. There are no

shortcuts. This process is part of the journey.

The same process applies to you. Each no you encounter moves you closer to a yes. The challenge is to not become discouraged along the way. Failure is assured when you give up before getting the yes you are seeking.

You must keep moving forward after each no. Continuous positive action propels you toward the next yes. Taking your next step is what matters. Maintaining a positive, can-do attitude is essential. You attitude needs to be recharged daily. Connecting with other, like minded, motivated people is a tremendous asset. Reading or watching motivational materials also keeps you positive.

Avoid and ignore the many naysayers who are constantly offering negative criticism. These people focus on no and don't believe you can get to yes. They offer every possible reason to justify what they see as your failure.

Reasons to succeed propel you forward. Excuses justifying failure stop you. Getting to a yes is a systematic progression. Each no is a stepping stone which gets you closer to your goal.

Sometimes getting no's indicates an adjustment might be necessary. Examine your strategy to see if any changes are warranted. Study other successful people and their

approaches. A slight modification to your approach can produce improved results.

Overcoming no's requires a solid belief in yourself that you have what it takes to get to yes. Any self-doubt erodes your confidence. One of your biggest assets is the perseverance to keep going, in spite of the no's, until you get the yes you are seeking.

A burning desire to reach your goal fuels your persistence. When your goal is important to you, and you want it badly enough, you won't be deterred by no's. People who are not excited by their goals readily give up as soon as the no's start.

Attitude is the difference between success and failure. Considering each no as an obstacle diminishes your motivation. Conversely, viewing each no as essential, strengthens your resolve. Ironically, both successful people and failures are faced with numerous no's. It's what they do after each no which makes the difference.

Look forward to each no you receive. It means you are one step closer to a yes. Don't get discouraged. More no's may be required than you would like. However, once you get to yes, all of the no's will have been worth it.

**NOW AVAILABLE:** *Dare to Live Without Limits, the book.* Visit [www.BryanGolden.com](http://www.BryanGolden.com) or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at [bryan@columnist.com](mailto:bryan@columnist.com) or write him c/o this paper. © 2017 Bryan Golden ★

## Ask Toni

# Why Is My Medicare Part B Costing \$704?



Toni:

My Medicare began on November 1st and on December 16th I received my first bill which is \$704.80 for my Medicare Part B. This bill is due December 25th and it is only giving me 10 days to pay which making this not a very Merry Christmas or Happy New Year.

I do not see this Medicare cost anywhere on the Medicare site or in any information I received when I came into the Toni Says office for my Medicare consultation.

Am I being charged the Medicare Part B penalty? I signed up before I turned 65. What is wrong? I thought the monthly Part B amount would be around \$135. Any suggestions because this has placed an unexpected financial hardship on me. Thanks, David from Conroe

David:

Great Medicare news for you David ... You are not being charged EXTRA or

a penalty!! You have been charged for 5 months of Medicare Part B premiums because you are not receiving a Social Security check to have your Medicare premiums taken out of.

**Feel better now!**

Most that are paying their Medicare premiums monthly have the premium taken from their Social Security check. Social Security will automatically take the Medicare premiums monthly from a person's Social Security check. Social Security will send a letter informing the Medicare beneficiary that Social Security is deducting the monthly Medicare Part B premiums from ones Social Security check. David this is not your situation.

The average Part B premium for those who income is \$87,000 or less as an individual or \$174,000 or less as a couple is \$135.50 for 2019 and \$144.60 for 2020. David, if you divide your premiums of \$ by 5 months is around \$141 per month. Which is \$135.50 per month for November and December and \$144.60 for January thru March.

Medicare has a program that can allow one to pay premiums on a monthly basis by either paying via check, bank draft, debit card or credit cards. The program is called "Medicare Easy Pay"

One can GOOGLE "Medicare Easy Pay" online or search on the [www.medicare.gov](http://www.medicare.gov) website for Medicare Easy Pay to set up Medicare Easy Pay or form to download to pay monthly.

If one does not stay current paying their Medicare premiums, whether it is Part A, B, C and/or D, then they can lose their benefits and may be charged a penalty when they re-enroll. (When one does not have 40 working quarters to qualify for Medicare, then they may have to pay a premium for Part A.)

It may take about 6-8 weeks to have the "Medicare Easy Pay" form processed and you should make sure that you keep up with your monthly premiums being paid, so that your Medicare Parts A, B, C and/or D are kept on a current basis.

David, I am proud to announce that the Toni Says Medicare team now has a Toni Says Medicare hotline at 832/519-8664 to help America answer questions concerning the maze of Medicare.

Toni King, author of the *Medicare Survival Guide®* is giving a \$5 discount on the *Medicare Survival Guide® Advanced* book to the Toni Says Medicare column readers at [www.tonisays.com](http://www.tonisays.com). ★

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# It's a Bird ... It's a Crane ... It's a Sandhill Crane!



Of the six subspecies of Sandhill Crane found in North America, three can be found in California. MPG file photo

By Ken Casparis,  
Sacramento County

**SACRAMENTO COUNTY, CA (MPG)** - Sandhill Cranes have traveled south to California for the winter, and Sacramento County Regional Parks invites you to head out to the Cosumnes River Preserve to learn about and observe these birds in their winter home.

Of the six subspecies of Sandhill Crane found in North America, three can be found in California, and two, the Greater Sandhill Crane and the Lesser Sandhill Crane, are commonly seen in the Central Valley.

Roughly 3,000 Lesser and Greater Sandhill Cranes settle in at the Cosumnes River Preserve every winter. Most of the

cranes who have made the Preserve their winter home are Lessers, but the Delta (including the Preserve) is a critical wintering area for the less-abundant Greater.

Observations tips from the Cosumnes River Preserve:

### Watching Cranes

**When and Where:** Prime Sandhill Crane viewing season at the Cosumnes River Preserve is between Oct. 15 and March 1. Dawn and dusk are the target times to observe the greatest numbers of cranes and the widest variety of intriguing behaviors.

### Etiquette

**Be Still:** Limit your movement while watching feeding birds. Should a "lookout" crane decide you're a threat, the flock

may well fly off, depleting their hard-won energy store.

**Be Quiet:** Speak quietly to avoid spooking cranes. Stay at least 400 yards from feeding cranes.

**Don't Wear Out Your Welcome:** Should you see any of these behaviors, it's time to back off: Cranes nervously withdrawing into the center of a flock; Cranes slamming their bills into the ground then tossing their heads defiantly high; Cranes standing rigidly erect, looking straight ahead, necks stretched to the limit.

For more information on Sandhill Cranes and where you can observe them, check out the Cosumnes River Preserves Sandhill Cranes Fact Sheet and the "See the Cranes" Map. ★

# New Round of DMV Motor Voter Errors Reported

By Chris Reed,  
Cal Watchdog

**SACRAMENTO REGION, CA (MPG)** - One of Gavin Newsom's first acts after taking office as governor in January was to create a "DMV Reinvention Strike Team" to improve the performance of the state Department of Motor Vehicles.

This came after one of the worst years a state agency has had in recent history. In August 2018, CalWatchdog and many other news outlets reported that wait times were nearly 50 percent longer at DMV offices than the previous summer. The problem was blamed on a heavy increase in visits caused by the federal 2005 Real ID Act. It requires Californians to have either passports or new federal ID cards before they can take commercial flights starting in October 2020. The DMV is the agency that issues the Real IDs.

A month later, another scandal emerged, with thousands of thousands of voters reporting errors in their political party affiliation due to mistakes made in the DMV's new "motor voter" automatic registration program, which began in April 2018. An audit released in August of this year found the problem was far worse than initially believed, with more than a quarter-million errors in registration in the first five months of the program - 83,684 duplicate voter registrations and 171,145 DMV records with inconsistencies on party membership.

Newsom's "strike team" issued its report in July on what it had done to fix the agency and said internal data showed a reduction in wait teams of 58 minutes over the previous summer. Two weeks ago, the DMV issued a statement saying that wait times had continued to decline and averaged 38 minutes in September.

But now the DMV's other 2018 problem has re-emerged with reports in

Northern California of pervasive errors in motor voter registrations, prompting Republican lawmakers to renew their call to put the program on hold until its flaws are comprehensively fixed.

### At Least 600 Complaints So Far; Number Could Soar

"At least 600 Californians, including lifelong Republicans and Democrats, have had their voter registration unexpectedly changed, and several county elections officials are pinning much of the blame on the state's Department of Motor Vehicles," the Sacramento Bee reported. The daughter of California Senate Republican Leader Shannon Grove of Bakersfield, who had recently used a Sacramento County DMV office, was among those affected. Grove is a leading critic of motor voter.

Sacramento CBS 13's news team reported at least 300 apparent complaints in Santa Clara County, nearly 200 in Sacramento County and at least 100 in Shasta County.

Reports noted that it's possible that some of the mistakes were made by voters themselves not used to election services at DMV and that some voters may have misremembered what party status they had chosen previously. But as CBS 13 reported, problems appeared to be turning up in every county as soon as registrars began sending out voter notifications related to the March primary. With El Dorado County sending out notifications and dozens of counties doing so in coming weeks, the dimensions of the problem could be far bigger than initially assumed - just like last year.

Oregon, which introduced its version of motor voter in January 2016, has had far fewer problems.

Californians can check how they are presently registered at <https://voterstatus.sos.ca.gov/> and they can change their status if needed at <https://registertovote.ca.gov/>. ★

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# Honoring the Son of One of Our Nation's Founders



The National Society Daughters of the American Revolution honored William S. Hamilton at his grave in the Sacramento Historic City Cemetery. Pictured, left to right: Ginger DeGregory, Janet Fulton, Jane Russell, Andrea Dietze. Photo DAR

## Daughters of the American Revolution Press Release

**SACRAMENTO REGION, CA (MPG)** - The Sacramento Chapter, National Society Daughters of the American Revolution laid a wreath on the Sacramento Historic City Cemetery grave of William S. Hamilton, son of Founding Father Alexander Hamilton, on December 9, 2019. William S. Hamilton came to California for the Gold Rush and died in 1850 of cholera.

"It isn't commonly known that the son of one of our Founding Fathers is buried in Sacramento," stated Emily Browne, Chapter Regent, of Carmichael. "The musical, Hamilton, introduced a new generation to

Alexander Hamilton. We hope that introduction creates interest in learning more about the men and women who sacrificed everything for the promise offered by the United States of America," she continued. Janet Fulton, Sacramento Chapter Historic Preservation Committee Chair, of Davis, added, "The Sacramento Chapter has maintained William S. Hamilton's grave for almost 100 years. It is located in a beautiful cemetery, surrounded by the graves of California and Sacramento pioneers. A visit to honor William S. Hamilton can be a fascinating adventure."

The grave of William S. Hamilton is found in Hamilton Square within the Sacramento Historic

City Cemetery, 1000 Broadway, Sacramento.

The National Society Daughters of the American Revolution was founded in 1890 to promote historic preservation, education and patriotism. Its members are descended from the patriots who won American independence during the Revolutionary War. With nearly 185,000 members in approximately 3,000 chapters worldwide, DAR is one of the world's largest and most active service organizations. DAR members are committed to volunteer service having served more than 12.5 million hours in communities throughout the world during the past three years. To learn more about the work of today's DAR, visit [www.DAR.org](http://www.DAR.org) ★



By County Supervisor Sue Frost

Through the generosity of the Gold River Messenger, this column serves to provide an update about matters affecting the unincorporated community of Gold River.

From 2017 to 2019, the county's homeless population grew by a staggering 19%. If we did not have the formal count to tell us the homeless problem was getting worse, many of us could have guessed just based on what we see happening throughout our communities. I know that because I hear about it from every single community in my district. Not just the unincorporated portions but the cities as well. When I hear from constituents about this problem, a lot of them want to know why county and cities are not working together to fix this major issue. It was a good question.

Starting in 2020, Sacramento County will start working with every single city in the county (Citrus Heights, Elk Grove, Folsom, Galt, Isleton, Rancho Cordova, and Sacramento) to start coordinating solutions. The growing homeless population is not the problem of just one jurisdiction in the county – it is

## GOLD RIVER COMMUNITY UPDATE

### I Hate These Blurred Jurisdictional Lines

a regional issue that may benefit from a regional approach. The Sacramento Homeless Policy Council will have representatives from the Board of Supervisors, each city within the County, the Sacramento Continuum of Care Chair and the Board Chair of Sacramento Steps Forward.

This Homeless Policy Council will serve as an opportunity for leaders in the region to start having a regional discussion around homelessness. Up to this point, it seems like the only consistent policy among the jurisdictions is that the problem stops at the border. Now, we can work with the cities to make sure that best practices for real solutions are shared and adopted throughout the county. And instead of being surprised about the opening of a shelter or change in policy, county leaders will all be privy to those conversations beforehand.

When this issue first came before me for consideration earlier in the year, I was excited but a bit surprised. I had heard nothing about it until just days before I was supposed to vote on creating it, so I decided to do my "homework" and called the city managers for the suburban cities to get their thoughts. It upset me to learn that some cities still had lingering concerns, and other cities had not even been contacted. It felt to me like a subverted attempt to get the outlying

suburban areas to go along with whatever downtown Sacramento wanted to do. In response, I worked to slow down the process to ensure that everyone impacted would have a real seat at the table – and am pleased that we are finally there.

Like many of you, I am sure, I wish this council had happened sooner. The problem has been growing in front of our eyes for years and it is hard to think of a time when sharing good ideas has been a bad idea. My hope is that The Sacramento Homeless Policy Council will address the approach of just moving the problem from one area to another. Finding meaningful solutions to the homeless situation is good for businesses, families, and most importantly, homeless people themselves. The possibilities for helping the people of Sacramento County through this new council are many, and I am excited Sacramento County is a part of it.

Thank you for reading – and as always, if you want to contact me call me at 916-874-5491, or e-mail me at [SupervisorFrost@saccounty.net](mailto:SupervisorFrost@saccounty.net).

Sue Frost represents the 4th District, which includes all or part of the communities of Citrus Heights, Folsom, Orangevale, Antelope, Rio Linda, Elverta, Gold River, Rancho Murieta, North Highlands, Carmichael, Foothill Farms and Fair Oaks. ★

## Rep. Bera Votes to Pass USMCA

By Travis Home



Ami Bera

**WASHINGTON, DC (MPG)** - The House of Representatives overwhelmingly passed in a bipartisan manner the United States-Mexico-Canada Agreement (USMCA). The vote follows months of negotiations by House Democrats to secure improvements to the original USMCA negotiated by the Trump Administration.

"I'm pleased to see that House Democrats were able to secure important changes

to the original USMCA draft," said Rep. Bera. "The version of USMCA that passed includes strong protections for American workers, important enforcement mechanisms to ensure all countries are compliant, and key environmental protections."

The revised version of USMCA is a win for the U.S. economy and American families, and will bring vital jobs to California."

Source: Office of Representative Ami Bera, M.D. ★

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# Homewood Suites by Hilton Opens in Rancho Cordova

By Andrea DeBruyn, Homewood Suites by Hilton Rancho Cordova

**RANCHO CORDOVA, CA (MPG)** - Homewood Suites by Hilton, part of Hilton's (NYSE: HLT) All Suites portfolio, announced its newest property, Homewood Suites by Hilton Rancho Cordova. Designed for guests who want to travel on their own terms, Homewood Suites by Hilton Rancho Cordova offers guests all the comforts of home, whether they are traveling for work or enjoying a well-earned get-away. With 105 new suites, the new Homewood Suites property will help serve a growing Rancho Cordova market with an estimated 855,000+ visitors in 2018.\*

"We look forward to exceeding the expectations of our guests whether they are staying with us for one night or an extended stay," said Alex Barcinas, general manager.

Developed, owned, and managed by Tharaldson Hospitality, Homewood Suites by Hilton Rancho Cordova offers a combination of studio and one-bedroom accommodations featuring fully-equipped kitchens and separate living and sleeping areas. Guests are also provided all the essentials needed for a smart, reliable and convenient stay including complimentary daily full hot breakfast, evening social Monday-Thursday, Wi-Fi and a grocery shopping service.\*



Above: The welcoming staff at the lobby of the newly established Homewood Suites by Hilton Rancho Cordova. Right: Front image of the new Homewood Suites by Hilton in Rancho Cordova. Photo courtesy Homewood Suites by Hilton.

Homewood Suites by Hilton Rancho Cordova also makes it easy for travelers to unwind with an outdoor grill area, fitness center, outdoor pool and sports court. The property also offers 664 square feet of flexible space that is ideal for meetings and social events.

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and the American River Parkway.

Homewood Suites by Hilton Rancho Cordova is part of Hilton Honors®, the award-winning guest-loyalty program for Hilton's 17 distinct hotel brands. Hilton Honors members who book directly through preferred Hilton channels having access to instant benefits, including a flexible payment slider that allows members to choose nearly any combination of Points and money to book a stay, an exclusive

member discount that can't be found anywhere else and free standard Wi-Fi. Members also enjoy popular digital tools available exclusively through the industry-leading Hilton Honors mobile app, where Hilton Honors members can check-in, choose their room and access their room using a Digital Key. For more information or to make a reservation, visit Homewood Suites by Hilton Rancho Cordova or call +1 916-589-1332.

Read more about Homewood Suites by



Hilton at [www.homewoodsuites.com](http://www.homewoodsuites.com) and [www.newsroom.hilton.com/homewoodsuites](http://www.newsroom.hilton.com/homewoodsuites).

\*Source-Visit Rancho Cordova \*\*Guest pays for groceries. Other restrictions apply. ★



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