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Gold River Messenger

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PRSRRT STD
ECRWSS
U.S. POSTAGE
PAID
EDDM RETAIL

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Local
Postal Customer

Time to Skate Away!



Above: Many local leaders showed up for the freezing early morning ribbon-cutting event. Right top: BJ Yu, Owner of KP International Market, gives an early morning welcoming speech. Right bottom: Team members from the Rancho Cordova Police Department, the "Holiday ICE squad" try racing around the neighborhood at the newly opened rink.

**Story and Photos
by Paul Scholl, MPG**

RANCHO CORDOVA, CA (MPG) - It's time to get your ice skates on! There is a new local ice rink in town for the whole family to enjoy this Christmas season.

On an early, and freezing, Wednesday morning, KP International Market and the City of Rancho Cordova celebrated the grand opening of the region's largest ice skating rink: the All-America City Ice Rink.

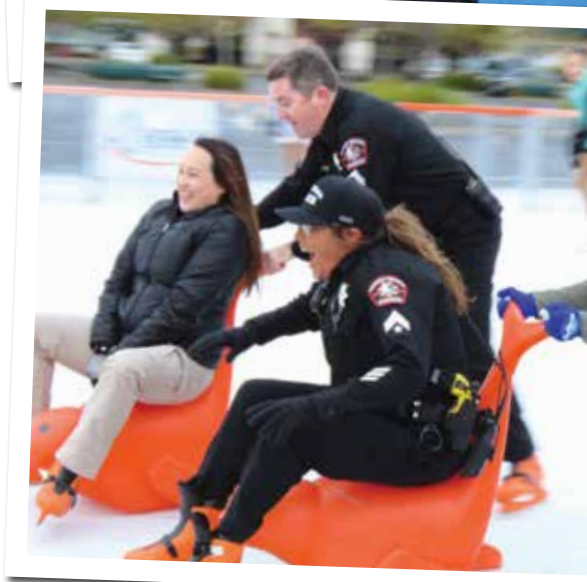
The festive morning event was attended by local leaders and community supporters, as well as members from the Rancho Cordova Police Department, young ice skaters, Disney "Frozen" characters Elsa and Anna and city staff with their first visit with Santa.

Offering a 4,500 square foot ice rink is a holiday destination and includes carnival rides, concessions, a food court, free pictures with Santa Claus, a holiday light spectacular and more. The ice rink is open every day through Monday, January 06, 2020.

When BJ Yu, Owner of KP International Market shared his plans to sponsor an ice rink during the holiday season, the city agreed to help sponsor this holiday landmark which, as a result, was named All-America City Ice Rink.

"I am so happy to be able to give back to the community and to see so many smiling faces," said BJ

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CA Trucking Assoc. Files Suit to Prevent Application of AB 5

**California Trucking
Association**

SACRAMENTO, CA (MPG) - The California Trucking Association (CTA) and two California independent owner-operator truck drivers filed an amended complaint with the U.S. Southern District Court seeking declaratory and injunctive relief against the employment test set forth in the Dynamex Operations West, Inc. v. Superior Court (Dynamex) decision, which was subsequently codified by the California Legislature in the form of Assembly Bill 5 (AB 5). AB 5, (Lorena Gonzales, D - San Diego), was passed by the California Legislature and signed into law on September 11, 2019, by Governor Gavin Newsom.

"AB 5 threatens the livelihood of more than 70,000 independent truckers," said CTA's CEO, Shawn Yadon. "The bill wrongfully restricts their ability to provide services as owner-operators and, therefore, runs afoul of federal law."

In the suit, plaintiffs argue that the classification test in the Dynamex decision and codified by AB 5 is preempted by the supremacy and commerce clauses in the U.S. Constitution and is in direct conflict with the Federal Motor Carrier Safety Act (FMCSA) and the Federal Aviation Administration Authorization Act of 1994 (FAAAA).

The new test denies a significant segment of the trucking industry the ability to continue operating as independent owner-operators in California, forcing them to abandon \$150,000 investments in clean trucks and the right to set their own schedule and become their own boss.

AB 5, rather than addressing the issue of employee misclassification for all California workers, replaced a long-standing multi-factor test for determining independent contractor status with a one-size-fits-all method, consisting of highly restrictive criteria, riddled with carve-outs and exemptions for specific businesses and industries. Under the new test, independent truckers will be forced to work as employees.

"AB 5 has implications that go beyond employment classification in California," said Robert R. Roginson, an attorney for CTA. "With more than 350,000 independent owner-operators registered

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SMUD Employees Volunteer for Thanksgiving Meals on Wheels

SMUD Press Release

SACRAMENTO COUNTY, CA (MPG) - Nearly 90 SMUD employees, along with their families – about 150 volunteers in all – prepared, packaged and delivered 500 Thanksgiving Day meals for Sacramento area residents Thanksgiving morning.

About 40 additional employees and their families delivered the Meals on Wheels along with some holiday cheer to homebound seniors across the SMUD service territory.

SMUD Employees' Association (SEA) volunteers prepared the meals assembly-line-style early Thanksgiving morning and then loaded them into vehicles and delivered them to recipients.

For 21 years now, SEA volunteers have enthusiastically prepared and delivered hearty Meals on Wheels to Sacramento County seniors who



This is the 21st Thanksgiving SMUD employees and family members volunteered to prepare and deliver holiday dinners to the area's homebound seniors. About 150 SMUD Employees' Association volunteers spent Thanksgiving morning preparing, packing and delivering for Meals on Wheels. Photo: SMUD

would not otherwise be able to have a holiday meal on Thanksgiving Day.

Nearly 1,500 SMUD employees voluntarily participate in SEA,

a non-profit organization that promotes fraternity and fellowship among members by conducting educational, social and recreational activities. ★

Caregiving Around the Clock

By Brenda Bongiorno, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - This season is all about being thankful, so it is only fitting that November is National Family Caregivers Month. Sacramento County Senior and Adult Services and the Caregiver Action Network would like to recognize, honor and thank those who provide care for someone who is aging, disabled or chronically ill. This year's theme is #BeCareCurious about your loved one's care to ensure they are happy and healthy. This theme is also an important reminder to be thoughtful of the caregivers and their personal health as this responsibility can be physically and psychologically stressful.

A family caregiver is anyone who helps take care of a family member or friend without any professional training. These caregivers want their loved ones to have the best care possible – at the doctor's office, at the hospital and at home.

"Family caregivers are instrumental to our society," said Ruth MacKenzie, Senior and Adult Services Division Manager for the Department of Child, Family and Adult Services. "They fill a gap in our medical system and National Family Caregiver Month is a great way to highlight everything caregivers do for their loved ones. This month, or anytime, thank a family caregiver, show



A family caregiver is anyone who helps take care of a family member or friend without any professional training. These caregivers want their loved ones to have the best care possible – at the doctor's office, hospital and home. MPG file photo

your appreciation as often as you can and step in to assist when possible."

Senior and Adult Services encourages family caregivers across the country to explore #BeCareCurious, ask questions, explore options and share in the care decisions that affect the health and well-being of their loved ones.

5 Things to #BeCareCurious About Your Loved One's Goals

You know your loved one better, and spend more time with them, than anyone else. Talk to them about what their goals are

for treatment and their care in general. It can be hard to talk about goals when facing a disease, but these talks help make sure your loved ones are getting the care they want.

Treatment Options

Is your loved one responding well to treatment? If not, ask your doctor if there are other options. New treatments are available every day. Whether it's a different dose, a new medication or a new procedure, speak up and ask your doctor if there are options you and your loved one should consider.

Research

The internet is a great research tool, but it can also be full of conflicting, and even dangerous, advice – so don't stop there! Be curious about that article you just read. Is it from a reliable source? Talk to friends, family and doctors to ask as many questions as possible to learn about your loved one's condition.

The Care Plan

If your loved one is in the hospital, be sure to ask what happens next. Will they need home care after being discharged? Are there new medications or

procedures you will need to manage at home? Will you be trained on what to do and how to do it? A lot of care happens at home and you need to be prepared to provide that care.

Coverage

Don't be shy about asking questions about insurance coverage. Is your parents' Medicare plan the best option or should you change plans during open enrollment? Was a medication switched for a medical reason, or because your insurance no longer covered it? If coverage was denied, what can you do

to change their minds?

If you or someone you know is a family caregiver, it is important to check-in with that person regularly as they have taken on a very stressful role. Senior and Adult Services suggests offering "respite," so the caregiver can have a chance to rest and recharge. Caregiver.org offers helpful self-care tips for the caregiver.

"If family caretakers aren't able to take the time needed for self-care, they may experience a health scare themselves," said MacKenzie. "Caregiver burnout can be associated with serious health issues including depression. Families and communities need to develop sustainable care plans that do not just rely on a single individual."

Families can look for respite care by asking friends and family or looking at government-funded programs including the U.S. Administration on Aging's Eldercare Locator, the U.S. Department of Veterans Affairs and Legacy Corps or nonprofits including but not limited to Alzheimer's Foundation of America. You can also check with adult daycare centers, faith-based organizations, coworkers and online communities.

Visit the County's Senior and Adult Services webpage to learn more about their programs, provider services, volunteer opportunities and resources. ★

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<p>REG. \$4.99/EA</p> <p>\$2.99/ea</p> <p>Parmesan Salmon Burgers 6 pc • 2 Kinds</p>	<p>REG. \$2.99/EA</p> <p>99¢/ea</p> <p>Ono Skinless Boneless Fish Portions</p>
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WEEKLY MEAT SPECIALS

<p>\$2.99/lb</p> <p>Beef T-Bone Steak Filet de T-Bone</p>	<p>\$3.29/lb</p> <p>Beef London Broil Top Round Roast-Birds</p>	<p>\$3.59/lb</p> <p>Beef Top Round Steak Pulpa Steak-Thin Sliced</p>
<p>59¢/lb</p> <p>Chicken Leg Quarters Perman y Muscoli Pollo</p>	<p>99¢/lb</p> <p>Pork Neck Bones Hueso del Cerdo de Cerdo</p>	<p>\$3.39/lb</p> <p>Beef Porterhouse Steak Filet de Porterhouse</p>
<p>\$1.49/lb</p> <p>Pork Bun - Bone In Trozo de Puerco con Hueso</p>	<p>\$1.79/lb</p> <p>Pork Bun - Boneless Trozo de Puerco sin Hueso</p>	

FROZEN & FISH DEPT

<p>\$5.99/lb</p> <p>Bay Scallops 1 lb Bag</p>	<p>\$7.99/kg</p> <p>Fish Cakes 1 kg Bag</p>
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Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE DECEMBER 4 - DECEMBER 10, 2019.

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE DECEMBER 4 - DECEMBER 10, 2019.

It's "Adopt a Grandparent" Time for the Holidays

By Natalie Miller

SACRAMENTO REGION, CA (MPG) - It's time for our annual "Adopt a Grandparent" Fundraiser. Local Mary Kay Sales Directors and Beauty Consultants use their businesses as a way to give back to seniors with a program we started calling "Adopt a Grandparent". It breaks my heart that each holiday season, many residents of long term care homes are "forgotten". Nearly 3 million go without visits or gifts. This is where we come in! We put together small gifts to deliver to the residents of care centers that we have chosen to sponsor. Last year our unit sponsored residents at Park Place, Mission Carmichael Health Care Center, and Almond Avenue Residence Club. Such a small gesture can



Ladies of the Shine Unit and Fire Unit gear up to bring Holiday cheer to our local "grandparents." Photo courtesy of Hayley Coury

bring so much joy. A big thank you goes to our previous sponsors. Because of you, over the last few years, we have been able to gift between 500-800 residents in Sacramento County. This year we would like to gift 500 residents, but we can't do it without you! It's \$17 to sponsor 2 seniors. Each

resident sponsored will receive a pair of fuzzy socks or mittens, a hand or foot cream and a hand written card on your behalf! Thank you all so much in advance. If you decide to donate, please call or text Natalie Miller at 916-621-0833 or email www.millernatalie29@yahoo.com ★

SAFE CU President and CEO Dave Roughton Receives Advocate of Year Award

By Erica Dias, SAFE Credit Union

SACRAMENTO REGION, CA (MPG) - SAFE Credit Union President and CEO Dave Roughton received the California Advocate of the Year Award for 2019 from the California and Nevada Credit Union Leagues at an awards ceremony in Monterey, California.

"I am very pleased to receive this honor," Roughton said. "It's essential that credit union leaders make advocacy a focus of what they do. Providing our members with exceptional service includes ensuring that we actively work to reduce unnecessary and expensive regulations while promoting policies that benefit the cooperative credit union mission."

In announcing the award, Heather deNecochea, manager of political advocacy manager at the California and Nevada Credit Union League, said: "Dave Roughton has been instrumental in nurturing local relationships with elected officials in the Greater Sacramento area. He has made community and engagement a top priority and has yielded a positive and open brand for the credit union movement. Dave has hosted multiple fundraisers at his credit union and routinely makes donations to our PAC and candidates. Dave prioritizes advocacy events by always ensuring SAFE



SAFE Credit Union Board Chairman Terrance Tremelling (left) and President and CEO Dave Roughton (right) at 2019 REACH awards. Courtesy SAFE Credit Union

Credit Union's representation is at all levels. We appreciate his dedication and commitment to our advocacy efforts."

As a credit union industry leader, Roughton advocates for policies that benefit SAFE's 235,000 members by working directly with local and state elected officials. He leads delegations to Washington, D.C, for the annual Credit Union National Association Governmental Affairs Conference at which credit union executives connect directly with members of Congress. He also

champions the credit union cooperative movement with state lawmakers during the annual California Government Relations Rally.

Roughton serves on the California Credit Union League Board of Directors and is a member of the Regulatory Advocacy Committee. In the past he has served on the California Credit Union League Legislative Advocacy Committee; the CO-OP Financial Services Board of Directors; and as chair of the MBL, LLC Board of Directors. ★

Time to Skate Away!

Continued from page 1 Yu during his opening welcome to friends and supporters in the community.

The City of Rancho Cordova is committed to creating a vibrant and inviting community for its residents and for the visitors from throughout the region. The support of the family-friendly ice rink is another great reason to visit. In June 2019, the National Civic League awarded the City of Rancho Cordova with the title All-America City 2019. This prestigious designation has been awarded to the city twice now – in 2010 and



Cambri Brown from Good Day Sacramento graced the airwaves with the announcement of the rink's opening.

2019. The event was held on November 27 beginning at 6:00 am. Be sure to visit RanchoCordovaIceRink.com for more information before your visit for times and events. Additional information provided by Danielle Hale, City of Rancho Cordova ★

com for more information before your visit for times and events. Additional information provided by Danielle Hale, City of Rancho Cordova ★



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SMUD Patrolling Power Lines by Air

SMUD Press Release

SACRAMENTO REGION, CA (MPG) - SMUD contractors flew over power lines in Sacramento and El Dorado Counties using helicopter and fixed-wing aircraft to identify trees and brush that encroach, or may potentially encroach, SMUD's infrastructure. The flights were conducted in October and the beginning of November.

SMUD performs aerial inspections via airplane and helicopter flights one or more times annually. Safety is SMUD's guiding principle and power reliability is a core value set by the elected SMUD Board of Directors. To meet these standards, SMUD conducts extensive and routine inspections of its electrical lines and equipment. In addition to aerial patrols, these inspections are done at the ground level as well.

SMUD used a fixed-wing airplane to patrol SMUD infrastructure in eastern and southeastern Sacramento County. SMUD is using a helicopter to patrol SMUD's transmission line corridors in Sacramento and El Dorado Counties.

In this aerial patrolling effort, SMUD is conducting remote sensing acquisition using lasers and high-resolution photography to identify encroachments and keep trees away from power lines and poles. By coupling what's called Light Detection and Ranging (LiDAR) technology with what's known as orthoimagery, SMUD identifies trees proven to be historically associated with causing power outages and strategically pinpoints trees using sophisticated data analysis.

This digital technology



LiDAR technology and orthoimagery equipment mounted under the helicopter enables SMUD to identify potential fire threats and enhance its system reliability. Courtesy of SMUD

identifies vegetative growth and even dead and dying trees that pose a threat to public safety and power system reliability. The inspections are valuable not only from a preventive maintenance perspective, but also from the perspective of tree and brush management, ensuring vegetation isn't encroaching on SMUD's lines, which could cause electrical faults and outages.

LiDAR is an aerial surveying method used to make high-resolution maps. It measures distance to a target by illuminating it with an FAA-approved pulsed laser light

wand measuring the reflected pulse—like SONAR but with light instead of sound—producing digital 3D pictures of the target. For SMUD, the collected LiDAR data, which is engineering grade, is processed using computer analytics to develop a 3D model of trees near SMUD's towers, poles, lines and other assets as well as associated geographic features.

These flights are being conducted to execute work associated with SMUD's remote sensing contractor Quantum Spatial and are conducted at an airplane altitude of about 3,600 feet and

a helicopter altitude of about 500 feet.

SMUD carries out communication efforts to advise and notify residential and commercial customers located near SMUD facilities where equipment inspection is scheduled.

SMUD works diligently year-round to prune and remove trees and other vegetative growth within its easements and adjacent to its lines to reduce potential conflicts. SMUD works on about 70,000 trees near power lines each year. Every area in the SMUD service territory with overhead lines

on poles is assessed at least every 36 months. Some trees grow faster than expected, so SMUD uses technology and historical data to address these types of situations. Any identified situation that can potentially cause an outage or safety issue is prioritized and addressed to ensure public safety and reliability.

SMUD's comprehensive approach to vegetation management using industry best practices has delivered life- and property-saving results, helping firefighters control the King Fire in 2014, which impacted SMUD's transmission lines

near Camino. A key turning point in the battle to control the wildfire came as SMUD's already-managed transmission line rights-of-way provided critical fire breaks for firefighters to stop the fire's spread. CAL FIRE officials publicly acknowledged SMUD's vegetation management programs as critical factors in protecting the foothill communities of Camino, Pollock Pines and Apple Hill from the catastrophic King Fire.

For more information about SMUD and its vegetation management programs, visit SMUD.org. ★

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<p>FRISKIES BUFFET CANNED CAT FOOD 5.5 Oz All Varieties</p> <p>ON SALE Everyday Limit 2 Cases Per Family Effective 12/4/19 - 12/10/19</p>	<p>ARM & HAMMER SUPER SCOOP CLUMPING CAT LITTER 20 Lb Box •Unscented •Double Duty (Clump n Seal Regular 19 lb) (Slide 19 lb)</p> <p>ON SALE Limit 2 Boxes Per Family Effective 12/4/19 - 12/10/19</p>	<p>SCIENCE DIET CANINE MAINTENANCE CANNED DOG FOOD 13 oz can •Selected Varieties (Reg price \$1.79) (Healthy Cuisine 12.5 oz can \$1.89 Reg price \$2.09)</p> <p>\$1.59 Limit 2 Cases Per Family Effective 12/4/19 - 12/10/19</p>	<p>SCOOPAWAY CLUMPING CAT LITTER 42 Lb Bag</p> <p>•Multi-Cat Formula \$12.99 Limit 2 Bags Per Family Effective 12/4/19 - 12/10/19</p>

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Volunteer for Sacramento Blankets for Sacramento Kids



By Claire Gliddon, Sacramento Blankets for Sacramento Kids

SACRAMENTO REGION, CA (MPG) - Sacramento Blankets for Sacramento Kids is a new non-profit (501c3) group that was formed one year ago, after our original group (Project Linus – Sacramento) was closed. We still wanted to serve the children of Sacramento and Placer Counties that we had been helping for 21 years already. We recruit volunteers to make handmade blankets – knit, crochet, sew, quilt, no-sew fleece – that we donate to children in need, from infants to 18-year-olds, in Sacramento and Placer Counties, State emergencies, and National disasters.

We also have a special Kindergarten Project every December where we choose 6 of the lowest income

elementary schools, find out how many kindergarteners they have, and then make a no-sew double fleece blanket, plus a Beanie Baby in a fleece pouch (always looking for donations of new or almost new Beanie Babies!) to every single Kindergartener! This year, that means 770 blankets and Beanie Babies. We've been doing this for the past 7 years and it is wildly popular! Some of these kids live in their cars or without heat at home!

We're here in case you'd like to join and make blankets – no meetings, no quotas, no stress – we just want people to have fun, doing something they enjoy on their own time, and helping so many children at the same time! You can sign up by going to www.sacblankets4kids.com or calling (916) 965-8955. Thank you! ★

Senator Jim Nielsen Named Outstanding Legislator for 2019



Family Business Assn. Executive Director Robert Rivinius (left) presents Sen. Jim Nielsen with FBA's Outstanding Legislator award Wednesday at FBA's Annual Meeting of Members in Sacramento. Photo provided by TWSC

By John Frith

SACRAMENTO, CA (MPG) - The Family Business Association of California, the only organization advocating exclusively for California's thousands of family businesses, has named Sen. Jim Nielsen, R-Tehama, as its Outstanding Legislator for 2019. FBA Executive Director

Robert Rivinius said the veteran lawmaker was selected because he's always been a strong advocate for family businesses.

"Sen. Nielsen grew up in a family business and has always been a strong advocate for family businesses during his years in the Legislature," Rivinius said. "We need more lawmakers who understand the unique issues facing family businesses and who recognize how important family businesses are to the state's economy and the fabric of our communities, and we thank him for his support."

Nielsen said he was proud to receive the recognition.

"California needs strong family businesses because they're the cornerstones of their communities and the foundation of our state's economy," Nielsen said. "I want to thank the leaders and members of FBA. It is an honor to be recognized."

Nielsen was first elected to the Senate in 1978, serving

until 1990. He returned to the Legislature in 2008 as a member of the Assembly and was elected to the Senate in 2012. He represents all or portions of Butte, Colusa, Glenn, Placer, Sacramento, Sutter, Tehama and Yuba counties. He serves as Vice Chair of the Budget & Fiscal Review and Elections & Constitutional Amendments committees and is a member of the Governmental Organization, Governance & Finance and Veterans Affairs committees.

He has been recognized by numerous taxpayer and small business groups for his leadership on state budget issues and for his unrelenting fight against profligate government spending. He is also a leader in protecting and strengthening private property rights and for reforming state regulations and out-of-control spending.

For more information about FBA, visit www.myfba.org.

Source: The Write Stuff Communications ★

New Management Announced for Gibson Ranch



Image of Gibson Ranch Regional Park located at 8556 Gibson Ranch Park Rd, Elverta, CA. Photo courtesy Sacramento County

By Ken Casparis, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - Gibson Ranch Regional Park is getting a new management team. This park has been managed by GRP 2011, LLC since April 2011, and, effective Sunday, Dec. 1, 2019, the Sacramento County Department of Regional Parks will take over management.

"When Regional Parks acquired this property in 1962, the goal was to retain the atmosphere of the ranch," said Liz Bellas, Director of Regional Parks. "We are excited to continue working toward this goal, while also providing a large-scale regional park and offering facilities and unique recreational experiences not generally available in local or neighborhood parks."

Gibson Ranch Regional Park is a 355-acre park that has an equestrian center and includes roughly 100 acres of pasture, a multi-use field and five miles of equestrian trails. Within the central core of Gibson Ranch are a Ranch House suitable for weddings and other gatherings; large stable and barn; numerous storage barns; paddocks; corrals; a horse arena and cabins, which can be used as overnight facilities for camp programs or other events. The park also contains group and family picnic facilities, restrooms and a large fishing lake.

In preparing for this management transition, Regional Parks has opened four full-time positions and awarded Trail Brothers, LLC a five (5) year contract for equestrian services.

Trail Brothers, LLC will operate and provide horse trail riding, lessons, training, and horse boarding services, at reasonable rates, to enhance park visitors' recreational and educational experiences at Gibson Ranch Regional Park.

Regional Parks will be hosting a community volunteer event at Gibson Ranch on Sunday, Dec. 8, from 9 a.m. – Noon. The public is welcome to join Parks staff as we complete some volunteer projects around the park.

The history of Gibson Ranch goes back to the early 1800s when the area now known as Rio Linda was part of Rancho Del Paso Mexican Land Grant. At that time and in later years, the area began to be homesteaded by a few families and was called Dry Creek. Originally, the ranch was homesteaded by the Wood family who built a home there in the 1870s. The land passed through several owners until the 1950s when approximately 1,700 acres were owned by the R.H. Gibson family. The County of Sacramento purchased a portion of the property in 1962 from the Valley Investment Company and created Gibson Ranch Regional Park. Subsequent land acquisitions in the 1970's and beyond brought the total acreage of the park to 355 acres.

The vehicle entrance fee for Gibson Ranch Regional Park, and all other County Parks, is \$5. Regional Parks Annual Pass holders receive free daily entry. For more information on parks passes, visit the Regional Parks website. ★

Capitol Pops Concert Band Performs Free Holiday Concert

By Linda Glover

SACRAMENTO REGION, CA (MPG) - The Capitol Pops Concert Band will wrap up its 23rd season with a free, open to the public holiday concert at 7 p.m. Saturday, Dec. 7, 2019, at the Rusch Park Gym, 7801 Auburn Blvd., in Citrus Heights.

Under the baton of Director Judith Steinle, the CPCB will once again play traditional favorites, seasonal musical hits and carols in its "Holiday Celebration" program.

This performance, sponsored by the Sunrise Recreation and Park District and the City of Citrus Heights, is family friendly and a great way to usher in the holiday season. The two-hour concert includes a 20-minute intermission.

Various prizes will be on display for donation ticket drawings. The public also will have the opportunity to purchase a variety of colorful poinsettias after the concert concludes. Longtime CPCB supporter Easley Nursery of Auburn has donated a large poinsettia plant as a grand prize in support of the band's student scholarship fund.

Started in 1997, the CPCB has performed a diverse portfolio of high-quality, well-prepared music heard by thousands of concert-goers throughout Northern California. Based in Citrus Heights, the self-supporting, nonprofit community band of about 50 musicians represents a wide cross-section of the Sacramento area. For more information on the Capitol Pops, visit www.capitol-pops.org or its Facebook page. ★

SMUD Lists Unclaimed Checks On Its Website

SMUD Press Release

SACRAMENTO REGION, CA (MPG) - SMUD has published the names of customers and vendors who have not yet cashed checks dated October 1, 2015 through September 30, 2016. The list of names will be posted on SMUD's website, SMUD.org, until December 20, 2019.

In order to file a claim on an uncashed check, claimant's name must be included on this list, or they do not have a valid claim.

To make a claim, call 916-732-7440 and supply the claimant's name, current address, telephone number and the address for the time period between October 1, 2015 and September 30, 2016. Claimants can also mail a claim to Sacramento Municipal Utility District Unclaimed Monies, 6201 S Street, Mail Stop B352, Sacramento, CA 95817-1818.

Each year, SMUD posts this information

in an effort to find the money's rightful owner. Claims must be made by 5 p.m. on December 21, 2019 or they become the property of SMUD under California Code Section 50050-50057.

Replacement checks will be issued only to the payee or upon proof of death, to the payee's beneficiary.

As the nation's sixth-largest community-owned, not-for-profit, electric service provider, SMUD has been providing low-cost, reliable electricity for more than 70 years to Sacramento County and small adjoining portions of Placer and Yolo Counties. SMUD is a recognized industry leader and award winner for its innovative energy efficiency programs, renewable power technologies, and for its sustainable solutions for a healthier environment. SMUD's power mix is about 50 percent non-carbon emitting. For more information, visit SMUD.org. ★

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MONTHLY MEETING OF MILITARY RETIREES/SPOUSES:
 Our next monthly meeting
January 9th, 2020
 at
North Highlands Park and Recreation
 District, 6040 Watt Ave, North Highlands 95660.
 Meeting time is 1030 hrs. Our guest Speaker is Craig Morris who will speak on Veterans Benefits. Come on out and enjoy a cup of
Coffee with Cookies
 See you all on the 9th of January 2020.
If you have any questions, call Volunteer staff at 916-640-8446 Monday through Thursday, 0900 to 1500 hrs. See you all on the 10th of Oct.



POPPOFF!

with Mary Jane Popp

lots of people and it can be exhausting and bad for self-esteem. **3) ARTISTS.** About 9% have reported having a major depressive episode in the year looked at by Health.com study. **4) VETERINARIANS.** Those smiling people who take your four-legged kids into their arms and fix them up, might not actually be so happy. Why would they be at risk: they have a higher comfort level with euthanasia, they tend to work alone, and they suffer compassion fatigue. **5) TEACHERS.** A high number leave the field altogether. Often, it's a combination of the stress, the low pay, and the amount of work they often find themselves taking home to complete. **6) PHYSICIANS.** TV paints a rosy picture of the profession. But it's a lot different. Not only are people in the medical field highly likely to be depressed, physicians also have a higher rate of suicide than most professions...between 300 and 400 kill themselves every year. **7) MANUAL LABORERS.** Studies reveal manual laborers tend to be depressed because of the lack of respect they receive, the low salaries, and the exhaustion from being a member of the working class. Many

manual laborers work atypical hours, have to take work when they can find it, and receive little thanks in return. **8) NURSING HOME WORKERS.** Personal care providers, this includes those who work in nursing homes and who care for children, are in the most depressing field. That's according to Health.com study. Almost 11% of these caretakers battled major depression in the survey year. **9) ACTORS.** The lifestyle of famous actors seems glorious and carefree, but many suffer from depressive disorders. In fact, actors are more than two and a half times more likely to commit suicide. Some actors who have suffered from depression at one point or another are Owen Wilson, Catherine Zeta-Jones, and David Arquette. Happy I'm a broadcaster!

So cheer up Sunday night as you get prepared for Monday. Be happy with what you do, and feel blessed. But if you do fit into any of these categories, just smile and do the best you can. If you'd like more info, you can go to www.aplaceofhope.com. Dr. Jantz is founder of the center called **A Place of Hope**. I hope the BEST for you! ★

Depressing Jobs

So you think you have a depressing job? Hold on to your paycheck. According to Dr. Gregory Jantz, there are nine professions he feels will make you really depressed. Dr. Jantz is author of "Healing Depression For Life" and his research shows some nine professions that will really get you down in the dumps. Is one of these jobs your nemesis?

1) COMEDIANS. It's hard to believe that someone who is making the world laugh could be depressed. Most don't realize the hard work, years of rejection, and lousy paychecks that go along with becoming a professional funnyman or woman. That's part of the reason comedians are almost twice as likely to commit suicide. **2) WAITERS.** Have you ever been rude to your waitress or done the math wrong and seriously under-tipped? Most work varying shifts and have to take orders from



Make It Fun and It Will Get Done! The Secret to Being Organized Pam Young's Corner

Stay Awake! This is a Holy Time of Year

I was doing some holiday shopping at Michael's (the craft store) in the late afternoon when I heard a conversation in the next aisle between a mother and her six-year-old child.

"Oh, Mama, look at this!"
"Uh huh."
"I love this!!!"
"Uh huh."
"I have one don't I!!!"
"Uh huh."
"You made it for me didn't you Mama!!!"
"Uh huh."
"Can you make one for Sissy?"
"Uh huh."

As I listened to the excitement and love for her mother in the child's voice and the drone of her mother's responses, tears welled up in my eyes. I thought about how many times I'd done the same thing with my children when they were young. After all, the holiday season meant I had a centerpiece to make, a decoration for the coffee table to think about, colors to consider, people to impress with my decorations and not enough time!

At that moment in Michael's I would have given anything to go back to just one time in the aisle of a store, hear my child's voice and not miss what was really happening. Love, joy adoration.

The stuff of Christmas!

(My kids are grown now and so are most of my grandchildren and I'll never again hear their little bell voices exclaiming their joy over something. That time is gone forever and it flew past like a humming bird on speed.

I had to get to the next aisle and see the child! With tears streaming down my cheeks, I peeked around the corner and looked at the small girl's happy, little face. She was all dressed up in a Christmassy dress and fancy socks. Her hair was dark brown in shoulder-length curls. She was holding a Christmas stocking with a Santa Claus on it. She looked up and smiled at me. Sissy, an infant, was asleep in a stroller. Then I looked at the mother. She was tired; I could see it in her eyes. But when she

looked into mine, she smiled seeing my love for her child and the moment.

I told her what had gone through my mind listening to their conversation. Her tears started to collect as she re-ran their dialogue in her mind and said, "Now you're making me cry." She dabbed her eye with the inside of her wrist, "Thank you, I needed to hear this. I get so busy and it's easy to neglect her natural enthusiasm." I told the mother it was obvious that her child had not been neglected, because she was such a happy little girl, and that I understood how easy it was to get wrapped up in our own thoughts and miss these holy moments.

I left Michael's knowing I wanted to write about this. Your children adore you and they are like little joy dispensers, especially during this time of year. Since it's also an especially busy time for you, it can be so easy to miss those gifts of love and joy your children are eager to give to you. They're gifts that can't be wrapped up with festive paper or charged on MasterCard.

Stay awake! This is a holy time.

I wrote this blog in 2010 and that little girl, wherever she is, is now 16 and "Sissy" is 6. It's my guess the mom is even busier than ever, but I hope she thinks of our meeting from time-to-time and remembers to enjoy her children before they're grown and on their own.

Don't miss the Christmas Spirit moment-to-moment this year. You can start right now by bringing someone you dearly love into your mind's eye and sit with that feeling of love for a moment or two or three. **BEWARE:** you could get an avalanche of heavenly thoughts about other people you love and before you know it you'll tap into that pool of Christmas Spirit that resides within always, not just at this time of year.

For more from Pam Young go to www.cluborganized.com. You'll find many musings, videos of Pam in the kitchen preparing delicious meals, videos on how to get organized, lose weight and get your finances in order, all from a reformed SLOB's point of view. Pam's books are available on Amazon. ★

Ask Toni

Can I Change My Medicare Advantage Plan After the Dec. 7th Deadline?



Hello Toni:

I recently attended a Medicare Advantage meeting because my Medicare Supplement Plan F is costing me \$220 a month and was going to join. A friend introduced me to your articles explaining the different Parts and Plans of Medicare. Now I am having second thoughts.

My question is if I change to an Advantage plan and find out it's not working for me. 1) Can I return to regular Medicare and apply for a new Medicare supplement? 2) Will I be able to enroll in a Medicare Part D plan for prescriptions.

Thanks, Stephanie from Kingwood, TX

Hi there, Stephanie:

Good News... For those who are not happy with the Medicare Advantage plan that they have picked for 2020, on page 72 of the Toni Says® Medicare Survival Guide® Advanced edition, it explains how you can disenroll from the Medicare Advantage Plan. This time is called the Medicare Advantage Open Enrollment Period and begin January 1-March 31(each year).

During the Medicare Advantage Open Enrollment Period (MA OEP), you can switch from your Medicare

Advantage Plan to another MA Plan, or to Original Medicare with or without a Part D plan. You can only use this period if you have a Medicare Advantage Plan not to change a stand-alone Medicare Part D plan.

You would think that Medicare would give you time to tryout a new Medicare Advantage plan and change to another option...but Medicare doesn't!!

Stephanie since you currently have a Medicare Supplement, you may consider not cancelling your Medicare Supplement until you are comfortable with your Medicare Advantage choice, especially if you have a health issue. If you cancel your Medicare Supplement and wish to apply for a new Medicare Supplement you will now have to answer medical underwriting questions. What if you now have a serious health issue.

To disenroll from a Medicare Advantage plan after March 31 st, you cannot because you are in "lock in" from April 1 st to December 31 st. You will now have to wait until the next Medicare enrollment period, which begins October 15 thru December 31 to make your change for the next year with a start date of January 1st.

At the Toni Says® office, we always advise a Toni Says® Medicare client to call their doctors to see which Medicare Advantage plans the healthcare professional/facility accepts before considering changing from

Original Medicare with a Medicare Supplement.

One thing to be aware of is that the doctor can also stop taking a Medicare Advantage plan in the middle of the year. If you find a Medicare Advantage plan that you like, and your doctor is not in the plan, then you might have to change doctors to use that plan.

Since you are spending about \$220 on a Medicare Supplement and want something less expensive with the same access to doctors that accept "Original Medicare", there may be a less expensive option. You might consider shopping for a different, less expensive Medicare supplement such as plan G or even plan N.

With new changes coming to Medicare Supplement Plan F beginning January 1,2020, those that already have Plan F are experiencing significant rate increase and are baffled with what to do. America really does not realize that they can change their Medicare Supplement any time of the year because Medicare Supplements do not have the same enrollment rules or times as the Medicare Advantage plans do. Call the Toni Says® office at 832/519-8664 to schedule a Medicare review

Toni King, author of the new Medicare Survival Guide® Advanced edition is giving a "Holiday" \$5 discount for a Medicare Survival Guide and \$10 discount for bundle package available only at www.tonisays.com. ★

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Responsive, Companionable, Playful, and Gentle.

Colors are Black, White, Havana Brown, Fawn, Tobacco, Mahogany.

Kay Burton is a columnist and supporter of the SSPCA and other rescue groups. To share your Pet story with our readers Email: Kayburton1@comcast.net. ★



By County Supervisor Sue Frost

GOLD RIVER COMMUNITY UPDATE

Forcing Consequences

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

I voted against the proposed emergency ordinance that would have blocked landlords from legally evicting tenants - and I wanted you to know why.

I voted against the ban on “no fault eviction” because it’s a false promise that does nothing to address the core problem and actually might make it worse.

The problem is simple - we don’t have enough housing, and scarcity drives up costs and reduces options.

The situation has received a lot of media attention about the emotion involved - and I do not diminish the stress a person who needs to find a new place to live must feel. But the coverage hasn’t done an outstanding job of explaining the facts.

What they are terming “no fault eviction” is actually when a property owner doesn’t offer a renewal at the end of a tenant’s lease. Typically the property owners give tenants two months’ notice - and most of the time, the tenant chooses to leave and find a new place to live. But sometimes they refuse to move out, and the owner is forced to evict them.

So why is there so much fervor? Because one apartment complex decided not to renew lessees for a large group of tenants that were on month-to-month leases. I have great sympathy and compassion for the renters who were impacted by this isolated situation, and I do not condone the

actions of this particular apartment owner. After this incident happened, financial assistance was negotiated for the tenants who received termination notices. These tenants will receive \$2,500 in relocation or rent assistance plus the return of their full security deposit from the current owners. In addition, several tenants with Housing Choice Vouchers may be able to stay at the property after its sale to the new owners.

This proposal, as well as state-wide Rent Control that is coming January 1st, both suffer from the same misguided notion that renters will be better off with government controls on rent. Nothing is further from the truth.

Economists across the world, as well as everyone with basic knowledge of economics, understand that this is simply not the case. While price controls do hold down costs in the short-run for current tenants, in the long-run, it decreases rent inventory and affordability and creates blight in the surrounding neighborhood. In short, it increases housing costs, discourages construction of more affordable units, and reduces housing options.

Laws like rent control and bans on “no-fault evictions” are barriers to building the housing and apartments we desperately need. They create economic pressure for landlords to convert their properties to different uses entirely.

My supervisorial colleague, who has been so publicly critical of my vote, should review the results of similar policies in areas like San Francisco and Los Angeles. Then he needs to ask himself if he would consider either of those cities affordable.

In 2019 the National Apartment Association conducted a survey of firms

that build multifamily housing. The results showed that the Sacramento metropolitan area is one of the hardest places to build multifamily housing in the entire country. Nationally, our region ranked 56 out of 58 for the most barriers to building multifamily housing. Meaning it is more difficult to build apartments in the Sacramento area than the surrounding areas of Honolulu, New York, or San Diego.

This is unacceptable to me - and for anyone who honestly wants to deal with the housing shortage and price inflation. We have to do better. That’s why I will hold a series of meetings with county staff, apartment owners, builders, and tenants’ rights groups. Together, we will find out what can actually be done to solve the problem and reduce barriers preventing us from building new multifamily and affordable housing in our County.

I want real solutions, like offering tax incentives to property owners who keep rent low and build new units. Or allowing housing projects to get the same incentives and environmental exemptions sports facilities get.

I do not have all the answers; however, it is clear to me that we cannot continue to pass half-baked policies that feel good but in reality, make the situation significantly worse.

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.

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 Murietta, North Highlands, Carmichael, Foothill Farms and Fair Oaks. ★

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Publisher, Paul V. Scholl

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Be sure to place in the subject field “Attention to Publisher”.

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CTA Files Suit to Prevent AB 5

Continued from page 1
 in the United States, the new test imposes an impermissible burden on interstate commerce under the U.S. Constitution’s commerce clause and infringes upon decades-old congressional intent to prevent states from regulating the rates, routes and services of the trucking industry.”

For decades in

California, more than 70,000 predominantly minority-owned truckers have built their businesses as independent owner-operators. These truckers have just recently invested hundreds of thousands of dollars in their vehicles to meet the nation’s strictest air quality laws.

“Independent truckers are typically experienced drivers who have previously worked as employees

and have, by choice, struck out on their own. We should not deprive them of that choice. Some of the country’s most successful trucking companies were started by entrepreneurial independent truckers,” Yadon added. “We can protect workers from misclassification without infringing upon independent truckers’ right to make a living in California.” ★

What’s the big deal about Christmas?
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Property is under construction and will soon have 1,2,3, & 4 bedroom units for rent!

The Housing Authority of the County of Butte is currently accepting applications for its Farm Labor Housing property in Gridley, CA. We have 2 Bd. units available at this time. Rental assistance is available and provided by USDA Rural Development for those that meet USDA Rural Development guidelines. For more information contact our office at (530) 895-4474 or TDD 1-800-735-2929.

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'Fool's Gold' And the Goldy Goes to...

By David Dickstein,
Gold River Resident

GOLD RIVER, CA (MPG) - 'Tis the season for fruit cake, year-end lists and Christmas carols penned by Hanukkah-celebrating songwriters. One of those three is my holiday gift to my dear readers. Since I don't think Gold River's sewer system could handle my giving away fruit cakes to every resident, and I already croon holiday tunes on request year-round, that leaves the year-end list.

That's right, faithful readers. You didn't ask for it and now you've got it – the Goldys, my annual awards for the best of Gold River and vicinity. We begin with a Goldy stinking of nepotism.

Best Teacher at Gold River Discovery Center

The Goldy goes to Mimi Dickstein, instructor extraordinaire of English, history, French and, bless her heart, organizer of the 6th grade science trip. Good thing we don't trade jobs for a day. Between what she deals with and my lack of tolerance, I wouldn't last an hour.

Best Gym

Gold River Sports Club, and not because they're an advertiser. After leaving the then-named Gold River Racquet Club for a year at California Family Fitness, and literally 24 hours at 24 Hour Fitness, I learned that the grass isn't greener and the workouts aren't necessarily better on the other side. Nice to be back on this side of Sunrise, where I know people and don't have to bring my own workout towel.

Best Korean BBQ

Oz on Bradshaw puts the "go" in bulgogi. Go there for the best overall meats, side dishes, wait staff, atmosphere and management (yeah, I'm talking about you Saucy Ben). Having experienced all area restaurants in this category multiple times, including service-challenged Gangnam Ave. across Sunrise thrice, I proudly present the Goldy to Oz, the only one that comes close to matching the quality and vibe of my favorite Korean BBQs in Seoul.

Best Thing at SMF Besides an On-Time Flight

One bite of their braised short rib, mustard chicken marsala or panna cotta and you'll agree that the quasi-new Escape Lounges inside both terminals are sumptuously special. With a Groupon, for about \$25 you can enjoy a nice selection of gourmet food, an open bar, screaming Wi-Fi and other niceties before takeoff.

Best Corporate Culture Among Top Area Employers

Well, I haven't worked at all of them, but between Intel, my home away from home for nearly 18 years before taking the early retirement package, and VSP, where I recently came off an extended contract, I'm going eyecare over microchips. A column will be devoted to this subject next year, so I'll just say that even though Intel gave me so much over the years, it was never the bastion of politeness and perks among employees that VSP is. VSP workers even wipe down sinks in the break areas and restrooms, for gosh sake. I swear it's Pleasantville before color.

Best Auto Dealership Service Department

Folsom Lake Honda hasn't taken me for a ride in the 10 years I've gone there for service of what is now three Accords in the family. OK, one dude there ticked me off a while ago, but I got even by helping myself to a second complimentary peanut butter cracker snack.

Best Men's Haircut

I've brought my thinning scalp to nearly all the franchised hair salons in the area, and the one that routinely gives me good hair days is the Great Clips in the Rivergate Shopping Center. Heather and others really know how to lick my stubborn cowlick, figuratively, of course.

Best Women's Haircut

When my wife comes home happy with the cut done by someone who was professional and on time, and on a regular basis, only then will a Goldy be given out in this category.

Best Chicken

For fast food chicken, gotta go with the spicy option at Popeye's on Zinfandel



We've got salmon fishing in our backyard, but a different Gold River has so much more outdoors. Photo by David Dickstein

because of the right amount of Cajun seasoning and, unlike our neighborhood El Pollo Loco, doesn't have a manager with terrible customer service skills. For fine dining, it's the fried chicken at The Porch in Midtown. My family knows that's what I want as my last meal if I'm ever on Death Row and out of appeals.

Best Restaurant Employee

Hard-working and loyal Francisco at Outback Steakhouse has been a busser there longer than the aborigines have been in Australia. An exaggeration? You bet, but if Outback can stretch the truth with claims it's an Australian restaurant, so can I.

Best Sign of Life at Dying Sunrise Mall

Except around the winter holidays or when the traveling carnivals and circuses take up temporary residency in the parking lot, Sunrise Mall is on life support. When it dies, the greatest loss will be the talented and fair-priced folks at Fast Fix-It. They're our go-to for batteries, bands, broken baubles and banter.

Best Microbrew

With so many small-batch IPAs, pilsners, lagers and other types of beer from several dozen microbreweries in the area, each brimming over with pride like a good head of foam, it's hard to choose just one. Oh, who are we kidding?

I don't even like beer. The Goldy goes to Out of Bounds in Folsom because I thought with a location so far from homes it was going to die faster than I can say, "How can anyone honestly say they enjoy an IPA?"

Best Gold River Not Our Gold River

In Redwood country, at the foot of the Klamath River, minutes from the Pacific Ocean and nearly 7 hours from us, is the Gold River Lodge. We don't get a discount for sharing names, but

we do get bird watching, kayaking, surfing, hiking and, what most folks come for, super fly fishing for salmon and steelhead. At least, that's what the Goldy-winning guys at the State Fair told me at their booth. Not being an avid outdoorsman, let alone a fisherman, I'll stick to cruises.

Best Loser of His Man Card

I guess the Goldy goes to me. Admitting to not liking fishing or beer isn't exactly helping me maintain a

macho image. Never hunted, either. Probably should keep it to myself that I watch "General Hospital" with the wife and I like the smell of lavender. Talk about social suicide if that ever got out. OK, better run – my favorite Hallmark Channel Christmas movie is about to start. Now where's my favorite throw blanket?

David Dickstein is a Gold River resident. He can be reached at david-dickstein1@gmail.com. ★

AN IMPORTANT MESSAGE FOR DENTAL OFFICES

Are you in compliance? EPA Rule Requires Dental Practices to Install Amalgam Separators and Submit a Compliance Form by October 12, 2020

The Environmental Protection Agency (EPA) recently issued technology-based pretreatment standards under the Clean Water Act to **reduce discharges of mercury from dental offices into municipal sewage treatment plants.**

The Dental Office Effluent Guidelines became effective July 14, 2017. This final rule requires dental offices install amalgam separators and two best management practices. Dental offices that place or remove amalgam:

- Must install, operate, and maintain an amalgam separator
- Must not discharge scrap amalgam into the sewer
- Must not use certain kinds of line cleaners, such as bleach

Existing dental dischargers must comply and submit a form to Regional San (see links below) by October 12, 2020. New dental discharges or ownership transfers must comply within 90 days of their first discharge. If any dental practices already had amalgam separators prior to June 14, 2017, they have until June 14, 2027, to replace them with compliant separators. Dentists who never place amalgam or remove amalgam in limited or unplanned circumstances are exempt.

Who is affected by this new rule?

This rule applies to offices, including large institutions such as dental schools and clinics, where dentistry is practiced that discharge to a municipal sewage treatment facility. It does not apply to mobile units or offices where the practice of dentistry consists only of oral pathology, oral and maxillofacial radiology, oral and maxillofacial surgery, orthodontics, periodontics, or prosthodontics.

Why are these standards necessary?

When dentists remove old amalgam fillings from cavities or place a new filling, mercury in the form of dental amalgam enters the wastewater of the dental office. Mercury from waste amalgam can make its way into the environment from the treatment plant through the land application of sludge or through surface water discharge to the Sacramento River. Mercury is a potent neurotoxin that can have a wide range of health effects. Once released into the aquatic environment, certain bacteria can change mercury into methylmercury, a highly toxic form of mercury that bioaccumulates in fish and shellfish. Eating fish and shellfish is the main source of people's exposure to methylmercury in the U.S.

Questions? Contact us at (916) 875-6470 or amalgamrecovery@sacsewer.com
More Information and Compliance Forms: www.amalgamrecovery.com
EPA's Dental Effluent Guidelines: www.epa.gov/eg/dental-effluent-guidelines

If you are outside Regional San's service area, call your municipal sewage treatment agency.



This message is brought to you by the Sacramento Regional County Sanitation District (Regional San), which owns and operates the regional wastewater conveyance system and the Sacramento Regional Wastewater Treatment Plant, serving residential, industrial, and commercial customers throughout unincorporated Sacramento County; the cities of Citrus Heights, Elk Grove, Folsom, Rancho Cordova, Sacramento, and West Sacramento; and the communities of Courtland and Walnut Grove.



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Annual Operation Gobble Distributes Thanksgiving Turkeys



Rancho Cordova City Council, Rotary Club of Rancho Cordova, Grocery Outlet Rancho Cordova and Kiwanis Club of Rancho Cordova members are taking the turkeys to the streets. Photo courtesy Golden State Water

By **Rachael Serrao**, Randle Communications

RANCHO CORDOVA, CA (MPG) - Golden State Water Company (Golden State Water) was pleased to partner with the Rancho Cordova City Council, Rotary Club of Rancho Cordova, Grocery Outlet Rancho Cordova and Kiwanis Club of Rancho Cordova to distribute turkeys this holiday season to local nonprofit organizations that serve families and individuals with limited resources through its annual Operation Gobble outreach program

Operation Gobble is a philanthropic partnership between Golden State Water, the California Water Association and local and

state elected officials. This year, Golden State Water employees distributed more than 8,000 turkeys to local community-based organizations, churches, food banks, senior centers and other nonprofits in the communities it serves.

"Holiday memories are built around a warm meal with loved ones," said Paul Schubert, Northern District General Manager for Golden State Water. "Golden State Water appreciates the opportunity to partner with local elected leaders and community organizations to deliver Thanksgiving turkeys to those in our community who need them most."

Operation Gobble has been a Golden State Water

tradition since 1990. Over the last 29 years, Golden State Water has donated more than 240,500 turkeys through the program.

"Operation Gobble is an important holiday tradition for all of our employees," said Ronald Moore, Golden State Water's Operation Gobble project leader. "We take great pride in serving more than 80 communities in California, and that service extends far beyond the water we deliver to homes. It's also about giving back."

To learn more about Golden State Water's community partnerships and philanthropic activities, customers are encouraged to visit gswater.com, or follow @GoldenStateH2O on Twitter and Facebook. ★

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