



Soroptimists "Support" Homeless Teen Girls with New Bras

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'Fool's Gold' GangnamAve Korean BBQ, Shows Off It's Latest Concept

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Gold River Messenger

"Written by the people, for the people"

VOLUME 7 • ISSUE 01 *Serving Gold River and Sacramento County* JANUARY 2019

FIRST 5 TO ADMINISTER PRENATAL CARE CONTRACT



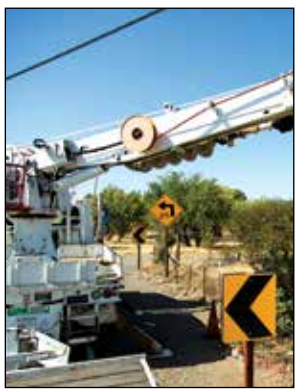
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AN INSIDE LOOK AT THE INSPECTOR GENERAL SITUATION



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SMUD PROTECTING POWER POLES FROM CARS AND TRUCKS



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CRPD Donates Gifts to Homeless Children



Cordova Recreation & Park District (CRPD) staff donated 40 gifts to 10 homeless children in partnership with the Folsom Cordova Unified School District Homeless Student Services. Photo courtesy CRPD

By Gady Nagy-Chow, CRPD

RANCHO CORDOVA, CA (MPG) - On December 17, Cordova Recreation & Park District (CRPD) staff donated 40 gifts to 10 homeless children in partnership with the Folsom Cordova Unified School District Homeless Student Services. CRPD "adopted" these four homeless families for the holiday season, reflecting a fierce commitment to their mission to serve the needs of their diverse and growing community.

Director of this endeavor, CRPD's Administrative Specialist Gail Bair, reached out to the school district a few years ago to see how CRPD could help the homeless in the community. "The children we provide for are in kindergarten through high school who live locally but don't have homes. The wonderful thing about the Homeless

Student Services program is that throughout the year they provide basic needs that we take for granted like clothes, hygiene products and school supplies, for these children. So, what is magical about this partnership during this season is we can step it up a notch and help give these kids elements of a childhood with games, coloring books, stuffed animals, etc." Bair said.

CRPD staff members were honored when leadership presented them with this opportunity to give back. "I love to give back because there are so many families in need out there and I have the opportunity to help them have the best Christmas possible. It's part of why I love working here," Office Assistant Jacqueline Yoos said. Recreation Coordinator Chase



Michelotti agrees with Yoos that the spirit of giving back is what makes CRPD such a great work environment. "Having the chance to contribute to something greater brings out the best in everyone. I believe it is the responsibility of those who can give to give, so the presence of opportunities like these is really important in my work place," Michelotti said.

CRPD staff wishes these families and yours a joyous holiday and Happy New Year! ★

"Let's Turn and Burn!"

The California Capital Airshow Announces the Return of the U.S. Navy Blue Angels in 2019

By Liz Fox Johnson, CCA

SACRAMENTO, CA (MPG) - California Capital Airshow (CCA), presented by Sacramento County in partnership with the City of Rancho Cordova, is proud to announce the return of the U.S. Navy's precision flight demonstration team, the Blue Angels on October 5-6, 2019. Known as ambassadors of goodwill, the Blue Angels will headline the Airshow for only the third time since 2008.

"We are so excited to have the opportunity to welcome the Blue Angels back to Sacramento next year" said Darcy Brewer, executive director, CCA. "Each year we work hard to offer airshow fans the thrills, chills and jaw-dropping excitement that they have come to expect from our show. Having the Blue Angels headline will, no doubt, provide a level of spine-tingling exhilaration that's hard to beat."

As it does each year, CCA will use the power and magic of flight to thrill spectators of all ages over the course of a weekend that promises two full days of heart-pounding aerial performances coupled with a family festival that includes miles of aircraft displays and interactive exhibits.

For the latest information about the airshow, visit CaliforniaCapitalAirshow.com. Be the first to know more about 2019 California Capital Airshow performances and discount tickets by signing up to be an Airshow Insider.

Established in 2004, the California Capital Airshow 501(c)3 plans and operates the exciting, family-friendly annual event designed to honor the Sacramento region's rich aviation heritage and veterans while using the power and magic of flight to inspire young people. CCA gives back to the community through scholarships, charitable group donations and exciting educational youth programming throughout the year. For more information about the airshow, performers, and discount tickets, please visit www.californiacapitalairshow.com. ★

The New Gold River Sports Club

By MPG Staff

Gold River Racquet Club, the 33 year old club built in 1985, has changed its name to Gold River Sports Club. Gold River Sports Club, which is part of Spare Time Sports Clubs, has led the Sacramento region in innovative sports and fitness programming for decades.

Mike Burchett, General Manager said "we are changing our club name from racquet club to "Sports Club" to better reflect the wide range of sports and fitness programs that we offer. We are committed to further expanding our programs and services to better serve the fitness and recreational interests of our members going forward. As always our goal is to make our club "the best part of your day!"

This neighborhood club has continued to increase its offering to stay up with the changing times. Over the years Gold River Sports Clubs has added; Swimming Pools; Junior Recreation Swim Team; Cardio Exercise Equipment; Weight Circuit; Free Weights; Squash courts; Dedicated function training area to include TRX; Pilates Reformer Studio; Personal Training; HIIT; After school programs; Play Center and Kids Club; Summer Kids Camp.



The staff at Gold River Sports Club welcome the change. Photo courtesy Spare Time Sports Clubs.

They have also added a full range of group exercise classes from mind body, weights, cycle, dance, aqua, spin and much more.

So what does the name change mean? Gold River Sports Club will continue to build on the strength of tennis programs, which have had some incredible athletics over the

years and include National Tennis Champions and Championship Swim Teams. Additional emphasis will be placed on enhancing fitness services and other sports programs that broaden their appeal through the implementation of new programming technology.

Source: Spare Time Sports Clubs ★

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First 5 to Administer Prenatal Care Contract



The purpose of the CalWORKs Home Visiting Initiative (HVI) is to support positive health, development, and well-being outcomes for pregnant and parenting women, families, and infants born into poverty.

Special Sacramento County Release

SACRAMENTO COUNTY, CA (MPG) - On Tuesday, Dec. 11, the Sacramento County Board of Supervisors authorized the Department of Human Assistance to execute an agreement with First 5 Sacramento Commission (First 5) in the amount of \$4,800,000 for the coordination, oversight and monitoring of the CalWORKs Home Visiting Initiative Program.

Program implementation will begin on Jan. 1, 2019 and runs through Jun. 30, 2020.

The purpose of the CalWORKs Home Visiting Initiative (HVI) is to support positive health, development, and well-being outcomes for pregnant and parenting women, families, and infants born into poverty, expanding their future educational, economic, and financial opportunities, and improving the likelihood that they will exit poverty.

Combining home visits with CalWORKs provides an opportunity to connect

parents with necessary professional resources to assist in improving their parenting skills and household order, and ensuring that their children have a safe and nurturing environment that allows them to thrive and grow.

New parents and caretakers receiving CalWORKs will be paired with student nurses and other trained professionals who will make regular visits to the participants' homes to provide guidance, coaching, access to prenatal and postnatal care, and other health and social services.

"We are thrilled to award this program funding to First 5. They will get the HVI program off the ground and running," said Ann Edwards, Director of the Sacramento County Department of Human Assistance. "Providing mothers and their unborn and young children care and resources is our number one priority. These services will set them up for success and a positive life outcome."

Source: Sacramento County Media ★

Homeless Initiatives are Working – County Expands

SACRAMENTO COUNTY, CA (MPG) - In 2017, the Sacramento County Board of Supervisors approved funding and implementation of four major initiatives to address critical needs of those experiencing homelessness and to help reduce the homeless population. Subsequently, two associated augmentations were added to further address the needs of all vulnerable population groups. The first programs began in October of 2017, several began in 2018 and many are in the process of becoming operational. In just one year's time, the County has achieved phenomenal results from these new initiatives.

- Improve the Family Crisis Response and Shelters (October 2017)
 - o 146 families served in shelter
 - o 50 moved to permanent housing
- Preserve Mather Community Campus (October 2017)
 - o 351 individuals served in transitional housing
 - o 116 moved to permanent housing
- Full Service Rehousing Shelter (March 2018)
 - o 91 individuals in scattered-site shelters
 - o 19 moved to permanent housing
- Flexible Supportive Re-housing Program (February 2018)
 - o 191 individuals enrolled
 - o 94 moved into permanent housing
- Transitional Aged Youth (May 2018)
 - o 115 served with prevention, diversion and intervention services
 - o 35 moved to permanent housing
 - o 32 maintained housing through services
 - o 17 entered emergency shelter

• Unincorporated County Navigation Services (April 2018)

- o 177 served through outreach and rehousing services
- o 30 moved to permanent housing

In total, 416 individuals have moved into permanent housing since the start of the first initiative in October 2017.

"We are thrilled to share the success that our programs have had in this first year. In some programs, success has been demonstrated in mere months," said Ann Edwards, Director of the Department of Human Assistance. "We are reaching people we have never been able to engage and they are seeing a real difference in their lives."

On Oct. 16, 2018, the County Board of Supervisors endorsed the investment strategy for nearly \$20 million in new State funding to combat homelessness in partnership with Sacramento Steps Forward and the City of Sacramento. On Dec. 11, the Board of Supervisors approved the acceptance of more than \$11 million that the Department of Human Assistance will directly administer, building of the existing initiatives to reduce homelessness.

State funding comes through the State's new Homeless Emergency Aid Program (HEAP) and the California Emergency Solutions and Housing Program. The funds will provide additional emergency shelter for both families and individuals through Emergency Family Shelter and the Full Service Rehousing Shelters (FSRS). The FSRS is a scattered-site model using master leasing of vacant homes in the region to house up to

five persons in addition to a fulltime house monitor. Residents are provided with intensive case management services and rehousing assistance to help them exit the program into stable, permanent housing with the support they need.

The funding also will create a Flexible Housing Pool (building on the Flexible Supportive Rehousing Program) that will offer both services and re-housing assistance to help households in shelter or working with navigation programs to move into housing more quickly.

For the first time, clients experiencing homelessness who are engaged in Adult Protective Services or jail diversion will be offered this practical assistance to resolve their homelessness. The County will also administer a new expungement clinic to help remove barriers to housing and employment.

To be eligible to administer and receive the HEAP funds, the Board of Supervisors declared a shelter crisis on Oct. 16. Other cities declaring a crisis and participating in the program include the City of Sacramento, Elk Grove and Citrus Heights.

On Dec. 12, The Board of Supervisors heard and adopted the proposed Sacramento County Homeless Plan that is required to facilitate participation in the State's No Place Like Home (NPLH) program. This program provides funding for new permanent supportive housing for people who are experiencing homelessness, chronic homelessness, or who are at risk of becoming chronically homeless, and who are also living with a serious mental illness and in need of mental

health services. In NPLH developments, the County will provide a 20-year commitment to comprehensive services, including behavioral health services.

In addition to meeting State requirements for NPLH, the County's Plan serves as a building block for all partners within Sacramento County to implement shared strategies that make a measureable impact on homelessness. The Plan was endorsed by the City of Sacramento and County Continuum of Care on Dec. 12.

"The County Homeless Plan reflects countless hours of collaboration with County departments, community groups, stakeholders and other jurisdictions within our region," said Cindy Cavanaugh, Director of Homeless Initiatives. "The Plan lays out comprehensive strategies and concrete actions for Sacramento over the next several years. While pleased with early results of our homeless initiatives, this Plan says that, as a community, we are not letting up."

Sacramento County will be eligible for \$5,087,737 through the noncompetitive NPLH funding for housing developments, and is eligible to apply for a share of \$400 million in competitive funds. The Board of Supervisors will approve development applications for the first round of NPLH competitive funding on Jan. 29.

With the initial success of the Sacramento County homeless initiatives and additional funding sources for expansion, collaborative community partnerships, and dedicated service providers, Sacramento County recognizes that change is possible for our community and the lives of its valued residents. ★

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Cordova Recreation & Park District Co-Hosts Zumbathon Fundraiser for Paradise



Gathering over 100 people, the Zumbathon raised almost 4,000 dollars for the devastated families of Paradise, CA.

By Cady Nagy-Chow, CRPD

SACRAMENTO, CA (MPG) -

On Saturday, December 8, Mather Sports Center co-hosted a Zumbathon with instructors Annalisa Brown and Gerardo Martinez dedicated to the Camp Fire victims. Gathering over 100 people, the Zumbathon raised almost 4,000 dollars for the devastated families of Paradise, CA.

The deadliest California fire to date, the Camp Fire destroyed almost 20,000 structures and covered over 150,000 acres, including the town of Paradise. Zumba professional Annalisa Brown grew up in the town of Paradise and hoped to raise money for the families who lost everything in the fires. "We can't resurrect the places where people made childhood memories, so I just wanted to help the families feel comfortable again. It was in my heart to provide the little things we take for granted, like tooth brushes or diapers, for these families," Brown said.

To make this fundraiser a reality, Annalisa contacted

her long-time Zumba partner and friend, Gerardo Martinez. Gerardo, the local Zumba instructor at Mather Sports Center, connected with Cordova Recreation & Park District (CRPD) to work out event space details and was met with a surprise. "I knew space for an event like this normally has to be rented out, so when Cordova donated the space and time to our cause, it just showed us how much they care about the community and doing what is right," Martinez said.

When attendee Gloria Duffy from Elk Grove learned of CRPD's donation, she was touched. "I think the generosity of Cordova inspires the community to put on even more fundraisers, knowing we have their support is so important when putting on events like these," Duffy said.

"When Gerardo asked to rent space for the event, I knew we could do more for him and the community. This tragedy impacted so many people, and I wanted to provide any resources possible for their cause. I love our team here at CRPD because leadership did not

hesitate to donate the space," Nina Sinor, Recreation Supervisor at the Mather Sports Center, said.

"I am thankful for my relationship with Cordova and their tremendous support. With it, we were able to raise thousands of dollars for these families and I know CRPD will have my back for future fundraisers," Martinez said.

Brown, Martinez and Duffy encourage anyone who is looking to leave their stressors on the dance floor, or simply hoping to find the fun in fitness, to try Zumba and join their community. Visit www.crpdc.com for more information about Gerardo's and other Zumba classes offered by CRPD.

Cordova Recreation & Park District is one of the largest independent special districts in Northern California serving over 120,000 residents and four school districts in the greater Sacramento area. CRPD provides over 40 parks and recreational facilities, as well as athletic camps, enrichment classes, educational programs and special events for the community. ★

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By David Dickstein, Gold River resident

As we ring in the new year, let us also welcome three wonderful new additions to our neighborhood. Two are across Sunrise, one is across town, and all three are reincarnations of failed real estate – as in a disgusting IHOP, a low-performing Dickey’s Barbecue Pit and a doomed Sports Authority.

Here’s my review of these exciting rebirths featuring animals living and dead:

Side Burn BBQ and Brew – My eyes didn’t shed a tear when overpriced, mediocre Dickey’s closed in November. Gave the barbecue chain two chances to win me over, which it never did. Well, now it’s the franchisee’s turn to give BBQ a second chance at the busy intersection of Sunrise and Coloma.

Based on my first impression of the reborn eatery in Rivergate Shopping Center, I’d say that former Dickey’s franchisee Jared Katzenbarger has a hit on his sauce-covered hands. After seven years with the Dallas-based chain, the Elk Grove businessman had his fill not of pit-smoked barbecue, but of the parent company’s misguided changes to the recipes and menu items. His seven Dickey’s restaurants are now Side Burn, named

‘Fool’s Gold’- Ringing in the New Year

Enjoy the Area’s Newest Animals, Dead and Alive



GangnamAve Korean BBQ, Gangnam Ave. style, is the latest concept for Young Choi and wife Sylvia. Photo by David Dickstein

for a smoker process, not the style of facial hair that Katzenbarger doesn’t even have and is one word, anyway.

Like the free-range chicken he proudly serves from Petaluma Poultry, Katzenbarger is finally uncaged to try out his own recipes, menu and suppliers, as did I in advance of last month’s grand opening. Sublime were the pulled pork and pork ribs that paired perfectly with their own sweet and spicy mango habanero BBQ sauce. Loved the jalapeno jack sausage. The brisket was juicy, tender and flavorful. The sliced turkey was done right with just a bit of seasoning. The “Meaty Side Beans” was tasty and true to its omnivorous name.

Another plus, products are locally sourced when available.

Prices are fair: \$11 for a one-item plate of one meat, two sides, sauce and a roll or cornbread; \$13 for two items; \$16 for three; \$15 and \$20 for rib plates, pork and beef, respectively. A la carte BBQ sandwiches start at \$6, and there’s a California-style BBQ burrito I want to try next for \$7.50, but my diet will probably have me ordering the Classic Smoked Salad with brisket for \$6, hold the fried onion strings, cheddar cheese and ranch dressing, dang it. 2320 Sunrise Blvd., sideburnbbq.com, 916-858-8195.

Gangnam Ave. – Goodbye Rooty Tooty Fresh ‘N Fruity Pancakes,

hello spicy baby octopus! An all-you-can-eat Korean barbecue restaurant has taken over the abandoned IHOP across Sunrise, and it shows tremendous

sore need of CPR.

Winners: Beef bulgogi, garlic chicken, mung bean pancake, fried chicken wings, potstickers and off-menu squash and fish

and phone number at press time.

SeaQuest – If you prefer your octopi in a tank instead of on your plate, check out SeaQuest in Folsom’s Palladio outdoor mall. Taking up 28,000 square feet of a liquidated Sports Authority store, the first SeaQuest in California is 28,000 square feet of aquatic, avian and amphibious awesomeness. Insects, reptiles and small mammals round out a menagerie built primarily on adoption, rescue, rehabilitation and professional breeding, according to GM Pete Mordwinow.

Marine life in residence includes the black tip reef shark, bamboo shark, Southern stingray, bat ray, black pacu, white sturgeon, rainbow trout, seahorse, and a giant Pacific octopus named Octavia. Outside the water are a reticulated python, Guyana caiman lizard, baby pigs, tortoise,



SeaQuest – Kids of all ages get up-close and personal with animals representing sea, land and air at SeaQuest in Folsom. Photo by David Dickstein

potential. Young Choi and his lovely wife, Sylvia, opened Gangnam Ave. last month, giving 12-year-old standard-bearer Oz on Bradshaw Road added competition besides 2-year-old Blue House on Howe Avenue. They also own terrific Sushimono in Citrus Heights.

Unlike the other two Korean BBQ restaurants off the 50, there’s no a la carte menu at Gangnam Ave. Everyone must order all-you-can-eat, which, at \$27 (\$14 for children 5-10), matches the most popular unlimited option at Blue House and runs \$2 higher than Oz. This long-time restaurant critic prefers to give sit-down restaurants a few months before sharing a review, but the food, service and ambiance experienced pre-grand opening bode well for a shopping center in

cake side dishes. Tasty and unique, at least for this Caucasian American, was jjukkumi, or whole spicy baby octopus. Despite its name, baby octopus is fully grown octopus of a small species. Felt less guilty after finding that out.

Two final notes: What a perfect name for a Korean restaurant located just south of the American River. Although named for the district in Seoul, made famous here by PSY’s monster hit of 2012, “Gangnam Style,” it’s cool that gangnam means “south of the river.” What’s not cool are the dozens of typos and misspellings on the menu, which doubles as a disposable placemat. This does offer patrons a fun and educational table game called “Circle the Errors.” Beat the 23 I found and you win a baby octopus! 2216 Sunrise Blvd.; no website

lorikeets, silkie chickens, Mandarin ducks, peafowl, and a keel-billed toucan who will eat melon right out of your hand. In fact, most of the animals can be fed, touched or both. Starting this month, for just a \$30 upsell, you can even snorkel with sharks, stingrays and tropical fish in a 40,000-gallon habitat.

Single-day admission runs \$15 for adults with discounts for seniors, students and military. Children 11 and under are \$10. Annual passports are a popular money saver for families. Feeding tokens can be purchased separately for as low as \$1.50 each, right next to the gift shop. 430 Palladio Parkway #1801; folsom.visitseaquest.com; 916-673-9972.

David Dickstein is a Gold River resident. He can be reached at daviddickstein1@gmail.com. ★



SideBurn – Where there’s smoke, there’s Jared Katzenbarger and Side Burn BBQ and Brew. Photo by David Dickstein

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Serving Gold River and Sacramento County

Publisher, Paul V. Scholl

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SMUD Protecting Power Poles from Cars and Trucks

Sharp Rise in "Car-Into-Pole" Accidents Jeopardize Public Safety and Power Reliability

SACRAMENTO REGION, CA (MPG) - SMUD has seen a considerable increase in the number of incidents that involve vehicles crashing into the electric utility's infrastructure, especially power poles. In an effort to mitigate some of those "car-pole" accidents and promote public and worker safety, SMUD is expanding measures designed to reduce the number of vehicle accidents that involve SMUD equipment, thereby reducing the number of associated power outages. The measures are part of an ongoing five-year pilot program that started in 2017.

SMUD data shows an increasing trend of these incidents annually. In 2006 for example, there were 153 accidents where vehicles crashed into SMUD electrical equipment—mostly into power poles. In 2016, there were almost double that number annually—271. Many reasons are cited like increased traffic volume, and distracted and unsafe driving. The result is increased potential for public and worker safety hazards and more power outages.

SMUD is focusing its mitigation efforts on power poles and electrical equipment that has been crashed into multiple times over the years. The preventive and protective measures include removing and relocating power poles; redesigning them; installing higher-visibility reflective strips; and installing large, highly visible protective barriers around the power poles, known as "Raptor" technology.

The Raptor is probably the most noticeable power protection tool SMUD is using. It is big and yellow and



SMUD has seen an increase in "car-pole" accidents in recent years, so the electric utility is installing some measures to mitigate damage to power poles and other electrical equipment. The work is part of SMUD's efforts to enhance public and worker safety and the SMUD grid's reliability. Photo courtesy SMUD

plastic, and resembles a large wedge of cheddar cheese wrapped around the bottom of the power pole. Some even liken it to the cartoon character "Sponge Bob."

The Raptor is easily installed and is designed to absorb the impact of a vehicle crash, sparing the power pole and preventing a power outage for SMUD customers. The Raptor has been used successfully by other utilities and SMUD has seen benefits too following the first year and during the second year of the pilot program. By year's end, SMUD will have installed three more Raptors to add to the first three that were installed in 2017, making six in all and more are coming.

Safety is a guiding principle for SMUD. Power reliability is also a top priority. SMUD's Board of Directors, elected by SMUD customers to set policy, has made reliability one of SMUD's core values. While car-pole accidents comprise about five percent of all types of SMUD outages annually, they account for about a quarter of the overall average duration

of outages for SMUD's customers. Car-pole accidents also mean lost revenue for SMUD in terms of increased costs for labor and materials to repair and replace damaged electrical infrastructure. A single pole replacement on average costs \$15,000, and in some cases up to \$40,000, for the five-member crew to replace it and other associated expenses for each incident.

Beyond SMUD's costs, pole replacements can take eight hours or more and cost the community's businesses lost revenue from power outages and associated traffic jams due to lane closures to make the repairs.

SMUD is doing its part to increase public and worker safety and reduce the frequency and duration of outages due to these traffic accidents. SMUD also urges motorists to do their part by driving safely, obeying traffic laws and avoiding anything that may cause distractions. For more information about SMUD and its commitment to public and worker safety, visit SMUD.org. ★

Soroptimists "Support" Homeless Teen Girls with New Bras



Since the club started this program eight years ago, they have served over 200 girls in the Folsom Cordova Unified School District. Photo courtesy Sheryl Longsworth

Sheryl Longsworth, President Soroptimist International Local Chapter

RANCHO CORDOVA, CA (MPG) - The Soroptimist Int'l of Rancho Cordova & Gold River club, working with the Folsom Cordova Homeless Student Services Program, purchased new bras on Thursday, October 4, for seventeen homeless teen girls who are required to take a physical education class. "I learned several years ago, that many homeless teen girls were refusing to dress down for PE, because they were so embarrassed by the condition of their undergarments. Wearing a new bra that fits well, is comfortable and pretty, make girls feel confident and good about themselves. Homeless girls already have enough to worry about that affects their self-esteem and confidence, they shouldn't have to feel embarrassed about what

they're wearing under their clothes," says Sheryl Longsworth, co-founder and current president of the club. "It is our club's hope that by giving these girls to pick out bras THEY want to wear, not just wear what was donated to them, that their confidence and self-esteem will increase, which, hopefully, will result in improved academic performance," says Longsworth.

Since the club started this program eight years ago, they have served over 200 girls in the Folsom Cordova Unified School District. "Every girl we've served is so appreciative and grateful. They usually give us big hugs and some are even in tears because we care so much about them and want them to be successful in life," says Longsworth.

If you would like to help the club make a difference in girls' lives like the "Supporting" Homeless Teen Girls project and

would like more information about the club, please visit <http://www.soroptimistranchocordova.org/> and/or email Sheryl at siranhocordova@soroptimist.net.

Soroptimist is an international 501(c)3 non-profit organization who seeks to improve the lives of women and girls through programs leading to social and economic empowerment. The name, Soroptimist, means "best for women," and that's what the organization strives to achieve. Soroptimists are people at their best, working to help other women to be their best. Please send an email to siranhocordova@soroptimist.net to receive more information about Soroptimist International of Rancho Cordova & Gold River, how to become a member, or just learn how you can volunteer with our club members or visit <http://www.soroptimistranchocordova.org/>. ★

You Can Recycle Old or Obsolete Electronics to Benefit Rancho Cordova Soroptimist Club Projects

By Sheryl Longsworth, President Soroptimist International Local Chapter

RANCHO CORDOVA, CA (MPG) - Did you receive some nice new electronic or powered "toys" over the holidays? Wondering what to do with your obsolete or broken old "toys?" The Rancho Cordova Soroptimist club signed up with a year-round fundraiser, [ewaste4good](http://ewaste4good.com). They will come to your home and pick up your e-waste on an appointment you set with them. You don't even need to be home when they come to pick everything up. Just leave everything on your front porch! It couldn't be easier to get rid of unwanted, broken or obsolete electronics and protect the environment. They are based in Stockton but will pick up from anywhere in the Central Valley, Napa Valley, throughout the Greater Sacramento-area as far as Roseville/Rocklin and El Dorado Hills. So, if you know people in any of these areas, please share this announcement with them!

They take televisions, video games & consoles, computer monitors, computers, fax machines, calculators, desktop copiers, cell phones, telephones, printers, vacuum cleaners, speakers, keyboards, scanners, mice, laptops, networking

equipment, power tools, misc. wires and cords, small appliances, household phones, stereo systems, medical equipment, and much more. **CONDITION DOESN'T MATTER!** They will wipe hard drives-TWICE, just to be certain.

Schedule a pickup by visiting this website: http://www.ewaste4good.com/Home.html#Anchor_1, in the Select County of Organization, select "Sacramento S," look for "Soroptimist International of Rancho Cordova & Gold River." If the club's name doesn't appear in the drop-down list, then type the club's name "Soroptimist International of Rancho Cordova & Gold River" in the next field under the drop-down list. **NOTE:** There are other Soroptimist clubs signed up for this fundraiser. Make sure the Rancho Cordova/Gold River club is selected or typed in!

Soroptimist is an international organization for business and professional women who work to improve the lives of women and girls, in local communities and throughout the world. The name, Soroptimist, means "best for women," and that's what the organization strives to achieve. Soroptimists are women at their best, working to help other women to be their best.

Club projects money raised from this fundraiser will benefit is our purchasing of new bras for homeless teen girls, creating and distributing Comfort Kits to domestic violence survivors through Women Escaping A Violent Environment (WEAVE) and A Community For Peace and Comfort Kid kits for the children survivors bring with them to the safe house, college scholarships for single mothers, and new projects such as "Life Preparation" workshops for teens and a new cash award for teens in honor of late City Councilman Dan Skoglund. In the nine-year existence of the club, approximately 4,185 women and girls have been helped. The club has received the Key to the City of Rancho Cordova, three Proclamations from the City, Congressional Recognition from Ami Bera, and a Certificate of Recognition from the Folsom Cordova Unified School District.

Please send an email to siranhocordova@soroptimist.net to receive more information about Soroptimist International of Rancho Cordova & Gold River, how to become a member, or just learn how you can volunteer with our club members or visit <http://www.soroptimistranchocordova.org/>. ★



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Society for the Blind Members to Join National Fitness Challenge

By Kristin Thebaud

SACRAMENTO REGION, CA (MPG) - Society for the Blind, a Sacramento-based nonprofit serving blind and low vision people in Northern California, has received a grant from Anthem Blue Cross and CareMore Foundations to create opportunities for individuals to participate in the National Fitness Challenge, an initiative founded by the United States Association of Blind Athletes and the parent Foundation of Anthem Blue Cross and CareMore. Society for the Blind is one of 17 organizations across the nation that is participating in the National Fitness Challenge and is using grant funding to offer adaptive yoga classes, walking groups, running clinics and other sports and fitness activities that can help people who are blind or low-vision to maximize healthy lifestyles. These activities will be offered over the course of eight months to help hundreds of youth and adults to increase physical fitness levels and live healthier lives.

“The goal of the National Fitness Challenge is to help people with visual disabilities to live more active lifestyles,” said Shari Roeseler, executive director, Society for the Blind. “The program launched during Blindness Awareness Month in October, and through May 31, 2019, will highlight what people with visual disabilities can do, rather than what they cannot do.



The grant enables Society for the Blind to become one of only 17 organizations nationwide to participate in National Fitness Challenge for people with visual disabilities. Photo courtesy Society for the Blind

We are lucky to live in an age where a person with vision loss can achieve most anything they set their mind to doing, and we are grateful to Anthem Blue Cross Foundation and CareMore Foundation for helping us to empower this year’s participants.”

This year’s challenge integrates technology and social media to inspire participants to set goals, create team environments and encourage leadership. Each participant has been provided with a Fitbit Flex 2 wearable – a universal way to measure activities, calories burned and number of steps taken. Participants also have the opportunity to utilize Fitbit Coach, which is a personalized training app that provides adaptive video workouts and audio coaching. Foundation grant

funding is being used to provide Fitbits, fitness and nutritional instruction, performance prizes as well as technical and financial support for all participants.

“Research has consistently shown that individuals who participate in regular physical activity to improve their health have higher energy levels, lower risk of health-related diseases, improved psychological health, and lower rates of depression and anxiety,” said Ricardo Young, CareMore Health Medical Director. “We are proud to support members of the Society for the Blind through our collaboration with the National Fitness Challenge, and to create access to activities supporting healthier individuals and stronger communities.” More than half of those

who are blind or low vision in the United States do not participate in even a limited physical fitness routine, mostly due to barriers to accessible fitness or misconceptions about their abilities. Individuals of all abilities should have equal opportunities to engage in activities that improve health outcomes, so the National Fitness Challenge aims to increase access to fitness and health for blind and low vision people.

“Anthem Blue Cross Foundation is committed to removing barriers and increasing access to critical programs and services that help individuals and communities to lead healthier lives,” said Dr. Barsam Kasravi, Interim Anthem Blue Cross Medicaid Plan President. “We are proud of our Foundation’s ongoing

support of people with visual disabilities and are confident that this support will go a long way in helping Californians to improve their overall wellness while enjoying the physical and emotional benefits of exercise and group sports.”

Since 2011, the parent Foundation of Anthem Blue Cross and CareMore has provided \$1.3 million in grant funding to U.S. Association of Blind Athletes for the National Fitness Challenge initiative and has impacted thousands of Americans with visual disabilities by partnering with 40 different agencies across the country. To learn more about the National Fitness Challenge, visit www.usaba.org/NationalFitnessChallenge.

For more than 60 years,

Society for the Blind has created innovative ways to empower individuals living with low vision or blindness to discover, develop and achieve their full potential. Society for the Blind has grown from a dedicated group of volunteers to a nationally recognized agency and the only comprehensive rehabilitative teaching center that provides services for a 27-county region of northern California. The nonprofit provides low-vision eye care, life and job skills training, mentorship, and access to tools to maintain independence for more than 5,000 youth, adults and seniors experiencing vision loss each year. For more information: SocietyfortheBlind.org. ★

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MARIJUANA IS NOT FOR ME

CHEERS & JEERS

by Damian Holbrook

Cheers to SNL Vets
who stretched their funny bones. Maya Rudolph and Fred Armisen brought Emmy-worthy pathos to eternal life in *Forever*, Bill Hader hit every emotional note as *Barry's* conflicted hit man and Amy Poehler built herself a whole new fanbase as the cohost of her delightfully uplifting craft show, *Making It*. Lorne Michaels must be so proud.

Cheers to Actresses Who Set the Bar
for "Best of" lists everywhere: Sandra Oh in *Killing Eve*, Amy Adams in *Sharp Objects*, Christine Baranski in *The Good Fight*, Thandie Newton in *Westworld*, Elisabeth Moss in *The Handmaid's Tale*. The ballroom queens of *Pose*. The

list of 2018's Fierce Female Roles goes on and on, and we can't wait to see how many more amazing ladies reclaim their time—and claim ours—next year.

Jeers to HBO
for playing the waiting game. An entire year has passed without a single new second of footage or even a spoiler from the final season of *Game of Thrones!* Winter has come, gone and come again and it's not OK. What is taking so long? Are the powers that be trying to rebuild that wall Viserion blew down?

Jeers to Jersey Shore Family Vacation
for being a no-win situation. As cute as it was to catch up with the OG cast of MTV's beach house



No need for Snooki & Co.'s reboot to have gotten a third-season renewal.

docu-joke years later (and no more wiser), there's no need for Snooki & Co.'s reboot to have gotten a third-season renewal. That zzzzz-worthy second season was proof this Family has already overstayed its welcome. ★

ASK MATT

BY MATT ROUSH TV Guide Senior Critic

Have Reboots and Revivals Lost their Mojo?
Question: I'm curious what you think about the recent failure of reboots and revivals lately like *Murphy Brown*, *Magnum P.I.*, *Charmed*, etc.? I know that *The Conners* is doing OK, but they aren't getting the numbers the network must've expected compared to *Roseanne*, and frankly no one even watches or cares about *Fuller House* or *Will &*

Grace anymore. Could this be a sign? And BTW, I know *Hawaii 5-0* and that godawful *MacGyver* remake are doing fine, but those are more exception to the rule than a fact. —Liza
Matt Roush: This may be overstating the case a bit—some of these shows are doing just fine, considering how few actual hits exist in the broadcast TV world (and how would anyone know if no one's watching *Fuller House* on Netflix not that I'd dream

of it)—but the trend is definitely coming down to earth. I'm sure CBS had hoped for better returns from *Murphy Brown* (too preachy) and *Magnum* (too unnecessary), and I can't imagine the expectations were high for *Charmed*, since almost nothing pulls a notable number on The CW in linear ratings. If the conclusion ultimately is that the networks have dipped from the nostalgia well too frequently, and as a result we see fewer remakes of titles from our past, that's probably a good thing. (In other words, memo to ABC: Leave *Bewitched* alone!)
To submit questions to TV Critic Matt Roush, go to: tvinsider.com ★

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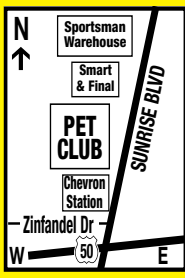
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California Gov. Jerry Brown 'Exit Interview' is Classic Jerry

Commentary
by Katy Grimes

SACRAMENTO, CA (MPG) - At California Gov. Jerry Brown's "Exit Interview", the Sacramento Press Club auctioned off autographed souvenirs from his years in the Governor's office, including cartoons of his budget press conference presentations of charts and graphs, Proposition 30 memorabilia increasing sales and income taxes, and graphs showing state government living within its means. Other charts showed record spending levels.

Gov. Jerry Brown is known for his infrequent and rather unscripted press conferences, often making glib remarks, or quoting Zen Buddhism, Latin theology, philosophy, and "ontology" - the nature of being. Tuesday Brown did not disappoint during his "Exit Interview," as he prepares to leave the Governor's office for the last time on Jan. 7.

"I don't do that many press events," Brown said as he made his way on stage. "There's so much media now." Given that Brown began his political career right out of college in 1969, he dealt with mostly newspaper reporters and television news at that time.

In front of hundreds of credentialed California media and state government employees, Brown called today's media "the legitimate ones" and "all sorts of characters running

around social media," when asked how he deals with media. "The proliferation of social media is just all kinds of noise," Brown said. "The news cycle never stops."

Asked if California's Obamacare plan - Covered California - will be able to continue following the recent federal District Court ruling finding the Affordable Care Act unconstitutional, Brown said he thinks it will be overturned, and that the decision will impact the next presidential election. "Congress will probably overturn, because it will create such a backlash," Brown said. "And Democrats will take over the Senate."

After serving a record four terms as California Governor, Brown was asked about the many times he's campaigned for office, and whether it was too much. Brown spoke about how much he likes campaigning "because it's exciting, and it's a group activity."

"People like being around other people," Brown said. "We are a tribal species; campaigning is very tribal."

Asked if it was a mistake to run for President too many times, Brown replied that it was. "What works in one campaign

doesn't work in another," he said. Jerry Brown ran for

36 and for a second term in 1979. He ran

of Oakland 1999-2007, California attorney general 2007-2011, and was elected governor for a third term in 2010, and a fourth term in 2014.

While Brown said that he didn't regret running for so many offices, had he not lost, he never would have had time off to enjoy "working for Mother Theresa and practicing Zen medication in Japan," following his 1982 unsuccessful U.S. Senate run.

Brown was asked to explain his proudest accomplishment, but instead said he was more concerned about the future, especially "a nuclear war to avoid" and climate change - which caused the media crowd to clap wildly and cheer.

When asked about his California High Speed Rail project, he said it would be built, along with the Delta's "twin tunnels" project moving water from northern California to the south. While he said Southern California draws too much water from the north, "the Delta will be destroyed unless we have some kind of peripheral canal or a tunnel."

Brown said he doesn't like flying: "I don't like it on the plane. You go up. You go down." He said at his age he shouldn't be driving. "On the train

you can have a cocktail," Brown added.

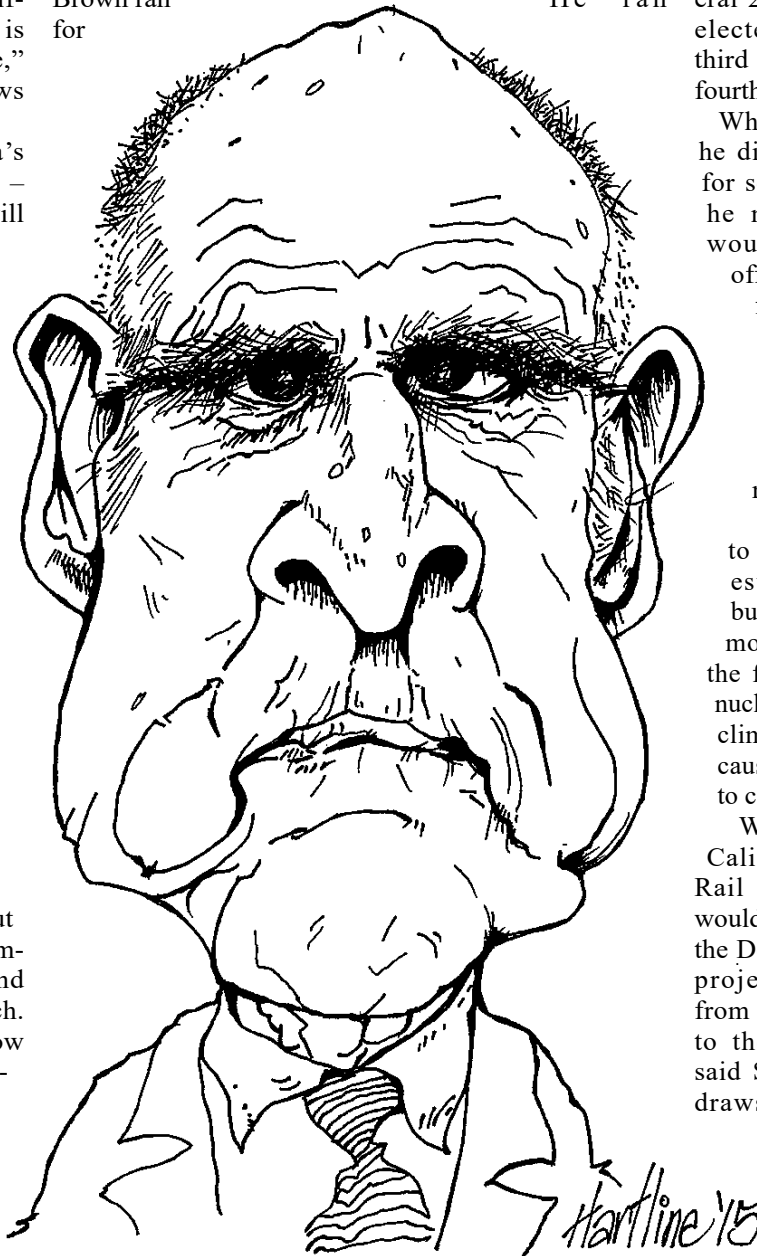
Brown said with a "very good chance of seeing it [high speed rail] built, then California will be an innovator - the only state in the country to do this. We will join the countries of Japan and Germany as innovators," Brown said.

As for the future, Brown claimed he left only a "baby deficit," rather than the trillion dollar deficit California currently has, according to Sen. John Moorlach, the Legislature's only CPA.

As for what he will miss, Brown said he's miss the Governor's Mansion - "except all of those steps. I now know why Reagan wanted to move into that one-story house," he added.

When asked what will happen to PG&E, and if it would go bankrupt, after the wildfires for which the utility company is being blamed, Brown said, "the CPUC (CA Public Utilities Commission) has to keep them accountable, but it's a strange model." Brown said the next governor will deal with PG&E and the CPUC.

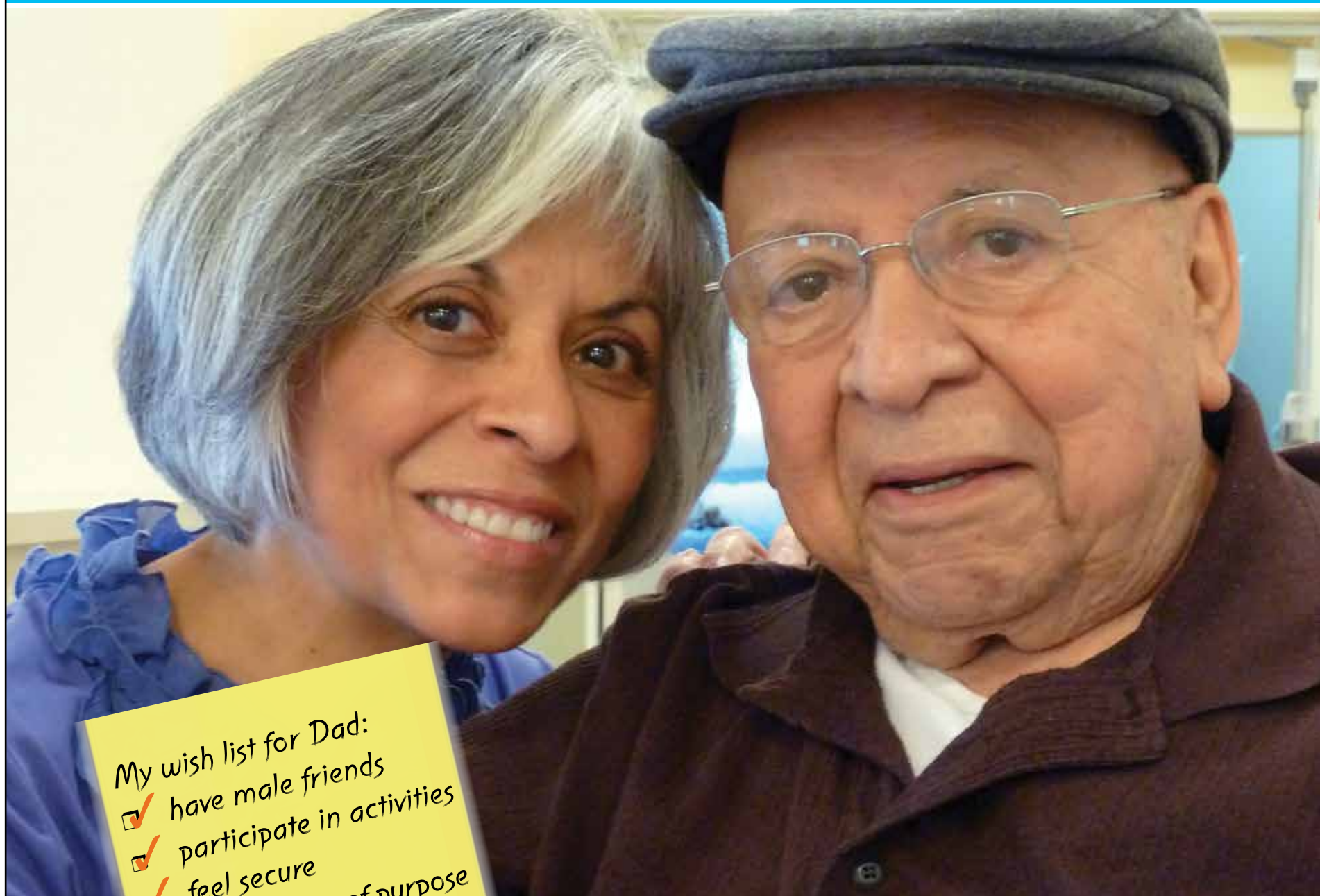
Brown pivoted to climate change and described California's "new abnormal" as regular drought and fires. "This business of climate change is real," he said. "The humidity goes down, and everything is dying. It becomes kindling for fires. What we're seeing is just the prologue for fires." ★



President three times: 1976, 1980 and 1992. "It's timing, circumstances and luck," he added. Brown, who is now 80, was first elected governor in 1974 at age

unsuccessfully for U.S. Senate in 1982, and was elected the Chairman of the California Democratic Party in 1988. After a personal sabbatical, Brown was mayor

"I'm worried about Dad living alone. His memory is declining."



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An Inside Look at the Inspector General Situation



By Sacramento County Supervisor Sue Frost

In August, the County Board of Supervisors were thrust into the local media spotlight after Sheriff Scott Jones lost faith in the Inspector General (an independent contractor retained by the County) and terminated his access to the Sheriff's Department. Since then, the Board of Supervisors have held meetings to discuss how to move forward, with the issue finally finding a resolution on December 4th. Since this is the most controversial issue I have been involved with since being on the Board, I wanted to take a moment to try to clearly explain this complicated issue, and let you know my thoughts.

The County of Sacramento has had the position of Inspector General from 2007 until 2012 (when it was eliminated due to budget cuts), and then brought back in 2015 at the request of the Sheriff. Sacramento is one of only five California counties that has an Inspector General. The position was created to work with the Sheriff's Department to improve services and review procedures - including but not limited to officer-involved shootings. The Inspector

General has been a part-time contractor because, thankfully, there are very few shootings involving Sacramento County Sheriff's Deputies.

One of the reports issued in 2018 was regarding a shooting that resulted in the death of a man named Mikel McIntyre. McIntyre had assaulted a family member, and in the process of evading arrest had struck an officer in the head with a large rock causing significant injury. Soon after, a 911 witness observed McIntyre throwing rocks at cars on the freeway and he began attacking another officer and a K9 unit with more rocks, hitting the K9 in the face. In an effort to protect the general public, officers continued to pursue him, and as he was evading arrest the suspect was shot 7 times and did not survive.

The case was referred to the Inspector General whose investigative authority involves constructive critique offering recommendations intended to improve the Department. It is not their job to determine if the shots fired were lawful. That is the sole responsibility of the DA's office.

Months later in an unprecedented move, the Inspector General (under considerable political pressure) released his report before the DA had completed its investigation. His report gave evaluations and critiques (on use of force and decision making) that could be misleading if considered without the benefit of the DA's full investigation. The Inspector General is not a use of force expert (neither is the Sheriff), and his findings were disputed by a nationally renowned use of force expert when

the District Attorney Investigation and report was eventually released. Dismissing normal procedure was confusing for the public, has been damaging to the morale of the Sheriff's department; and the Inspector General's assessment will very likely be used in civil court against the County of Sacramento, with all legal fees and monetary judgments paid for by County taxpayers.

In the aftermath, the Sheriff questioned the ability of the Inspector General to remain impartial to outside or political influences. He terminated the Inspector General's access to the Sheriff's Department and told the Board of Supervisors that he would like us to hire someone new. This put the Board of Supervisors in a difficult situation, as we were left with an Inspector General who we were paying \$10,000 a month to essentially do nothing.

As a result, the Board of Supervisors had a series of meetings to discuss how to proceed, given the Sheriff is a co-equal elected official who answers to the people of Sacramento (not the Board of Supervisors). Our discussions mostly revolved around what legal options we had, and what role we want the Inspector General's office to play in the County. All five Supervisors and the Sheriff agreed that we need an Inspector General in the County.

Despite public and private statements from the Sheriff that he continues to support an independent IG, some members of the media choose to spin this issue as a show-down between the Sheriff and the

Board of Supervisors — when it clearly is not — or to portray it as an attempt by the Sheriff to eliminate transparency from his department by permanently shutting down the Office of Inspector General — which is also simply not the case. The Sheriff wanted to ensure we had a process for fair, independent investigations, and to not allow politics to endanger our Deputies and our communities. I completely agree with him.

The issue culminated on December 4th with a final meeting that was widely touted in the media as a showdown between the Sheriff and the Supervisors. But that was a mischaracterization because the Sheriff largely agreed with the majority of Supervisors. At the end of the day, all

sides were able to come together to find a workable solution despite the tense atmosphere. Nobody got everything they wanted, but nobody gave up too much either. That's the sign of a good deal, and one I was willing to support.

The County Supervisors will invite interested and qualified contractors to bid for the job of Inspector General, so we can restore that office. I believe that this process can and should begin immediately. The previous Inspector General is welcome to bid for it as well. The County clarified that while the Sheriff has autonomy over how to run his Department, the County Supervisors have the right to have an Inspector General who can have specified access to the Sheriff's Department

as an independent review to help inform our budget appropriations.

There are some small steps that will need to be taken in order to finalize all the agreements, but for all intents and purposes, this issue is now behind us with all parties in agreement.

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, Fair Oaks, and Rancho Cordova. ★

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