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# Gold River Messenger

"Written by the people, for the people"

VOLUME 6 • ISSUE 12 *Serving Gold River and Sacramento County* DECEMBER, 2018

**MAKE HOLIDAYS BRIGHTER FOR FOSTER YOUTH & SENIORS**



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**MEET A PLAYFUL DOG NAMED JUJU**



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## CRPD Honored at Statewide Conference



From left to right: Neil McCormick, CSDA Chief Executive Officer; Brian Danzi, CRPD Board of Directors Secretary; Laura Taylor, CRPD Park Planning & Development Manager; Rick Sloan, CRPD Board of Directors; Marty Boyer, Communication Advantage. Photo courtesy City of Rancho Cordova

By Neil McCormick, CSDA

**RANCHO CORDOVA, CA (MPG)** - The Cordova Recreation and Park District received the Innovative Program of the Year award for a large district by the California Special Districts Association (CSDA) during the association's Annual Conference and Exhibitor Showcase, which was held in Indian Wells from September 24-27, 2018.

The Cordova Recreation and Park District was awarded for their "Heron Landing Community Park" project.

The district identified the need to support the growth that is expected in the Rancho Cordova community and through a decade-long planning, design, stakeholder engagement and construction process created this 20-acre park in the Anatolia neighborhood of the Cordova Recreation and Park District, the only community park in this resident area. The park is intended to support and serve a growing community with amenities ranging from programmed athletics facilities to wildlife observation to multi-generational play areas. The

District anticipates programming for soccer, lacrosse, softball, flag football, tennis, bocce ball, basketball, turf volleyball, kickball, and ultimate frisbee.

During seven community outreach events, stakeholders provided input and direction regarding the selection and implementation of programming elements and desired amenities; additionally, a community meeting was held to specifically discuss the proposed sports field lighting. Throughout the project, Cordova

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## Volunteers Needed for County Homeless Survey

**SACRAMENTO COUNTY, CA (MPG)** - Volunteer registration for the 2019 Homeless Point-In-Time (PIT) Count is now open. The count will be conducted on the evenings of January 30 and 31, 2019.

The biennial PIT count is a county-wide special census which provides a snapshot of who is experiencing homelessness on any given night. The data gathered helps shape policy and programs designed to assist some of our most vulnerable residents.

Sacramento Steps Forward is partnering with Sacramento State's Division of Social Work and the Institute for Social Research on this crucial project.

Sacramento Steps Forward will be recruiting hundreds of volunteers who will be trained and grouped in teams to canvass the community in organized deployments during the two evening counts, rain or shine. Volunteering does not require any prior experience but you must be 18 years of age or older; have a strong interest in helping people who are experiencing homelessness; and attend required training's to learn to safely conduct accurate counts with teams within carefully pre-mapped territories.

If you would like to form a group of coworkers, family or friends, we will accommodate your requests. More information will be provided to registered volunteers as we prepare for the event. Volunteer at [Volunteer@SacStepsForward.org](http://Volunteer@SacStepsForward.org)

The most recent biennial PIT Count was conducted in January 2017 and found that the total number of people experiencing homelessness in Sacramento had increased by 30 percent since 2015. Of those, people who are living outdoors on the street, in tents, cars, or RVs - increased by 85 percent. Sacramento followed a West Coast-wide trend reporting increasing numbers of people experiencing homelessness.

Sacramento Steps Forward is a nonprofit organization committed to ending homelessness in our region through collaboration, innovation, and connecting people to services. Walking side-by-side with our partners, we seek to provide people experiencing homelessness with the support and services they need to find stability and long-term housing. Since 2012, Sacramento Steps Forward has been the lead agency for Sacramento's Homeless Continuum of Care. ★

## SSPCA Receives Over \$100,000 in Grants

*Petsmart Charities Donates to Help Pets Find Forever Homes*

By Sarah Varanini, SSPCA

**SACRAMENTO REGION, CA (MPG)** - The Sacramento SPCA recently announced their receipt of two new grants of \$50,000 and \$51,821 from PetSmart Charities, the leading funder of animal welfare in North America. The grants are designed to increase intake and help the Sacramento SPCA transport and relocate pets so they can find forever homes.

Since 2016, the Sacramento SPCA has transferred close to 1,000 animals from overburdened shelters in Northern California to their location in Sacramento. In 2018 alone, the Sacramento SPCA transferred 328 animals from Antioch Animal Services, Contra Costa

*Continued on page 2*



Sacramento SPCA Rescue Coordinator Emily Egle (on left) and Sacramento SPCA Foster Coordinator Palina Chordas with two transferred dogs from the Sacramento City Animal Control on Front Street. Photo courtesy SSPCA

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# Make Holidays Brighter for Foster Youth & Seniors

By Brenda Bongiorno, Sacramento County

**SACRAMENTO COUNTY, CA (MPG)** - The lives of thousands of children, teens, disabled adults and seniors are touched each holiday season by the County's Gifts From the Heart Program. For 30 years, this annual holiday gift-giving program has provided gifts to those served by the Sacramento County Department of Child, Family and Adult Services.

"Since 1988, this program has made the holidays brighter for local children, adults and seniors," said Volunteer & Student Intern Services Coordinator, Tonja Edelman. "On a daily basis we provide for the well-being of those we serve, but a program like this illustrates our desire to go beyond what is required and enrich people's lives - and especially during difficult times."

Local community partners and individuals from local businesses, County staff, government agencies, religious organizations, service groups, professional groups and families participate in this annual holiday gift-giving drive. Each year, more than 100 community partners donate nearly 10,000 gifts to more than 3,000 children, youth, disabled adults and seniors throughout Sacramento County.

The gifts and contributions from community partners and teamwork of volunteers have made the Gifts From the Heart Program possible so that everyone can partake in the warmth of the holiday season.

Consider participating in the Gifts From the Heart



Local community partners and individuals from local businesses, County staff, government agencies, religious organizations, service groups, professional groups and families participate in this annual holiday gift-giving drive.

program by sponsoring gifts, becoming a community partner or volunteering time during the season.

Brand new toys are welcome and cash donations will be deposited into the Gifts from the Heart trust account for the sole purpose of purchasing gifts. All gifts and monetary donations are tax deductible. Contact the Gifts from the Heart Coordinator for additional donation and contribution information.

To participate: drop-off new unwrapped gifts/toys for any age group from November 13 - December 6 at one of the County lobby locations: 7001-A East Parkway, Sacramento, CA 95823 - 3701 Branch Center Rd, Sacramento, CA 95827 - 3331 Power Inn Rd, Sacramento, CA 95826 - 700 H St, Sacramento, CA 95814 - 799 G St,

Sacramento, CA 95814

Those interested in donating may also write a check to Department of Child, Family & Adult Services/Gifts From the Heart Program and mail to: P.O. Box 269057, Sacramento, CA 95826-9443, (100% of donations are used to purchase gifts).

The Gifts From the Heart Program is coordinated through the Department of Child, Family and Adult Services. A team of over 30 volunteers manages the pick-up, distribution and delivery of gifts from the community partners and private sponsors during the month of December each year. Gifts are given to the client's social worker, which are then delivered to children, teens disabled adults and seniors.

Source: Sacramento County Media ★

# SSPCA Receives Over \$100,000 in Grants

Petsmart Charities Donates to Help Pets Find Forever Homes

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County Animal Services, Placer SPCA, Stockton Animal Control, Sacramento County Animal Control, and weekly visits to Sacramento City Animal Control on Front Street. The relocation of these pets not only allows the overburdened shelter to have open kennels for incoming animals, but gives the pets transferred the opportunity to find loving homes in a new environment.

A \$50,000 grant from PetSmart Charities was used to purchase a new transfer van, allowing the Sacramento SPCA to transfer even more animals per visit to overburdened shelters. A \$51,821 grant from PetSmart Charities will soon completely renovate a new area at the Sacramento SPCA for intake and assessment of these transferred animals before they are ready to find their new

families.

"In the past, we could rescue six large dogs, or eight medium dogs or about a dozen and a half small dogs or cats," said Kenn Altine, Sacramento SPCA CEO. "With the new PetSmart Charities van, we can load eight large crates and dozens of small and medium crates by using the folding shelves. We can bring back a wide mix of sizes that matches the needs of the partner shelter and the space availability here at Sacramento SPCA." Employees of the Sacramento SPCA recently drove this new animal transfer vehicle to Kettleman City to transfer 15 dogs from areas affected by Hurricane Michael.

"Pet transport continues to play an important role in reducing pet homelessness and can provide a better chance for pets to find loving homes," said David Haworth, DVM, Ph.D.

and president of PetSmart Charities. "We are thrilled to not only provide funding to support the transport of these pets from overwhelmed areas, but also increase the Sacramento SPCA's capacity to provide quality care to pets on the journey to find their forever home."

Pet Transport is one of PetSmart Charities' seven grant categories designed to provide year-round opportunities for animal welfare organizations and non-profits to apply for funding support. Funding from PetSmart Charities can help to cover the costs associated with pet transportation, veterinary and shelter care and vehicle maintenance and modifications. With the help of its animal welfare partners, since 1994, PetSmart Charities has helped more than 8 million pets in need find forever homes. ★

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December 30	Value of Reflection	Service at 10:45 am

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# Stingrays' Sport Support

By Jan Float

**GOLD RIVER, CA (MPG)** - Who survives without a solid support system? The Stingrays, with chlorinated cups that runneth over, are grateful for the generosity of its Sponsorship and volunteerism of its Board Members, the irrefutable infrastructure of their team.

Unbeknownst to this general readership, Stingrays' Sponsors are integral to the athletes' improved performance levels. Sport Support enables them to purchase ever-evolving electronics, in-the-water and dryland training tools, and other swimming-related necessities. Thanks to Sponsorship, three seasons ago was the unveiling of a mounted "Colorado" system, which transmits through technoutso wireless hardware and software instantaneous digital results. Runs like clockwork ... and required to Keep Up with the Times.



Tamara Bish, Sasheen Garrison, Kellen Arno and Karen Jones

is a full-sized banner filled with the same listing; and the Website devotes a tab entitled "Sponsors," complete with contact information. Seven months of home, away and Championship meets cover a wide swath of marketing exposure. It's a win-win: The Stingrays get geared up while the Sponsors get built up!

Garrison and League Representative Kellen Arno, both of whom serve in the most demanding and valued of Board positions. Not bad for Sport Support, huh?

Ready for a huge announcement? Ta-da-ta-da: As of this New Year, Gold River is beyond thrilled to be competing in the League's Gold Rush Conference. As contenders in the top-tiered Comstock Conference for the past five seasons, the Stingrays have been labeled as "Small-but-Mighty" -- for mighty good reason -- their opponents double and triple in size. So Kellen and his fellow League reps voted to move one team up and another down. The Stingrays BELIEVE this is a Good Move. No stopping the Mighty Good competition now!

With the spreading news that Gold River is taking it down a notch, new families are making overtures, the Board is proactively toiling away, and registration is now open. A newly-devised and popular dryland program has been implemented, so much so that it's now wait-listed. Due to swimmers graduating out of the program [into college and a more elite level], Sponsorship is expected to taper off this year. Those interested in assisting and advertising are invited to contact Coordinator Karen: karenannjones@yahoo.com. In 2019, the Smaller will never be Mightier ... with Stingrays' Sport Support! ★



Paul Scholl, Jeff Float and Theresa Mulnix

Last year Gold River welcomed first-time sponsor Paul Scholl, the publisher of the Messenger Publishing Group, depicted here with Jeff Float and Theresa Mulnix. Decked out in team shirts, Paul and Theresa wanted in on a piece of the action and, it's fair to say, were Stung by the Stingrays' energy and synergy.

To name but a few Sponsorship perks, the team extends appreciation by printing on the backs of its shirts all Sponsors' logos and names. Hanging directly alongside the all-eyes-on-deck Colorado scoreboard

Comprising this year's set of Sponsorship was The Malone Group, SystemLytics, Sierra Asset Management, Synergy Capital Lending, Get Some Jerky and New Balance. Twinning as Sponsors and Board Members are, on the left, Tamara Bish, Social Coordinator and a realtor with The Malone Group. Shown on the far right is Sponsorship Coordinator Karen Jones, who works in tandem with her husband Tom as owner/operators of SystemLytics. Smack dab in the middle stands the Human Hub, President Sasheen

# Families Needed to Provide Love to Foster Children

By Brenda Bongiorno, Sacramento County

**SACRAMENTO COUNTY, CA (MPG)** - In California, there are more than 62,000 youth living in foster care and more than 34,000 waiting for a permanent family. In Sacramento County alone, there are less than 2,000 foster youth in need of a loving and affirming home.

Each November during National Adoption Month, Sacramento County reminds the community that you can make a difference in the life of a child by becoming a resource family. These resource parents, once known as foster parents, provide love, parental care, guidance and stability to children until they can either return to their parents or are provided a permanent home through adoption or guardianship.

Whether you are married or single, gay or straight, a homeowner or a renter, an aunt, teacher or simply a loving person that wants to positively impact the life of a child, Sacramento County Department of Child, Family and Adult Services hopes more people in our community will consider fostering a child.

Hundreds of new resource families are needed so that children and youth can live with a caring family in a home-based setting rather than in a group home. The more families who can open their doors to our children, the better. In particular, the County is looking for families who are able to foster teenagers, LGBTQ youth, African-American children, children with medical needs, emergency/last-minute placements and homes for sibling sets.

Sacramento County supports, trains and offers guidance, support and



Hundreds of new resource families are needed so that children and youth can live with a caring family in a home-based setting rather than in a group home.

assistance to resource families to make sure the journey is a positive transition. While reuniting children with their biological families is the primary goal, when that is not possible, staff can help resource parents adopt or take legal guardianship without having to undergo another approval process. This creates a continuous care experience for children who will no longer have to switch homes at the point of adoption.

On Nov. 15, we pause our busy lives long enough to speak the names of thousands of California children who are waiting in foster care for the love and support of a permanent family. Sacramento County, along with adoption agencies, are hosting the 30th Annual Calling Out of Names on the North Steps of the State Capitol from 9:15 a.m. - 4:45 p.m.

During the seven-hour vigil, adoptive parents, child advocates, community leaders and elected officials will continually read the names and ages of every child in California currently waiting for families. Some names have been read year after year.

"This powerful vigil for the community helps us to come together annually to

raise awareness and hope for children who are awaiting permanent homes in Sacramento County and throughout California," said Michelle Callejas, Sacramento County Director of Child, Family and Adult Services.

### Participating foster family agencies and sponsors:

- Legislative Sponsor: Assembly member Blanca E. Rubio
- Fiscal Sponsors: Better Life Children Services, California Department of Social Services, Koinonia Family Services, Lilliput Families, Sacramento County, Sierra Forever Families, Stanford Youth Solutions and Uplift Family Services
- Organizing Sponsors: California Alliance of Child and Family Services, Gail Johnson Vaughan and Sierra Forever Families

If you are interested in learning more about becoming a resource family for local foster children or an adoptive parent, attend the next Resource Family/Adoptive Parent Orientation or call (916) 875-5543.

Source: Sacramento County Media ★

# SMUD X-Rays High-voltage Lines to Prevent Large Power Outages

**SACRAMENTO REGION, CA (MPG)** - SMUD's high voltage transmission lines in the Sierra deliver large amounts of power from SMUD's hydroelectric facilities to customers in the valley. A fault on one of those lines can significantly impact the electrical system, potentially leaving thousands of customers in the dark. Critical to the lines' capability are splices that enable the lines to be continuous. As transmission lines are strung or repaired over time, the splices, which are tubular sleeves, can degrade.

To find potential faults SMUD is using state-of-the-art portable X-ray photography to inspect major transmission lines that feed the SMUD grid. Since the X-ray data collected is live, any potential issues are found immediately and repairs are promptly made to arrest future failure.

These high-voltage lines are strung atop high lattice-style towers. Maintenance and repairs on them can involve a lot of work, sometimes more than a hundred feet above the ground, and the work is typically done while the lines are energized so power can flow without interruption.

"Having this tool available to us helps eliminate the guesswork," said SMUD Chief Energy Delivery Officer Frankie McDermott. "It provides another level of protection to help prevent outages on our transmission lines and helps us to harden the SMUD grid."

To do the X-ray inspections that see inside the critical splices, they brought in lineworkers from Western Area Power Administration (WAPA), who are certified to do what's called "barehand" work on energized transmission lines high above the ground while suspended from a helicopter.

Barehanding is a technique that safely allows transmission lineworkers to "bond on" and have direct contact with energized, high-voltage lines to perform work. Special protective clothing, including gloves, socks and boots, place the



Suspended from a helicopter, a lineworker conducts X-ray photography on a SMUD transmission line in the Sierra. The work helps SMUD identify potential issues in advance so they can be repaired and help avoid power outages that could affect thousands of customers. Photo courtesy SMUD

lineworker within the field of electricity that surrounds the energized conductor, allowing the electricity to flow around their body.

The work is part of many ongoing projects to improve and enhance reliable power delivery. The transmission lines in El Dorado County enable SMUD to deliver power from the Upper American River Project (UARP). SMUD's huge system of hydroelectric power plants in the Sierra. The UARP's nearly 700 megawatts of clean power can provide about 20 percent of SMUD's power in a normal water year, which can be crucial especially in summer months when market power is more expensive.

Reliability is a core value of SMUD, a policy set by the SMUD Board of Directors who is elected by SMUD customers. To fulfill that policy, SMUD continues to bolster the infrastructure that comprises SMUD's grid. For more information about SMUD, visit SMUD.org.

Source: SMUD Media ★

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## GOLD RIVER COMMUNITY UPDATE



By County Supervisor Sue Frost

### Impact of Propositions to Sacramento County

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

As has become typical in California, this past November we had a large amount of propositions to vote on. Now that the election is squarely behind us and we know the outcome of each proposition, I thought it would be timely for me to explain the immediate impacts that some of these will have directly on Sacramento County.

**Proposition 1** (passed). This proposition does a variety of things, but it has two main components that will impact the County. First, it provides \$1 billion in the form of loans to veterans to make it easier for them to get into home ownership. With over 87,000 veterans living in Sacramento County, this will undoubtedly help many of our residents.

The other main component is \$1.5 billion in the form of loans for the construction and rehabilitation of rental housing for people with income below 60 percent of the area median

income. A report from October showed that when compared to the 50 largest markets in the United States, the Sacramento Metropolitan Area has the #1 worst housing crisis. Local builders will be applying for a significant amount of that money since the demand is so high. This money is not free however, and California will need to pay it back with interest.

**Proposition 2** (passed). Simply put, this proposition takes some State money that is dedicated to mental health treatment, and diverts it to housing for the homeless. While the County most certainly needs more money to help with mental health treatment, we also have an enormous need for housing that gets much larger every year. The passing of this proposition will get Sacramento County an estimated \$4.2 million yearly, as well as make us eligible to compete with nine other counties for funding from a pool of anywhere between \$486 million to \$682 million.

**Proposition 4** (passed). This proposition authorized \$1.5 billion in bonds for the construction and expansion of children's hospitals. Locally, that means UC Davis Children's Hospital will receive \$54 million as a one-time payment. As with Proposition 1, California will need to be pay this money back with interest.

**Proposition 6** (failed). This proposition would have repealed

the "gas tax" that was approved by the legislature last year, and since the tax was already implemented, nothing will change now that the proposition did not pass. But now that we know the gas tax is here to stay, here is what to expect:

On average, Sacramento County will receive around \$25 million yearly to help with maintenance of the roads. But while this may seem like a lot of money, the reality is that Sacramento County needs around \$50 million yearly to just keep up with the deterioration of the roads, and we would need even more than that to start trimming down our \$700 million backlog of needed road repairs. More investments will need to be made if we want our roads to be at an acceptable level, either in the form of switching our spending priorities, or more taxes. If you have followed my past articles, you will know that I support switching priorities without raising taxes.

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 and Rancho Cordova. ★



By David Dickstein, Gold River resident

"Twas the night before Christmas, when all through Gold River, The town was on edge, the folks were a-quiver. From Maidu to Miners', Park Place to Pioneer, Every village was worried, so much was to fear.

The cause of this stress had to do with a stranger, Could one man really put Gold River in danger? That question was asked of the GRCA board, On sacred Christmas Eve of all nights, dear Lord!

The hearing was held at the community center, All were invited without the status of renter. Bel Air donated goodies for the emergency meeting, Extra chairs were brought in to provide extra seating.

At issue was a man rumored to be moving here, Known for invading homes in the name of good cheer? He climbs down chimneys to enter a house, While not a creature is stirring, not even a mouse.

Seeing kids when they're sleeping, knowing when they're awake? This dude sure sounds more naughty than nice for goodness sake. Gold River won't tolerate a person so twisted, So what if he's been this way before Gold River existed?

"The last thing we need is a red-suited freak,"

## 'Fool's Gold'

A Gold River Christmas Eve



Said the self-described vigilante from Carson Creek. "This guy gives out toys without parental consent, Now is the winter of our town's discontent!"

The building was packed, owners wanted their say, There were more people here than at Blaze's free pizza day. The GRCA board welcomed all who had come, But from the back yelled a child who said, "This is dumb!"

The boy said Gold River must open its eyes, "Let him buy a home, be it in Sutter or Enterprise." The president pounded his gavel like a rock, The bang was so loud people heard it in Comstock.

Suddenly a stranger walked down the center aisle, Turning his head to the left he gave the brave lad a smile. The red-suited man walked up to the mic, Before speaking he opened his arms as wide as Gold Spike.

"Good evening Gold River, I do come in peace, I'm here to explain why your worries should cease. Before any of you call community patrol, Please know I'm quite happy living at the North Pole."

"I heard the rumors and on the surface they're true, I do love all children, Christian, Islamic or Jew. Homes I have trespassed from Rome to Rancho Cordova, But it's to give gifts to kids, even Atheist and Jehovah."

The people assembled couldn't believe what they heard, Without any proof his claims were simply absurd. And then from the roof came a thunderous noise, Right on cue were reindeer with a sleigh full of toys.

The evidence before them brought the people to shame, Except for the boy each had a share in the blame. The board adjourned a gathering so truly ridiculous, For the man they feared was jolly, old Saint Nicholas.

Peace was restored in Gold River that night, Neighbors loving neighbors was such a beautiful sight. High above the town Santa said to all who could hear, "Merry Christmas or whatever and have a happy new year!"

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

## IRS Warns of "Tax Transcript" Email Scam

Special dangers to business networks

By David A. Tucker, IRS

**WASHINGTON (MPG)** - The Internal Revenue Service and Security Summit partners warned the public this week of a surge of fraudulent emails impersonating the IRS and using tax transcripts as bait to entice users to open documents containing malware.

The scam is especially problematic for businesses whose employees might open the malware because this malware can spread throughout the network and potentially take months to successfully remove.

This well-known malware, known as Emotet, generally poses as specific banks and financial institutions in its effort to trick people into opening infected documents.

The Summit partnership of the IRS, state tax agencies and the nation's tax industry remind taxpayers to watch out for this scam.

However, in the past few weeks, the scam masqueraded as the IRS, pretending to be from "IRS Online." The scam email carries an attachment labeled "Tax Account Transcript" or something similar, and the subject line uses some variation of the phrase "tax transcript." These clues can change with each version of the malware. Scores of these malicious Emotet emails were forwarded to phishing@irs.gov recently.

The IRS reminds taxpayers it does not send unsolicited emails to the public, nor would it email a sensitive document such as

a tax transcript, which is a summary of a tax return. The IRS urges taxpayers not to open the email or the attachment. If using a personal computer, delete or forward the scam email to phishing@irs.gov. If you see these using an employer's computer, notify the company's technology professionals.

The United States Computer Emergency Readiness Team (US-CERT) issued a warning in July about earlier versions of the Emotet in Alert (TA18-201A) Emotet Malware. US-CERT has labeled the Emotet Malware "among the most costly and destructive malware affecting state, local, tribal, and territorial (SLTT) governments, and the private and public sectors." ★

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Subscriptions should be mailed to *Gold River Messenger*, 7144 Fair Oaks Blvd, Suite 5, Carmichael, CA 95608. Subscription rate is \$39 per year within *Gold River*, \$49 within Sacramento County. The *Gold River Messenger* is published monthly. Call 916-773-1111 for more information.

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**Make It Fun and It Will Get Done!**  
**The Secret to Being Organized**  
**Pam Young's Corner**  
**Finish Every Day and Be Done With It**

One thing we all learn, as we age, is that life changes and we don't see it happen, because it happens so gradually. The older we get, we realize how important it is to enjoy every single day to the max. When we were growing up, we were too busy raising our families to think much about savoring each day. Most of our younger years are a blur of hard work, chaos, fatigue and a lot of noise.

We notice the changes when we look back on photos taken when we were younger, and can think, 'I looked good. I looked young then, so why did I think I looked old? Why was I so hard on myself?' Most of the younger women I know are so hard on themselves and I wish I could hug them and remind them that they look just fine. You young moms, be easy with yourselves. Everything's okay.

Here's a thought. No matter how old you are, if you want to look ten years younger instantly, the next time you get into a discussion about age, tell that you are ten years older than you are and watch the compliments flow to you! But I really have some better advice.

A ninety-year-old friend of mine, who just passed away, once told me she started every day with words from Emerson. They are the same words Peggy and I used to end our book, "The Sidetracked Sisters' Happiness File."

"Finish every day and be done with it. You have done what you could. Some blunders and

absurdities no doubt crept in. Forget them as soon as you can. Tomorrow is a new day; begin it well and serenely and with too high a spirit to be cumbered with your old nonsense. This day is all that is good and fair. It is too dear, with its hopes and invitations, to waste a moment on yesterdays."

Do you know much about Ralph Waldo Emerson? He lived in Concord, MA and owned property on Walden Pond where his live-in handyman, friend and protégé Henry Thoreau ended up living for a couple of years. In addition to doing odd jobs in the yard and house, Henry also watched the four Emerson children sometimes.

Since Ralph was a highly respected and famous American philosopher and man of letters, he mentored Henry, who was no dummy either. Henry graduated from Harvard as did Ralph.

When I think of that household of four children, a live-in student and a busy writing and lecture schedule, I can see why Emerson wrote that paragraph. Can you imagine Henry following him all around, soaking up every drop of wisdom from Ralph that he could? Do you think maybe Ralph is the one who suggested Henry build a little room on that lake property just to get him out? You know what they say about visitors being the same as fish; after three days they stink.

I often wonder how much Henry was in the "real" world. He lived with

his parents before he lived with Ralph and his family. He spent \$29 on the room he built to live in on the shore of Walden Pond and conducted an economic experiment to see if it were possible to live by working one day and devoting the other six days to rest and contemplation, reversing the Yankee habit of working six days and resting one. Sounds like Henry was a millennial before his time.

We don't have six free days a week to contemplate life, but maybe we can take just a minute or two here-and-there every day and relish being alive. Relish every bite we take. Relish good music we can listen to anytime we turn it on. Relish our neighbors, friends and family members every time we come in contact with them. Relish our freedom. Relish the fact that we live on this planet (the only sphere that we know of in the Universe that we can inhabit) and we are conscious of it.

So let's focus on the good in our lives right now in this moment. Way more is going right than going wrong. Live this day for the good that's in it, forget what went wrong and be done with it.

For more from Pam Young go to [www.cluborganized.com](http://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. ★

# Getting at the Real Cause of Rising Drug Prices

Commentary by Sandip Shah



Health insurers and other middlemen have steadily ratcheted up their cost-sharing requirements. The product price holds steady, but patients bare an increasingly large slice of the cost.

Democrats and Republicans alike are lining up to criticize pharmaceutical companies for gouging customers and stranding sick patients.

President Donald Trump tweeted that drug companies "should be ashamed that they have raised drug prices for no reason." Senator Dick Durbin, an Illinois Democrat who disagrees with the President on virtually everything else, is leading a charge to clamp down on drug prices, which he claims are the "#1 driver for increases in premiums" for health insurance.

These concerns are justified, but the blame is misplaced. Many patients do face high prices at the pharmacy, but that's not because of drug company predation. The problem: the middlemen sitting between manufacturers and patients.

Pharmaceutical companies regularly negotiate substantial discounts with insurers, pharmacy benefit managers, and other supply chain players. These discounts shave down the price of the average brand-name drug by about a third.

Discounts have kept drug prices in check. Last year, the average cost of brand-name pharmaceuticals increased just 2 percent -- a percent increase well below that of doctor's visits, hospital stays, and other parts of the healthcare sector.

Generic drugs have also curbed costs. Generics are cheaper than the brand-name drugs they're copied from. Over the last decade, generic drugs have reduced patient health care costs by

an estimated \$1.67 trillion.

By preventing disease, patients don't develop conditions requiring more invasive, expensive treatments down the road. Every dollar spent on drugs could save up to \$10 in avoided ER visits and hospitalizations for patients with congestive heart failure, high blood pressure, diabetes, and more.

But then, the mystery: Given the heavy discounts on brand name products and the prevalence of low-cost generics, why do many patients still face high prices when they fill their prescriptions?

Because health insurers and other middlemen have steadily ratcheted up their cost-sharing requirements. The product price holds steady, but patients bare an increasingly large slice of the cost. Since 2006, insurance deductibles have increased by 350 percent and co-insurance has jumped 89 percent.

Instead of passing discounts to patients, insurers pocket them. More than half of the out-of-pocket requirements for brand name drugs in commercial health insurance are based on the full list price of the drug.

In other words, insurers act as if those discounts don't exist.

This abuse fuels an odd phenomenon: for some patients, buying a drug with insurance costs more than paying for it directly out-of-pocket. Roughly 40 percent of brand name drugs are more expensive if patients use insurance.

The New York Times recently profiled a UnitedHealthcare customer who went to fill his prescription for a generic cholesterol drug. He was told he owed \$84. That patient later searched online and found the same drug for just \$45. This mismatch happens all the time.

Voters and their elected officials have ample reason to be angry about sky-high drug prices, but pointing fingers at drug manufacturers isn't helpful. Drug manufacturers have kept prices in check with substantial discounts and low-cost generics.

Sandip Shah is the founder and president of Market Access Solutions, a global market access consultancy, where he develops strategies to optimize patient access to life-changing therapies. ★

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## Meet a Playful Dog Named Juju



By Kay Burton

My Breed is part Shitzu/Chihuahua. I am called Juju, named after a football player whose name is Juju Smith-Schuster. I am 5 months old and I am having so much fun!

I love playing catch with my ball, wrestling with my cat friends and destroying chew toys. I am very affection and playful. I am also very hyper and want all the attention I can get. I am a good dog. I am really good at letting the family know when I need to go outside to go potty.

I scratch the door every morning and bark to wake everyone up and to use the bathroom right away. I Love doing tricks like



I love playing catch with my ball, wrestling with my cat friends and destroying chew toys.

shaking hands, giving kisses, sitting and standing up on my hind legs.

When I am a bad dog: I like stealing people's shoes/slippers and taking them outside. I enjoy getting hold of toilet paper and tearing it to shreds, any kind of paper for that matter. I also have a bad habit of playing too hard and sometimes can bite fingers and hands too hard when in a play mode.

All in all I am a fun dog to have around. I am always full of energy and

never boring and I am a popular breed. My breed is known for it's adorable rounded face. This hybrid originated in the U.S. and is known to be quietly affectionate, yet somewhat aggressive and fierce at the same time. This charming fluffy breed has a personality five times its size.

Kay Burton is a columnist and supporter of the SSPCA and other rescue groups. To share your family pet story with our readers, email: [Kayburton1@comcast.net](mailto:Kayburton1@comcast.net) ★

## Help Turn the Tide of Opioid Use

### Sacramento County Release

**SACRAMENTO COUNTY, CA (MPG)** - Progress is being made as opioid prescriptions in Sacramento County are decreasing, but more work needs to be done to prevent opioid overdose emergency department visits and deaths.

Opioids can have a number of serious side effects even when used appropriately; when used for non-medical purposes, opioids can become highly addictive.

To provide solutions, Sacramento County is an active participant in the Sacramento County Opioid Coalition that is comprised of a regional coalition of healthcare professionals, community-based organizations, law enforcement, county agencies and concerned citizens.

The Sacramento County Opioid Coalition goal is to work collaboratively on a comprehensive plan to address the opioid epidemic effectively with the following strategies: promoting safe prescribing; expanding treatment access; promoting safe medication disposal; encouraging early intervention treatment and recovery, overdose prevention; expanding public education and media



The Sacramento County Opioid Coalition website provides additional information including a list of current stakeholders, upcoming events and a calendar of the group's progress.

outreach.

"Opioid misuse and dependency is a complex public health issue that requires a multidimensional community response," said Dr. Olivia Kasirye, Sacramento County Public Health Officer. "Through the Sacramento County Opioid Coalition, we're bringing together local organizations and citizens committed to saving lives through collaboration and action. We're engaging the medical community, providing law enforcement with life-saving tools, promoting safe medication disposal, and working to raise awareness about opioids in our community."

Sacramento County, in 2016, had 241 opioid overdose emergency department visits and 55 opioid overdose deaths. The numbers trended down in 2017 and in that year, Sacramento County received a State grant of naloxone nasal inhaler kits

that were distributed to law enforcement agencies and community-based organizations. The drug naloxone reverses an opioid overdose and is vital for saving lives. A goal of the Sacramento County Opioid Coalition is to increase naloxone availability in our community through distribution to law enforcement agencies, people who use opioids, and to friends or family members of those at risk of an opioid overdose. To date, the Sacramento County Opioid Coalition has over 140 stakeholders and has distributed 1,450 life-saving naloxone kits.

The Sacramento County Opioid Coalition website provides additional information including a list of current stakeholders, upcoming events and a calendar of the group's progress.

Source: Sacramento County Media ★

## No One Should Go Hungry On Christmas



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## CRPD Honored at Statewide Conference

*Continued from Page 1*  
Recreation and Park District worked closely with the City of Rancho Cordova, the County of Sacramento, and the Sacramento Metropolitan Fire District to create an accessible and safe community space. This park demonstrates a 21st century ethic of sustainability and technology, provides a myriad of opportunities, and furthers the District's mission to "lead the region in recreation and parks through excellence and transparency in serving the needs of our diverse and growing community."

Since the park opened on December 16, 2017 it has been praised by community members and professional association alike. Resident Google postings on the park give it a score of 4.8 out of 5.0. In February 2018, it received a Facility Design and Park Planning award from the California Parks and Recreation Society District 2. In March 2018, it received an award from the California Association of Recreation and Park Districts for Outstanding New Facility.

The criteria for this CSDA annual award

included originality of project, tangible and positive results produced and a documented decrease in district costs or a demonstrated improvement in the district's quality of service without significantly increasing costs.

The California Special Districts Association is a 501c(6), not-for-profit association that was formed in 1969 to promote good governance and improved core local services through professional development, advocacy and other services for all types of independent special districts. ★

## FUTURE FORWARD

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## MARIJUANA IS NOT FOR ME





# CHEERS & JEERS

**Cheers to Tell Me a Story**  
for booking such a primo cast. From affable James Wolk finally playing dark opposite a refreshingly un-glam (and so good!) Paul Wesley to Kim Cattrall flipping the script on her sassy *Sex and the City* persona as a compassionate grandmother, CBS All Access's grim twist on classic fairy tales is a treat you should already be addicted to. End of story.



It's not that we don't love the sleigh full of seasonal flicks from the Hallmark Channel, Lifetime, Freeform and Netflix. It's just that there are so many now.

**Jeers to Holiday-Movie Overload**  
It's not that we don't love the sleigh full of seasonal flicks from the Hallmark Channel, Lifetime, Freeform and Netflix. It's just that there are so many now, we've lost track of which *One Tree Hill* vet is visiting her quaint hometown and how many soap-opera alums are stranded at snowy country inns.

newish characters to sort through and very little reason to care about them.

**Jeers to The Walking Dead**  
for losing its way. With the exit of Andrew Lincoln, AMC's once-killer zombie drama no longer has Rick Grimes's central drive to salvage humanity at the heart of the horror, leaving fans with too many

**Cheers to Superstore**  
for employing Eden Sher. *The Middle* star popped in to the NBC comedy's November 8 episode as a hilariously peppy job applicant who made Sue Heck seem cool. Too bad she got a limited-time offer of one episode instead of a recurring gig. ★

## ASK MATT

BY MATT ROUSH TV Guide Senior Critic

**Did The Walking Dead Cop Out With Rick?**

**Question:** In the new *Murphy Brown*, why hasn't there been any mention that Miles and Corky were once married? —*Sue*

**Matt Roush:** This is a classic case of sitcom "retcon" (as in "retroactive continuity"), in which a show decides to ignore events from its past life when it gets a fresh start. (The new *Will & Grace* ignored the original series'

ending, to its benefit.) I've read some suggestions (unconfirmed) that because the Miles-Corky marriage happened after series creator Diane English left the show, she opted to just ignore that it ever happened—and to be honest, it probably never should have—and that's why it never comes up. Given how rocky some of those final seasons were, it may be just as well.

**Question:** On ABC's recent *Mickey Mouse* special, original Mouseketeers

Bobby Burgess and Sharon Baird were introduced. Are they the only ones left from the 1955 show? —*Carole*

**Matt Roush:** Of the original cast members who were under contract for the full run of the original *Mickey Mouse Club*, only Annette Funicello and Doreen Tracey have passed away. According to a quick search, Lonnie Burr, Tommy Cole, Darlene Gillespie, Cubby O'Brien and Karen Pendleton are also still around, but may not have been available for the reunion.

To submit questions to TV Critic Matt Roush, go to: [tvinsider.com](http://tvinsider.com) ★

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# SouthEast Connector Funding is Secure Following Proposition 6 Failure

By Lindsey Goodwin

**MATHER, CA (MPG)** - The Capital SouthEast Connector Joint Powers Authority has announced \$20 million in grant funding previously secured through the California Transportation Commission's (CTC) Local Partnership Program (LPP) available through Senate Bill 1 (SB 1), the Road Repair and Accountability Act of 2017, is secure following the failure of Proposition 6. This statewide proposition would have repealed SB 1, a 2017 law that generates \$5.2 billion annually in new transportation funding

that is permanently designated for road repairs and public transportation.

"The voters of California have spoken and, based on the outcome of Proposition 6, understand the importance of prioritizing funding sources to maintain our state's transportation infrastructure," said Derek Minnema, executive director of the Capital SouthEast Connector JPA. "The \$20 million in funds previously secured through SB 1 will be invested judiciously to continue the advancement of the Connector, which will provide instant regional congestion relief to downtown

Sacramento and close a critical rural-to-suburban connectivity gap here in our region."

The Connector received the third largest statewide funding award of close to 90 grant applications for projects throughout California.

Earlier this year, the Sacramento Transportation Authority ranked the Connector as it's No. 1 regional transportation project pursuing funding through the CTC's LPP grant program.

The Connector closes a rural-to-suburban connectivity gap by transforming 34 miles of two-lane rural roads into a state-of-the-art, four-lane

expressway connecting the communities of the City of Elk Grove, Sacramento County, City of Rancho Cordova, City of Folsom and El Dorado County. The new expressway will provide instant regional congestion relief to downtown Sacramento, provide parallel capacity to Highway 50, and an evacuation route for the southeastern part of Sacramento County. Project benefits also extend beyond the region as the Connector has been identified as a key project within California's Central Valley Major International Trade Region, and will connect three U.S. Department

of Transportation's Primary Freight Network Routes that are the backbone of goods movement within the Central Valley.

The Connector JPA was formed in December 2006 and includes Sacramento County, El Dorado County and the cities of Elk Grove, Folsom and Rancho Cordova. It is responsible for the Connector's planning, environmental review, engineering design, development and construction.

For more information, visit [www.connectorjpa.net](http://www.connectorjpa.net)

Source: Randle Communications ★

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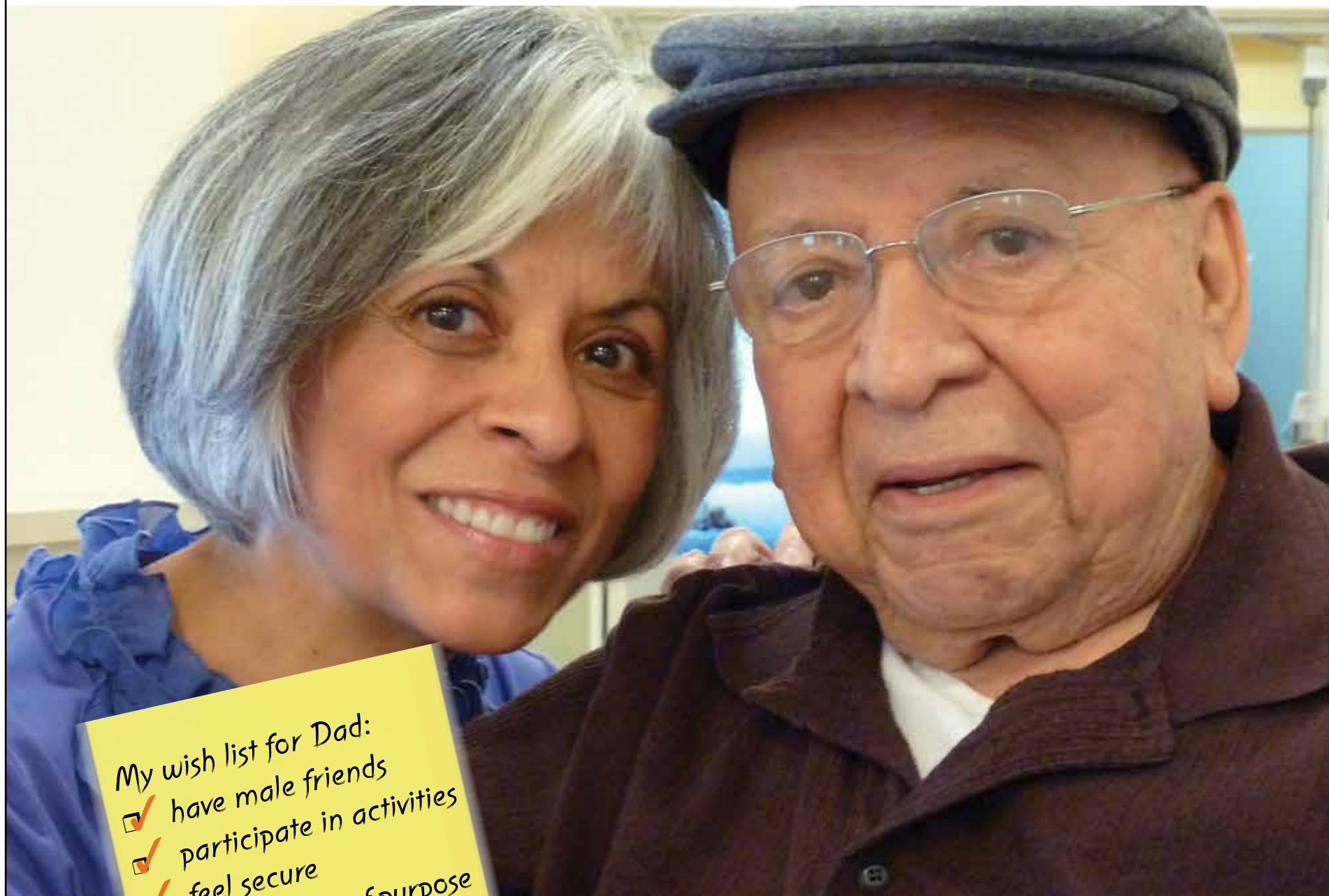
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## AlSCO Gives Support to Seniors Through Philanthropic Partnership Program



Eskaton management receives the donation from AlSCO executives. Photo courtesy AlSCO

By Nina Canning

**SACRAMENTO, CA (MPG)** - AlSCO Inc., the premier linen and uniform rental services company, recently joined the Eskaton Foundation's Philanthropic Partner Program to better support senior citizens as they age, helping them remain independent, but also provides volunteer opportunities and education forums about the aging experience for AlSCO employees. Seniors are an often overlooked demographic when it comes to charitable giving. In fact, in the United States, only two

percent of all giving is directed to senior causes. "Our donation allows us to support seniors through the innovative health, housing and social services the Eskaton Foundation provides to seniors," says Mark Kotsios, general manager, AlSCO Sacramento. Eskaton, which means "the dawning of a new day," is a community-based nonprofit whose mission is enhancing the quality of life of seniors to transform the aging experience. Eskaton Foundation supports the needs of seniors in the greater Sacramento area. AlSCO is a

fourth-generation family owned and operated business, founded in 1889, that was recognized by the prestigious Hohenstein Institute for having invented the linen and uniform rental industry. Celebrating 129 years of business, AlSCO provides linen and uniform rental services to customers that include restaurants, healthcare, automotive industry and industrial facilities. With over 180 locations, AlSCO provides world-class service to over 355,000 customers in 14 countries. Learn more at <http://www.alsco.com>. ★

## Sacramento Children's Home Launches Annual Holiday Giving Program

**SACRAMENTO, CA (MPG)** - The Sacramento Children's Home has kicked off its annual Holiday Giving Program, bringing the local community together during the holidays to serve children and families in need. Last year, our program provided gifts for 1,200 children, and the community adopted nearly 70 families, providing them with gifts, gift cards and everyday essentials. Once again this year we have 1,200 children participating; many of whom the gifts they receive through our program will be the only gifts they receive this year. The holidays are a joyful time when we can give thanks for all that we have and give back to those in need. There are several ways for community members to get involved with the SCH Holiday Giving Program, which ends December 14. Wish Stars and Ornaments: The classic yellow wish star includes three wishes from an SCH child. Community members are encouraged to shop for their child and return unwrapped gifts to the Sacramento Children's Home at 2750 Sutterville Road in Sacramento. Financial contributions of \$25, \$50, \$100 or more, as well as gift card donations

help us ensure that all kids and families have their holiday wishes fulfilled and basic needs met. Some male youth in our Residential Program do not have family to spend the holidays with, so financial support specific to our snow trip enables us to send our residents on a snow trip to Mt. Shasta over the holidays. Adopt-a-Family: Community members can also adopt an entire family this holiday season. The adoptees are families that participate in Sacramento Children's Home programs such as the Family Resource Centers and the Counseling Center. Volunteer Opportunities: Every year, we rely on community volunteers to help run our holiday donation site. Last year, about 200 volunteers provided nearly 100 hours of support, which included greeting donors, accepting gifts, registering gifts into our system, sorting, and wrapping. Giving Tree Sites and Holiday Sponsors: Local businesses and schools participate by hosting Giving Tree sites with stars available to the public for pick up. Businesses and corporations also have the opportunity to sponsor an SCH Holiday Party for individual programs such

as our Family Resource Centers and Crisis Nurseries to help strengthen families in our highest risk communities. For more information about all of these options and important dates, please visit [www.kidshome.org/holiday-giving](http://www.kidshome.org/holiday-giving). The Sacramento Children's Home was founded in 1867 and today it is the most comprehensive child and family service organization in Sacramento County serving more than 7,000 children and 4,300 families each year through a broad spectrum of residential, community-based, mental health and educational programs. Throughout its 151-year history, the Sacramento Children's Home has been at the forefront of trauma-informed care and developing new ways to improve the outcomes of children and families. Through its multiple programs at six sites in the county, the Sacramento Children's Home offers prevention, early intervention and treatment programs that are critical to strengthening families and stopping the generational cycle of child abuse and neglect. More information is available at [www.kidshome.org](http://www.kidshome.org). Source: Sacramento Children's Home ★

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