



**Standing Strong
at the Crossroads**

PAGE 2



Merry Christmas

AMERICAN RIVER Messenger

VOLUME 15 • ISSUE 24

Serving Fair Oaks, Orangevale & Sacramento County

DECEMBER 18, 2020

**SEE
INSIDE**

**DISTRICT 3
THANKS
SUSAN PETERS**



PAGE 10

**RIVER CATS,
SUSAN SAVAGE,
INSPIRE ABC COMEDY**



PAGE 3

**RECOVER WITH
CLEAN AND SOBER
TRANSITIONAL
LIVING**



PAGE 4



Scan our QR Code for a
direct link to our online edition!

**LEGAL ADS FOR
SACRAMENTO
COUNTY?**

We Can Do That!

MPG

To place your legal
advertising, go to

CarmichaelTimes.com

A Deck with a View



Above: Nimbus Hatchery staffers Lance Meyer (left) Stephanie Ambrosia and Jason Fareira visit the new viewing deck on the American River. Right: The new amenity overlooks an area where Chinook salmon (inset) nest and spawn and opportunists forage.

**Story and photos
by Susan Maxwell Skinner**

SACRAMENTO REGION, CA (MPG) - Thirty feet above the shoreline near Nimbus Dam, a new lookout allows stunning observation of one of the American River's most bio-diverse hotspots.

Completed just in time for the 2020 salmon run, the cantilevered deck is an amenity offered by the Department of Fish and Wildlife. Construction was undertaken by Orangevale-based Swierstok Enterprises.

The structure is designed to accommodate nature lovers and schoolroom-sized groups on educational visits. Rails are safety features; the amenity is ADA compliant and will soon also offer bench seats and educational panel displays.

"This is something we've wanted at the hatchery for years," enthuses interpretative specialist Jason Fareira. "At last, we have a bird's-eye view of these shallows, so students can really see what goes on with salmon and other wildlife. We also hope that fewer people will want to climb down banks now; we're always concerned for their safety, and for bank erosion and dirt being dislodged to damage fish

eggs." The deck overlooks active Chinook nesting areas in shallows where salmon - some close to four feet in length - use end-of-life energy to leap and "walk" over riffles with bodies above water. After spawning, females hover to guard deposited eggs.

Other adults continue their mission to find mates, by climbing the hatchery's fish ladder. At its apex, salmon and steelhead are relieved of eggs and milt so fertilization is achieved artificially. The hatchery assures migratory fish survival, in mitigation for river alterations caused by Nimbus and Folsom dams. Fry begin lifecycles - heading downstream for the Pacific Ocean - in spring of 2021.

From the new lookout, viewers can also observe a multitude of wildlife that follows fish upstream. Turkey vultures, bald eagles and gulls make meals of decaying salmon carcasses. Ducks and

wading birds dive for salmon eggs. Otter, coyote, bobcats - even the occasional sea lion from the delta - join the winter rush to gorge at the river's buffet.

The new viewing deck is located opposite Sailor Bar in Gold River. It may be accessed from the Hatchery entrance at 2001 Nimbus Road (off Gold Country Boulevard), Gold River. For information on the Nimbus Fish Hatchery, visit: <https://wildlife.ca.gov/fishing/hatcheries/nimbus>.

Footnote: Hatchery staffers were masked in accordance with health regulations while co-operating with the Carmichael Times. Face coverings were momentarily lowered for the above photograph. ★



**Vote Now!!
Best of Fair Oaks
Ending Soon**

By Ryan Griffith

FAIR OAKS, CA (MPG) - It's that time of year again where the community casts their votes for their favorite businesses, organizations, events and more in Fair Oaks!

The 5th Annual Best of Fair Oaks opened up voting on November 12th at www.bestoffairoaks.com. Community members can cast their votes for their favorites through December 24th and the winners will be announced January 21st, 2021. Last year's Best of Fair Oaks race was a huge success with 12,195 votes and 265 contenders in 47 categories - the biggest turnout yet! There is no cost to participate - anyone can vote and being a nominee is free as well. Ads, sponsorships and enhanced nominee listings, however, are all available starting at \$15. A portion of the revenue generated will go to the Fair Oaks Youth Outreach (FOYO) scholarship fund.

Of course, this year is not without new challenges due to the COVID pandemic. The aspirations for a big gala at North Ridge Country Club are not likely to be realized. Our past awards nights have been standing room only events, organized and hosted by FOYO under the expert guidance of Kim Pitillo, FOCC Executive Director. Event information will be posted on the www.bestoffairoaks.com website as the details come together, so stay tuned!

**Participate
Stay in the Loop:**

Website: bestoffairoaks.com
Facebook: [BestOffFairOaks](https://www.facebook.com/BestOffFairOaks)
Email: info@fairoakschamber.com

Sponsors & Partners

We would like to thank our sponsors and partners for helping make Best of Fair Oaks possible:

Fair Oaks Chamber of Commerce, FOYO - Fair Oaks Youth Outreach, American River Messenger, Averik/VoterFly, and North Ridge Country Club.

Ryan Griffith is the President of VoterFly and the creator of the Best of Fair Oaks website and voting program. He can be reached at rgriffith@averik.com and at 916-972-0355. ★

Bond Oversight Committee Pushes for More Accessible Public Information

Story by Shaunna Boyd

FAIR OAKS, CA (MPG) - At the December meeting of the Measure J Bond Oversight Committee (BOC), Fair Oaks Recreation and Park District Administrator Mike Aho presented updates about the Board-approved budgets for projects funded by Measure J.

The newly named Streg Park (previously referred to as Swallow Way Park) is almost ready to go to bid, and the total project budget is \$833,736. Of that total, only \$200,000 will be Measure J funds. The rest of the project is funded by Prop. 68 at \$250,000 and Park Impact Fees at \$383,736.

The total budget for the Veterans Memorial Amphitheatre remodel has been approved by the Board at \$7.9 million. This total includes \$6,031,780 in construction costs - \$5 million of which is for the building itself, while the rest is for associated sitework. Almost \$1.5 million of the total budget is for "soft costs," which include fees, inspection costs, furniture, fixtures, sounds systems, theatrical lighting, etc. Some additional costs were also added into the total budget, at \$400,720. These additional costs include hazardous material removal and bringing the facility's outdated bathrooms up to code.

For the Village/Plaza Park redevelopment project, the budget has been approved at \$7.4 million. This total includes upgrades to both Village and Plaza Parks, new playground equipment, improvements to the Art and Crafts building, development of the recently acquired commercial building in the project footprint, and parking improvements outside the Community Clubhouse.

The budget for the Community Clubhouse interior renovations has been approved at \$3 million, with just over \$2.2 million in construction costs. Aho said this project "scared me the most, because we're dealing

Continued on page 4

**WE SUPPORT
OUR
MILITARY**

Stand Strong at the Crossroads

By Thomas J. Sullivan

SACRAMENTO REGION, CA (MPG) - At-risk, out-of-school young adults between the ages of 18-24 living in Sacramento County have until January 30th, 2021 to submit their applications to participate in the Crossroads Youth Employment Program (YEP), said Matthew Rosario, youth services case manager at the Crossroads Job Center in Citrus Heights.

The YEP program offers its participants an opportunity to build employment skills and gain first-time work experience.

Applications are taken first-come, first-serve, Rosario said. He recommends interested youth should call him at 916-676-2540, extension 322 to arrange to pick up an application packet.

"Once they contact the Sacramento Works Center, I'll send them the necessary forms by email to get them enrolled as quickly as possible," he said.

In partnership with the Sacramento Employment and Training Agency (SETA), Crossroads Diversified Services operates the Citrus Heights Sacramento Works Job Center at 7011 Sylvan Road, Suite A in Citrus Heights. The Youth Employment Program (YEP) is a year-round work experience program, funded by the federal Workforce Investment Act (WIOA).

"Right now, 17 positions are available, and the application deadline has been extended to January 30, 2021," Rosario said. The current pay scale is \$13.75 an hour for up to 200 hours of work, and the hourly wage will increase to the state's new \$14.00 minimum wage level in January 2021.

YEP applicants must be interested in giving back to their community, developing leadership skills, attending employment workshops, and completing up to 200 hours of paid work at a local business. Applications are accepted until all positions are filled, Rosario said.

The YEP program is specifically focused on at-risk youth who may not have internet or personal computer access. Program participants may be provided a laptop computer if needed.

"Many of the youth targeted by the (YEP) program are among our most vulnerable," Rosario said. "They have a variety of challenges they are trying to overcome."

"We're helping at-risk youth with



Youth services case manager Matthew Rosario focuses on helping at-risk youth to build employment skills and gain first-time work experience through the Crossroads Youth Employment Program (YEP). Photo by Thomas J. Sullivan

supportive services who may lack the technology to participate in remote sessions," he said. "They just need to call our office to make the necessary arrangements."

The application process consists of completing the YEP application packet, an interview with a case manager and completion of a certification appointment at the job center to enroll into the program. Once the application is completed, all candidates complete a series of pre-employment work readiness workshops to help prepare them to be successful employees, Rosario said.

YEP program participants are expected to complete all required workshops, work experience at a local business, a pre and post-test assessment if applicable and obtain employment after completing the program and/or enroll into post-secondary education, Rosario explained.

The Crossroads Job Center's Citrus Heights branch has shifted its in-person operating hours to "by appointment only" due to the pandemic, Rosario said. The center offers job training and counseling assistance both online and by using Zoom video chat.

"When Covid hit, many local employers we had been working with significantly scaled back their hiring," he said. "That is starting to change as employers are looking again to hire. We chiefly work with employers to find entry-level positions where participants in our program can

build employment skills," he said.

"We're taking necessary steps to better prepare our applicants for work in this new job environment," he said. Additional training in workplace safety standards has been updated to reflect California social distancing standards in the workplace, he said.

What makes a successful YEP program candidate?

"A positive attitude and an ability to be able to act respectfully and professionally at all times," Rosario said. "We'll help them with communication skills and address any issues, concerns or work-related problems to ensure their success."

The YEP application checklist includes right to work documents, proof of an employment barrier and federal Selective Service Registration for males over 17 years of age. Proof of an employment barrier can include low income, proof of disability, parenting, pregnancy, probation or homelessness. Youth in former or current foster care environments are also considered with a letter from a social worker or applicable court documents, he said.

Participants learn to navigate the world of work by identifying and exploring future career occupations, employment preparation, leadership development, networking, and skill development.

"Our goal is to have all the participants in the YEP program fully commit to the year-long program," he said.

"Participants must complete mandatory work readiness workshops before they are placed with an employer," Rosario said. "At this time all workshops are done remotely via online video chat or assigned with specific activities to be done by email and Microsoft Powerpoint."

"All of our workshop sessions are via one-on-one appointment and we've scheduled times which are flexible for our participants to attend," Rosario said. Individual workshops include resume writing, career exploration, job searching strategies, interview preparation and mock interviewing.

Once in the program, YEP participants must agree to arrive on time to all workshops, program meetings, and work shifts, Rosario said. "If they are late or cannot make their work shift, they are required to call their case manager or employer in advance."

YEP workshops also place emphasis on "soft skills" which Rosario said are especially critical to the success of new job seekers in the workplace. These include strengthening interpersonal communication skills, critical thinking skills and modeling professionalism in the workplace.

The Crossroads Job Center provides a host of resource services to assist individuals in finding, obtaining and keeping employment. Services include job seeker assessment tools, employment skills workshops, benefits counseling services, state Economic Development Department (EDD) Veterans Services referrals, state certified typing/data entry tests and "Ticket to Work" services.

The "Ticket to Work" program, a free and voluntary program which offers eligible job seekers age 18-64 who receive Social Security Disability Insurance (SSDI) and/or Supplemental Security Disability Income (SSI) benefits which provides choices, opportunities and support needed to find and keep employment, building a path towards self-sufficiency.

"We're here to help," Rosario said.

For more information on the Crossroads Youth Employment Program (YEP) contact Matthew Rosario, youth services case manager at 916-676-2540, extension 322. The Crossroads Job Center at 7011 Sylvan Road, Suite A, urges all job seekers to contact a workforce development representative at 916-676-2540 to schedule an appointment. ★

KP International Market
 10971 Olson Drive
 Rancho Cordova, CA 95670
 916.853.8000
 Market: 10 days 8am-10pm
 Food Court: 3 days 11am-8:30pm
 (Chinese 11:30am-8:30pm)

To Our Valued Customers.
 We will continue to offer the best prices possible during these challenging times. Our KP team is working very hard and have your families and our communities in mind. Please honor "social distancing" and be patient in your shopping experience and courteous to all in the store.
THANK YOU for shopping at KP International Market.

FROZEN & FISH DEPT

REG. \$4.99 EA **\$6.99** Swai Fillet 2 lb Bag

REG. \$4.99 EA **\$2.99** Japanese Mochi Rice Cakes • 4 Kinds

WEEKLY MEAT SPECIALS *SUBJECT TO AVAILABILITY

BONUS BUY New York Roast - Boneless **\$4.79** /lb

USDA CHOICE Beef Bottom Round Steak - Boneless **\$3.99** /lb

WAYNE FARMS 40 lb Box **\$49.99** box

Beef New York Steak - Boneless **\$4.99** /lb

Beef Rump/Bottom Round Roast - Bnls **\$3.79** /lb

Boneless & Skinless Chicken Breasts **\$1.29** /lb

ibp Pork Neck Bones **\$1.29** /lb

ibp Pork Leg Roast Boneless **\$2.29** /lb

ibp Pork Spareribs Single Pak **\$2.49** /lb

FRESH PRODUCE SALES FOR PRODUCE WILL BEGIN ON WEDNESDAYS @ 12:00PM

Avocado 2 lb Bag **2.79**

Lemons 3 lb Bag **2.79**

Blueberries 6 oz **1.99**

Mexican Squash **79¢**

California Purple Yam **1.69**

King Oyster Mushrooms **1.99**

Napa Cabbage **2 lbs \$1**

Fuji Apples **69¢**

Crown Broccoli **99¢**

Navel Oranges 10 lb Bag **3.49**

AMERICAN/HISPANIC GROCERY

Gloria **\$6.99** /ea

Super Aet's **\$5.99** /ea

CRV **79¢** /ea

99¢ /ea

\$5.99 /ea

ASIAN GROCERY

\$49.99 /ea

\$1.39 /ea

\$2.59 /ea

\$1.99 /ea

\$2.99 /ea

EUROPEAN GROCERY

\$7.99 /ea

\$2.99 /ea

79¢ /ea

\$12.99 /ea

\$3.29 /ea

KOREAN/JAPANESE GROCERY

\$8.99 /ea

4.99 /ea

4.99 /ea

4.99 /ea

3.99 /ea

7.99 /ea

2.49 /ea

2.49 /ea

2.49 /ea

3.99 /ea

2.99 /ea

11.99 /ea

FROZEN & FISH DEPT

7.99 /ea

EUROPEAN DELI

\$3.99 /ea

\$6.59 /ea

\$5.49 /ea

\$6.59 /ea

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE DECEMBER 16 - DECEMBER 22, 2020.

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE DECEMBER 16 - DECEMBER 22, 2020.

River Cats, Susan Savage, Inspire ABC Comedy



Susan Savage, CEO of the Sacramento River Cats. Photo: Sacramento River Cats

By Chip Maxson, Sacramento River Cats

WEST SACRAMENTO, CA (MPG) - Felicity Huffman looks to return to TV in a new baseball comedy based on the story of Susan Savage and the Sacramento River Cats. ABC has committed to producing a pilot written by Becky Hartman Edwards and stars, alongside Huffman, *The Peanut Butter Falcon's* Zack Gottsagen. Aaron Kaplan of Kapital Entertainment saw the potential and brought together the group that attracted many offers before deciding to partner with ABC.

Based in Sacramento, the project will focus on the life of Susan Savage, CEO and majority owner of the River Cats, a Triple-A minor league baseball team. Savage took over as CEO of the River Cats when her late

husband, Art Savage, passed away and asked her not to sell the team.

Susan runs the team with her two sons, Jeff and Brent. The story will highlight overcoming loss and grief, family dynamics at work, and the humor, fun, and surprises that go along with minor league baseball.

"There is still a long way to go," reminds Savage, "but it is truly exciting to be at this point. Over the years, whether in an executive meeting or simply talking with one of our longtime fans, something uniquely funny would happen and we would always say that someone should put it in a TV show. Well, I decided to start writing it down and here we are."

"When Art passed away, there were a lot of questions and I didn't have the answers," Susan continued. "However, this

team was his dream so I jumped right in alongside my boys (Jeff and Brent) and we were going to figure this out one way or another. I am so proud of what we have been able to accomplish as a family, but along the way there are plenty of goofs and gaffs that we can laugh at now. Add that to our favorite fans, cheeky players, and quirky promotions, and I'm sure there is something everyone can laugh at and relate to."

Savage also added that although the script was inspired by her story, Hartman Edwards writes with her own flare and creativity using new characters and loose interpretations.

The pilot filming is set to begin in the spring.

Sutter Health Park is the West Sacramento home of the 2019 Triple-A Champion Sacramento River Cats, and proud affiliate of the three-time World Champion San Francisco Giants. Sutter Health Park is consistently voted one of the top ballparks in America. Gift certificates, 2021 Memberships as well as private event bookings are available by calling the River Cats Ticket Hotline at (916) 371-HITS (4487). The only place to guarantee official River Cats tickets is at www.rivercats.com or by visiting the Tri Counties Bank Ticket Office. For information on other events at Sutter Health Park, visit www.sutterhealthpark.com. ★

Last Minute Shopping for Sunrise Mall

By Patrick Larenas

CITRUS HEIGHTS, CA (MPG) - COVID-19 restrictions have not been a deterrent for Sunrise Mall shoppers during this holiday season. Like other shopping centers, the mall at Greenback Lane and Sunrise Boulevard has had to constantly adapt to county and state health guidelines, including the governor's latest order as of December 10.

Sunrise MarketPlace Business Improvement District stated that the order is for at least three weeks: "The regional stay-at-home order will prohibit non-essential travel and activities except as necessary, close operations for certain industries and require masks and physical distancing in public."

Sunrise Mall General Manager Natalie Worstein said, "The team will act in accordance with the procedures and protocols laid out by the Governor."

"We are [still] working to bring the holiday spirit into the shopping experience. It is our goal to make the holiday season as "normal" as possible, while adhering to all CDC guidelines and regulations to ensure the health and safety of all our patrons during these uncertain times," she said.

Worstein said that from a management perspective, Sunrise Mall is "working closely with Mason Asset Management and Namdar Realty Group by increasing our cleaning teams, promoting... safe social distanc[ing] and contactless visits for all customers." Face coverings will continue to be required on the property.

The holiday season at Sunrise Mall is, of course, a time for plenty of shopping not generally done by large



Holiday shoppers enjoy last minute shopping at Sunrise Mall. Photo by Patrick Larenas

crowds throughout the year for adults and kids likewise. Go Games and Toys franchise manager Zee Malik of the Go! Retail Group said that earlier in the year, during the COVID-19 lockdown, "kids were getting really, really sad when they saw their stores closed. Like adults, they also have their preferred stores."

Malik said, "Sales were not better than last year, but we are surviving." He said that as far as paying the bills is concerned "most of those costs are paid at the corporate level; we just handle store functions here."

Although corporations may front costs for these unexpected developments, they can only maintain shops in those circumstances for a limited time. The struggling Sunrise Mall has many vacant retail locations from corporations that decided over the years to ultimately shutdown, especially seen in its southern wing near the closed Sears.

Worstein said, "The holidays are an incredibly important time for our merchants at Sunrise Mall. Traditionally, the Black Friday to day-after-Christmas stretch is when many retailers do the most business."

Sunrise Mall retailers such as Custom Designs, a custom T-shirt and cap store, Bath and Body Works, and Claire's, a fashion boutique, saw a higher

percentage of capacity in traffic during the Black Friday weekend with socially distancing lines as well.

Subjected to the same COVID-19 circumstances as other Sunrise MarketPlace shopping centers in Citrus Heights, Worstein believes it's important to offer shoppers the in-person experience of local retail: "While the experience is slightly different [this year] and it's more of a challenge for us to anticipate what to expect," supporting our local merchants and retail workers is necessary during this unprecedented lockdown.

The Sunrise MarketPlace Business Improvement District states that "Once the regional stay-at-home order is removed, counties will return to the Blueprint for a Safer Economy tier determined by their case rate/test positivity."

Sunrise Mall is located at 6041 Sunrise Mall - Citrus Heights, CA 95610 (916) 728-1916

For more information on the Sunrise Mall visit www.sunrisemallonline.com/

For more information on the Sunrise MarketPlace and Business Improvement District visit www.sunrisemarketplace.com/

For more information on the latest county order COVID-19 order visit www.saccounty.net/COVID-19/Pages/default.aspx ★



My decisions now keep the holidays safer.

Taking action today protects all of us tomorrow.

Give the gift of a healthier, safer holiday season. As cold weather gets closer, keep your loved ones safe by getting tested for COVID-19, wearing a mask, physical

distancing and avoiding large gatherings. Practice good habits and take care of each other.

Visit SacCountyCOVID.com to learn how you can make a difference.



Bond Oversight Committee Pushes for More Accessible Public Information

Continued from page 1 with an old building.”

Because the budgets for these projects are estimates, when the District puts the projects out to bid, they could see changes to the budget at that time. Aho said, “We hope to be under budget,” but if the bids are over budget, the Board would have to decide whether to increase the budget or change the scope of work to bring down the total cost.

BOC Vice Chair Amy Larsen asked about the impact of construction on parking in the Village during these projects, and Aho said that one of the bid requirements is to keep parking open as long as possible. Most street parking should be open throughout the project, with just occasional shutdowns as needed.

BOC member Garrett McDermid brought up a concern that members of the public may have a hard time following the progress of the Measure J projects. He suggested the creation of a document that could be updated each month that would show the project progress in an easy-to-read format.

All the Measure J projects –including budget, timeline, and current status –are currently accessible on the District’s website, as Aho pointed out. Aho also questioned how a monthly document would be distributed, since it would require additional resources to put something like that out to the public each month.

Vice Chair Larsen mentioned that the committee has received criticisms from community members about a lack of accessible information. And although the information is available on the website, some residents may not be comfortable

navigating the online portal. Larsen said the BOC needs to do more work to ensure public engagement and understanding of the projects.

BOC member Justin Drake agreed, “We need to show our work.” He stressed the importance of informing the public about where the money is going and which projects are moving forward.

BOC member Kim Sarkovich suggested that it should be a celebration of what Measure J funds have accomplished for the community, showcasing completed projects such as the bicycle pump track at Phoenix and the new poured-in-place playground surfaces throughout the District. She stated that the information should be front and center on the website.

While Aho agreed that informing the public is a top priority, he also explained that the website serves a variety of purposes, and he has to “be cognizant of that.” He said that another top priority right now is informing the public about the District’s COVID-response guidelines. The financial impact of the COVID crisis has also hit the District hard. Aho said the District is “bleeding revenue” trying to keep people employed, so all resources have to be carefully weighed right now. But he acknowledged that the BOC is asking for “a clearer picture.”

Vice Chair Larsen offered to use her graphic design experience to work with other BOC members and District staff to come up with an “infographic” that could visually show how much Measure J money has been spent so far, with the goal of showing “Measure J at work.”

The next BOC meeting will be held on January 5, 2021. ★

Recover with Clean and Sober Transitional Living



By Don Troutman

Happy Holidays Fair Oaks!

Tis’ the season to be grateful despite the challenges we all face today with the COVID-19 virus upon us. At Clean & Sober Transitional Living located right here in Fair Oaks, we counterbalance our challenges today

with the recognition that despite all, we continue to help those in need of our services.

At a time when isolation from others dictates our activities of daily life, helping those in need has never been more critical to the team of Clean & Sober Transitional Living. Over the last nine months, we have had our doors open and beds available for the hundreds of clients who have needed our help.

We are the largest and oldest private pay treatment center in the Greater Sacramento area. Our programs and fee structure serve explicitly for those in need of quality recovery services at a

reasonable price. As a result of people losing their jobs as well as their insurance, Clean & Sober Transitional Living has proven to be the best option today.

We are grateful to our community partners for referring clients and ultimately changing the lives of those whom we have had the privilege to help.

On behalf of our team, we would like to thank you for all your support through these difficult times!

If you know of anyone that needs our services, please have them reach out to us.

Find us at (916) 961-2691 or www.clean-and-sober-living.com. ★



Advertise in your Local Community Newspaper

Call **916-773-1111**

RESTORATION SPINAL CARE CENTERS



WE LISTEN WE CARE WE GET RESULTS!

THE NATURAL WAY TO GOOD HEALTH

Consultation, Exam, X-Rays (if necessary), and 1 Adjustment for

\$45⁰⁰*

* Excludes Medicare and Worker's Compensation.

Dr. Thad Potocki DC
5150 Sunrise Blvd.
Suite F1
Fair Oaks, CA 95628
(Corner of Wildridge & Sunrise)
916-536-0400
www.drpotocki.com

EVERY OTHER WEEK WE HAVE THE **LOWEST PRICES ON FRISKIES** (5.5oz) OR **FANCY FEAST** (3oz) *Compared to All Chain and Local Stores. Regular Prices Only.

We Beat Almost All Online Prices on Premium Brand Pet Foods.

Including Blue Buffalo, Chicken Soup, Earth Born, Diamond Naturals, Pinnacle, Taste of the Wild, & Royal Canin.



EVERYDAY LOW PRICES
Super Discount Prices* Hot Specials & Coupons
(Not All Items Available in All Stores)

2344 Sunrise Blvd. 318 N Sunrise Blvd.
Rancho Cordova, CA Roseville, CA
916-635-5008 916-781-8500




We Only Accept ATM, Cash, & Checks M-F 9-8, SAT 9-7, SUN 10-7 Effective 12/16/20 - 12/22/20

Look for Advertised Sale Items Everyweek at www.petclubstores.com

<p>BLUE BUFFALO DRY DOG FOOD •Chicken (Reg. \$11.00 Off) 30 Lb Bag •Chicken (Large Breed) •Fish & Oatmeal (Reg & Lrg Breed) •Puppy (Reg & Large Breed) As Marked •Senior (Reg & Lrg Breed) •Lamb & Rice •Healthy Weight \$8 OFF Our Regular Low Prices! Effective 12/16/20 - 12/22/20</p>	<p>PRO-PLAN DRY DOG FOOD •Chicken & Rice 30-35 Lb Bag •Beef & Rice •Lamb & Rice •Sensitive Skin & Stomach •Lite •Performance \$3 OFF OUR SUPER LOW PRICES! Limit 2 Bags per Family Effective 12/16/20 - 12/22/20</p>	<p>NATURAL BALANCE DRY DOG FOOD •Ultra Grain Free 24 Lb. •Potato & Duck 26 Lb. •Fat Dog 28 Lb. •Vegetarian 28 Lb. •Chicken & Brown Rice 26 Lb. \$5 OFF Our Super Low Prices Limit 2 Bags Per Family Effective 12/16/20 - 12/22/20</p>	<p>PURINA KIT N' KABOODLE DRY CAT FOOD 16 Lb Bag \$8⁹⁹ Limit 2 Bags Per Family Effective 12/16/20 - 12/22/20</p>
<p>FRISKIES BUFFET CANNED CAT FOOD 5.5 Oz All Varieties ON SALE Everyday Limit 2 Cases Per Family Effective 12/16/20 - 12/22/20</p>	<p>FUSSIE CAT PREMIUM CANNED CAT FOOD Black Label Gold Label 2.8 Oz. ON SALE As Marked Limit 2 Cases Per Family Effective 12/16/20 - 12/22/20</p>	<p>TIDY CATS SCOOPABLE CAT LITTER 20 Lb Jug •Regular •Unscented ON SALE Everyday Limit 2 Jugs Per Family Effective 12/16/20 - 12/22/20</p>	<p>HI-COUNTRY WILD BIRD SEED 20 Lb Bag (Kaytee, 20 Lbs - \$8.99) (Audubon Friends, 20 Lbs - \$6.99) \$6⁹⁹ Limit 2 Bags Per Family Effective 12/16/20 - 12/22/20</p>

<p>25 Lb Bag MERRICK'S GRAIN FREE DRY DOG FOOD •Chicken/Sweet Potato •Duck/Sweet Potato •Buffalo/Sweet Potato •Salmon/Sweet Potato •Venison/Sweet Potato \$10 OFF OUR REGULAR LOW PRICES Limit 2 Bags Per Family</p>	<p>25 Lb. Box EVERE CLEAN PREMIUM CAT LITTER •ES Unscented •US Ever Fresh \$12⁹⁹ Limit 2 Boxes</p>	<p>13.2 Oz All Varieties MERRICK'S GOURMET CANNED DOG FOOD On Sale Limit 1 Case</p>	<p>30 Lb Bag IAMS DRY DOG FOOD •Large Breed •Lamb Meal & Rice •Weight Control \$27⁹⁹ \$28⁹⁹ Limit 2 Bags Per Family</p>
<p>2.64 Oz Can NUTRO PERFECT PORTIONS GRAIN FREE CANNED CAT FOOD •Pate •Cuts In Gravy 75¢ Limit 1 Case</p>	<p>40 Lb. Bag PESTELL CLUMPING CAT LITTER \$8⁹⁹ Limit 2 Bags</p>	<p>21 Lb Bag (14 Lb Bag - \$4.49) FRESH STEP CAT LITTER \$6⁴⁹ Limit 2 Bags</p>	<p>28.5-33 Lb Bag •Lite •Active Maturity SCIENCE DIET DRY DOG FOOD \$47⁹⁹ •Perfect Weight •Sensitive Stomach \$51⁹⁹ Limit 2 Bags</p>
<p>Market Select 2.75 Oz Cup MEOW MIX CAT FOOD 53¢ Limit 1 Case</p>	<p>•Original •Indoor •Turkey Grain Free 11-12 Lb Bag (Wellness Grain Free Cat Food 11.5 Lb •Adult Chicken •Healthy Weight •Indoor Salmon \$29.99) CORE NATURAL DRY CAT FOOD 3 FREE Core or Wellness Cat Cans 5.5 Oz \$37⁹⁹ Limit 2 Bags With each purchase</p>	<p>Limit 2 Bags 20 Lb CAT COUNTRY PREMIUM ORGANIC CAT LITTER \$7⁹⁹ 40 Lb \$14⁹⁹</p>	<p>NEW OKOCAT CLUMPING WOOD LITTER •Regular 16.7 Lb \$13⁹⁹ •Soft Step 11-13 Lb \$19⁹⁹ Dust Free Natural Paper 12.3 Lb \$17.99</p>

<p>ASPEN PET, PETMATE & CASUAL PET BEDDING All Varieties, Except (ORTHOPEDIC MAT 30"x 40" \$23.99) (PILLOW BED (Small) \$18.99) (Large) \$23.99 20% OFF OUR SUPER LOW PRICES</p>	<p>MARINELAND POWER FILTER SALE ACODEL TANK SIZE PET CLUB SALE PENGUIN 100B 20 Gall. \$17.99 PENGUIN 150B 30 Gall. \$24.99 PENGUIN 200B 50 Gall. \$29.99 PENGUIN 350B 75 Gall. \$39.99</p>
<p>REDBARN NATURAL DOG TREATS •Bully Treats •Filler Bones •Bully Nuggets All Varieties except Mammoth Bone \$7.99 20% OFF OUR SUPER LOW PRICES</p>	<p>KONG PRODUCTS •Classic •Dental •Air Dog Cats & Dogs 20% OFF •Treats •Wubba •Stuffin •Soft Toys •Asst Dogs OUR SUPER LOW PRICES</p>
<p>MULTI-PET SOFT DOG TOYS All Varieties 20% OFF OUR SUPER LOW PRICES</p>	<p>STAR-MARK PRODUCTS •Treat Balls •Treats •Bento Ball •Dura Foam Disc & Ball •Chew Ball •Wheeler All Varieties 20% OFF OUR SUPER LOW PRICES!</p>

<p>BONUS COUPON JONNY CAT PREMIUM CAT LITTER 10 Lb Bag Limit 2 Bags Per Family Limit One Coupon Per Family Price Valid Only With Coupon Effective 12/16/20 - 12/22/20 \$17⁹⁹ CHM PLU 365</p>	<p>BONUS COUPON WHISKAS TEMPTATIONS CAT TREATS All Varieties 3 Oz. Limit 2 Pkgs With Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 12/16/20 - 12/22/20 \$13⁹⁹ CHM PLU 569</p>	<p>BONUS COUPON FANCY FEAST GOURMET CANNED CAT FOOD 3 Oz - All Varieties Except Elegant Medley Limit 1 Case Per Family Limit One Coupon Per Family Price Valid Only With Coupon Effective 12/16/20 - 12/22/20 ON SALE Everyday CHM PLU 361</p>
--	---	---

Shutdown Furthers Economic and Education Disparities Among Californians

By Nghia Nguyen,
Office of Senator Jim Nielsen

SACRAMENTO, CA (MPG) - Without data Governor Gavin Newsom ordered another shutdown picking winners and losers, and thereby, creating winners and losers. Unfortunately, it appears that the losers will be children in public schools and the working class. Senator Jim Nielsen (R-Tehama) issued the following statement:

“Shutting the down the state again will only hurt the citizens of California. Nowhere in the nation has it been proven that this is an effective method of combatting the coronavirus. The first closure drove the state into a recession. Storefronts are boarded up. Many mom-and-pop shops are on the brink of permanent closure.

“The first shutdown put millions into unemployment. Hundreds of thousands of Californians are still waiting for their benefits, while Gavin Newsom’s EDD sends cash cards to death row inmates.

“Elected officials cannot abide by their

rules, and now, they are imposing stricter rules on everyday Californians? Not only are these officials breaking their own guidelines, they are flaunting their wealth and privilege while millions of Californians are on unemployment, waiting for unemployment or lining up at food banks.

“Shutdowns disproportionately impact the working class and the working poor. High income earners are doing well, many are flourishing from the comforts of their homes.

“Children of the rich are attending schools and participating in their activities – learning and thriving. Children in public schools, however, are Zooming like zombies – failing and declining in mental health. Sadly, many are facing unchecked abuse or neglect.

“Shutdowns are furthering the economic and education disparities among Californians. Californians deserve better.”

To contact Senator Jim Nielsen, please call him at 916-651-4004, or via email at senator.nielsen@senate.ca.gov. Follow him @CASenatorJim. ★



By County Supervisor Susan Peters

Through the generosity of The American River Messenger this is my last column written as your representative on the Board of Supervisors for the Fair Oaks community so please allow me to express my appreciation for the privilege and honor of serving you for 16 years in elected office.

Neighborhoods First

I’ve always believed that our suburban neighborhoods should be recognized and that led me to work with our local Board of Realtors to establish a program installing names of recognized neighborhoods on our street signs. Over time Arden Manor, Arden Park, Carmichael Colony, Carmichael Creek, Del Paso Manor, Sierra Oaks, Sierra Oaks Vista and many others have received that recognition on the street signs in their respected areas. I also was able to establish design guidelines for commercial as well as multi-family development. Before that, many developers – national chains in particular – had one standard for suburban locations and a more stylish one for urban sites. Now projects go through a Design Review Advisory Committee.

Transparency

When I joined the Board many residents complained about transparency about development projects. Now all entitlement project locations are posted with a sign (similar to a real estate sign) bearing the county seal with a notice directing persons to a website that contains information about the project including the application, drawings, name of the assigned planner, hearing body, etc. Furthermore, with the advances in technology residents now can get email notices with respect to meeting agendas of the Community Planning Advisory Council, Planning Commission and the Board of Supervisors to name a few.

Encouraging Business Participation

The Fulton Avenue Association, a local PBID (property based improvement district), already existed when I took office. The

FAIR OAKS COMMUNITY UPDATE

unique aspect to the PBID is property owners and businesses raise funds through a self-imposed assessment and they decide how to spend those funds on the type of improvements they want. Over the years Fulton Avenue property owners have renewed the PBID and the improvements funded include the distinctive arch at Auburn Boulevard plus the impressive landscaped medians and the underground utility lines. Based upon their success I encouraged other property owners to form PBIDs which resulted in the creation of the Carmichael Improvement District. I also have been working with property and business owners along Arden Way for a PBID covering the stretch between Ethan Way to Watt Avenue. While there is interest, the process is still a work in progress – hopefully my successor will be able to make it a reality.

Improving Infrastructure

I’m proud to have added sidewalks along several major roadways where there were none so pedestrians, especially school children, now have safe places to walk (examples include Hurlley Way, Edison Avenue, Watt Avenue, etc.). And I take satisfaction in the street improvements made during my tenure including the beautification of Auburn Boulevard, Watt Avenue, and Fair Oaks Boulevard – plus soon Phase 1 of the Arden Way Complete Streets Project will commence. The Neighborhood Traffic Management Program operated by the Department of Transportation has proved since 2005 to be a popular approach utilized by residents on a specific street to obtain speed bumps and other speed-reduction devices through a consensus building process.

Getting more streets paved has been challenging due to a road maintenance backlog amounting to \$789 million – and now the State of California is reporting to all local governments that revenue estimates from the gas tax are down due to people driving less as a result of the COVID-19 outbreak which is causing less purchases of gasoline. Accordingly, our DOT had to delay some paving projects planned for during the summer because of revenue reductions. Hopefully, the economy will improve to generate more funding for transportation that can include complete streets with sidewalks and bike lanes as well as paving.

Public Safety

The Sheriff’s Department functions as our local police force for all of us who live in the unincorporated area. That’s why I have always supported full funding for the department because defunding the Sheriff’s Budget means putting public safety at risk. Our Sheriff’s Department has been very innovative through the creation of the Homeless Outreach Team, the Sexual Assault Felony Enforcement (SAFE) Team, and the Youth Services Division that involves deputies serving as mentors to our youth. I supported having procedures implemented to address citizen complaints via independent and objective review through an Inspector General -- and in this year’s budget funding has been provided for body cameras for deputies.

Preserving the Parkway

The American River Parkway is a unique natural resource worth protecting. While in office, the number of park rangers has increased and most recently a 55-member volunteer Bike Patrol now watches over the bike trails and they are trained in first-aid, CPR and basic bicycle repair. During the Fourth of July in 2006 some of you may recall the parkway became a problem on the river due to massive alcohol consumption that led to fights, public nudity, profanity and tons of litter. I supported an alcohol ban between Hazel and Watt avenues which is now annually enforced Labor Day as well as Memorial Day, too, making the parkway more family friendly during those holidays.

Teamwork

There’s too much to cover in this limited space involving the past 16 years but I want to acknowledge that much of what was accomplished has to be attributed to the assistance received from my able staff – Terri Conde-Ortiz who probably greeted you when you called, Vanessa McCarthy-Olmstead who served as my deputy chief of staff and served as a liaison to many of the area’s business organizations and Howard Schmidt, my chief of staff, who provided good counsel and kept me organized from my first day in office and continued to do so until the end. On January 4 Rich Desmond will take over as your new supervisor and I wish him the best.

Susan Peters represented the Third District on the Sacramento County Board of Supervisors from January 2005 to 2021. ★

Gallagher Responds to Stay-at-Home Order

By Matt Shupe

YUBA CITY, CA - California Assemblyman James Gallagher (R-Yuba City), who successfully sued Governor Newsom for abuse of power during the pandemic, issues the following statement in response to Newsom’s new stay-at-home order that goes into effect tomorrow night throughout the “Greater Sacramento” region, closing hair salons and all outdoor/indoor dining, among other businesses and activities.

“ICU capacity should be looked at regionally because people do utilize different hospitals throughout the region, and

healthcare facilities help each other if one hospital is getting at capacity. But any restrictions must reflect the true facts of the situation.

Earlier this week, the Governor and Dr. Ghaly both avoided answering a reporter’s question about what ICU capacity is normally like this time of year. I hear this question a lot. Why not just report the data? Leadership is about giving people the facts and letting them make informed decisions.

Then the Governor’s Director of Public Health publicly admitted that the decision to close outdoor dining wasn’t based on science or the transmission of COVID. “This is an absolute slap in the

face to restaurant owners and their employees who are struggling to pay the bills and feed their families. And it’s yet another example of how this Governor’s inconsistency and hypocrisy have caused the public to completely lose trust in his dictatorship.”

To schedule an interview with Assemblyman Gallagher, please contact Matt Shupe at Matt@PraetorianPR.com or (415) 735-8491.

Assemblyman James Gallagher represents the 3rd Assembly District, which encompasses all of Glenn, Sutter, Tehama and Yuba counties as well as portions of Butte and Colusa counties. ★

Social Security Matters Will My U.K. Pension Affect My Social Security?



By Russell Gloor,
AMAC Certified Social Security Advisor

Dear Rusty: I lived and worked in the United Kingdom prior to coming to the US at age 45, which qualified me for a UK State Pension worth the equivalent of about \$740 US dollars per month. Since moving to the US I have contributed to the US Social Security system for 14 years and my estimated US Social Security benefit is \$1,643 per month. I have heard about something called “WEP” and must be honest and say I don’t fully understand. Can you provide some advice or references so I can understand what happens to these sums when I retire? I don’t have any other pension income, so understanding these numbers is important. FYI, I hold both US and UK passports and will retire in the USA. **Signed: Blessed from the UK**

Dear Blessed: The “WEP” provision you refer to is known as the “Windfall Elimination Provision.” It affects anyone who is eligible to collect Social Security benefits, but who also has a pension from another entity (corporation, public agency, or foreign country) which did not participate in the U.S. Social Security program



(meaning that SS FICA payroll taxes weren’t paid during that employment). WEP will reduce your US Social Security benefit by using a special formula to compute your benefit amount. Generally, the WEP reduction is determined either by the number of years of substantial SS-covered earnings that you have, or the WEP maximums (one of which is that your U.S. Social Security can’t be reduced by more than half of your non-covered pension). With less than 20 years paying into the US system, you will incur one of the maximum WEP reductions.

Something else important to understand is that the current estimate you have from Social Security doesn’t include the WEP reduction. That estimate assumes that you will continue to earn at your current level until you reach your full retirement age. You haven’t shared your birthdate, but from your email I assume you are now about 60 years old. If you were born in 1959, your full retirement age (FRA) for U.S. Social Security purposes is 66 years and 10 months (if you were born after that your FRA is 67, and if you were born before that subtract 2 months for each year prior to 1959). Your FRA is when you will get your “full” SS benefit. If you claim before that (age 62 is the earliest

you can claim) your benefit will be reduced (even before WEP), and if you wait beyond your FRA you’ll earn Delayed Retirement Credits (DRCs) which will increase your benefit amount. DRCs stop at age 70.

Based upon what you’ve told me, I believe that your WEP reduction will probably be limited to one of the maximums, either half of your monthly U.K. pension, or the maximum for your “eligibility year” (2022?). We don’t yet know what the standard maximum WEP reduction for 2022 will be, but for 2020 it is \$480. That is the most that your Social Security benefit could normally be reduced. But if your U.K. pension is about \$740 USD then your maximum reduction should be about \$370, because the WEP reduction can’t be more than half of your non-covered (U.K.) pension. So, your US Social Security benefit of \$1,643 will most likely be reduced by about \$370 to about \$1,273. You will need to contact the UK pension system to see if any of your UK pension will be offset by your US Social Security benefits.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation’s staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org. ★

MPG CALL 916-773-1111 TO ADVERTISE
www.TheGridleyHerald@MPG8.com

MORE TIME ON YOUR BUSINESS!

...and less time managing payroll.

We specialize in franchises and small businesses ranging from **one to hundreds of employees**, offering comprehensive and intuitive payroll solutions:

- DIRECT DEPOSIT
- QUARTERLY TAXES FILING
- PAYROLL TAXES PAY
- ACCRUAL TRACKING
- FILING AND REPORTING
- PAYROLL APP

FREE PAYROLL PROCESSING FOR ONE MONTH IF YOU CALL NOW!

PINNACLE
EMPLOYEE SERVICES
HR | Payroll | Benefits

916-760-7227
www.pinnaclehro.com



By Marlys Johnsen Norris, Christian Author

Christmas and Hanukah are times of celebration, worship and giving of gifts to express our love and appreciation for another. Too often mankind neglects to do the same to God and actually God is more worthy than anyone of a love-gift from all of us.

“Every good and perfect gift is from above, coming down from the Father of heavenly light, who does not change like shifting shadows.” (James 1:17)

Almighty God inspired one of His listeners to establish this time of the year to remember the miraculous birth of His Beloved Son Jehovah.

Christmas is a Time of Giving

When the time had fully come He was born of a virgin to prove His deity as a “gift to mankind” from our Heavenly Father God to redeem mankind from all sin, past, present and future. Jehovah/Jesus went to the Cross, shed every ounce of His Blood and died to bring new life to you and I.

Jesus grew up and demonstrated and taught exactly all His Heavenly Father told Him to do. When we accept His death sacrifice on the Cross to redeem us from all our sins, we become heirs of His love to our world. Heirs, we are to become like Him as we mature, learn and understand His laws and words scribed in the Holy Bible.

Today those of us who are believers are experiencing lots of negativity

and even persecution. It is time to “stand up and be counted” and profoundly share God’s love with others. Therefore “let the light and love of Jesus Christ be evident in your life” until the day God chooses to take you to His Home.

Share with others the love, peace and joy God has birthed in your soul as you live every day to be a living testimony of His love to the world around you. Give hope to the hopeless. Give courage to the fearful, Give prayer to those who ask. Open the window into their souls today, to be a joint heir of God!

In His Magnificent Love, Marlys Johnsen Norris Christian Author of 7 Books, Marlysjn@gmail.com ★



By Sal Arrigo, Jr.

The day was crisp and clear on November 21, 2020, and the Shifted Society Car Club, led by Perry McGuigan, owner of Perry Air, asked people attending their car show to donate a brand new pair of pajamas to support the 2nd Annual Pajama Drive for the Kiwanis Club. The car show was a success, and led to the collection of 400 pairs of new pajamas!

This event was successful because community-minded businesses like Marvelous Tint Solutions, BadFish Coffee & Tea, Scotty’s Hideaway, Blossom Vale Senior Living, The Last Tangle Beauty Salon and JR Putman Plumbing, Heating and Air, all joined in to support the effort. In all, 625 new pajamas were collected – 158 more pairs than last year! So everyone knows, the pajamas go to About Kidz, a non-profit organization in Fair Oaks that distributes the pajamas to needy kids in our service area.

As some Kiwanis members were collecting pajamas, some other members were at the Orangevale – Fair Oaks Food Bank doing a “drive-by” food collection. The

The Kiwanis Corner Cars, Food, Pajamas – A Success Story!



Kiwanis Club of Orangevale - Fair Oaks member Amy Bahm and her husband Jerome display new pajamas for the 2nd Annual Kiwanis Pajama Drive at Scotty’s Hideaway, one of our community sponsors, and Kiwanis member. Photo credit: Sal Arrigo, Jr.

day saw a steady flow of food being donated, but as if “on cue,” FOX 40 news showed up to do some filming of the event. Kristine Bizal, a local realtor who organized her own company food drive to coordinate with Kiwanis, had a huge truckload of food to deliver. Kristine, who is with Granite Equity, is going to join the Kiwanis Club of Orangevale – Fair Oaks. She said to me, “this Kiwanis club does community service that I like.” Thank you, Kristine!

Our food collection total for the day amounted to 2,309 pounds and \$808.00 in cash donations. When the word went out that the Food Bank was going to be short of turkeys this year,

the community responded in force and we had frozen birds flying in from all over the region. Way to go!

As 2020 comes to a close, I would like to wish all of my fellow Kiwanis members a Merry Christmas and Happy New Year. The New Year will begin with three new Kiwanis members joining our club – now we can do even more to support the community in 2021. For those still trying to decide on a resolution, consider joining a service club like mine. It is well worth your commitment.

The Kiwanis Club of Orangevale – Fair Oaks is a tax exempt, nonprofit organization. Our tax I.D. # is 85-0549857. ★

It’s All Over But The Lying

By Rev. James L. Snyder

The one thing I don’t like is when somebody deliberately lies to me. Trust me; this has happened quite a few times in my life.

I’ve had to learn how NOT to lie. It’s been challenging, but I have been persistent in this goal of mine. There have been stumbling, but I have gotten up every time and started over again. I don’t lie as much as I used to.

Like when I’m talking to the Gracious Mistress of the Parsonage. I remember once she interrupted me and said, “You’re not lying, are you?”

I try not to lie; that’s why I try not to talk too much. When I’m talking, I’m mixing up facts from different situations, which ends in confusion. I’m not lying; I’m just confused.

Coming home the other day, I walked into the living room, and the Gracious Mistress of the Parsonage said, “Where have you been?”

That is the question. It’s not where have I been, but where in the world am I going? If I tell her where I was, she would get the hint because it’s Christmas time and I’m getting her a present. Is it wrong to conceal something like this? Do you think Santa would forgive me?

Last year, she asked me where I was, and I fumbled around, trying to cover my tracks. I don’t think I was that good at doing it. When we were opening our Christmas presents on Christmas day, she opened hers and said, “Oh, that’s where you were when I ask you where you were.” Then she laughed. I was relieved.

This year I’m wrestling with a certain situation. I’ve had some physical problems, nothing serious. But my wife is the kind of person who sees something and is obsessed with trying to fix it. That’s a really good quality for her. And I appreciate it. Nobody can get things done quite like the Gracious Mistress of the Parsonage.

Often she’ll ask me, “How are you doing?”

I take it as a trick question and reply, “I’m fine; thanks for asking.”

Then she sees me go to the basket where we have our medicines. I have a pain so I pick up the Tylenol and take several out and turn around and guess who I see?

“What do you need that for?”

Now, I’m in a pickle. I can’t lie, and yet I don’t want to tell the whole truth. What in the world do I do?

“What? This Tylenol?”

Oh, I’m taking it in precaution of a pain in my knee I might get later this afternoon.”

Then she said, “Which knee do you have the pain?”

Now I’m in a dill pickle. So, I tell her it’s my right knee. I just hope I remember that the next time she asks.

The next morning walking through the kitchen, my wife said, “Do you need some more Tylenol for your knee?”

Then she asked “the” question, “Which knee did you say it was?”

I can’t remember hardly anything, she can remember everything, and so I had a 50-50 chance of getting it right.

Later that day, I thought of what David said, “Deliver my soul, O Lord, from lying lips, and from a deceitful tongue.” (Psalm 120:2).

No good comes from lying. My great challenge is to acknowledge that I’m lying and then do something to correct that.

Dr. James L. Snyder is pastor of the Family of God Fellowship, Ocala, FL 34472. He lives with the Gracious Mistress of the Parsonage in Silver Springs Shores. Call him at 352-216-3025 or e-mail jamesnyder2@att.net. The church web site is www.whataffellowship.com. ★

Seasonal Affective Disorder

By Evelyn Hill, The Jason Foundation

HENDERSONVILLE, TN (MPG) - Seasonal affective disorder (SAD) is characterized as a type of depression that is related to changes in seasons, typically tied to the start of fall and persisting into the winter months. We know that depressive disorders don’t take holidays and this time of year can be stressful. For individuals who suffer from or are at risk for depression, though, the impact of holiday stresses and pressures can be much more severe than the momentary frustrations that almost everyone experiences. Typical symptoms of SAD, sometimes referred to as winter depression, may include the following (Mayo Clinic): Feeling depressed most of the day, nearly every day; A lack of energy; Losing interest in activities you once enjoyed; Feeling sluggish or agitated; Oversleeping or having problems with sleeping; Social withdrawal; Feeling hopeless, worthless or guilty; Substance abuse.

Recently, more people are willing to engage in more meaningful conversations regarding mental health, but that has not always been the case. Many of the same symptoms listed above are commonly associated with warning signs of

suicidal thoughts or behavior, the second leading cause of death for ages 10 – 24 in California. The Jason Foundation, a nationally recognized leader in youth suicide awareness and prevention, has developed a program designed to help reduce the stigma surrounding mental health issues and suicide. #IWONTBESILENT is an awareness campaign to raise the conversation on suicide prevention and mental illness, allowing open conversation regarding these serious subjects. Visit www.iwontbesilent.com to learn how you can become involved and make a difference within your community. Creating an environment where people of all ages feel comfortable to talk about their struggles is an important step in preventing unnecessary tragedies.

Contrary to a prevalent myth, suicide rates do not peak during the holiday season. However, depressed individuals are hardly immune from either depressive episodes or suicidal ideation during this time. If you or someone you love is struggling with depression and/or thinking about suicide, get help now. The National Suicide Prevention Lifeline, 1-800-273-TALK (8255), is a free resource that is available 24 hours a day, seven days a week, for anyone who is in suicidal crisis or emotional distress. ★



**Publisher,
Paul V. Scholl**

American River Messenger is a member of **Messenger Publishing Group**

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Publisher@mpg8.com.
Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at (916) 773-1111.

AMERICAN RIVER Messenger

Serving Fair Oaks, Orangevale and Sacramento County since 2006

It is the intent of the American River Messenger to strive for an objective point of view in the reporting of news and events. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

The American River Messenger is not responsible for unsolicited manuscripts or materials. The entire contents of the American River Messenger are copyrighted. Ownership of all advertising created and/or composed by the American River Messenger is with the publishing company and written permission to reproduce the same must be obtained from the publisher.

Subscriptions should be mailed to:
American River Messenger
7144 Fair Oaks Blvd., Suite #5, Carmichael, CA 95608.
Subscription rate is \$28 per year in Fair Oaks and Orangevale. The American River Messenger is published twice-monthly.
Call 916-773-1111 for more information.

(ISSN # 1948-1950) **MPG**

We are proud members of these newspaper associations.

GRACE BAPTIST CHURCH

Come and Experience God’s Amazing Grace

Come grow with us at Grace Baptist Church where the Old Time Gospel Message is still preached and God-Honoring music is still sung. Grace Baptist still stands on the Principles, Doctrines and Separation, found and taught in The Bible.

SERVICE SCHEDULES

Sunday Schools (All Ages)... 9:45 am

Sunday Worship..... 11:00 am

Sunday Evening..... 6:00 pm

Wednesday Evening..... 7:00 pm

6724 Palm Avenue, Fair Oaks, CA 95628
(Located one block South of Madison; just East of Dewey)

PASTOR CHARLES CARTER

CALL FOR MORE INFORMATION (916) 967-3915 WWW.GBCFAIROAKS.NET

Rotary - What's It All About?



Fair Oaks rotarians enhance communities and feel great about it! Left to right: Rotarians Vic Porter, Mark Benvenga, Joe Snook and Joe Arguelles. Photo provided by Fair Oaks Rotary

**By Pete Schroeder,
Rotary International of Fair Oaks**

FAIR OAKS, CA (MPG) - Want to feel better? Happier? More purposeful? Like you matter?

Join Rotary!
Here's why folks join: They want to contribute to the enhancement of their communities and the world.

Here's why folks stay: They like the way they feel - happier, more purposeful, and they know they matter! They benefit from serving - ask a Rotarian how they feel about being a Rotarian! And, they cherish the friendships they have made because of their membership.

If something about Rotary appeals to you, please read on.

The Rotary Clubs around the world have their own EcoSystem to serve their

community and the world.

It's like rain from clouds filling ponds and lakes that have streams of service spreading out into their neighborhoods, covering virtually the world. The raindrops, of course, are the funds raised at events like crab feeds, casino nights, live and silent auctions, etc. The ponds and lakes are the accounts that hold the proceeds from the events. The streams of service are the various community and global needs that Rotary addresses through grants, hands-on service projects, and donations of time/talent/treasure.

We need you! Every additional member means we can provide more service while you enjoy the benefits of volunteering and being with giving community members.

For more information about the Rotary Club of Fair Oaks, contact info@rotaryfairoaks.com. ★

Sublime Flight Captured in Stitches

**Story and photo
by Susan Maxwell
Skinner**

SACRAMENTO REGION, CA (MPG) - With enormous wing spans, bald eagles know better than to fly too closely - except in battle. But when raptors circle in thermal air, their flight paths cross every 360 degrees.

The phenomenon has been captured in craft by Rosemont quilter Hilary Pollock, an assistant kindergarten teacher who donated her creation to her Orangevale school.

"Our school has the eagle as its mascot," Hilary explains. "Every year we have an 'eagle chase' jogathon, to raise funds. Everyone gets a raffle ticket for participating. This year I decided to donate a quilt for a prize. Online I found a photo of the eagles whose nest is near our school. It seemed just right. Our school likes to put virtues - like resilience and perseverance - in context for children. The eagle, who has come back from near-extinction, sure does that. The photographer gave me permission to portray her image and I found eight different fabrics to repeat the colors and textures in the photo."

The artist also incorporated the school song in panels surrounding her creation's central panel.

Captured in zig-zag stitches, the lyrics begin: *Golden Valley gleams from sunlight*

"Dewdrops fill the field so bright.

Seasons change and hearts awaken

Summer, Spring, and



Teacher Hilary Pollock displays the quilt she created to portray bald eagles that reside near her school. She holds the photograph that inspired her art. The quilt was raffled as a fundraiser for Golden Valley Charter Schools.

Winter, Fall..."

Hilary's classes venture outdoors in all seasons. She helps instruct four to six year-olds at Golden Valley River School, where a Waldorf-style curriculum involves children greatly with nature. Kindergartners take regular hikes along river bluffs where a pair of the rare American River raptors have visited for nearly five years. The kids even provided the names Peekaboo and Poppy for the couple's 2017 babies. A year later, they came up with Byrd and Rainbow for the second pair of eaglets. By some self-fulfilling prophesy, the school's emblem - and its fundraiser name

- had been chosen many years before the first eagles appeared in its neighborhood.

Hilary titled her prize quilt "Chasing Eagles - Soaring High." A teacher colleague was the delighted winner. "Eagles are special to our school," explains the crafter. "They're not just a national emblem, they're also super-inspiring and they lend themselves well to art. They inspire us to fly high - to achieve heights in life. Our children are able to see eagles nearly every day so they don't realize what a big deal it is to have them locally. But they're still in awe every time they see the birds soaring overhead." ★

MPG
**Advertise your
Garage Sale
in the
Local Classified
Section**
Call
916-773-1111

BEST OF FAIR OAKS 2020
Go & Vote online!
BestofFairOaks.com

You're Invited!
Tickets will sell out fast so don't miss your chance to attend the "Best of Fair Oaks" event.
This year's event will be held:
Where: To be set pending COVID restrictions
When: Thursday January 21, 2020
Cost: Contact the Fair Oaks Chamber of Commerce for details. To purchase tickets for this event please call 916-967-2903 or go to FairOaksChamber.com

Save the Date!

VOTE NOW! Contest Rules
Business must be located in Fair Oaks or be a Chamber of Commerce Member.
All votes must be must be cast online at BestofFairOaks.com

Only one vote per category per person. All voting entries must have complete information or the votes will not be counted.
Best of Fair Oaks winners will be presented at this year's "Best of Fair Oaks" event.

HARO GIANT KONA PURE FIX MARIN
YOUR FULL SERVICE BICYCLE CENTER
BobsCycleCenter.com

Bob's BICYCLE CENTER
LOCALLY OWNED SINCE 1955

STORES ARE OPEN!
New Bikes Arriving Daily!

9920 Fair Oaks Blvd.
Fair Oaks, Ca 95628
(916) 961-6700
(corner of Fair Oaks and Sunrise)

378 North Sunrise Ave. Ste. 300
Roseville, Ca 95661
(916) 784-2255
(right across from the auto mall)

bobscyclecenter.com



Poppoff!

With Mary Jane Popp

1 in '21

That's our goal for 2021. But let's check in with those who have the gift of prophecy.

FROM INTERNATIONALLY RENOWNED PSYCHIC MARY T. BROWNE...

The first six months of 2021 will remain rocky. Things will look much worse before they get better. We must remain very vigilant protecting ourselves from the virus. The FDA will issue emergency authorization for the use of the Covid in January. There will be mass distribution by July. This will accelerate the economic recovery. The Republicans will maintain control of the Senate after the Georgia runoffs. The country will remain divided, but we will see a movement toward greater balance. It is possible that people with opposite political views will be able to share a dinner table without fighting! www.MaryTBrowne.com.

FROM PSYCHIC INTUITIVE PAM OSLE...

I am an optimistic psychic intuitive. I believe most people are resourceful and not only make the best of life's circumstances, but are generous and loving. The world is not going to end. "Necessity is the mother of invention."

So, while everything can look like it's falling apart, it can stimulate creative solutions for the world. I believe our consciousness is evolving - the caterpillar is becoming the butterfly. We are in a shift. Here's an unusual and rarely discussed perspective of the future - parallel universes are real! There is not just one "reality!" AND we have free will. So, strangely enough, the future YOU experience will depend on your thoughts and beliefs. Those determine what universe

you align with, and, therefore experience. www.auracolors.com.

FROM PSYCHIC MEDIUM LISA MCGARRITY...

After a grueling 2020, people are looking to the new year as a source of hope and recovery. 2020 shadow was revealed. Many of our nations standard way of doing things were shown to have a dark underside. 2021 will have a new theme, shadow healed. Expect breakthroughs in healthcare and technology that will bolster our economy and improve our daily lives. Weather patterns will continue to be intense, but people will find new ways of adapting.

Globally, a surprising series of changes in governments will be seen. Iran may restructure its government and resume improved relations with the U.S. and the world. Overall 2021 will still be testing us, but ingenuity will make it tolerable. We will find solutions to the challenges ahead. www.Envisioncrystal.com

FROM BETH LYNCH WHO CONSULTS HER SPIRIT GUIDES...

As I meditated on the upcoming year, it was impossible to ignore the energy of 2020. My thoughts shifted to what 2021 can be. It will be a year of renewal and realignment as a species. Where we reflect on what does not serve us personally and globally, it gives our past self, permission to heal, our present self, permission to live, and our future self, permission to create from our soul. The Soul does not separate fear or rebel. It has courage, intelligence, and love beyond our human potential. That is the energy of 2021... Claim it, Live it, Be it! PEACE!!!

I am not psychic, but I do wish you Peace and Blessings to achieve "NUMBER ONE IN '21."

HAPPY NEW YEAR!!!

California is No 1 in Rough Highways



By Dan Walters
CALMatters

Much has been said and written about the nation's stark political divisions and a state-by-state map of November's presidential election confirms them.

The 50 states were evenly divided between President Donald Trump and his successful challenger, Joe Biden, but the latter triumphed by winning the more populous states.

This week, another map was published that bore an uncanny resemblance to the ones portraying the presidential outcome. Generated by Money Geek, a website devoted to personal finance issues, it displays the differences among states in the conditions of their highways and in how much they are spending on roadway maintenance.

Overlaying the political and roadway maps reveals that in general, the bluer states - those that favored Biden - also tend to have the roughest roads while motorists in pro-Trump red states generally have smoother pavement beneath their tires.

Coincidence? Perhaps, but the data may also say something about political priorities.

California, not surprisingly, fares the worst in

Money Geek calculations of roadway roughness, based on federal data. Anyone who has driven extensively in other states can attest that highways elsewhere are much more user-friendly and that crossing the state line back into California is literally a jarring experience.

The only place American drivers can find rougher roads is in the deep blue District of Columbia.

California is followed in the rankings by blue states Rhode Island, Hawaii, Wisconsin, Massachusetts, New York and New Jersey.

Among red states, the worst roads are found in No. 11 Louisiana. At the other end of the scale, very red Oklahoma has the nation's smoothest roads, followed by Idaho, Indiana and Alabama, all of whom went for Trump.

Why California has such crappy roads is one of those nagging questions that defy easy answers.

Californians drive a lot, well over 300 billion miles a year, so one of the factors is that our highways get a lot of wear and tear.

However, lots of driving also consumes lots of fuel, more than a billion gallons a month, and generates lots of gas tax money. A few years ago, former Gov. Jerry Brown and the Legislature boosted fuel taxes sharply to the second-highest level of any state. At nearly 75 cents a gallon, including federal taxes, they are just behind those in Pennsylvania, which also has relatively bad roads.

Despite the tax increase, however, Money Geek says

California is no better than mediocre in spending on highway maintenance and improvements at \$13.95 per lane mile a year. That's twice what Oklahoma, which has the best highways, spends, so California clearly hasn't been getting much bang for its gas tax bucks.

The big tax increase, which also included a stiff hike in auto registration fees, raises an estimated \$5 billion a year and was billed as a way to catch up on decades of maintenance neglect.

The money is going out the door. Earlier this year, the California Transportation Commission approved \$17.4 billion in state and federal funds for nearly 900 projects that will, the commission's chairman, Paul Van Konynenburg said, "make roads and bridges safer for California drivers (and) will save drivers money by fixing the potholes that can damage vehicles."

The tax increase legislation requires the California Department of Transportation (Caltrans) to meet certain goals by 2027, including that 98% of the pavement on the state highway system be in good or fair condition and that at least an additional 500 highway bridges get fixed.

Will Californians actually see better roads, or will deterioration outpace even this big boost in spending? We may know by 2027.

Dan Walters has been a journalist for nearly 60 years, spending all but a few of those years working for California newspapers.



STATEPOINT CROSSWORD • HAPPY HOLIDAYS

CLUES

- ACROSS
- "Lord of the Flies" shell
 - *New Year's Eve choice: Brut or Demi-
 - Get-out-of-jail money
 - Convex molding
 - *I Want for Christmas...
 - Sign of life
 - Redo, to a carpenter
 - Flying saucer acronym
 - Often-missed humor
 - *Hanukkah toy
 - *Santa, gift-giving tradition
 - Ides mo.
 - Part of a hammer
 - Cook's leaf
 - "Hey!"
 - Brain's ___ system
 - Revered one
 - *Your Enthusiasm
 - Capital of Egypt
 - Went by horse
 - "I do" spot
 - *Sandler's "Eight Crazy Nights"
 - Scary movie consequence
 - Dexterity
 - Boundary line
 - Modern self-portrait
 - Superman's last name
 - Actor's domain
 - Wild plum
 - Mama sheep
 - *"I'll be home for Christmas, if only in my ___"
 - *African-American celebration
 - Town news announcer
 - Charged particle
 - Elephant poacher's ware
 - Give new guns
 - *The night before Christmas
 - Present
 - *Like a Christmas sweater, often
 - Uncooked
 - Adherents of Sikhism

- DOWN
- Umbilical connection
 - *Grandma got run ___ by a reindeer...
 - *Santa's "cheeks were like roses, his ___ like a cherry"
 - Request to Geico
 - Carriage on top of elephant
 - Pulitzer winner Bellow
 - *Santa helper
 - Bring to an end
 - Jefferson's Vice President
 - Medicinal succulent
 - Negative contraction
 - Bovine hangout
 - Alfresco meal
 - Novelist Jong
 - Sushi restaurant choice
 - *Have a piece of Christmas Goose, e.g.
 - *Five golden rings, four calling
 - Dig intensely
 - Cry of the Alps
 - *Time for log
 - Address with apostrophe
 - Stays somewhere
 - About to explode
 - *Vixen follower
 - Table extension

Crossword Puzzle Solutions on Page 8

1	2	3	4	5	6	7	8	9	10	11	12	
13					14			15				
16					17			18				
19				20		21	22					
		23				24						
25	26	27		28		29		30	31	32	33	34
35		36		37		38		39				
40				41		42		43				
44				45		46		47				
48				49		50		51		52		
				53		54		55		56		
		57	58	59				60		61	62	63
64					65	66		67				
68					69			70				
71					72			73				

OMAHA STEAKS

GET THE GRILLER'S BUNDLE
INTRODUCTORY PRICE: \$79.99

- 4 (5 oz.) Butcher's Cut Filet Mignon
- 4 (4 oz.) Boneless Pork Chops
- 4 (4 oz.) Omaha Steaks Burgers
- 4 (3 oz.) Gourmet Jumbo Franks
- 4 (2.8 oz.) Potatoes au Gratin
- 4 (4 oz.) Caramel Apple Tartlets
- Omaha Steaks Seasoning Packet

+ 4 MORE BURGERS FREE
THAT'S 20 COURSES + SIDES & DESSERT!

ORDER NOW! 1.833.406.1259 ask for 6328HXJ
www.OmahaSteaks.com/family588

SUDOKU

FREE! American Standard

WALK-IN BATH/TUB SALE! SAVE \$1,500

9 4 3
6
7 4 5 2 9
5 1
2 5 8 9
3 1 5 6 7
1
9 8 3

Solutions on Page 8

Find Puzzles on Page 8

C	O	N	C	H	S	E	C	B	A	I	L				
O	V	O	L	O	A	L	L	P	U	L	S	E			
R	E	S	A	W	U	F	O	I	R	O	N	Y			
D	R	E	I	D	E	L	S	E	C	R	E	T			
			M	A	R	P	E	E	N						
B	A	Y	H	I	Y	A	L	I	M	B	I	C			
I	D	O	L	C	U	R	B	C	A	I	R	O			
R	O	D	E	A	L	T	A	R	A	D	A	M			
D	R	E	A	D	E	A	S	E	M	E	T	E			
S	E	L	F	I	E	K	E	N	T	S	E	T			
			S	L	O	E	E	W	E						
			D	R	E	A	M	S	K	W	A	N	Z	A	A
C	R	I	E	R	I	O	N	I	V	O	R	Y			
R	E	A	R	M	E	V	E	N	O	N	C	E			
U	G	L	Y	R	A	W	S	I	K	H	S				

Classified Advertising

Sell Your Stuff!
Reach 1000's of
Readers Every Week!



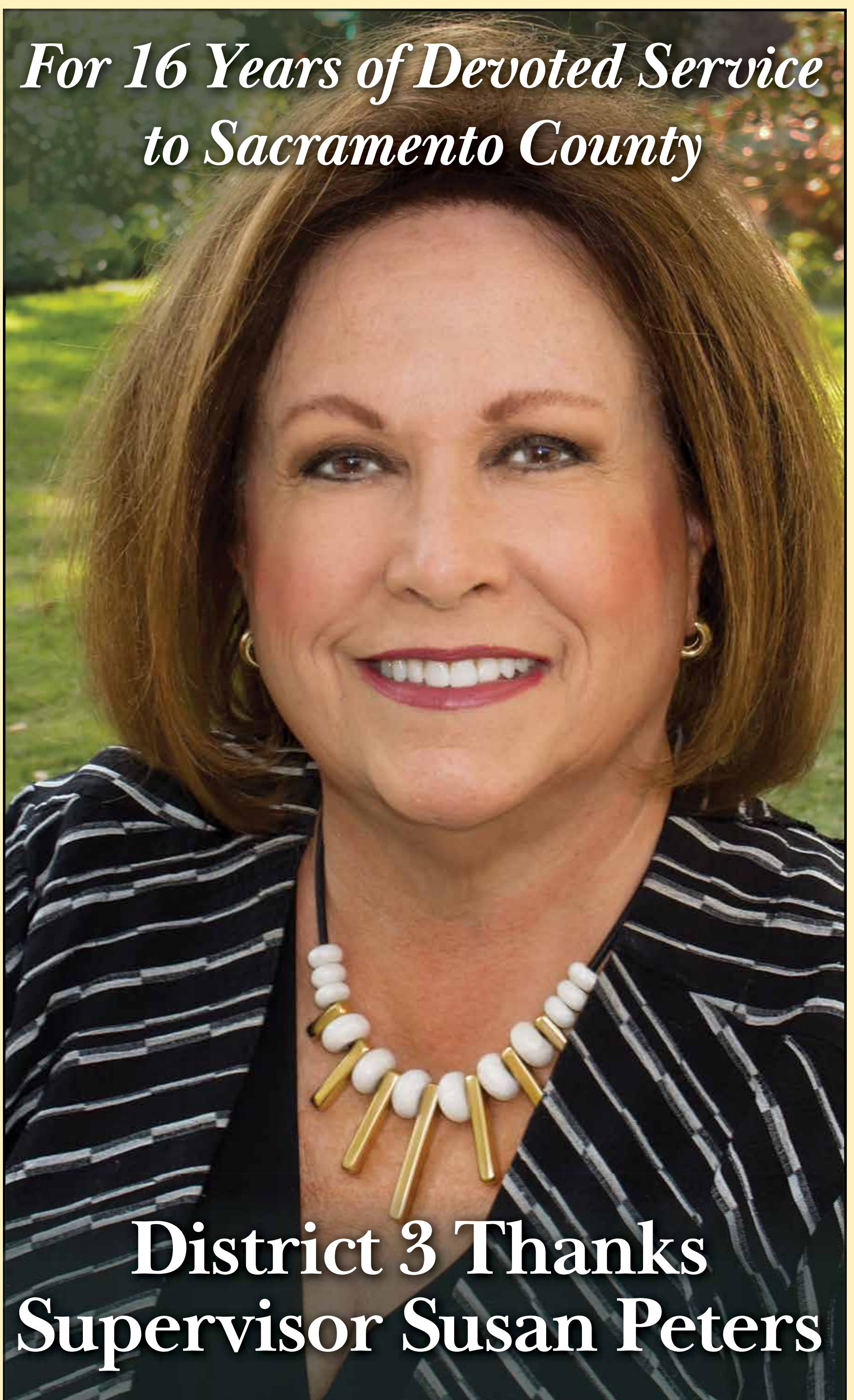
916-773-1111

Sudoku Puzzle on Page 8

2	9	6	1	8	4	3	7	5
8	1	3	7	9	5	6	2	4
7	4	5	2	6	3	8	1	9
5	6	4	3	1	9	7	8	2
1	3	2	5	7	8	9	4	6
9	8	7	4	2	6	1	5	3
3	2	8	9	4	1	5	6	7
4	5	1	6	3	7	2	9	8
6	7	9	8	5	2	4	3	1

CALL 916-773-1111 TO ADVERTISE
www.AmericanRiverMessenger.com

*For 16 Years of Devoted Service
to Sacramento County*



District 3 Thanks Supervisor Susan Peters

Elected 2004. Re-elected 2008, 2012, 2016.

Retiring 20 January 2021.

**Susan's achievements during four terms
in office are her community legacy.**

Thanks also to Howard Schmidt,
for his long service as Susan's Chief of Staff.

You are always Welcome in District 3!

*This appreciation sponsored by: The Carmichael Times; Susan Maxwell Skinner;
Fulton Avenue Association; Supervisor Muriel and Ernie Johnson;
Supervisors Sandy Smoley, Sue Frost and Rich Desmond; Peter Tateishi;
Carmichael Rotary Club; Linda Beech Cutler; Gabriel Rasi DDS; Allan Davis;
Kim Pacini-Hauch; Carmichael Chamber of Commerce; Carmichael Improvement District;
Carmichael Parks Foundation; Carmichael Recreation and Park District*