



Caregiving Around the Clock

PAGE 2

Scotty's Does Pajamas

PAGE 3



AMERICAN RIVER Messenger

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DECEMBER 6, 2019

SEE
INSIDE

CAN I CHANGE MY
MEDICARE
ADVANTAGE PLAN



PAGE 6

COMMUNITY
UPDATES FOR
THE HOLIDAYS



PAGE 3

SMUD
Patrolling Power
Lines by Air



PAGE 4



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Getting Their Game On

A Community of Support for Special Needs Kids



The Folsom High School freshman football team volunteered at the Playmakers event to assist and encourage the basketball game participants.

Story and photos
by Shaunna Boyd

SACRAMENTO REGION, CA (MPG) - On November 16, local non-profit The Playmakers Organization hosted a basketball game for special needs and at-risk kids at Oak Hills Church in Folsom. Playmakers founder Greg Roeszler said, "This is the first day of a series of these that we will do throughout the winter, and that we just believe will continue to grow and enable us to provide more support for special needs and at-risk kids and their families."

The event featured a waffle breakfast catered by the Burgess Brothers BBQ & Burgers. Corporate sponsors included Mortgage Consultant Group, FitGuard, Asher College, Republic Services, Palm Tile, Go Forth Coaching, and Serenity Spa. Roeszler was especially excited

about the various groups who came together for the event: The Special Olympics, Big Brothers Big Sisters, United Cerebral Palsy of Sacramento and Northern California (which provides programs and services for people with developmental disabilities), Rotarians, members of Oak Hills church, and community volunteers.

The Folsom High School freshman football team played a pivotal role in the game, filling out the four basketball teams and encouraging and assisting the participants. One of the players, Ian Walsh, said, "It's really special to help out my community and make sure that everyone has a really good time today and to make sure these kids have a good day."

When addressing the crowd before the game, Roeszler spoke about some of the professional

athletes who support Playmakers, including NFL player Jordan Richards, who has played with the New England Patriots, the Atlanta Falcons, the Oakland Raiders, and is now a Baltimore Raven. Richards has been involved in Playmakers since he was 13, attending Playmakers football camps as a teen. His mother, Sharon Richards, is a member of Oak Hills Church, and she attended the game to show her support: "I just love this organization. ... It's great to see the kids having fun."

Playmakers made a vital impact on her own son, and Sharon is grateful that the organization continues to reach out to kids in need. "No matter what our situation in life, we all need support, we all need people who believe in us. And it really is, in my estimation, the purest definition

Continued on page 10

Valley Fever Cases in California Remain High

By Corey Egel, CDPH

SACRAMENTO REGION, CA (MPG) - The California Department of Public Health (CDPH), in collaboration with local health departments, is reminding the public and healthcare providers that Valley fever cases typically peak in the fall.

Since 2014, there has been a steady increase in the number of Valley fever cases in California. In 2018, more than 7,500 Valley fever cases were confirmed, and early case counts for 2019 indicate that Valley fever activity remains high. As of November 19, over 7,000 likely cases have been reported. Incidence is particularly high in the Central Valley and Central Coast regions of California, including Kern, San Luis Obispo, Kings, Fresno, Tulare, Monterey, and Merced counties.

"People who live, work, or travel in areas where Valley fever is common are at higher risk of getting infected, especially if they work outdoors or participate in activities where soil is disturbed," said Dr. Sonia Angell, State Public Health Officer and CDPH Director. "If you have symptoms that include cough, fever, or difficulty breathing for more than a week, we encourage you to talk to a healthcare provider."

A person can help reduce the risk of infection by avoiding breathing in dirt or dust in areas where Valley fever is common. In these areas, when it is windy outside and the air is dusty, stay inside and keep windows and doors closed. While driving, keep car windows closed and use recirculating air conditioning, if available. If individuals must be outdoors, they should consider wearing a properly fitted mask (such as an N95 respirator mask) when the air is dusty, and avoid disturbing the soil whenever possible.

Valley fever, also known as coccidioidomycosis, or "cocci", is caused by breathing in the spores of a fungus that grows in the soil and dirt in certain areas of California. The fungal spores, which are too small to see, can be present in dust that gets into the air when it is windy or when soil is disturbed, such as through digging during construction. This fungus usually infects the lungs and can cause respiratory symptoms including cough, fever, chest pain, and tiredness. In most people, the infection will go away on its own, but anyone who has these symptoms for more than a week should see a doctor or healthcare provider.

While anyone can get Valley fever, those most at-

Continued on page 3

SMUD Employees Volunteer for Thanksgiving Meals on Wheels

SMUD Press Release

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

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

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

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



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

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

Nearly 1,500 SMUD employees voluntarily participate in SEA,

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

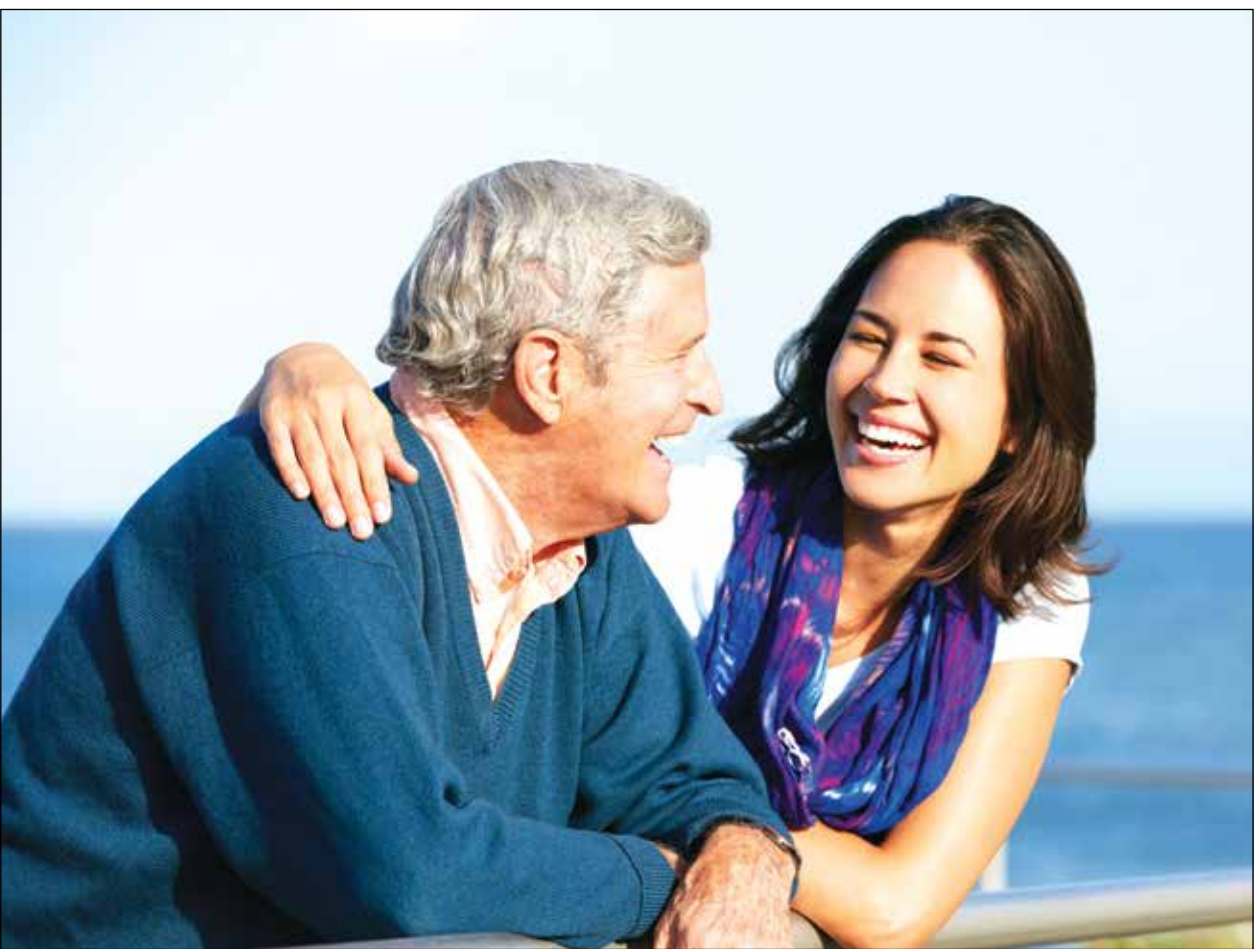
Caregiving Around the Clock

By Brenda Bongiorno, Sacramento County

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

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

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



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

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

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

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

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

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

Treatment Options

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

Research

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

The Care Plan

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

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

Coverage

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

to change their minds?

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

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

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

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

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Scotty's Does Pajamas

By Sal Arrigo, Jr.

ORANGEVALE, CA (MPG) - Scott Lacy is the owner of Scotty's Hideaway, a local bar and gathering place for people to have a favorite cocktail, catch up on the local gossip, or to simply play a game of pool with a friend. If this sounds like the several bars and restaurants in your area, you would be correct, except, Scott Lacy is, in essence, throwing a pajama party!

"Who doesn't want to help kids?" Scott asked me recently as to the reason why Scotty's Hideaway is hosting the Orangevale – Fair Oaks Kiwanis Club in their Pajama Drive for Kids. The festivities will take place on Tuesday, December 17, 2019 beginning at 7:00 pm and will continue into the evening. There will be prizes to be given away, Karaoke contests, and if someone does enjoy themselves a little too much, Scott says, "there is a couch on the back patio for patrons to take a break."

We are asking the community to please help the Kiwanis Pajama Drive by either bringing with them a brand new pair of plain pajamas (no logos, lettering or photos) sizes 1 – 16. The pajamas will be distributed by the About Kidz organization who works with other local organizations in distributing pajamas to children to keep warm during the cold winter nights. If you decide that you would like to make a monetary donation, the Kiwanis Club will be there to take your donations, as well as to collect the jammies.

When I pressed Scott to give me another reason



Scott Lacy is the owner of Scotty's Hideaway and is helping Kiwanis with the Pajama Drive. Photo by Sal Arrigo Jr.

why he is doing this charitable event his answer was, "It's Christmas!" A familiar story: an eight-year-old named Virginia O'Hanlon wrote a letter to the editor of New York's Sun, in 1897. In an unsigned editorial by veteran newsman Francis Pharcellus Church that is now legendary when he said, "Yes, Virginia, there is a Santa Claus." I agree - his name is Scott Lacy! You can meet Scott at Scotty's Hideaway located at 9353 Greenback Lane in Orangevale.

The children of our area want to thank you in advance for your kindness and we all wish you a very Merry Christmas from the

Orangevale – Fair Oaks Kiwanis Club!

Come and visit Kiwanis at the El Gallo Mexican Restaurant, located at 11773 Fair Oaks Blvd., on the 2nd Tuesday of every month. Meetings begin at 6:30 pm. We also have social gatherings on the 4th Tuesday of every month and the location varies. Find us at facebook.com/KiwanisclubofOFO or email us for more information at kiwanisclubofOFO@gmail.com.

Sal Arrigo, Jr. is the president of the Kiwanis Club of Orangevale – Fair Oaks. The Kiwanis Corner is published monthly. ★



By County Supervisor Susan Peters

Through the generosity of *The American River Messenger* this column serves to provide an update about matters affecting the unincorporated community of Fair Oaks.

CALIFORNIA INTERNATIONAL MARATHON

On Sunday, December 8, thousands of runners are expected to be racing through the area during the annual California International Marathon. The 26- mile trek begins 7 am in Folsom and concludes at the State Capitol.

This event attracts world-class competition and several thousand out of town visitors travel to the area to participate in or watch the marathon. This influx contributes to our local economy via renting lodging, dinning in restaurants, retails sales, etc.

Residents can come out and cheers the runners. Fair Oaks Boulevard is part of the route so some residents

FAIR OAKS COMMUNITY UPDATE

may find themselves "landlocked" while the race is in progress due to street closure. These closures may cause some inconvenience so please be cognizant of that when planning your morning activities.

Residents can view specific street closures on the marathon's webpage at runsra.org.

PARKING AT SAC INTERNATIONAL AIRPORT

Do your holiday travel plans involve going to the airport? Sacramento International Airport's parking webpage can show you what parking spaces are available -- and where. Check it out by going online to sacramento.aero/smf.

Passengers are encouraged to check the website for the latest parking information before they enter the airport, as parking conditions change quickly.

And remember you can avoid circling around the terminals to pick up passengers by using the Free Waiting Area – also known as the Cell Phone Lot. Located near the Interstate 5 entrance/exit, this lot has convenient access to both terminals so once your intended arrival is ready all they have to do is call you on your cell phone and you can proceed to pick them up at curb side.

HOLIDAY GIFT IDEAS

Need help looking for some unique gifts this holiday season? Here are few suggestions that may help you with your shopping and assist a good cause at the same time.

The Sacramento Sheriff K-9 Association has an online store featuring a number of specialty items. Proceeds benefit this non-profit organization that supports our four-legged canine deputies. For more information, please visit ssdk9.com.

Show your support for the American River Parkway by purchasing a yearlong unlimited Parks Passport. This convenient annual parking/day use pass is a great gift for joggers, bicyclists as well as outdoor recreationists who frequent the Parkway. Parks Passes are sold at The American River Parkway Foundation Office in the William B. Pond Recreation Area or online at arpf.org.

The Effie Yeaw Nature Center also offers a wide selection of unique and personal gifts for nature-lovers through the center's Discovery Shop. Items include books, cards, games, toys, or jewelry. For more information, please visit sac-naturecenter.net

Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at susanpeters@sac-county.net. ★

Valley Fever Cases in California Remain High

Continued from page 1

risk for severe disease include people 60 years or older, people who are African American or Filipino, pregnant women, and people with diabetes or conditions that weaken the immune system.

Employers with employees working outdoors should train workers about Valley fever symptoms and take

steps to limit workers' exposure to dust, such as watering down soil before digging.

The State of California is taking action to raise awareness about Valley fever by allocating \$2 million in the 2018-2019 budget to plan, develop, launch and evaluate a Valley Fever Awareness campaign that CDPH will launch in the coming months.

Governor Gavin Newsom has also approved a bill to require construction employers engaging in specific work activities in counties where Valley fever is endemic to provide awareness training about Valley fever to their employees.

For additional information on Valley fever, please see www.cdph.ca.gov ★

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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**.

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.



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Serving Fair Oaks, Orangevale and Sacramento County since 2006

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SMUD Patrolling Power Lines by Air

SMUD Press Release

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

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

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

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

This digital technology



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

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

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

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

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

a helicopter altitude of about 500 feet

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

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

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

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

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

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

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Volunteer for Sacramento Blankets for Sacramento Kids



By Claire Gliddon, Sacramento Blankets for Sacramento Kids

SACRAMENTO REGION, CA (MPG) - Sacramento Blankets for Sacramento Kids is a new non-profit (501c3) group that was formed one year ago, after our original group (Project Linus – Sacramento) was closed. We still wanted to serve the children of Sacramento and Placer Counties that we had been helping for 21 years already. We recruit volunteers to make handmade blankets – knit, crochet, sew, quilt, no-sew fleece – that we donate to children in need, from infants to 18-year-olds, in Sacramento and Placer Counties, State emergencies, and National disasters. We also have a special Kindergarten Project every December where we choose 6 of the lowest income

elementary schools, find out how many kindergarteners they have, and then make a no-sew double fleece blanket, plus a Beanie Baby in a fleece pouch (always looking for donations of new or almost new Beanie Babies!) to every single Kindergartener! This year, that means 770 blankets and Beanie Babies. We’ve been doing this for the past 7 years and it is wildly popular! Some of these kids live in their cars or without heat at home! We’re here in case you’d like to join and make blankets – no meetings, no quotas, no stress – we just want people to have fun, doing something they enjoy on their own time, and helping so many children at the same time! You can sign up by going to www.sacblankets4kids.com or calling (916) 965-8955. Thank you! ★

Capitol Pops Concert Band Performs Free Holiday Concert

By Linda Glover

SACRAMENTO REGION, CA (MPG) - The Capitol Pops Concert Band will wrap up its 23rd season with a free, open to the public holiday concert at 7 p.m. Saturday, Dec. 7, 2019, at the Rusch Park Gym, 7801 Auburn Blvd., in Citrus Heights. Under the baton of Director Judith Steinle, the CPCB will once again play traditional favorites, seasonal musical hits and carols in its "Holiday Celebration" program. This performance, sponsored by the Sunrise Recreation and Park District and the City of Citrus Heights, is family friendly and a great way to usher in the holiday season. The two-hour concert includes a 20-minute intermission.

Various prizes will be on display for donation ticket drawings. The public also will have the opportunity to purchase a variety of colorful poinsettias after the concert concludes. Longtime CPCB supporter Eisley Nursery of Auburn has donated a large poinsettia plant as a grand prize in support of the band's student scholarship fund. Started in 1997, the CPCB has performed a diverse portfolio of high-quality, well-prepared music heard by thousands of concert-goers throughout Northern California. Based in Citrus Heights, the self-supporting, nonprofit community band of about 50 musicians represents a wide cross-section of the Sacramento area. For more information on the Capitol Pops, visit www.capitol-pops.org or its Facebook page. ★

SMUD Lists Unclaimed Checks On Its Website

SMUD Press Release

SACRAMENTO REGION, CA (MPG) - SMUD has published the names of customers and vendors who have not yet cashed checks dated October 1, 2015 through September 30, 2016. The list of names will be posted on SMUD’s website, SMUD.org, until December 20, 2019. In order to file a claim on an uncashed check, claimant’s name must be included on this list, or they do not have a valid claim. To make a claim, call 916-732-7440 and supply the claimant’s name, current address, telephone number and the address for the time period between October 1, 2015 and September 30, 2016. Claimants can also mail a claim to Sacramento Municipal Utility District Unclaimed Monies, 6201 S Street, Mail Stop B352, Sacramento, CA 95817-1818. Each year, SMUD posts this information

in an effort to find the money’s rightful owner. Claims must be made by 5 p.m. on December 21, 2019 or they become the property of SMUD under California Code Section 50050-50057. Replacement checks will be issued only to the payee or upon proof of death, to the payee’s beneficiary. As the nation’s sixth-largest community-owned, not-for-profit, electric service provider, SMUD has been providing low-cost, reliable electricity for more than 70 years to Sacramento County and small adjoining portions of Placer and Yolo Counties. SMUD is a recognized industry leader and award winner for its innovative energy efficiency programs, renewable power technologies, and for its sustainable solutions for a healthier environment. SMUD’s power mix is about 50 percent non-carbon emitting. For more information, visit SMUD.org.

Senator Jim Nielsen Named Outstanding Legislator for 2019



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

By John Frith

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

Robert Rivinius said the veteran lawmaker was selected because he’s always been a strong advocate for family businesses. “Sen. Nielsen grew up in a family business and has always been a strong advocate for family businesses during his years in the Legislature,” Rivinius said. “We need more lawmakers who understand the unique issues facing family businesses and who recognize how important family businesses are to the state’s economy and the fabric of our communities, and we thank him for his support.” Nielsen said he was proud to receive the recognition. “California needs strong family businesses because they’re the cornerstones of their communities and the foundation of our state’s economy,” Nielsen said. “I want to thank the leaders and members of FBA. It is an honor to be recognized.” Nielsen was first elected to the Senate in 1978, serving

until 1990. He returned to the Legislature in 2008 as a member of the Assembly and was elected to the Senate in 2012. He represents all or portions of Butte, Colusa, Glenn, Placer, Sacramento, Sutter, Tehama and Yuba counties. He serves as Vice Chair of the Budget & Fiscal Review and Elections & Constitutional Amendments committees and is a member of the Governmental Organization, Governance & Finance and Veterans Affairs committees. He has been recognized by numerous taxpayer and small business groups for his leadership on state budget issues and for his unrelenting fight against profligate government spending. He is also a leader in protecting and strengthening private property rights and for reforming state regulations and out-of-control spending. For more information about FBA, visit www.myfba.org. *Source: The Write Stuff Communications* ★

New Management Announced for Gibson Ranch



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

By Ken Casparis, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - Gibson Ranch Regional Park is getting a new management team. This park has been managed by GRP 2011, LLC since April 2011, and, effective Sunday, Dec. 1, 2019, the Sacramento County Department of Regional Parks will take over management. “When Regional Parks acquired this property in 1962, the goal was to retain the atmosphere of the ranch,” said Liz Bellas, Director of Regional Parks. “We are excited to continue working toward this goal, while also providing a large-scale regional park and offering facilities and unique recreational experiences not generally available in local or neighborhood parks.” Gibson Ranch Regional Park is a 355-acre park that has an equestrian center and includes roughly 100 acres of pasture, a multi-use field and five miles of equestrian trails. Within the central core of Gibson Ranch are a Ranch House suitable for weddings and other gatherings; large stable and barn; numerous storage barns; paddocks; corrals; a horse arena and cabins, which can be used as overnight facilities for camp programs or other events. The park also contains group and family picnic facilities, restrooms and a large fishing lake. In preparing for this management transition, Regional Parks has opened four full-time positions and awarded Trail Brothers, LLC a five (5) year contract for equestrian services.

Trail Brothers, LLC will operate and provide horse trail riding, lessons, training, and horse boarding services, at reasonable rates, to enhance park visitors’ recreational and educational experiences at Gibson Ranch Regional Park. Regional Parks will be hosting a community volunteer event at Gibson Ranch on Sunday, Dec. 8. from 9 a.m. – Noon. The public is welcome to join Parks staff as we complete some volunteer projects around the park. The history of Gibson Ranch goes back to the early 1800s when the area now known as Rio Linda was part of Rancho Del Paso Mexican Land Grant. At that time and in later years, the area began to be homesteaded by a few families and was called Dry Creek. Originally, the ranch was homesteaded by the Wood family who built a home there in the 1870s. The land passed through several owners until the 1950s when approximately 1,700 acres were owned by the R.H. Gibson family. The County of Sacramento purchased a portion of the property in 1962 from the Valley Investment Company and created Gibson Ranch Regional Park. Subsequent land acquisitions in the 1970’s and beyond brought the total acreage of the park to 355 acres. The vehicle entrance fee for Gibson Ranch Regional Park, and all other County Parks, is \$5. Regional Parks Annual Pass holders receive free daily entry. For more information on parks passes, visit the Regional Parks website. ★

MONTHLY MEETING OF MILITARY RETIREES/SPOUSES:

Our next monthly meeting

January 9th, 2020

at

North Highlands Park and Recreation

District, 6040 Watt Ave, North Highlands 95660.

Meeting time is 1030 hrs. Our guest Speaker is Craig Morris who will speak on Veterans Benefits. Come on out and enjoy a cup of

Coffee with Cookies

See you all on the 9th of January 2020.

If you have any questions, call Volunteer staff at 916-640-8446

Monday through Thursday, 0900 to 1500 hrs. See you all on the 10th of Oct.



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POPPOFF!

with Mary Jane Popp

Depressing Jobs

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

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

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

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

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



Make It Fun and It Will Get Done!

The Secret to Being Organized

Pam Young’s Corner

Stay Awake! This is a Holy Time of Year

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

“Oh, Mama, look at this!”

“Uh huh.”

“I love this!!”

“Uh huh.”

“I have one don’t I!!!!”

“Uh huh.”

“You made it for me didn’t you Mama!!!!”

“Uh huh.”

“Can you make one for Sissy?”

“Uh huh.”

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

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

The stuff of Christmas!

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

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

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

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

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

Stay awake! This is a holy time.

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

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

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

Ask Toni

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



Hello Toni:

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

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

Thanks, Stephanie from Kingwood, TX

Hi there, Stephanie:

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

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

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

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

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

To disenroll from a Medicare Advantage plan after March 31 st , you cannot because you are in “lock in” from April 1 st to December 31 st . You will now have to wait until the next Medicare enrollment period, which begins October 15 thru December 7 th to make your change for the next year with a start date of January 1st.

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

Original Medicare with a Medicare Supplement.

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

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

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

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

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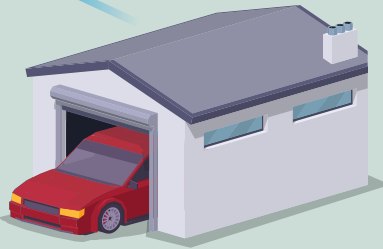


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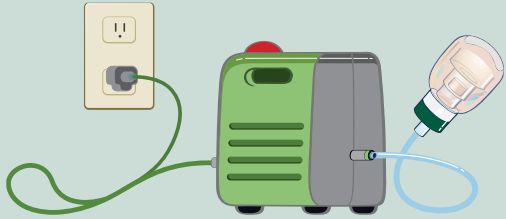
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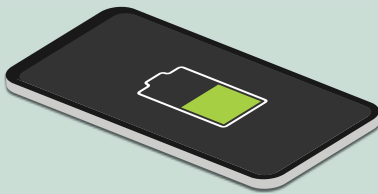
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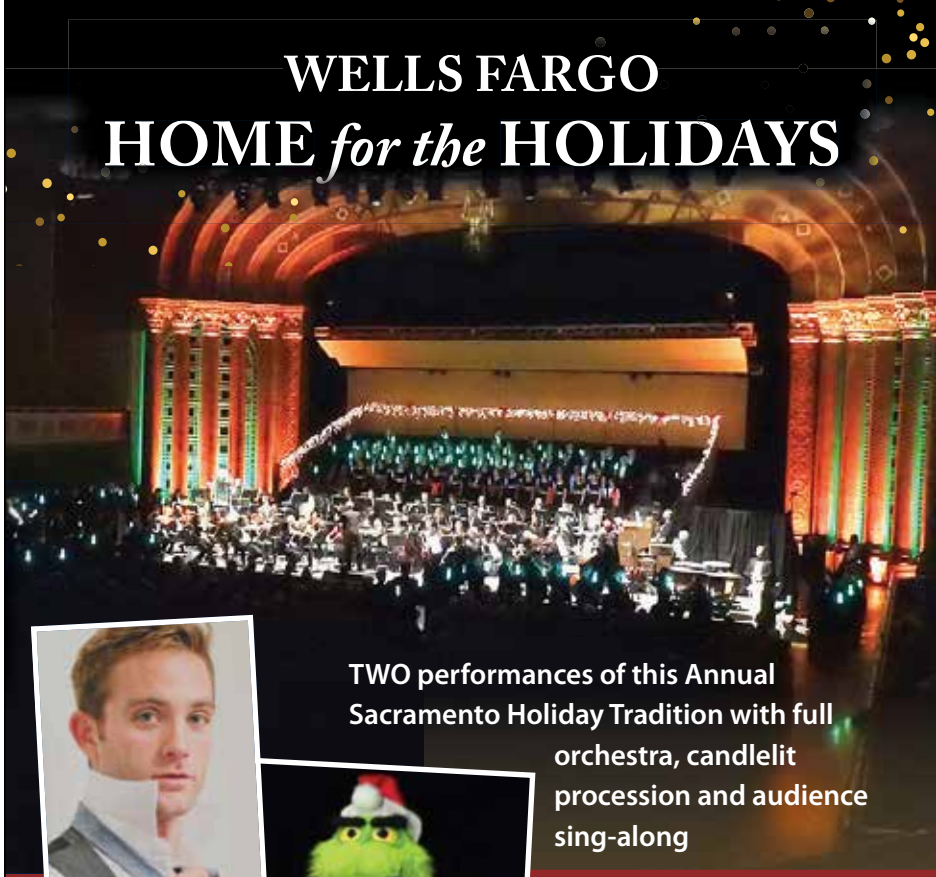
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Progress Updates for Measure J Projects

Story by Shaunna Boyd

FAIR OAKS, CA (MPG) - The Measure J Bond Oversight Committee (BOC) held their last meeting of the year in November, and Fair Oaks Recreation and Park District administrator Mike Aho updated the committee about the progress of the current and planned projects.

“The only project that we’re actively spending on is the poured-in-place, and that came in almost \$200,000 under the estimated budget,” said Aho. The replacement of the rubberized poured-in-place (PIP) material in District playgrounds is almost complete. Montview Park has already reopened to the public. The work at Miller Park, Fair Oaks Park, and Phoenix Park is complete, and the parks will reopen soon after the required safety inspections. Fair Oaks Preschool is in progress and is expected to be finished by early December 2019.

Aho said that the Swallow Way Park will be the first major construction project to get underway, with construction scheduled to begin at the end of March 2020. It will be a relatively short project, with an anticipated completion date in June 2020. The park will be located off Hazel Ave. on a plot of land under an acre that was given to the District by Sacramento County.

A walkthrough from the west side of the property comes out on Hazel Ave., and it is a common short-cut used by those in the adjacent neighborhoods. Aho said, “We don’t want this space. It will be nothing but grief for us.” Due

to a lack of visibility in the area, the walkthrough is considered an attractive nuisance that could attract illegal activity. “The recommendation is to vacate that portion of the property and deed it to the adjacent property owner,” said Aho, who has spoken to the property owner and confirmed their interest.

The hope is that the owner would extend their wall to incorporate that area as part of their property, removing the walkthrough completely. BOC Vice Chair Adria Walker asked if it would be possible to stipulate the wall extension as part of the quit-claim deed process: “We should do as much as possible to facilitate the outcome we want and not leave it to chance.” Aho agreed to look into including that stipulation, and the BOC consensus was to move forward with the plan.

Over the summer, the District leveraged Measure J funds to increase funding opportunities for the Village Park, Plaza Park, and Amphitheatre improvement project. They applied for \$4 million in Prop. 68 funding from the State of California and plan to use Measure J money to meet the matching funds requirement. Aho said the District still has not heard whether the application has been approved: “Prop. 68 is still just an unknown at this point.” Whether the District receives the additional funds or not, the project will commence at the end of June 2020.

The Phoenix Field project will also start at the end of June 2020. This project focuses on the installation of two softball

fields and more than 100 additional parking spots in Phoenix Park. Depending on the cost, there is also the potential to create two new parking lots, giving the park another 70 parking spots. The public expressed strong support for the additional parking lots, even in favor of only installing one softball field to ensure there are enough funds to improve the parking situation.

The Board approved the Phoenix Field concept plans in November, so the District is now moving forward with creating the construction documents and budget. The Board directed staff to move forward with the plans including the new parking lots, which Aho said will probably put the project over the estimated budget. He said the Board could always “align additional funds” for the project or decide to change the plans once they’ve seen a detailed budget.

Measure J funds are also earmarked for a new Community Center, but that project is still in the concept phase. Aho said the next step is to come up with a vision statement, which will “help everyone get on the same page as part of the planning process.” Public outreach will also help to determine the community needs and guide the plans for the project. The site of the project is still undetermined, but the most likely site is at Fair Oaks Park.

The District website now has an interactive Measure J map, which shows the timeline, budget, progress, and photos for each project. The map can be accessed at www.forpd.icitywork.com. ★



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Find Puzzles on Page 10

V	I	E	W		T	I	P			T	U	N			
A	R	I	A		U	R	D	U		C	A	R	E		
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Sudoku Puzzle on Page 10

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

Getting Their Game On

A Community of Support for Special Needs Kids

Continued from page 1

of community,” she said. “You come together, and you support, you encourage. We’ve got to do more of that.”

Mike Lueken, Pastor of Oak Hills Church, said, “It’s a way to encourage young people and to support what Playmakers does. And we’ve been involved in it for a long time, and it’s just a way to come together, to collaborate with Playmakers and with other people, and to do something that is encouraging and helpful to young people.”

The game participants ran across the court and practiced their free-throw shots, all to the thundering encouragement of all in attendance. Clarissa Viers (12) loves attending Playmakers events: “You get to have real fun, and it helps you learn to get through bullying and struggles and stuff through sports and recreation.”

Jerry Viers has seen a variety of positive changes since Clarissa joined Playmakers: “They’ve put so much confidence in her that I couldn’t have implanted in her.... It’s



(Left to right) Greg Roeszler, Sharon Richards, and Pastor Mike Lueken at the Playmakers basketball game at Oak Hills Church.



Tunnel: Participants were welcomed onto the court with cheers and high fives.

been great getting to watch her grow and become the fine young lady that she is today.”

If you would like to learn

more about The Playmakers Organization and their work to support at-risk and special needs kids, visit www.ThePlaymakers.org. ★

A photograph of a woman with dark hair and glasses, smiling. She is wearing a white shirt.

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- ### CLUES
- ACROSS**
- Observation point's attraction
 - Included for large parties?
 - 252 gallons of wine
 - Soprano's song, e.g.
 - Pakistani tongue
 - Word with foster or health
 - Lancelot and Mix-a-Lot
 - Unstable particle
 - Orangutan, biologically speaking
 - "Car safety invention"
 - Caspian Sea, e.g.
 - They flock together?
 - "...the ramparts..."
 - "Risqué garb named for atoll"
 - Bakelite was first one made from synthetics
 - RNs' org.
 - Like a pumpkin on Halloween
 - €
 - "To Kill a Mockingbird" protagonist
 - Columbus Day mo.
 - Unlock
 - Without, in Paris
 - Limestone landscape forms
 - Broke bread
 - "Synthetic for a diabetic"
 - Putin's currency
 - Willis Carrier's invention conditioned it
 - "Aspartame-based sweetener"
 - Hard tale to believe
 - "Scuba diver's gear"
 - "It's still Rock and Roll" to him
 - The Colosseum, e.g.
 - Stage part
 - Bohemian
 - Gold coating
 - Fishing rod attachment
 - Sticky stuff
 - Make a choice
- DOWN**
- Military hospitals
 - Fleur-de-lis
 - Irish word for Ireland
 - Sushi restaurant "burner"
 - Set straight
 - Objects of worship
 - Fourth down option
 - "Little Willie or T-34"
 - Egg on
 - Opposite of paleo-
 - Perugia region
 - Make less refined
 - Court bargain
 - Touch of color
 - Antediluvian
 - Low in La Scala, pl.
 - Relating to Quechuan people
 - Unstable mesons
 - Four-legged friends
 - Ligation
 - All worked up
 - Apple leftovers
 - Multicolored horse
 - Acronym that revolutionized TV-watching

Crossword Puzzle Solutions on Page 9

1	2	3	4	5	6	7	8	9	10
11				12			13		
14				15			16		
17				18			19		
20							21		
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38				39			40		41
42				43			44		45
46							47	48	
49				50			51		52
53							54		55
56							59		60
61							62		63

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

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Solutions on Page 9

AN IMPORTANT MESSAGE FOR DENTAL OFFICES

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

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

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

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

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

Who is affected by this new rule?

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

Why are these standards necessary?

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

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EPA's Dental Effluent Guidelines: www.epa.gov/eg/dental-effluent-guidelines

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A photograph of the American River Messenger newspaper. The main headline is "Memorial Day Ceremony Commemorates Our Fallen". Other headlines include "Wizard World Comes to Sacramento" and "On the Streets".

A logo for Quick Quack Car Wash, featuring a cartoon duck wearing sunglasses and the text "Quick Quack CAR WASH".

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