



SacRT Holiday Bus Benefits Riders and Children's Charity

PAGE 2



AMERICAN RIVER Messenger

VOLUME 14 • ISSUE 24

Serving Fair Oaks, Orangevale & Sacramento County

DECEMBER 20, 2019

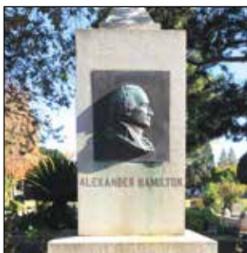
**SEE
INSIDE**

**BABY BASKETS
NEEDED FOR
NEW MOMS AT
SAC LIFE CENTER**



PAGE 10

**HONORING ONE
OF OUR NATION'S
GREAT FOUNDERS**



PAGE 5

**KIDS HELPING KIDS
ANNUAL GALA TO
SUPPORT FAMILIES
BATTLING CANCER**



PAGE 5



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

The Holiday Spirit Still Shines Bright



(Left to right) Drina Dantes and Makayla Rogers enjoy the holiday cheer while working at Sherwood Florist & Gift Shoppe in the Fair Oaks Village. Right: Shopping in the Village is a magical holiday adventure for a young Fair Oaks resident.

**Story and photos
by Shaunna Boyd**

FAIR OAKS, CA (MPG) - The 36th annual Christmas in the Village celebration was scheduled for December 7, but the beloved event had to be canceled due to inclement weather. The Chamber of Commerce made the decision to cancel because the National Weather Service was reporting rain, thunder, and high winds of more than 30 mph.

After six months of planning, executive director of the Fair Oaks Chamber of Commerce Kimberley Pitillo said canceling the event was a difficult decision: "We had to make the call for the safety of the volunteers, participants, and spectators."

Katy Coss, recreation superintendent for the Fair Oaks Recreation and Park District, said that the District supported the Chamber's decision.

Coss said, "The tree will still be lit for the season, and the Village is beautifully decorated." The District's tree lights up each evening at 5:30 PM and shines until dawn. The tree will remain lit until early January.

Pitillo encourages residents to enjoy the festive atmosphere and "stroll through the streets of the Village for your last-minute holiday shopping and dining." The businesses are festooned with garlands and lights, and the shopfronts showcase beautiful holiday displays.

Drina Dantes enjoys the holiday cheer while working at Sherwood Florist & Gift Shoppe in the Village: "It's wonderful. It's very welcoming,

and I think a lot of people are drawn to it because it's a more personal feel when you come into the Village. ... People like that personal touch, and I think every store here in the Village has that. You walk in and you feel like everything is so uniquely and beautifully displayed and you get very personal attention. It really gives you an experience." ★



The Flu Has Had Serious Consequences in Sac County

**By Brenda Bongiorno,
Sacramento County**

SACRAMENTO COUNTY, CA (MPG) - The flu season is already in full swing in Sacramento County. With these flu cases increasing so early in the season, Sacramento County Public Health urges everyone to prioritize getting the flu shot now to protect you and your family from the deadly virus.

Since the beginning of this year's flu season, 12 flu cases have been admitted to the Intensive Care Unit (ICU) in Sacramento County and Public Health has received reports confirming influenza has claimed the life of a Sacramento County 66-year-old, as well as a 7-year-old who had multiple underlying medical conditions. This is the second pediatric death in California for the 2019/20 flu season.

Getting vaccinated is the best defense against the flu, but it takes a couple of weeks after vaccination for the body to build immunity. The strains of influenza that are circulating in Sacramento County this season are Influenza B, which is most prevalent among the cases (ICU and deaths, all ages) reported to Public Health, and Influenza A (not subtyped and subtype H1N1 and H3N2). The flu vaccine, which is readily available, covers the strains of the flu that have been detected in Sacramento County.

The California Department of Public Health and the Centers for Disease Control and Prevention (CDC) recommend annual influenza vaccinations for everyone six months of age and older - including pregnant women - who do not have medical contraindication to receiving the vaccine.

A person's decision to receive the flu vaccination or not affects the entire community - especially those who medically cannot have the flu vaccine. Those who have regular contact with people more vulnerable to the complications of flu - including babies, children with chronic health conditions such as asthma and diabetes, and adults 65 years and older - should get vaccinated so the flu virus isn't spread to them.

"Everyone in the community, who can get vaccinated, should get vaccinated. Vaccination is the best protection against the flu, which is a preventable illness," Sacramento County Public Health

Continued on page 7

Adoption Event Joy, But More Youth Need Families

**By Brenda Bongiorno,
Sacramento County**

SACRAMENTO COUNTY, CA (MPG) - Sacramento Superior Court and Sacramento County collaborated to host a National Adoption Day event at the William R. Ridgeway Family Relations Courthouse on Saturday, Nov. 23, 2019. By the end of this special day, 54 children from foster care finalized their adoptions into 42 families - each finding their forever home.

"This has been a joyous event for every child and

Continued on page 3



"This day is a great reminder to community members that they can become a resource or adoptive parent and open their homes and hearts to foster youth in need." MPG file photo

**LEGAL ADS FOR
SACRAMENTO
COUNTY?**

We Can Do That!



To place your legal advertising, go to

CarmichaelTimes.com

SacRT Holiday Bus Benefits Riders and Children's Charity

Rob Kerth Elected SMUD Board President



This year's SacRT Holiday Bus is an inspiration. Left to right: SacRT Board Director and Sacramento City Councilmember, Jay Schenirer; SacRT Board Chair and Sacramento County Supervisor, Patrick Kennedy; Rayne McKenzie, SCH Board Member and former Crisis Nursery Client; SacRT bus driver, Reakerl Randall-White; Sacramento Children's Home CEO, Dr. David Baker; and SacRT GM/CEO Henry Li. Photo courtesy of SacRT

By Jessica Gonzalez, SacRT Press Release

SACRAMENTO REGION, CA (MPG) - The Sacramento Regional Transit District (SacRT) and the Sacramento Children's Home unveiled this year's SacRT Holiday Bus. SacRT showed off the colorful 40-foot holiday inspired bus and speakers discussed the importance of the program.

"This is a special time of year and a very special time for SacRT to thank our riders and give back to our community," said SacRT GM/CEO Henry Li. "Each year, we say thank you to our riders, by making it free to ride the holiday bus, but we also select a charity that can benefit from donations that can be deposited in the farebox when boarding the holiday bus."

New this year, Holiday Bus passengers now have the option to text their donation

right from their smartphone -- simply text GIVETOSCH to 44321, or they can make a cash donation in the farebox. All donations benefit the Sacramento Children's Home.

"The Sacramento Children's Home is honored and thrilled to be selected by Sacramento Regional Transit as the beneficiary of this year's Holiday Bus," said Sacramento Children's Home CEO Dr. David Baker. "This partnership will help raise not only important resources that support the children and families we serve, but also awareness about the Sacramento Children's Home and our mission to open doors to the future by maximizing the potential of children and families."

The Sacramento Children's Home was founded in 1867 and today it is the most comprehensive

child and family service organization in Sacramento County serving more than 7,000 children and 4,300 families each year through a broad spectrum of residential, community-based, mental health and educational programs. Through its multiple programs at six sites in the county, the Sacramento Children's Home offers prevention, early intervention and treatment programs that are critical to strengthening families and stopping the generational cycle of child abuse and neglect. More information is available at kidshome.org.

"I'm proud that SacRT has this opportunity to highlight the amazing work the Sacramento Children's Home is doing for our area youth and families and I am even more excited that we can share that with our riders when they step on board

this year's Holiday Bus," said SacRT Board Chair and Sacramento County Supervisor Patrick Kennedy.

"The Sacramento Children's Home is a perfect partner this year, as SacRT has teamed up with the city and school districts to offer free transit for youth throughout the entire SacRT service area," said SacRT Board Director and Sacramento City Councilmember Jay Schenirer. "Some of these kids and families that benefit from the programs at the Sacramento Children's Home are our next generation of transit riders."

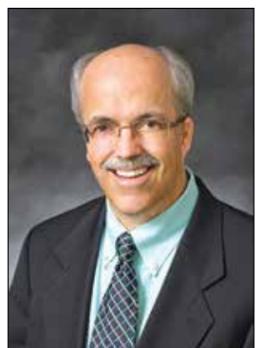
The SacRT Holiday Bus travels on different routes throughout the Sacramento region spreading goodwill from Sunday, December 1, 2019 through Wednesday, January 1, 2020. View the Holiday Bus schedule at sacrt.com. ★

SMUD Press Release

SACRAMENTO COUNTY, CA (MPG) - SMUD's Board of Directors elected Rob Kerth as President of the Board. His term as president will run from January through December 2020. He previously served as board president in 2015. Kerth has been serving his second term on the SMUD Board of Directors since 2014. Kerth was previously elected to the SMUD Board in November 2008 and served a four-year term. He represents Ward 5 which includes midtown, downtown, North Sacramento, Natomas, Rio Linda and Elverta.

Kerth is a third-generation Sacramentan and former two-term city councilman who got his start in public service as a neighborhood activist for the historic Woodlake district of North Sacramento. While on the Sacramento City Council, he was recognized as a major force for revitalization efforts not only in his district but also in other long-established neighborhoods.

During his time with the city of Sacramento, Kerth also specialized in regional problem-solving. His assignments included the Sacramento Area



Rob Kerth, SMUD Board President. Photo: SMUD

Council of Governments, Sacramento Regional Transit District and the Sacramento Area Flood Control Agency. Kerth developed notable expertise on infrastructure issues throughout the six-county Sacramento region. Kerth founded Ice Unlimited, which brought Sacramento and Folsom their original holiday ice rinks. He is also responsible for the design of ice rinks in Sacramento's Arco Arena and at Squaw Valley U.S.A.

A graduate of Stanford University, Kerth holds a master's degree in mechanical engineering with an emphasis in controls and systems. He and his family still live in Woodlake, less than three blocks from his childhood home. ★

Have a *MARY KAY* Christmas!

Call Natalie Miller 916.621.0833

KP International MARKET

FOOD COURT NOW OPEN

18 19 20 21 22 23 24

10971 Olson Drive
Rancho Cordova, CA 95670
916.853.8000

Market 9 Days, 8am - 10pm
Food Court 7 Days, 11am - 8:30pm
(Chinese: 11:30am - 8:30pm)

ICE RINK COMING TO RANCHO CORDOVA @ KP

OPEN DAILY NOV. 27 TO JAN. 6
2PM TO 8PM OR LONGER

RanchoCordovaIceRink.com

FRESH PRODUCE

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

Green Beans	Chayote Squash	Limes	White Potatoes 10 lb Bag	Gala Apples	Jalapeno Peppers
1.79	69¢	7.51	2.99	69¢	69¢
Korean Golden Pear 3 Pack	Satsuma Mandarines 10 lb	Sweet Lime	Yellow Onions	Shiitake Mushrooms	Japanese Sweet Potatoes
9.99	9.99	9.99	3lbs \$1	4.99	8.99

AMERICAN/HISPANIC GROCERY

Gloria Panettone	Gloria Pastries 6pk	La From Cream Cheese	Jasmine Rice	Thai Jasmine Rice	Miso Paste	Doan's Buns
\$6.99	\$3.99	\$3.99	\$2.99	\$1.59	\$3.99	\$3.99

ASIAN GROCERY

Special Rice	Pan de Oyster Sauce	UFC Sweet Soy Sauce	Sweet Soy Sauce	UFC Coffee					
\$1.29	\$1.99	\$2.99	\$2.99	79¢	79¢	79¢	79¢	79¢	79¢

EUROPEAN GROCERY

Sofal Grapeseed Oil	SanSiro	Sauza Italian Cake	Adams Rerring Fillets						
\$16.99	\$4.99	\$4.99	\$9.99	\$9.99	\$9.99	\$9.99	\$9.99	\$9.99	\$9.99

FROZEN & FISH DEPT

<p>REG. \$17.99/EA</p> <p>\$10.99 /ea</p> <p>Raw Shrimp Peeled & Deveined 31/40 • 2 lb Bag</p>	<p>REG. \$10.99/LB</p> <p>\$6.99 /lb</p> <p>Frozen Cooked Crab Claws</p>
---	---

WEEKLY MEAT SPECIALS

<p>\$4.99 /lb</p> <p>Beef Ribeye Steak - Brills</p>	<p>\$2.99 /lb</p> <p>Beef London Broil & Top Round Roast - Brills</p>	<p>\$3.29 /lb</p> <p>Beef Top Round Steak Pulpa Stk - Thin Sliced</p>
<p>\$6.99 /lb</p> <p>Beef Filet Mignon Sltk</p>	<p>\$1.39 /lb</p> <p>Boneless & Skinless Chicken Breasts</p>	<p>\$1.79 /lb</p> <p>Pork Loin Roast Boneless</p>
<p>\$1.49 /lb</p> <p>Pork Butt - Bone In</p>	<p>\$1.79 /lb</p> <p>Pork Butt - Boneless</p>	<p>\$1.99 /lb</p> <p>Pork Loin Chops Boneless</p>

KOREAN/JAPANESE GROCERY

Korea Kimchi									
\$1.99	\$1.99	\$1.99	\$1.99	\$1.99	\$1.99	\$1.99	\$1.99	\$1.99	\$1.99

FROZEN & FISH DEPT

<p>\$3.99 /lb</p>	<p>\$2.99 /lb</p>
--------------------------	--------------------------

HOUSEWARES

<p>\$4.99 /set</p>	<p>\$5.99 /set</p>
---------------------------	---------------------------

EUROPEAN DELI

<p>\$7.59 /lb</p>	<p>\$4.49 /lb</p>
--------------------------	--------------------------

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 18 - DECEMBER 24, 2019.

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE DECEMBER 18 - DECEMBER 24, 2019.

Kiwanis Receives Award



Fair Oaks. Supervisor Frost welcomed and congratulated the club for the fine work they are doing. Submitted by Sal Arrigo, Jr. Photo by Mary Anne Povey

FAIR OAKS, CA (MPG) - Sacramento Supervisors proclamation to Sal Arrigo, County Supervisor Sue Frost recently attended and presented a Board of Orangevale. ★

Sacramento Blankets for Sacramento Kids Wrap Sac Kindergartens with Love



Seven of the lowest income Sacramento kindergarten schools received fleece blankets and Beanie Babies in Sacramento on Monday, Dec. 16th. Photo courtesy Sacramento Blankets for Sacramento Kids

By Claire Gliddon

SACRAMENTO REGION, CA (MPG) - An amazing 853 students from six schools in the Sacramento area will be nice and warm this winter. Double fleece blankets and Beanie Babies in fleece pouches were delivered to seven of the lowest income schools in Sacramento on Monday, Dec. 16th, as the culmination of Sacramento Blankets for Sacramento Kids' (SBSK) "Kindergarten Project".

While SBSK provides blankets for comfort and warmth all year long to children in need in Sacramento and Placer Counties (as well as to State emergencies, such as fires and floods, and national emergencies,

like Katrina and 9/11), the Kindergarten Project is one of the volunteers' favorite jobs.

Some of these children live in their cars with family or in substandard housing, so a warm blanket and a toy – sometimes all they get for the holidays – is really appreciated.

We're always looking for new volunteers to make blankets – no meetings, no pressure, no quotas – and donations of washable yarn, fleece blanket kits, cotton fabric for quilts, and new or almost new Beanie Babies. For more information, please go to www.sacblankets4kids.com to sign up, or call Claire Gliddon, Chief Blanket Gatherer, at (916) 965-8955. ★

Fair Oaks Chamber Corner



By Dot Boyd, Fair Oaks Chamber of Commerce

FAIR OAKS, CA (MPG) - Was it the weather Grinch who stole this year's 36th Annual Christmas in the Village festivities? Absolutely! It was a very difficult decision, but by Thursday afternoon, forty-eight hours before our beloved community event, the weather forecast was looking pretty grim for Saturday afternoon and evening, so the decision was made to cancel the festivities. The Winnie the Pooh movie showing was not cancelled and Pooh would have definitely said that it turned out to be "a rather blustery

day" along with several downpours which would have created an unsafe and un-fun event for all participants. Thank you to everyone who worked so hard to create a wonderful event that sadly did not come to fruition this year. Thank you also to our vendors, sponsors, parade participants, festival of trees decorators, and all. Be sure to see the beautiful holiday tree all lit up in Plaza Park thanks to FO Rec & Park District!

We're about a month away from our 4th Annual Best of Fair Oaks Gala Awards Ceremony on Thursday, January 23, 2020, hosted by Fair Oaks Youth Outreach, FOYO for short, which is the Chamber's youth ambassador group. Six weeks of voting is now over and the winners are a big secret until the Gala. Purchase tickets at www.bestoffairoaks.com or at www.fairoakschamber.com or call 916-967-2903 before

the price goes up on January 1st. Proceeds from ticket sales and sponsorships benefit the FOYO scholarship fund.

As the holidays fast approach, please consider shopping locally and supporting your neighbors who own small businesses around town. You can find our Member Business Directory on the FOCC website. We appreciate you!

At this week's December luncheon, we will be swearing in the 2020 Board of Directors. Several 2019 Directors are terming out, including yours truly. It has been an honor and a privilege to serve my Chamber and community these past four years. I'll still be writing this column, serving on various committees, and volunteering at events. Oh yes, and building my business!

Warmest wishes to you this holiday season and in the coming year.

See you in Fair Oaks! ★

Adoption Event Joy, But More Youth Need Families

Continued from page 1

family. However, right now, roughly 350 foster children still need forever homes," said, Michelle Callejas, director of the Sacramento County Department of Child, Family and Adult Services. "This day is a great reminder to community members that they can become a resource or adoptive parent and open their homes and hearts to foster youth in need."

On the day of the event, the courthouse, normally serious, instead buzzed with excitement and jubilation of children excited to embrace their new families. Suzzanne Goldwire, a Resource Parent many times, who after fostering Jessi and Tianna for 10 months, celebrated at the Adoption Day event with hugs and poignant tears as she took the final step to welcome Jessi and Tianna into their forever family with the rest of her family and grandchildren present in support.

"Today is the day I adopted Tianna and Jessi. I've been fostering them for 10 months... and now we just

made it official and they fit right in with my nine grand-kids. It's important that the kids know that they can be loved even though they are not your biological child," said Suzzanne. When asked about the upcoming holidays, Suzzanne said, "I'm excited about expanding the family and having everybody get together... this Thanksgiving will be extra special because I've added two kids to our family - and now they are official with us - I'm thankful for that."

At the event when asked about the process to foster/adopt, Suzzanne shared that the process was easy and the agency will walk people through the process. Data shows that outcomes for foster youth improve greatly with the permanency of a family. Resource parents and their families make a vital and positive difference in the lives of foster children by providing love, parental care, guidance and stability to children until they can either return to their parents or provide a permanent home through adoption or legal guardianship. Anyone

able to provide a loving and affirming home can become a resource parent – and there is a tremendous need for resource families for teens, LGBTQ youth, African-American children, sibling sets, children with medical needs, and emergency, short-term placements and homes.

While reuniting children with their biological families is the primary goal, when reunification is not possible, Sacramento County staff can help resource parents to adopt or to provide legal guardianship. Sacramento County supports, trains and offers guidance, resources and assistance to resource families to make sure the journey is a positive transition.

If you are interested in learning more about becoming a resource family for local foster children or an adoptive parent, please attend the next Resource Family/Adoptive Parent Orientation or call (916) 875-5543 and visit the Sacramento County Department of Child, Family and Adult Services Resource Family web page. ★



Upgrading to Windows 10 or a New MS Office?

- Learn how to upgrade correctly
- See what problems you might face
- Get familiar with Navigation & new features too

Register Now: only 2 more classes left - Support by Microsoft goes away soon
Register Online: <https://carmichael/park.com>

916-222-2735

info@rrmartinson.com

RR Martinson Consulting

Computer Challenges - Resolved!



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.

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.

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).



We are proud members of these newspaper associations.






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

Open Enrollment for District Residents Now Underway



San Juan Unified School District

SACRAMENTO REGION, CA (MPG) - We would like to inform all residents of San Juan Unified School District that our annual Open Enrollment lottery for the school year of 2020-2021 is held between Monday, Dec. 2 at 8 a.m. through Friday, Jan. 17 at 5 p.m.

Open enrollment is a process to request a school other than your neighborhood school or to return to your neighborhood school following a transfer. Once you receive your open enrollment results, you will either be assigned to your school of choice (which becomes your residence school) or placed on the waiting list for that site. ALL waiting lists expire on Dec. 31 each year. Open enrollment is NOT on a first-come, first-served basis. A computerized random selection will determine which students are accepted for their choice schools.

Additionally, schools across the district are going to be hosting information nights for interested families. Visitation and tours give parents an opportunity to explore the school and classrooms. Some schools combine information and visitation events, and we highly encourage you to visit and learn more about what San Juan Unified School District has to offer. Families who reside in San Juan Unified School District's boundaries have the opportunity to enroll students in any of the district's schools providing:

Space is available in the appropriate program. (Available space is determined by defined physical and program capacity of the school after placement of enrolled resident students) AND;

Families are willing to provide transportation.

You MUST participate in Open

Enrollment if...

You would like your student to attend a school other than your current school of residence;

You would like your student who currently attends a K-6 or K-8 school to attend 6th grade at a middle school;

You would like your student to attend a middle school other than their resident K-8 school for 6th, 7th or 8th grade;

Your student qualifies for the High Achiever Program and you want him/her to attend a middle school other than their resident school;

You would like your student to attend any of the following schools: Cowan Fundamental, Dewey Fundamental, Green Oaks Fundamental, Cambridge Heights Open, Mission Avenue Open, Orangevale Open (K-8), Arcade Fundamental (6-8), El Camino Fundamental (9-12);

Your student was overloaded to the school they currently attend, you have not submitted an intradistrict transfer, and you would like for him/her to remain at the overloaded site;

Your student is currently enrolled in a Transitional Kindergarten (TK) program at a school site other than your resident school and you would like them to continue at the same site for Kindergarten;

San Juan Unified residents may apply online for any currently enrolled student if they have access to the Parent Portal or they may submit an open enrollment application to the San Juan Central office, located at 3700 Garfield Ave. in Carmichael. Applications will be available at every school site, on our website and at San Juan Central.

For more information, visit the Open Enrollment website or call San Juan Central at (916) SAN-JUAN (726-5826). ★

San Juan Unified Community Partners Were Principals For A Day



Business and civic leaders from the community participated in the annual Principal for a Day event on Nov. 13. SJUSD photo.

San Juan Unified School District Press Release

SACRAMENTO REGION, CA (MPG) - San Juan Unified welcomed 59 business and civic leaders from the community to its annual Principal for a Day event in November. This event provided an opportunity for community partners to act as guest principals and visit classrooms, interact with students and staff and promote academic achievement.

The district's Family and Community Engagement team coordinated and matched schools with current community partners and worked to recruit new partners to participate.

The event culminated in a luncheon where district staff shared ideas with community partners about ways to support the schools and students.

"One thing that changed our perspective and inspired us today is the innovation and creativity found in the spaces of learning and expanded by administration and teachers," said Windy Ly and David Augusto of PRO

Youth and Families, one of the community partners.

Lunch attendees also enjoyed a slide presentation of photos from the day spent at each school.

Participating partners included businesses; local politicians; financial institutions; non-profits; faith-based organizations; the Sacramento River Cats and California State University, Sacramento.

In an effort to address and close achievement gaps, San Juan Unified creates partnerships with local corporations, businesses, nonprofits and faith-based organizations throughout Sacramento County to support the district's schools, students and families with the most need. The district, together with community partners, create opportunities that will equip students with the knowledge and skills needed to succeed academically and beyond.

For more information on partnering with San Juan Unified, contact Natalia Aguirre at (916) 971-7929. ★

LOAD YOUR EVENTS UP!

Go to www.MPG8.com, CLICK ON EVENTS AND ADD YOUR EVENTS TO OUR CALENDAR.

WE MAKE IT EASY!

LIMITED TIME OFFER!!!

You can reach **175,000** READERS FOR JUST **\$9.99!** (916)-773-1111

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

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.

PET CLUB
FOOD AND SUPPLIES

EVERYDAY LOW PRICES
Super Discount Prices • Hot Specials & Coupons
Short term promotions from vendors
(No Membership Fees)

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 12/18/19 - 12/24/19

\$2.50 OFF

ANY PURCHASE OF \$7.00 OR MORE OF PET OR FISH SUPPLIES (Excluding Pet Food or Litter) Cannot be used in conjunction with similar dollar or percentage off coupons & advertised sale items. Limit 1 PLU 331 CHM Limit: 1 Coupon Per Family Effective 12/18/19 - 12/24/19

FREE

PURE NESS PET BOWL

Sm. Size #00201 or #000A1 with any purchase of pet, fish food or supply. Limit 1. 99c Value PLU 338 CHM Limit: 1 Coupon Per Family Effective 12/18/19 - 12/24/19

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

<p>BLUE BUFFALO DRY DOG FOOD</p> <ul style="list-style-type: none"> •Chicken (Reg. \$13.00 Off) 30 Lb Bag •Chicken (Large Breed) •Fish & Sweet Potato (Reg & Lrg Breed) •Puppy (Reg & Lrg Breed) •Senior (Reg & Lrg Breed) •Lamb & Rice •Healthy Weight <p style="text-align: center; color: red; font-weight: bold;">\$10 OFF</p> <p style="text-align: center;">Our Regular Low Prices!</p> <p style="text-align: center;">Effective 12/18/19 - 12/24/19</p>	<p>NATURAL BALANCE DRY DOG FOOD</p> <ul style="list-style-type: none"> •Ultra Grain Free 24 Lb. •Potato & Duck 26 Lb. •Fat Dog 28 Lb. •Vegetarian 28 Lb. <p style="text-align: center; color: red; font-weight: bold;">\$5 OFF</p> <p style="text-align: center;">Our Super Low Prices</p> <p style="text-align: center;">Limit 2 Bags Per Family</p> <p style="text-align: center;">Effective 12/18/19 - 12/24/19</p>	<p>MERRICK'S GRAIN FREE DRY DOG FOOD</p> <ul style="list-style-type: none"> •Chicken/Sweet Potato •Duck/Sweet Potato •Buffalo/Sweet Potato •Salmon/Sweet Potato •Venison/Sweet Potato <p style="text-align: center; color: red; font-weight: bold;">\$10 OFF</p> <p style="text-align: center;">OUR REGULAR LOW PRICE!</p> <p style="text-align: center;">Effective 12/18/19 - 12/24/19</p>	<p>PURINA KIT N' KABOODLE DRY CAT FOOD</p> <p>16 Lb Bag</p> <p style="text-align: center; color: red; font-weight: bold;">\$9.49</p> <p style="text-align: center;">Limit 2 Bags Per Family</p> <p style="text-align: center;">Effective 12/18/19 - 12/24/19</p>
<p>FRISKIES BUFFET CANNED CAT FOOD</p> <p>5.5 Oz All Varieties</p> <p style="text-align: center; color: red; font-weight: bold;">ON SALE</p> <p style="text-align: center;">Everyday</p> <p style="text-align: center;">Effective 12/18/19 - 12/24/19</p>	<p>FUSSIE CAT PREMIUM CANNED CAT FOOD</p> <p>Black Label Gold Label 2.8 Oz.</p> <p style="text-align: center; color: red; font-weight: bold;">ON SALE</p> <p style="text-align: center;">Effective 12/18/19 - 12/24/19</p>	<p>TIDY CATS SCOOPABLE CAT LITTER</p> <p>20 Lb Jug</p> <ul style="list-style-type: none"> •Regular •Unscented <p style="text-align: center; color: red; font-weight: bold;">ON SALE</p> <p style="text-align: center;">Everyday</p> <p style="text-align: center;">Effective 12/18/19 - 12/24/19</p>	<p>HI-COUNTRY WILD BIRD SEED</p> <p>20 Lb Bag (Kaytee, 20 Lbs - \$8.99) (Audubon Friends, 20 Lbs - \$5.99)</p> <p style="text-align: center; color: red; font-weight: bold;">\$6.99</p> <p style="text-align: center;">Limit 2 Bags Per Family</p> <p style="text-align: center;">Effective 12/18/19 - 12/24/19</p>

<p>MERRICK'S GOURMET CANNED DOG FOOD</p> <p>13.2 Oz All Varieties Limit 2 cases</p> <p style="text-align: center; color: red; font-weight: bold;">On Sale</p>	<p>EVERE CLEAN PREMIUM CAT LITTER</p> <p>•ES Unscented •US Ever Fresh •Light Weight (22 Lb.) \$12.99 25 Lb. Box Limit 2 Boxes</p>	<p>WELLNESS CANNED CAT FOOD</p> <p>Full Case •Pate •Gravies Selected Varieties Also •Signature Select •Core 5.3 Oz Limit 1 Case</p> <p style="text-align: center; color: red; font-weight: bold;">20% OFF</p> <p style="text-align: center;">REGULAR LOW PRICES</p>	<p>IAMS DRY CAT FOOD</p> <p>•Healthy Adult Chicken 16 Lb Bag •Indoor/Weight Control/Hairball (•Hairball 22 Lb - \$24.99) Limit 2 bags per family</p> <p style="text-align: center; color: red; font-weight: bold;">\$17.99</p>
<p>CANIDAE DRY DOG FOOD FOR ALL LIFE STAGES</p> <p>Limit 2 Bags •Multi Protein •Chicken Meal & Rice •Large Breed 44 Lb. (Multi Protein, Chicken Meal & Rice, Lamb & Rice, Less Active 30 Lb Bag)</p> <p style="text-align: center; color: red; font-weight: bold;">\$5 OFF</p> <p style="text-align: center;">OUR REGULAR LOW PRICES</p>	<p>PESTELL CLUMPING CAT LITTER</p> <p>40 Lb. Bag Limit 2 Bags</p> <p style="text-align: center; color: red; font-weight: bold;">\$8.99</p>	<p>IAMS DRY DOG FOOD</p> <p>Limit 2 Bags Per Family •Mini-Chunk \$27.99 •Lamb Meal & Rice \$28.99 •Large Breed •Weight Control</p>	<p>NEW OKOCAT CLUMPING WOOD LITTER</p> <p>•Regular •Soft Step 11-13 Lb \$3.00 OFF 16.7 Lb \$4.00 OFF 19.8 Lb \$4.00 OFF</p>
<p>SWHEAT SCOOP NATURAL WHEAT LITTER</p> <p>(12 Lb Bag - Original \$10.99 Multi Cat \$11.99)</p> <p>36 Lb Bag Original \$29.99 Multi-Cat \$31.99</p>	<p>KAL KAN CESAR SELECT DINNERS DOG FOOD</p> <p>All Varieties, 3.5 Oz Limit 2 Cases</p> <p style="text-align: center; color: red; font-weight: bold;">75¢</p>	<p>PURINA BENEFUL DRY DOG FOOD</p> <p>•Original •Healthy Weight •Salmon 15 Lb Bag \$13.99 •Puppy (Grain Free Chicken, Select 10 Beef 12.5 Lb)</p>	

<p>ASPEN PET, PETMATE & CASUAL PET BEDDING</p> <p>All Varieties, Except (ORTHOPEDIC MAT 30" x 40" \$23.99) (PILLOW BED (Small) \$18.99 (Large) \$23.99)</p> <p style="text-align: center; color: red; font-weight: bold;">20% OFF</p> <p style="text-align: center;">OUR SUPER LOW PRICES</p>	<p>MARINELAND POWER FILTER SALE</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th>MODEL</th> <th>TANK SIZE</th> <th>PET CLUB SALE</th> </tr> <tr> <td>PENGUIN 100B</td> <td>20 Gal.</td> <td>\$17.99</td> </tr> <tr> <td>PENGUIN 150B</td> <td>30 Gal.</td> <td>\$24.99</td> </tr> <tr> <td>PENGUIN 200B</td> <td>50 Gal.</td> <td>\$29.99</td> </tr> <tr> <td>PENGUIN 350B</td> <td>75 Gal.</td> <td>\$39.99</td> </tr> </table>	MODEL	TANK SIZE	PET CLUB SALE	PENGUIN 100B	20 Gal.	\$17.99	PENGUIN 150B	30 Gal.	\$24.99	PENGUIN 200B	50 Gal.	\$29.99	PENGUIN 350B	75 Gal.	\$39.99
MODEL	TANK SIZE	PET CLUB SALE														
PENGUIN 100B	20 Gal.	\$17.99														
PENGUIN 150B	30 Gal.	\$24.99														
PENGUIN 200B	50 Gal.	\$29.99														
PENGUIN 350B	75 Gal.	\$39.99														
<p>REDBARN NATURAL DOG TREATS</p> <p>•Bully Treats •Filler Bones •Bully Nuggets All Varieties except Mammoth Bone \$7.49</p> <p style="text-align: center; color: red; font-weight: bold;">20% OFF</p> <p style="text-align: center;">OUR SUPER LOW PRICES</p>	<p>KONG PRODUCTS</p> <p>All Varieties •Classic •Dental •Air Dog •Chews •Wubba •Stuffin •Treats •Soft Toys •Asst Toys</p> <p style="text-align: center; color: red; font-weight: bold;">20% OFF</p> <p style="text-align: center;">OUR SUPER LOW PRICES</p>															
<p>MULTI-PET SOFT DOG TOYS</p> <p>All Varieties</p> <p style="text-align: center; color: red; font-weight: bold;">20% OFF</p> <p style="text-align: center;">OUR SUPER LOW PRICES</p>	<p>CHRISTMAS STOCKINGS AND HOLIDAY ITEMS</p> <p>•Kong •Spot •Polkadog All Varieties</p> <p style="text-align: center; color: red; font-weight: bold;">20% OFF</p> <p style="text-align: center;">OUR SUPER LOW PRICES</p>															

<p style="text-align: center; color: red; font-weight: bold;">BONUS COUPON</p> <p>JONNY CAT PREMIUM CAT LITTER</p> <p>10 Lb Bag Limit 2 Bags With Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 12/18/19 - 12/24/19</p> <p style="text-align: center; color: red; font-weight: bold;">\$1.79</p> <p style="text-align: center;">CHM PLU 365</p>	<p style="text-align: center; color: red; font-weight: bold;">BONUS COUPON</p> <p>WHISKAS TEMPTATIONS CAT TREATS</p> <p>•All Varieties 3 Oz. Limit 2 Pkgs With Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 12/18/19 - 12/24/19</p> <p style="text-align: center; color: red; font-weight: bold;">\$1.25</p> <p style="text-align: center;">CHM PLU 569</p>	<p style="text-align: center; color: red; font-weight: bold;">BONUS COUPON</p> <p>FANCY FEAST GOURMET CANNED CAT FOOD</p> <p>3 Oz - All Varieties Except Elegant Medley Limit 1 Case Per Family Limit One Coupon Per Family Price Valid Only With Coupon Effective 12/18/19 - 12/24/19</p> <p style="text-align: center; color: red; font-weight: bold;">ON SALE</p> <p style="text-align: center;">Everyday</p> <p style="text-align: center;">CHM PLU 361</p>
--	---	--

Honoring the Son of One of Our Nation's Founders



The National Society Daughters of the American Revolution honored William S. Hamilton at his grave in the Sacramento Historic City Cemetery. Pictured, left to right: Ginger DeGregory, Janet Fulton, Jane Russell, Andrea Dietze. Photo DAR

Daughters of the American Revolution Press Release

SACRAMENTO REGION, CA (MPG) - The Sacramento Chapter, National Society Daughters of the American Revolution laid a wreath on the Sacramento Historic City Cemetery grave of William S. Hamilton, son of Founding Father Alexander Hamilton, on December 9, 2019. William S. Hamilton came to California for the Gold Rush and died in 1850 of cholera.

"It isn't commonly known that the son of one of our Founding Fathers is buried in Sacramento," stated Emily Browne, Chapter Regent, of Carmichael. "The musical, Hamilton, introduced a new generation

to Alexander Hamilton. We hope that introduction creates interest in learning more about the men and women who sacrificed everything for the promise offered by the United States of America," she continued. Janet Fulton, Sacramento Chapter Historic Preservation Committee Chair, of Davis, added, "The Sacramento Chapter has maintained William S. Hamilton's grave for almost 100 years. It is located in a beautiful cemetery, surrounded by the graves of California and Sacramento pioneers. A visit to honor William S. Hamilton can be a fascinating adventure."

The grave of William S. Hamilton is found in Hamilton Square within the Sacramento Historic City

Cemetery, 1000 Broadway, Sacramento.

The National Society Daughters of the American Revolution was founded in 1890 to promote historic preservation, education and patriotism. Its members are descended from the patriots who won American independence during the Revolutionary War. With nearly 185,000 members in approximately 3,000 chapters worldwide, DAR is one of the world's largest and most active service organizations. DAR members are committed to volunteer service having served more than 12.5 million hours in communities throughout the world during the past three years. To learn more about the work of today's DAR, visit www.DAR.org ★

SuperShuttle Ceases Operations at SMF

By Samantha Mott, Sacramento County Airport System

SACRAMENTO REGION, CA (MPG) - At the request of Sacramento Transportation Systems, Inc., SuperShuttle and ExecuCar ceased operations at SMF.

Citing financial losses and the current state of the ongoing ground transportation landscape, Sacramento Transportation Systems, Inc. gave notice to Sacramento

County Department of Airports of the cease of operations at SMF as of December 2, 2019. All SuperShuttle and ExecuCar customers with existing reservations on or after December 2 were notified in advanced by Sacramento Transportation Systems, Inc.

For information on available ground transportation options to and from Sacramento Airport please visit our website www.sacramento.aero ★

Kids Helping Kids with Annual Gala to Support Families Battling Pediatric Cancer



Known to many as the lead singer of GRAMMY nominated band NEEDTOBREATHE, Wilder Woods is Bear Rinehart's solo project in his electrifying career. With a blend of R&B, modern pop, and classic soul, Wilder Woods is a treat for your ears with swagger and style. Photo courtesy Kids Helping Kids

San Juan Unified School District Press Release

SACRAMENTO REGION, CA (MPG) - Del Campo High School's student-run non-profit, Kids Helping Kids, is getting ready to host their 8th annual signature gala on Jan. 9 at the Harris Center in Folsom. This year's event features a concert with headlining artist Wilder Woods, lead singer of the band Needtobreathe and now pursuing his first solo album. The event will also feature a live and silent auction.

This year's benefit gala is unique compared to past years as the organization has turned its mission towards specifically helping children battling pediatric cancer through their recent partnership with Keaton's Child Cancer Alliance. They will also continue helping impoverished children



Lead singer Wilder Woods of the band Needtobreathe will be in concert on January 9. Photo courtesy Kids Helping Kids

globally.

Last year, Kids Helping Kids was able to fund over \$88,000 to help others. This year's goal is to collectively hit the \$1 million mark for the organization, which means they must raise \$225,000 this year alone. A hefty challenge,

but this dedicated group of juniors and seniors continue to exceed their limits every year.

To purchase tickets to the gala, visit www.harriscenter.net/f-2001-kidshelpingkids. For more information about Kids Helping Kids, visit kidshelpingkidsac.org. ★

It's your funeral. Shouldn't it be the one you want?

PLEASE JOIN US

for a free informational seminar to learn about pre-planning, available at locations near you.

Jan. 8, 2020 | 11:30am Lunch Seminar



For personalized assistance, contact us to schedule a one-on-one meeting with one of our experts.

EAST LAWN CEMETERIES • FUNERAL HOMES • CREMATION • PREPLANNING

East Sacramento | 4300 Folsom Blvd. | Sacramento | 916.732.2000 Lic. #FD-2340

Elk Grove | 9189 East Stockton Blvd. | Elk Grove | 916.732.2031 Lic. #FD-1455

Greenback & I-80 | 5757 Greenback Ln. | Sacramento | 916.732.2020 Lic. #FD-1242

EastLawn.com

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.



NASA HUBBLE SPACE TELESCOPE EXHIBIT

Experience the magnificence and mystery of Hubble with this stunning, interactive traveling exhibit

FIRST TIME IN CALIFORNIA!

Tickets at aerospaceca.org

SAVE \$5

Get \$5 off each admission when you bring in this ad

offer expires January 5, 2020

AEROSPACE MUSEUM

OF CALIFORNIA

3200 Freedom Park Drive
McClellan, CA 95652
916.643.3192



POPPOFF!

with Mary Jane Popp

HO HO HO TRADITIONS

Christmas is special for all in so many ways with traditions galore. We hold true to them, but do you know how they got started? Let's explore!

WHY IS CHRISTMAS ON DECEMBER 25th? The name Christmas comes from the Mass of Christ or Christ-Mass, and it was the only one that was allowed to take place after sunset and before the next sunrise, so people had it at midnight. So Christ-Mass is shortened to Christmas. No one knows the real birth day of Jesus. No date is given in the Bible. The first recorded date of Christmas being celebrated on December 25th was in 336, during the time of the Roman Emperor Constantine who was the first Christian Roman Emperor. A very early Christian tradition said the day when Mary was told that she would have a very special baby, called

the Annunciation, was on March 25.

Nine months after March 25 is December 25th. March 25th was also the day some early Christians thought the world had been made, and also the day that Jesus died.

CHRISTMAS TREES? Nobody is really sure when Fir trees were first used. It probably began about 1000 years ago in Northern Europe, and many early Christmas trees were hung upside down from the ceiling using chains hung from chandeliers or lighting hooks. The first documented use of a tree at Christmas and New Year celebrations is argued between Tallinn, Estonia and Riga, Latvia. Both claim they had the first trees.

POINSETTIAS? Maybe because Joel Roberts Poinsett, first Ambassador from the USA to Mexico in 1825. Visiting the Taco area of Mexico in 1828, he became very interested in the plants. He took some back to his plantation in South Carolina, began growing them, and sending them to friends and botanical gardens. And it's all because of a Mexican legend about a poor Mexican girl called Pepita who had no present to give the baby

Jesus. You can fill in the details.

CANDY CANES? The first recorded 'candy stick' comes in 1837 at an exhibition in Massachusetts. It was straight white sugar sticks, a few years later the red stripes were added. Could it be that a Catholic priest invented the 'Keller Machine' that made the sticks curved? Sometimes Christian meanings are given to the canes. The 'J' can also mean Jesus. The white of the cane the purity of Jesus, the red stripes for the blood he shed when he died on the cross. The peppermint flavor can represent the hyssop plant that was used for purifying in the Bible. You choose!

CHRISTMAS CARDS? Maybe in the UK in 1843 with Sir Henry Cole who helped set-up the new Public Record Office, now called the Post Office. Sir Henry had the idea with his friend artist John Horsley. Lots of changes, but today it's accepted around the world.

But whatever traditions you follow, it is a time to share and care with love in your heart!

MERRY CHRISTMAS TO ONE AND ALL AND TO ALL GOOD CHEER!!! ★



Dare to Live Without Limits

by Bryan Golden

It All Starts with Imagination



"Logic will get you from A to B. Imagination will take you everywhere."

— Albert Einstein

When you are planning your next vacation, will you imagine where you want to go and what you would like to do there? Can you see yourself at your dream destination? Are you able to imagine how nice your trip will be? Do you find your desire to start your vacation grows as you imagine how great it will be to get away? Everything you do, and everything you have, begins with imagination. Imagination creates desire which then motivates you to take action. It's what you imagine which creates your path through life.

We are all born with the ability to imagine. Just watch kids using their imagination while playing. Or think back on your own childhood experiences. Children are constantly imagining various scenarios and roles for themselves. They can entertain themselves with simple toys; even just some sticks, string, or empty boxes will feed their imagination. Children also imagine what they want to be when they grow up.

You can imagine virtually anything. Imagination frees you from limitations. Vivid imagination causes your brain to experience virtually the same sensations as if it were real. Imagination programs your mind to transform your imagination to reality.

Everything ever invented,

created, or discovered, began as someone's imagination. Steve Jobs, the cofounder of Apple, was able to imagine technology which, up to that point, never existed. The iPhone alone ushered in a totally new generation of electronics.

Besides his groundbreaking animated movies, Walt Disney imagined exactly what Disney Land and Disney World would look like when completed on the vacant land he had purchased. Disney is a quintessential example of the awesome power of imagination.

Thomas Edison used his imagination to envision the dozens of inventions which he then created. Just like all other inventors, Edison produced things which began in his imagination.

Your imagination is powerful. Not only is it the starting point for all of your accomplishments, you can only achieve what you first imagine. The more vivid and detailed your imagination, the more potent it is.

Imagination stimulates intellectual growth by continually exercising your mind. Imagination sparks creativity as you explore endless possibilities. Your imagination has no constraints. Your imagination can be a stress reducing escape where you experience whatever relaxing circumstances you choose.

Imagination is an essential problem solving tool. You imagine, and mentally test, numerous solutions.

Various what-if scenarios can be explored. Using your imagination gets you thinking about what you should do next. It prevents impulsive decision making which tends to worsen situations.

Imagination is a powerful achievement tool which directs your mind toward success. In your imagination you create a mental movie with whatever plot and ending you desire. This script becomes a source for motivation and action. Your mind will only achieve what you believe.

As you repeatedly view your mental success movie, your brain becomes primed to take the necessary action required. This action step is essential for converting your imagination into reality.

Harness the power of your imagination. Free your imagination to picture whatever life you want. Don't impose any constraints. There are no limitations. Your age doesn't matter. All that's important is where you want to go from where you are now.

It all starts with imagination but must be followed by action. Create a step by step plan to reach your objective. Any roadblocks you encounter can be overcome. If you stumble and fall, get back up. Success requires imagination.

NOW AVAILABLE: "Dare to Live Without Limits" the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnist.com or write him c/o this paper. © 2017 Bryan Golden ★

Ask Toni

What!! My Medicare Part B or D Penalty Is Forever?



Hello Toni:

I am a 67-year-old female who never enrolled in Medicare Part B or D because I believe in holistic medicine and only take vitamins. I was under the impression that if I didn't go to the doctor, I didn't need to apply for Medicare and could later. Now, I have found a lump in my breast and know I need additional healthcare.

I went to Social Security to help me enroll in Medicare in December and was informed that I must wait until after January 1 to enroll in Medicare because I missed my "window of opportunity".

What "window of opportunity" did I miss? I have never received any information about this. Thanks, Julie from Memphis

Julie:

The "window of opportunity" that you missed was when you turned 65 and had a 7- month window, which is 3 months before turning 65, the month that you turned 65 and 3 months after turning 65. This special time is called your "Initial Enrollment Period."

Beginning January 1st, you are in the "General Enrollment Period" that is the special time for

those that never enrolled in Medicare and begins every year from January 1st and ends March 31st. Your Medicare Parts A and/or B will begin July 1st and your Medicare Part B penalty starts July 1st and lasts as long as you are enrolled in Medicare.

Since you are 67, you will receive a Part B penalty which is a 10% penalty for each 12- month period; yours will be 20% (2 years x 12-month period or 2 years times 10%) since you failed to enroll. This 20% penalty will never go away and remains in effect for the life of the Medicare beneficiary's Medicare coverage.

The 2020 Medicare Part B standard premium is \$144.60; a beneficiary's premium would increase by \$14.46 for each full year one failed to enroll in Part B. Your penalty will be 14.46 X 2 = \$28.92 monthly. This amount changes as Part B premium changes.

Currently, there are over 700,000 Medicare beneficiaries who are receiving a Medicare Part B penalty costing on average \$5,000 in Medicare lifetime penalties because they did not understand Medicare enrollment periods.

Medicare enrollment periods are listed below:

• Medicare Initial Enrollment Period: Begins 3 months before turning 65, the month one turns 65 and 3 months after one turns 65. Once this special time has passed, then Part B and/or Part D penalties can begin

when one enrolls later.

• Special Enrollment Period: Enroll after 65 when delaying Medicare Part B due to working full time with company benefits. This is an 8-month window of signing up for Part B without receiving a Part B penalty. "**Special Enrollment Period**" should be written in red on forms acquired from Social Security.

• General Enrollment Period: January 1-March 31 when one who has not previously enrolled in Part B can enroll in Medicare Part B but **WILL** receive a Part B penalty.

You never did enroll in a Medicare Part D Prescription Drug plan and will have to wait until the next Medicare Annual Enrollment period which begins October 15th and ends December 7th every year. You will receive the Medicare Part D penalty which is 1% or .34 penalty for each month that you have been without Medicare's Part D Prescription Drug plan. The Part D penalty can be very costly! Do Not Wait to enroll in a Medicare Prescription Drug plan. Enroll at the right time! Call the Toni Says® office at 832/519-8664 to schedule a Medicare consultation to avoid mistakes.

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

MPG CALL 916-773-1111 TO ADVERTISE

Spend More Time Selling, Less Time Managing Payroll

Specializing in franchises and small businesses, we offer comprehensive and intuitive payroll that's perfect for any size business from 1 employee to 100's

- Direct Deposit
- Accrual Tracking
- File Quarterly Taxes
- Reporting and Filing
- Pay Payroll Taxes
- Payroll App

Call Now
and
Receive
One Month
of
Payroll Processing
FREE!*

Call Now 916.760.7227
www.pinnaclehro.com

Be a part of something important

Help deliver the news to your neighborhood

We are looking for people who want to deliver newspapers in their neighborhoods.

Provide great customer service to our readers every Friday.

Earn money to help pay those monthly bills.

Must have a valid California drivers license and current auto insurance. Previous newspaper delivery experience a plus but not required.

Call us today at 916-773-1111

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!

Call to place your legal advertising **916-773-1111**

All Legal Ads Published by Messenger Publishing

The Flu Has Had Serious Consequences in Sac County

Continued from page 1
 Officer Dr. Olivia Kasirye said. "As the number of vaccinated individuals in a community increases, it decreases the transmission of the flu virus to those who have not, or cannot be vaccinated resulting in fewer hospitalizations and deaths."

The very contagious flu virus causes serious respiratory illness and comes on suddenly. Symptoms may include fever, headache, tiredness, cough, sore throat, nasal congestion, and body aches. Illness typically lasts two to seven days. Influenza may cause severe illness or even death in people such as the very young or old, or those who have underlying health conditions.

In addition to getting vaccinated, it's crucial to practice good health habits. If you become ill with

flu-like symptoms, you should take actions to stop the spread of germs, including:

Limit contact with others as much as possible to keep from infecting them.

Stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities.

Cover your coughs or sneezes with your sleeve or with a tissue, throw it in the trash and wash your hands.

Wash your hands often with soap and warm water.

Avoid touching your eyes, nose and mouth. Germs spread this way.

Clean and disinfect surfaces and objects that may be contaminated with flu germs.

People with chronic medical conditions or those experiencing worsening flu symptoms should seek

medical attention.

Sacramento County Public Health offers free flu vaccination clinics in the community. The next free flu clinics offered is:

Healthy Sacramento Day - Hagginwood Community Center, Saturday, Jan. 25, 10 a.m. - 2 p.m., 3271 Marysville Blvd, Sacramento, CA 95815

If you need information about immunization services for children and adults, or need to refer clients or get information regarding upcoming influenza clinics, please contact the Sacramento County Immunization Assistance Program at 916-875-SHOT (7468) Monday-Friday between 8:00 am - 5:00 pm, or use the Flu Vaccine Finder on the CDC website, or the HealthMap Flu Vaccine Finder. ★

Bard's Birthday Celebrated with Scottish Supper

Story and photo by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - Sacramento Scotophiles will kick up their heels on Saturday, January 18. Hosted by the St Andrews Society, an annual Robbie Burns Supper will gather clans at the Northridge Country Club (Fair Oaks).

Robbie Burns (aka the Bard of Scotland) lived a short but glorious life that began on January 25, 1759. Scots all over the world annually celebrate his birthday as close to the auspicious date as possible and Burns Suppers have become a proud institution of Scottish life. St Andrews Society members will celebrate their hero's legacy with solemn adherence to tradition. Their formal supper (kilts and sporrans will be worn) is open to the public.

However, a high tolerance for bagpipes is suggested.

Under the Scottish hosts' supervision, Northridge chefs will prepare roast beef with tatties and neeps (potatoes mashed with turnip). The arrival of the haggis is a ceremonial high point. This concoction of sheep innards and oatmeal, stitched up in a sheep's stomach, is fan-fared by bagpipes. Whisky toasts are offered and Burns' "Address to



Junior clansman Alex Macintyre (left) gets kitted up for Robbie Burns festivities. His father is Corey Macintyre.

a Haggis" (in which poet Burns hails Scotland's famous delicacy as the "great chieftain o' the puddin' race)," is recited. The event's puddin' is imported from an Oregon sheep meat specialist. "We've used this haggis-maker before and he does a beautiful job," says St Andrew's Society president Bruce Locken. "We put two pounds of the pudding on every table and we don't have leftovers - in fact, people

fight for the last bite." Bagpipers, Highland dancers and a choir will further entertain the gathering. Celebrations begin with a social hour at 4 pm. Tickets are \$65 per person and proceeds benefit Celtic arts scholarships offered by the St Andrews Society. Northridge Country Club is located at 7600 Madison Avenue, Fair Oaks. For further information, E mail standrewssacramento@secrretary@gmail.com ★

CHP Revamps Registration Violators Program

By Jaime Coffee, California Highway Patrol

SACRAMENTO, CA (MPG) - The California Highway Patrol (CHP) announced a new CHP Registration Enforcement and Guidance (CHP REG) program to reduce out-of-state registration violators. The CHP REG program replaces the Californians Help Eliminate All The Evasive Registration Scofflaws (CHEATERS) program.

Since the program's inception in 2004, the CHP has recovered approximately \$26 million in registration fees. In 2018, the CHP surpassed \$3.2 million in recovered fees from residents avoiding California registration.

"California loses millions of dollars in revenue every year from vehicles being unlawfully registered in other states or countries," CHP Commissioner Warren Stanley said. "This program relies on the public's input to support our investigators in returning funding to the state. Recovered registration fees are important to the California economy and are invested back into local communities."

The CHP REG program focuses on residents who register their vehicles out-of-state

while living or working in California and operate those vehicles on California's roadways. The primary goal of the program is to obtain voluntary registration compliance through education, but, when necessary, enforcement action is taken.

California vehicle registration through the Department of Motor Vehicles is required within 20 days of establishing residency and for all vehicles primarily operated in the state.

The CHP encourages members of the public to report vehicles driven on a regular basis on California roadways with out-of-state registration to the CHP REG program Web site at [https://www.chp.ca.gov/Notify-CHP/CHP-REG-\(Out-of-State-Registration-Violators\)](https://www.chp.ca.gov/Notify-CHP/CHP-REG-(Out-of-State-Registration-Violators)). When reporting a suspected violator, it is important to include: state of the plate, license plate number, date and time observed, where observed, make, model, vehicle color, and any additional identifying comments. In 2018, more than 24,000 tips were reported to the Web site, leading directly to cases investigated by CHP personnel and dedicated senior volunteers.

The mission of the CHP is to provide the highest level of Safety, Service, and Security. ★

LEGAL ADS FOR SACRAMENTO COUNTY?
We Can Do That!
 Call to place your legal advertising **916-773-1111**
 All Legal Ads Published by Messenger Publishing **MPG**

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

Healthy, Wealthy & Wise

living smart
 Eat Healthy, Buy Local
Farmers Markets
Sunrise Mall FARMERS MARKET
 Every SATURDAY, 8am - 1pm
 NEW LOCATION IN FRONT OF THE MALL - 6041 Sunrise Blvd.
 Live Music & Entertainment
 80+ Certified Farmers & Organic Producers
 Specialty Gourmet Food
 EBT/WIC & SNAP Accepted

ILoveMyFarmersMarket.com

MPG
Sell
 Your Unwanted Items in the Local Classifieds
 Call **916.773.1111**

Thank A Veteran Today

BUSINESS DIRECTORY

LANDSCAPE SERVICES



Superior Landscape Services
Landscaping and Maintenance

- Sprinkler Repair/Install • Pruning
- Mowing/Trimming • Fertilizing

Insured Lic#794551
(916) 728-5812 • Cell (916) 761-0999
Dave Cochran Owner • dave_SLS@surewest.net

Land For Sale

74 ACRE NORTHERN ARIZONA WILDERNESS RANCH \$325 PER MONTH - Outstanding buy on quiet secluded off grid northern Arizona homestead at cool -clear 6,300' elev. Lush grassy meadowland with sweeping views of surrounding mountains and valleys. Borders 640 acres of uninhabited State Trust woodlands. Abundant groundwater supply, rich loam garden soil, ideal climate. No urban noise & dark sky nights amid complete privacy & solitude. Camping and RV ok. Maintained road access. \$35,800, \$3,580 down with no qualifying seller financing. Free brochure with additional properties, prices & descriptions, photos/terrain maps/weather data/ nearby town & fishing lake info. 1st United Realty (602) 264-0000. (Cal-SCAN)

DRUG AND ALCOHOL REHABILITATION



HELPING PEOPLE AND THE COMMUNITY WITH THE ALCOHOL AND DRUG PROBLEM!
18 YEARS IN BUSINESS!

DETOX (916) 965-3386 SOBER LIVING (916) 961-2691

BEAUTY CONSULTANT

Natalie Miller
Independent Beauty Consultant

MARY KAY

millernatalie29@yahoo.com
www.marykay.com/nmiller9625
916.621.0833

Contact me for a Complimentary Facial

LET'S FACE IT!

Some jobs are just too big to do-it-yourself!
Whatever it is that you need done,
Call A Professional!
Check out the advertisers on this page. They are waiting to hear from you!



LET US SAVE YOU TIME & MONEY

REACH 75+ MILLION READERS WITH ONE ORDER, ONE BILL!

Community Classified 25 words/245+ papers	1x \$650 Statewide \$435 North/\$485 South
Daily Classified 25 words/41 papers/7 days	7 days \$995 \$650 North/\$650 South
CLASSIFIED COMBO 25 words/282+ papers	8 days \$1,270 Statewide
DISPLAY - Community Newspapers 140+ papers Sizes: 2x2; 2x4; 2x5; 2x6	1x \$1,600 2x2 Statewide; \$1,240 2x2 No.; \$1,240 2x2 So.

CALIFORNIA NEWSPAPERS DELIVER!
More info: Call (916) 288-6011; email cecelia@cpna.com



We'd love to help your business connect with our readers.
Call 916 773-1111

GOT LOCAL NEWS?

Call 916 773-1111



Messenger Publishing Group



IF YOU'RE READING THIS SO ARE YOUR CUSTOMERS
Advertise Your Business Here
CALL 916-773-1111

Local Classified

Announcement

Water Damage to Your Home? Call for a quote for professional cleanup & maintain the value of your home! Set an appt today! Call 855-401-7069 (Cal-SCAN)

Become a Published Author. We want to Read Your Book! Dorrance Publishing-Trusted by Authors Since 1920 Book manuscript submissions currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution. Call for Your Free Author's Guide 1-877-538-9554 or visit http://dorranceinfo.com/Cal (Cal-SCAN)

Orlando + Daytona Beach Florida Vacation! Enjoy 7 Days and 6 Nights with Hertz, Enterprise or Alamo Car Rental Included - Only \$298.00. 12 months to use 1-866-903-7520. (247) (Cal-SCAN)

Autos Wanted

DONATE YOUR CAR, TRUCK OR BOAT TO HERITAGE FOR THE BLIND. FREE 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care of. Call 1-844-491-2884 (Cal-SCAN)

DONATE YOUR CAR, BOAT OR RV to receive a major tax deduction. Help homeless pets. Local, IRS Recognized. Top Value Guaranteed. Free Estimate and Pickup. LAPETSALIVE.ORG 1-833-772-2632 (Cal-SCAN)

CALL 916 773-1111 TO ADVERTISE IN YOUR LOCAL HOMETOWN NEWSPAPER

COMPUTER SERVICES

Zinsky's PC Configurations
"Don't replace it - REPAIR IT!"
Custom Desktop Computer Configurations
• PC Repair • Home Wireless Networking
• Installations • Virus & Spyware Eradication
Alan Zinsky
Phone: 916-622-2269
Zconf@sbglobal.net
Bus. Lic. # 300312 • B. E. A. R. Reg. #84416
www.zinskyspcrepair.com

For Rent

Property is under construction and will soon have 1, 2, 3, & 4 bedroom units for rent!

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

"The Housing Authority of the County of Butte is an Equal Opportunity Employer and Housing Provider"



Fitness/Yoga

Your Fitness Genie
18 Years of Experience
FREE Fitness Goal Planner
Age Well In Place
Avoid Assisted Living
*Keep Strength and Mobility
Be Active, Call Today!
Jenn@YourFitnessGenie.com
(916) 768-8767

Financial Services

Over \$10K in Debt? Be debt free in 24 to 48 months. No upfront fees to enroll. A+ BBB rated. Call National Debt Relief 1-888-508-6305. (Cal-SCAN)

Struggling With Your Private Student Loan Payment? New relief programs can reduce your payments. Learn your options. Good credit not necessary. Call the Helpline 866-305-5862 (Mon-Fri 9am-5pm Eastern) (Cal-SCAN)

Handyman

A Quality Home Maintenance
Hauling
Gutters Cleaned
Yardwork
One Time Lawn Mowing
You Name It!
Scott Lehman
Gutter Dog
(916) 613-8359

Health & Medical

Attention: Oxygen Users! Gain freedom with a Portable Oxygen Concentrator! No more heavy tanks and refills! Guaranteed Lowest Prices! Call the Oxygen Concentrator Store: 1-844-653-7402 (Cal-SCAN)

Stay in your home longer with an American Standard Walk-In Bath. Receive up to \$1,500 off, including a free toilet, and a lifetime warranty on the tub and installation! Call us at 1-844-252-0740 (Cal-SCAN)

ATTENTION: OXYGEN USERS! The NEW Inogen One G5. 1-6 flow settings. Designed for 24 hour oxygen use. Compact and Lightweight. Get a Free Info kit today: 1-844-359-3976 (Cal-SCAN)

Classified Advertising
916-773-1111

Insurance/Health

Lowest Prices on Health & Dental Insurance. We have the best rates from top companies! Call Now! 888-989-4807. (Cal-SCAN)

Suffering from an ADDICTION TO Alcohol, Opiates, Prescription Painkillers or other DRUGS? There is hope! Call Today to speak with someone who cares. Call NOW 1-855-399-8803

ATTENTION DIABETICS! Save money on your diabetic supplies! Convenient home shipping for monitors, test strips, insulin pumps, catheters and more! To learn more, call now! 1-855-702-3408. (Cal-SCAN)

Landscaping

CREATE YOUR PARADISE
Winter Yard Cleanups, Complete Landscape Design/Installation, Sprinkler System Installs/Repairs, All Types Concrete Work, Fence Installation, Retaining Walls- All Types, Drainage Systems-all types, Landscape Lighting, Residential/commercial American Landscape Design & Installation, Est. 1987 American Construction & Property Maintenance Company
WE ACCEPT VISA & MASTER CARD
(916) 612-0776
Lic#690968

LANDSCAPING
Fall clean up. Mow, weed, prune, haul, rock, bark, and gutters. 916 205-9310 916 688-9310.

Valencia's Lawn & Garden
FREE ESTIMATES
Affordable Prices
• Clean-up • Valve Repair & Installation
• Tree Trimming
• Mulch, Sod & Sprinkler Repair & Installation
916.277.4270

Miscellaneous

ELIMINATE ROACHES & RATS-GUARANTEED! Buy Harris Baits, Sprays, or Traps. Available: Hardware Stores, The Home Depot, homedepot.com.

Attention: Oxygen Users! Gain freedom with a Portable Oxygen Concentrator! No more heavy tanks and refills! Guaranteed Lowest Prices! Call the Oxygen Concentrator Store: 1-844-653-7402 (Cal-SCAN)

HARRIS DIATOMACEOUS EARTH FOOD GRADE 100%. OMRI Listed. Available: Hardware Stores, The Home Depot, homedepot.com (Cal-SCAN)

HALL RENTALS
VFW Post 6158
8990 Kruithof Way, Fair Oaks, CA
916-966-1663
vfw6158.org/rent-our-hall/
Call or come by

Music Lessons

Guitar Lessons - Beginner to Advanced. \$10/half hour. \$15/hour. frediebba1@yahoo.com. 530-263-6926 (MPG 12-31-19)

Classified Advertising
916 773-1111

Pets/Animals

Professional, Loving PET SITTING
*Established Reputation
*Kennel Free
*Lots of TLC
*Happy & Safe Environment
*Affordable Rate
Call Madeline (916) 723-1608

DOG RESCUE
Gary (916) 334-2841
Please Adopt or Foster
Because so many really great dogs are dying for a good home...
ShelterMOU@hotmail.com

Roofing

BERNARDINO ROOFING
Reroofs, Repairs, Maintenance, Dryrot, Gutters, Family Operated. BBB MEMBER!
FREE ESTIMATES
SENIOR DISCOUNTS
Lic.#817945 35 Years Experience
916.920.0100
www.bernardinoroofing.com

School

AIRLINE CAREERS Start Here - Get trained as FAA certified Aviation Technician. Financial aid for qualified students. Job placement assistance. Call Aviation Institute of Maintenance 877-205-4138. (Cal-SCAN)

Senior Living

A PLACE FOR MOM. The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is FREE/no obligation. CALL 1-800-550-4822. (Cal-SCAN)

Tax Services

ARE YOU BEHIND \$10K OR MORE ON YOUR TAXES? Stop wage & bank levies, liens & audits, unfiled tax returns, payroll issues, & resolve tax debt FAST. Call 855-970-2032. (Cal-SCAN)

Classified Advertising
916 773-1111

Tree Service

BP TREE SERVICES LLC.
TREE & STUMP REMOVAL
TREE TRIMMING/ SHAPING
FREE ESTIMATE
10% OFF WITH THIS AD
Insured. Workman's comp. Arborist
916-722-6321
BPTreeServices.com
VISA / MASTER CARD
California Contractors Lic.#1036031

Work Wanted

I do garage and house organizing, cleaning, and de-cluttering. Pruning and weeding. I will juice fruit and vegetable juices in your home. I do respite home health work-References, College grad, security and Health background. Tim, 916-370-0858. (MPG 12-31-19)

Wanted

KC BUYS HOUSES - FASTEST CASH - Any Condition. Family owned & Operated . Same day offer! (951) 777-2518 WWW.KCBUYSHOUSES.COM (Cal-SCAN)

Real Estate

RETIRED COUPLE \$\$\$\$ for business purpose Real Estate loans. Credit unimportant. V.I.P. Trust Deed Company www.viploan.com Call 818 248-0000 Broker-principal DRE 01041073. No consumer loans. (Cal-SCAN)

RETIRED COUPLE

Has \$\$\$\$ to lend on California Real Estate*
V.I.P. TRUST DEED COMPANY
OVER 35 YEARS OF FAST FUNDING
Principal (818) 248-0000 Broker
WWW.VIPLAN.COM *Sufficient equity required - no consumer loans
Real Estate License #01041073 CA Department of Real Estate, NMLS #339217
Private Party loans generally have higher interest rates, points & fees than conventional discount loans

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!
Call 916 483-2299

NOTICE TO READERS
California law requires that contractors taking jobs that total \$500 or more (labor and/or materials) be licensed by the Contractors State License Board. State law also requires that contractors include their license numbers on all advertising. Check your contractor's status at www.cslb.ca.gov or 800-321-CSLB (2752). Unlicensed persons taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors State License Board.

DISCLAIMER
Be wary of out of area companies. Check with the local Better Business Bureau before you send any money for fees or services. Read and understand any contracts before you sign. Shop around for rates.



Donate A Boat or Car Today!
Boat Angel
"2-Night Free Vacation!"
800-700-BOAT (2628)
www.boatangel.com
sponsored by boat angel outreach centers STOP CRIMES AGAINST CHILDREN

Classified Advertising

Sell Your Stuff! Reach 1000's of Readers Every Week!
MPG
CALL 916 773-1111

WE BUY TRUST DEEDS

And \$\$\$\$ to lend on California Real Estate*
V.I.P. TRUST DEED COMPANY
OVER 35 YEARS OF FAST FUNDING
Principal (818) 248-0000 Broker
WWW.VIPLAN.COM *Sufficient equity required - no consumer loans
Real Estate License #01041073
CA Department of Real Estate, NMLS #339217
Private Party loans generally have higher interest rates, points & fees than conventional discount loans

Bob's BASEBALL Tours

East Coast Tour: June 24-July 4, 2020
See 7 MLB Games in 11 days at Boston, Cleveland, Philadelphia, Washington DC, Baltimore & New York (Yankees & Mets).
Included: Baseball Hall of Fame in Cooperstown, Guided Tour of NYC and free day in Manhattan.
Hotel near Times Square two nights.
Tour begins near Baltimore International Airport/ Ends near Cleveland International Airport
\$2,650/person based on double hotel occupancy

Southern Swing Tour
See 4 MLB Games in 6 days at brand new Texas Rangers field, Houston & Atlanta. Free afternoon in New Orleans. July 24-29
Tour begins near Dallas/FtWorth International Airport/ Ends near Atlanta International Airport
\$1,400/person based on double hotel occupancy

Wrigley Field Experience Tour
Day and night game at Wrigley Field, in addition to Field of Dreams movie site and game at Minnesota Twins. August 18-21
Tour begins/Ends near Minneapolis International Airport
\$1,100/person based on double hotel occupancy

Coach Bus Trip. Quality Game Tickets & Hotels
Free brochure: 507.217.1326



By County Supervisor Sue Frost

Orangevale Community Update

I Hate These Blurred Jurisdictional Lines

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

From 2017 to 2019, the county's homeless population grew by a staggering 19%. If we did not have the formal count to tell us the homeless problem was getting worse, many of us could have guessed just based on what we see happening throughout our communities. I know that because I hear about it from every single community in my district. Not just the unincorporated portions but the cities as well. When I hear from constituents about this problem, a lot of them want to know why county and cities are not working together to fix this major issue. It was a good question.

Starting in 2020, Sacramento County will start working with every single city in the county (Citrus Heights, Elk Grove, Folsom, Galt, Isleton, Rancho Cordova, and Sacramento) to start coordinating solutions. The growing homeless population is not the problem of just one jurisdiction in the

county – it is a regional issue that may benefit from a regional approach. The Sacramento Homeless Policy Council will have representatives from the Board of Supervisors, each city within the County, the Sacramento Continuum of Care Chair and the Board Chair of Sacramento Steps Forward.

This Homeless Policy Council will serve as an opportunity for leaders in the region to start having a regional discussion around homelessness. Up to this point, it seems like the only consistent policy among the jurisdictions is that the problem stops at the border. Now, we can work with the cities to make sure that best practices for real solutions are shared and adopted throughout the county. And instead of being surprised about the opening of a shelter or change in policy, county leaders will all be privy to those conversations beforehand.

When this issue first came before me for consideration earlier in the year, I was excited but a bit surprised. I had heard nothing about it until just days before I was supposed to vote on creating it, so I decided to do my "homework" and called the city managers for the suburban cities to get their thoughts. It upset me to learn that some cities still had lingering concerns, and other cities had not even been contacted. It felt to me like a subverted attempt to get the outlying

suburban areas to go along with whatever downtown Sacramento wanted to do. In response, I worked to slow down the process to ensure that everyone impacted would have a real seat at the table – and am pleased that we are finally there.

Like many of you, I am sure, I wish this council had happened sooner. The problem has been growing in front of our eyes for years and it is hard to think of a time when sharing good ideas has been a bad idea. My hope is that The Sacramento Homeless Policy Council will address the approach of just moving the problem from one area to another. Finding meaningful solutions to the homeless situation is good for businesses, families, and most importantly, homeless people themselves. The possibilities for helping the people of Sacramento County through this new council are many, and I am excited Sacramento County is a part of it.

Thank you for reading – and as always, if you want to contact me call me at 916-874-5491, or e-mail me at SupervisorFrost@sacounty.net.

Sue Frost represents the 4th District, which includes all or part of the communities of Citrus Heights, Folsom, Orangevale, Antelope, Rio Linda, Elverta, Gold River, Rancho Murietta, North Highlands, Carmichael, Foothill Farms, and Fair Oaks. ★

Human Trafficking Sting Results

Sacramento County District Attorney's Office

SACRAMENTO, CA (MPG) - District Attorney Anne Marie Schubert announced results of the 3rd annual "Operation: Hot Spots," a coordinated countywide sting operation aimed at reducing the demand side of human trafficking by targeting sex buyers.

Community-based organizations from the Sacramento Together Against Human Trafficking coalition voiced the need to crack down on sex buyers who fund and sustain the sex trafficking trade. In response, DA Anne Marie Schubert led the effort to organize this countywide operation, with a commitment from law enforcement to conduct operations throughout the year to reduce sex trafficking.

The District Attorney's Office coordinated a training for law enforcement

agencies with experts on human trafficking victims (adults and juveniles), suspect tactics/manipulations, trafficking investigations, and evidence collection for prosecutions as well as community resources and services available to victims of human trafficking. Victim advocates are involved in the sting operations to assist with services.

In October and November 2019, the Sacramento County Sheriff's Office, Sacramento Police Department, Rancho Cordova Police Department, Folsom Police Department and Elk Grove Police Department conducted street and hotel sting operations. The FBI, Probation Department and District Attorney investigators also participated.

The results were a total of 19 arrests, all for soliciting for prostitution.

DA Schubert states, "Sacramento Together

continues to work collaboratively to fight human trafficking on many fronts, including reducing the demand side through city and countywide stings targeting sex buyers. This coalition also continues to maximize their efforts to prevent and better serve victims of sexual and labor exploitation throughout our region."

Sacramento Together is a coalition of more than 30 community-based organizations, law enforcement, state and local public agencies, meeting regularly and working together to combat human trafficking and exploitation in our community. Working collaboratively, the coalition coordinates and maximizes community response efforts as well as all of our regional assets to better serve victims of sexual and labor exploitation. For more information, visit <http://sacramentotogether.org/>. ★

Sacramento Life Center Raised Record \$310K at Annual Dinner

By Kristin Thébaud, Kristin Thébaud Communications

SACRAMENTO, CA (MPG) - Sacramento Life Center's A Knight for Life Dinner and Auction raised a record-setting \$310,000 with 720 guests on Nov. 2 at the Hyatt Regency Sacramento. This year's event, which honored the Knights of Columbus, raised vital funds for the organization's free medical care, counseling and education for low-income pregnant women and teens. The gala included a gourmet dinner, auction packages, raffle baskets and inspiring stories from some of the 2,000 people who received medical care from the Sacramento Life Center this year.

"This was our most successful dinner ever, with the highest amount of funds raised and the most number of guests in attendance," said Marie Leatherby, executive director, Sacramento Life Center. "We are so grateful for this community's financial support that will expand our services and reach even more low-income pregnant women and teens." ★

The Sacramento Life Center's mission is to offer compassion, support, resources and free medical care to women and couples facing an unplanned or unsupported pregnancy. The Sacramento Life Center's licensed Sac Valley Pregnancy Clinic includes a primary clinic and mobile clinic that provide all services for free, including pregnancy tests, STD tests, ultrasounds, patient advocacy for men and women, education and resource referrals. In 2018, the Sacramento Life Center achieved accreditation by the Accreditation Association for Ambulatory Health Care, which ensures the group has met nationally recognized standards for the provision of high-quality health care. The nonprofit also offers a school-based teen education program, 24-hour hotline and program for women who have experienced reproductive grief. For more information about the Sacramento Life Center's Sac Valley Pregnancy Clinic, visit www.svplclinic.com. For more information about the Sacramento Life Center or to make a donation, visit www.saclife.org. ★

Sacramento County DA Reports



Defendants Convicted for Murder During Burglary of Marijuana Grow Equipment

DATE: December 10, 2019
CASE: David Saechao & Lai Saechao (Case #18FE014155)
PROSECUTOR: Deputy District Attorney Brad Ng, Gangs & Hate Crimes Unit
 David Saechao and Lai Saechao were convicted by a jury of the first-degree murder of Guofang Wang. The jury also found the special circumstance that the murder was committed during the commission of a burglary.

The victim operated an indoor marijuana grow. In June 2018, David Saechao and Lai Saechao broke into the victim's house to steal marijuana grow equipment. The victim was home during the burglary and was assaulted by the defendants. During the assault, the victim bit David Saechao and scratched Lai Saechao before he died from multiple blunt force injuries and strangulation. The District Attorney's Crime Lab analyzed DNA from blood found at the crime scene and fingernail scrapings from the victim, which resulted in a match to David Saechao and Lai Saechao.

Both defendants face a maximum sentence of life in prison without the possibility of parole. Lai Saechao is scheduled to be sentenced on December 27, 2019, at 9:00 a.m. and David Saechao is scheduled to be sentenced on February 28, 2020, at 9:00 a.m. both in Department 12 before the Honorable Maryanne Gilliard.

Defendant Sentenced for Murder & Attempted Murder in Homeless Camp

DATE: December 9, 2019
CASE: Chue Xiong (Case #18FE020554)
PROSECUTOR: Principal Criminal Attorney Caroline Park, Homicide Unit
 The Honorable Geoffrey Goodman sentenced Chue Xiong to 118 years to life in prison. On November 5, 2019, a jury convicted Xiong of the first-degree murder of Mario Perez-Arzola, attempted murder and being a felon in possession of a firearm. It was also found that Xiong used a firearm in the commission of the murder and attempted murder and that he had previously been convicted of

a felony strike offense, first-degree residential burglary.

On October 18, 2018, Chue Xiong approached one of the victims in a homeless camp and demanded to know where someone was while holding the victim at gunpoint. Mr. Perez-Arzola walked up to Xiong and was able to calm him down. Xiong then inexplicably shot Mr. Perez-Arzola in the chest, killing him. Xiong then shot the other victim in the shoulder. The second victim survived those injuries.

Defendants Convicted for Murder During Robbery

DATE: November 25, 2019
CASE: Shylo Therman (Case #18FE024651)
PROSECUTOR: Deputy District Attorney Casey Newton, Homicide Unit
 Shylo Therman was convicted by a jury for the first-degree murder of Dortha Brewer with the special circumstance that Therman committed the murder while engaged in a robbery. The jury found that Therman personally discharged a firearm causing death. The jury also found that Therman had previously been convicted of armed bank robbery in Federal court, a strike under California law.

On December 22, 2018, the victim went to a store on Florin Road to buy lottery tickets. Shylo Therman was also in the store and stood behind the victim in line. When the victim returned to her vehicle, Therman stuck a gun in the window, grabbed the victim's purse and demanded her money. During the struggle at the window, Therman shot the victim once in the head and then fled. Sacramento Fire transported the victim to the hospital, where she died. Detectives recognized Therman in surveillance video from the store. When Therman was arrested, he had a .40 caliber Glock pistol in his waistband. The District Attorney's Crime Lab matched the firearm to the .40 caliber shell casing that was found at the shooting scene. Therman faces a maximum sentence of life in prison without the possibility of parole. Sentencing is set for December 20, 2019, at 10:00 a.m. in Department 33 before the Honorable Laurel White. ★

Find Puzzles on Page 10

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

Classified Advertising

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



916-773-1111

Sudoku Puzzle on Page 10

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

New NASA Hubble Exhibit Launches at the Aerospace Museum

By Emily Meyers, Aerospace Museum of California

SACRAMENTO REGION, CA (MPG) - The air is cool and still. Lights from illuminated panels give off an unearthly glow as the soft whine of computers suspend the passing of time. Hushed voices can be heard discussing stardust and light waves and the edge of charted space. Have you stumbled upon a secret governmental lab? A starship pulled from science-fiction? No, you're at the Aerospace Museum of California, in the midst of the official NASA Hubble Space Telescope Traveling Exhibit!



Carina Nebula's 'Mystic Mountain' Within the tempestuous Carina Nebula. This three-light-year-tall cosmic pinnacle, imaged by the Hubble Space Telescope's Wide Field Camera 3. Image Credit by NASA, ESA, M. Livio and the Hubble 20th Anniversary Team (STScI)

Blast off to the Aerospace Museum this holiday season and be a part of history as the NASA Hubble Space Telescope Traveling Exhibit debuts for the first time in California! Experience the magnificence and mystery of the Hubble Space Telescope and its unique mission through interactive stations, guided tours and engaging activities for explorers of all ages! Visitors are invited to explore the vast reaches of space through Hubble's iconic images, learn the history and purpose of this technological marvel in a space station environment, and look to the future of space exploration with the James Webb Telescope.

The Exhibit features a 1:15 scale model of the Hubble Space Telescope, a real-time GeoSphere that displays earthly phenomena and a collection of tools that have actually flown into space to serve one of five servicing missions Hubble has required since its launch in 1990. Visitors will experience a deeper appreciation for Hubble's mission and a sense of child-like wonder at the sheer size

and beauty of space.

To promote STEM Education in the local community, the Aerospace Museum has partnered with SMUD to contribute \$25,000 in sponsorships, transportation funding, teacher memberships and educational resources for local students in underserved communities to experience this once-in-a-lifetime STEM education opportunity.

The Aerospace Museum of California is a private 501(c)(3) nonprofit foundation located in McClellan, CA. Visitors experience aviation history and aerospace science in an interactive setting. With a 4-acre airport and rotating exhibits, families engage with STEM activities for all ages and let their imaginations soar. The Aerospace Museum is a Smithsonian Museum Affiliate and a North American Reciprocal Museum (NARM) member. For more information, visit their website at AerospaceCA.org ★

Baby Baskets Needed for New Moms at Sacramento Life Center

Donations Needed for Sacramento Life Center's Baskets4Babies Drive Through Dec. 31

By Kristin Thébaud, Kristin Thébaud Communications

SACRAMENTO REGION, CA (MPG) - Local residents can help low-income new moms in Sacramento this holiday season through the Sacramento Life Center's annual Baskets4Babies drive running through Dec. 31. The drive stocks the Sacramento Life Center's baby needs closet so the nonprofit can provide a basket of needed items to every patient who gives birth in 2020.

Donations can be made in any increment, but \$50 guarantees a new mother has everything she needs to bring her baby home from the hospital, including diapers, clothing, bottles, formula, homemade blankets, bibs, bathing supplies and more. A pledge of \$50 per month guarantees a mother can return each month for additional necessities as her baby grows. Donations can be made online at www.saclife.org or by texting saclife to 56651.

"One of the most overwhelming feelings is learning that you're pregnant and fearing you won't have the resources to care for your vulnerable baby," said Marie Leatherby, executive director, Sacramento Life Center. "Sometimes something as simple as a gift of diapers and newborn clothes can give expecting mothers the confidence that they have a support system to help raise their child. Baskets4Babies gives expecting mothers proof that they will always have a family



A Sacramento Life Center patient receives a baby basket in November. The center is running its annual Baskets4Babies drive through December. Photo courtesy Kristin Thébaud Communications

here at the Sacramento Life Center and supporters out in the community rooting for their family."

For more information about the Sacramento Life Center's Sac Valley Pregnancy Clinic, visit www.svclinic.com. For more information about the Sacramento Life Center or to make a donation, visit www.saclife.org. ★

Board Approves Inspector General Candidate

By Kim Nava, Sacramento County

SACRAMENTO COUNTY, CA (MPG)

- The Sacramento County Board of Supervisors voted unanimously to approve the selection of a new Inspector General for Sacramento County and for the County Executive to begin contract negotiations for Mark Evenson to serve in that position.

"Following a nationwide search,

I'm pleased to say that we have identified a qualified candidate," said Board Chair and District Two Supervisor Patrick Kennedy. "We look forward to welcoming Mark Evenson in his role as Inspector General and his work in providing good oversight and accountability."

The Office of Inspector General was created to facilitate the Board of Supervisors' responsibility to oversee without interfering with the Sheriff's investigative or personnel

deployment functions.

The Inspector General ensures the integrity of the citizen complaint process and the thoroughness and fairness of related Sheriff's Department investigations, while fostering positive relations with the community. The Inspector General works independently on items detailed in the scope of services. In addition, the Inspector General may investigate other non-personnel matters as requested by the County

Executive or a majority of the Board of Supervisors. The Inspector General will present recommendations relating to these examinations to the Board of Supervisors, County Executive and the Sheriff.

Evenson is an experienced police executive with 32 years of law enforcement experience. Of those years, 20 were in middle and senior management levels, and 10 years were as Chief of Police for the City of Brentwood.

Additionally, Evenson has extensive experience as an Internal Affairs investigator, a commander and has demonstrated leadership success in police accountability, citizen complaint investigations and community/police relations.

The Office of the Inspector General is a contract position. A start date for the Inspector General will be announced when contract negotiations are complete and there is a signed contract. ★

STATEPOINT CROSSWORD • HAPPY HOLIDAYS

CLUES

ACROSS

1. Taken where?
6. Vegas bandit's body part
9. Titian's Venus or Collier's Godiva
13. Indian metropolis
14. Flapper's neckwear
15. E-cigarette output
16. Galsworthy's "The Forsyte _____" pl.
17. Bovine hangout
18. UV light absorber
19. "Scrooge's late partner
21. *December 26th, a.k.a. _____ Day
23. Ideas worth spreading, acr.
24. Great deal
25. *Like Santa's suit
28. "_____ Las Vegas," Presley song
30. 1/100th of a ruble
35. Pupil's place
37. *Sleigh bell sound
39. Fairytale dust-sprinkler
40. German Mrs.
41. Chose between competitors
43. Type of ballistic missile, acr.
44. Not a gregarious one
46. Castaway's home
47. Fungal spore sacs
48. Pencil end, often _____-a-Sketch
52. Summer color
53. Cuckoo
55. "_____ the ramparts..."
57. *Santa's call
60. *Welcoming holiday decor
63. Bird of prey's hunting tool
64. 16th birthday gift?
66. Engages the services
68. Skirt shape
69. Beehive State native
70. Bikini, e.g.
71. Bibliophile's concern, sing.
72. D.C. bigwig

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	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			

Your Family Deserves The **BEST** Technology... Value... TVL.

\$59.99 MONTHLY

190 Channels

CALL TODAY Save 20%! **1-888-416-7103**

Upgrade to the Hopper 3 Smart HD DVR

- Watch and record 16 shows at once
- Get built-in Netflix and YouTube
- Watch TV any year, include DVRs
- Hopper upgrade fee \$199

Add High Speed Internet **\$14.95** /MO.

Subject to availability. Service fees apply. Internet not provided in ZIP codes listed. © 2019 Dish Network

- #### DOWN
1. *Do holiday ones start earlier every year?
 2. Show pleasure
 3. Aquarium organism
 4. Navigational aid
 5. *Hanukkah month
 6. Competently
 7. Wade's 1973 opponent
 8. Not yes, nor no
 9. Like Hitler's Germany
 10. Second word in fairytale
 11. *Ding follower in "Wonderful Christmastime"
 12. **But I heard him exclaim, _____ he drove out of sight..."
 15. Public opinion, in Great Britain
 20. Changes to a manuscript
 22. Sturdy tree
 24. Telephone part
 25. *Ralphie's wish
 26. Trial's partner
 27. Late Princess of Wales
 29. IV+IV
 31. Type of cotton fiber
 32. Exit plus s

33. Around
34. *Macaulay's famous character
36. Takes to court
38. *Hanukkah gift
42. *Magnolia" ware
45. Not in its original form
49. Pop rally syllable
51. TV variety show classic
54. Concentrate
56. Yogurt-based dip
57. *Manger's glow
58. Dish of stewed meat
59. "_____ if you..." on a bumper sticker
60. Small songbird
61. Trampled
62. In custody
63. Coca Cola's first diet drink
65. *What Whos did to roast beast?
67. Silvester Stallone's nickname

SUDOKU

The support you need to find quality SENIOR LIVING SOLUTIONS

A Place for Mom has helped over one million families find senior living solutions that meet their unique needs.

There's no cost to you! CALL (855) 439-6734

© 2019 Place for Mom

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

© 2019 Place for Mom

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

Subscribe Today!

1. Guaranteed Delivery of the American River Messenger
2. One Month Free Membership from QUICK QUACK Car Wash (Minimum \$799 Value)

Get a great deal on this one year subscription for only:

\$28⁰⁰



YES! START MY SUBSCRIPTION NOW!

NAME _____

ADDRESS _____

CITY _____ ZIP _____

PHONE (____) _____ EMAIL _____ (OPTIONAL)

MAIL YOUR PAYMENT TO:
MESSENGER PUBLISHING GROUP
7144 FAIR OAKS BOULEVARD, SUITE 5
CARMICHAEL, CA 95608

ARM
*Some delivery restrictions may apply.

As a valued American River Messenger subscriber, you receive the newspaper every week to either your home or business.

IT'S THE PERFECT COMBINATION!

Offer available to new and current subscribers. To take advantage of this unique opportunity please call (916) 773-1111.