

Playmakers Hosting Youth Basketball Game PAGE 4

Join a Voting Accessibility **Committee**

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Serving Fair Oaks, Orangevale & Sacramento County

NOVEMBER 8, **2019**

TIME TO VOTE FOR THE BEST OF FAIR OAKS



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STUDENT DEBT **SLOWS GROWTH AFTER GREATER** STATE INVESTMENT



BOOKS AND CANDY JUST FOR THE KIDS



PAGE 10

Love in a Shoebox

Operation Christmas Child Needs Your Support



Children around the world celebrate the holidays but many families live in bleak poverty. You can change that with Operation Christmas Child. Photo courtesy Operation Christmas Child

By Mila Popov, Samaritan's Purse International Relief

SACRAMENTO REGION, CA (MPG) - It's that time, when colorful leaves cover the ground, and the aroma of pumpkin pie and spices are everywhere. Thanksgiving and Christmas holidays are just around the corner. This is that joyful time of the year when we count our blessings around the Thanksgiving table, and enjoy the spirit of Christmas with family and friends as we unwrap beautiful carefully packed gifts.

Did you know that there are many children around the world, who have never received a gift in their life time? Did you know that there are children who are not able to go to school because they do not have their own pencil or notebook? Going to school means a lot more than

getting an education. Often it means getting a meal at least once a day. The life of a child who had never experienced such blessings as having a new toy, their own drinking cup or even a toothbrush, is very difficult.

Operation Christmas Child (OCC) is one of many projects of the Samaritan's Purse organiza-News and Great Joy to children around the world. Simple shoebox gifts have life changing impact. Every child deserves to experience Christmas at least once in their lifetime.

In 2018 over 10.6 million shoeboxes were delivered to over 160 countries to the neediest children impacted by extreme poverty due to war, natural disasters and famine. These children live in homes with their family or in orphanages, from small villages to large

By packing simple items such as toys, art and school supplies, and personal hygiene items, you can impact a child's life and give hope to children in hopeless life conditions. Would you join us in packing one shoebox for a boy and/or one for a girl?

pack a shoebox: (1) Start 18-25, 2019. tion that delivers the Good with an average-size cardboard or plastic shoebox. If Fair Oaks Presbyterian; you want to wrap it, cover the box and lid separately. (2) Decide whether you will pack a box for a girl or a boy, in the age category: 2–4 years, 5–9 years, or 10-14 years. (3) Select a medium to large "wow" item such as a soccer ball with pump, a doll or stuffed animal, then fill with other fun toys, hygiene items, and art and school supplies. Dollar stores, Walmart and Target have many inexpensive items.

If you wish, include a Happy Holidays!

personal note with a family picture and words of encouragement. (4) Donate \$9 online and receive a label to Follow Your Box and discover the country destination of your shoebox gift. (5) Take your shoebox gift(s) to a local drop-off location during National Here is how you can Collection Week, Nov.

> Drop off locations are: Bayside Life Rancho Cordova; Metro Calvary, Roseville; Bayside Church Folsom and Second Slavic Baptist, North Highlands. For address and drop off times go to:

https://www. samaritanspurse.org/operation-christmas-child/ drop-off-locations/

For more information contact Mila 916-308-8360 or sacocc.mila@gmail.com

Thank you for making a Big Impact on a child's life!

Reported Sexually Transmitted Diseases Reach Epidemic Levels in California

By Corey Egel, California Department of Public Health

SACRAMENTO, CA (MPG) -

The California Department of Public Health (CDPH) released final data on sexually transmitted diseases (STDs) in California in 2018. According to the data, syphilis, gonorrhea, and chlamydia cases are continuing to increase throughout California and are at the highest levels in 30 years.

Particularly concerning, the number of congenital syphilis cases was 14% higher than the previous year and nearly 900% higher than in 2012. Congenital syphilis can be fatal to infants: there were 22 stillbirths or neonatal deaths in 2018.

STDs can cause a number of serious health problems. If left untreated, chlamydia and gonorrhea can cause pelvic inflammatory disease and lead to infertility, ectopic pregnancy, and chronic pelvic pain. Syphilis can cause permanent loss of vision, hearing and other neurologic problems.

The highest rates of STDs are among young individuals ages 15-24.

"STDs are preventable by practicing safe-sex, and many can be cured with antibiotics," said Acting State Public Health Officer Dr. Charity Dean. "Regular testing and treatment are essential prevention strategies, even for people who have no symptoms. Most people infected with an STD do not know it."

CDPH is collaborating with local health departments and organizations throughout the state to coordinate efforts to control STDs, hepatitis C and human immunodeficiency virus infection (HIV).

The 2019-2020 state budget includes increases in funds to help address the rise in STDs, including:

\$40 million over four years to enhance the capacity of local health departments to identify, monitor and respond to communicable diseases;

\$5 million per year for STD prevention and control by local health departments and community based organizations;

\$5 million per year for HIV prevention and control by local health departments and community based organizations. \$5 million per year for

Hepatitis C prevention and control by local health departments and community based organizations. \$2 million per year to

enhance local health department capacity for STD prevention and control. For more information,

visit the CDPH Sexually Transmitted Diseases Control Branch. www.cdph.ca.gov ★

ne of a Kino

By Sal Arrigo, Jr.



The evening's festivities included a resolution presented by Assemblyman Kevin Kiley, representing



former Kiwanis Governor, Rocci Barsotti, who represented the California-

Nevada-Hawaii region. More than 70 guests celebrated the evening with representatives from Kiwanis Clubs from Lincoln, Auburn, Rancho Cordova, Roseville, They were treated to a tasty Octoberfest dinner and Kiwanis fellowship.

As with any social gathering of this kind, Kiwanis members got to share their thoughts and ideas of what each club is doing for the upcoming holidays and more.

Some clubs are holding foods drives for their community food lockers, while one club is selling See's Candy to help support their community's high school performing arts programs. When asked what the Orangevale - Fair Oaks club had up its Kiwanis'

Continued on page 3

the 6th district of California, and whose area includes 2 • AMERICAN RIVER MESSENGER **NOVEMBER 8, 2019**

Student Debt Slows Growth After Greater State Investment Accessibility Committee

Special Report From The Institute for College Access & Success Press Release

OAKLAND, CA (MPG) - New data show that about two in three (65 percent) college seniors who graduated from public and private nonprofit colleges in 2018 had student loan debt. These borrowers owed an average of \$29,200, 2 percent higher than the 2017 average of \$28,650, according to a report released by The Institute for College Access & Success (TICAS).

After many years of growth in college graduates' average student debt, debt loads have continued to climb but they are climbing at a slower pace. One important factor in the slower growth of student debt appears to be greater state and local support for public colleges, which enroll three-quarters of undergraduates.

"The growth in student loans has slowed in recent years as states have invested more in public colleges, but millions of students continue to struggle with their debts," said executive vice president Debbie Cochrane. "Colleges, states, and the federal government all have an important role to play in reducing the burden of student debt to increase equity in college opportunity.'

Between 2008 and 2012, during the budget crises caused by the Great Recession, state and local appropriations fell by \$2,000 per student. At the same time, student borrowing rose by nearly \$1,100 per student. More recently, as state spending partially rebounded, the student debt situation has improved. With state funding increasing by \$1,150 between 2012 and 2016, average student borrowing fell by \$500. Other potential factors in changing borrowing over time are discussed in the report.

Student Debt and the Class of 2018, TICAS' 14th annual report on debt at graduation, finds wide variations in debt levels across states as well as colleges. Average student debt at graduation in 2018 ranged from \$19,750 in Utah to \$38,650 in Connecticut, and new graduates' likelihood of having debt ranged from 36 percent in Utah to 76 percent in New Hampshire. High-debt states remain

concentrated in the Northeast and lowdebt states are mainly in the West.

The average debt held by four-year college graduates is an important benchmark for college affordability over time and across states because it measures debt levels for students at a comparable point in their academic careers. However, it does not tell the whole story on student debt. The burden of student debt is disproportionately borne by Black students, first-generation college students, and students from low-income families. For example, graduates from lower income families are five times as likely to default as their higher income peers, and 21 percent of Black college graduates defaulted within 12 years of entering college.

This report uses private data that is the only type of data currently available to gauge cumulative student debt for bachelor's degree recipients each year, including both federal and nonfederal loans. While federal data on student loan debt has improved in recent years, little of it includes nonfederal loan debt from private lenders, states, or schools. As documented in the report, collegereported data on student debt levels show that 31 percent of student loan debt in high-debt states is nonfederal debt, underscoring the need for more comprehensive, federally collected debt data.

With far too many Americans continuing to carry the weight of burdensome student debt, the report puts forward a series of policy recommendations for the federal government, states, and colleges. Among those: the federal government should increase and strengthen Pell Grants, make it easier to repay student loans, and make new investments that supplement - not supplant - state funding for public higher education. The federal government should also collect private student loan data to ensure comprehensive data on debt balances and burdens. States should shift merit-based aid to need-based aid, and improve data systems. Colleges can help by examining debt data across demographic groups of students, set aside funds for student emergencies, and set clear, reasonable student budgets. For more information see www.ticas.org

Join a Voting

By Janna Haynes, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - As Sacramento County continues to be a leader in voting systems, security, technology and convenience, the Department of Voter Registration and Elections also strives to ensure every eligible voter has the opportunity to vote independently, privately and in a language that provides them with full understanding.

Are you interested in having input into accessibility options for voters that may need language or disability assistance? Join one of the established committees to improve current policies!

Voter Registration and established a Language Chair, at (916) 875-5750.

Accessibility Advisory Committee (LAAC) in 2017 to assist and advise county elections officials on existing programs to reach voters with limited-English proficiency, including:

Recruitment and staffing of bilingual Election Officers; Providing feedback on election and voter education materials; Enhancing website usability; Providing expertise on language accessibility issues; Promoting language accessibility initiatives; Responding to the County's questions regarding language accessibility issues.

For more information on Sacramento County's Language Accessibility Advisory Committee, please The County of Sacramento email LAACinfo@saccounty.net or call Benjamin Elections department Phillips-Leseñana, LAAC

Sacramento County Voter Registration & Elections department has also established a citizen advisory committee to make recommendations for improving access to voting and election materials. This Voting Accessibility Advisory Committee, or VAAC, is designed to advise and assist in ensuring all voters in Sacramento County can vote independently and privately.

For more information on Sacramento County's Voting Accessibility Advisory Committee, please email VAACinfo@saccounty.net or call Courtney Bailey-Kanelos, VAAC Chair, at (916) 875-6558.

Don't forget, the Presidential Primary is March 3, 2020. To register or update your registration visit the Secretary of State's website. ★

New Nonstop Sacramento to Palm Springs Available

By Samantha Mott, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - Contour Airlines launched seasonal daily service from Sacramento International Airport (SMF) to Palm Springs International Airport that will run through May 14, 2020. The inaugural flight departed SMF on Sep. 16, at 10:45 a.m. for Palm Springs and returned back to SMF at 2:30 p.m.

In addition to the new daily nonstop to Palm Springs, Contour Airlines launched a second daily nonstop to Santa Barbara.

'We are thrilled to add new nonstop service to Palm Springs and a second daily nonstop to Santa Barbara," says Cindy Nichol, Sacramento County Department

Mexican

Keylimes 2 lb Bag

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AMERICAN/HISPANIC

asian Gro

Mexican

of Airports Director. "The addition of the flights to these two very popular destinations from Sacramento highlights the region's demand for more intra-California service."

The Palm Springs region is a golfer's paradise with more than 120 golf courses to choose from. Temperate weather attracts players to the green fairways despite the desert landscape.

Whether travelers are looking to relax on the beach or indulge in a delicious Pinot Noir, Santa Barbara offers plenty of attractions and activities from outdoor recreation to seaside art and culture.

For information on flight schedules and ticket prices, visit the Contour Airlines website.

GROCERY

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

Enoki Mushroom

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Vote Now for The Best of Fair Oaks

By MPG Staff

FAIR OAKS, CA (MPG) - It is that time again to vote for your favorite businesses in Fair Oaks. Presented by the Fair Oaks Chamber of Commerce and the American River Messenger, the event has exceeded expectations each year.

This year the event is mainly designed and prepared by a local youth group. The Fair Oaks Youth Outreach (FOYO) will be working hard on all aspects of the presentation as a way to raise funds for their scholarship programs.

Businesses can promote the vote at their stores, through their social media contacts or other means to get people to cast their votes to win. The award winners are voted on by Chamber members, Fair Oaks citizens and readers of the American River Messenger newspaper. All the votes cast are tabulated by a third party to verify authenticity.

The rules to become a "Best of Fair Oaks" award winner are simple. A business must be located in the Fair Oaks zip code 95628, or must be a member of the Fair Oaks Chamber of Commerce to be recognized as "The Best".

The business event of the year, "The Best of Fair Oaks" has been a crowd pleaser, with great food, fun and surprising winners of the annual awards. Plan to get your tickets early! Get your tickets and enjoy the evening in your favorite cocktail or business attire. Come and enjoy the great food, great fun, and great recognition of the best businesses in the community. To buy tickets contact the Fair Oaks Chamber of Commerce at 916-967-2903 or go to www.fairoakschamber.com

This year's event will be held at the North Ridge Country Club in Fair Oaks. The program is scheduled for January 23rd, 2020 from 5:30 to 8:30pm, and it is sure to be a fun-filled event. Voting ends December 15th.

Check it all out at BestofFairOaks.

One of a Kind

Continued from page 1 sleeve, we explained that we have a "Pajama Drive" to collect as many pajamas as possible. They will be distributed before Christmas to those kids in our area that can benefit from a brand new pair of "pj's!"

What else is on the horizon? I have a feeling we are going to join Santa Claus for breakfast soon in Fair Oaks. We also shared with the other Kiwanis clubs ideas for a Paint and Wine Night. a Texas Hold'em Poker Tournament, and a wine tour of Lodi in spring 2020.

Kiwanis does make a positive impact in the community, and so much so that from this Charter Night celebration we have been joined by two new members! We did not cast some magic fordoes and its community the choice is yours - if you together and the location



Assemblyman Kevin Kiley presents an Assembly resolution to Kiwanis Club President Sal Arrigo, Jr. congratulating the new club in coming to the Orangevale - Fair Oaks area. Photo by Terri

involved - then join Kiwanis! Our focus is children, but we do support many other worthwhile organizations.

The Orangevale-Fair Oaks Kiwanis is unique in that it meets twice a month on the 2nd and 4thTuesdays and for service projects. Every 2nd Tuesday of the month the club meets at the El Gallo Mexican Restaurant located mula over them; they joined at 11173 Fair Oaks Blvd. because of what Kiwanis in Fair Oaks from 6:30 -7:30 pm. The 4th Tuesday is impact. I have said before, reserved for our social get-

have the inclination to get varies within our service area. Be sure to check us out!

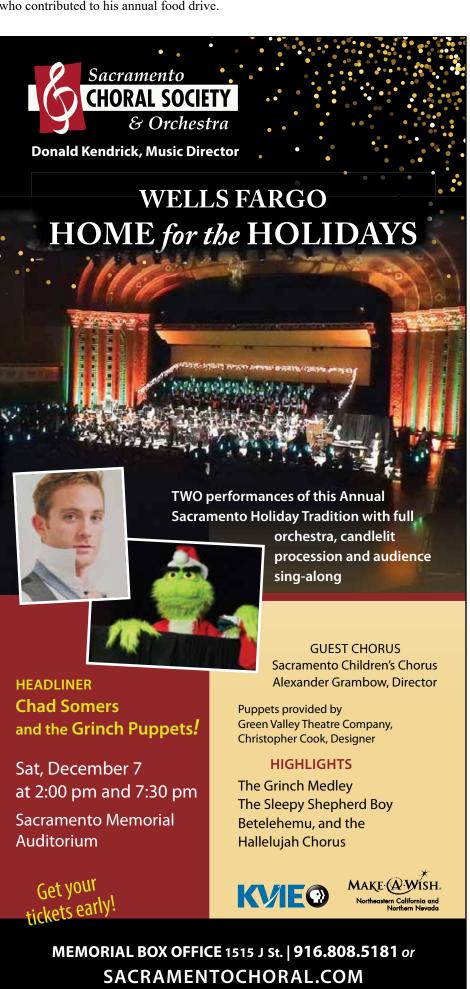
> Special note: if you would like to drop off a brand new pair of pajamas (plain, no logos, any kids size), you can do so at the Last Tangle Hair Salon located at 8820 Greenback Lane, Orangevale, the Steadman Group, Inc. located at 10149 Fair Oaks Blvd., Fair Oaks or Lyon Orthodontics located at 7806 Madison Ave., Suite# 100, Fair Oaks by the deadline of December 13, 2019! Thank you in advance for your kindness.

Thank You from Dr. Potocki



This was the 10th Annual Ilene Potocki Memorial Food Drive, held in his mother's honor. All the food donations were given to local food banks.

FAIR OAKS, CA (MPG) - Dr. Potocki and his assistant Deedy Cherms, pictured above, from Restoration Spinal Care Center of Fair Oaks want to thank all of his patients and others who contributed to his annual food drive.



Famous YouTube Personality Dave Rubin to Speak at Sac State

By Kyle Gerard, **Turning Point USA**

SACRAMENTO, CA (MPG)

- The Sacramento State chapter of Turning Point USA will be hosting famous YouTube personality and political commentator Dave Rubin. Having built The Rubin Report, a channel with over 1 million followers and upwards of 200 million views, Dave Rubin has become a significant figure in the political world. He is famous for pushing the idea that "he didn't leave the left, the left left him." At Sacramento State, Rubin will be discussing the consequences of big tech censorship in the modern era along with the dangers of identity politics. As



YouTube personality and political commentator Dave Rubin.

has been the victim of identity politics for not fitting in and knows how ugly identity politics are for being a classic liberal. For this reason, The Rubin Report celebrates free speech, civil discourse, and honest ideas.

Dave Rubin will be speaking on the Sacramento State cama gay married man, Rubin pus on Tuesday, November com

12th from 7:30 - 10:00PM.The event will take place in the Redwood suite of the University Union, located on the first floor. Tickets are free to the public through Eventbrite. Parking Structure II located by the Union is the recommended place for parking the night of the event.

"We expect Rubin to define what it truly means to be a minority, being an individual in an era of groupthink and censorship. We are proud to be hosting a renowned speaker," said Chapter President Megan Masten.

Turning Point USA is the nation's largest and fastest growing conservative youth organization. Learn more at www.tpusa.

American River College Offers Free Visual Assistance Service

By Scott Crow, American River College

SACRAMENTO REGION, CA (MPG) - American River College (ARC) is providing a revolutionary visual assistance service for the blind and visually impaired on campus in partnership with AIRA, Artificial Intelligence Remote Access, a San Diego based company. Real time agents, or a voice-activated AI interface, assist individuals through visual obstacles, such as maneuvering through campus and reading written information. People who need the service at the college can connect through the AIRA Access service for free.

Funding for the service was gained through the efforts of ARC employee

Tiffany Manosh, who is visually impaired and works in the college's Computer Science Department, and Randy Schuster, Chair of the ARC Design Hub. The funding was earned through a competitive grant program organized by the college's Office of Philanthropy. The \$15,000 grant provides several pairs of smart glasses and allows students at ARC to utilize AIRA for no charge during the academic year.

Manosh and other students have been using the glasses and app to maneuver throughout the school while it is undergoing construction work. Manosh has also used them to fly drones, print 3D items, and other activities.

For more information on AIRA, please visit www.aira.io



Playmakers Hosts Youth Basketball Game



COACH ROZ

Story by Shaunna Boyd

SACRAMENTO REGION, CA (MPG) - Local non-

basketball game for spekids at Oak Hills Church (1100 Blue Ravine Rd. in Folsom). Playmakers is partnering with the Special Olympics, Big Brothers Big Sisters, and UCP of Sacramento and Northern California (which provides programs and services for people with developmental disabilities).

Playmakers founder Greg Roeszler explained that at-risk kids have a profit The Playmakers a single-parent home, events partnering with

Organization is hosting a and the risk is increased these agencies to create for special needs kids. cial needs and at-risk Playmakers is working to provide support networks for these parents to help their children thrive. "We're really pleased with how we're beginning to work together with other agencies toward the same goal," said Roeszler.

Roeszler said, "We're converting Oaks Hills Church into the Golden1 Center with a DJ, music, and a great deal of fun. Our desire is that this is the first 40% chance of living in of ongoing Playmakers

more fun activities and families.'

The game will be held on Saturday, November 16, and it will kick off at 9:00 AM with a breakfast catered by the Burgess Brothers BBQ & Burgers, who will be serving their special ChurWaffles.

The game is scheduled from 10:00 AM to 1:00 PM, and the participating kids will be assisted by the Folsom High School freshman football team. "It's a very inclusive event," said Roeszler.

coaching football, so resources for kids and their Playmakers events usually focus on his favorite sport. But Roeszler is excited to be expanding into basketball because it is not dependent on the weather and can be played indoors year-round — so they can offer more frequent events for the kids.

> s a i dRoeszler Playmakers is grateful to be working with a group of "wonderful Corporate partners" for the event: Mortgage Consultant Group, FitGuard, Asher

Roeszler spent years Services, Palm Tile, Go Forth Coaching, and Serenity Spa — which will be offering massages at the

> The public is invited to attend the game and there is no cost to attend. Roeszler said, "We're hoping for wonderful attendance. Come and cheer and have fun, eat waffles, and meet our partners."

There is still space available for more game participants, and kids can be signed up at www. College, Republic The Playmakers.org.

Sac Society for the Blind Receives \$20K from Wells Fargo

By Kristin Thébaud, Kristin Thébaud Communications

SACRAMENTO REGION, CA (MPG) - Wells Fargo recently awarded Society for the Blind in Sacramento a \$20,000 grant to provide education, training and assistive devices to 500 Sacramento-area seniors who are blind or have low vision. The funding will support the group's Senior IMPACT Project that empowers people age 55 and older who have vision loss with alternative non-visual techniques and skills that enable them to perform daily tasks and activities so they can maintain or increase independence.

"With Sacramento's rapidly growing senior population, requests for our services are higher than ever," said Shari Roeseler, executive director, Society for the Blind. "Thanks to Wells Fargo's generous funding, we can provide even more seniors who are blind or have low vision with the support they need to age safely, preserve their independence and connect with their community."

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FANCY FEAST

GOURMET CANNED CAT FOOD

Society for the Blind is the sole provider of comprehensive rehabilitative services for people who are blind or have low vision throughout 27 counties in northern California. The group's Senior IMPACT Project includes a monthly eight-day retreat that gives seniors an immersion experience to learn alternative techniques and skills to travel safely, efficiently and independently. They practice alternative techniques and use adapted tools to perform tasks of daily living including cooking, cleaning, shopping, home maintenance, organization, personal finance and more. They learn how to use the latest in assistive technology to operate computers and mobile devices for home, school and work, and they learn Braille. Participants receive individualized attention from instructors and mentors who are blind or low vision, and they have the opportunity to join discussion groups with peers on issues around vision loss and participate in community activities.

For those unable to attend retreats, Society for the Blind sends instructors

to their homes to teach skills and offer resources. The project also includes monthly peer support groups for English and Spanish speakers and workshops throughout the year. The project recently expanded services to the Asian community, offering a monthly support group for Asian language speakers.

"As our loved ones age, one of the highest priorities is to ensure they can navigate the world around them with dignity, even if they experience declines in health or mental and physical agility," said Kären Woodruff, community relations associate manager, Wells Fargo. "Wells Fargo is proud to continue support for Society for the Blind's Senior IMPACT Project, which provides tools for seniors facing changes in their vision or vision loss, allowing them to remain self-sufficient and independent into their golden years."

Celebrating its 65th anniversary this year, Society for the Blind has created innovative ways to empower individuals living with low vision or blindness

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

The Wells Fargo Foundation is the company's primary philanthropic funding arm. As part of Wells Fargo's long legacy of investing in community impact, the company has increased its philanthropic giving 25 times over the past 28 years. In 2018, Wells Fargo reached a new milestone of donating \$444 million to directly benefit nearly 11,000 nonprofit organizations. To learn more, visit WellsFargo.com.

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CHEERS JEERS

By Damian Holbrook

Cheers to Nancy Drew

for solving the mystery of how to make a nearly 90-year-old icon relevant. By casting the superlikable Kennedy McMann as our new teen sleuth and adding a wicked supernatural angle, The CW's freshman thriller is sexy, scary and so worthy of its beloved literary roots.

Cheers to American Horror Story

for making a Popular casting decision. As 1984's hilarious, vet homicidal summer-camp owner, Leslie Grossman has been slaying it with even more gusto than when she was stealing every scene as demented cheerleader Mary Cherry in AHS creator Ryan Murphy's 1999-2001 WB comedy.

Jeers to A Streaming-Service Bait and Switch

With Search Party moving from TBS to HBO Max for its next two seasons, fans of Alia Shawkat's hipster comedy who are already paying for cable will have to cough up even more if they want to find out what happens next. Not cool.

Jeers to Bluff City Law

going out of business. With so many TV shows out there these days, NBC's appealing family drama starring Jimmy Smits and Caitlin McGee as fatherdaughter legal eagles should have been given



Leslie Grossman has been slaying it with even more gusto than when she was stealing every scene as demented cheerleader Mary Cherry.

more than a ten-episode run to find the audience it deserved. We object to the plug being pulled so quickly! ★

Question: Stephen Colbert seems to have a week's worth of reruns every other week. Does he have a contract that calls for this?

Matt Roush: don't begrudge these shows or their stars occasional time off, because the schedule is grueling, although I admit I was also thrown that *The* Late Show with Stephen Colbert had scheduled time off during a week when a Democratic debate was happening – which is typically a ripe occasion for a live broadcast. This was his first break since the Labor Day hiatus, and if that seems lazy to you, so be it. To submit questions to TV Critic Matt Roush, go to:

tvinsider.com



Will Gerald Mcranev Join Ncis: La Full Time?

Question: Can Gerald McRaney become a regular on NCIS: Los Angeles? His character and Hetty would be very entertaining. – Marie

Matt Roush: By my count, Gerald McRaney has appeared on NCIS: LA as Retired Navy Admiral five times over the years, so he's clearly a favored recurring guest star, and and Hetty would be great.)

for now, that seems to be the extent of his involvement. There's no show he doesn't make better so I imagine he'd be welcomed back any time. But I haven't seen anything to suggest that the producers are looking to expand the core cast, so you're probably going to have to settle for enjoying him Hollace Kilbride at least next time he returns. (I agree, though, that an episode centered on Hollace





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COOKING TIPS FOR A SAFE THANKSGIVING

#1 THAWING

Thawing turkeys must be kept at a safe temperature in the refrigerator. The "danger zone" is between 41 and 135°F – this is the temperature range where foodborne bacteria multiply rapidly.

#2 PREPARATION

After working with raw poultry, always wash utensils and work surfaces, as well as your hands with soap and warm water for at least 20 seconds before touching other foods.

#3 STUFFING

For optimal safety, cook the stuffing outside the turkey in a casserole dish. However, if you place stuffing inside the turkey, do so just before cooking, and use a food thermometer. Make sure the center of the stuffing reaches a safe minimum internal temperature of 165°F

#4 COOKING

Always thaw turkeys completely in the refrigerator. Set the oven temperature no lower than 325°F. Place turkey breast-side up on a wire rack in a shallow roasting pan. Check the internal temperature using a food thermometer - the center of the stuffing and meaty portion of the breast, thigh and wing joint must reach 165°F at a minimum.

#5 LEFTOVERS

Perishable foods should not be left out of the refrigerator for more than 2 hours. To reheat turkey, cut the meat into smaller pieces and keep legs and wings whole - before serving the turkey. Be sure to reheat all your leftovers to a minimum of 165°F.

ENVIRONMENTAL MANAGEMENT

EMD.SACCOUNTY.NET





HAPPY

Some people are always happy with a smile on their face and a good word no matter what! And then there are those grumpies who seem to be naturally unhappy, and it seems that nothing can change that... or is there? Jim Ryan visited with me on POPPOFF recently, and he truly believes that people can change. He's had a great career to prove that fact. He told me that happiness and joy are like muscles that can be strengthened. Perhaps he is right. I know when I am shopping at the mall, I love to smile at folks as I go along. At first, they give me this 'are you nuts' look. But then they kind of smile and we go our separate ways. If I see them again, they do give me that bigger smile. Maybe all we need are the characteristics of happy people, and then

POPPOFF!

with Mary Jane Popp

you can learn to incorporate them into your life. Jim has put it all together in his book "Simple Happiness," 52 ways to lighten up. He's done workshops on happiness around the country. So I asked him to share his top ten ways to turn that grumpy scowl into a smiley face.

1) Happy people have the intention to be happy. They understand that it's not what happens to us, it's how we deal with what happens. Happiness is a choice. 2) Happy people are responsible for their own happiness. There is no blame game. 3) Happy people know what makes them happy and they find time to be involved in those activities. 4) Happy people follow their bliss. They step out of their comfort zone. "When you follow your bliss, doors will open that you didn't even know existed," that from Joseph Campbell. 5) Happy people are able to recast mournful moments. They look for the opportunity in the problem. "Every cloud has a silver lining." 6) Happy people understand that they have choices. Just because I've

lived my life a certain way up until now, that does not mean that's how I have to live my life for the rest of my life. 7) Happy people show appreciation. They take nothing for granted. When they wake up and throw their legs over the side of the bed and stand up they say to themselves, "Thank God I can get out of bed by myself." 8) Happy people are giving people. They show compassion to others and to themselves. They are not judgmental. 9) Happy people don't die with their music in them. They are out there developing their gifts and talents, often for the benefit of others. 10) Happy people feed their minds. They are learners. They enjoy creation. They do not take themselves too seriously. They are able to laugh at themselves.

Jim Ryan's message is to empower and inspire people to live their best lives and to achieve their personal best at home, at work, and in personal relationships. It's called "Simple Happiness" and you can check Jim out at www.JimRyantalks.com. SMILE!!!



Pam Young's Corner

4 Fun Ways to Be on Time

Have you ever thought that punctuality could be fun? If you said "no" maybe that's why you're always late! Do you know punctuality is a habit? Of course you do. I was always late until I realized that punctuality is part of gracious living and then I found out it's actually fun to get there early! There's just too much stress in being late and no one has to tell you that. The good news is tardiness is an easy habit to fix! Here are four easy fixes!

1. The Victoria Secret Technique

Have you ever had a super bra? Victoria Secret has an amazing one. It literally takes all the fat from under your arms, and I think some of it from your back and pulls the excess fat into its cups! Voila, whatever cup-size you are, they get overloaded with fat and you've got cleavage! What does this have to do with being punctual? Well, time is like fat. We all have it and we can manipulate it to our advantage.

Here's how it works. Say you make a dental appointment for 3:00; put it on your calendar for 2:00. (Be sure to write what it's for. There's nothing so exasperating as seeing 3:00 pm on a calendar square and you have no clue as to where you're supposed to be at that time, on that day.) By the time the appointment rolls around, of course you'll have forgotten your "Victoria Secret" and you'll get to the appointment at the average time you run late (you do have an average) so say around 2:14.

The Victoria Secret Technique has just given you several gifts, including 46 minutes. First, you get the exhilaration of being early! If you're always late you don't know what it feels like to be early! Second, in order to follow through with this gift from the secret, you need to have a BUT bag (BUT stands for Back Up Tasks). So, in that 46 minutes, you'll have time to take care of tasks you've put in the bag to do while you wait. Your cup over-floweth with time!

Punctuality is showing high esteem for other people and their time.

The Victoria Secret Technique will help you fix your relationship with time and improve your relationships with those you've caused to wait for you. After all, punctuality is showing high esteem for other people and their time.

Contents of my BUT Bag

- 1. Small note pad and pen for writing down brilliant ideas Nelly (my inner child) or I come up with
- 2. Needle and thread (white, black and beige), scissors and items to mend or hand stitch as they present themselves
- 3. Thank You Notes/envelopes/stamps

- 4. Inspirational book
- 5. Manicure kit
- 6. Dental floss
- 7. Magnifying mirror and tweezers 8. Cell phone (has addresses in it)
- 9. Back up projects

2. The Cheap Ugly Watch Trick

Today you can buy watches for under \$5! And some of them are pretty ugly. Get the biggest, ugliest, brightest one you can find. You've got to feel self-conscious and embarrassed about wearing it in public. You'll tell friends, "I'm getting help with my dilatory nature and my coach advised me to wear an ugly watch until I'm punctual. I don't have to wear it if I'm on time, but if I'm late, I have to wear it for twenty-four hours as a punishment and as a reminder." Who knows, your friend might say, "Where'd you get it, I need one."

3. The Time Bomb Method

Set the alarm on your smart phone, when you know you could get distracted and lose track of time. We SHEs (Sidetracked Home Executives) are very social creatures. We love people and time can get away from us in situations we're enjoying. In my long journey as a SHE, a timer is one of the tools I can't do without. I've taken my timer out several times and it acts just like a time bomb. It goes off in my purse proclaiming the end of my fun. Usually the person I'm with is shocked right along with me. It's the perfect time to say, "Oops, gotta go!"

4. Pretend to Pick Up Your Prize

Imagination is a powerful tool! With it you can pretend the meeting, appointment, person etc. holds your winning lottery check and if you're late you lose it and the money goes to (name someone you would least like to give anything to). It could be a political figure or just a nasty neighbor. Conjure it up and get your inner drama queen in motion.

Punctuality really is a part of gracious living. Stop being late and experience the joy of being on time.

For more from Pam Young go to www.cluborganized.com. You'll find many musings, videos of Pam in the kitchen preparing delicious meals, videos on how to get organized, ways to lose weight and get your finances in order, all from a reformed SLOB's point of view. All of Pam's books are available on Amazon. Sidetracked Home Executives: from pigpen to paradise has been in bookstores for 40 years and has sold more than a million and a half copies. The information in that book is timeless and as valuable today as it was in 1978.

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CLUES

ACROSS Kate DiCamillo's and Ulysses" 6. Blunder

- 9. Gymnastics parallel 13. About 1.75 pints 14. Pronoun that can be singular or plural
- 15. Chic's "Le_ 16 Willow tree 17. Teller substitute, acr. 18. With ample space
- 19. *Only community-owned NFL team 21. *Only team with no logo
- on helmets
- 23. Greek letters on campus
- 24. Log splitter 25. *Traditional team ride
- 28. Ranee's husband 30. '70s TV series "The
- Woman" 35. Bookkeeping entry
- 37. Do over 39. Words to live by
- 40. Italy's obsolete money
- 41. Fur shawl 43. Pay a visit 44. Beau's and Jeff's acting
- 46 Edward Scissorhands
- sound 47. Editor's mark
- 48. Port city in Alaska 50. Cozy spot
- 52. Store posting, abbr. 53. Bright thought
- 55. Bonnie and Clyde, e.g. 57. *Team that shares sta-
- dium with #29 Down 60. *Cincy's team 64. Not taut
- 65. Tamari sauce ingredient 67. Kind of salami
- 68. Realtor's wares 69. Bowl over 70. Unborn vertebrate
- 71. What outgoing tide does
- 72. Not no 73. Site frequenters
- DOWN 1. Hit's opposite
- 2. Bonet or Kudrow 3. Suffix with psych-4. Does like something rotten
- 5. Unpaid debt 6. Unfledged hawk
- 7. Decompose 8. "Dancing with the Stars" number
- 9. Arch above eye 10. Another spelling for eon
- 11. *Moved from St. Louis 12. Blue hue
- 15. Lark about 20. Raises children
- -a-dub-dub 24. Superbowl 2012 half-time act
- 25. *Only team to play home games in New York state
- 26. Being of service
- 27. Asian goat antelope
- 29. *Headquartered in New Jersey
- 31. Tolkien villains 33. Lazybones
- 34. *Their stadium hosts NFL **Scouting Combine**

Crossword Puzzle Solutions on Page 7

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36. She knows "Why the Caged Bird Sings"
38. Mixture or medley

45. John Collins and Tom Collins, 49. Banned pesticide 51. Karate-like art

42. Horace's poem

54. Composition notebook entry 56. S-shaped moldings 57. Lump

58. Shakespeare's metrical unit 59. Single pip cards 60. *Team rest weeks

61. Place one's stake 62. Look angry 63. Back talk 64. Mother, sister or daughter

66. Be in the red

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5 Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 5

Solutions on Page 7



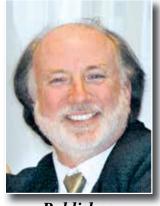
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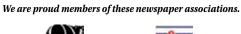
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By Marlys Johnsen Norris, Christian Author

When out of a heart of love God created mankind He wanted to communicate His dynamic love to them. In so many ways God's creation is perfect but in other ways we really have much to learn. He taught in many different ways in order for mankind to understand and to follow His rules for life. Communicating the genuine love that comes from God was about teaching its value in such a way that mankind would immolate His genuine love in their own life situations.

All of us were created physically much alike but yet so uniquely different. While intellectually some learn quickly, others may take a lifetime. However, God knows and understands and He is always very patient. He knows

Living Is Not About "Things!"

absolutely every thing about us individually. He has a pre designed plan for each one of our lives. When we arrive at the place we are willing to seek His will and do them, marvelous spiritual things happen that change, deliver, trans-

form and heal our lives.

Being born and living in the United States we do recognize that we have become a very materialistic society teaching our young to often value "things" more than life itself. Children's rooms are full to toys and computer games they have received. But do they miss the personal attention of being deeply loved by family with hugs, talking, playing games with them, and learning to do chores as part of the family? Age will eventually teach them that Life is not about the accumulation of riches and things. They only clutter a life with meaningless things and provide nothing. Is it any wonder today we have people disregarding rules, rebelling and often killing each other?

People from other countries have very little materially in comparison.

However they believe having material tings is what makes our country great. It was men who honored God and wrote our constitution we live by. Those people want to be like us and have every thing! We know "things" are not the right answer for anything! Personally I think that is why today we have such an influx of people at our borders. Why aren't we teaching those countries quit fighting and how to help their people work for what they need and want instead of walking miles and miles with their children to come here.

We have missionaries in many of those same countries and they are doing the best they can to love and teach them about our Creator and His instructions of how to live their lives. We need to create teaching and compassionate manpower to go there and help them become independent and truly free!

Marlys Johnsen Norris Christian Author, Teacher Stephen's Minister Marlysjn@gmail.com PO Box 114, Orangevale,

Thinking Has a Way of Getting Me into Trouble

Dr. James L. Snyder

Quite often, I make the mistake of believing because I have been married so long I know my wife and what she is going to do or say next.

Gracious Mistress of the things for our dinner. She Parsonage's birthday, I try to give her something I took it to mean that the that will make her happy. If you do not think that is a hard chore, then come over to my house and try it one time. Just when I think she is into a certain thing, I

One thing, she is a marvelous chef and can bake, cook and fry anything and it all comes out delicious.

Many things I love to eat, but my wife's mac and cheese has to be at the top of the list. She makes the best M and C that I have ever tasted. Being the kind of husband that usually gets in trouble, I try compensating by always thanking and praising her for this delicious dish.

I had been at a two-day conference and was greatly delighted to get home. By the time I got home, all I could think about was dinner that night.

One of the dishes she had was her infamous mac and cheese. I could not tell

be home and especially to enjoy some of this macaroni and cheese.

What happened next was something I had not planned for.

She told me one of her For instance, on the friends brought over some did not say exactly, but mac and cheese was one of the dishes.

> Looking at me she said, "What do you think of that mac and cheese?"

At the time, I was not thinking of any trick questions. I responded by simply saying, "It's wonderful, but it's not quite as good as the ones you make." Then I flashed a waxy smile in her direction.

"That's not as good as mine?"

Without even looking up I replied, "This is good, but not as good as the ones you make. Yours are much better than this one."

"Are you sure about that? You're not just putting me on?

I laid my fork down and looked at her and said, "My dear, there is nothing to compare with the mac and cheese that you make. I can tell the difference a mile away. You make the best

her how delighted I was to mac and cheese I have ever tasted. This may be good, but it's not up to your standard."

> I thought I made some good points with her. Every husband is always looking for ways to make points with his wife. I was assuming I had hit the marital lottery.

> Looking at me, she stated very sternly, "That mac and cheese is mine. I made it especially for you."

> I have never been good at backpedaling a situation. I am somewhat of a wordsmith, but I could not think of any words that could in any way help me out of this situation.

> I remember what James said, "For in many things we offend all. If any man offend not in word, the same is a perfect man, and able also to bridle the whole body" (James 3:2).

I know that I am not a perfect person. I get in deep trouble when for some reason I think otherwise..

Dr. James L. Snyder, pastor of the Family of God Fellowship, lives with the Gracious Mistress of the Parsonage in Ocala, FL. Call him at 352-687-4240 or e-mail jamessnyder2@ att.net. The church website is www.whatafellowship.



Teaching the Value of Work... and Money

Dear Dave.

Is it okay to give very young children an allowance?

-Christie

Dear Christie

Teaching kids there's an emotional connection between work and money is one of the best things you can do as a parent. Once your kids are old enough to do a few simple chores around the house, they're old enough to earn a little money doing them.

In my mind, there's absolutely nothing wrong with putting kids who are three or four on a basic commission system. If they do the jobs you assign them, they get paid. If they don't do the jobs, they don't get paid. We put a litjobs they had to do during the week with a dollar amount next to each one.

Dave Ramsey Says

Keep in mind, kids shouldn't get paid for every little thing they do around the house. Some jobs are just a necessary component of being part of a family. And there are some things kids should do simply because mom or dad asked them to. Some jobs should have a higher purpose in mind, too, because as a parent, you should want to find as many teachable moments for your kids as possible.

Once they've earned their money, sit down with them and divide it into three separate envelopessaving, spending, and giving. That way, they get to learn about the uses for money while they're learning how to work! - Dave

As Safe as a Neighborhood Bank?

Dear Dave,

What are your thoughts about online banks? Are they as safe as traditional, neighborhood banks?

-Jeanna

Dear Jeanna,

Sure, if they're guaranteed by the Federal Deposit tle dry-erase board on the Insurance Corporation. The refrigerator, and listed the FDIC is one of two agencies that provide deposit on the web at daveramsey. insurance to customers com and on Twitter at @ in America's depository DaveRamsey.

institutions. The other is the National Credit Union Administration, or NCUA, which insures and regulates credit unions.

If you're seriously considering using an online bank, there are a few things I'd advise checking out before making the move. Look into the bank's track record, and see how long it has been open. Also, if the bank you're considering doesn't have a name-brand you recognize, find out the amount of its deposits.

Online banks don't worry me today like they did 10 years ago. And almost everyone does some form of online banking now, anyway. If the bank in question has a good reputation, and sufficient deposits to have some strength in its FDIC guarantee, I wouldn't worry about it.

- Dave

Dave Ramsey is CEO of Ramsey Solutions. He has authored seven best-selling books, including The Total Money Makeover. The Dave Ramsey Show is heard by more than 14 million listeners each week on 600 radio stations and multiple digital platforms. Follow Dave

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NOVEMBER 8, 2019 AMERICAN RIVER MESSENGER • 9



By County Supervisor Sue Frost

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

A few years ago, Sacramento County was sued regarding confinement conditions in our two jails. Since we recently settled this lawsuit, I want to explain to you in this article why this happened, what this means for the future of our jails, and why I will fight to ensure there is no compromise in public safety within our communities.

Sacramento County is one of multiple counties throughout the State including Santa Clara, Fresno, and Riversidethat have been targeted with jail lawsuits. The law firms that are suing Counties are the same law firms that sued the State over conditions of confinement in state prisons, which directly led to the realignment of state prison inmates to the counties in the form of AB 109 realignment in 2011. This action left our county jails overpopulated, with inmates serving sentences for crimes more serious, and sentences longer than the jails were designed to accommodate.

In addition to havoverstuffed jails,

Orangevale Community Update

Overstuffed and Understuffed

Sacramento County's time, ADA compliance main jail was built issues, suicide prevention, before the Americans and use of force policies. with Disabilities Act This will add additional (ADA) and the Health Insurance Portability and Accountability Act (HIPAA) were passed and thus did not meet ADA and HIPAA requirements. There have also been many federal court decisions that set new standards concerning how inmates need to likely exceed \$50 million be housed, the amount of out of cell time inmates are required to receive, and the medical, psychiatric, and other services that need to be provided in jails.

The County has been making changes to the jail to become compliant with ADA, but they were not made fast enough to avoid a lawsuit. Other counties faced with the same lawsuit attempted to fight in court but lost. Knowing what it would cost to challenge the lawsuit and fail, the reasonable and prudent solution for Sacramento County taxpayers was to settle out of court.

While the Board of Supervisors has been going through these discussions, anti-jail advocates have been coming to testify that they want the County to incarcerate fewer people and focus instead on jail diversion programs. They consistently refer to jail inmates as "victims" – even though the real victims are the people who had crimes committed against them by the criminals in jail.

As part of this settlement, the County has Rancho Murieta, North agreed to improve inmate medical care, mental healthcare, out-of-cell

Political Campaig

clinic space for medical, dental, and mental healthcare, as well as the increased staff necessary to run these new programs. All told when fully implemented, the total operating cost associated with the new staff and services will annually, and construction costs will likely exceed \$100 million.

As the Board of Supervisors moves forward, trying to absorb this enormous initial and yearly cost, you have my commitment to make public safety my top budgetary priority. We fail as a community if we cannot keep our streets safe, and I will do everything I can to ensure public safety services are not compromised. Not on my watch.

Before closing, I want to invite you to come attend my next Orangevale community meeting, which will be held on November 13th at 6:00pm at Orangevale Community Center (6826 Hazel Avenue). Thank you for reading – and as always, if you want to contact me call me at 916-874-5491, or e-mail me atSupervisorFrost@saccounty.net.

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

Ask Joni

Changes to Plan F... Causing Medicare **Supplement Renewal Premiums to Rise!**



We have received a 20% increase in our Plan F Medicare Supplement. I'm a 70-year-old female in decent health, but my husband is undergoing cancer treatment. Also, his cardiologist has advised him that he may need a pacemaker.

I've understand told that Medicare Annual Enrollment is our time to change our Medicare Supplement plans. I'm concerned that with the Medicare Supplement increase that we may not be able to afford the premiums with future increases. Would a Medicare Advantage plan be a good option to change to with Fred's cancer issues? What we should do? Signed Cathy from Virginia

Cathy, you were given wrong information because vou do not have to wait until Medicare Annual Enrollment to make a Medicare Supplement change. You can change your Medicare Supplement any time during the year. Medicare Annual Enrollment is a time to change your Medicare Advantage plan or Medicare Part D Prescription Drug plan You are not alone with receiving a Medicare Supplement plan F increase.

It seems that the Plan F renewal increase is more than the Plan G or other Medicare Supplement plan increases. Most insurance agents are finding out about the increases via an email from the insurance company informing of a renewal rate adjustment,

In 2015 Congress passed legislation called "Medicare Access and CHIP Reauthorization Act of 2015" (MACRA) to help the medical industry by correcting the "Doc Fix" proposal. MACRA also made changes to Medicare Supplement's plans F and C which begins January 1, 2020.

Those who want to change their current Medicare Supplement plan and have had their Medicare Part B longer than 6 months must now answer underwriting questions regarding their health as you and your husband will have to do.

Cathy, you have an option to change from Plan F to other Medicare Supplement plans such as plan G or N, but you must qualify medically. If you cannot qualify because of a health issue, then there is a Medicare Advantage plan which puts you in control of your healthcare called a Medicare Savings Account (MSA).

Let's discuss the difference:

Medicare Supplement Plan G: offer lower rates and the same Medicare benefits as Plan F except the Medicare Part B deductible is not covered and will be paid for by the enrolled Medicare beneficiary. Part B deductible for 2019 is \$185.

Medicare Supplement Plan N: generally, has lower premiums than Plan G with generally more out of pocket. There is a \$20 co pay for a doctor visit with \$50 co pay for emergency room. Part B deductible is not covered, and Part B excess charges are not paid for by the insurance company which Plan G includes.

 Medicare Advantage MSA (Medicare Savings Account): high deductible Medicare Advantage health plan plus a special savings account for medical expenses. No network...see any Medicare provider or facility that will bill the MSA plan. More MSA (Medicare Savings Account) plan information in next week's article)

Caution: You can change your Medicare Supplement policy at any time. Do not cancel your existing policy until you have been approved by your new Medicare insurance company whether choosing a Medicare Supplement or Medicare Advantage plan. Toni King, author of the Medicare Survival Guide® is giving a \$5 discount on the Medicare Survival Guide® Advanced book to the Toni Says® Medicare column readers at www. tonisays.com. ★

Highway Patrol Concentrate Efforts on Impaired Driving

By Jaime Coffee, California Highway Patrol

SACRAMENTO, CA (MPG) - The California Highway Patrol (CHP) and the California Office of Traffic Safety (OTS) are partnering on a new campaign aimed at reducing the number of crashes caused by impaired drivers through enforcement and education efforts. The yearlong, California Impaired Driving Reduction (CIDR) campaign, which began October 1, 2019, continues through September 30, 2020.

The CIDR grant provides the CHP with funding to conduct additional driving under the influence (DUI) saturation patrols, checkpoints, and traffic safety education efforts throughout California. These efforts are designed to remove DUI drivers from the roadway and educate the public regarding the dangers of impaired driving. Additionally, the CHP will actively participate in California's Drive Sober or Get Pulled Over efforts.

According to the CHP's Statewide Integrated Traffic Records System data, in 2017, there were 594 deaths and more than 11,000 injuries due to DUI crashes of these injuries and deaths represents a preventable tragedy and a continued need to focus efforts on reducing impaired driving.

"Reducing impaired driving through education and enforcement remains a high priority for the CHP," said CHP Commissioner Warren Stanley. "This campaign provides the CHP with additional resources to lessen the impacts of impaired driving, while continuing to make California's roadways a safer place to travel."

The CHP continues to encourage the public to have a plan before getting on the road. In addition to alcohol, driving under the influence of cannabis, medications, and/or drugs is illegal and dangerous. Always designate a sober driver, take public transportation, or ride-share. There is always a better option than getting behind the wheel while impaired.

The CHP would like to remind the public to call 9-1-1 if they observe a suspected DUI driver. Be prepared to provide the dispatcher a location, direction of travel, and vehicle description.

If you have questions regarding impaired driving, please contact your local CHP Area office.

Funding for this program was prowithin the CHP's jurisdiction. Each one vided by a grant from OTS through the National Highway Traffic Safety Administration.

CHP Helps Young Drivers and Parents "Start Smart" and Stay Safe

By Clyde Holland, California Highway Patrol

SACRAMENTO, CA (MPG) -Within the first two years of driving, a teen's chance of being involved in a collision is at a lifetime high. To address the problem of the leading cause of death for teens in the United States, the California Highway Patrol (CHP) offers an educational program to help recognize and eliminate high-risk driving

behaviors.

The two-hour Start Smart class engages newly licensed teen drivers and their parents or guardians, while addressing high risk driving behaviors observed every day by CHP officers. Start Smart is conducted throughout the state at no charge.

"It is the CHP's focus motor vehicle collisions as to save young lives as they embark on their journey behind the wheel," CHP Commissioner Warren Stanley said. "Many of these traffic deaths are preventable, and we will continue to work toward the goal of eliminating them."

The Start Smart curriculum is based on collision statistics, teen driver and passenger behaviors, Graduated Driver License (GDL) laws, cultural changes in society, and the need for strong parental involvement. Parents and guardians also learn of their responsibility to teach their new driver and model good driving behavior.

Parents and teenagers can register for a Start Smart class by contacting their local CHP office. Office locations are listed at www. chp.ca.gov



Books and Candy for Kids

Story and photo by Shaunna Boyd

FAIR OAKS, CA (MPG) - On Halloween morning, costumed kids mingled with the local chickens for the annual Safe Halloween celebration in Fair Oaks Village. The event was sponsored by the Rotary Club of Fair Oaks and Fair Oaks Theatre Festival, with support from the Fair Oaks Recreation and Park District.

Kids enjoyed games and prizes in Plaza Park, face painting in the Fair Oaks Theatre Festival amphitheater, and trick-or-treating at local businesses throughout the Village. Parents took advantage of the festive atmosphere and photographed their little witches and goblins with an array of pumpkins, scarecrows, and other spooky scenery.

The Fair Oaks Rotary read, read to your children. Halloween, rain or shine.★



Book giveaway: Neilu Golshanara of the Fair Oaks Rotary Club (left) and volunteer Oliver Glancy (right) distribute free books to costumed kids at the annual Safe Halloween event in Fair Oaks Village.

Club's Literacy Project Read as early as you can." also hosted their free book give-away, letting kids of all ages choose as many books as they wanted. Neilu Golshanara of the Fair Oaks Rotary Club organizes the book giveaway, and she said the Halloween festival is a free goal is "literacy. Read,

Golshanara collects books all year for this event and offers age-appropriate books for babies, toddlers, and elementary and middle school kids.

The Fair Oaks Safe event held each year on

Have You Registered Yet?

By Luz Johnson

FAIR OAKS, CA (MPG) - On Tuesday, November 12, 2019 from 8:30-1:30 the Commerce in collabora-Chamber of Commerce is Fair".

Families who find themselves in a position of caring for an aging loved one find it difficult to know where to start as they begin to walk this journey. Being overwhelmed with the questions of where to start, who to reach out to, and what this new journey

means to them is normal, but the resources shouldn't be so far away that they lose their own life's identity.

As the older adult pop-Orangevale Chamber of ulation increases it affects more than just the aging tion with the Fair Oaks person. It directly affects their spouse (if still alive), holding the "Aging Well their children, and those Symposium and Resource around them. Many times adult children are still caring for their own children, so caring for an aging parent creates a burden that most are not prepared for. The dynamics of the relationship changes at that point. If finances have not been planned for, it carries an additional burden. So far, it's a change

in relationships, finances, and health. And that's not the least of it. There is a point in which decisions must be made to keep an aging loved one safe and as healthy as possible.

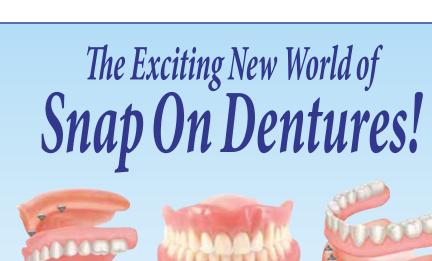
We hope you join us for this symposium to glean from our expert speakers and resource fair professionals. After attending this event you will have the resources you need if you or someone you know finds themselves caring for a loved one.

For more information or to rsvp, please call Luz Johnson at 916-241-3046 or email secretary@orangevalechamber.com









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