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High Students
Donate \$50K**
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AMERICAN RIVER Messenger

VOLUME 14 • ISSUE 20

Serving Fair Oaks, Orangevale & Sacramento County

OCTOBER 25, 2019

**SEE
INSIDE**

**HALT HALLOWEEN
HAZARDS WITH
THESE SAFETY TIPS!**



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Mercy Medical, Dignity Health Celebrates Grand Opening



Above: The executive staff members of Dignity Health join with local political and community leaders to cut the ribbon at their event on October 9th. Photo by Paul Scholl Right: Sadie is a 3 year old buckskin miniature horse, providing volunteer equine therapy with Team Sadie's Estella Hoskins (right) and Michelle Blanche (left) at Dignity Health. Photo by Patrick Larenas

By Shelly Lembke

SACRAMENTO REGION, CA (MPG) - Mercy Medical Group celebrated the Grand Opening of their new medical office building at their new facility located at 7115 Greenback Lane, Citrus Heights. The brand new clinic is a state of the art, three-story building housing many different medical specialties to meet growing patient needs.

Visitors toured the newly opened section of the building, which was designed to enhance the patient experience. A roomy lobby with a convenient "grab and go" style of

cafeteria stocks healthy snacks, coffee, beverages and pre-made sandwiches for patients. "It's all about a more welcoming experience," according to Nancy Bernstein, Marketing

Department representative for Dignity.

The architects and designers of the light, bright building have updated

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Sprouts Healthy Communities Foundation Announces \$3M in Annual Giving

By Kalia Pang,
Sprouts Healthy
Communities
Foundation

PHOENIX, AZ (MPG) - The Sprouts Healthy Communities Foundation announced \$3 million in donations to nonprofit organizations that specialize in nutrition education and fresh food access. Funds include Neighborhood Grants that support grassroots children's nutrition education programs, as well as large, multi-year Impact Grants designed to help partners increase organizational capacity and scale programs.

"Each year, our network of nonprofit partners continues to grow and our work in local communities

continues to deepen," said Lyndsey Waugh, Executive Director of the Sprouts Healthy Communities Foundation. "As a result, children and their families have greater exposure to nutrition education and hands-on cooking and gardening programs in their schools and community centers, and urban farms are increasing access to fresh, nutritious produce in food desert communities."

This year, Sprouts will award 118 Neighborhood Grants totaling \$725,000 to nonprofit organizations across the U.S. Recipients of these grants, ranging from \$2,500 to \$10,000, including programs in Sprouts' new markets in Louisiana, New Jersey, and Virginia.

To culminate the non-profit support, Sprouts and the Foundation will host the second annual Day of Service on Saturday, November 9 when hundreds of team members will participate in 40 volunteer events from coast to coast.

"Central to Sprouts' identity is giving back to the communities we operate in, and the Day of Service gives team members the opportunity to engage with the organizations the Foundation supports firsthand," said Waugh.

Day of Service volunteer events with 2019 grant recipients will include Soil Born Farms Urban Agriculture and Education Project (Sacramento, Calif.) - During the Day of Service activity, Sprouts team

members will be on-site at an elementary school to install raised garden beds, plant and beautify the school garden. Soil Born Farms Urban Agriculture and Education Project empowers youth and adults to discover and participate in a local food system that encourages healthy living, nurtures the environment and grows a sustainable community.

Created in 2015, the Sprouts Healthy Communities Foundation focuses on empowering individuals, especially children, to live healthier lives by supporting programs that teach nutrition education and increase access to fresh, nutritious food. In five years, the Foundation, together with Sprouts' vendors and

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Citizens Push for Additional Parking at Phoenix Park

Story and photo
by Shaunna Boyd

FAIR OAKS, CA (MPG) - On Wednesday, October 16, the Fair Oaks Recreation and Park District (FORPD) hosted a public outreach meeting at the VFW Hall (8990 Kruitoff Way) to share the draft plan for the Phoenix Park project. Dozens of citizens attended the meeting to learn about the plan concept and provide feedback.

Because the project is funded by Measure J, a bond measure that Fair Oaks residents passed in the last election, District Administrator Mike Aho said public feedback is vital to the project: "Your comments are really important to us, and we take them very seriously."

The District hired Verde Design — a landscape architecture firm that specializes in civil engineering, sport planning, and design — to create the design and construction documents for the project. Chris Sullivan, project manager at Verde Design, presented the draft design and explained that the major changes to the park will involve transforming the current vacant dirt lots into two girls' softball fields 200 ft. in dimension. The project also includes improvements to existing parking lots, playground area enhancements, and a berm to mitigate noise concerns for adjacent neighbors.

Parallel parking will no longer be permitted along the street in the park, which — along with the installation of a roundabout — should improve traffic flow for those entering and exiting the park. The park currently has 120 parking spots, but with the proposed improvements to the existing lots there will be 227 spots. The addition of more than 100 new parking stalls would also help to relieve traffic congestion in the park. Depending on the cost, there is also the potential to create two new parking lots, which would give the park almost 70 additional parking spots. But Aho explained that the creation of those new lots would be at the Board's discretion and they are not guaranteed to be part of the project is there is not enough funding.

With the Phoenix dog park and the current baseball and soccer fields, the park already welcomes many visitors each week — especially on game days. Citizens said that the

Continued on page 10

Spend Twenty Minutes With Me

By Sal Arrigo, Jr.

SACRAMENTO REGION, CA (MPG) - Attending the 14th Annual California Capital Airshow at Mather Airport on October 5-6, 2019, was a thrilling experience!

My original intent was to focus and write about the 75th anniversary of the D-Day invasion which was one of the highlights of the show. As it turned out, I was distracted by a documentary that was being filmed about the WASP organization. As I eavesdropped, I became more and more interested in the Women's Airforce Service Pilots who were very instrumental in adding to the success of the United States Air Force.

I have never heard of this military group, but by show's end, I became quite a fan. The WASP organization was formed in 1942 with 23 women making up the first graduate group of Service Pilots. Their job was to ferry and test aircraft and to train other personnel in their use. While this group became part of history by being the first women to fly military aircraft for the United States, their organizational mission was just beginning. The title of this article is attributed to Kimberly Johnson, one of the keepers of the official archives of the WASP organization located at Texas Women's University in Denton, Texas. Kimberly told me a fascinating story about Colonel Paul Tibbets, the pilot of the Enola Gay and the B-29 Superfortress, (the plane that dropped the atomic bomb on Hiroshima, Japan during World War II). "The B-29 was a scary

plane to fly and the male pilots were finding excuses not to fly it," said Kimberly. Colonel Tibbets had to find a way to convince his pilots to start training and becoming familiar with the aircraft. He turned to the WASP's and found that Dorothea Moorman and Dora Daugherty were willing to fly the B-29 and encouraged the male pilots by telling them it was safe to fly. "Imagine the look on the male pilots' faces when two ladies stepped off the plane!" she concluded.

I had the privilege of learning so much more about the WASP's and came to realize that more than 25,000 women signed up to join the first class! The WASP's were official members of the United States Air Force, but it took more than 60 years before Congress bestowed upon the group the Congressional Gold Medal for contributions made during World War II.

One of the WASP display highlights was a B-25 Mitchell medium bomber available for visitors to climb aboard and visit the cockpit. This is where I found pilot and Boeing engineer Vera Martinovich. She flew the B-25 from its base in Madras, Oregon to Mather Airport and was experiencing her first airshow. The plane is part of the Erickson Aircraft Collection, an organization with "a wide variety of WW II Aircraft," which began in the 1970s.

As I climbed into the cockpit area, I asked Vera if she experiences "any visitors" when she is flying the B-25? "I think about those 20-year old WASP's talking together," she said. She



Present at this year's 14th Annual California Capital Airshow at Mather Airport are Delane Buttacavoli, left, and Kaitlan Comm, two members of the WASP National Soar Tour. Photo by Sal Arrigo Jr.

joined as a pilot to fly the B-25 "to keep them flying" to honor the history of the WASP pilots. As we spoke, Vera mentioned the people who were attend-

piece of our nation's military history, and one that needs to be told on a more frequent basis. The Women Airforce Service Pilots crosses many generations



In the cockpit is B-25 pilot Vera Martinovich. The B-25 Mitchell was a medium bomber introduced in 1941. Photo by Sal Arrigo Jr.

ing the airshow, hoping that they "could truly grasp and realize what the WASP pilots accomplished." I had to agree it is an important

and has made an impact on young women of today. It certainly made an impact on Vera as she said "this is the plane I wanted to fly."

I also met two other pilots who emphasized the importance for the general public to know about the WASP's. Delane Buttacavoli and Kaitlan Comm are part of the WASP National Soar Tour. They both told me that they "love the WASP's" and they wanted to take the WASP story to other airshows across the United States. It was easy to understand these women's passion for doing so. I watched them enthusiastically greet show spectators and then assist them to climb onboard the B-25.

As with any group throughout history who want to make a positive difference to those around them, I can say the Women Airforce Service Pilots did just that. Kimberly Johnson said she felt the women "persevered and really had something

to contribute to the war effort." As it is stated "the mission of the WASP Archive is to honor the first female military pilots, tell their story of service, bravery, and heroism to their country, and celebrate the place women in aviation occupy today, tomorrow, and yesterday inspiring future generations."

If you find yourself asking such questions as - "who was the person who approved the program to train the women?", or "how many of the women died in service to their country while WASP members?" - visit the WASP website at: <https://wasp-museum.org/> for answers to these questions and more.

"We live in the wind and sand...and our eyes on the stars." - Motto of the Women Airforce Service Pilots (WASP) ★

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Mercy Medical, Dignity Health Celebrates Grand Opening

Continued from page 1
the accessibility among doctors and staff, centrally locating stations adjacent to private exam rooms to cut down on waiting time for patients. Specially made exam tables that raise and lower, which can automatically be raised to a sitting position are in each room, allowing for easier mobility and comfort for patients.

The upper floors of the building are already operational, housing family and internal medicine, geriatrics, Quest Lab and X-ray. In November other specialties of Allergy & Immunology, Behavioral Health, Endocrinology, Ophthalmology & Optometry, Pain Management and Rheumatology will open, with Dermatology scheduled to open in January 2020. ★

Orangevale Teen Chef Wins Pumpkin Bake-off

Story and photo
by Susan Maxwell
Skinner

ORANGEVALE, CA (MPG) - Casa Roble High School (Orangevale) student, Lainie Beil took best-cook laurels for a glazed pumpkin dessert at the recent Carmichael Farmers Market Falling Leaf fete. Adapting a favorite recipe, the senior creatively topped her bars with shortbread cut-out oak leaves.

Carmichael's popular market spiced up Sunday business with festive activities.

For the much-anticipated doggie Halloween Parade, ten pooches strutted in procession around the packed market place. A small dog in a tutu led the pageant, followed by a huge mutt in hot dog attire. Grand marshal and market founder Marie Hall then called each entrant forward to gauge audience response. The applause-meter decreed handsome collie Dobrinya – kitted out as a cowboy by



Lainie Beil's recipe for glazed pumpkin bars won the 18-year old the first prize in Carmichael Farmers Market dessert cook-off.

owner Tanya Gamaley – a clear favorite.

An all-year tradition, the farmers market is held in Carmichael Park every Sunday, from 9 am to 2 pm. Learn more about market events at www.bemoneysmartusa.org/carmichaelpark ★

Volunteers Needed to Help Kids Read



Teaching children to read opens them to the vast world of learning and stimulates their curiosity. United Way Experience Corps Photo.

By Kristin Thébaud,
Kristin Thébaud Communications

SACRAMENTO REGION, CA (MPG) - Local residents age 50 and up are needed this fall to help kids in kindergarten through third grade improve their reading through AARP Experience Corps, managed locally by United Way California Capital Region. To learn more and sign up to volunteer, visit YourLocalUnitedWay.org/Experience-Corps-Literacy-Program.

"Kids who are not reading at grade level by fourth grade are more likely to fall behind in all subjects, including math and science, making them less likely to graduate from high school," said Stephanie Bray, president and CEO, United Way California Capital Region. "This corps of volunteers is essential to ensuring our community's kids are successful."

Volunteers serve at local schools approximately two days per week for two to three hours a day throughout the school year, tutoring and tracking progress for groups of two to three students for the year. Volunteers meet monthly to share best practices and receive literacy and classroom management experience. They receive training to become mentors and role models and to hone their skills to help students reach their reading goals.

Last year, United Way's AARP Experience Corps helped 415 students with reading – 62 percent of those who were reading below grade level improved their reading and literary performance. In 2018, program participant Robla School

District reported more students meeting and exceeding standards in English Language Arts compared to 2017 – the rate of annual increase was three times higher than state and county averages.

"The results are encouraging and worth the work," said Experience Corps volunteer Mary Ann Rider. "I never felt like I was cut out to be a teacher, but I felt prepared by the curriculum I had learned in our training. Plus getting to know the kids is fun. If you're looking for volunteer work, what's more important than helping a child learn to read?"

United Way California Capital Region is one of only seven nonprofits across the country helping to grow Experience Corps, the evidence-based AARP Foundation literacy program that improves the reading skills of children, enriches the lives of volunteer tutors and strengthens schools in local communities.

For nearly 100 years, United Way California Capital Region has brought local people together to make community change happen. Today, the nonprofit is bringing people together across Amador, El Dorado, Sacramento, Placer and Yolo counties for its Square One Project, a 20-year promise to significantly increase the number of students in our region who graduate from high school ready for success in college and beyond. United Way believes ending poverty starts in school and is working to ensure kids meet important milestones and their families receive support and resources. To learn more and make a donation: YourLocalUnitedWay.org. ★

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FAIR OAKS
RECREATION & PARK DISTRICT

PUBLIC SERVICE ANNOUNCEMENT

Mike Aho, District Administrator
Fair Oaks Recreation & Park District
4150 Temescal St. Fair Oaks, CA 95628
(916) 966-1036 | maho@forpd.org

NOTIFICATION OF BOARD VACANCY

TO: All Interested Residents of the Fair Oaks Recreation & Park District

FROM: Michael J. Aho, District Administrator

RE: NOTICE OF BOARD VACANCY

A vacancy now exists on the Board of Directors of the District due to the resignation of Director Geoff Simcoe.

Any person who is registered to vote in the State of California and residing within the Fair Oaks Recreation & Park District boundaries may direct a letter of intent and resume expressing their qualifications and reasons for consideration by the Board of Directors for the appointment.

The letter of intent and resume should be submitted to the Board of Directors at the District Office, 4150 Temescal Street, by 6:00 p.m. Friday, October 28, 2019. The letter of intent and resume should include applicant's name, address and phone number. Final interviews will be held November 7, 2019 at 6:00 PM.

Address all inquiries to Jennifer Larkin, Administrative Services Manager: jlarkin@forpd.org or 916-966-1036.

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With Halloween on the Horizon, Halt Hazards with These Tips!

National Fire Protection Association Press Release

SACRAMENTO REGION, CA (MPG) - Halloween has become a hugely popular time for fun and festivities, but with it comes the potential for a variety of fire hazards. The National Fire Protection Association (NFPA) encourages everyone to take these simple precautions to stay safe without sacrificing that fun.

“Halloween brings an opportunity to wear fun costumes, decorate our homes, and eat too much candy,” says Lorraine Carli, NFPA’s vice president of Outreach and Advocacy. “However, without proper safety precautions, we run the risk of turning good times into the wrong kind of scary ones.”

According to NFPA

research, between 2012 and 2016, decorations were the item first ignited in an estimated average of 800 reported home structure fires per year, resulting in an average of two civilian deaths, 34 civilian injuries and \$11 million in direct property damage. The decoration was too close to a heat source such as a candle or equipment in almost half of these fires.

NFPA offers these tips to stay safe during the spooky season:

Costumes: Avoid fabric that billows or trails behind you, as these can easily ignite. If you are making your own costume, avoid loosely woven fabrics like linen and cotton, which can be very flammable.

Decorations: Many common decorations like cornstalks, crepe paper, and dried flowers are very



Without proper safety precautions, we run the risk of turning good times into the wrong kind of scary ones. Photo by Steven Libralon

flammable. Keep these and similar decorations far away from any open flames or heat sources, like candles, heaters, and light bulbs.

Candles: Using candles as decoration can be risky if not done correctly. Keep them in a well-attended area out of the path of potential trick-or-treaters. Remind children of the dangers of open flames, and make sure they are supervised at all times when candles are

lit. Extinguish candles before leaving an area.

Jack-o-lanterns: Glow sticks or electric candles are the safest choice when it comes to lighting up your jack-o-lantern, but if you choose to use a real candle, do so with extreme caution. Light a candle inside a jack-o-lantern using long fireplace matches or a utility lighter, and keep it away from other decorations.

Visibility: Give children flashlights or glowsticks for lighting, these can even be incorporated into the costume. If your child has a mask, ensure the eye holes are large enough for them to see clearly.

Smoke Alarms: This is a great time to make sure your smoke alarms are functional and up-to-date.

Exits: Exits are NOT an appropriate place for decorations. When decorating, ensure that nothing is blocking any escape routes.

All NFPA codes and standards can be viewed online for free at www.nfpa.org/freeaccess. ★

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Limit One Coupon Per Family
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Effective 10/23/19 - 10/29/19

\$1.79 CHM PLU 365

BONUS COUPON

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All Varieties 3 Oz. Limit 2 Pkgs with Coupon
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Effective 10/23/19 - 10/29/19

\$1.25 CHM PLU 569

BONUS COUPON

FANCY FEAST GOURMET CANNED CAT FOOD

3 Oz - All Varieties Except Elegant Medley
Limit 1 Case Per Family
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 10/23/19 - 10/29/19

ON SALE Everyday CHM PLU 361

HOW DO I PREPARE FOR A PUBLIC SAFETY POWER SHUTOFF?

WHAT EVERY PG&E CUSTOMER NEEDS TO KNOW

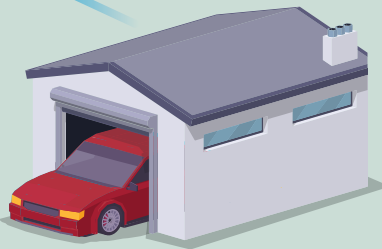


Do you have an **emergency kit** with nonperishable food, one gallon of water per person per day, medications, flashlights and batteries?

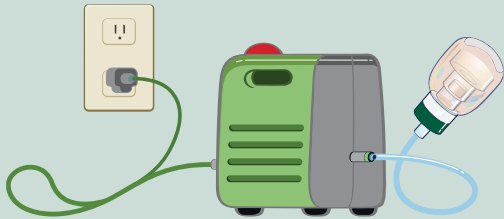
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All PG&E customers should be prepared for possible power outages that could last for multiple days.

If power is temporarily turned off, customers should consider these questions:



Do you know how to **open your garage door manually**?



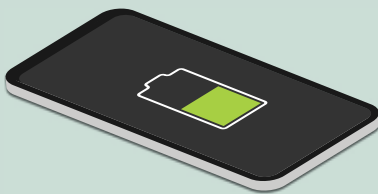
If anyone in your family **depends on electricity for their medical needs**, have you made preparations?



Do you have a **personal safety plan** for all members of your family, including your pets?



If you own a **generator**, is it safe to operate?



Are your mobile phones **fully charged**? Do you have a **portable back-up charger** or a **solar charger**?

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To learn more ways to prepare, visit safetyactioncenter.pge.com.





POPPOFF!

with Mary Jane Popp

SPOOOOOKY!

Little ghosts and goblins will be at your door to celebrate Halloween. It's all about dress-up and treats! But traditions go back a lot longer than you can imagine. Halloween straddles fall and winter...plenty and paucity...life and death. It is a time of celebration and superstition. It's thought to have originated with the ancient Celtic festival of Samhain, when people would light bonfires fires and wear costumes to ward off roaming ghosts. Like they were so stupid they wouldn't recognize you all decked out in some crazy getup? But I digress. The Celts, who lived some 2,000 years ago in the area that is now Ireland, the United Kingdom, and Northern France, celebrated the New Year on November 1. This day marked the end of summer and the harvest, and the beginning of the dark, cold winter, a time of year that was often associated with human death. Celts believed that on the night before the New Year, the boundary between the worlds of the living and the dead became blurred. That's why on October 31, they celebrated Samhain. They thought these roaming ghosts would cause trouble and damage crops, that the presence of the other worldly spirits made it easier for the Druids, or Celtic priests, to make predictions about the future. These prophecies were an important source of

comfort and direction during the long, dark winter. When Halloween came to America, it was extremely limited in colonial England because of the rigid Protestants. Merging different ethnic groups and Native Americans gave America a distinct version of Halloween. The first celebrations included "play parties," public events held to celebrate the harvest, where neighbors would

Young women believed that they could divine the name or appearance of their future husband by doing tricks with yarn, apple parings or mirrors. By the late 1800s, there was a move to mold Halloween into a holiday more about community and neighborly fun than about ghosts, pranks, and witchcraft. Today's Halloween traditions may even dates back to the early All Soul's Day



Spooky Me - Happy Halloween!

share stories of the dead, tell each other's fortunes, dance, and sing. Colonial Halloween festivities also included the telling of ghost stories and mischief making of all kinds. In the second half of the 19 th century, America was flooded with new immigrants, millions of Irish fleeing Ireland's potato famine of 1846. That helped to popularize the celebration of Halloween nationally. Taking from Irish and English traditions, Americans began to dress up in costumes and go house to house asking for food money. The "trick or treat" tradition was born.

parades in England. During the festivities, poor citizens would beg for food and families would give them pastries called "soul cakes" in return for their promise to pray for the family's dead relatives. The soul cake was encouraged by the church as a way to replace the ancient practice of leaving wine and food for roaming spirits. So go the stories I gathered from history.com. They will all come-a-calling on with their funny costumes and the call of "trick or treat." My choice...Chocolate please!!! BOO!!! ★



Make It Fun and It Will Get Done!

The Secret to Being Organized

Pam Young's Corner

A Fun Way to Have an Organized Wardrobe: The Farewell Wearing Ceremony

Spring is what I call my *ex-husband season*. My ex was always unpredictable and the only thing predictable about him was his unpredictability. Before you unconsciously store the warm sweaters, knits and jackets that are for colder days, to make room in your closet for your spring clothes, remember how ex-husbandy spring's weather can be and join me in a few *Farewell Wearing Ceremonies*.

What's a *Farewell Wearing Ceremony*? It was coined by my good friend Krista. She's very organized and she always looks great in her clothes. I used to see her once a week because we sang in a chorus together. She shared with me this fabulous idea she partakes in regularly to keep her wardrobe reflecting just what she loves and therefore wears. I just had to tell you about it, before you unconsciously store your warmer clothes that perhaps have seen better days.

Krista is always looking for items of clothing she doesn't wear regularly (those articles in your closet or dresser drawers, you keep passing over for various reasons, ending up picking something you really want to wear). Say she chooses a sweater she hasn't worn in a couple of months; she puts it on and wears it for the day. (She often wore such garments to our chorus rehearsals and once had a jacket that was being worn for its Farewell Wearing when she told me about this.) During the day of wearing the sweater, she remembered as much about it as she could; where she bought it or who gave it to her. She thought about all the times she had worn it, and if there were special occasions she remembered wearing it and she pulled up specifics about those events in her mind and relished the enjoyment she had. She talked to it and thanked it for its service.

As part of the ceremony, she informed the garment that she'd wear, it and IF, during the day, someone complimented it, it'd get a temporary reprieve from disposal! At the end of the day, the blouse got put in the Salvation Army bag, because it got no compliments. (She didn't tell me how much time the compliment buys, but I suppose that'd be an individual thing.)

So before you pack those sweaters and jackets away to make room for your spring wardrobe, why not try Krista's idea? As spring gets closer to summer and the weather is more predictable, you'll have a nice collection of garments that have taken part in a *Farewell Wearing Ceremony* and you can head to the Salvation Army.

Mother Nature's Closet

Don't you love the change in seasons? I like to think of the trees in my yard as people. I've got a flowering cherry tree that's all decked out in her new dress right now and in another couple of days all the trees will be dressed in a multitude of shades of green. We can learn from Mother Nature. She gets rid of the old, worn out garments of last year, and dons new clothes in the spring. Wouldn't it be great to get all new clothes every spring? I don't have Mother Nature's limitless budget for all new clothes, but for every *Farewell Wearing Ceremony* victim, I've promised myself a new spring garment to replace it.

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

STATEPOINT CROSSWORD • HALLOWEEN

- CLUES**
- ACROSS**
- *Birds of ill omen
 - Comes before flow
 - Hair styling products
 - B on Mendeleev's table
 - Variable, abbr.
 - Lace loop
 - *Cemetery slab
 - Paleozoic or mesozoic
 - Orderly arrangement
 - *Vampire's bed
 - *Trick-or-treating garb
 - Tan purveyor
 - Best ____ secret
 - What highwaymen do
 - Rossini's "La Scala di ____"
 - 1 1/2 calorie breath mint
 - Copycat
 - Rotterdam or Singapore, e.g.
 - Expressing an assertion
 - Wine, to Pliny
 - Hiker's path
 - Ship to Colchis
 - Finish
 - Serengeti antelope
 - Wyatt Earp action?
 - Like Matryoshka inside Matryoshka
 - Bagpiper's tartan
 - Hankering
 - ____ E. Coyote
 - Precedes Sept.
 - *Full of ghosts
 - *Fearful reaction
 - Acquiesce
 - Metal-bearing rock
 - Observatory observations
 - *Parents' post-Halloween nightmare?
 - Epitome of easiness
 - Phrase of explanation
 - House of Lords member
 - Mar. follower
 - Lively
- DOWN**
- Gayle King's network
 - Drilling grp.
 - Sandwich cookie
 - CNN's Blitzer and Accept guitarist Hoffmann
 - Blunders or bloopers
 - Fifty-fifty
 - Fly hangout?
 - Ankle support, e.g.
 - Horizontal wall beam
 - Common hosiery shade
 - Type of rich soil
 - Eye affliction
 - Anise-flavored spirit
 - All thumbs
 - Make a choice
 - James Corden's kind of singing
 - *"Once upon a midnight dreary" bird
 - Express a thought
 - Gives in
 - Suit material?
 - Republic in Africa
 - Leave slowly
 - Pond buildup
 - *Funny to some, scary to others
 - Overwhelming defeat
 - Cone-shaped quarters
 - Whitman's famous flower
 - Not silver

| Crossword Puzzle Solutions on Page 7 | | | | | | | | | | | |
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| 72 | | | | | | 73 | | | 74 | | |

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

Solutions on Page 7

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By Marlys Johnsen Norris, Christian Author

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Every one desires to find TRUTH in their lives and God’s plan is for everyone to find it. It is truly at our fingertips. We have a choice. That is to know God created every one of us. Until we yield to His perfect design, his blessings will fall on our lives. The Bible states: *You shall know the truth and the truth shall make you free!*

TRUTH comes from God! It is more than a simple idea about something!

TRUTH brings with it a witness that it is actual and comes from our Creator!

TRUTH is so powerful the one who hears it, will experience it’s conviction. They may try to deny and run from it but it echo will remain in their conscience!

TRUTH births a new life from God to the one who accepts it!

TRUTH will expel

all darkness from God’s enemy because it comes from God!

Problems and trials come because Satan is the accuser of the brethren! He wants to keep people who don’t know God – “captive”! He is the father of lies (John 8:44) and the “owner of Hell.” He does everything to cause a person to reject God and follow him. **Run from him! Resist him! Pray to God and plead the Precious Sacrificial Blood of Jesus Christ and he will flee from you.**

God’s enemy has only the power you allow him to have. He heaps guilt and all kinds of feelings on people to make them prisoners and bound by his ideas. Seek God’s truth and He alone will grant you freedom and victory over His enemy. Pray and **“Seek God with your whole heart and soul. He will expel all the darkness from you by His loving power.”**

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

A Minister And A Day Off His Rocker

Dr. James L. Snyder

I was tootling along one day last week, quite focused on getting my business for the day done. In fact, I was feeling good about the progress I was making with my “to-do list.” Nothing is more satisfying to me than the sense of being in control of my schedule. I love checking off items on my “to-do list.”

As the scheme of things usually develops with me, this euphoric situation was not long-lived. It was left to the Gracious Mistress of the Parsonage to bring a sense of reality into my life.

“Haven’t you forgotten something?” She asked me.

“No,” I cautiously said to her. “I seem to have covered everything.” With that, I flashed a confident smile in her direction.

She caught that smile and returned a menacing glance in my immediate direction. I caught her drift, which clearly undermined my previous confidence in my schedule.

“Don’t you recall,” my wife almost sneered, “your New Year’s resolution?”

Looking at her with all the seriousness I could muster at the time I said, “I really don’t know what you mean.”

“I think you know exactly what I mean,” she demanded.

“One of your New Year’s resolutions was to take a day off each week. When was the last time you took a day off?” She demanded.

At the time, the resolution was not the result of any serious contemplation on my part. I thought I was just placating her at the time. I never imagined months later she would be calling me on the carpet for it.

“Well,” I stammered, “there was that week in February when I took several days off.” Then my smile returned to me along with a little bit of confidence.

“You don’t mean those days you were sick in bed with a cold, do you? Tell me you’re not including those in the category of days off?”

My smile along with my confidence deserted me.

“Okay,” I conceded. “I’ll take a day off next week.” I thought that would settle it and with any good luck by next week she will have forgotten this conversation.

“Why not take a day off this week?” she queried.

“Let me think about it,” I tried stalling her, “and I’ll get back with you on the day.”

“How about tomorrow? It’s a day,” she replied.

Well, she had me there. Tomorrow was a day this week. My problem is I don’t

like to make snap judgments on things affecting my schedule.

Looking back on the conversation, I can see my mistake. I hesitated. In my many years as a husband, I have noted whenever I hesitated, my wife assumed it was a sign of agreeing with her proposal.

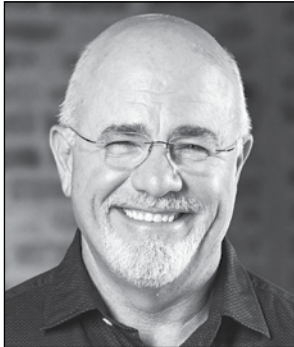
“It’s settled then,” she said. “Tomorrow you will be taking the day off.”

This was an invitation I could not refuse. I love it when a plan comes together and I felt compelled to go along with the plan.

The Bible offers a wonderful invitation. “Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light” (Matthew 11:28-30.)

My advice is to take God up on his marvelous offer, today, not tomorrow.

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 jamesnsnyder2@att.net. The church website is www.whatafellowship.com. ★



Test His Resolve

Dear Dave,

Our son is 27, and he has a good job making \$55,000 a year. Recently, we learned he financed an expensive car he’s now upside down on. In addition, he has accumulated over \$15,000 in credit card debt. He lives in a small town, and only pays \$650 a month in rent, but he is asking for money. We taught him about living on a budget and staying out of debt when he was younger, and now it seems he didn’t listen very well. How do you think we should handle this situation? – Bryce

Dave Ramsey Says

Dear Bryce,

The first thing I’d advise telling him is that you and his mom aren’t going to whip out the checkbook, and make his problems disappear. That may sound harsh, but he had a really good thing going until he messed it up by acting impulsively and irresponsibly with his finances. Nope, I wouldn’t take care of it for him – not at his age. This young man needs to have some skin in the game.

I’d tell him to sell the fancy car, and get something way cheaper to drive for a while. I’m talking about a little beater in the \$2,000 to \$3,000 range. It sounds like he’ll have to get a small loan to cover the difference, but a little car debt is better than a lot of car debt. I’d also advise him to pick up a part-time job nights or weekends until he gets that credit

card debt paid off.

In other words, let him wallow in it and worry about things for a while. Then, if he’s willing to accept responsibility for his actions, and starts handling money more wisely, you two might help out every so often with a little extra cash on the payments.

But I’d test his resolve first. And I’d want to see proof he has learned from his mistakes! – 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 on the web at daveramsey.com and on Twitter at @DaveRamsey. ★

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Sudoku Puzzle on Page 6

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By County Supervisor Susan Peters

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

COMMUNITY COFFEE MEETING

On Wednesday morning, November 13, at 7:30 am I will be hosting my Community Coffee Meeting in Fair Oaks that will focus on the role of probation and how that contributes to public safety. The guest speaker will be Chief Probation Officer Lee Seale.

The Probation Department is responsible for the background investigation of offenders and the preparation of social history reports for the Sacramento County Superior Courts. Probation Officers also operate and maintain the County’s juvenile Hall; the Youth Detention Facility; and several other facilities and programs for sentenced offenders, including Adult Day Reporting Centers and various collaborative courts like Drug Court, Mental Health Court and Veterans Treatment Court. The majority of misdemeanor and felony offenders in Sacramento County are placed on probation as part of their sentence.

The meeting will be held

FAIR OAKS COMMUNITY UPDATE

in the Fair Oaks Water District Conference Room in Old Fair Oaks (10326 Fair Oaks Blvd) at 7:30 am. As usual, I’ll provide a brief update on County issues and then we’ll have our guest speaker followed by Questions and Answers. It should be an interesting discussion –and coffee, of course, will be provided.

PARKING AT SAC INTERNATIONAL AIRPORT

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

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

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

SHERIFF COMMUNITY MEETING

The Sheriff’s Department holds regular community meetings to share information about trends in crime and recent activities. These sessions are open to the public and residents are encouraged to attend.

The Fair Oaks meeting will be held on Wednesday, November 20, 6 pm, La

Vista High School, 4501 Bannister Road (north of Winding Way) (note different date due to the Thanksgiving holiday).

In addition to Sheriff Deputies being present, members of the California Highway Patrol usually attend as well as representatives from Sacramento County Code Enforcement.

CALIFORNIA INTERNATIONAL MARATHON

Next month thousands of runners are expected to be racing through our neighborhoods on Sunday, December 8, during the annual California International Marathon.

The 26-mile trek begins 7 am in Folsom and concludes at the State Capitol.

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

Residents can come out and cheers the runners. Fair Oaks Boulevard is part of the route so some residents may find themselves “land-locked” while the race is in progress due to street closure. These closures may cause some inconvenience so please be cognizant of that when planning your morning activities. Residents can view specific street closures on the marathon’s webpage at runcim.org.

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

Ask Toni

Under 65 What Should I Do During Medicare Annual Period (aka Open Enrollment)?

Reader Alert: Effective October 1 st , the new Medicare.gov Medicare plan finder was released. Navigating this site is not easy. Please take your time when searching a new Medicare Part D or Medicare Advantage plan ... Toni



Toni, I turn 65 next March, and I'm overwhelmed by all of the mail I am getting this year for Medicare

Annual Enrollment. What do I do? All the mail from all the companies say theirs is the best, but they all offer the same thing. If I don't do something at the right time everybody says I'll get a penalty that will last the rest of my life.

How does someone know what is the right decision for their situation? Look forward to your answer.

Matt, Hoover, Alabama

Matt,

Matt...you must do NOTHING!!! NADA!!!

You have no idea how often we are asked this question during a Toni Says Medicare appointment. America is absolutely horrified about making a Medicare mistake and receiving a penalty that can last a lifetime. The

answer to your question is NO...you do not have to do a thing during this year’s Medicare’s Annual Enrollment Period (aka Open Enrollment) because you are not 65 yet; therefore, you have not enrolled in Medicare yet.

Now next year, Medicare’s Annual Enrollment Period (aka Open Enrollment) is when you can make a change to your Part D plan, change, or enroll in a Medicare Advantage plan.

You MUST have already turned 65 before Medicare Annual Enrollment Period (aka Open Enrollment) to affect you during this time period.

Since you are turning 65 in March, then 90 days prior beginning January, is a good time to find out which Medicare option is the right choice for your specific Medicare needs. As we say in the Toni Says® office, “Medicare is not a cookie cutter, one size or plan does not fit everyone.” Although the insurance companies’ marketing their specific Medicare plans want you to believe that. Your health and prescriptions needs

are not the same as your friends and so you cannot compare your Medicare to theirs.

Toni Says® Alert: Medicare Annual Enrollment Period (aka Open Enrollment) is for those who are already 65 and enrolled in a Medicare Plan. You do not have to make a change during the if you enroll in Medicare for the first time that year or are happy with your current plan.

Concerned that your medical providers or facilities are not accepting the Medicare Advantage plan which you are considering. There are specific Medicare rules when changing from a Medicare Advantage plan to a Medicare Supplement. Call the Toni Says Medicare Hotline at 1/844-250-8664 to have your Medicare questions or concerns answered or email info@tonisays.com.

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. ★



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Students Donate \$50K

Sprouts Healthy Communities Foundation Announces \$3M in Annual Giving



Reed Baumgarten (third from left, front) receives a donation from Del Campo High School students. The school's Kids Helping Kids organization this year raised \$50,000 to aid Keaton's Child Cancer Alliance. Supporting the presentation is six-year-old Asher Armitage, a previous beneficiary of the volunteers' fundraising.

Story and photo
by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Del Campo High School students this year donated \$50,000 to a child-cancer non-profit. Through a gala, a golf tournament and with donations from corporate and private boosters, Kids Helping Kids volunteers continued a seven year fundraising tradition and last week handed their 2019 check to a Keaton's Child Cancer Alliance representative. On hand was six-year-old Fair Oaks resident Asher Armitage, whose recovery from cancer was supported by the student group in 2017.

Del Campo junior and senior students began their Kids Helping Kids group to aid a homeless fellow student eight years ago. "Since then, our fundraising has grown every year," explained group leader Melanie Armella (17). "In doing this, we don't just benefit kids; our activities also help our personal growth. We learn to put others before ourselves. Our pitching to corporate sponsors improves our confidence and speaking skills."

Superintendent Kent Kern was among San Juan School District administrators who applauded the donation handover. Keaton's Child Cancer Alliance executive Reed Baumgarten told the teen volunteers their

donation would help many families struggling with the financial burden of treatment for a sick child. "This is the most inspiring organization that we work with," he told the students. "Without your help, some kids would not have a future."

To learn more about Kids Helping Kids, visit www.kidshelpingkidssac.org

2019 fundraising sponsors include: Wells Fargo Bank; Crowe Accounting; Zenith Insurance; Schools Credit Union; Miller Realty; the Sacramento Bee; Sacramento Rotary District; Home Advisor Services; Clark Pacific Construction; California Endowment; Technical Engineered Coatings and Byron Deeter. ★

Continued from page 1

customers, has donated over \$10 million to more than 300 nonprofit partners. Sprouts covers 100 percent of the Foundation's operational expenses, ensuring that every dollar raised is used to support their nonprofit partner agencies. To learn more, visit sprouts.com/foundation.

Sprouts Farmers Market, Inc., one of the fastest-growing retailers in the country, has made healthy living accessible to shoppers for nearly two decades by offering affordable, fresh, natural and organic products. True to its farmers market heritage, Sprouts is known for pioneering its unique grocery model by offering a welcoming store layout featuring fresh produce at the center of the store, an expansive bulk foods section, and a vitamin department focused on overall wellness. Sprouts also offers a unique assortment of healthier products with special attributes, such as plant-based, gluten-free, keto-friendly, and grass-fed, to meet the growing and diverse needs of today's consumer. Headquartered in Phoenix, Ariz., Sprouts employs more than 30,000 team members and operates approximately 340 stores in 22 states from coast to coast. Visit about.sprouts.com for more information. ★

Rich Desmond Raises \$40,000 in County Supervisor Race

By Duane Dichiaro,
Rich Desmond for Supervisor

SACRAMENTO, CA (MPG) - Rich Desmond, candidate for Sacramento County Supervisor District 3, announced this week that his campaign has raised \$40,000 since launching on July 30, 2019.

Sacramento County sets an aggregate contribution limit for campaigns of \$40,000 in any single off-election year.

The individual contribution limit for donors is \$250 in the off-election year.

"Since launching our campaign back in July, the support and encouragement from supporters across our district and the county has been overwhelming," Rich Desmond said. "Our early financial strength in this campaign proves that we will have the resources necessary to ensure the 3rd District has the effective leadership it deserves." ★

Citizens Push for Additional Parking at Phoenix Park

Continued from page 1

parking situation is "already terrible" on busy days. They expressed concern that adding two new fields for softball would bring in so many new people that the additional parking might not be sufficient and that the parking situation will only become more challenging. Locals who live in the adjacent neighborhoods echoed those concerns, stating that cars line their streets on game days, often blocking their driveways — sometimes causing altercations.

Many attendees asked why the project is focused on creating two new fields instead of addressing the current parking situation. They asked it would be possible to create just one softball field so there would be more funding available to ensure that the two potential new parking lots are built in addition to improving the existing lots.

Aho explained that the two softball fields

were the District's priority in this project, "but we're hearing something different in this room." He said would be possible to just build one softball field and leave the other area as turf, leaving more funding available for the parking lots — if that is how the Board decides to spend the money. District staff will share the community feedback with both the Measure J Bond Oversight Committee (BOC) and with the FORPD Board, and Aho encouraged everyone to attend those meetings as well. The next BOC meeting is on November 5 at 6:30 PM at the Old Fair Oaks Library (4200 Temescal St.). The next Board meeting is November 20 at 6:00 PM at Village Hall (7997 California Ave.).

The current budget for the Phoenix Park project is almost \$5.5 million, with \$5 million coming from Measure J funds and an additional \$450,000 in grant funds. Construction is expected to begin in Spring 2020. ★

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