



October Recognizes
Learning Disability
Month
PAGE 2

Fair Oaks
Honorary
Mayor Results
PAGE 12



AMERICAN RIVER Messenger

VOLUME 14 • ISSUE 19 Serving Fair Oaks, Orangevale & Sacramento County OCTOBER 11, 2019

SEE INSIDE

FROM DEL CAMPO
STUDENT TO AWARD
WINNING BREAST
CANCER RESEARCHER



PAGE 3

YOU WANT TO DO WHAT!?



PAGE 4

OLD SACRAMENTO LIVING HISTORY PRESENTS SPIRITED “GHOST TOURS”



PAGE 2



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So Much Positive



The Fair Oaks Rotary Club sent Bella Vista High School students (left to right) Thida Mommaetri, Celene Aridin, Evan Manley, Tafari LaBrie, Jun Seo, and Amanda Drew to this year's Rotary Youth Leadership Awards.

**Story and photo
by Shaunna Boyd**

FAIR OAKS, CA (MPG) - The Fair Oaks Rotary Club recently sent six Bella Vista High School students to the Rotary Youth Leadership Awards (RYLA) – an intensive leadership retreat where students form strong bonds and discover their true leadership potential.

At the club meeting on September 30, Celene Aridin, Evan Manley, Amanda Drew, Tafari LaBrie, Jun Seo, and Thida Mommaetri spoke

about their experiences at RYLA. Aridin described RYLA as “a weeklong self-discovery journey [and] leadership camp” where they learned that “you cannot lead others until you can lead yourself.” That’s why a major focus at RYLA is self-reflection and self-growth.

“Self-reflection is a big part of RYLA,” said Mommaetri. Students were asked to reflect on their biggest fears or insecurities as well as their good qualities and hopes for the future. Sharing those thoughts with the group helped students open up

and support each other. Mommaetri said, “There was so much positive energy ... you felt everyone there was supporting you, just a whole big family. ... I can’t describe the feeling in the room because it was so intense and so once in a lifetime. ... It was a beautiful moment.”

Creating bonds of friendship and learning to trust each other are important components of RYLA, so many of the activities encouraged students to share their personal experiences and

Continued on page 3

SMUD Helps Sponsor the Hubble Space Telescope Exhibit



The tunnel leading into the Hubble telescope exhibit. Photo courtesy of SMUD

**By Lindsay
VanLaningham, SMUD**

**SACRAMENTO REGION, CA
(MPG)** - Among a crowd of Sacramento leaders,

SMUD announced a partnership with the Aerospace Museum of California and a \$50,000 sponsorship to host NASA’s Hubble Space Telescope Exhibit for local

students to experience a once-in-a-lifetime STEM education experience.

The announcement came as dozens of area leaders, residents and children got

a sneak peek of the exhibit as it opened its doors to the public for Fall 2019.

“This is an incredible opportunity to expose

Continued on page 11

Invasive Mosquito Species Found in Citrus Heights

Story by Shaunna Boyd

CITRUS HEIGHTS, CA (MPG) - An aggressive, invasive species of mosquito has been detected within the City of Citrus Heights. The species is called *Aedes aegypti*, or the Yellow Fever Mosquito. Gary Goodman, District Manager of the Sacramento-Yolo Mosquito and Vector Control District, spoke at the September 26 Citrus Heights City Council meeting to provide an overview of the situation.

Goodman explained that *Aedes aegypti* are small, dark mosquitoes with banded legs and violin-shaped markings on their backs. They prefer to live in urban areas both indoors and outdoors, and they are aggressive day biters that prefer to bite humans. “Typically, this species is found in Mexico and Central America,” said Goodman, “but it’s started to slowly, over the last 10 years, make its way into California.” Goodman explained that there are established populations in Southern California and Fresno, and just this year they have been found in Stanislaus County, San Joaquin County, Placer County, and now Sacramento County.

On August 28, 2019, the District was informed of *Aedes aegypti* detection by Placer County, just 700 feet north of the Citrus Heights border, in an unincorporated area of Placer County outside of Roseville.

The District began a door-to-door campaign in Citrus Heights on August 29. “Mosquitos look for CO2 as you breathe out,” said Goodman, “that’s how they find hosts.” So, the District visited numerous local properties, setting traps that release CO2 to attract and capture the mosquitoes.

Goodman said a cluster of detections were centered around the Twin Oaks Blvd. area between Auburn Blvd. and Mariposa Ave.: “We have done extensive trapping in and around that area hoping to be able to contain it.”

After detecting the invasive species, the District began implementing larval control treatments and adult control treatments to try to slow the infestation. A total of 470 traps were set to assess the scope of the infestation, and a second area of infestation was detected on September 19. The second area is on the west side of I-80, just north of Antelope Rd. between I-80 and the railroad tracks.

Goodman said the infestation is currently centered on those two neighborhoods, and the District is working

Continued on page 10

October Recognizes Learning Disability Month

JOY Familytech
Press Release

Did you know that 2.3 million students are diagnosed with specific learning disabilities (SLD) and receive services under IDEA (Individuals with Disabilities Act). This represents 35% of all students receiving special education services. (*According to the Learning Disabilities Association of America*).

Children with learning disabilities begin school excited to learn. If your child is having difficulty in school, he/she may learn differently from other kids. For many kids, these disorders go undetected despite their ongoing struggles with school work and the behavior issues that often accompany these disorders. Parents are often the first to notice that “something doesn’t seem right.” But sometimes knowing what to do and where to find help can be confusing.

A learning disability is not a problem with intelligence or motivation. Kids with learning disabilities are just as smart as everyone else. Their brains are simply wired differently affecting how they receive and process information.

Types of Learning Disabilities

Dyslexia: Dyslexia is perhaps the best known learning disability. Children with this disorder may have difficulty with spelling, vocabulary, or comprehension. They may be slow readers, struggle learning left from right, or have organizational problems with both written and spoken language.

ADHD: ADHD is one of the most common neurodevelopmental disorders of childhood. It is usually first diagnosed in childhood and often lasts into adulthood. A child has difficulty controlling focus, impulse, energy levels, or some mix of the three.

Dyscalculia: A child with this condition may have an effect on one’s ability to develop math skills, understand numbers, and learn math-based facts. It can be difficult for individuals with dyscalculia to comprehend math



Octopus Watch Motion Edition is the first icon-based watch that empowers kids by teaching good habits and the concept of time, while also encouraging them to stay active with its new fitness tracker. Photo courtesy JOY Familytech

symbols, organize or memorize numbers, tell time, and count.

Dysgraphia: Dysgraphia affects a child’s ability to perform handwriting and other fine motor skills. People with dysgraphia might have problems with inconsistent spacing, difficulty composing writing, poor spelling, illegible handwriting, poor spatial planning on paper, and thinking and writing at the same time.

Auditory Memory and Processing Disabilities: Kids with this condition may have difficulty recognizing the differences between sounds, understanding the order of sounds, recognizing where sounds have come from, or separating sounds from background noise.

Visual Perceptual/Visual Motor Deficit: These are disorders that can result in missing subtle differences in shapes or printed letters, losing place frequently, struggles with cutting, holding pencil too tightly, or poor eye/hand coordination. Visual Processing Disorders can cause people to struggle with seeing differences between similar letters, number, objects, colors,

shapes and patterns.

Nonverbal Learning Disorder: Child has significant difficulty with nonverbal cues, such as coordination and body language.

If you think your child might have a learning disability, don’t despair! There is a lot of information and support available, and there are many steps you can take to ensure that your child gets evaluated appropriately.

What to do if you suspect your child has a Learning Disability?

If you suspect that your child is having trouble learning to read, or trouble with learning in general, there is help available. For parents of school-age children, the first source of help should be the public school serving your area. Contact your child’s school principal, express your concerns, and ask to have your child evaluated. The school system is required by federal and state law to evaluate your child at no cost to you or your family. The results of the evaluation will show whether or not your child has a problem with reading or learning and, if so, the nature of the problem.

Once your child has

received a diagnosis, your school psychologist should be able to recommend and help you set up services or accommodations for your kid. Depending on the specific learning disability, your child may qualify for special education services under the federal Individuals with Disabilities Education Act (IDEA) or accommodations through Section 504 of the Rehabilitation Act.

Keep in mind, you are your child’s best advocate. So read books and articles on your child’s specific learning disability and learn how you and your school can help. Talk to your kid’s teacher about additional ways the teacher can assist your child. Most teachers are eager to help. Although, depending on the student-teacher ratio and the school’s resources, it’s sometimes challenging for teachers to do as much as they’d like. There are likely other kids in their classroom with special needs as well. If you feel your child isn’t getting the help he or she needs, talk to the school administrator.

For more information, visit <https://www.heyjoy.io>. ★

California Assembly Lifting Barriers to the Abortion Pill at Universities

By Alexa Garcia-Ditta,
ConwayStrategic

SACRAMENTO, CA (MPG) - Groundbreaking legislation that would require all on-campus student health centers at public universities in California to offer medication abortion services passed in the California Assembly with an initial vote of 44 to 15. Now, Senate Bill 24, also known as the College Student Right to Access Act, goes back to the Senate for concurrence before it heads to Governor Gavin Newsom’s desk.

"By ensuring that abortion care is available on campus, college students will not have to choose between delaying important medical care or having to travel long distances or miss classes or work. I thank the Governor for inviting women from conservative states seeking abortions to come to California to access their right to abortion care," said Senator Connie M. Leyva (D-Chino). "I also appreciate Governor Newsom’s public declaration of support last year for SB 320 – the previous version of SB 24 – and am hopeful that he will continue to prioritize the rights of all Californians seeking abortion care, including those attending California’s public university campuses."

Medication abortion is a safe and effective way to end a pregnancy up to 10 weeks. Currently no student health centers at public universities in California provide abortion services, despite offering other reproductive health services like birth control and STI testing. Almost half of the public university campuses in California are located five miles or more from an abortion provider, and some students must travel upwards of four hours to get care. A consortium of private funders

has stepped forward to cover the costs to bring medication abortion to public university student health centers.

Polling shows that the bill has widespread support among Californians, and the state’s two university student associations – the UC Student Association and Cal State Student Association – representing nearly 700,000 students, also endorsed the bill this year.

University of California (UC) President Janet Napolitano also released a letter last month directing all UC campuses to begin providing medication abortion on campus.

"Once a student has decided to end a pregnancy, they shouldn’t be forced to go off campus to see a provider they don’t know," said Ruth Shaber M.D., founder and president of Tara Health Foundation. "That is why funders have come together to cover all implementation costs of Senate Bill 24. California is showing the country that providing abortion care on campus is not only the principled thing to do, it’s also popular and possible."

"As a college student seeking abortion care, I didn’t have the resources to get the care I needed off campus, such as money or a car," said Jessy Rosales, a UC Riverside graduate and campus coordinator with the justCARE campaign. "Today’s passage means we are one step closer to California college students being able to get the care they need right on campus without unnecessary barriers or delays."

justCARE: Campus Action for Reproductive Equity mobilizes students and allies across California to make the abortion pill on campus a reality. We envision a future where reproductive health services are available to all students who need them, wherever we live or go to school. ★

Old Sacramento Living History Presents Spirited “Ghost Tours”

By Traci Rockefeller
Cusack, T-Rock
Communications

SACRAMENTO, CA (MPG) - The Sacramento History Museum & Alliance are proud to present an all-new season of Old Sacramento Living History’s annual “Ghost Tours” on Friday and Saturday evenings, October 11 through October 26, 2019. For those who dare, the engaging tours depart from the Sacramento History Museum (101 I Street) every half-hour from 6:30 to 9 p.m. on the evenings the tours are available. Tickets for the new 2019 season of “Ghost Tours” are limited, so get yours now.

With a theme of “Murders, Mayhem and Tragedies” this year, the eerie and ever-popular one-hour “Ghost Tours” provide Old Sacramento guests with the opportunity to relive 19th century



With a theme of “Murders, Mayhem and Tragedies” this year, the eerie and ever-popular one-hour “Ghost Tours.” Photo courtesy of the Sacramento History Museum

Sacramento’s history. This year, the tours will take place at the riverfront, inside and relatively close

to the Sacramento History Museum as daring and inquisitive guests revisit stories of pestilence,

mayhem, quacks and fraud through the darker side of Sacramento’s fascinating history. Along the way,

tour guests may encounter wayward miners, murder victims and other Gold Rush characters while

listening to tantalizing tales of Sacramento’s colorful and lively past.

Advance reservations are recommended as tickets for the Old Sacramento Living History’s “Ghost Tours” are expected to sell out quickly. Tickets cost \$18 per person and are not recommended for children ages 8 and under. For advance tickets or more information, call 916-808-7059 or visit www.sachistorymuseum.org. Proceeds from the Ghost Tours benefit the Sacramento History Alliance programs and the Sacramento History Museum.

The Sacramento History Alliance is a nonprofit 501(c)3 organization that manages the Sacramento History Museum, Sacramento Visitors Center, Old Sacramento Underground Tours, Gold Fever! Games, Anytime Tours, and Living History Programs, and works collaboratively with the City of Sacramento to support the Center for Sacramento History. ★

Regional School Forum Scheduled For October

San Juan Unified School District

FAIR OAKS, CA (MPG) - A regional forum contributing to the revision of the 2019-2020 Local Control Accountability Plan (LCAP) has been scheduled for Oct. 14.

The forum provides an opportunity for school community teams to be involved, think about challenges and work together to promote new ideas for continuous improvement. The forum is also a way to incorporate input from the school community, in partnership with other district committees and stakeholder groups, to help create the

district's annual LCAP.

Forum participants will also have the opportunity to provide input to the new San Juan Unified Strategic Plan. Questions will be posed regarding valuable components of student education, district needs and ideas for building change through continuous improvement. School teams will be composed of students, parents, educators and community partners.

The forum will take place from 4-7 p.m. on Oct. 14, at the Fair Oaks Presbyterian Church.

School leaders can RSVP under their own name and hold spaces for other attendees

accompanying them.

The Local Control and Accountability Plan (LCAP) is a state requirement as part of the historic Local Control Funding Formula (LCFF). Every school district in California must create an LCAP that describes how the needs of all students are being addressed and are tied to student outcomes in eight state priority areas. The LCAP document is revised each year to reflect current needs and priorities of students and the community.

For more information and to register for the forum, visit <https://www.sanjuan.edu/lcap>. ★

So Much Positive

Continued from page 1

their biggest challenges. Mommaetri said, "It teaches us how to be vulnerable, and that's a huge part of being a leader as well."

LaBrie said, "The hard part for me, the scary part for me, was opening up and becoming vulnerable, but I think RYLA taught us that being vulnerable isn't a weakness, it's a strength." LaBrie described Cross the Line, an activity where the group leader asks whether students have dealt with particular experiences, and students cross to the center of the room if their answer is yes. LaBrie said it was a powerful activity because it gave students a chance to share experiences that can be difficult to talk about: "[It] allowed them to express themselves without having to say a word."

Mommaetri said many people became emotional during Cross the Line. She said it was comforting to see so many other people shared the same experiences: "It makes you feel like you're not alone because you can reach out and talk to them."

Physical challenges also facilitated the bonding process and provided opportunities for the students to support each other and demonstrate trust. After climbing a tall tower, students had to jump off and trust that their group would bring them safely to the ground by keeping the harness

rope secure. "It's really the group that gets you through everything," said Aridin.

Although Manley was not afraid of heights, he knew the tower challenge was intimidating for others in his group, "so it felt like a win for me when they conquered that fear of theirs and jumped off."

With so many different challenges and activities at the camp, Manley said, "It shows you all the different stages of being a leader. Sometimes you'll step up and be the one leading the group. Sometimes you'll be the one watching, letting other people take the lead." Manley thanked all the Rotary members who volunteered as counselors at the camp and thanked the club for sponsoring

them to attend. "It was such a great experience for all of us," he said.

Mommaetri agreed, "No one wanted to leave. ... Everyone just wanted to stay there because the environment we create there was so special. ... It was such an amazing opportunity."

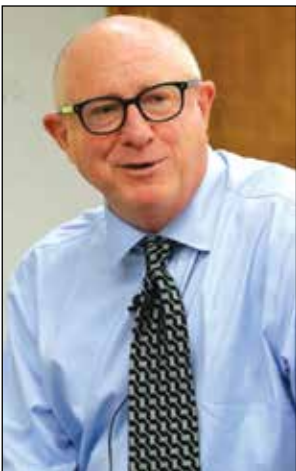
Rotary member Jim Erickson has been volunteering as a RYLA counselor for three years now and said that the counselors also form strong bonds with the students during the camp: "The counselors get almost as much or more out of it than the kids do." He described it as "a great emotional week for the kids to learn about themselves and about others. ... It's a great experience for them. ★

From Del Campo Student To Award Winning Breast Cancer Researcher

San Juan Unified School District

FAIR OAKS, CA (MPG) - Last month, Dr. H. Michael Shepard received the 2019 Lasker Award. He and his team were recognized for their groundbreaking development of the drug Herceptin, a drug credited for saving more than 500,000 women battling aggressive breast cancer.

Shepard was a teenager when his family moved to Sacramento in the late 1960s. He enrolled at Del Campo High School as a sophomore and credits



Dr. H. Michael Shepard received the 2019 Lasker Award for the development of Herceptin. Courtesy SJUSD

school.

"Through the physical education programs and the sports programs, I made some very good friends," said Shepard. "Some of whom I'm still in touch with."

Biology was his favorite subject, but he admits that he wasn't very focused as a high school student.

"The teachers, apparently thought they should spend some time with me and I did much better than I would have otherwise," said Shepard.

Check out Dr. H. Michael Shepard's #mystory. ★

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**Commentary
by Sal Arrigo, Jr.**

"I am thinking of ending my life using one of the end-of-life laws."

In order to make some distinction, the definition of euthanasia states that a doctor is allowed by law to end a person's life by a painless means, as long as the patient and their family agree. The definition of assisted suicide is that a doctor assists a patient to actually commit suicide if they request it.

Eight states and the District of Columbia have enacted legislation that allows people to choose death over life. Death with dignity statutes allow mentally competent adult state residents who have a terminal illness with a confirmed prognosis of having six or fewer months remaining, to voluntarily request and receive a prescription medication to hasten their inevitable, imminent death. By adding a voluntary option to the continuum of end-of-life care, these laws give patients dignity, control, and peace of mind during their final days with family and loved ones.

In order to write this article, I had to ask people this hypothetical question – “what advice would you give if someone that was close to you said they were considering assisted suicide as a means to take away their pain?” To clarify my question - if a person decided there was no hope for recovery from a health condition, and the only alternative they feel open to them is death, how would you respond?

I asked Casey Robinson,



Human beings have trouble making decisions on a daily basis. Some may decide that ending their life through assisted suicide is no "big deal" and can make the decision quickly. For many others, I am betting this decision may be the toughest of all! MPG

a longtime friend this question. He said, "I would ask if they have discussed this with their doctor and the most trusted and loved people in their lives. If they have and they still feel compelled, I would support their decision. Offer empathy." Another friend, Michael Rubash, said, "this is a tough question. I would ask if they had to live their lives in a hospital connected to tubes, would they wish to consider another option?" The option Michael was referring to was assisted suicide.

As with any highly emotional subject, there are plenty of opinions. For instance, what are the attitudes of the religious community? I recently read

an article published by the Pew Research Center, titled, "Religious Groups Views on End of Life Issues." Although it is several years old, the views have not changed. The Roman Catholic Church strongly opposes physician-assisted suicide and euthanasia. The Evangelical Lutheran Church in America (ELCA) opposes physician-assisted suicide and other efforts by medical professionals to speed a patient's death.

In 1991, the Episcopal Church passed a resolution against assisted suicide and other forms of active euthanasia, stating that it is "morally wrong and unacceptable to take a human life in order to relieve the suffering caused by

incurable illness.”

I admit, it was a rather involved decision on my part to write this article as during my research I had to ask myself this question, "where is our nation heading regarding the right to die?" All too often, people witness miracles that defy all science, politics, and rational thought. I personally know of people who were given six months or less to live and they wound up living for years after their diagnosis. This is why there are so many decisions to make if you decide to end your own life through the assisted suicide option.

As for opinions representing the opposite viewpoints, there are agencies that are ready and willing to provide

information to help you make the decision to end your life legally. Two examples are, the Compassion & Choices organization (formerly known as the Hemlock Society) and the Death with Dignity National Center.

Barbara Gillogly, Ph.D., a Developmental Psychologist and licensed Family Therapist, shared her thoughts: "For those who have a terminal diagnosis and wish to exercise control over how and when to leave this world, assisted suicide is a viable option. Someone else's belief should not be imposed to limit the rights of others."

If you live in one of the states that has a version of end-of-life legislation and

you are determined to seek options to end your life; you must understand all of the ramifications that the laws allows. All of the laws have a process that you must abide by in order for the assisted suicide to be legal. Your decision will be monumental. You and all those who will be affected by your decision need to be well-educated. According to the Death with Dignity organization, the following states have end-of-life legislation:

California (End of Life Option Act; approved in 2015, in effect from 2016); Colorado (End of Life Options Act; 2016); District of Columbia (D.C. Death with Dignity Act; 2016/2017); Hawaii (Our Care, Our Choice Act; 2018/2019); Maine (Death with Dignity Act; 2019); New Jersey (Aid in Dying for the Terminally Ill Act; 2019); Oregon (Death with Dignity Act; 1994/1997); Vermont (Patient Choice and Control at the End of Life Act; 2013); and Washington (Death with Dignity Act; 2008).

Montana does not have a death with dignity statute; however, the end-of-life option is legal in the state through a Montana Supreme Court ruling.

Human beings have trouble making decisions on a daily basis. Some may decide that ending their life through assisted suicide is no “big deal” and can make the decision quickly. For many others, I am betting this decision may be the toughest of all!

*It is not length of life, but
depth of life. Ralph Waldo
Emerson* ★

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Everyday
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BONUS COUPON
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 Limit One Coupon Per Family
 Price Valid Only With Coupon
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\$1.19
 CHM PLU 573

BONUS COUPON
JONNY CAT PREMIUM CAT LITTER
 20 Lb Bag
 Limit 1 Bag With Coupon
 Limit One Coupon Per Family
 Price Valid Only With Coupon
 Effective 10/9/19 - 10/15/19
\$3.79
 CHM PLU 362

HOW DO I PREPARE FOR A PUBLIC SAFETY POWER SHUTOFF?

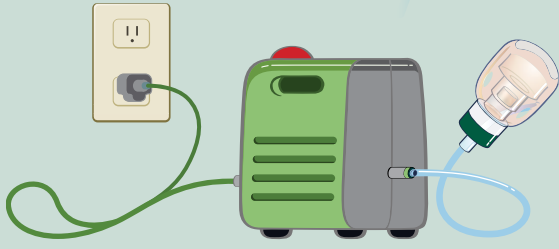
WHAT EVERY PG&E CUSTOMER NEEDS TO KNOW



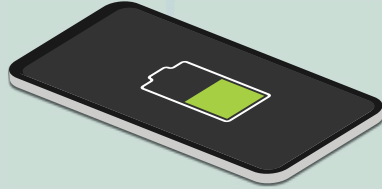
Do you have an **emergency kit** with nonperishable food, one gallon of water per person per day, medications, flashlights and batteries?



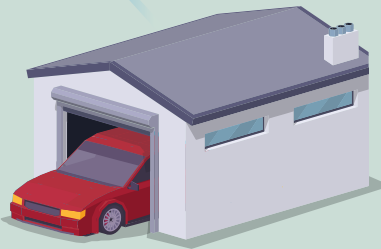
If you own a **generator**, is it safe to operate?



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



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



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



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



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DIVORCING?

Ladies, is divorce inevitable, but you don't know how to begin? **Joryn Jenkins**, award-winning family attorney and legal strategist put it all together in "I Never Saw My Father Again." She was actually the little girl that never saw her father again after divorce. She shared tips on getting divorced, without all the stress to get back to normal ASAP with me on POPPOFF. So here goes.

1) ENVISION YOUR FUTURE. Change is frightening. Divorce is frightening. Focus on the long term goals, your perfect life, not the short-term scary events impacting your day to day. Visualize your future post-divorce. Imagine your life without the past problems that accompanied your marriage, and the present problems that accompany this divorce. See your divorce as a fresh start, a new beginning. Make the future you imagine happen by bringing it into focus. **2) CHOOSE**

POPPOFF!

with Mary Jane Popp

YOUR PROCESS. Consult an attorney who can explain the various courtless options you have to get divorced more amicably than in the courtroom. There are different ways to get divorced. You are only required to litigate if you can't agree to a better alternative such as mediation or collaboration. **3) DO YOUR HOMEWORK.** Divorce takes hard work preparing financial affidavits, disclosing required information, reviewing lengthy settlement offers, attending parenting classes, preparing for hearings and depositions or collaborative meetings or mediation etc. The more work you do, the less you must pay attorneys and others to do the work for you or to chase you down to do the work they requested of you. **4) OBSERVE THE GOLDEN RULE.** Treat your spouse as you want to be treated. No matter how you feel or what he has done, don't lie to, belittle or ignore. Don't empty joint bank accounts, dissipate marital assets, or remove him from the insurance. Don't file false police reports or contact child services unless your children really are in danger. Don't post private pictures or comments on social media

5) BE TRANSPARENT. By freely disclosing information, you will gain your spouse's trust, and you will save money by avoiding his having to search for information. You are required by law to disclose everything, and by doing so, you will develop (or regain) the trust necessary to settle your divorce and to move forward with your ex as amicably as possible. **6) BE REALISTIC.** Even if you need support, that doesn't mean that your spouse has the ability to pay it. Even though you'd like to stay in your home, that doesn't mean you can afford it. Divorcing spouses waste time and money arguing impossible positions. Try stepping into your spouse's perspective. Consider your long-term goals, not your short-term positions.

According to Joryn, you can't eliminate the stress from your divorce, but You can manage it by applying the right approach and attitude. There will come a day when your children and your family and friends will thank you for it. **Joryn Jenkins** wants to change the way the world gets divorced with "I Never Saw My Father Again." Check out her website www.JorynJenkins.com. ★

Keeping Pets Safe with Vaccines and Licensing

By Allison Harris, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - Pet owners whose animals venture outdoors can be keenly aware of the possible dangers to their animals, such as rabies and other illnesses as well as pets becoming lost. However, indoor animals may occasionally get out and face the same risks. The Sacramento County Bradshaw Animal Shelter offers low-cost vaccination and microchip clinics every third Thursday of the month, 5 - 7 p.m.

Pets with up-to-date vaccinations and preventive care are protected from illnesses including heartworm, kennel cough, Bordetella, parvo and Lyme disease. If unvaccinated animals contract illnesses, an owner may face costly treatments and surgeries for these preventable diseases. And when pets receive rabies vaccinations, it not only helps to prevent them from contracting the disease from bats, skunks, and

raccoons, it also protects residents from contracting the virus if bitten by an infected animal.

"Rabies is still a concern for Sacramento and the bats, skunks and raccoons in the area can all potentially carry the disease," said Dave Dickinson, Director of the Bradshaw Animal Shelter. "It's important that owners be responsible and vaccinate, even if they believe their pet will never contract it; indoor pets can be susceptible if they escape."

Pet owners can take advantage of the clinic's affordable microchipping services on the third Thursday of every month. For only \$19, pet owners can buy the extra security that has proven to reunite many owners and their pets. Though visible tags are the first line of identification for animals, they may wear off, fall off or get lost. Unlike traditional ID tags, permanent microchips can contain owner contact information, pet information

and Bradshaw Animal Shelter's contact information, and most vets and shelters can easily scan.

Licensing can be done at the same time as vaccinations and microchips for as little as \$15. Owners may also conveniently purchase a license online. This inexpensive service proves a pet's ownership and home address, and animals found by County animal officers can be returned immediately to the home, saving the stress of a shelter stay for the animal and the owners.

Vaccinations, microchipping and licensing cost a small fee that proves priceless when owners have safe, healthy pets at home where they belong.

Don't have a pet? The Bradshaw Animal Shelter has many available pets for adoption looking for loving homes. Adoptions include spay/neuter surgery, vaccines and microchipping. Visit the Bradshaw Animal Shelter's website to view a list of adoptable pets. ★

CAHP Endorses Rich Desmond for Supervisor

By Duane Dichiarra, Rich Desmond for Supervisor

SACRAMENTO, CA (MPG) - Rich Desmond, candidate for Sacramento County Supervisor District 3, announced that his campaign has been endorsed by the California Association of Highway Patrolmen (CAHP).

"Your devotion to law enforcement, both as a California Highway Patrol

(CHP) Officer and a member of the CAHP, has earned you the respect and admiration of our 14,000 members and law enforcement throughout our great state," said Rick LaBeske, President of the CAHP. "We hope our endorsement of your candidacy will assist you, and more importantly, the voters in Sacramento County. We look forward to working with you in the years to come." ★

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Crossword Puzzle Solutions on Page 7

1	2	3	4	5	6	7	8	9	10	11	12
13					14			15			
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	57	58	59				60			61	62
63					64	65		66			67
68					69			70			
71					72			73			

CLUES

ACROSS

- Will alternative
- Put into service
- Ball on a string
- Conversation starter
- "Platoon" setting
- "Four" prefix
- Macaroni shape
- Dunk value
- "The Dark Knight" star
- "Marion Crane stops at a motel
- "Eccentric scientist teleports himself
- Sonny and Cher, e.g.
- "What "The Swarm" attackers do
- Hot tub feature
- Think, archaic
- Kentucky Derby sound
- "American Psycho" weapon, pl.
- Andy's radio partner
- Dished out
- Drunkard
- Type of turn, pl.
- Spare in a trunk
- Pore in a leaf
- Straight out of bottle, as in whiskey
- Port of Yemen
- Angry growl
- Whiskey grain, pl.
- Is in Paris
- "What a ____!"
- Car nut
- Chris Washington meets his girlfriend's family
- Girl bullied at school
- Type of renewable energy
- Caviar
- Abstains from food
- Opposite of binary
- Barley bristle
- Web mag
- Department store department
- Semetary resident
- Saw again

DOWN

- "Wolf of London"
- Counseling, e.g.
- Priestly vestments
- Frank Wright's middle name
- Showing cleavage
- "Do ____ others..."
- *Photographer and oncologist trapped by Jigsaw
- Bring character to life
- Bone to pick
- And others
- Pretentiously artistic
- Morse Code dash
- Like Murder Mystery Party
- Pertaining to hours
- Type of farm house
- Two for the price of one deals
- *It terrorized Amity
- Highway departures
- Part of mortise joint
- *Boy brings grief to adoptive parents, with The
- 9th letter of Greek alphabet
- Move like on ice
- *Jack Torrance's catchphrase "____ Johnny!"
- "Brave New World" drug

- Don't go
- Fender-bender damage
- Funerary art form
- Weapon storage
- Romanian money
- The Beach Boys' ____ Girl"
- Seatbelt, e.g.
- Feed in a meadow
- *____ Girl"
- Panache
- Before feathers
- One tenth of a dime
- a.k.a. The Islamic State
- Tallest volcano in Europe
- Math class total
- Be in the red
- Do needlework

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Solutions on Page 7

FOR IMMEDIATE RELEASE: 10/8/2019

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.

Publisher, Paul V. Scholl

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

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Subscriptions should be mailed to:
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Subscription rate is \$28 per year in Fair Oaks and Orangevale. The *American River Messenger* is published twice-monthly.

Call 916-773-1111 for more information. (ISSN # 1948-1950).

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By Marlys Johnsen Norris, Christian Author

Rarely do I write about myself and I am so very grateful to my parents because they did not abort me as a baby and allowed me to live my life. They were truly in love and I was born only two months after their marriage which did last for over fifty years. Both of them were raised in Christian families and churches and the love they shared and exemplified all those years was truly birthed in the heart of God. That is the kind of genuine love every one of us need!

Those days, of course there were issues they had to face and live with because that love also caused them to yield to their physical urges. Those days everything was blamed on the girl. Rejection and unkind words were spoken against her because of their sin. However they both were accountable thereby creating a loving stable home for me and my siblings born after me.

God is the Author/Creator of Every Life

Because they both were raised in different protestant denominations they decided that I could make up my own mind which church would be mine. Therefore, in my young years I went with every old lady in the neighborhood that invited me to church and never went with my parents. That was until my youngest sibling was born eleven years after me. Later sis became involved in church with the girl next door and then they began to attend or join her church.

When I visited my grandparents, my grandfather would take me to the park and walking on the way would talk about Jesus and sing gospel songs to me. His father, my great-grandfather was a Swedish Episcopal Methodist Minister who traveled by horse and buggy in Minnesota, Michigan and Illinois. His other brother was a musician who taught at a University and led the Swedish choir in Southern California. Another member of the family was a mortician. Another brother had a ministry of love and used his home for shelter and he invited homeless people to stay taking them out of the cold Minnesota weather. So, if the messages about Gods Love didn't draw and reach them -- in the end the seeds were planted in their lives and saved them one way or another!

I am grateful for my Christian heritage and the prayers I know were offered by my grandfather for future generations. I am grateful for the seeds of God's Holy Word that were planted into my life when I was young because today I experience God's will and presence daily in my life experience. God is faithful and the power of anyone's prayers lifted up in behalf of anyone delights Him as He hears and answers them in His time.

Here I am approaching my 50 year anniversary of truly walking with God because of God's forgiveness for my sins and I accepted Jesus as my Savior and Lord when I was only twelve years old. However, I did not begin my personal journey to truly follow His Word and authority, know and love Him until I was truly "born again" at age 34 years of age. Aren't we glad God understands and knows all about us and always gives a second chance? To God Be All Honor and Glory!

Marlys Johnsen Norris
Christian Author of 7 Books
Stephen's Minister and Teacher
Marlysjn@gmail.com
PO Box 114, Orangevale, CA ★

I Wasn't Born Old It Just Happened That Way

Dr. James L. Snyder

It seems to me that nobody is happy with the way they are. When you are young, you want to be old and then when you get old you want to be young.

It dawned on me this past week when I was sitting in my chair in the middle of the afternoon with no inspiration to get out of the chair and go do something.

I was just chilling in my chair when the Gracious Mistress of the Parsonage walked by, stopped in front of me, put both hands on her hips, stared at me for a moment giving me that look. Then she said, "I guess you're getting old, aren't you?"

With that, she whirled around and walked away, leaving me to my own thoughts. Nothing is scarier in the whole world than to be left with your own thoughts.

Then I chuckled to myself. As I thought about me being old and my wife recognizing that I am old, it dawned on me that she is older than me. Now please, do not let her know I let this slip out of the bag. But, if I'm old, what does that make her?

Being the gentleman that I am, and a great lover of

life, I will never bring this to her attention. If she finds out that she is old, she will never learn this information from me. I may be old, but my goal is to get older.

Right after this little incident, I walked into a McDonald's restaurant to get some coffee. I prefer to keep certain things to myself and my age is one of them. I cannot hide my good looks; it is all out there in the open for everybody to see.

"Are you a senior citizen?" The waitress behind the counter asked chipperly.

At first, this really irritated me. What business is it of her with regards to my age? I was just about ready to ask her what her age was when she changed the whole conversation.

"If you are a senior citizen your coffee is only \$.80." With that, she smiled quite gingerly.

That puts age in a very different perspective for me. Normally, coffee is \$1.39, but for senior citizens, it is only \$.80. A lot of things I am not very proficient at, but arithmetic is not one of them. If I would admit to this young lady that I was a senior citizen, I could save \$.59. I do not know about anybody else, but \$.59 is \$.59!

"Why, yes," I muttered, "I am a senior citizen."

"Oh dear," she giggled, "you sure do not look like a senior citizen to me."

Now, I do not know if she really meant that or not but allow me to repeat myself, \$.59 is \$.59!

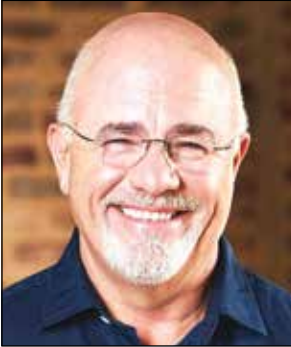
My great objective from this time on is to cash in on as much Senior Citizen benefits as I can get. After all, \$.59 is \$.59! And, if I get a cup of coffee every day, I will save \$215.35 in the year, every year. Who would have thought that getting old would pay such rich dividends?

It is not getting old that is the problem, it is not discovering the real foundation of life, which is none other than Jesus Christ.

"The glory of young men is their strength: and the beauty of old men is the gray head" (Proverbs 20:29).

Getting old is not for sissies. It takes a real man to get old.

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 jameessnyder2@att.net. The church web site is www.whatafellowship.com. ★



Live Like Your Income Hasn't Changed

Dear Dave,

I'll be graduating from college in December, and I'll have a job waiting for me that pays \$50,000 a year. This will bring our household income up to about \$95,000. The problem is we've got \$18,000 in student loan debt, \$2,500 in credit card debt, and \$4,000 to pay in medical bills. We're living in an apartment right now, so how should we handle this income increase regarding our debt situation? -Mikayla

Dear Mikayla,

Congratulations on your decision to get control of

Dave Ramsey Says

your finances and your degree! If you two just keep living the way you have been, minus the debt, and put the rest toward the debt you've incurred, you could be debt-free in a year or so.

Remember, just because you've got a lot more money coming in doesn't mean you should double your entertainment budget, take an expensive vacation, or run out and buy a new car. The first thing I'd recommend is sitting down together, and working out a written, monthly budget. Give every dollar a name and a job to do before the coming month begins.

Don't forget the debt snowball, either! List all your debts from smallest to largest, and attack the smallest—that credit card debt—first with a vengeance, while making minimum payments on the medical bills and student loan debt. Once you've paid off the credit card debt, roll the money from that payment over and apply it, plus any other cash you can scrape together, toward the medical bills. Once the medical bills are out of the way, repeat the process and roll the payments over again targeting the student loan debt. At this point, you should have a bunch of cash to throw at those student loans each month until all that debt is off your backs once and for all.

I'm really proud of you two, Mikayla. If you'll follow my plan from here on out, you'll gain control of your money and be set to start saving and building real wealth! -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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Find Puzzles on Page 6

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Sudoku Puzzle on Page 6

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

Sheriff Department Annual Report

Now available online is the premier publication of the 2018 Annual Report of the Sacramento County Sheriff’s Department, which provides many facets of the department’s operations as well as a review of some of the department’s accomplishments last year.

Please take a moment to read this first ever annual report in the history of the Sheriff’s Department. There is also an opportunity on the website for the public to provide feedback or present ideas on what they would like to see in next year’s annual report.

You can access the report by going online to sacsheriff.com.

You Should Be Dancing

A free community dance

FAIR OAKS COMMUNITY UPDATE

will be held at the La Sierra Community Center in nearby Carmichael on Sunday, October 20, 2-4 pm, presented by the Carmichael Recreation and Park District and the John Skinner Band.

This family friendly event is oriented for all ages with music ranging from swing to rock classics and line dances. Refreshments and snacks will be available to purchase with seating provided for those who need to rest their dancing feet.

Sponsors include the Carmichael Recreation and Park District, Susan and the late John Skinner, Carmichael Kiwanis Club, Carmichael Chamber of Commerce, Milagro Centre, Carmichael Chevron, Mission Oaks Recreation and Park District, Tim’s Music Store and my office.

La Sierra Community center is located a 5325 Engle Road. For more information, please call 916-483-7826

Visiting With Neighbors

Last month I hosted my Fair Oaks Community Coffee Meeting which provided a road paving update by County Transportation Director Ron Vicari. During the presentation, he explained that SCDOT estimates the current pavement maintenance backlog for the unincorporated area is now approximately \$789 million as a result of continuing road deterioration. However, with funding provided by SB 1, the County has been busy with contracts to repave

many of our local roads and will be spending \$26,428,000 on asphalt overlay projects this paving season. In addition, \$26,856,000 is slated for more overlay projects throughout the unincorporated area next summer.

If you missed that meeting, you can attend an encore presentation by the transportation director in nearby Arden Arcade on Thursday, October 17, 6 pm, at the Swanston Community Center (2350 Northrop Avenue).

I also attended the dedication of the Fair Oaks Founders’ Monument, which is located at the Fair Oaks Village Triangle where Winding Way meets Fair Oaks Boulevard. The impressive sculpture was created by Phill Evans and the interpretive panels were the done by Diane Shakal. Special thanks goes to the Dedication Day Committee Chair, Barry Brown, who led the effort to raise funds for the artwork and the subsequent installation.

Next month I’ll be holding my final Community Coffee Meeting of the year on Wednesday, November 13, 7:30 am, at the Fair Oaks Water District’s conference room, 10326 Fair Oaks Blvd. near Winding Way. The guest speaker will be Chief Probation Officer Lee Seale.

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

Ask Toni

How Can I Leave Medicare Advantage Plan and Return to Original Medicare?

2 Weeks until Tuesday, October 15-Medicare Annual Enrollment



Dear Toni:

Last year, I made a mistake and changed to a Medicare Advantage Plan because I understood from talking with my friends that this PPO plan has an in-network and out of network provider and facility list. I was led to believe that a Medicare Advantage PPO plan was like a Medicare Supplement.

Boy, was I wrong! Many specialists and even the facility that does MRIs are out of network and this is costing me a fortune. I’ve been advised by my doctor’s office to return to Traditional Medicare. Is Traditional Medicare different than Original Medicare and how do I go back to plain old Medicare? Signed...Jerry from Kingwood area.

Jerry

You will be happy to know that “Original Medicare” and “Traditional Medicare” are the same as “plain old Medicare”. The medical profession knows Medicare as “Traditional” Medicare not “Original Medicare”.

Each year, the Medicare’s Annual/Open Enrollment period starts on October 15th, and it will end at

midnight on December 7th (Pearl Harbor Day).

For you to disenroll from a Medicare Advantage plan, all you need to do is enroll in a Medicare Prescription Drug plan that fits your needs. You will **automatically** be out of your old Medicare Advantage plan and back to “Original Medicare with a Medicare Prescription Drug plan; then you can apply for a Medicare Supplement to pick up what Medicare does not pay for.

What happens if you have health issues which can keep you from qualifying with the health questions in a Medicare Supplement’s application? Don’t worry; there are protections in place for this type of situation. The Medicare rule from the Medicare & You Handbook says: “If you join a Medicare Advantage Plan for the first time, and you aren’t happy with the plan, you’ll have special rights to buy a Medigap policy if you return to Original Medicare within 12 months of joining.”

Below are 8 ways that a Medicare beneficiary (You) can make a change to their Medicare plans during Medicare Annual/Open Enrollment:

1) Enroll in a new Part D Medicare Prescription Drug Plan, which automatically disenrolls one from a Medicare Advantage plan.

2) Enroll in a new Part D Medicare Prescription Drug Plan when you have never

been in Part D from the time you have been with Medicare.

3) Change from one Part D Medicare Prescription Drug Plan to a new Part D Medicare Prescription Drug Plan.

4) Enroll in a Part C Medicare Advantage Plan with Prescription Drugs

5) Change from one Part C Medicare Advantage Plan to a new Part C Medicare Advantage Plan.

6) Return to Original Medicare and purchase a Medicare Supplement and enroll in a Part D Medicare Prescription Drug Plan.

7) Return to Original Medicare only and enroll in a Part D Medicare Prescription Drug Plan.

8) Or Return to Original Medicare with no Part D plan.

** Don’t forget there is a penalty for not enrolling in a Part D Medicare Prescription Drug plan when first eligible. **

Concerned that your medical providers or facilities are not accepting the Medicare Advantage plan which you are considering or is applying for a Medicare Supplement your right option? Call the new Toni Says Medicare Hotline at 1/832-519-8664 to have your Medicare questions or concerns answered.

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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School Vaccination Requirements Proposed Referendum Enters Circulation

Office of Secretary of State Alex Padilla

SACRAMENTO, CA (MPG) - Secretary of State Alex Padilla announced the proponents of a new referendum were cleared to begin collecting petition signatures.

The Attorney General prepares the circulating title and summary that is required to appear on referendum petitions. Once completed, the Attorney General forwards the title and summary to the proponents and to the Secretary of State, and the referendum may be circulated for signatures. The Secretary of State provides calendar deadlines to the proponents and to county elections officials. The Attorney General’s official title and summary for the measure is as follows:

Referendum Challenging 2019 Law Regarding State Oversight of Medical Exemptions to School Vaccination Requirements. If this petition is signed by the required number of registered voters and timely filed, a referendum will be placed on the next statewide ballot requiring a majority of voters to approve a 2019 state law before it can take effect. The 2019 law amends related statute increasing state oversight

of medical exemptions from school vaccination requirements, as follows: (1) exemptions obtained before 2020 remain effective until child starts next grade span (i.e., kindergarten; 7th grade); (2) doctors need not certify exemptions under penalty of perjury. (19-0015.)

The Secretary of State’s tracking number for this measure is 1869 and the Attorney General’s tracking number is 19-0015.

The proponents of the measure, Tara Thornton, Denise Aguilar, and Heidi Muñoz Gleisner must collect signatures of 623,212 registered voters (five percent of the total votes cast for Governor in the November 2018 general election) in order to qualify it for the ballot. The proponent has 90 days from the enactment of the legislation to circulate petitions for the measure, meaning the signatures must be submitted to county elections officials no later than December 9, 2019*. The proponent can be reached c/o the Freedom Angels Foundation at 1017 L Street, #415, Sacramento, CA 95814.

*Date adjusted for official deadline, which falls on a Sunday (Elec. Code § 15)

Source: Office of Secretary of State Alex Padilla ★

New County-Level Data Sheds Light On Super Commuters

By Sania Tran

SACRAMENTO REGION, CA (MPG) - The number of American workers who bear through commute times of 90 minutes or more each way grew by 32% from 2005 to 2017. This is more than triple the 9% growth rate for workers with commutes shorter than 90 minutes. In a new report, we present county-level data on these “super commuters” that sheds new light on this fast-growing population.

Recent increases in super commuting are often attributed to middle-class workers in superstar cities being priced out to far-flung exurbs. However, county-level

data shows that super commuting is also common among low-income workers who rely on public transit, as well as blue-collar workers in certain pockets of rural America.

Some key takeaways:

- 4.3% of workers who live in El Dorado County are super commuters, the highest rate in the Sacramento metro. Yolo County has the metro’s lowest super commuter share at 2.7%. Nationally, 2.9% of workers are super commuters.
- Among workers in the Sacramento metro who rely on public transit, 14.8% are super commuters, compared to 3.7% of those who commute by car.

★

Students Can Ride SacRt Fare-Free

San Juan Unified School District

SACRAMENTO REGION, CA (MPG) - San Juan Unified has partnered with Sacramento Regional Transit (SacRT) to offer free transit through SacRT for San Juan Unified students.

The program, Ryde Free RT, provides fare-free access for TK through 12th-grade students to SacRT transportation services seven days a week and during all SacRT service hours. The program is set to runs for one year from Oct. 1, 2019, through Sept. 30, 2020.

For students in grades 6-12, sticker passes will be available for pick-up starting the week of Oct. 8 and stickers will be placed

on student ID cards. Exact pick-up locations will be shared by each school site in a separate communication. Parents/guardians of students in grades TK-5 can request a pass at their school site’s front office beginning the week of Oct. 8.

Parents/guardians who would like to opt-out their student from this program can direct their student not to pick up a sticker, or they can remove the sticker from their student’s ID.

For more information, visit SacRT’s website at www.sacrt.com/rydefreert or contact your school’s front office. Transit schedules can be found at <https://www.sacrt.com/schedules/>. ★

Invasive Mosquito Species Found in Citrus Heights

Continued from page 1

hard to control the population. The District is seeing reductions when trapping the same areas again, “so control efforts are working,” said Goodman.

The District will continue trapping through October until the mosquitoes begin hibernating when the weather cools off. Goodman said, “The eggs survive for months. Eggs laid now will not hatch until springtime.”

Goodman said, “They just need a very small amount of water to breed. ... A bottle cap filled with water can breed these mosquitoes, which makes them very difficult to try and control.” And this particular species doesn’t lay all their eggs in one place — instead depositing eggs in multiple water sources. “We don’t want it to become established here,” said Goodman, “they’re voracious, they’re very aggressive.” He explained that they are very difficult to control, very bothersome, and capable of transmitting debilitating diseases including zika, dengue fever, and chikungunya.


There have not been any reports of illnesses yet, but the concern is that people who travel out of the country can bring exotic diseases back with them, and a population of *Aedes aegypti* increases the risk of transmission. Which is why the District is trying to access as many properties as possible.

They have been conducting site visits on the weekends to increase access rates, and they have implemented a public outreach campaign: visiting neighborhood associations, launching targeted social media ads, and distributing door hangers and postcards to local residents.

Goodman explained that it is only the female mosquitoes that bite, while the males just feed on nectar: “Females are looking for the protein in your blood so they can produce their eggs.” So, the District is considering obtaining males infected with bacteria that renders them sterile. The sterilized males can then be released into the local population where they find and mate with local females. The mating results in eggs that are not viable and do not hatch. Fewer hatched eggs results in fewer insects, and this process can continue until the number of mosquitoes is low enough to reduce their threat. Goodman said this technique may be used in the spring of 2020 to “suppress the population and hopefully, potentially eradicate these mosquitoes from our area.”

The public is encouraged to report day-biting mosquitos, drain water on their properties, and discard unwanted items that can collect water. To report mosquito infestations or for more information, call 800-429-1022 or visit www.fightthebite.net. ★

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SMUD Helps Sponsor the Hubble Space Telescope Exhibit



Scaled replica of the Hubble Telescope surrounded by images it has provided. The hands-on display is interactive and allows students to interact with various places on the globe. Photo courtesy of SMUD

Continued from page 1

students to science, technology, engineering and math in a new and innovative way,” said SMUD CEO and General Manager Arlen Orchard. “Our goal is to help the museum inspire and expose students from all over the region to the expansive possibilities in STEM education and STEM-related careers, so they truly can reach for the stars.”

The exhibit features a scaled replica of NASA’s Hubble Space Telescope and includes hands-on, interactive activities that allow students to explore the technology used in space to gaze at distant stars, planets and galaxies. They will also be able to learn about the new James Webb Space Telescope and how it will contribute to our knowledge into the future.

The exhibit will be on display through December 2019 and is expected to draw thousands of visitors.

In partnership with the museum, SMUD’s goal is to reach 15,000 students

with this STEM education experience, particularly those in historically underserved communities. A large portion of the grant provides transportation funding for Title 1 schools, as well as free participation in the program; teacher membership; and continuing education resources.

“We’re excited to host this amazing exhibit in California for the very first time,” stated Executive Director for the Aerospace Museum Tom Jones. “The Hubble Space Telescope exhibit is a perfect complement to our other artifacts that can help tell the story of aerospace from the beginning to well into the future.”

Funding for this project comes from SMUD’s Sustainable Communities Initiative that seeks to leverage resources for community partners in order to provide increased access to employment, healthcare, STEM education and more. This is one of many projects that will enhance the Sacramento community. ★



Make It Fun and It Will Get Done! The Secret to Being Organized Pam Young’s Corner A Woman’s Right to Choose

To my dear prolife advocates, I have been prolife my whole life. I’ve never been able to buy into the pro-choice argument. I guess my conclusion has always been that if my mom had had an abortion when she was carrying me, no matter what stage of pregnancy she was in, if she had an abortion, I wouldn’t be. It’s really that simple.

When I was 29, I was diagnosed with viral meningitis and was bedridden for six weeks. It turned out I was pregnant too, with my third child. My doctor told me I had a 50% chance of having a vegetable. (I’m sorry that’s the way we talked in the 70s.) He told me I should have a D and C (this was before abortion was legal) and the decision was up to me and my husband.

I prayed and told God that He knew I wasn’t a very good care-giver of the sick (it’s just not one of my gifts) so make this baby whole and healthy. Within a week I KNEW this baby was fine and everything would be alright. Joanna is 44 and is my best friend.

Recently I’ve been lead to get involved with the pro-life movement, so I began studying the pro-choice side, to see how they can come to the conclusions they do.

The first thing they do is call the fetus a product of conception, so we don’t think of it as a human being. The acronym is POC. It occurred to me that we’re all POCs. We’re just in different stages of development and we use different terms to describe those stages—fetus, embryo, infant, toddler, teenager, mother-in-law, husband and so on.

Because I’m a female POC, and because of the law, if I so choose, I should be able to exhort my legal right as a woman (this does NOT include men LOL) to abort any POC if that POC becomes an inconvenience or puts my mental health at risk.

I’d like to run something by any of you who are pro-choice and are reading this. I am considering having the procedure done on my husband. He’s an inconvenience and quite often he puts my mental health at risk. I’m therefore planning to take him out and I think I’ll have an excellent defense and have the law on my side!

First, I want you all to know I’m not going to be the one to do the procedure. I’m planning to find an abortionist (you’d probably prefer to use the word “procedurist”) who’ll do a late stage procedure.

Second, when I said I’m planning, that’s because you know that the bigger the POC the more money the procedure will cost, so I’ve signed my husband up with Jenny Craig in the hopes he’ll lose about 50 pounds in the next six months therefore saving me a lot of money. As you know, small POCs are way cheaper.

Third, I know there’s the issue of “viability,” and I’ve thought this through very carefully. Viability means the quality of being able to happen, or having a reasonable chance of success. Another definition of viable is capable of working successfully so I figure if any of us has a husband who is chronically at the unemployment office and always botching up projects around the house, he’s a candidate for the procedure. It’s a woman’s right!

Also there has been much discussion about when does a POC know it’s a human. As long as a POC isn’t aware that it’s a person then I assume we’ve got the law on our side. So here’s what I’m going to do. I’m planning the procedure when my husband is asleep. I’m sure when he’s asleep he doesn’t know he’s a human, in fact he and the dog have similar actions, running, kicking and whimpering in their dreams. So I’ll be giving my procedurist the best times to find my husband in slumber.

In closing, I won’t be surprised if my case goes to the Supreme Court of the land and my prayer is that I can get this taken care of before Roe v Wade gets overturned.

I loved using words the PCers (Pro Choicers) use to cover up the truth that abortion is murder, and that abortionists are hit men and women killing for money. Let’s be thankful Judge Gorsuch is now on the Supreme Court. I know I didn’t address the environmental issue of whether or not the POC is inside or outside the womb, but I felt the ludicrousness of my plan to take out my husband is no more ludicrous than taking the life of an unborn child.

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 also available on Amazon. ★

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Honorary Mayor Results



By Dot Boyd, Fair Oaks Chamber of Commerce

FAIR OAKS, CA (MPG) - After over five months of fun activities ranging from a very spirited pie throwing event at Fair Oaks Brew Pub to a jolly Christmas in July party, our two Honorary Mayor candidates raised a combined total of \$24,649, the second highest amount raised in any one year, bringing the total raised for



Members of candidate Matthew Mason's family, left to right: Carol Rose, Jennifer Mason, candidate Matthew Mason showing the big check, Mark Mason, Greta Mason. Photo by Ryan Griffith

Fair Oaks and for their respective causes. On September 11th, at North Wright passed the sash to #41, Jacob Giorgi! Also that night, we



Members of the Adopt an Elder Foundation Board with Honorary Mayor, left to right: Cydney Hansen, Shelly Close-Coyne, Sue Hoppe, Angelina Giorgi, Jacob Giorgi, 41st Honorary Mayor, his wife, Michelle Giorgi, Homa Rostami and Erica Caldwell. Photo by Ryan Griffith

our community since 1979 to about \$450,000! Jacob Giorgi and Matthew Mason did a great job for

Ridge Country Club, with a patriotic theme for Patriot's Day, outgoing Honorary Mayor Keith

announced our new Jr. Honorary Mayor, Jimmy Larkin, a sophomore at Del Campo High School

Aging Well Symposium and Resource Fair

By Luz Johnson

FAIR OAKS, CA (MPG) - On Tuesday, November 12th The Orangevale Chamber of Commerce in collaboration with the Fair Oaks Chamber of Commerce will be hosting an educational community event geared towards the aging community and those who care for them.

I was recently challenged with something I have preached about for years—taking care of a parent. My dad passed away last October and with a large family, caring for my mom has not been an issue. Truly, it's been two of my sisters who have done the majority of the work. But, even they need a break once in a while so I made plans to visit my mom and stay the night so I could take her to a doctor's appointment the next day. I planned on taking my laptop then realized I hadn't taken either my phone or laptop charger. Then the next day she tells me to "bring a book" because her appointment would run 2-3 hours. I really hadn't planned well. And that is only the slightest of inconveniences. The truth is, I do have others to help, and I have a lot of resources too.

And I want to share these resources with you.

I have worked closely with many experts in the Senior Care Industry and would like to bring them to you at the "Aging Well Symposium and Resource Fair" where they will provide exceptionally important information for you as you prepare for life's journey. Their incredible knowledge will help you make decisions before a crisis hits. If you've already experienced that crisis, they can still help. You'll hear from experts in Safety, Senior Care Resources, and Advocates. We'll also have a panel during our event with additional information and you'll also have access to various agencies that serve the aging community at the Resource Fair.

We invite you to join us for this event, Tuesday, November 12th from 8:30 a.m. to 1:30 p.m. To register for this free event please visit www.eventbrite.com and search "Aging Well Symposium". Space is limited. Refreshments and a light lunch will be served.

For additional information on the event please contact Luz Johnson at luz.johnson@lpl.com, or at 916-241-3046. ★

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