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AMERICAN RIVER Messenger

"Written by the people, for the people"

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Serving Fair Oaks, Orangevale & Sacramento County

MAY 10, 2019

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Safe Water for Baja

Local Rotarians Distribute Water Filters in Rural Mexico



Rotary members visited four locations in Baja to demonstrate the assembly and use of the filtration system. Photo provided by Jim Cralle.

Story by Shaunna Boyd

FAIR OAKS, CA (MPG) - Eight members of the Fair Oaks Rotary Club recently returned from a trip to South Baja, Mexico. As part of the Safe Water for Baja project, they helped distribute water filtration systems to local residents. Jim Cralle, the club's international services director, spearheaded the project, collaborating with a Tahoe Rotary Club and the local Rotary Club in Los Barriles, Mexico.

The town of Los Barriles is located on the southern tip of Baja along the Sea of Cortez. "It's desert. It's gorgeous, but it's desert," said Cralle. "It's totally different from what we're used to." The group also visited Caduaño, Los Tinos, and Chupaly.

Many of the residents in the Baja

area live in remote farming communities surrounded by desert. Cralle explained that the locals live off the land, growing vegetables and raising cattle and other livestock. The farming districts grow mangos and papayas for export as their major sources of income.

Much of the fresh water available in the area isn't safe for consumption because it is contaminated with salmonella and other bacteria. If they can afford it, residents buy large jugs of bottled water. If they can't afford it, and many can't, they just drink the available water — so gastro-intestinal diseases are extremely common.

Cralle said that the number one reason for medical intervention in the area is contact with unsafe water, and local kids miss up to 8 weeks of

school each year because of stomach ailments.

The average wage is just \$10 per day, and jugs of water are \$5 each — so most of the locals have been drinking the contaminated water for generations.

Cralle said that they think it's normal to have stomach issues all the time "because that's what they're used to." A significant part of the project involved providing information to educate the residents about the dangers of drinking contaminated water.

Due to the remote and rural nature of much of the Baja area, the best way to improve the residents' access to safe water is to provide small and rugged water filtration systems. The

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Reducing the Stigma of Mental Health

**By Andrea Sandoval,
Sacramento County**

SACRAMENTO REGION, CA (MPG) - In recognition of Mental Health Month this May, the "Mental Illness: It's not always what you think" project will be active at Sacramento County community events, engaging with attendees and distributing helpful information in an effort to help stop stigma and discrimination, promote mental health and wellness, and inspire hope for people and families living with mental illness.

These local events provide a great opportunity for residents, along with their friends and family, to get involved and help Sacramento County increase awareness during this important time of year.

Get involved and help to stop mental health stigma this May:

Wednesday, May 22: Mental Health Matters Day at the California State Capitol from 9:30 a.m. – 2:00 p.m. RSVP for this free event and stop by the project's booth;

Friday, May 24: Mental Health Matters Night with the Sacramento River Cats! Come out to Raley Field on May 24 for Mental Health Matters Night and cheer on the Sacramento River Cats as they take on the Salt Lake Bees! The game will take place at Raley Field starting at 7:05 p.m. (Don't forget to wear lime green for Mental Health Month!);

Purchase tickets before they sell out and show your support for the efforts of Each Mind Matters and the Sacramento County "Mental Illness: It's not always what you think" project to help promote mental health and inspire hope for people and

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Del Campo High School Student Receives \$10,000 Scholarship

**By Kerry Heinrich,
WoodmenLife**

FAIR OAKS, CA (MPG) - Courtney Warner, a 2018 graduate of Del Campo High School in Fair Oaks, was recently awarded the prestigious \$10,000 WoodmenLife Focus Forward Scholarship®. Warner, who is a WoodmenLife member, submitted an application highlighting her grades, activities and volunteerism, as well as an essay on patriotism.

Courtney, the daughter of Paul and Martha Warner of Carmichael, is actively at

her university, where she is involved as the Director of Internal Events for Sororities and Fraternities. She also plays intermural soccer.

She attends California State University in Sacramento, where she is majoring in Biology and minoring in Chemistry. She plans on entering the nursing program. Her family is a member of WoodmenLife CA Chapter 339 in Sacramento.

"Courtney was chosen as a recipient of this scholarship because of her dedication to excellence

in academics," said WoodmenLife President & CEO, Patrick L. Dees. "WoodmenLife is thrilled to be able to recognize that achievement and help Courtney realize her dream of furthering her education with this prestigious scholarship."

The WoodmenLife Focus Forward Scholarship program is part of the organization's member extras. The program awards up to \$1 million annually to members furthering their education in a two-year or four-year college, university or technical school.

This year, WoodmenLife will award more than 850 scholarships ranging from \$500 to \$25,000.

WoodmenLife was founded in 1890 as a not for profit. The organization gives back to its nearly 700,000 members, who join together in a shared commitment to family, community and country. With a legacy of financial stability, WoodmenLife offers quality life insurance and retirement products. To learn more about the organization and the extras members enjoy, visit WoodmenLife.org. ★



Courtney Warner, recipient of the \$10,000 WoodmenLife Focus Forward Scholarship. Courtesy of WoodmenLife

"I think it's just a great experience for the kids to give back to the younger kids.... It shows the importance of the leadership aspect of being a student athlete," said Dolliver. "It's good to bring them out here, and I think it's going to make them better football players themselves." ★



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Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 5/8/19 - 5/14/19
\$1.25
CHM PLU 569

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Limit 1 Case Per Family
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 5/8/19 - 5/14/19
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Safe Water for Baja

Local Rotarians Distribute Water Filters in Rural Mexico



Water project participants: Some local Rotary members recently returned from South Baja, Mexico, where they distributed water filtration systems to local residents: (left to right) Jake Kurtz, Diane Chesebro, Jim Cralle, John Carr, Anne Browning, and Joe Scheimer. (Not pictured: Rotary members Dr. Peter Romines and Dr. Karen Romines, and non-member guest Dr. James Gilmore.) Photo by Shaunna Boyd

Continued from page 1
systems cost \$26 each and are assembled using a 5-gallon bucket and an attached filter. They remove more than 99% of viruses and bacteria and 100% of microplastics. The systems can filter 170 gallons per day and up to 1 million gallons over time, lasting 5 – 10 years.
At the four sites they visited in Baja, the group demonstrated the assembly

and use of the filtration system. They handed out the equipment and helped the locals practice setting up the filters in the buckets until everyone understood and could do it on their own. They distributed 84 total buckets, which will provide safe drinking water for 143 people.
Other Rotary clubs also participated in the project at different locations on other dates. In total,

the project successfully distributed almost 400 buckets, impacting more than 1,600 people. The project cost \$11,000, collected from various clubs. The Fair Oaks Rotary Club provided \$4,000 for the project, as well as donating their time.
The local Rotary Club in Los Barriles plans to follow-up with recipients to review the impact of the project over time. ★

Sacramento Life Center Receives \$10,000 in Grants to Provide Medical Services for Low-Income Pregnant Women

By Kristin Thébaud

SACRAMENTO, CA (MPG) - Sacramento Life Center in Arden has received \$5,000 each from the Leonard Family Foundation and Kelly Foundation to provide free medical services to low-income pregnant women and teen girls through the group’s primary clinic located in the Arden area and its Mobile Medical Clinics that travel throughout the Sacramento area.
“We are grateful to the Leonard Family Foundation and the Kelly Foundation for this generous funding,” said Marie Leatherby, executive director, Sacramento Life Center. “The Sacramento Life Center has seen a 30 percent increase in women and teen girls seeking our services since our move to Arden. The majority of them are low-income, and half have no medical insurance. These grants will help thousands of mothers and their children receive the medical care they need.”
The Sacramento Life Center’s mission is to offer compassion, support, resources and free medical care to women and couples facing an unplanned



A patient receives an ultrasound at Sacramento Life Center. The nonprofit recently received grants for its free medical services.

or unsupported pregnancy. The Sacramento Life Center’s licensed Sac Valley Pregnancy Clinic includes a primary clinic and two Mobile Medical Clinics that provide all services for free, including pregnancy tests, STD tests, ultrasounds, peer counseling for men and women, education and resource referrals.
The nonprofit also offers a school-based teen

education program, a 24-hour hotline and a program for women seeking support after having an abortion. For more information about the Sacramento Life Center’s Sac Valley Pregnancy Clinic, visit www.svpclinic.com.
For more information about the Sacramento Life Center or to make a donation, visit www.saclife.org.
Source: Kristin Thébaud Communications ★

Camp Fair Oaks

By Mary Cattolica,
Fair Oaks Recreation & Park District

FAIR OAKS, CA (MPG) - When Summer HOT, we make camp COOL! Send your kids to the coolest camp in town for a summer FULL of fun! Camp Fair Oaks provides children, ages 5-12, with the opportunity to make friends, experience and discover new interests. Let out stellar camp staff make this a summer they’ll never forget! Registration for Camp Fair Oaks will close THURSDAYS at 5pm for the following week’s camp.

Full Day (9AM-4PM): \$170 (\$165 resident)

Extended Care (7:30AM-5:30PM) \$190 (\$185 resident)

Camp Special Purchase all 8 weeks by May 31st, 2019 by 5:00PM and receive ½ off Week 9!

Sibling Discount \$10/week (\$15/week res.)

NOTE: Sibling Discounts and Camp Special ONLY available for In-Office registrations!

Fair Oaks Community Garage Sale

It’s time for people to clean out their closets and garages! Are you looking for some new treasures? Shop nearly sixty sellers for some great deals and steals at the Fair Oaks Community Garage Sale!
June 1, 2019 | 8AM-1PM | Fair Oaks Park – Upper Parking Lot | 11549 Fair Oaks Park

WOW Bus

The W.O.W. (Wonderful Outdoor



The WOW Bus making a stop at the fieldtrip

World) Bus is getting kids back outdoors! Fair Oaks Recreation & Park District is proud to announce the arrival of The W.O.W Bus to a park near you! This FREE program brings children and families of the community together through a variety of group games, sports, arts & crafts, and free play. There are plenty of fun activities to go around!

W.O.W. BUS SCHEDULE

Sunday, May 19 | 10AM-12PM | Madison Place Park

Monday, June 10 | 5PM-7PM | Fair Oaks Park

Friday, July 12 | 5PM-7PM | Fair Oaks Park

Saturday, August 10 | 10AM-12PM | Village Park

Sunday, September 8 | 10AM-12PM | Miller Park

The W.O.W Bus will not be held when temperatures exceeds 100 degrees during the designated event time or on rain or Spare the Air days. ★

11 Critical Home Inspection Traps to be Aware of Weeks Before Listing Your FAIR OAKS HOME for Sale

According to industry experts, there are over 33 physical problems that will come under scrutiny during a home inspection when your home is for sale. A new report has been prepared which identifies the eleven most common of these problems and what you should know about them before you list your home for sale.

Whether you own an old home or a brand new one, there are a number of things that can fall short of requirements during a home inspection. If not identified and dealt with, any of these 11 items could cost you dearly in terms of repair. That's why it's critical that you read this report before you list your home. If you wait until the building inspector flags these issues for you, you will almost certainly experience costly delays in the close of your home sale or, worse, turn prospective buyers away altogether. In most cases, you can make a reasonable

pre-inspection yourself if you know what 5 you're looking for, and knowing what you're looking for can help you prevent little problems from growing to costly and unmanageable ones.

To help homesellers deal with this issue before their homes are listed, a free report entitled "11 Things You Need to Know to Pass Your Home Inspection" has been compiled which explains the issues involved.

For FREE report call toll free 1-800-679-8067 and ask for report #1003 you can call anytime 24 hours a day, 7 days a week.

Get your free special report NOW to learn how to ensure a home inspection doesn't cost you the sale of your home.

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FAIR OAKS CEMETERY 21st ANNUAL MEMORIAL DAY EVENT Saturday, May 25, 2019 - 10:00am

The American Legion was formed in Paris in March of 1919 and was chartered by Congress later that year. The American Legion is headquartered in Indianapolis. The Legion was the primary group behind the passage of what is now known as the G.I. Bill in 1944. The Legion today assists other veterans through service at VA clinics and hospitals in Washington, DC on behalf of veterans. The American Legion is the nation’s largest wartime veterans service organization, committed to mentoring youth and sponsorship of wholesome programs in our communities, advocating patriotism and honor, promoting strong national security, and continued devotion to our fellow service members and veterans.

Today the American Legion provides many services for Veterans on its website and at its almost 14,000 posts around the world.

The twenty first Annual Memorial Day and Avenue of Flags Ceremony will be held on Saturday, May 25, at Fair Oaks Cemetery, located at 7780 Olive St., Fair Oaks. The formal ceremonies begin at 10 a.m.



**Publisher,
Paul V. Scholl**

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**AMERICAN RIVER
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Disenfranchised Parents Unhappy with SJUSD’s Controversial Curriculum

By Gary McFadyen

SACRAMENTO REGION, CA (MPG) - More than 250 unhappy parents showed up at the San Juan School Board Meeting on Tuesday night April 9th, to ask the board to not adopt the district staff recommended and proposed History and Social Science curriculum for elementary-aged students. This was the first of the last two SJUSD board meetings before they would vote on whether or not to adopt the curriculum as proposed. The loudest objection aimed at the school board coming from the many parents who spoke at that meeting, came from a group of aggrieved moms and dads who claimed that they were intentionally left out of the discussions that would have allowed them to help shape the recommendations to the board on the matter that could have provided options that would both comply with SB48, and that would meet concerns of parents on both sides of the controversial curriculum issue: The issue of teaching about a person’s sexuality and the subsequent classroom conversations regarding sex and sexual preferences of people who have made contributions in some form to society. The discussion these parents say they were left out of was the one about what material would be used, at what age level would it be appropriate, and how it would be taught.

During the Public Comment portion of the

board meeting, Chelsy Erickson, one of the large number of parents in the district feeling disenfranchised, told the board “nothing has shocked or disappointed me more than the lack of inclusion of the parents by not giving us a seat at the table so we could have a voice.” She continued, “invitations were buried in a flood of ‘general informational’ emails and robo calls, but there was no specific information telling parents that there would be sensitive or controversial material involved.” Erickson told the board that this crucial specific information was left out of district communications to parents until the eleventh hour when it was finally added only because a concerned mother challenged San Juan School District staff and insisted that the notifications specifically mention the LGBT inclusion items in the curriculum being proposed. These parents contend that there was neither a robust nor truly transparent effort by the district to inform parents of the extraordinary content in the new curriculum and that the crucial information was not fairly or appropriately highlighted in notices until January of this year; thirty months into a thirty-six month timetable, effectively giving concerned parents no time to organize and demand they be given a seat at the planning table.

Larry Gilmore, parent of a third grader, told the board that he is one



Chelsy Erickson expresses her opposing views. Photo by Gary McFadyen

of approximately 2,500 tax paying Concerned Parents of San Juan Unified School District who objected to the way the district went about adopting the state’s curriculum for elementary-aged students. He told the board that they violated their Professional Code of Conduct in that they allowed misrepresentation and distortion of facts during public discussion. In his examples he cited EC 35160.1 (Education Code) where the Legislature found and declared that “school districts have the flexibility to create their own unique solutions” which can be “liberally construed to effect this objective”. He also cited SB 48 and the HSS Framework law that state “while mandatory in regard to its implementation, it falls to the teacher and the local school and district administration to determine how the content is covered and at which grade level(s).”

Gilmore asked the board why, knowing this was such a volatile issue, they

didn’t give more complete information, or invite parents to explore options that under the law would be a more acceptable solution for all involved. He urged the board to delay adoption until parents can fairly be given this opportunity.

Becky Milton stood before the board saying, “I respectfully ask that you do not adopt this new curriculum in its entirety”. She stated that she is a firm believer in public education, and that she taught and subbed in SJUSD for over 10 years. “This is too much too soon,” she said, “the complex nature of sexuality and gender identity are not appropriate topics to discuss with elementary age children at school”. Quoting the Fair Act (SB 48) she too stated that the board could choose to push back the curriculum and to focus the fair act at the more appropriately aged high school level.

Milton asked that rather than making a decision that would divide the district, all parents and educators be allowed

to “work together to build bridges”. And in Erickson’s comments she asked the board to give the parents, both proponents and opponents of the current proposal, the opportunity to work together to find mutually acceptable paths for implementation.

The boards concluding remarks in this meeting did not acknowledge or address the complaints cited, or the sincere requests of parents asking for a postponement and opportunity to fairly participate and work together. Their remarks did, however, with the exception of one, indicate that each of them had already decided to vote for adoption of the proposed curriculum at the next board meeting.

The April 23rd meeting was also packed. Concerned parents filled the main board room, an overflow room, and stood shoulder to shoulder in the halls to hear the proceedings. Again, parents from both sides addressed the board. Again, the disenfranchised parents protested that the district intentionally left them out of the discussion, and they pleaded with the board to postpone adopting the new curriculum and allow parents a chance to work together to come up with a plan for presenting the material in a way that would meet both the requirements and concerns of parents on both sides of the issue.

“We put our trust in you when we voted for you”, said Erickson, addressing

the board at the second meeting in a row, “won’t you put some faith and trust in us by giving us the opportunity to work on this together”.

Closing remarks from the board differed little from the last meeting. This time a board member and the superintendent did acknowledge the request from parents for postponement but said that it would not change the fact that they were required by the state to adopt the proposed curriculum, and that they had no choice but to vote for it.

It is important to note here that other school districts including Capistrano Valley Unified School District and Clovis Unified School District have intentionally not adopted the state approved History and Social Studies curriculum in an effort to cooperate more with concerns of all district families and communities. These two districts have joined with at least 24 other school districts in California, including Orange County School District, who are using the flexibility built into the law, and working with parents to come up with solutions that work to meet the important needs of the children and families in their districts.

The pleas of the disenfranchised parents had no impact on the outcome. In the end, as predicted from the meeting two weeks earlier, the school board voted unanimously to adopt the new curriculum provided and approved by the state. ★



COMPUTER INSIGHTS

By Rich Martinson

#1 Computer Safety Tip: Backup Regularly!

So, you’ve stored all of your financial information, documents, and contact information on your Mac or PC and now it’s all gone! Does it really matter what caused it? Maybe you accidentally deleted some files; the hard drive could have crashed; there was a fire; or maybe a virus or hacker trashed your files.

Protecting against any of those things and endless other possibilities is really EASY. You just have to BACKUP your important files. That way if they’re lost, you can always get them back.

You can even schedule the file

saves so that once it’s set up, the system can back up your important files automatically at a time that is convenient for you. All without giving it a second thought. Sound good?

If you’re one of those folks who forget to do it, there is no need to kick yourself because research shows that more than half of PC users don’t backup their systems or don’t do it often enough.

However, since the consequences are so devastating and the fix is so simple, don’t you think you should be doing it regularly?

Here Are Some Tips

1. Files to backup should include your emails, contacts, browser favorites, as well as any important folders, files, and documents that you’ve been working on.

2. Schedule your backups so that if something happens between backups you can recreate any lost files. A one week period works for individuals, but businesses often need a daily backup.

3. Use an external flash drive, hard drive or storage device that is large enough to store your files.

4. A USB drive attached to your system

should be remove and stored in a safe place when done.

5. A network drive is a good destination for backups and can be used routinely.

6. Consider backing up to the cloud or a remote server in another physical location from your system. This is a big plus if you are considering a more complete disaster recovery.

7. In addition to the backup systems built into the computers operating system, you can purchase pretty cheap software that does everything automatically.

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The Mac provides Time Machine which is a complete backup solution. On Windows 10 you can do a backup using “File History” or use the Control Panel’s “Backup and Restore (Windows 7)” which lets one backup everything on a schedule. Of course, more full featured backups can be had for either platform by purchasing third-party software. There are so many, I am reluctant to recommend one in particular, but I’ve seen great apps for as little as \$20.00 bucks.

When you put it all together, a regular backup will cost you next to nothing except a little bit of time and will ensure that your files are safe and recoverable no matter what happens!

### Happy Computing!

Rich Martinson is an IT Consultant and can be reached at [insights@rrmartinson.com](mailto:insights@rrmartinson.com) or at 916-222-2735 for any inquiries.



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# Game Plots

Watch Dogs 2 is what  
Ubisoft Should Strive For

By Noah Howard

SACRAMENTO REGION, CA (MPG) - When it was first released in 2014, Ubisoft's *Watch Dogs* was met with middling reviews and abundant mockery. People made fun of the completely unnecessary underscore in the title (is it actually part of the title? Is it just embellishment? People couldn't tell), of the protagonist's "look at me, I'm edgy" revenge story, and of its awkward attempts to be both "cool" and "serious." Though its central premise of a vigilante capable of hacking everything around him was both fun and timely, it reeked of the type of corporatism and soullessness for which giant studios like Ubisoft had come to be known.

Enter 2016's *Watch Dogs 2*. As major developers Electronic Arts, Activision, and, yes, Ubisoft, have continued their money-hungry ways to the detriment of the quality of their games, *Watch Dogs 2* is a bizarre anomaly in how carefully crafted and incredibly high quality every aspect of its experience is. In the midst of Ubisoft's release of *Far Cry: New Dawn* (a re-skin of *Far Cry 5* barely worth the additional cash) and Electronic Arts's continued bafflingly greedy approach to game making (which, fortunately, has backfired as a result of low-quality products), *Watch Dogs 2* shows us what triple-A development could be, and what it occasionally has been in the past: a pathway towards using enormous budgets to make gloriously-realized

worlds a reality. Replaying *Watch Dogs 2* over the past few months, I'm struck by its stunning its vision of San Francisco. Beyond the clear technical prowess at play, Ubisoft has captured the vividness of San Francisco's streets and culture. Colorful graffiti and murals line the buildings, small business storefronts look lively and soulful, and the bold, simplistic Silicon Valley aesthetic always seems appropriately at war with the glorious messiness of the San Francisco streets. Though it occasionally borders on caricature, *Watch Dogs 2* captures SF's diversity of cultures, while also highlighting the distinctly west-coast/hippie-esque aesthetic that defined it for decades. And the premise of hacker vigilantes feels far more at home embedded within the Bay Area's culture than in the original *Watch Dogs*'s gloomy Chicago. The new hacker crew of DedSec aren't grizzled fighters looking for revenge, but plucky twenty-something misfits trying to stick it to the man. They're diverse, lively, and dress in hip clothing, and they decorate their secret hideout with a distinctly tech-punk aesthetic. Few things are as satisfying in video games as when a protagonist is having as much fun as you are, and playing as Marcus Holloway feels more energetic and impassioned than playing as the original's grumbling Aiden Pearce. While Aiden would walk around in his "inconspicuous" trench coat,



hands in pockets, Marcus puts in earbuds, queues up some rock or electronica, and leaps over fences and between buildings with acrobatic flourish. And those acrobatic flourishes are indicative of exactly what makes *Watch Dogs 2* so special. Most triple-A games feel like factory products: most aspects lack artistic merit, feeling tailor-made by a team of developers at the mercy of corporate overlords. But just as *Watch Dogs 2* is a game about taking on corporate America, so too does it feel like the developers' rebellion. The game is full of tiny details that they never had to put in, and that hardly contribute to the corporate goal of maximizing profit, but that, as a whole, make the experience infinitely better (one particularly cheeky mission has Marcus hacking into Ubisoft's headquarters to leak footage of an unreleased game). And it should serve as a lesson to other triple-A studios: *Watch Dogs 2* wasn't a sales record breaker, but it still made plenty of money, largely due to positive word-of-mouth in the weeks after release. And that positive reception is, and should be, predictable, when developers are given the freedom to create a labor of love rather than a soulless wannabe.

To Respond To Noah's  
Articles Email Him At  
Digitalartsnoah@Yahoo.  
com ★

# EVENTS CALENDAR



**Best of Carmichael**  
**Date:** 5-31-19  
**Time:** 6pm to 8:30pm  
**Place:** Milagro Centre  
6241 Fair Oaks Blvd,  
Carmichael, CA 95608  
**Contact:** 916-725-1585  
**Info:** Find out who's The Best in Carmichael!  
Restaurants, Pub, Event, Dental, Real Estate, Senior living etc. Dinner tickets \$55. Become a sponsor.

**Taste of Carmichael**  
**Date:** 5-17-19  
**Time:** 5:30pm to 8:30pm  
**Place:** La Sierra Community Center 5325 Engle Road Carmichael, CA 95608  
**Contact:** 916-531-3086  
**Info:** Live music, sample foods, wines, beers, raffles, and silent auctions. Tickets are \$45 per person \$50 at the door.

**Senior Health Fair**  
**Date:** 5-16-19  
**Time:** 9am to 12pm  
**Place:** Citrus Heights Community Center 6300 Fountain Square Drive Citrus Heights, CA 95610  
**Info:** The Citrus Heights Senior Health Fair features multiple exhibits and workshops dedicated to senior needs and information. Dignity Health, Financial Fitness with Dale Covey, Fall Prevention with Kelly Ward, Chair Yoga, Living with Low Vision, Alzheimer's Association, and CHPD will be leading workshops throughout the event. Sac County nurses will be on hand to provide free health screenings such as blood pressure

and blood sugar testing. Multiple exhibitors will be on hand with information and materials.

**Woman Veterans Red, White, and Blue Fun Run**  
**Date:** 5-18-19  
**Time:** 8am to 11am  
**Place:** 7301 Filbert Avenue Orangevale, CA 95662  
**Contact:** 916-747-8577  
**Info:** Women Veterans Red White and Blue 5k Run Walk Ride or just have fun! The Fun Run is held to bring awareness that women have served, with proceeds going to Women Veterans Giving to assist women veterans start or expand their business and to fund their attendance at professional conferences.

**Orangevale's Farm to Fair Dinner Event**  
**Date:** 5-30-19  
**Place:** Orangevale Town Fair Filbert Ave behind Green Oaks Elementary School  
**Info:** Join us for our first Orangevale Farm to Fair Dinner as we kick off the annual town fair. Enjoy a THREE COURSE DINING EXPERIENCE of all locally sourced farm fresh ingredients prepared by local executive chef, Jessica Falkenstein. Long tables will be set with white linen underneath the lights of the carnival midway at the Orangevale Town Fair. It will be a night of great food, live music, and a fun way to celebrate the farm roots of our community. All proceeds from the

evening will benefit the Orangevale Chamber of Commerce.  
\*Seating is limited. Must be 21+ for Adult Beverages

**Meet the Machines**  
**Date:** 5-11-19  
**Time:** 10am  
**Place:** Hagan Community Park 2197 Chase Drive Rancho Cordova, CA 95670  
**Contact:** 916-362-1841  
**Info:** This FREE event makes learning about vehicle technology and safety fun! Children can touch, climb, explore and observe vehicles they see on the road and television every day. Over 50 machines and unique vehicles will be present, including fire trucks, police cars, ambulances, a hot air balloon, tow trucks, boats, tractors, segways, military vehicles, John Deere equipment and more! Plus! Enjoy the Kids Zone filled with games, balloon animals and face painting. The first hour and a half of the event is horn-free to accommodate children with special needs and sensitive ears.

**7 th Annual Spring Craft Fair**  
**Date:** 5-11-19  
**Time:** 9:00am to 4pm  
**Place:** Orangevale Community Center  
**Contact:** 916-988-4373  
**Info:** Enjoy handmade crafts, unique gifts, jewelry and direct sales from over 30+ vendors. Come find your perfect Mother's Day Gift! Admission is free! Free raffles done every half hour! Come shop til you drop!

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- CLUES**
- ACROSS**
1. May occasion  
5. \_\_\_\_ Tzu  
8. Auto unit  
11. Lyft alternative  
12. "On Golden \_\_\_\_"  
13. Zetkin of International Women's Day fame  
15. Forever and a day  
16. "The Simpsons" palindrome  
17. Angler's decoys  
18. \*Mother, e.g.  
20. Friend in war  
21. Divided, it cannot stand?  
22. Black gold  
23. \*Mother, e.g.  
26. Like anti-cruelty proponents  
29. "This land is your land..."  
30. Loan shark  
33. \*Like Old Mother Hubbard's cupboard  
35. "Captain Marvel" genre  
37. It also rises, in Spanish  
38. Faulkner's "As I Lay \_\_\_\_"  
39. Ant construction  
40. "Not my brother's \_\_\_\_"  
42. First Tudor monarch's number  
43. Meteorologist's line  
45. Battles royal  
47. Modus operandi  
48. Chocolate source  
50. Barrymore or Carey  
52. \*Like grandmother on mother's side  
55. Like Al Yankovic  
56. Gaelic  
57. Joie de vivre  
59. On pins and needles  
60. \*She played Zuzu's mom in Christmas movie classic  
61. Left to a Russian  
62. Pastrami partner  
63. Greek H  
64. One quarter of a Presidential term
- DOWN**
1. \*School org. with moms (and dads) as members  
2. Indian music  
3. Farm team  
4. Pool hall mishap  
5. Powerball, e.g.  
6. Playwright Chekhov  
7. Perfume property  
8. Lime-rich soil  
9. Mouse to a snake  
10. Fossil fuel  
12. Accepted truths  
13. Request to Geico  
14. \*Mother's song  
19. Tedium  
22. "Days of \_\_\_\_ Lives"  
23. \*Delivery room word  
24. Binary digits code  
25. Train runners  
26. \*What many mothers want  
27. Lacking guile  
28. "Sesame Street" regular  
31. Olympic cast-out  
32. Future fish  
34. Shining armor  
36. \*Form of thank you to mom  
38. Gloomy and drab

Crossword Puzzle Solutions on Page 7

11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64

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

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

God has provided hundreds of wonderful stories about admirable men in the Bible for us to learn the various things they went through with dignity and courage. They were men who counseled with God and lived faithfully by their faith as God spoke and inspired their journey through life.

1. *The first man in the Bible was never born and never had a birthday.* He owned nothing but he was physically perfect. He was a great zoologist and gave every animal a name. He even donated a rib for the first woman to come into existence. Did you guess it? His name was ADAM.

2. This man was the father of the oldest man in the world and he lived a godly life in spite of a very wicked generation. He is the only man in 3,000 years that did not die but

## Stories About Six Wonderful Men In The Bible

walked into heaven. His name was ENOCH

3. This man was radiant with righteousness as he lived in a dark world. He saved his family of seven because of his personal faith in God. He heard the voice of God and became a ship builder in the desert. He put the family and one of every animal into it. He never had to launch his ship because the sea came up and flood the land and lifted the ship up to the top of a mountain. His name was NOAH

4. He left his beautiful home to live in a tent after he left a great city because of God's request. He traveled across the desert and lived in a tent for 100 years.

He became the father of a great nation. He had his first son when he was 100 years old. His name is ABRAHAM

5. This man believed God when no one else would. He was a general. He used Trumpets to conquer land and destroy a city. His name was JOSEPH

6. This man was an adopted child and lived amidst the wealth of the day. He enjoyed Unlimited education but in spite of this he choose to identify

himself with the poor people. He was forced to live in the desert for forty years and was chosen to be the leader of three million people he let out of bondage. God gave Moses a wonderful promise! *"I will raise up for them a Prophet like you from among their brethren, and will put My words in His mouth and He shall speak to them all that I command Him."* (Deut18:18) He was faithful as he talked with God and followed His words faithfully. He died an unknown death and was buried by no man. His name is MOSES Men (and women) of our world today need to take note! Ignoring, dishonoring or not believing in our Creator/God is a mistake you will be accountable to answer Him one day in the future. Paul echoed this when he wrote to Timothy: *"Hold fast the pattern of sound words which you have heard from me, in faith and love which are in Christ Jesus."* (2 Timothy 1:13)

Marlys Johnsen Norris  
Author, Stephens Minister,  
Teacher  
Marlysjn@gmail.com  
PO Box 114, Orangevale, CA ★



By Pastor Ray Dare

I heard a story about a group of young men that decided to play a practical joke on a young bachelor executive that worked with them in Dallas. Each Thanksgiving it was the custom of their company to give free turkeys to the employees. However, the young bachelor made it known to his friends that he really didn't want a turkey, it would have been too much food for him alone and he had no desire to cook it. So, his friends decided to play a little trick. They confiscated his turkey and replaced it with one made from paper mache.

The young bachelor, unaware of the switch, tucked his bogus bird under his arm and caught the streetcar home. As he was sitting there, a man sat down next to him. Since the turkey was an obvious conversation piece they were soon engaged talking about Thanksgiving and

## Pastor Ray's Encouraging Words

When You Don't Know all the Facts

the turkey. In the course of time, the young man learned his companion was without a job and had been down on his luck for some time. He was on his way home with a few pounds of hamburger meat to be the entire Thanksgiving meal for his family. Our friend had a brilliant idea. Why not swap? The man, of course, was delighted. The generosity was overwhelming. With a great sense of gratitude, they made the exchange.

Of course, you can imagine the outcome and the man's thoughts when he removed the wrappings from the turkey with his children crowded around wide-eyed with anticipation. I'm sure he had nothing but contempt for that young bachelor, "How could he do such a thing!?" The young bachelor, when he learned what his friends had done, searched for days for that man who he had unwittingly cheated. Unfortunately, he could never find him.

The point is obvious. The poor, defrauded man, from his vantage point, would never understand the young man's actions. How could he? He didn't know all the facts. He didn't have the

full story. But to this day, I'm sure from his limited knowledge, he has nothing but contempt for the young bachelor's actions. Yet from the young man's point of view, his actions were pure.

Question, who's actions are you questioning without knowing all the facts? Who are you judging? The Bible says, "Does our law condemn a man without first hearing him..." John 7:51a That's a rhetorical question. The obvious answer is "no". It's wrong to judge when you condemn somebody without all the facts.

To avoid condemning others we must remember our role. God did not send Jesus to judge people, but to save them, John 3:17. Judging wasn't the mission of Jesus, why do we feel it's ours? It's not. It's not our role, it's not our mission. There's only one judge and that is God. He will judge everyone one day and He will judge rightly and fairly because He knows all the facts. Let's leave the judging to Him.

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### Find Puzzles on Page 6

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

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# I’m Listening!



**"Send Silence Packing" toured at California State University, Sacramento; the backpacks represent college students who have committed suicide.** Photo courtesy of Sal Arrigo

By Sal Arrigo, Jr.

**SACRAMENTO REGION, CA (MPG)** - In the 1990's there was a television sitcom named "Frasier" about a radio psychiatrist who greeted his callers with the phrase "I'm listening." Although it was a comedy, the show did focus on real-life topics and relationships and often the discussions led to one question: what is the root cause of your issue?

Suicide is a very real issue in this country. We hear that a person "seemed just fine to me," but that was only on the surface. To be quite frank on why I am writing about this subject is easy – I have post-traumatic stress disorder (PTSD), and I can relate to all the buildup and emotions on why someone would take their life.

Suicide, the act of intentionally causing your own death, is listed as a top ten cause of death in the United States, according to a 2017 Center for Disease Control report. So, I ask, are you listening when the person who committed suicide remained silent up to the end?

Recently, California State University, Sacramento hosted the Send Silence Packing national tour, a program of the Active Minds organization that brings awareness to college students who take their own lives. Founded by Alison Malmon when she was a junior at the University of Pennsylvania following the suicide of her older brother, and only sibling, Brian, Alison started the Active Minds organization. According to the organization's website, Active Mind's purpose is "to reflect the organization's focus on action and student advocacy in mental health." They have been doing this since 2003.

Each year, as stated on the Active Minds website, Send Silence Packing visits 30-40 schools and communities. The all-day exhibit raises mental health awareness, inspires action for suicide prevention, connects viewers to mental health resources, and jump starts action.

Send Silence Packing catalyzes conversations in a way that contributes to a community's overall positive climate for mental health. Suicide is the second leading cause of death for college students. The Active Minds website, [www.activeminds.org](http://www.activeminds.org) has a simple, and yet very powerful message: "Are you listening?"

I spoke with Barbara Gillogly Ph.D., a Developmental Psychologist and licensed Family Therapist, about her experiences with clients who discussed suicide. "I cannot tell them not to do it (suicide), but I can listen and validate their feelings." Dr. Gillogly continued, "People just want to vent and be heard, and not be judged. I listen to the emotion behind the words and find people just want to talk."

I asked Dr. Gillogly what she tells someone who has lost a loved one or friend to suicide. "Go to a support group because they have been there." It is not pretty to go through the grieving process regarding suicide as this is the toughest guilt for the survivors: could I have done something to help?"

I asked Barbara if there are any signs that are tipping points to someone taking their own life. "A person may start to give away their personal items, or they slowly start retreating from life in general" she said.

My initial thought after interviewing Dr. Gillogly was that I wanted to find out more about local support groups. As it turned out, I found a person who has actually been to one, and provided me with a personal and tragic story.

Sharon Ruffner lost her brother Eddie to suicide many years awwgo. Sharon told me that Eddie struggled with his addiction to prescription drugs and had been in some trouble with the law. Sharon told me, "Eddie was brilliant; he was a gifted pianist, artist and scientist."

Although Eddie struggled in his life, his sister never stopped loving him and when Eddie would call and blame Sharon for an array of problems she did not create, Sharon always told her brother, "I love you and if you need help I am here for you." It was soon after that Eddie overdosed on the prescription drugs. One question haunts Sharon: "Did Eddie really mean to do this or just happened to take extra pills by mistake?"

As with my interview with Dr. Gillogly, Sharon agreed that when a family member or friend commits suicide it is difficult to comprehend. "What signs did I not recognize?" is a question that Sharon replays over and over. One piece of advice Sharon gives to other people in a similar situation is that you "never get over it; you just travel through the grief."

Eddie's mother, Norma, went into a deep depression which Sharon described as "having her right arm cut off." Although her Mom felt this way, Sharon said to me "I never felt devastation; I just tried to help my Mom."

I asked Sharon what kept her going after Eddie took his life. "I kept myself busy by taking some classes and learning some professional skills. It eventually led to a career position with the San Juan Unified School District." Sharon did tell me, "you need to allow people to help you, and that grief is an incredible personal journey. You do need to take your time to grieve."

In order to help ease the pain, Sharon said that she copes to this day by taking piano lessons to honor her brother. She also goes to Pacifica Beach in the San Francisco Bay Area and throws a rose into the water because "it was one of Eddie's favorite places to go."

Sharon presented me with a newsletter from the Friends for Survival, a nationwide non-profit organization with a Sacramento chapter. The mission statement says, "We are dedicated to providing a variety of peer support services that comfort those in grief, suicide grief support, encourage healing and growth, foster the development of skills to cope with a loss and educate the community regarding the impact of suicide."

In addition, the organization states, "The loving outreach of Friends for Survival can bridge the gap between despair and renewed hope. Those whose loss is recent can lean upon the shoulders of those who have made progress in the difficult task of working through grief after a suicide death."

The Sacramento chapter of Friends for Survival can be reached at 916-392-0664 or 800-646-7322. Their website is [www.ffa.truevine.net](http://www.ffa.truevine.net).

Personally, I came away from this story not with an ending, but a beginning. There is so much the general public needs to understand about this very real societal issue. I intend to continue writing more about this subject in the future with the goal of helping one person or one family. It is that important!

*If you or someone you know is struggling with addiction or thoughts of suicide, please call the National Suicide Prevention Lifeline (24/7) at 1-800-273-8255 or the Substance Abuse and Mental Health Services Administration Helpline at 1-800-662-4357.* ★



## Mom Forever

It is all about love...mom love. Mom's give so much of themselves to make our lives better, and prepare us for what life deals out to us. And that is a BIG job with the chaotic world we live in these days. That doesn't mean we always see eye to eye. I know I had my differences with my mom, but that bond still remains for life. We all have different personalities, and I know mom wants each child to develop their own potential. So we celebrate Mother's Day which was first suggested by Julia Ward to



Mary Jane and Mom.

honor American moms and to celebrate peace way back in 1872, long before the official Mother's Day was proclaimed by President

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with Mary Jane Popp

Wilson who made it official in 1914.

So what do we do when Mother's Day rolls around? We head out to pick out that perfect card and bring the biggest box of candy we can find, buy a bouquet of gorgeous flowers, and don't forget that brunch that could feed an army. And we do it every year. But is it all about the stuff you can buy once a year to make mom happy and honor her? I would say a big NO to that thought. Honor doesn't mean one day a year. It means all year round and maybe with less stuff and more action.

Now where do we go from here? Action speaks louder than words. Let's start with a phone call that tells mom you care about what is going on in her life. Your caring voice and patient listening can mean so much so much because it says you really want to know how she feels, no matter what you think personally about what she tells you. If you want to take mom out, it doesn't have to be so pricey. Maybe a funky new place with delectables that she remembers from her growing up years might just be the ticket. As a matter of fact, why not try some fun things like freezing edible flowers with water in ice cube trays? It will certainly



One of our last times together! Photos courtesy Mary Jane

warm her heart. Instead of a bouquet of flowers that will fade quickly, plant her favorite bedding plant in an inexpensive basket complete with ribbons. It will last all year when planted. Maybe a simple handmade card with the promise to do some chores around the house or some shopping she needs to do. And it all counts so much more because you did it with your own hands.

You see? It doesn't take big bucks! All it takes is a little imagination that truly says "I love you mom." That brings me to perhaps the most important thing you can do for your mom. Tell her how much you love and appreciate her NOW. Trust me when I tell you how time flies by, and all of a sudden, your opportunity to say those words will be gone. I wish my mom was still here so I could share those simple but special words with her!★

**HAPPY MOTHER'S DAY!**

## Dave Ramsey Says

my idea of fun.

As a whole, timeshares have an incredibly high dissatisfaction rate. It's almost impossible to find anyone who's happy they bought into one, and there are good reasons for this. Why would you pay thousands of your hard-earned dollars for a tiny place you may or may not get a chance to visit once a year? Add to this the fact that you have no equity in the place, and you're stuck paying ongoing maintenance fees.

My advice? Don't take a chance playing the game, Dan. There are much better uses for your time and money!—Dave

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Dear Dave, I've been late on a credit card bill several times, and it was turned over to a collection agency. They have offered a couple of different payment options. If I agree to one of these, does that mean the original creditor gets paid, too?

—Carter

Dear Carter, A collection agency either owns the debt outright, or they're directly

representing the credit card company in these kinds of situations. It's not unusual for things to be handled this way when someone has defaulted on a loan.

Unless you have the cash to make good on the debt outright, I'd go ahead and accept whichever deal makes the most sense for you and your current financial situation. You've already got a mark against you on your credit report for having this turned over to collections, so an indication of settlement on a credit card you defaulted on is really no big deal.

But here's my best piece of advice—stop using credit cards! —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](http://daveramsey.com) and on Twitter at @DaveRamsey.* ★



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agent. If loving the chemistry between this odd couple is a crime, lock us up.

**Jeers to This Is Us**  
for ruining Randall (Sterling K. Brown). Between the endless city council run, his demand that Beth (Susan Kelechi Watson, with Brown) be a stay-at-home mom and now that nancy voicemail about her dance career, the Pearson we most wanted to weep with has become a bigger mess than Kevin's '90s goatee. It's a good thing he did right by her in the season finale!

**Jeers to Chilling Adventures of Sabrina**  
for the teen witch's supernaturally crappy intuition.



AMC's zombie drama (with Danai Gurira and Norman Reedus, pictured) pulled a cool move with its snowy season finale that gave walkers a new way to hide.

It took Sabrina (the fabulous Kiernan Shipka) two seasons to realize she was being demonically manipulated by Wardwell (Michelle Gomez), the creepiest teacher since Glee's Mr. Schu? And here we thought a talking cat was dumb. ★

ASK MATT

BY MATT ROUSH TV Guide Senior Critic

Will Chris Noth's Show Gone On Wgn Be Back?

**Question:** *Gone* is a great series on WGN America! I would love to see this show continue! – Unsigned

**Matt Roush:** Here's the thing about WGNA programming. None of it is original to the channel anymore. The shows now airing on WGNA are all acquisitions, and in the case of *Gone*, it's a show that first began

airing in late 2017 in international markets and only now found its way to an American outlet. Only one season of 12 episodes has been filmed and it's hard to imagine more being made. This isn't WGN's call. They bought the show as is, and if more were to come, they might buy that, too. But I wouldn't count on it.

**Question:** I just wanted to give praise to *After Life* on Netflix. What a

wonderful show about a topic as hard as grief. I hope they make Season 2 as wonderful. – Unsigned

**Matt Roush:** I had much the same reaction to this terrific tragicomedy. Initially worried because the maudlin tone of Ricky Gervais' previous series for Netflix, *Derek*, had been such a turnoff, *After Life* turned out to be a pleasant surprise. I'm hopeful it will be as enjoyable the second time around, although the character arc of Ricky's character, Tony, through the first season felt satisfyingly complete. Still, I know I'd watch another short season.

To submit questions to TV Critic Matt Roush, go to: [tvinsider.com](http://tvinsider.com) ★

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Funds to expand the Low Vision Clinic



Members of the Northern California Lions Sight Association join Lions District 4-C5's Doug Wight and Sheri Retzlaff to present a check to Society for the Blind's Shari Roeseler. Photo courtesy of Society for the Blind.

By Kristin Thébaud,  
Thébaud Communications

SACRAMENTO, CA (MPG) - Society for the Blind recently received a Vision 2020 campaign donation of \$150,000 from the Northern California Lions Sight Association (NCLSA) and the Lions Clubs International (LCIF) to support the expansion of the group's Low Vision Clinic and training space for people who are blind or have low vision.

NCLSA donated \$75,000 to purchase equipment and vision testing devices for the clinic and secured an additional matching grant of \$75,000 from LCIF to add an indoor orientation and mobility course.

"Lions Clubs across the world have a long history of supporting organizations that help people with vision loss, so we are deeply honored that the Lions chose to invest in Society for the Blind here in Sacramento," said Shari Roeseler, executive director, Society for the Blind. Roeseler continued: "As the only comprehensive vision rehabilitation center in the Sacramento region, Society for the Blind is a critical resource for people who are blind or have low vision. The generosity of the regional and international Lions means

that more people across California who are experiencing vision loss will have access to critical assessment and treatment."

Society for the Blind's Low Vision Clinic is one of the longest running community-based clinics in the region. The Low Vision Clinic provides care, vision rehabilitation, low vision devices and transportation assistance to more than 375 people each year.

Clinics are staffed by three optometrists with special training in low vision eye care and serve patients with cataracts, glaucoma, age-related macular degeneration, diabetic retinopathy and other congenital and degenerative eye diseases.

Clinic staff includes a vision rehabilitation therapist who works with patients with some functional vision, teaching them techniques to use their remaining vision safely and effectively and providing training on assistive devices.

"It's in our Lions Club DNA to help organizations like Society for the Blind," said Douglas Wight, governor, Lions District 4-C5. "Across the world, we work to bring greater stability and independence to people with vision loss by providing services and supporting organizations that do this work." ★

By Andrea Sandoval,  
Sacramento County

SACRAMENTO, CA (MPG) - Three common STDs – chlamydia, gonorrhea and syphilis – are surging across the United States, according to the Centers for Disease Control and Prevention, and especially hard-hit are those between 15-24 years old, which are estimated to account for half of all new sexually transmitted infections each year.

Sacramento County is no exception. In 2017, there were 5,581 reported cases of chlamydia, 1,174 gonorrhea cases, and 97 syphilis cases reported among this same age group.

"Looking at the issues that can threaten the health and well-being of our children, families and communities, the Sacramento County Public Health Division works to raise awareness of critical health issues and provides the information and tools to help prevent chronic diseases and infectious disease outbreaks," said Sacramento County Public Health Officer Dr. Olivia Kasirye.

The consequences of STDs are especially severe for young people. Chlamydia and gonorrhea often have no symptoms; therefore, many infections go undiagnosed and can lead to lifelong repercussions for a woman's reproductive health, including pelvic inflammatory disease and infertility.

Early detection through testing is key to avoiding these consequences, yet research has shown many young people don't talk with their health providers about sexual health issues at all during annual health visits.

All but eradicated 20 years ago, syphilis is making a comeback. In 2017, California was reported to have the second highest syphilis rates in the U.S. by the Centers for Disease Control and Prevention; And Sacramento County last year saw three times the number of cases than in 2015.

Although syphilis is treatable with antibiotics, for those who aren't treated, the infection can be dormant for years and lead to neurological or cardiovascular complications. Mothers with untreated syphilis can transmit the disease to their unborn babies with dire consequences – including blindness, developmental delays, physical deformities, and death.

Another trend the Department of Health Services has become aware of is the overlap of syphilis and meth use. The divisions of Public Health and Behavioral Health's Alcohol and Drug Services are working together and this issue will be a topic for

the upcoming May 9 Sacramento County Methamphetamine Coalition Meeting.

Sacramento County Director of the Department of Health Services Dr. Peter Beilenson said, "Meth use can increase risky behavior, which increases the odds of contracting sexually transmitted infections. To preserve health and prevent the spread of disease to others, it is important to know your risks, learn how to prevent STDs, get tested for STDs and get treated."

The total reported in Sacramento County for all ages in 2017: 9,803 Chlamydia cases; 3,344 Gonorrhea cases; 454 Syphilis cases (primary/secondary/early latent)

STDs: Prevent, Test, Treat

To prevent the spread of STDs, the Sacramento County Division of Public Health's HIV/STD Prevention Program provides residents with a variety of STD/HIV prevention and education services including: STD/HIV education and prevention information and condom distribution; Chlamydia and gonorrhea screening; HIV antibody testing and risk reduction counseling; Linkage to HIV and STD treatment; Community involvement through the Sacramento Workgroup to Improve Sexual Health and the HIV Health Services Planning Council; Other STD/HIV outreach activities and social marketing campaigns.

In addition, the Sacramento County program funds and promotes other local community organizations and HIV/STD testing sites, provides free home chlamydia/gonorrhea tests for women and promotes local pharmacies that provide non-prescription sale of syringes to reduce the spread of blood-borne diseases.

Getting tested for STDs is one of the most important things a person can do to protect their health, but it's not the only thing. There are several ways to prevent STDs.

The most reliable way is to not have sex, but there are many options if you are sexually active: talk openly with partners and healthcare providers about your sexual health; get testing for STDs including HIV; use latex or polyurethane condoms correctly and each time you have sex; and know the sexual histories of your sexual partners.

If you test positive for an STD get treated right away – and be sure your partner is also treated to lower the risk of getting infected again. And finally, if you are a parent, talk to your kids about STDs and their sexual health.

For more information on STDs, testing and resources, visit the Public Health HIV/STD Prevention Program webpage, or call 916-875-6022. ★

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ENROLL TODAY!!





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.

MAY COMMUNITY MEETINGS

This month I will be holding two community meetings in nearby Arden Arcade and Carmichael each featuring as special guest speaker Captain Santos Ramos, who is the commander of the Sheriff's North Division. Among the unincorporated communities served by his division are Arden Arcade, Carmichael, and Fair Oaks. Besides being responsible for the area's patrol activities, Captain Ramos has the Problem Oriented Policing (POP) and the Homeless Outreach Team (HOT) Units under his command.

The Arden Arcade meeting will be on Thursday, May 9, 6 pm at the Conzelmann Community Center in Howe Park, 2201 Cottage Way. The Carmichael meeting will be on Wednesday, May 15, also at 6 pm at the Carmichael Park

FAIR OAKS COMMUNITY UPDATE

Clubhouse, 5750 Grant Avenue.

At those evening meetings, 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.

I hold several evening Community Meetings throughout the year as well as morning meetings in Fair Oaks each with a guest speaker and flyers for those meetings identifying the remaining dates and times are available on my website at [bos.sac-county.net](http://bos.sac-county.net).

SMALL BUSINESS WEEK

Small Business Week is May 6-10 and Sacramento County's Office of Economic Development and the Business Environmental Resource Center are partnering with other business groups in recognizing the contributions of America's entrepreneurs and small business owners.

During the week a series of events will be held designed to connect our region's small businesses with local resources and celebrate the important role small businesses play here in the Capital Region.

As a former small business owner, I know first-hand the hard work it takes to have a successful business so please take advantage of the opportunities available during Small Business Week and unleash your entrepreneurial spirit.

More than half of all

Americans either own or work for a small business, and these small businesses create about two out of every three new jobs in the United States each year. Small Business' success equals America's success.

For details about Small Business Week including a schedule of events, please go online to [capitalregionsmallbusinessweek.org](http://capitalregionsmallbusinessweek.org).

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The American River Parkway is an asset worth protecting— and you can demonstrate your support by purchasing a year-long unlimited Parks Pass.

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And if you need quick access online to find specific recreational facilities like dog parks, swimming pools (and lessons), community centers, trails, arts and culture, golf, horseback riding, tennis courts and more remember all sorts of information is available online at [your.sacparks.com](http://your.sacparks.com).

Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at [susanpeters@sacounty.net](mailto:susanpeters@sacounty.net).

Reducing the Stigma of Mental Health

Continued from page 1 families living with mental illness.

Throughout the Month of May: Visit our May is Mental Health Art Displays! All art displayed was created by individuals and families living with mental illness to help dispel the myths and stereotypes about mental illness. Check out our website for the dates and locations of our displays.

Get involved – anytime!

Show your support for those living with mental illness and pledge to reduce stigma by signing the virtual Wall of Hope on the Project's website;

Share your personal story of hope and recovery to help stop stigma and discrimination toward people and families living with mental illness. Telling your story may encourage others to share their experiences and may end the silence that contributes to isolation and shame;

Join the Stop Stigma Sacramento Speakers Bureau or invite one of our inspirational speakers to share their personal stories of hope and inspiration at an upcoming event;

Show your support on social media by following the project on Twitter and be sure to "like" the project on Facebook. Join the positive conversation around mental health with the hashtag: #StopStigma.

It is estimated that one in every five people will experience a mental illness during their lifetime. In Sacramento County alone, more than 300,000 residents live with mental illness. But two-thirds of these individuals do not seek support or treatment because they worry they will lose their jobs, their friends or family, or be isolated because of the stigma and discrimination associated with having a mental illness.

To fundamentally alter negative attitudes and perceptions about mental illness, seven years ago, the Sacramento County Division of Behavioral Health Services (DBHS) initiated a multimedia and community outreach project that aims to replace myths and stereotypes with examples of wellness, recovery and hope.

For more information on Sacramento County's "Mental Illness: It's not always what you think" project, and to learn more about how to reduce stigma and discrimination in your community, please visit the Stop Stigma website.

This program is funded by the Division of Behavioral Health Services through the voter-approved Proposition 63, Mental Health Services Act (MHSA).

For more information visit: <http://stopstigasacramento.org/>

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