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AMERICAN RIVER Messenger

"Written by the people, for the people"

VOLUME 13 • ISSUE 22 Serving Fair Oaks, Orangevale & Sacramento County NOVEMBER 16, 2018

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Changing the Landscape of Residential Senior Care



A Ribbon Cutting Ceremony at Bellhaven Estate was attended by members of the Orangevale Chamber of Commerce, registered nurses from local hospitals, and a representative from Ted Gaines' office who presented the Brooks with a certificate of recognition. Photo provided by Dan and Monica Brooks

By Shaunna Boyd

ORANGEVALE, CA (MPG) - Dan and Monica Brooks recently opened a new state licensed senior care home in Orangevale. Bellhaven Estate offers unique retreat-style senior living on an expansive and beautiful property. Although Bellhaven has only been open for a few weeks, the Brooks have been busy meeting with prospective residents and offering tours. They are

currently licensed for six residents and are already at 50% capacity with three residents signed up to move in. The Brooks ran a senior care home in Natomas for four years, which was at full capacity with a full wait list, but they were thrilled to find this new location because it offers residents more opportunities to connect with nature. Dan stated, "We are trying to change the landscape of residential senior care."

The estate is located on two acres with wide paved pathways so residents can explore the natural beauty of the property. They will soon be putting in a vineyard and have plans for gardens to grow fruits, vegetables, and flowers. With many areas for relaxing outdoors, residents can enjoy the horse and chickens that also live on the property. Monica said it is "the perfect location" and they were awed by the tranquility.

Bellhaven offers many activities to keep residents engaged. A musician visits the estate to provide live entertainment with renditions of songs by John Denver and the Beatles. Every six weeks they will host a spa day with a licensed hair stylist and nail technician to pamper the residents. Once a month, the Bellhaven Brunch offers a full spread of delicious foods for residents and their families.

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Deputy Robert French Added to Wall of Honor



Whatever uniform they wore, we will be forever grateful. The community will never forget their sacrifice. Deputy Robert French (at right).

Story and photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Dozens of uniformed Sacramento Sheriff's officers last weekend joined families who sacrificed loved ones in service to community or nation. The gathering saluted Deputy Robert French, who was inducted to the Wall of Honor at Patriots Park. The ceremony added French's plaque to those of 13 previous honorees. Erected by Carmichael Park District, the monument salutes heroes who fell since the District was

established in 1945. A Los Angeles native, French perished during a criminal incident in August 2017. The 52-year-old father of three fell while protecting fellow officers during a gun fight at the Ramada Inn, Auburn Boulevard. A 21-year Sheriff's Department veteran, he had worked with Problem Oriented Police in the North Area Division. Speaking at Patriots Park, his daughter Kaylen French praised the dad who raised her and

Continued on page 3



Help Turn the Tide of Opioid Use

Sacramento County Release

SACRAMENTO COUNTY, CA (MPG) - Progress is being made as opioid prescriptions in Sacramento County are decreasing, but more work needs to be done to prevent opioid overdose emergency department visits and deaths.

Opioids can have a number of serious side effects even when used appropriately; when used for non-medical purposes, opioids can become highly addictive.

To provide solutions, Sacramento County is an active participant in the Sacramento County Opioid Coalition that is comprised of a regional coalition of healthcare professionals, community-based organizations, law enforcement, county agencies and concerned citizens.

The Sacramento County Opioid Coalition goal is to work collaboratively on a comprehensive plan to address the opioid epidemic effectively with the following strategies: promoting safe prescribing; expanding treatment access; promoting safe medication disposal; encouraging early intervention treatment and recovery, overdose prevention; expanding public education and media outreach.

"Opioid misuse and dependency is a complex public health issue that requires a multidimensional community response," said Dr. Olivia Kasirye, Sacramento County Public Health Officer. "Through the Sacramento County Opioid Coalition, we're bringing together local organizations and citizens committed to saving lives through collaboration and action. We're engaging the medical community, providing law enforcement with life-saving tools, promoting safe medication disposal, and working to raise awareness about opioids in our community."

Sacramento County, in 2016, had 241 opioid overdose emergency department visits and 55 opioid overdose deaths. The numbers trended down in 2017 and in that year, Sacramento County received a State grant of naloxone nasal inhaler kits that were distributed to law enforcement agencies and community-based organizations.

Source: Sacramento County Media ★

WE SUPPORT OUR MILITARY

Fire Volunteers Work to Rescue Animals

The Camp Fire Effect on Livestock is Huge

Story and photos
by Seti Long

GRIDLEY, CA (MPG) - Our community is painfully aware of the events that have transpired over the last week affecting Paradise and the surrounding areas. Gridley has seen an influx of life seeking refuge, including man's best friend. The Red Cross Shelter located at the Butte County Fairgrounds is one of a handful of shelters that will take animals large and small. Though they are not allowed inside the main areas of the shelter, the Feather Room and Farmers Hall, smaller domesticated animals are allowed to remain on the property under supervision of their owners. This has caused many evacuees to camp outside with their animals to keep them close during this time of tragedy. For some it is their only source of comfort. While the smaller animals are allowed to stay with their owners, the larger live stock is housed near the Fairgrounds arena and show areas.

I was able to speak to Artemis Black, or “Molly” to her colleagues, who is the Lead for Large Animals for the North Valley Animal Disaster Group of NVADG. NVADG’s Livestock Rescue Unit and crew arrived on scene and immediately got to work on the intake of animals affected by the fire shortly after the shelter was established. Each animal taken in requires special handling and an array of paperwork releasing liability before it can be placed and receive medical treatment. Molly along with the NVADG crew, has been tasked with assisting the continued evacuation efforts of animals still located in the disaster area, reuniting animals with their owners, organizing supply and shelter for those animals, coordinating with trained specialists to treat the injured animals and more. NVADG in conjunction with a group called Cowboy 911, a public group dedicated to helping



Paradise Evacuee Richard Metcalf stands with his prize winning horse Renegade, who narrowly escaped the deadly flames of the Camp Fire. White burn treatment can be seen on Renegades muzzle and around his delicate eye area.



Happy to Help. Hayley Dieckmann, third year student at UC Davis Veterinarian School and Dr. John Madigan are pictured outside the VERT unit, headquarters for the Veterinarian Emergency Response Team and life-saving mobile emergency pharmacy.

farmers, horseman and animal owners in times of need or disaster, have utilized social media to reunite owners with their animals and arrange assistance to help rescue those in peril. While most of the animals arrived with their owners, some have been brought in separately and remain un-identified.

Days after the shelter opened, animals continue to pour in, some uninjured but most under extreme stress. NVADG in association with the Veterinarian Emergency Response Team out of UC

Davis have been working along with skilled volunteers and private Veterinarians to treat those wounded animals and maintain a healthy environment in which they can recover. The VERT team arrived Saturday November 10th with their mobile unit, essentially a horse trailer retrofitted into a mobile Vet pharmacy and crew consisting of 2-3 Veterinarians and 3-5 students. Dr. John Madigan from UC Davis Veterinarian School and Hayley Dieckmann, President of the Student VERT Club and third year Veterinarian Student, were onsite Sunday over-seeing medical treatments, and implementing an incident command system. Dr. Madigan explained that VERT assisted in getting supplies donated and coordinating the reimbursement of medications and supplies used by private Veterinarians from their personal stock. Hayley Dieckmann explained the importance of the VERT unit in situations

where animals have been critical injuries, allowing access to crucial medical supplies and treatments that can make the difference in saving the animals life. The unit provides students with the opportunity for extra training in times of disaster and plans to be on site for at least a week.

“Thinking that they had lost everything and that they would never see their beloved horses again, they made their way to the Gridley Red-Cross Shelter. Miraculously the animals survived and Cowboy 911 in combination with NVADG were able to locate their horses and extricate them from the burning area.”

**RICHARD & SHARON METCALF
PARADISE**

One of the horses being treated by the VERT team was Renegade, owned by Sharon and Richard Metcalf of Paradise. Renegade, a former Top 10 Canadian Nation Champion and Bronze Medalist Champion in the Las Vegas Arabian Breeders Finals, sustained burns to his muzzle and sensitive eye area. Renegade was one of 8 horses, three of which were pregnant, to survive the fire and be reunited with his owners.

Richard Metcalf first noticed that the sky was too dark to be normal last Thursday morning around

9:30 a.m. and looked out the window to discover why. Just over the treeline of his 7 1/2 acre dream ranch was a billowing cloud of black smoke. He called 911 and the operated told him to get out as fast as he could. He and his wife Sharon grabbed a handful of items and ran to open the gates to the corral that contained their prize winning horses. They flung the gates open so that their horses could have a chance of survival and hopped into their 4-wheel drive truck heading towards the Skyway. They recalled that the trees were already blanketed in white ash and the tips were beginning to singe due to the heat of the fire closing in. Leaving their home, located off of Clark Road,

lost everything and that they would never see their beloved horses again, they made their way to the Gridley Red-Cross Shelter. Miraculously the animals survived and Cowboy 911 in combination with NVADG were able to locate their horses and extricate them from the burning area. Unfortunately, the Metcalfs dream ranch where they intended to spend a peaceful retirement was completely destroyed. Although their home and belongings were gone, they found solace in the fact that all of their horses survived against incredible odds.

The Metcalfs expressed their deep gratitude for the all of the assistance they had received from Cowboy 911, VERT and NVADG teams, local volunteers, and the generosity of the surround community. Students from Gridley High’s FFA Club with advisor Matt Reed have been volunteering their services to aid NVADG and help with animal husbandry concerns like cleaning pens, feeding and general care of the animals already on site. On Sunday, the animal roster included about 130 horses, and around 150 smaller animals including 5 cows, 37 goats, 38 sheep, 6 pigs, 3 donkeys, 3 llamas, 13 chickens and more. The FFA students were busy helping with kids and lambs that had been born at the evacuation center in the few days since the fire had started. The experience of volunteering during this time of crisis has inspired many of the FFA students to pursue careers in fields pertaining to animal emergency response.

Although there is no way to forecast how many more animals will arrive,



The NVADG crew at command central pictured working with Camp Fire survivors on the intake of their displaced and wounded animals.

they found that the roads were grid-locked and the street lights were not working. Desperate to get out, they ended up using the Paradise Memorial Trail way, a bike and pedestrian trail that runs through Paradise, as a road to get to the skyway and to safety. Thinking that they had

the NVADG crew expects many more and will not turn away any animals in need of shelter and medical treatment. Volunteers and donations are welcome in the continued effort to help the wounded, weary, and strained animals from the Camp Fire and their equally exhausted owners. ★



People used this resources desk to communicate what or who they had lost and were looking for, and any help they could offer to those in need.



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- March 8, 2019 – Water Conservation
- April 12, 2019 – Renewables
- May 10, 2019 – Electric Vehicles and Electric Buildings
- June 14, 2019 – Selling Your Plan Upstream

Park District Plans for Measure J Funds

By Shaunna Boyd

FAIR OAKS, CA (MPG) - Fair Oaks residents recently voted on Measure J, a \$26.9 million general obligation bond, which would give the Fair Oaks Recreation and Park District (FORPD) the funds necessary to upgrade and renovate existing parks and acquire and develop land for new parks in the District. The language in the measure ensures that the funds can only be spent within the District on physical improvements to the parks. None of the money will go to increase District salaries.

Ralph Carhart is the current vice-chair of the FORPD board of directors. His term ends this year, and he ran for reelection on the November ballot. Carhart has thus far received the majority of votes, so a December vote by the FORPD board will likely result in Carhart's appointment as board president, a term that will begin in January 2019.

According to Sacramento County's office of Voter Registration and Elections, ballots for the November 6, 2018 General Election are still being processed and results are not final. Certified results will be reported by December 6, 2018. Of the ballots that have already been counted at the time of this writing, 67% are in favor of Measure J, so it is likely

that the measure will pass.

Carhart said the District is "on pins and needles" waiting for the final results: "We are really hoping Measure J gets the necessary majority because otherwise it would take us 30 years to make the capital improvements in our Master Plan." Because it is a bond measure, Measure J requires a two-thirds majority vote instead of a simple majority. Carhart explained that they wanted to put the proposal to the voters in this way to ensure the measure would only pass with solid local support.

Carhart said the District will use Measure J funds to begin some of their priority projects, such as repairing or replacing outdated restrooms, increasing safety in the parks by improving the lighting, and ensuring the parks are meeting all requirements of the Americans with Disabilities Act.

Other major projects will include installing new softball fields at Phoenix Park and implementing the first phase of replacing McMillan Center in Fair Oaks Park. Carhart's plan is to create additional recreation space at McMillan Center by building an initial replacement structure that can be expanded and added to in the coming years.

Carhart is also excited about a new four-acre park in Gum Ranch, north of

Bella Vista High School, which should be ready by this time next year. Carhart explained that Elliott Homes is building the park as part of their construction of a new community in the area. To mitigate for the construction's environmental impact, Elliott Homes will be planting an oak mitigation bank of approximately one acre adjacent to Arcade Creek. The District is in negotiations with Sacramento County to acquire the mitigation land along with approximately four acres of flood plain in the area. Carhart hopes to use Measure J funds to develop the land into an extensive nature and recreation area.

A new park on Swallow way is also in the plans for Measure J funds. The parcel has already been deeded to the District by Sacramento County, and Carhart said that neighbors in the area are anxious for development to get underway.

A local independent citizens' oversight committee will be established to oversee the expenditure of Measure J funds and ensure transparency and accountability. Carhart explained that this committee is vital to ensuring that the District does not act unilaterally, but instead is spending the money on what the community wants to see for the future of Fair Oaks parks. ★

Deputy Robert French Added to Wall of Honor

Continued from page 1
siblings in Arden Arcade. "It's heartbreaking, but I am very proud and honored to celebrate his life today," she said.

"We recognize the passage of time does not shield you from the emptiness you feel," County Supervisor Susan Peters told families of the men whose names are recalled by 14 plaques. "We nevertheless hope Patriots Park is a source of comfort and pride in remembering your loved ones. Whatever uniform they wore, we will be

forever grateful for their dedication. The community will never forget their sacrifice."

Congressman Ami Bera, Sheriff Scott Jones, Carmichael Park District directors were among other dignitaries at Saturday's memorial.

Patriots Park monument honors the following heroes:

Deputy Robert French, Deputy Danny P. Oliver, CHP Officer Ronald E. Davis, Army Specialist James E. Schlottman, Army Lieutenant Robert S.

Byrnes, Airforce Captain Olin E. Gilbert Jnr, Army Sergeant Larry H. Morford, Firefighter Dean W. Rhoades, US Navy pilot Lieutenant J. G. David A. Warne, Marine and firefighter Sergeant Brian E. Dunlap, Deputies Kevin P. Blount and Joseph M. Kievernagel, Army Sergeant Ronald L. Coffelt, Army Specialist Raymond N. Spencer Jnr.

Anyone may visit the Wall of Honor. Patriots Park is located at 6825 Palm Avenue, Fair Oaks. ★

Sacramento County DA Reports



Defendant Convicted of Attempted Murders of Police Officers, Shooting at Occupied Apartment

DATE: October 31, 2018

CASE: Armani Lee (Case #17FE002754)

PROSECUTOR: Deputy District Attorney Matthew Moore, Career Criminal Prosecution Unit

Armani Lee was convicted by a jury of attempted murder of a police officer, attempted murder, shooting at an inhabited dwelling and felon in possession of a firearm.

On February 4, 2017, Armani Lee got into a physical altercation with a female victim. After the fight was over, Lee pulled out a gun and fired at the victim's

apartment. Both the victim's boyfriend and friend were in the apartment at the time of the shooting.

On February 10, 2017, officers tracked Lee to a house and tried to arrest him for the shooting. Lee fled and fired multiple shots at the officers. Officers returned fire and hit Lee, who was then taken into custody.

Allegations that Lee suffered prior "strike" convictions for robbery in 2010 and 2006 will be determined at sentencing.

Lee faces a maximum sentence of 139 years to life in prison. Sentencing is set for December 7, 2018, at 9:00 a.m. in Department 28 before the Honorable Richard Sueyoshi. ★

What's Up in Fair Oaks!

By Dot Boyd
Ambassador Chair,
Fair Oaks Chamber
of Commerce

FAIR OAKS, CA (MPG) - Did October just whiz by, or what?! Here we are mid-November and only two weeks away from our 35th Annual Christmas in the Village event! It's a wonderful old-fashioned community tradition in Fair Oaks Village on Saturday, Dec. 1st from 3 pm to 8 pm, rain or shine. Bundle up the kids and come out and enjoy a festive afternoon and evening filled with live holiday music, children's craft making, a scavenger hunt, photos with Santa and a wide variety of arts and crafts vendors. Stroll through the village shops and dine in a variety of restaurants or at the food trucks. The day would not be complete without our spectacular parade down the middle of town! Immediately after the parade, there will be

caroling and the lighting of the beautiful 38 ft. Christmas tree in the festival of trees in Village Park! For the complete schedule, including the Winnie the Pooh play at noon and 2 pm and the Christmas cartoon after the tree lighting, please visit www.fairoakschamber.com/christmas-in-the-village Please call Kim at the Fair Oaks Chamber office at 916-967-2903 to see if there are still openings for parade participation and event sponsorships. Would you like to volunteer for a few hours that day? We would love it!

It's time to cast your vote for your favorite Fair Oaks businesses in our 3rd Annual Best of Fair Oaks contest! You can even nominate your favorites to the existing list. The



Dot Boyd

business must be located in Fair Oaks or be a current member of FOCC. www.bestoffairoaks.com Look for more details in this issue. The winners for 2018 will be revealed at

a gala reception at North Ridge Country Club on Thursday, January 24th, 2019! Save the date and come cheer on your favorites!

One more thing! We invite you to "shop locally" throughout the year and in the upcoming holiday season. Please check out our Member Directory at www.fairoakschamber.com. Your support of our member businesses helps us give back to our community year after year. Thank you!!

See you in Fair Oaks!
Dot Boyd, Ambassador Chair, Fair Oaks Chamber of Commerce ★

10 Questions to Ask Before You Hire a Real Estate Agent

Fair Oaks / Orangevale - Not all real estate agents are the same. If you decide to seek the help of an agent when selling or buying your home, you need some good information before you make any moves. Choosing a real estate agent is one of those critical issues that can cost or save you thousands of dollars. In this FREE special report, we give you the specific questions you should be asking to ensure that you get the best representation for your needs. Before you hire any real estate agent, call and get a copy of

a FREE Report entitled "10 questions to Ask Before You Hire an Agent".

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You're Invited!

Tickets will sell out fast so don't miss your chance to attend the **"Best of Fair Oaks"** event. This year's event will be held:

Where: North Ridge Country Club, 7600 Madison Ave, Fair Oaks, CA 95628

When: Thursday January 24, 2019 • 5:30 to PM-7:30PM

Cost: Contact the Fair Oaks Chamber of Commerce for details. To purchase tickets for this event please call 916-967-2903 or go to FairOaksChamber.com.

VOTE NOW! Contest Rules

Business must be located in Fair Oaks or be a Chamber of Commerce Member.

All votes must be received no later than December 31, 2018 at 5:00 pm at the office of Messenger Publishing Group.

Only one vote per category per person. All voting entries must have complete information or the votes will not be counted.

Best of Fair Oaks winners will be presented at this year's "Best of Fair Oaks" event.



Publisher,
Paul V. Scholl

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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 *American River Messenger*, 7144 Fair Oaks Blvd., Suite #5, Carmichael, CA 95608. Subscription rate is \$28 per year in Fair Oaks and Orangevale. The *American River Messenger* is published twice-monthly. Call 916-773-1111 for more information. (ISSN # 1948-1950).



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Stop the HIT to Protect American Workers

Commentary
by Janet Trautwein

A little-known provision of the Affordable Care Act has been stealthily contributing to higher health insurance premiums. It's called the Health Insurance Tax, or HIT -- and Congress is finally ready to do something about it.

Earlier this summer, a bipartisan House majority voted to suspend the HIT through 2021. Now it's the Senate's turn to act. Billions of dollars in insurance premiums for consumers are on the line.

Since the Affordable Care Act took effect in 2014, insurance companies offering conventional full-coverage policies have paid fees based on how much their premiums are. That includes employer-sponsored group insurance plans, individual plans on the Obamacare exchanges, and Medicare and Medicaid plans. The HIT served as an extra source of funding for the ACA.

Unfortunately, insurers simply pass the Health Insurance Tax along to individuals and employers in the form of higher premiums.

That's particularly bad for small business owners, who can't deduct HIT fees from their overall tax

liability. Meanwhile, most Americans buying health coverage in the individual market have no idea that part of their premium is just a pass-through tax.

The HIT gets more burdensome every year. Fees from insurers totaled \$8 billion in 2014 and \$11 billion in 2015. Congress suspended the tax for 2017 and 2018. But if the federal government had collected the tax this year, the tab would have been over \$14 billion.

There's no doubt the HIT has increased premiums. The Kaiser Family Foundation estimates that the HIT inflated exchange plan premiums by two to three percentage points this year. According to an Oliver Wyman analysis, the tax accounted for \$500 in annual premium costs for families obtaining coverage through an employer, \$255 for those enrolled in Medicare Advantage, and \$165 for people insured through the individual market.

Without relief from Congress, the HIT will drive up average individual premiums by more than \$2,100 -- and family premiums by \$5,000 -- over the next decade.

The HIT also knocks those least able to pay the hardest. Americans earning \$10,000 to \$50,000 a

year pay more than half of the HIT.

Large businesses can escape the Health Insurance Tax by self-insuring, or paying employee medical bills directly. But that's not an option for small businesses with fewer employees and volatile health care costs.

That's a big reason why small businesses have faced skyrocketing premiums. From 2010 to 2015, seven in 10 small businesses reported premium increases of more than 20 percent.

The HIT will only continue harming small businesses, causing cuts in employee benefits and reduced hiring. According to one estimate, the HIT could put 163,000 workers at small businesses out of their jobs in the next ten years.

The House measure to suspend the tax for three more years, H.R. 6311, would offer some relief. The Senate should support it.

Better still, Congress should repeal the HIT once and for all. Doing so would be an easy way to lower Americans' insurance premiums and protect the middle class.

Janet Trautwein is CEO of the National Association of Health Underwriters (www.nahu.org). ★

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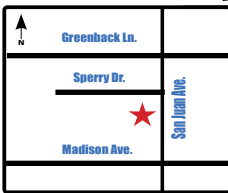
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SMUD Lists Unclaimed Checks on its Website

SACRAMENTO REGION, CA (MPG) - SMUD has published the names of customers and vendors who have not yet cashed checks dated October 1, 2014 through September 30, 2015. The list of names will be posted on SMUD's website, smud.org, until December 21, 2018.

In order to file a claim on an uncashed check, claimant's name must be included on this list, or they do not have a valid claim.

To make a claim, call 916-732-7440 and supply the claimant's name, current address, telephone number and the address for the time period between October 1, 2014 and September 30, 2015. Claimants can also mail



In order to file a claim on an uncashed check, claimant's name must be included on this list, or they do not have a valid claim.

a claim to Sacramento Municipal Utility District Unclaimed Monies, 6201 S Street, Mail Stop K109, Sacramento, CA 95817-1818.

Each year, SMUD posts this information in an effort to find the money's rightful owner. Claims must be made by 5 p.m.

on December 21, 2018 or they become the property of SMUD under California Code Section 50050-50057.

Replacement checks will be issued only to the payee or upon proof of death, to the payee's beneficiary.

For more information, visit smud.org.

Source: SMUD Media ★

SouthEast Connector Funding Secure Following Proposition 6 Failure

By Lindsey Goodwin

MATHER, CA (MPG) - The Capital SouthEast Connector Joint Powers Authority has announced \$20 million in grant funding previously secured through the California Transportation Commission's (CTC) Local Partnership Program (LPP) available through Senate Bill 1 (SB 1), the Road Repair and Accountability Act of 2017, is secure following the failure of Proposition 6. This statewide proposition would have repealed SB 1, a 2017 law that generates \$5.2 billion annually in new transportation funding that is permanently designated for road repairs and public transportation.

"The voters of California have spoken and, based on the outcome of Proposition 6, understand the importance of prioritizing funding sources to maintain our state's transportation infrastructure," said Derek Minnema, executive director of the Capital SouthEast Connector JPA. "The \$20 million in funds previously

secured through SB 1 will be invested judiciously to continue the advancement of the Connector, which will provide instant regional congestion relief to downtown Sacramento and close a critical rural-to-suburban connectivity gap here in our region."

The Connector received the third largest statewide funding award of close to 90 grant applications for projects throughout California.

Earlier this year, the Sacramento Transportation Authority ranked the Connector as it's No. 1 regional transportation project pursuing funding through the CTC's LPP grant program.

The Connector closes a rural-to-suburban connectivity gap by transforming 34 miles of two-lane rural roads into a state-of-the-art, four-lane expressway connecting the communities of the City of Elk Grove, Sacramento County, City of Rancho Cordova, City of Folsom and El Dorado County. The new

expressway will provide instant regional congestion relief to downtown Sacramento, provide parallel capacity to Highway 50, and an evacuation route for the southeastern part of Sacramento County. Project benefits also extend beyond the region as the Connector has been identified as a key project within California's Central Valley Major International Trade Region, and will connect three U.S. Department of Transportation's Primary Freight Network Routes that are the backbone of goods movement within the Central Valley.

The Connector JPA was formed in December 2006 and includes Sacramento County, El Dorado County and the cities of Elk Grove, Folsom and Rancho Cordova. It is responsible for the Connector's planning, environmental review, engineering design, development and construction.

For more information, visit www.connectorjpa.net

Source: Randle Communications ★

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Capitol Pops Concert Band Rings in the Holidays

By Linda Glover

CITRUS HEIGHTS, CA (MPG) - The Capitol Pops Concert Band continues its 22nd season with a free, open to the public holiday concert at 7 p.m. Saturday, Dec. 1, 2018, at the Rusch Park Gym, 7801 Auburn Blvd., in Citrus Heights.

Under the baton of Director Judith Steinle, CPCB will once again play traditional holiday favorites, seasonal musical hits and carols.

This performance, sponsored by the Sunrise Recreation and Park District

and the City of Citrus Heights, is family friendly and a great way to usher in the holiday season. The two-hour concert includes a 20-minute intermission.

Various prizes will be on display for the raffle ticket drawings. In addition, there will be a silent auction on special, one-of-a-kind items. The public also will have the opportunity to purchase a variety of colorful poinsettias after the concert concludes. Longtime CPCB supporter Easley Nursery of Auburn has donated a large poinsettia plant as a grand prize in

support of the band's student scholarship fund.

Started in 1997, the CPCB has performed a diverse portfolio of high-quality, well-prepared music heard by thousands of concertgoers throughout Northern California. Based in Citrus Heights, the self-supporting, nonprofit community band of about 50 musicians represents a wide cross-section of the Sacramento area. For more information on the Capitol Pops, visit www.capitolpops.org or its Facebook page. For more information, call (916) 725-5214. ★



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Dave Ramsey Says



Retirement or debt?

Dear Dave,
Do you think I should lower the amount I'm contributing to my 401(k) so I can pay off my house and my truck?
-Jamie

Dear Jamie,
If you're following my plan, the first thing you should do is set aside a beginner emergency fund of \$1,000. That's Baby Step 1. Next comes Baby Step 2, which means paying off all your debt except for your house. This would include your car. During this time, you should temporarily stop any kind of investing and retirement contributions. Once your mortgage is the only debt you have left, it's on to Baby Step 3. This means you start saving money and growing your beginner emergency fund into a fully-funded emergency fund of three to six months of expenses. When that's done, you can attack Baby Step 4—investing 15 percent of your pre-tax income for retirement. In your case, that would mean re-starting the contributions to your 401(k). The rest of the plan goes like this. Baby Step 5 is putting money into your kids' college funds, if you have kids, while Baby Step 6 is putting everything you can scrape together towards paying off the house early. After that comes the real fun. Baby Step 7 is the point where you build wealth and give like crazy.

It may take a little time in

some cases, but following these steps will lead you to financial peace!
—Dave

The key is serving
Dear Dave,
I just accepted my first job in sales. In your mind, what is the key to becoming an excellent salesperson?
- Bobbie

Dear Bobbie,
The key to becoming a great salesperson can be summed up in one simple word—serving. I'm not talking about being subservient. I'm talking about always giving 110 percent towards ensuring customers and potential customers are served well. It's all about being proactive. Serving means you believe in what you represent, and you're excited about what you have to offer. It means you're determined to give people a great experience. If an issue happens to arise, you'll take care of it quickly and completely. You'll do this in a way that will make them forget it ever happened. Really, serving is an attitude. You can pressure people if you want, but that's going to lead to a dull and frustrating life of one-shot deals. But if you serve people well, you'll have clients for life and they'll send their friends and associates your way. Make helping people your first order of business, Bobbie. If you do that, you'll never have to worry about money!
—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 13 million listeners each week on 585 radio stations and multiple digital platforms. Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey. ★

The 14th Amendment Actually Prohibited Birthright Citizenship



Commentary by Harold Pease, Ph. D

Most constitutional experts know that there exists no birthright citizenship in the 14th Amendment to the U.S. Constitution. LibertyUnderFire and others have made this case for many years. Unfortunately House Speaker Paul Ryan, represents the class of politicians least informed on this subject when he said "As a conservative, I'm a believer in following the plain text of the Constitution and I think in this case the 14th Amendment is pretty clear." If he were a constitutionalist he would know better. Currently the Democratic Party leadership do not care whether it is, or is not, constitutional as they view all illegal immigrants as future democrats. The ignorance of the establishment press too is overwhelming. So we make the case once again. Most have sympathy for those who were infants or born here when their parents illegally crossed the border and have lived here all their lives and know no other country. The 14th Amendment seems to validate such sympathy IF WE IGNORE SIX WORDS: "All persons born or naturalized in the United States and subject to the jurisdiction thereof, are citizens of the United States and of the State wherein they reside."

A more careful read, however, shows that such was specifically and purposely denied, not supported. Consider the phrase "subject to the jurisdiction thereof." The purpose of the clause was to guarantee citizenship to freed slaves, (already residents) and their descendants after the Civil War. It had nothing to do with immigration. Recipients were already subject to the jurisdiction of the United States. The concept of "anchor babies" refers to those whose parents are illegal immigrants into the United States and while here have a baby. That baby, (excluding the six words) then inherits full citizenship and even the right later, as an adult, to sponsor his/her own illegal parents in their quest for citizenship. The debate for or against the practice of allowing citizenship for babies of illegal's born in the U.S. rages on with virtually no one going to the source of the alleged authority—the crafters of the 14th Amendment of the Constitution. Senator Jacob Merritt Howard, architect of the 14th Amendment, actually structured the Amendment, (one of two defining the legal status of freed slaves after the Civil War, the other being the 13th which gave them freedom), to prevent that very interpretation. He said: "This amendment which I have offered is simply declaratory of what I regard as the law of the land already, that every person born within the limits of the United States, and [already] subject to their jurisdiction, is by virtue of natural law and national law a citizen of the United States. This will not, of course, include

persons born in the United States who are foreigners, aliens, who belong to the families of ambassadors or foreign minister accredited to the Government of the United States, but will include every other class of persons."

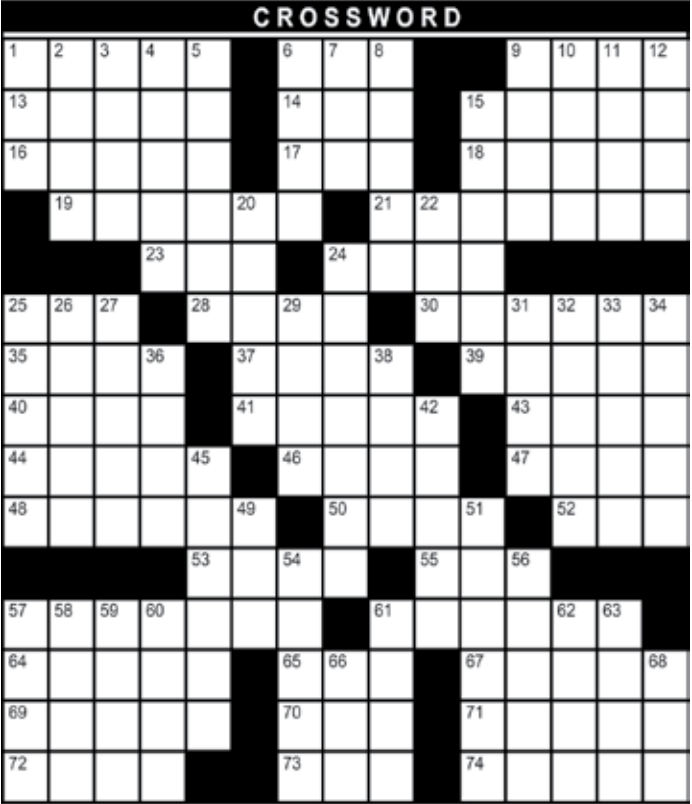
It was he who insisted that the qualifying phrase "subject to the jurisdiction thereof" be inserted. Those crossing our borders illegally are clearly foreigners not residents, and not subject to the jurisdiction of the United States, and thus are specifically exempt from citizenship. Notice also the exclusion of babies born of ambassadors while here. The record of the Senate deliberations on the 14th amendment shows no other interpretation. There is no such thing as automatic citizenship from this amendment without serious distortion of it. In fact, Lyman Trumbull, co-author of the 13th Amendment outlawing slavery, addressing the definition of the phrase "subject to the jurisdiction thereof," asked, "What do we mean by complete jurisdiction thereof? Not owing allegiance to anybody else. That is what it means."

Those crossing our borders illegally have jurisdiction or allegiance elsewhere and thus cannot have birthright citizenship. How can a child of such a parentage have what his parents clearly do not have? How many are born illegally in the United States per year? Statistics are difficult to validate but the Pew Hispanic Center study estimated 340,000 in 2008 alone and recent research has doubled illegal entry from 11 to 22 million, so births from illegals are also presumed double. The Center for Immigration

Studies estimated the annual cost providing healthcare, education, and food stamps for many, and all other incidental costs at \$2.4 billion—and that was based upon the presumed 11 million. Citizenship was denied Native Americans until 1924 as they owed allegiance to their Sioux or Apache or Blackfoot, or whatever, Indian nations and thus were not yet "subject to the jurisdiction thereof" of the nation they lived within. Certainly one must cease to be at war or conflict with the conquering country. So just being on U.S. soil did not make them citizens automatically until the "jurisdiction thereof" part of the Amendment was satisfied.. Many of our Mexican friends send portions of their pay checks home to Mexico and plan to return to their native land upon retirement with pensions and/or social security sent to their "first" country from the country they extracted their wealth—the United States. Some vote in Mexican elections from here. It is indeed hard to argue that they are not instead subject to the jurisdiction of another land other than the United States--and most admit it. Again, the 14th Amendment specifically denies birthright citizenship. Dr. Harold Pease is a syndicated columnist and an expert on the United States Constitution. He has dedicated his career to studying the writings of the Founding Fathers and applying that knowledge to current events. To read more of his weekly articles, please visit www.LibertyUnderFire.org. ★

STATEPOINT CROSSWORD • THANKSGIVING

- CLUES
- ACROSS
- 1. Newton or Stern
 - 6. Hot springs resort
 - 9. Gene Simmons' band
 - 13. Cuban dance
 - 14. Anticipated outcome
 - 15. Type of rug
 - 16. Shiny suit
 - 17. Red area between Saudi Arabia and Egypt?
 - 18. Telephone company
 - 19. *Which Thursday is Thanksgiving?
 - 21. *Gathering
 - 23. To boot
 - 24. India location
 - 25. Deli order
 - 28. Walked on
 - 30. Authoritative declaration
 - 35. Milano moolah
 - 37. Swear, not curse
 - 39. Kappa Alpha ____
 - 40. Battery fluid
 - 41. Long-necked wading bird
 - 43. Biz bigwig
 - 44. Chirp
 - 46. Gauche or Droite, in Paris
 - 47. On one's guard
 - 48. Take for ransom
 - 50. Gingrich of politics
 - 52. Female sib
 - 53. Hoodlum
 - 55. Comic cry
 - 57. *Early Thanksgiving celebrant
 - 61. *It's on the final Thanksgiving Parade float
 - 64. Convex molding
 - 65. High or low
 - 67. "Roots" author
 - 69. *Post-Thanksgiving song
 - 70. Yoga accessory
 - 71. Accustom
 - 72. "The Man Who ____ Too Much"
 - 73. Possessive of it
 - 74. Opposite of digest
- DOWN
- 1. Roth ____
 - 2. Turf alternative
 - 3. Shots, for short
 - 4. Roughly
 - 5. Root vegetable
 - 6. "I flew like a flash, tore open the shutters, and threw up the ____"
 - 7. Not cake
 - 8. Wet nurses
 - 9. Capital of Ukraine
 - 10. Capri, e.g.
 - 11. Hollow baglike structures
 - 12. Vegas bandit
 - 15. Gibraltar or Bering
 - 20. Synagogue read
 - 22. Willie Nelson's "Farm ____"
 - 24. Like fans
 - 25. *Like Friday after Thanksgiving
 - 26. Chinese fruit
 - 27. "____-and-true"
 - 29. *____-eating
 - 31. "The ____" talk show
 - 32. Astros' homeland
 - 33. Wombs
 - 34. *Parade organizer
 - 36. Port in Yemen
 - 38. Created a rug?
 - 42. Handrail post
 - 45. "Snow ____," band
 - 49. Between Sigma and Epsilon
 - 51. Tittering laugh sound
 - 54. Savory taste sensation
 - 56. Asian wild ass
 - 57. From chicken pox
 - 58. He was terrible
 - 59. Elders' teachings
 - 60. Neon effect
 - 61. Exercise groups
 - 62. Adhesive
 - 63. Not his
 - 66. *The oldest balloon animal
 - 68. Hitherto



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Solutions on Page 8

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NO ONE SHOULD GO HUNGRY ON THANKSGIVING!



By Marlys Johnsen
Norris, Christian Author

Religion itself is powerless! Alone it means nothing! It never does not set people “free” or give them the peace that passes all understanding! Actually it is an empty word people who answer “I’m religious” do not understand!

When questioned about their faith, haven’t we all heard people responding with those words “I’m

Religion Doesn’t Work

religious”? And what does that really mean? Yes they may go to church every week! Do they really believe that is all they need to do? Do they hear, respond and be inspired to do the works of serving God in their daily lives? Possibly they totally miss their divine calling with that kind of answer! How about reading and study of their Bible? What do they learn? Do they pray every day? Talking to God daily is one of the most important events everyone needs to do. If not, no wonder some critics call them “hypocrites”?

Until a person understands and drinks of the “Living Water” God provides, their lives are not filled with Jesus love and forgiveness. He provides so much more *when one seeks Him with their whole heart!* Not just on Sunday - but every single day. God loves every one of us far more than any of us will ever understand but we can learn and appreciate what we do learn about Him. **“Come Alive” now by accepting God’s Son, Jesus as your Savior and Lord of your life and you will begin to really live for the first time in your life. You will be “born again” and begin a brand new life!** I promise you because it happened to me 50 years ago and I have learned a lot about a dynamic loving God who loves everyone with His whole heart. Right Now, He is on His knees in prayer just waiting for you! Come and Experience a Brand New Life with Jesus!

*Christian Author of 7 Books
Coming: God’s Blessings for Life’s Journey
Marlysjn@gmail.com* ★



By Pastor Ray Dare

What would you consider to be the number one emotional pain in our society? You may think, “Depression, guilt, anxiety, stress.” Sociologists tell us it is loneliness.

One of God’s remedies to loneliness is recognizing His presence. The fact is you cannot escape God’s presence. God is everywhere. No matter where you go, God’s going to be there. But how do you recognize God’s presence in your life? So, you can take advantage of the benefits of it? And what are those benefits?

He supports you. Isaiah 41:10 “*Don’t worry because I am with you. Don’t be afraid because I am your God. I will make you strong and help you. I will support you.*” God’s saying you’re not alone in this world. No matter what you face you don’t have to face it alone. There is a

Pastor Ray’s
Encouraging Words

When You Feel Lonely

difference between being alone and being lonely. If God is with you and you sense His presence, you may be alone, but you’ll never be lonely.

He calms you down. When is loneliness the most difficult? What time of day? At night. Nobody wants to go to bed at night alone. That’s why some leave the radio or TV going. When you’re alone at night your fears exaggerate. You hear noises at night you never hear during the day. You start imagining the shower scene from Psycho. Your mind goes into overdrive. However, God’s presence calms me down. Ps. 4:8 “*I will lie down in peace and sleep for though I am alone, O Lord, You will keep me safe.*”

He cheers you up. When you are alone you have two choices: You can choose to focus on your loneliness and have a pity party - “Poor me! Nobody loves me!” Or you can focus on the fact that God loves you, He’s never left you and that He’s with you now. Ps. 16 “*Your presence fills me with joy.*”

How do you know when somebody’s walking in the presence of God? They are full of joy. How do you know when somebody’s not walking in God’s presence? They’re not full of joy.

He’ll see you through. Isa. 43 “*When you go through deep waters and great troubles, I will be with you. When you go through rivers of difficulty, you will not drown.*” God is not going to let you sink. He says, “I will see you through.” Even when you feel like you can’t go on another day. God is with you and if you’ll tune in to Him, He’ll help you out. There are radio waves going through the air all the time. You can’t see them, but it doesn’t mean they’re not there. You can’t see God but He’s with you right now. He’s all around you and if you’re a believer He’s in you, but you must tune into Him through prayer, then His presence will help you out, see you through, lift you up, calm you down.

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Crossword Puzzle on Page 6

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Sudoku Puzzle on Page 6

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

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SSPCA Receives Over \$100,000 in Grants

Petsmart Charities Donates to Help Pets Find Forever Homes

By Sarah Varanini, SSPCA

SACRAMENTO REGION, CA (MPG) - The Sacramento SPCA recently announced their receipt of two new grants of \$50,000 and \$51,821 from PetSmart Charities, the leading funder of animal welfare in North America. The grants are designed to increase intake and help the Sacramento SPCA transport and relocate pets so they can find forever homes.

Since 2016, the Sacramento SPCA has transferred close to 1,000 animals from overburdened shelters in Northern California to their location in Sacramento. In 2018 alone, the Sacramento SPCA transferred 328 animals from Antioch Animal Services, Contra Costa County Animal Services, Placer SPCA, Stockton Animal Control, Sacramento County Animal Control, and weekly visits to Sacramento City Animal Control on Front Street.

The relocation of these pets not only allows the overburdened shelter to have open kennels for incoming animals, but gives the pets transferred the opportunity to find loving homes in a new environment.

A \$50,000 grant from PetSmart Charities was used to purchase a new transfer van, allowing the Sacramento SPCA to transfer even more animals per visit to overburdened shelters. A \$51,821 grant from PetSmart Charities will soon completely renovate a new area at the Sacramento SPCA for intake and assessment of these transferred animals before they are ready to find their new families.

“In the past, we could rescue six large dogs, or eight medium dogs or about a dozen and a half small dogs or cats,” said Kenn Altine, Sacramento SPCA CEO. “With the new PetSmart Charities van, we can load eight large crates and dozens of small and medium crates by using the folding shelves.

We can bring back a wide mix of sizes that matches the needs of the partner shelter and the space availability here at Sacramento SPCA.” Employees from the Sacramento SPCA recently drove this new animal transfer vehicle to Kettleman City to transfer 15 dogs from areas affected by Hurricane Michael.

“Pet transport continues to play an important role in reducing pet homelessness and can provide a better chance for pets to find loving homes,” said David Haworth, DVM, Ph.D. and president of PetSmart Charities. “We are thrilled to not only provide funding to support the transport of these pets from overwhelmed areas, but also increase the Sacramento SPCA’s capacity to provide quality care to pets on the journey to find their forever home.”

Pet Transport is one of PetSmart Charities’ seven grant categories designed to provide year-round opportunities for animal



Sacramento SPCA Rescue Coordinator Emily Egle (on left) and Sacramento SPCA Foster Coordinator Palina Chordas with two transferred dogs from the Sacramento City Animal Control on Front Street. Photo courtesy SSPCA

welfare organizations and non-profits to apply for funding support. Funding from PetSmart Charities can help to cover the costs

associated with pet transportation, veterinary and shelter care and vehicle maintenance and modifications. With the help of

its animal welfare partners, since 1994, PetSmart Charities has helped more than 8 million pets in need find forever homes. ★

AlSCO Gives Support to Seniors Through Philanthropic Partnership Program



Eskaton management receives the donation from AlSCO executives. Photo courtesy AlSCO

By Nina Canning

SACRAMENTO, CA (MPG) - AlSCO Inc., the premier linen and uniform rental services company, recently joined the Eskaton Foundation’s Philanthropic Partner Program to better support senior citizens as they age, helping them remain independent, but also provides volunteer opportunities and education forums about the aging experience for

AlSCO employees.

Seniors are an often overlooked demographic when it comes to charitable giving. In fact, in the United States, only two percent of all giving is directed to senior causes.

“Our donation allows us to support seniors through the innovative health, housing and social services the Eskaton Foundation provides to seniors,” says Mark Kotsios, general manager, AlSCO Sacramento.

Eskaton, which means “the dawning of a new day,” is a community-based nonprofit whose mission is enhancing the quality of life of seniors to transform the aging experience. Eskaton Foundation supports the needs of seniors in the greater Sacramento area.

AlSCO is a fourth-generation family owned and operated business, founded in 1889, that was recognized by the prestigious Hohenstein

Institute for having invented the linen and uniform rental industry. Celebrating 129 years of business, AlSCO provides linen and uniform rental services to customers that include restaurants, healthcare, automotive industry and industrial facilities. With over 180 locations, AlSCO provides world-class service to over 355,000 customers in 14 countries. Learn more at <http://www.alSCO.com>. ★

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TV GUIDE MAGAZINE

CHEERS & JEERS

Jeers to Any Americans Who Aren't Watching All American

The CW's underrated tale of a high school football star (Daniel Ezra) who's moved from the hood to the Hills of Beverly deserves to be a hit for ignoring the "teen drama" playbook and tackling universal stories of race, class and self-acceptance without ever being preachy.

Jeers to Modern Family for being dead wrong about what significant means. Before Season 10 began, producers teased that a "significant character" would meet his or her maker this year. So if Shelley Long's DeDe was so important, why did Jay's ex—who hasn't even been



(Daniel Ezra pictured left) who's moved from the hood to the Hills of Beverly in teh CW program All American deserves to be a hit for ignoring the "teen drama" playbook.

seen this season!—die off-screen? They're just lucky it wasn't pup Stella.

Cheers to Chilling Adventures of Sabrina for making the macabre

cool. Dark, demented and definitely not afraid to offend, Netflix's giddily ghoulish take on Archie Comics' teenage witch quickly cast its spell over us with its bold embrace of the occult, plus star Kiernan Shipka's wickedly winning performance.

Cheers to Grey's Anatomy

for using Meredith's past to improve Teddy's future. When Owen's ex (Kim Raver) balked at telling him she was carrying his baby, Meredith shared the pain of growing up without a dad because of her own mother's lies. It was a nice nod to the character's history and acknowledgment of how far she has come from that dysfunction. ★



Thankful Thanksgiving

We eat turkey and pumpkin pie. It's because the pilgrims did, right? We mimic those somber folks in black outfits and clunky shoes with buckled hats.

Well, according to historian Ken Davis, Pilgrims didn't wear black, and their feast was more like surf and turf with venison, turkey and mussels and scallops from the nearby ocean. It was wild turkey and pumpkins, not pumpkin pie and cornmeal breads and puddings? And the "happy times" together with peace and good will lasted about a generation...quickly followed by fighting and bloodshed as relations with the Native Americans deteriorated when the colonists took land from the indigenous people.

But let's not forget that it is a day to be grateful for what we have, be it little or a lot. So, instead of asking celebs or other media personalities, I was curious what my own family

POPPOFF!

with Mary Jane Popp

was grateful for, including myself. Had to start out with my husband Rick. "I'm thankful to be blessed with a loving partner to make me smile through all my days...to have family that I will always love and sorely miss when they are no longer here...for all the four-legged friends who have graced my life with their devotion and never ending love."

Then my only brother Johnny added, "Thankful I made 80 years, my wife and I enjoying nearly 49 years of marriage, and living in a University community with many fun activities. My son has a good job he likes in Arizona and married a fine woman who makes him happy."

My sister-in-law Mary Frances added, "The thankfulness is long: 48 happy years married to Johnny, more than 40 years of being paid for work I loved, and now retired and sleeping late. Books to read and great libraries nearby to round out the list."

From Cousin Linda in Texas..."We are blessed with children who are healthy, responsible and grounded with strong work ethic. Our family knows God and his goodness. Thankful for the

chance to live in a constitutional republic that affords us freedom of religion, speech, press, and thankful for our soldiers who keep our freedoms safe. Thankful for our extended family...cousins, nieces and nephews who give unconditional love across the miles for decades."

Mine's next. Health came to mind, along with the wonderful man I married 47 years ago. Then, to realize that I am still doing what I love best in the whole world after 43 years...a radio show where I can share positive ideas, speak out without shouting or calling names with intelligent talk, and this column that allows me the opportunity to share those ideas with you. What more can I ask for? Perhaps, please let me keep on giving and sharing! And can't forget our four-legged kids Ice and Trekler! Real joy!

I hope you are all sharing your special Thanksgiving with much love, compassion and giving of yourself. It's what Thanksgiving is all about. Our time is so finite, so share the best of you with family, friends and strangers too. A HAPPY AND BLESSED THANKSGIVING!!! ★

ASK MATT

BY MATT ROUSH TV Guide Senior Critic

HAS CBS RENEWED POLICE DRAMA INSTINCT?

Question: I really enjoyed CBS's *Instinct* and am hoping it will get renewed. Any idea whether it will? —Dorothy

the groundbreaking nature of the character he plays as a married and openly gay crime-solver, though I often wished the cases and the writing would rise to his level.

Matt Roush: I've been getting enough questions about this, I figured I should address it. CBS renewed *Instinct*, but as in its first season, the show will return as a mid-season series (no air date yet). I'm a big fan of Alan Cumming and appreciate

Question: Do you remember a show called *Early Edition* in the 1990s? *God Friended Me* reminds me a lot of it. —Jamie

Matt Roush: There are echoes of quite a few shows in the high concept

of *God Friended Me*—which I've also heard described as "Texted By an Angel"—but the DNA of *Early Edition* is also apparent in the story of a person getting predictive messages to do good for unknown reasons. *Friended* has the added spiritual/religious/atheist angle, which I find especially intriguing. But I'll admit as someone who got my start in newspapers, I find myself nostalgic for any show that depicts someone getting an actual newspaper dropped at their doorstep—as opposed to getting all of their information and behavioral cues on social media.

To submit questions to TV Critic Matt Roush, go to: tvinsider.com ★

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How the Individualized Education Program (IEP) Affects Our Kids

Commentary
by Andrea Hatch

SACRAMENTO REGION, CA (MPG) - The Individualized Education Program was established for kids who have behavioral and learning abilities that are different than the “average” child. Some kids receive an IEP and remain in a general education classroom with special focus on what they need most to succeed. Other children are placed in completely separate classrooms staffed with several teachers and varying levels of behavioral and learning difficulties. My son, Andre, was put into an IEP class by second grade. He was kicked out of several schools, saw several therapists, and a call or email was received almost daily regarding a behavioral outburst. The request was made several times for a shadow but I was advised that, unless he had a specific diagnosis, it would not be possible. The only problem was he had not, and has not been, diagnosed with anything specific. Behaviors at home are the polar opposite of how his behavior is at school. One of our greatest fears, when moving Andre to the IEP program, was that his academics would slip and his behavior would worsen. We were assured that would not happen; however, we are now in the fifth grade and our fears have come true. It is called an Individualized Education Program; however, each time we made suggestions that would help we were told they don’t have the ability to give individual attention to each student.

We have pushed for Andre to be reintegrated to the general education and have been told that cannot happen until his behavior improves. How do we know



There are benefits of this program and there are drawbacks. Photo by Andrea Hatch

“I am a dancer, a singer, and a person who is good at math. I am understanding, thoughtful, and try my hardest to make friends and sometimes I succeed. I am sooo much more than a kid in a special ed class.”

ANDRE HATCH
INDIVIDUALIZED
EDUCATION PROGRAM
STUDENT

his behavior in a new setting unless we try? When surrounded by kids, with even greater behavioral issues, how can we expect behavior to actually improve? Many IEP kids are in sports, activities, and have hobbies where they interact in a positive manor with others. When doing these other activities, outside of their special education program, they are

able to interact like a “normal” kid because they are in an environment with other “normal” kids. If we, even as adults, are placed in an environment where aggression is present then we will likely become aggressive, seeing as how it’s in our nature to protect ourselves.

There are benefits of this program and there are drawbacks. Being in IEP protects the children from expulsion, or arrest, depending on behavior and it allows the children to remain on a school campus, even though they struggle. The downfall is that there is such a severe gap in the behaviors and thoughts of these children that there is no way it is an Individualized plan. If you have a child who is academically challenged mixed with a child who is behaviorally challenged where do you focus? Both children are now being academically neglected. The child who is academically strong is being neglected due to behavioral challenges and the child

who struggles academically will continue to do so since the focus is only on a behavior, or behaviors, of other classmates. It’s a vicious circle that needs rectification.

The IEP children are removed from what is viewed as the “normal” classroom, yet are expected not to see themselves differently and the “normal” students are not supposed to view the IEP students differently. The IEP children get teased and picked on, yet are expected to see themselves as being like the other children. Other parent’s look at our children with disgust for their struggles with what seems like

simple tasks to other. I personally heard one mother, not realizing I was my son’s mother, talking so badly about my child and telling her child to stay away from my son.

What is being missed is that my son is a 10 year old boy. Just like several others, my son is loving, generous, funny, caring, and kind hearted. He just doesn’t know how to handle things when he gets upset. How will he ever learn unless the time is taken to teach him to do better? His academics should not suffer based on his struggle with behavior. We need to remember that these are

children too and that all children are different. As adults we need to remind the “normal” children that we are not all the same. We need the Individualized Education Program to be better tailored for each student. We need to remember that it takes a village and if the village gives up, so do our youth. We cannot expect our children to know what they haven’t been taught. Next time you see an IEP kid on the campus of your child’s school smile, ask them how they are doing, and show your kids the importance of being kind so that it lives within them when they are not with you. ★

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Grateful for the Gift of Life

Celebrate the Season With Christmas in the Village

By Shaunna Boyd

ORANGEVALE, CA (MPG) - Melissa Berg had been working as a patient care technician at Orangevale DaVita Dialysis Center for almost three years when she was diagnosed with end-stage renal disease.

Her specific diagnosis is Immunoglobulin A (IgA) nephropathy, which occurs when an antibody called immunoglobulin A lodges in the kidneys. Overtime, this hinders the kidneys' ability to filter wastes from the blood. According to the Mayo Clinic, "IgA nephropathy can cause the kidneys to gradually stop functioning. In such cases, permanent dialysis or a kidney transplant is needed to sustain life."

Berg explained, "Basically my own immune system took out my kidney. And they don't know why." Although researchers believe kidney disease can sometimes have a genetic component, it does not run in Berg's family.

"I was incredibly exhausted all the time, I had constant headaches and swelling in my legs, but I just attributed it to life stresses. I had no idea how sick I was. It is estimated that 31 million people have kidney disease and don't know it. That was me," said Berg.

Her years working directly with patients helped her deal with her own diagnosis. "I definitely had no delusions about how serious and life changing my diagnosis was," she said. "I knew the responsibility for my life quality rested on me. Following my doctor's orders, following my dietitian's recommendation, and working with my social worker were important keys to my best life. I saw in person how detrimental it was to someone's health and life if they did not

follow the guidelines given to them by their healthcare team."

After reviewing all her treatment options, Berg had her first dialysis treatment almost five months after diagnosis. "I was terrified," she said. "But I had an amazing team and they helped me every step of the way. They worked with me to educate me on each aspect of my dialysis, medication, diet, and insurance concerns. The support I received from my team and the dialysis community was priceless."

Berg began the process of getting approved for a kidney transplant, and she underwent medical and psychological testing to ensure she was a good candidate. When she found out she was approved, she was incredibly grateful. "The day I was informed that I was listed was an amazing day. Then I started my wait."

Her wait lasted five years. "There are over 450,000 people in the United States on dialysis," she said. "With those staggering numbers, it's easy to see why the wait for a transplant is so long."

While undergoing treatment and waiting for the transplant, Berg described feeling like she was living in a fog. The illness became her new normal, so although she knew she was sick, she didn't really recognize just how sick she was until after the transplant surgery: "My experience after transplant was incredible. Within 72 hours I felt like a different person. I felt like a fog that had been following me around had cleared. Everything came into focus."

After her transplant, Berg returned to work at Orangevale DaVita Dialysis Center as an administrative assistant. She wanted to share her story and help other patients maintain hope during treatment, but she decided not to return as a patient care technician because giving hands-on treatment was too much of a health risk. "After transplant," she explained, "you are placed on heavy doses of immune suppressants to help protect your transplant. This medication, while necessary to help keep your kidney from rejecting, wipes out your immune system." So even a common cold could land her in the hospital. She said, "I decided I could be of help and support from an administrative position. I still wanted to be involved to help and share my story and listen and offer hope."

"Someone donated a part of themselves to help me. They call it the 'Gift of Life,' and it really is," said Berg. Because she knows that a transplant is a treatment and not a cure, she understands that she might need another transplant in the future. "I still have the disease," she said, "so I need to take as good of care of myself and my health as I can."

Her experience helps her relate to and encourage patients who are facing the same ordeal she endured: "In the realest sense, I know and understand some of what the patients are going through... Sometimes people don't know how sick they are. They end up in the emergency room and are suddenly faced with dialysis... I know how overwhelming this disease can be. It's incredibly difficult to navigate and I want to be part of the team that helps patients have the best outcomes possible."

She said "I want to show people, 'You're going to be okay.' Even if sometimes people are terrified and aren't yet in a place to hear it, I still want to be there to tell them." ★



The festivities will begin at 3:00 PM with a children's craft area at Santa's Workshop, free pictures with Santa, and various arts and craft vendors. Get into the Christmas spirit by decorating Christmas cookies and entering the Gingerbread House Contest, all while enjoying holiday music throughout the event.

by Shaunna Boyd

FAIR OAKS, CA (MPG) - On Saturday, December 1, the Fair Oaks Chamber of Commerce, in partnership with the Fair Oaks Recreation and Park District (FORPD), will host the 35th annual Christmas in the Village celebration. The event will feature holiday activities for the whole family.

The festivities will begin at 3:00 PM with a children's craft area at Santa's Workshop, free pictures with Santa, and various arts and craft vendors. Get into the Christmas spirit by decorating Christmas cookies and entering

the Gingerbread House Contest, all while enjoying holiday music throughout the event. Hot beverages will be available at the Hot Chocolate and Cider Booth, and Sacto MoFo Food Trucks will be on site.

The Christmas Parade will start at 4:00 PM and the route will follow Fair Oaks Blvd. Plaza Park will offer excellent views of the parade as well as the Festival of Trees, which will begin at 4:30 PM. Christmas carols and candle lighting in the park at 5:30 PM will be followed by the Christmas tree lighting at 6:00 PM. The evening finishes with an

outdoor movie at 7:00 PM. Katy Coss, FORPD recreation superintendent, said, "I feel the Christmas in the Village event and Tree Lighting is special because it brings the community and partner groups out to celebrate the joy of singing carols, drinking hot cocoa, watching the parade, and waiting anxiously together in the dark for the bright lights to flip on and kick-off such a wonderful holiday season!"

Christmas in the Village is a rain-or-shine event, so bundle up in some cozy sweaters to celebrate the season with your family, friends, and neighbors. ★

Changing the Landscape of Residential Senior Care

Continued from page 1

The Brooks plan delicious meals because they feel it gives the residents great joy to look forward to good dinners and decadent desserts each night. Dan loves to cook and offers cooking demonstrations to get the residents involved in the process.

Bellhaven has at least one caregiver onsite at all times, and sometimes up to four depending on the activities and needs on a given day. At some care homes, the night staff can sleep while residents sleep since the assumption is that residents will wake the caregiver if they need help. Monica explained that Bellhaven does not follow that method because of concern that a resident might need help but be unable to request it if they

are in medical distress. Staff members at Bellhaven spend the night awake and making frequent checks to ensure the continued safety of all residents.

The Brooks spend much of their time at the estate and are both very involved in every aspect of care, from playing games with residents to helping them with showers. "We do everything we ask our staff to do," said Monica.

At Bellhaven, they want the residents to always feel that it is their home. Residents have their own personal spaces and are encouraged to invite family and friends to visit. The Brooks strive to offer exceptionally personalized service and care.

Monica has a background in children's services, so she loves working with the

residents and their families. She said, "I supported families through change when I worked in children's services, and now I support families through change on the other side."

Dan has 13 years of medical experience as a firefighter and paramedic, and in his experience going on medical calls he saw the need for more specialized and individual senior care. That need is what started the conversation and inspired the Brooks to open their own senior care home. Monica said, "If you are more on the quiet side, you can get lost in those larger facilities. Having only six residents at a time allows us to keep it super personal and offer extremely high-quality care."

For more information, visit www.bellhaven-estate.com. ★



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