

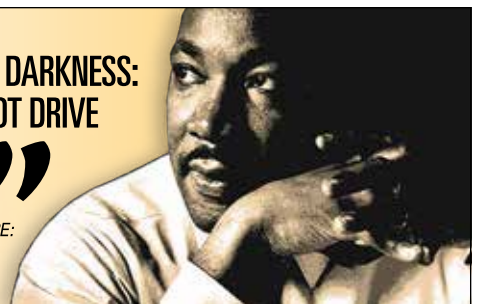


Firefighting is Lifesaving

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“DARKNESS CANNOT DRIVE OUT DARKNESS: ONLY LIGHT CAN DO THAT. HATE CANNOT DRIVE OUT HATE: ONLY LOVE CAN DO THAT.”

— MARTIN LUTHER KING, JR., A TESTAMENT OF HOPE: THE ESSENTIAL WRITINGS AND SPEECHES



Gold River Messenger

VOLUME 10 • ISSUE 1 *Serving Gold River and Sacramento County* JANUARY, 2022

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Activists Battle Poachers



Above: Jousting for mating dominance, bucks lure Parkway poachers. Right: Signs at the Effie Yeaw Nature Center alert visitors to poaching activity.

Story and photos by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - In league with Fish and Wildlife Department officers, nature activists have launched a campaign against poaching American River Parkway deer. Although all wildlife is protected and weapons are forbidden in the 26-mile sanctuary, the winter deer breeding season is game-on for illegal hunters.

Deer thrive in concentration in preserves; males live longer and become trophy specimens. When breeding urges divert them, bucks with big racks are unwary targets. The rutting season is now in full swing and though it's hard to prove illegal hunting is increasing, nature-lovers are appalled that it happens at all. Note: The parkway's large homeless

population is not held to blame. Villains carry high-tech weapons and cruise quietly into deer territory by night.

“Poachers are opportunists,” explains California Department Fish and Wildlife Department Lieutenant Alan Gregory. “Our Parkway provides opportunity. It's accessible from so many points by foot and vehicle. Some hunters kill for the antlers—that's an ego thing—some want meat. Either way, poaching is unacceptable.”

The Game Warden assists an action group spearheaded by Sacramento nature lover Tim McGinn. A retired builder, McGinn has organized

volunteers to post signs, distribute fliers and alert trail users to watch for illegal activity. Hearing gunshots; seeing wounded animals—all should be reported, says McGinn. Daylight
Continued on page 10



Vaccine Ambassador Program Launched

Sacramento County Public Health Press Release

SACRAMENTO COUNTY, (MPG) - Sacramento County Public Health, in partnership with Sierra Health Foundation and Community Based Organization partners (also known as Sac Collab) has launched a community Vaccine Ambassador Program to help communities increase vaccine confidence and increase vaccination rates.

The Vaccine Ambassador Program seeks to address the conditions that affect the health, well-being, and quality of life of under-resourced communities for an equitable and healthier Sacramento. As trusted messengers in their communities, the Ambassadors provide culturally relevant COVID-19 vaccine outreach, communication, information, and community events to support these efforts. Ambassadors are people who live in the communities that they serve and who provide peer support and can share real-world experience and personal reasons for getting the vaccine to inform others.

First formed in June 2020 as a countywide initiative, the Sac Collab supports neighborhoods that data indicates are experiencing the most devastating consequences of COVID-19. The Sac Collab created an infrastructure designed to invest in localized capacity building by training and hiring community members through our partnerships with community-based organizations. Through Sac Collab, we have provided Community Case Investigators, Contract Tracers, Resource Coordinators, Business Navigators, and most recently, Vaccine Ambassadors to support Sacramento County residents. Each partnering organization has a unique historical and cultural knowledge of the community it serves, allowing them to meaningfully connect with and provide support to fellow residents impacted by COVID-19.

Community Based Organizations, Faith-Based Organizations and other agencies can request Vaccine Ambassadors for events and activities such as vaccine clinics, health fairs, family events, holiday events, food distribution, etc..

To request Ambassador support for an event visit Sac Collab Vaccine Ambassador Program Request Form Survey (surveymonkey.com) and fill out the support request survey. ★

CRPD Donates to Unhoused Students



Cordova Recreation & Park District staff and Folsom Cordova Unified School District staff with donations for Homeless Student Services. Photo: CRPD

By Shelby Golden, Cordova Recreation & Park District

RANCHO CORDOVA, CA (MPG) - The Cordova Recreation & Park District's (District) Community Engagement Program is underway! The Community Engagement Program, spearheaded by District General

Manager Patrick Larkin, is a quarterly program that focuses on giving back to the community.

During this quarter, the District collaborated with the Folsom Cordova Unified School District (FCUSD) Homeless Student Services. FCUSD Homeless Student Services helps ensure homeless

children have an equal opportunity to obtain a high quality education and provides resources to families. Throughout the quarter, District staff and Board of Directors contributed various Target gift cards. On December 17, 2021, District staff presented FCUSD with donations
Continued on page 3

Sacramento Chapter DAR Funds Service Dogs for Veterans



Back row from left to right: Shell Williams, Sacramento Chapter DAR member; Sandy March, Sacramento Chapter DAR member; Janet Fulton, Sacramento Chapter DAR Regent; Terry Sandhoff, 4Paws2Freedom Director with service dog trainee Bountiful Grace ("Bounty"); Linda Kilborn, Sacramento Chapter DAR member; Vicki Klein, Sacramento Chapter Registrar; Cinde Cummings, Sacramento Chapter DAR Recording Secretary. Front Row: Terry Sandhoff, U.S. Army Veteran, with service dog Bear. Photo: DAR

DAR Press Release

SACRAMENTO, CA (MPG) - On December 21, 2021, the Sacramento Chapter Daughters of the American Revolution (DAR), presented 4Paws2Freedom with a donation to acquire shelter and rescue dogs to train as service dogs for Sacramento area veterans experiencing PTSD. This gift is the second of three to the Sacramento region, celebrating the Chapter's centennial anniversary. The first gift funded two Sacramento City College nursing scholarships.

Sacramento-area veterans disabled by PTSD are eligible to apply to participate in 4Paws2Freedom's program which, if accepted, includes free training with a matched dog.

"The Sacramento Chapter is delighted to help local veterans achieve greater independence and healing through being matched and trained with a service dog. Service to Veterans is a significant component of how DAR expresses Patriotism -- for us a non-political action word and one DAR's three, overarching pillars," said Janet Fulton, Sacramento Chapter DAR Regent. "Most of us have immediate family members who served and some of us are ourselves veterans."

If you are interested in learning more about DAR membership, visit <https://sacto.californiadar.org/> or contact corresponding@sacto.californiadar.org. If you would like more information about 4Paws2Freedom, visit

<https://4paws2freedom.org/>.

The National Society Daughters of the American Revolution (DAR) is a women's service organization whose members can trace their lineage to an individual who contributed to securing American independence during the Revolutionary War. Today's DAR is dynamic and diverse, with over 185,000 members in 3,000 chapters in the United States and abroad. DAR members annually provide millions of hours of volunteer service to their local communities across the country and world. DAR chapters participate in projects to promote historic preservation, education, and patriotism. Over one million members have joined the organization since its founding in 1890. ★

CHP Valley Division Cracks Down on Highway Violence

California Highway Patrol Press Release

SACRAMENTO, CA (MPG) - The California Highway Patrol's (CHP) Valley Division Investigative Services Unit (ISU) has made seven arrests related to eight incidents occurring from November 2, 2021, to December 5, 2021. These incidents have involved road rage, as well as other criminal activity within Sacramento and San Joaquin counties.

These incidents resulted in five gunshot victims, one of which was paralyzed, and another tragically lost their life. Investigators do not believe any of the shootings are related and have determined three of the shootings to be the result of road rage incidents and two incidents were related to criminal drug activity. The remaining shootings are currently under investigation.

The CHP is asking the public to refrain

from engaging in road rage type incidents, which includes verbal, visual, and/or physical confrontations. Never get involved or engage with an aggressive driver, and if you feel you are a victim of highway violence, or observe someone being actively aggressive on the road, immediately call 9-1-1 and provide as much information as possible.

Members of our communities often witness incidents of highway violence, and CHP investigators are asking witnesses to report any unsafe or unusual behaviors they observe. Investigators have determined that even in broad daylight on freeways, uninvolved civilians may witness a crime in progress and may be able to provide valuable information to help with the investigation.

Anyone with information regarding any of these incidents is asked to please contact the CHP Valley Division Investigative Services Unit at (916) 731-6400. ★

SacTax President W. Bruce Lee Wins a Third Term

Sacramento Taxpayers Association Press Release

SACRAMENTO, CA (MPG) - At their December meeting, the Board of Directors of the Sacramento Taxpayers Association (SacTax) unanimously voted to elect W. Bruce Lee as President for a third term. Last year Bruce valiantly led SacTax to defeat measures to increase taxes that would have contributed to the taxpayers' burden as California faces some of the highest taxes in the nation. Sacramento County's Measure A – a half cent, 40-year sales tax increase; the City of Citrus Height's Measure M – the one-cent sales tax increase with no sunset provision; state Proposition 15 – the split roll property tax; and Sacramento County's COVID-19 health ordinance which would have fined businesses up to \$10,000 per incident were all defeated or withdrawn, marking huge wins for SacTax.

Also, earlier this year, Bruce received the prestigious Howard Jarvis 2020 Tax Fighter of the Year award, which honors an individual or group that demonstrates a dedication to protecting California taxpayers. "Bruce is leading by example and helping taxpayers realize their voices and participation can make a difference and I'm so proud to be partnered with him," said SacTax Executive Director, Jack Frost.

During his career, Bruce has twice held elected office as Mayor of Loomis, California and has served as a fiscal advisor at the local, state, and federal levels of government. He currently authors bi-weekly articles titled "We the Government" which is locally syndicated by the Messenger Publishing Group. Bruce is an international speaker and educator on good government, and through his involvement with SacTax, Bruce continuously strives to promote fair and efficient governance. ★

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CRPD Donates to Unhoused Students

Continued from page 1
 totaling \$940 to be used for new shoes and clothing.

“I’m proud of our generous and caring CRPD staff for their continued support for the unhoused students in Rancho Cordova. Many of the CRPD staff are residents of Rancho Cordova so this opportunity to work

with FCUSD for the students in need has special meaning,” said Larkin. “We look forward to more opportunities to work in partnership with FCUSD to make the community stronger and to meet the needs of our most vulnerable youth.”

CRPD is proud to

collaborate with FCUSD Homeless Student Services to help support local students.

Cordova Recreation & Park District is one of the largest independent special districts in Northern California serving over 130,000 residents and four school districts in the

greater Sacramento area. CRPD provides over 42 parks and recreational facilities, a full-service 18-Hole course at Cordova Golf Course, as well as youth & adult sports, camps, enrichment classes, educational programs and special events for the community. ★



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Firefighting is Lifesaving

Sac Region's Fire Trove Harkens Back to 1850s

By Michele Townsend

SACRAMENTO REGION, CA (MPG) - The Sacramento Regional Fire Museum has been in West Sacramento for the last three years. Located at 3650 Industrial Blvd., the items in this museum hold firefighting history from the Sacramento Valley—from Fairfield, Dixon, Davis, Yuba City, Citrus Heights, Sacramento, Auburn and other parts of the valley. Pioneer Mutual Hook and Ladder Society was established in 1990 with the intent of building this museum in honor of the Mutual Hook and Ladder Company, which was the first organized Sacramento Fire Company and was formed in 1850.

Their Mission Statement reads, "The Pioneer Mutual Hook and Ladder Society/Sacramento Regional Fire Museum is dedicated to the preservation of fire service history in the Sacramento Region by collecting, restoring significant artifacts, documents, equipment and other pieces for preservation and display, and providing education to the public on fire safety and the fire service in general, by conducting educational programs of its own or partnering with other fire service organizations."

The fire museum contains a hand pulled hose reel and hose cart from the late 1800s. In addition, it holds a 1912 horse drawn ladder unit that was used for service in Sacramento. If you like old cars and trucks, you will love this museum. Not only do they have the vehicles, they have the history of that vehicle.

In 1909 Fairfield purchased a gasoline powered 350 gallon per minute pumper. The actual vehicle was horse drawn, but it had a very rare gasoline powered pump that pumped the water with a Waterous rotary gear pump. Waterous still manufactures fire pumps to this day. This was Fairfield's primary piece of fire equipment and its service area was Dixon.

Just a few of the vehicles go on to include a 1914 Tractor unit from Dixon, a 1915 vehicle from Winters, a 1921



Retired Dixon Fire Chief and Sacramento Regional Fire Museum Director, Ric Dorris. Photo by Michele Townsend

pumper and a 1924 pumper that was Sacramento's former Chemical Engine #2. They have West Sacramento's original fire engine from 1946. The vehicles alone are an amazing collection. Further, it includes vehicles from the 1920s, 1930s, 1940s and 1950s. It holds Hook and Ladder Trucks, Pumps and Chemical Wagons. There is even a 1953 Ambulance. The only place I've seen an ambulance that looks like the one in the museum was cartoons, so I found it interesting.

I have only named a few of the vehicles that are included on the site and though the shiny red vehicles are what strikes you when you first walk into the museum, vehicles are not the only items. A wide range of equipment is also included in the museum, like identification, signaling lanterns. In the 1830's these lanterns were Kerosene powered. Each colored light had a different meaning.

Some other equipment includes trumpets that were used for the Fire Chief to

shout orders on the ground at the scene of a fire. There are leather buckets that were used to carry water by hand. There are old metal buckets that eventually replaced the leather ones. There is also the evolution of fire extinguishers.

Originally for fire extinguishers, there were Carbon Tetrachloride Grenades for putting out small fires. These were a small, colored, glass ball or bulb, about the size of a large orange, that were filled with a non-flammable Carbon Tet. They were generally resting in a wire hoop and attached to the wall, near the door. When a fire broke out, the grenade was thrown at the base of the fire, the glass would break, and the Carbon Tet would evaporate very quickly and extinguish the fire. These were eventually found to have toxic vapors and have been banned since the 1940's.

There are many types of extinguishers, hydrants, nozzles, hoses, lights, hooks, tools, cables, gas masks, horns, hats, badges, and bells. It's really quite

amazing... and impressive that they have been able to collect these items. They even have a "Life Net". A Life Net is that big round device that fire fighters would hold so that people could jump out of high-rise fires. It was invented by a civil war veteran, named Thomas F. Bowder. Originally he called it "Bowder Life Saving Machine". The life net became obsolete in the 1980s.

Within the museum there are areas that are set up to look like the typical fire-fighter's dorm as well as the command center. Do you remember when there used to be those red and white "Fire boxes" around town that would activate a fire alarm, dispatching the Fire Department? Well, this museum not only includes those fire boxes, but it includes Sacramento's emergency system... in working order.

This actual system was used until the 1990s. It is amazing, and not at all what I would expect. Though I don't know what I would have expected, I can promise you that it wasn't this! Each section has bells at the top and each section was from a specific area of town. When a handle was pulled in a fire box an alarm would go off in that section of the emergency system, which would send a message on a tickertape. They would take that information and go to a giant "Rolodex" where they would look up the address of the alarm location. The alarm system is the only one that they know of on the West Coast.

The museum costs \$10 for adults with discounts for Seniors and \$5 for kids 12 and under. You can also rent the museum to hold a party or other gathering. It was recently rented for a Memorial with about 300 people that attended. They have memberships of different levels and accept donations to support the cost of maintaining the museum. For more information on museum hours, booking special tours, or holding special events visit www.sacfiremuseum.org/ or call 916-859-4181. Leave a message, including a call back number. ★

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By County Supervisor Sue Frost

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

On the heels of a new statewide mask mandate and the continued declaration of a COVID-19 state of emergency, it feels necessary to once again advocate for a population left seemingly voiceless throughout this saga. After a year of being forced out of the classroom, California children have returned only under the condition that they wear masks. Regardless of your perspective on the pandemic and experiences thus far, I think we all need to take a step back and thoroughly evaluate the benefits versus impacts of masking an entire generation during their developmental years. Rather than continue to hinder the ability to verbally and non-verbally communicate, it is long past due that we allow children to remove their masks and provide them with alternatives to protect against the airborne spreading of viruses.

If we heard it once, we have heard it a million times: follow the science. However, science tells us that the vast majority of children who get COVID have mild symptoms, or no symptoms. So, the masking of children cannot be about the children at all; instead, it is

GOLD RIVER COMMUNITY UPDATE

Get Masks Out of Classrooms

about preventing them from spreading the virus to adults. By now school staff who fall in an at risk category have been advised to vaccinate or test regularly. In fact, teachers were given priority in the line to get vaccines. Getting teachers back in the classroom was just as crucial as getting kids back, but taking kids from virtual learning to masked learning is not much of an improvement. Children often report symptoms of shortness of breath, headache, nausea, vomiting, syncope, fear, anxiety and depression as a result of masking up. Some children who have extenuating circumstances such as autistic disorder, cerebral palsy, lung disease or hearing disorders, suffer a great trauma from masking. If we genuinely wish to unburden students from the social, mental and physical impacts of the pandemic, we need to let them remove their masks.

I am sure we have all had conversations where someone or both people had to pull their masks away from their faces so the other person could understand what was being said. Imagine doing that through an entire school day. Masks make it difficult to hear or understand what someone is saying, but they also cover facial expressions. Children need to see a smile, a frown, or a silly face as part of their social development. They also need to show their expressions to feel seen and understood. The hindering of their social development has potentially severe long-term consequences. As things like depression and anxiety are already becoming

more prevalent in our society, stunting the emotional growth of an entire generation seems like a dangerous decision to make. As we approach two years of this crisis, we need to think about how we may be creating new, potentially worse, problems.

If masks are intended to prevent the spread of the virus, there are alternatives to masking children such as classrooms getting better ventilation and being provided with air filters. The health and safety of children should remain a priority, but that means every aspect of their health. When a child walks into their classroom, they should be entering an environment where they can learn, feel safe, and express themselves meaningfully.

Let adults shoulder the burden of government mandates and states of emergency and leave the children out of it. I sincerely hope that our Governor, our teachers, and all school officials would agree that the well-being of children should be a priority and that we can take on a little extra risk for ourselves to protect them.

Thank you for reading – and as always, if you want to contact me, call me at 916-874-5491, or e-mail me at SupervisorFrost@sac-county.net.

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



2022 AND YOU

With the New Year, it's always a kick to look ahead, so I invited two well-known friends to take a look...a Psychic and an Astrologer.

Mary T. Browne is an international psychic who works with politicians and celebrities around the world. She is lauded for her accuracy and honesty. Her books alter lives from "Life After Death" to "The 5 Rules of Thought." Here's what 2022 will bring psychically. Check out www.marytbrowne.com for more.

1. Inflation will continue to be a huge problem throughout 2022. This will cause many people to feel overwhelmed and unnerved. Many will feel that no matter how hard they work, they are not better off.
2. The covid and all its variants will be plaguing us the first part of the year, but will be controlled by late Spring into early summer. A more powerful vaccine that should be available by April will play an oversized role in stopping the spread of this horrible virus.
3. Republicans will retake Congress and the Senate. The political tone in the country will remain negative, but there will begin to be a change because people will begin to listen to each other a bit more. They will be forced to do this in order to understand why the elections turned out the way they did.
4. One good thing I see on the horizon is a return to a more Spiritual way of thinking. The covid pandemic gave many people a chance to spend more time thinking because they were not burdened with rushing off to a job or to pick up a child at the school bus stop. People started to focus on priorities

and took many steps to change things in their lives that caused disharmony. Many people had spent time meditating, contemplating and praying each day. These spiritual exercises have a very positive effect, resulting in greater balance in all aspects of life.

Constance Stellas is a renowned Astrologer and author. She has a new book coming out out December 2022...a series of Guided Journals for each Astrological sign. You can keep up with her at www.constancestellas.com. Let's see what's in the stars.

1. The stock market will be weak. No crash, but no great gains. Inflation and economic hardships (supply disruption) will remain due to covid disarray.
2. Donald Trumps' chart is not strong for neither re-election nor running again. His legal past may catch up to him to his detriment.
3. No all out war. Russia will continue provoking conflict.
4. Urban crime will decline and more emphasis on social programs to help the homeless and mentally ill will gain strength.
5. Gains in vaccinations and other medical treatments for covid. We are not out of the woods, but getting closer.
6. Lastly, the polarization of different groups in this country will begin to reconcile as of February 22, 2022 when Pluto returns to its position in the "birth chart" of the U.S.

And I leave you with these words from Alfred Lord Tennyson ... **"HOPE SMILES FROM THE THRESHOLD OF THE YEAR TO COME WHISPERING...IT WILL BE BETTER!"** ★

State Finalizes Groundwater Management Strategies

California Water Board Press Release

SACRAMENTO, CA (MPG) - The Department of Water Resources and the State Water Resources Control Board today issued final groundwater management principles and strategies to help protect drinking water wells from the impacts of drought.

Developed in response to Governor Gavin Newsom's drought state of emergency proclamation in April, the principles and strategies provide a framework for state actions to proactively address impacts on groundwater-dependent communities as droughts become more frequent and intense as a result of climate change.

These principles and strategies incorporate hundreds of public comments received earlier this fall, including written comments submitted to DWR and feedback at public workshops and webinars.

"Ultimately, sustainable groundwater basins will help Californians manage through drought – especially those dependent on domestic wells. But we're simply not there yet. These principles will help state agencies, local governments and communities address very real domestic well outages that are starting to occur," said DWR Director Karla Nemeth. "A big thank you to the

members of the public who shared their insights with DWR. We are ready to implement."

"We are in a severe drought that, with declining groundwater levels, threatens drinking water wells and makes harmful contaminants become more concentrated in certain areas," said Joaquin Esquivel, chair of the State Water Board. "Articulating clear principles and strategies to manage groundwater, while protecting drinking water, improves the drought resilience of our rural and often disadvantaged communities, who are most burdened and impacted by deteriorating conditions."

The final principles and strategies provide a shared policy framework of near-term drought response and long-term resilience actions by state agencies for those that rely on groundwater for drinking water. The strategies build upon existing programs and newly enacted laws, such as the 2021 drought planning legislation (Senate Bill 552), the implementation of the Sustainable Groundwater Management Act (SGMA), and the Safe and Affordable Drinking Water Fund for Equity and Resilience (SAFER). Following these principles will result in increased coordination and engagement with non-government

organizations, Tribes, water agencies, groundwater sustainability agencies, and other local entities to ensure state resources and action support state and local needs. California is committed to increasing the frequency of forecasting data and tools, such as the recently released California's Groundwater Live website, which supports data-informed decision-making and helps prioritize funding for emergency and long-term projects to support communities with drought resilience.

The framework prioritizes protection of public health and safety, as well as preparation and mitigation for the effects of drought conditions over the long term. Six principles describe how to address drinking water impacts, and include strategies to achieve drinking water resiliency, integrate equity, identify underlying challenges, use best available data, build trusted relationships, and implement lasting solutions.

For more information and to find the final documents in both English and Spanish, please visit the Drinking Water Wells Principles webpage. To learn more about current drought conditions and the state's response, as well as dry well resources, visit drought.ca.gov. ★

Social Security Matters
Should I Quit Work to Preserve My Social Security Benefit?



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: I recently took a big pay cut in my job. Several older friends have advised that I not continue to work much longer in this reduced paying job because it will affect my Social Security when I get ready to start drawing it. I'm currently 62 and thought about working until around 65. Friends are advising that my SS check will be smaller due to the decrease in pay. I have tried calling my local and National Social Security office and can't get anyone to answer the phones to see if this is true. I don't want to take this pay cut only to work (maybe) 3 more years and take a lower SS benefit when I can retire now and draw a bigger SS check. Advice please! **Signed: Anxious About Social Security**

Dear Anxious: I think your well-meaning friends are causing you unnecessary anxiety, because your Social Security benefit isn't computed from your last several years of earnings. Rather it is your lifetime

earnings which determines your base Social Security benefit, known as your Primary Insurance Amount" (PIA). Your PIA is what you get if you claim exactly at your full retirement age (FRA) which, for you, is 66 years and 10 months. If you claim SS before your FRA, your benefit will be permanently cut (by about 29% if you claim at 62 and about 12% if you claim at 65).

Your PIA is computed using the highest earning 35 years of earnings (adjusted for inflation) over your lifetime, and your most recent earnings would affect your SS benefit only to the extent they are among the lifetime 35 years used. If you don't yet have a full 35 years of earnings, then to quit working now would actually hurt your SS benefit, because SS always uses 35 years to compute your benefit, even if you don't have a full 35 years of earnings. In that case, they would use "zero" earnings for enough years to make it 35, and those zero-earning years would mean a smaller benefit. So even if your recent earnings are lower than before, they are still more than the \$0 that SS will use if you don't have at least 35 years, so those lower earnings will help your SS benefit not hurt it.

The bottom line is this: your actual SS benefit won't be cut just because you now have

lower earnings; rather your benefit will be based on your highest earning 35 years over your lifetime. But any benefit estimate you now have assumed you would continue to earn at your most recently reported level until you reach your FRA so, whether you stop working now or just take a lower salary, your actual benefit when you claim will be less than your recent estimate from Social Security. Note too that it is a common misconception that SS benefits are based on the last ten years of earnings, but that is incorrect. Your benefit amount will be computed using your average monthly earnings over your lifetime (the 35 years in which you earned the most, adjusted for inflation).

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org. ★



Seasonal Affective Disorder Doesn't Take Holidays

The Jason Foundation News Release

HENDERSONVILLE, TN (MPG) - Seasonal affective disorder (SAD) is characterized as a type of depression that is related to changes in seasons, typically tied to the start of fall and persisting into the winter months. We know that depressive disorders don't take holidays and this time of year can be stressful. For individuals who suffer from or are at risk for depression, though, the impact of holiday stresses and pressures can be much more severe than the momentary frustrations that almost everyone experiences. Typical symptoms of SAD, sometimes referred to as winter depression, may include the following (Mayo Clinic):

Feeling depressed most of the day, nearly every day; A lack of energy; Losing interest in activities you once enjoyed; Feeling sluggish or

agitated; Oversleeping or having problems with sleeping; Social withdrawal; Feeling hopeless, worthless or guilty; Substance abuse.

Recently, more people are willing to engage in more meaningful conversations regarding mental health, but that has not always been the case. Many of the same symptoms listed above are commonly associated with warning signs of suicidal thoughts or behavior, the second leading cause of death for ages 10 – 24 in California. The Jason Foundation, a nationally recognized leader in youth suicide awareness and prevention, has developed a program designed to help reduce the stigma surrounding mental health issues and suicide. #IWONTBESILENT is an awareness campaign to raise the conversation on suicide prevention and mental illness, allowing open conversation

regarding these serious subjects. Visit www.iwontbesilent.com to learn how you can become involved and make a difference within your community. Creating an environment where people of all ages feel comfortable to talk about their struggles is an important step in preventing unnecessary tragedies.

Contrary to a prevalent myth, suicide rates do not peak during the holiday season. However, depressed individuals are hardly immune from either depressive episodes or suicidal ideation during this time. If you or someone you love is struggling with depression and/or thinking about suicide, get help now. The National Suicide Prevention Lifeline, 1-800-273-TALK (8255), is a free resource that is available 24 hours a day, seven days a week, for anyone who is in suicidal crisis or emotional distress. ★

Tips For Safe Home Heating This Winter

SMUD News Release

SACRAMENTO COUNTY, CA (MPG) - As overnight temperatures drop into the mid and low 30s, families will continue to use furnaces and heaters to stay warm. To make sure you're heating your home safely, review the following simple tips to stay warm this season.

Test your smoke detectors regularly, and make sure you have at least one carbon monoxide detector in your home. Never use propane heaters, barbecues, hibachis – or any heater with an open flame – indoors. They produce carbon monoxide, a clear, odorless gas that can be fatal to humans and animals.

When using electric space heaters, make sure they are completely unobstructed on all sides, and turn them off when leaving the room. Never use an appliance like a kerosene heater, propane gas grill or heater, stove, oven, or dryer to heat your home.

When using a properly ventilated fireplace: Get your chimney inspected and/or cleaned annually by a professional. Use a glass or metal screen in front of your fireplace to protect against sparks, and make sure your damper is open before lighting.

Never leave a fire unattended. Never use lighter fluid or any other type of accelerant to start your fire. Always keep children and pets away from heat sources. Keep flammable materials such as clothing and blankets away from heat sources.

Cold weather can make it tough for some families to stay warm, so SMUD offers programs to help low-income customers save on their electric bills. Eligible customers can take advantage of SMUD's Energy Assistance Program Rate (EAPR), a discount rate that can save customers money on their bill. EAPR customers may also be eligible for our residential weatherization program. Qualified customers can, at no cost to them, have their homes and apartments weatherized to improve energy efficiency and keep down energy costs. Customers needing help with their bills can also apply for the EnergyHelp program. SMUD is not shutting off power, nor charging late fees during this time. For more information on our assistance programs, visit smud.org/financialassistance.

Additional information on safe home heating and SMUD's EAPR program are available at smud.org/Safety or by calling 1-888-742-7683. ★

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CLUES

ACROSS

- Cause for a duel
- Nelson Mandela's org.
- "____" in the shade
- Andean people's chew
- "White Wedding" singer
- Like a haunted mansion
- South American tuber, pl.
- Type of cotton fiber
- Desired forecast?
- "The Underground Railroad" author
- Like West Wing office
- Not silently
- "When We Were Kings" subject
- Hand over (2 words)
- Barbecued
- The Jackson 5 1970 hit
- Repressed
- "Alice Doesn't ____ Here Anymore"
- State of dishonor
- Three, to Caesar
- Brightest star in Cygnus
- Performer's time to shine
- "No.1 Ladies Detective ____" book series
- African migrator
- "The Night Watchman" author
- "Little Women" author
- Poor man's caviar
- Analyze
- Canter or gallop
- "A Farewell to Arms" author
- Latin dance
- Club on the links
- Kind or courteous
- Los ____, CA
- Round feed storage
- Not odd
- Colonial times laborer
- Band performance
- Theodore, to friends

DOWN

- Flat-bottomed boat
- Scottish lake
- Antioxidants-rich berry
- Popular primo dish in Italian restaurant, pl.
- Bye, to Edith Piaf
- Wanderer
- Garbed
- "Moby Dick" author
- Length times width
- Call someone, in the olden days
- Poetic "ever"
- Apple invention
- Food contaminant
- Run off to wed
- Jean of Dadadism
- Out of style
- Find repugnant
- Burn with coffee, e.g.
- "Ursula K. Le ____"
- Jargon
- It happens at a certain time and place
- First novel, e.g.
- Near in space or time
- Not a win nor a loss
- "Song of Solomon" author
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New Research Shows Violence is Broadly Felt by Millions

UC Davis Health News

SACRAMENTO, CA (MPG) - Research led by UC Davis Professor Garen Wintemute shows that violence indirectly impacts most Californians.

Though relatively few may experience or witness a violent act, a large majority of surveyed Californians reported having an "experience of violence" (EV). These included hearing gunshots in their neighborhood, encountering a sidewalk memorial to a violent death or learning about a violent event through their social network.

The research was published in the journal *Injury Epidemiology*.

"If we ask broadly about the experience of violence, rather than focusing on acute events, we find that two-thirds of Californians have a direct personal stake," said Wintemute, who directs the UC Davis Health Violence Prevention Research Program and is an emergency department physician. "Our main conclusion is that almost everybody is touched by this, and we're a state with relatively low rates of firearm violence. I would expect the situation would be worse in many other states."

While most violence research focuses on personal victimization, the UC Davis Health team took a broader view to better understand how these acts become embedded in communities. The survey indicates experiences of violence are perilously widespread:

An estimated 3.4 million Californians may have three or more EVs; 5 million personally know multiple people who have been intentionally shot; 3 million know people who may be at risk of committing violence against themselves or others.

"We had people who responded that they passed sidewalk memorials 25 times or more a week," said Wintemute. "And I thought, at what point does living in your neighborhood resemble living in a cemetery? What does that do to your sense of a future for your community and yourself?"

In addition to hearing gunshots or seeing memorials, survey EVs included

being aware of someone who had been intentionally shot by someone else, intentionally shot themselves or might commit a violent act (against another person or themselves).

Of the 2,870 respondents, 64.6% reported one or more EVs; 11% reported three or more. Women and men had similar experiences. Perhaps most surprising, people who did not own a firearm, but lived with someone who did, had more EVs through their social networks, compared to those who owned firearms and those who did not. Secondhand gun ownership may be a public health risk, much like secondhand smoke.

The UC Davis team believes this survey will provide more information on how violence can permeate communities and hopes these findings might inform public policy and education.

"If people who live in homes with guns, but don't own guns themselves, have these many experiences of people at risk of violence, they could be a whole new resource for intervention," Wintemute said. "Maybe we can work with them to help at-risk people and reduce suicides and possibly other firearm violence."

In California, a legal mechanism known as a Gun Violence Restraining Order can temporarily remove firearms and ammunition from people at risk of harming themselves or others.

The group is now working on a follow-up study to measure how these experiences may impact mental and physical health.

"If we show they are associated with ill effects, we may be able to intervene," said Wintemute. "There are few people in California who can say this does not affect them, and since we're all involved, let's work together on solutions."

Other authors included: Amanda J. Aubel, Rocco Pallin, Julia P. Schleimer and Nicole Kravitz-Wirtz of the Violence Prevention Research Program.

This work was funded by the California Firearm Violence Research Center, the California Wellness Foundation and the Heising-Simons Foundation. ★

Assemblyman Kevin Kiley Introduces Bill to Repeal Prop. 47



From the office of Kevin Kiley Assembly Member Press Release

SACRAMENTO, CA (MPG) - Assemblymembers Kevin Kiley (R-Rocklin), James Gallagher (R-Yuba City), and Jim Patterson (R-Fresno), along with 11 coauthors, introduced Assembly Bill 1599 to repeal Proposition 47, the ballot initiative that reclassified

a number of felony theft offenses as misdemeanors.

"After years of failed policies and leadership, California is now experiencing an unprecedented surge in crime," Assemblyman Kiley said. "When you pass laws to legalize bad behavior and have prosecutors who fail to hold people accountable, this is the end result. It is time to end the failed experiment of Prop. 47 and give voters the opportunity to restore consequences and accountability to our criminal justice system."

In a recent column, George Skelton with the LA Times argued in support of Kiley's proposal, stating, "Proposition 47 should be returned to the voters and exchanged for a product that

works better for everyone, including merchants."

While Governor Newsom has stated that "we will not walk back" policies like Prop. 47, the law has received bipartisan criticism including a Democratic legislator who decried the "epidemic of theft caused by Proposition 47 that over promised and under delivered."

Assemblyman Kevin Kiley represents the 6th Assembly District, which includes the Sacramento, Placer, and El Dorado County communities of Cameron Park, El Dorado Hills, Fair Oaks, Folsom, Granite Bay, Lincoln, Loomis, Orangevale, Penryn, Rocklin, Roseville, and Sheridan. ★

Got Sandbags?

Office of Supervisor Rich Desmond

SACRAMENTO COUNTY, CA (MPG) - Sacramento County is operating "Self-Serve" Sandbag Sites at various locations during this Winter Storm Season.

The Department of Water Resources supplies the sand and bags, but you need to remember to bring your own shovel. There are no staff on site to assist.

As of this column's publication deadline, three locations are open that the public can access:

County Branch Center at 3847 Branch Center Road; Orangevale Community Center at 6826 Hazel Avenue; Westside

Park at 6555 West 2nd Street

Additional Sandbag Sites may open depending upon weather forecasts and the possibility of flooding to occur.

If your property has a history of flooding or recurring standing water each year (such as water building up at the garage or back patio for example), you are encouraged to get sandbags in advance of the rain and have them on hand throughout the winter. Sandbags and sand also are available, inexpensively, at most hardware and home improvement stores.

For more information, please visit the Sacramento County Department of Water Resources website. ★

Bera Seeks Re-election for New 6th Congressional District

From Bera for Congress Press

SACRAMENTO COUNTY, CA (MPG) - Doctor and Congressman Ami Bera (D-CA) announced he is running for re-election to Congress in the newly drawn 6th Congressional District of California, which lies entirely within Sacramento County and includes most of the district he currently represents.

"My family and I are excited to announce that I am running for re-election to represent California's 6th Congressional District in the U.S. House of Representatives," said

Doctor Bera.

Doctor Bera has proudly represented Sacramento County in Congress since 2013. As a first generation American, he attended California's public schools from kindergarten through to medical school. Bera served his community for 21 years as a doctor, as Sacramento County's Chief Medical Officer, and then as a Clinical Professor of Medicine and Dean of Admissions at UC Davis, where he taught the next generation of doctors to care for their patients. Doctor Bera has lived in Sacramento County for

over 25 years with his wife Janine, who is also a medical doctor. They are proud parents to their daughter, Sydra.

In Congress, Doctor Bera serves as Chairman of the House Foreign Affairs Subcommittee on Asia, the Pacific, Central Asia, and Nonproliferation, where he regularly works with Members in both parties to strengthen America's security and global leadership. Bera also serves as a senior member of the House Committee on Science, Space, and Technology, where he has been a leader in the U.S. response to the COVID-19 pandemic. ★

CAGOP Statement on Redistricting Maps

CAGOP Communications Press Release

SACRAMENTO, CA (MPG) - California Republican Party Chairwoman Jessica Millan Patterson issued the following statement in response to the maps that were approved by the California Redistricting Commission:

"It is going to be tough running in 2022 with a D behind your name. Voters are fed up with California Democrats' failed policies that are responsible for surging crime, sky-high unemployment, soaring inflation and a homelessness crisis. The California

Republican Party's role in the midterms is to recruit and support great candidates and support our incumbents as we work to build on our historic victories from 2020.

"Republicans will field the most diverse and talented slate of candidates in California history, leaders who will offer commonsense solutions that contrast the dumpster fire of Democrat policies on crime, job creation, unemployment benefits, wildfire protection, homelessness and nearly every other issue. The lines are drawn, and California Republicans are ready to fight for every vote reflecting the diversity of our great state. We are ready to win for our state's future." ★

Cause of the Dixie Fire Determined

Calfire News Release

BUTTE COUNTY CA (MPG) - Last year's Dixie Fire in Butte, Plumas, Lassen, Shasta, and Tehama counties started on July 13, burned a total of 963,309 acres, destroyed 1,329 structures and damaged 95 additional structures.

CAL FIRE investigators were dispatched to the Dixie Fire and began working to determine the origin and cause of the fire. After a meticulous and thorough investigation, CAL FIRE has determined that the Dixie Fire was caused by a tree contacting

electrical distribution lines owned and operated by Pacific Gas and Electric (PG&E) located west of Cresta Dam.

The Dixie Fire investigative report has been forwarded to the Butte County District Attorney's Office. All inquiries regarding the Dixie Fire investigative report will be referred to the Butte County District Attorney's Office at (530) 538-7411.

Californians must remain vigilant and be prepared for wildfire. For more information on how to be prepared, visit www.readyforwildfire.org or www.fire.ca.gov. ★



Publisher, Paul V. Scholl

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My 2022 New Year's Resolutions

By David Dickstein, Gold River Resident

A new year's resolution goes in one year and out another. But that's not going to stop me from making a few for 2022.

Made any for yourself yet? It's no big whoop if you haven't because when it comes to new year's resolutions, they have the same success rate as a skinhead getting a job at In-N-Out. According to credible surveys, sadly, of those who make resolutions, only about 75 percent are still successful after one week. After a full month, the number goes down to 64 percent, and that figure drops south of 50 percent by July. After two years, you might as well change that success rate to a failure rate because that latter mark becomes a dreadful 81 percent.

But 2022 will be different, right? This is the year we're going to deliver on our promises, meaning what we say and saying what we mean. So, do what you need to do to make good on your January vows. As for me, I'm so sure my new year's resolutions will be resolved, I'm going to make mine public so you can hold me accountable.

With fingers uncrossed and a heart so true, here are new year's resolutions from me to you:

- Be more humble and less perfect.
- Start a neighborhood watch at Bel Air Market and Rite-Aid to stop shoplifters who get away with crime due to bad decision-making, corporate policy, security and laws.
- Take self-defense classes so that when I do catch a thief I won't get thumped like a honeydew.
- Be more tolerant, understanding and loving with people who don't think the same way I do and are completely wrong and just, plain stupid to the point that they shouldn't even exist! Wow, I really need to work on that one.



The Cemo Circle apartment complex under construction should be a boon to the adjacent tenants of Village Marketplace. Photo by David Dickstein

- Stop being amazed that hardly anyone makes a complete stop at Gold River stop signs.
- Feel less sorry for Mountain Mike's Pizza and its horrible, tucked-away location once hungry tenants of the Cemo Circle apartment complex move in.
- Go a week without using any Chinese-made products to protest the Wuhan virus. (Who are we kidding? I don't think I'd last a day.)
- Find out why Caltrans doesn't include the Aerojet Road offramp on up-ahead signs along eastbound U.S. 50.
- Feel less guilty about leaving nothing at fast food restaurants when the tip screen comes up on the credit card machine.
- Stop overtipping DoorDash drivers since

- I get the same blasé reaction if I just go with the recommended amount.
- Keep an eye out for the seven registered sex offenders living in our community, according to my last check of the Megan's Law website. One lives in Gold River, another in Gold Station and five reside at the Mobil Country Club trailer park.
- Buy less on Amazon.
- Let my type-A personality get the best of me and apply for a Real ID card even though I have a Global Entry card and a passport.
- Put pressure on the GRCA to make sure all who live in Gold River, owners and renters, are aware of the CC&Rs and told where they can be accessed online.
- Convince Lazy Dog in Folsom to replace

the plastic leftover food containers they give out with the kind that doesn't melt in the microwave.

- Talk up Organic Delights across Sunrise, which serves some of the best healthy food in town but probably scares people away by looking like a marijuana dispensary with its green signs and confusing name.
- Don't take bonvoyaged.com seriously when the lifestyle website ranks Sacramento among the top 25 prospect cities for an NFL team. Sacramento can barely support an NBA team, for gosh sakes.
- Do something about the lack of crosswalks in Gold River. I mean, there should at least be one at every trailhead, for gosh sakes.
- Stop saying "for gosh sakes."
- Return to the ARCO and El Pollo Loco at Coloma and Sunrise when the loiterers go away.
- Don't settle for a 108-pound weight loss now that I've apparently reached my setpoint.
- Try out for my sixth TV game show.
- Make fewer mistakes in my column.
- Catch the next wave of sports cards mania and sell off my baseball collection.
- Get another year out of my beloved 2008 Honda Accord.
- Continue collecting toiletries from my hotel rooms for the people living under the 50 overpass on 18th Street. They're always well behaved, appreciative and too proud to panhandle. My next visit is on Valentine's Day, so write to me if you want to add to the stash of soaps, shampoos, etcetera.

Good luck resolving, and happy new year!
David Dickstein is a Gold River resident, award-winning writer and principal at the PR firm Prose & Comms Inc. He can be reached at daviddickstein1@gmail.com. ★

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Activists Battle Poachers

Continued from page 1

stalkers—especially off-trail—might not be nature fans. Some return after dark with night-vision goggles, guns or silent cross bows. “Don’t confront suspicious people,” McGinn warns. “Get license plates, get descriptions. Report what you see.”

Lieutenant Alan Gregory watches for slow-moving vehicles on park roads at night. Poachers sometimes shine flashlights into brush from cars. A stunned deer enables an easy kill.

Carcasses are usually hauled off to remove evidence. “I’ve come across sites with blood and signs of dragging,” says Tim McGinn. “I’ve also found crossbow bolts (arrows) on the ground.”

Fair Oaks-based rescuer Ben Nuckolls runs a volunteer operation saving injured wildlife. Recent rescues include a buck, a doe and a turkey—all found wounded by pistol crossbow darts. Rancho Cordova walker Diane Hill discovered the first casualty. “He was one of a deer family I know from my walks,” she says. “I’ve watched him grow up. I called my husband in tears. To me, people who hurt animals have a special place in hell.”

Notes Ben Nuckolls: “Pistol crossbows are small and easily concealed. A poacher was obviously at work.” He applauds efforts of Tim McGinn’s volunteers. “Public awareness is important,” he says. “Park rangers can’t be everywhere. Citizens can help protect wildlife.”

For people like McGinn, the loss of herd leaders is an ongoing tragedy. “Poachers are killing off a fantastic gene pool,” he predicts. “I notice bucks are getting smaller. That’s another reason I’m desperate to stop the hunting. I looked for a favorite male several years ago. He was a monster, with multiple antler points. I smelled his musky scent in a brushy area—so strong I knew something was wrong. Bucks emit their scent in distress. I found pools of blood, deer hair and boot tracks all around. My heart sunk; I knew I’d never see him again. I’ll never forget my lonely feeling.”

“That guy was aware of his power but, he was noble and gentle. He had no interest in hurting anyone. I get to know the big males and they know me. I realize when they’re gone. I notice fewer mature bucks this season. Yes, old guys can get edged out of herds; they also die naturally. But how come it’s always those with trophy class racks that disappear? When they come together in the rut, they’re sitting ducks.”

McGinn hopes his awareness campaign will result in arrests. “A poacher has a criminal mind,” he says. “On our Parkway, animals have no idea what hunting is. And they’re up against criminals who’ll go to any extent to kill them. It’s not a fair contest.”

The public is warned against confronting poachers. To report suspicious activity, call (888) 334-2258. ★



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