Life-Saving Fight Against Stigma

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Gold River Messenger

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No Hooks, Lines or Sinkers

Season's harvest. Project Pick Up Fishing Line organizer Jann Nichols (kneeling, second left) and volunteers gather at Mather Lake with miles of line retrieved from local rivers and waterways.

Story and photos by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - An Orangevale woman's project to retrieve fishing gear from waterways is now in its third year.

Wildlife photographer Jann Nichols and 13 friends have cleared almost 30 miles of snagged line from popular fishing spots. Their work has also yielded thousands of abandoned hooks and lures.

"It's a problem that doesn't go away," said Nichols. "But when we're retrieving fishing gear, we're often able to talk to people. We feel we're increasing awareness of the problem."

Abandoned hooks, lines and lures are a danger to wildlife. Photographer/activist Jann Nichols and volunteers are passionate about clearing anglers' waste.

Calling themselves "Project Pick Up Fishing Line," the volunteers self-fund their own missions. Marking the project's second anniversary, they recently displayed their unwanted harvest at Mather Lake in Rancho Cordova. Despite line-disposal receptacles, this popular fishing spot is a target for tangles.

Sailor Bar (Fair Oaks) consistently yields nylon cast offs. The American River's Watt Avenue stretch, along with Cameron Park Lake and Willow Creek (Folsom), also warrant

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Lost, Found and Returned

Local Kayaker behind 'American River Lost & Found'

By Idaly Valencia

SACRAMENTO REGION, CA (MPG) - Going to the river to beat the heat is a summertime tradition for many Sacramento-area residents. Whether rafting, canoeing or swimming, local waterways attract crowds looking to have a fun way to cool off.

But losing a wallet, phone or any personal belonging to the river can quickly end the fun.

For Sacramento native Karl Bly, recovering those lost items has become a mission that is part compassion, part hobby. He takes requests from individuals searching for belongings and posts daily online in hopes of reuniting items to the owners.

"It's such a fun addiction to find things out in the river, and then it just adds so much more when you continue to search and find the owners," Bly said. "It's a whole new level of adventure."

Karl Bly is a Sacramento native and kayaker who runs a local popular Facebook page called American River Lost & Found. Photos courtesy of American River Lost & Found

Bly's connection to the American River goes back to 1972, when his family moved to Carmichael. He was 5 years old, Bly said, when he started kayaking and snorkeling.

"My dad would get our whole family out on the river," Bly said. "He would go scuba diving in the river looking for things and I would follow his air bubbles

Continued on page 3

SMUD Offers Heat Pump Rebates

SMUD News Release

SACRAMENTO REGION, CA (MPG) - Sacramento Municipal Utility District (SMUD) and its customers have achieved a major clean-energy milestone for the Sacramento region.

Through SMUD's Advanced Home Solutions program, more than 20,000 gas-fired space and water heating systems were replaced with high-efficiency electric heat pumps. These upgrades are equivalent to converting 10,000 homes to all-electric living and cutting 20,000 tons of carbon emissions each year, the same as taking 8,000 gas-powered cars off local roads.

Households that switched from gas to electric using heat pump technology are saving an average of $500 per year on utility bills. Together, customers are keeping a total of $5 million annually in their pockets.

"Once my old gas water heater started having issues, I decided to take advantage of SMUD's rebate for a heat pump," said SMUD customer George El-Chemali. "Switching over has been nothing but amazing; it works better, it's more affordable and it feels good knowing the change is better for the environment."

More families are discovering that heat pumps can heat and cool their homes more affordably while helping keep the air cleaner, according to SMUD Distributed Energy Solutions director Rachel Huang.

"SMUD continues to show that clean energy isn't just good for the environment; it's good for family budgets, too," Huang said.

Heat pumps work like a two-way air conditioner, heating in the winter and cooling in the summer, powered by electricity instead of gas. Heat-pump water heaters use the same technology to deliver hot water while using up to 80-percent less energy than traditional models.

SMUD offers rebates to help more customers make the switch to heat pump technologies, including up to $2,500 rebate for a heat pump HVAC system and up to $3,000 rebate for a heat-pump water heater. These rebates can be combined with federal tax credits of up to $2,000, (expiring Dec. 31,) as well as state and federal incentives.

Beyond heat pumps, SMUD offers rebates for induction cooktops and home EV charging. So far, residential customers have installed 8,000-plus chargers and 2,300-plus induction cooktops with SMUD support.

For more information, visit smud.org/GoElectric. ★

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OR CURRENT POSTAL CUSTOMER

Life-Saving Fight Against Stigma

Ostomy Awareness Campaign Ongoing

By Idaly Valencia

SACRAMENTO COUNTY, CA (MPG) - Many people might not know the term "ostomy" but a Galt resident and a retired nurse have made it their mission to change that.

Dan "Dry Dock" Shockley, a retired U.S. Navy veteran, is raising awareness of his rare disease by advocating for policy and legislation, supporting research opportunities and educating medical students.

He has teamed up with retired ostomy nurse Joyce Moss, who has more than 40 years of experience, to lead a campaign focused on early colon cancer detection and ostomy surgery.

Shockley served 22 years in the Navy, including during the Persian Gulf War and Operation Iraqi Freedom. He retired at 43 after a career that took him to ports around the world.

In 2012, a routine checkup when Shockley was 51 revealed a life-altering diagnosis: attenuated familial adenomatous polyposis, or AFAP, a hereditary colon-cancer mutation. He had no symptoms or family history.

"Both sides of the Shockley family, we have no idea where it came from," he said.

A colonoscopy at the VA hospital in Oahu, Hawaii, led to genetic testing at Tripler Army Medical Center, which confirmed the diagnosis. The mutation was first identified by the late Dr. Henry T. Lynch, regarded as the founding father of hereditary cancer research. Shockley even met Lynch, who reviewed his case.

Doctors told Shockley that surgery was the only option, since untreated polyps carried a 100% chance of developing into colon cancer. He needed an ileostomy, a surgery that creates an opening, or stoma, in the abdomen to allow waste to exit the body when the colon or rectum cannot function properly.

"My mindset is, I tend not to think about things I'm not able to control, such as medical issues, but I can control my positive attitude," said Shockley.

Shockley leaned on his military mindset to face the diagnosis and the surgery's lifelong implications.

"The Marines' mantra is adapt, improvise and overcome," he said. "When I got diagnosed, I immediately went into battle mode in a positive way because I wanted to be able to take this on."

Shockley underwent a six-hour surgery to remove a large tumor and now lives with a permanent ostomy.

He joked with his doctors, asking, "Did you find everything you were looking for?" and used humor to positively cope with the situation.

Thirteen years later, Shockley no longer faces the threat of colon cancer and calls himself a hereditary colon cancer syndrome warrior.

"I go about my life like I don't have it," said Shockley.

He continues long-term care at Stanford Cancer Center and undergoes surveillance every other year. Shockley also shares his story and genetic results with medical students nationwide at universities including Rutgers, Michigan, Vanderbilt and Stanford.

Shockley formed a close bond with Moss, his first ostomy nurse at the VA hospital in Mather. Together, they lead an awareness campaign to help reduce stigma around living with an ostomy and to emphasize the importance of early colon cancer detection.

From left are retired ostomy nurse Joyce Moss and Galt colon cancer warrior and ostomy advocate Dan "Dry Dock" Schockley. Photo by Idaly Valencia

Moss told The Galt Herald that there is a shortage of ostomy nurses, with about 6,000 nationwide compared to an estimated 750,000 to 1 million patients. Certified ostomy nurses, she said, prepare patients for the lifelong care required.

She emphasized that stigma could leave some patients feeling isolated, limiting themselves from social experiences.

"There are many ostomates who end up being homebound, not because of physics but because of emotion," she said.

Moss also explained how the stigma often stems from cultural taboos.

"We don't like to talk about the bathroom," she said. "All of a sudden, you have this external pouch you're wearing, and once you become accustomed to it, it very much becomes part of your life… it's the fear of what others are going to think about it."

A common problem is patients not knowing where to find help or what devices are available, Moss said, since every ostomate is different. Families might also be unprepared for aftercare, she said, recalling a veteran whose wife managed his care until she fell ill. Their adult children had never been taught to help their father who was an ostomate.

"So it's a matter of sharing that part of yourself that other people may not understand," Moss said. "There are lots of things that make it difficult to talk about and that's the part that I think is really important, where people like Dan are really good about being open and sharing."

In 2023, Shockley's advocacy led to a California Senate concurrent resolution recognizing Oct. 7 as Ostomy Awareness Day. The resolution aligned with World Ostomy Day, observed every three years by the United Ostomy Associations of America.

On June 23, Senate Concurrent Resolution 73 was passed to establish June 16 to 22 as Familial Adenomatous Polyposis Awareness Week, the first in the country to pass as a resolution rather than a proclamation, Shockley said.

Sen. Roger Niello, who carried the resolution, said the effort is about compassion and visibility.

"It is important to foster understanding, reduce stigma and build a supportive community for those living with an ostomy," Niello said. "With recognition such as this one, I hope people remember that compassion for our friends and neighbors with health challenges starts here at home."

Niello credited Shockley for inspiring the resolution.

"Mr. Shockley is the one that reached out to me and educated me about World Ostomy Day and I was inspired by the strength and resilience of individuals like him," Niello said. "Many quietly navigate life with courage, and honoring this mission is my way of standing beside them and helping others see the dignity in their journey."

When asked what advice he would give to someone newly diagnosed or preparing for ostomy surgery, Shockley said to be proactive.

"Ask lots of questions and talk to the medical professionals that are readily available that know about it… You know the old saying, there is no such thing as a stupid question," Shockley said.

He also advises patients to contact the United Ostomy Associations of America, which offers resources online and by phone.

Shockley said his goal is to continue raising awareness and destigmatizing ostomies, carrying forward the legacy of Dr. Lynch.

"He was still researching up until a month before he passed away," Shockley said. "When he passed away, I decided my focus needed to be educating medical students, virtually or in person, to continue his legacy."

Now, Shockley and Moss are working with Niello on a third state Senate resolution recognizing World Ostomy Day on Oct. 4, observed every three years on the first Saturday in October.

More information and resources are available at the Carmichael Ostomy Association at coaostomy.org and the United Ostomy Associations of America at ostomy.org.

Based in Carmichael, the Carmichael Ostomy Association has Zoom meetings from 10 a.m. to noon the first Saturday of each month with guest speakers and to discuss specific concerns, issues, suggestions and personal experiences. ★

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Lost, Found and Returned

Continued from page 1

around in a canoe."

At 10, Bly found a pair of cut-off shorts with a wallet and a California Highway Patrol badge inside.

"I still remember his name, Blaine Pectol," Bly recalled.

Without social media, Bly relied on the yellow pages to track down the officer. After a few calls, Bly reached the right family.

"It was exciting for me to go through that whole process as a young kid and ultimately returning a wallet to a CHP officer made me feel I was an important part of the community," Bly said.

From then on, Bly said, he made it a point to return anything with a name attached that he found while diving. When Bly joined social media in 2010, it gave him a way to share his discoveries with friends and he gained a reputation for finding lost items in the river.

One day, friends alerted him to a lost kayak posted in a community group. The next morning, Bly said, he went out and located it in just 10 minutes. That moment became the turning point for launching the American River Lost & Found Facebook page in 2018.

The page has since grown to more than 36,000 followers, with members who actively help by sharing posts and commenting.

The most common finds, Bly said, are sunglasses with hundreds, if not thousands, each year. Phones are the most valuable frequent recovery, with 178 phones returned so far in 2025.

Bly has also retrieved unusual items, such as three prosthetic legs.

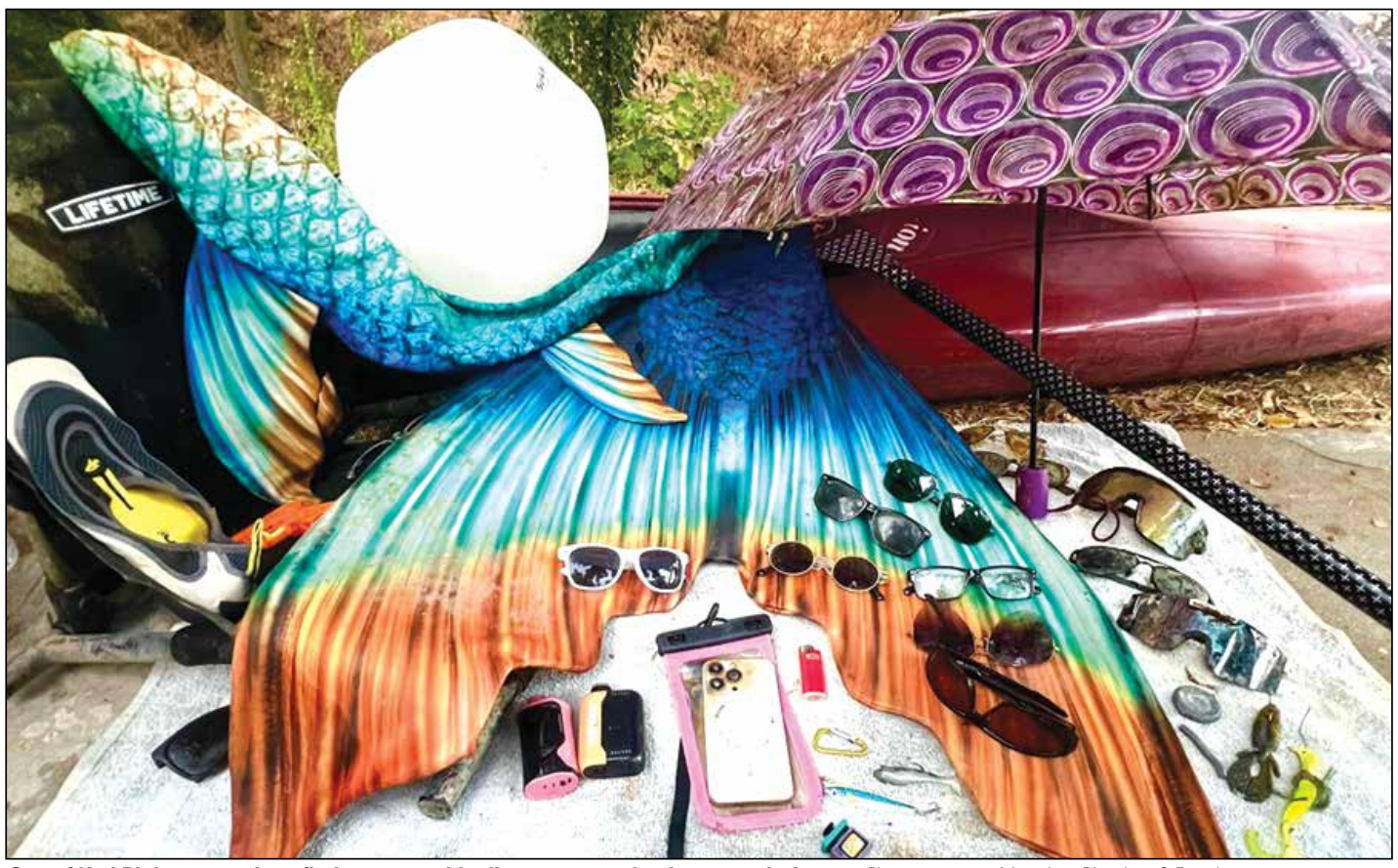
"Social media is just invaluable to get something like that returned," Bly said.

Some of Bly's finds are more whimsical. A recent request led Bly to recover a lost mermaid tail, which he successfully returned to its owner.

But other items that seem ordinary often hold deep personal meaning, a part of Bly's work that stands out to him.

He recalled returning a sticker-covered water bottle that had been lost for a year. Each sticker represented a trip that the owner and his girlfriend had taken together, starting with the one where he first told her he loved her.

"Every place they went all over the world, they put these stickers on it; it was kind of a history of their relationship," Bly said. "Little stories like that are so common. People thought their things were gone forever, things very meaningful to them and not worth much to anyone else."



One of Karl Bly's more unique finds, a mermaid tail, was returned to its owner in August. Photos courtesy of American River Lost & Found

Bly holds onto items that might take longer to claim but clothing left unclaimed after about a week is washed and donated.

Summer is Bly's busiest season, when he receives requests daily. In the winter, Bly explained, far fewer people are out on the water, so there are fewer items to be lost. Most of his work is along the American River and Lake Natoma, where Bly has even had other local divers assist.

"It's just a fun hobby to go out and find things," Bly said. "And it's so much better when you can hand something back to somebody and have them in tears, 'Oh my God, I can't believe I got this back.'"

Outside of diving and kayaking, Bly manages rental properties, which gives him more free time after a more than 20-year career in various entrepreneurial ventures. In his later years, Bly joked, he has been "flexing his time," allowing him to dedicate more hours to the hobby.

For river-goers, Bly's top tip is simple: "Number one, if you're bringing something valuable in water, make sure it floats." He also recommends phone protectors, securing bags in kayaks or canoes and straps for prescription glasses.

Bly documents his days on the river with photos and videos, focusing on wholesome or funny interactions for his social media page.

But his work goes beyond returning lost items. He regularly picks up trash, helps stranded rafters and identifies safety hazards.

"Since I'm getting these messages daily during summer of where people are wiping out and losing their stuff, I also have kind of an overview of where the dangerous spots are," Bly said.

About two years ago, Bly noticed a pipe crossing the river that was causing wipeouts. He posted about it online, and after a local news outlet published a story, the pipe was removed.

"Found out it was a decommissioned pipe. A few months later, I got a message from the lawyers saying, 'We want to let you know that we will be removing that pipe because of your activism,'" Bly said.

At times, Bly's work can take a more serious turn.

"I spend so much time on the river, I wind up helping people in one way, shape or form or another almost every time I'm out there," Bly said. "I've been in those situations many, many times."

Bly noted that he and other divers have occasionally assisted in recovery efforts for drowning victims.

"We've actually attached buoys to drowning victims in the river so the Sac Metro Fire Department can come in, pull up the buoy to the rope and continue recovery," Bly said. "Since we know the river so well and know where all these little spots are, knowledge and skill come in handy sometimes when it's needed."

Despite the dangers, Bly keeps his page positive. Bly said his efforts have had a "radiating effect," inspiring others to hand him lost items or join in the search, creating a sense of comradery along the American River.

To learn more about Bly and to see his daily finds, visit the American River Lost & Found page at @ARKayaker on Facebook. ★

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Sacramento Choral Society Celebrates 30th Anniversary Season

Sacramento Choral Society and Orchestra News Release

The Sacramento Choral Society & Orchestra has announced its 30th anniversary season with four upcoming performances at the historic Memorial Auditorium and SAFE Credit Union Performing Arts Center. Photo courtesy of the Sacramento Choral Society & Orchestra

SACRAMENTO REGION, CA (MPG) - The Sacramento Choral Society & Orchestra announced its milestone 30th season of choral-orchestral excellence, promising audiences an unforgettable lineup of concerts, world-class soloists and a journey through powerful repertoire.

Under the direction of Dr. Donald Kendrick, music director and conductor, the Sacramento Choral Society & Orchestra will present four major performances during the 2025–26 concert season.

This winter, the professional orchestra is excited to perform "Stained Glass: Music of the Spheres" on Saturday, Oct. 25 at 7:30 p.m. featuring Vivaldi, Mozart and Whitburn, and "Home for the Holidays" on Saturday, Dec. 13, at 3 p.m. featuring holiday classics.

This spring, see Dvořák's "Requiem" on Saturday, March 7 at 3 p.m. and Beethoven's "9th Symphony – a monumental collaboration with the Sacramento Philharmonic & Opera," on Saturday, May 30 at 7:30 p.m. and Sunday, May 31 at 2 p.m. Tickets for Beethoven's 9th are available exclusively through the Sacramento Philharmonic & Opera website at sacramentochoral.org.

"As we celebrate this milestone anniversary season, we are committed to presenting concerts that move and inspire our audiences," said Kendrick. "Our large chorus, professional orchestra and world-class soloists will deliver an extraordinary season from the intimacy and sparkle of Stained Glass to the joy of Home for the Holidays, the profound power of Dvořák's 'Requiem' and the electrifying grandeur of Beethoven's '9th Symphony.'"

Celebrate 30 years of music-making with Sacramento's largest choral-orchestral ensemble, performing live in some of the region's most iconic venues, including the historic Memorial Auditorium and the state-of-the-art SAFE Credit Union Performing Arts Center.

The Sacramento Choral Society & Orchestra proudly offers one-of-a-kind performances, new traditions for families and friends and the opportunity to support local arts and artists.

To purchase tickets online visit sacramentochoral.org.

Ticket prices range from $40 for general admission and $50 to $66 for reserved seating. Students will receive 50 percent off all ticket prices. Group rate discounts are available for 10 or more tickets. Save on online ticket fees by calling the Memorial Auditorium/SAFE Credit Union Performing Arts Center Box Office directly at 916-808-5181 between 10 a.m. and 4 p.m. Tuesdays through Fridays. ★

County Launches New Property Tax System

Sacramento County's new tax system, TaxSys, is now live. Photo courtesy of Sacramento County

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - After three years of planning and development, Sacramento County has launched a modern property tax system that replaced a decades-old platform responsible for collecting and distributing more than $3.1 billion in annual tax revenue for the county, school districts, cities and special districts.

The new system, known as TaxSys, is now live. Property owners will see the change on their secured tax bills.

Sacramento County is mailing 498,576 secured tax bills, which are payable beginning Nov. 1. These tax bills are only mailed once per year; however, property owners can pay their bills in two installments. These updated bills are available on the Department of Finance's website.

The previous system, first designed in 1980, became increasingly complex and outdated over the years. It relied on numerous programs, more than 25 ancillary systems and more than 25 different data sources. Replacing this patchwork of technology was critical to improving efficiency, accuracy and customer service.

"This is a once-in-a-generation upgrade," said Sacramento County Director of Finance Chad Rinde. "Not only are we replacing aging technology with a modern system but we are making the property-tax process more efficient, more secure and more user-friendly for our residents."

Benefits of the new system for property owners include electronic billing, meaning residents can opt for paperless billing, cutting down on waste.

Improved customer interactions can be expected due to one fully integrated database, allowing staff to quickly research complex cases, print corrected bills on demand and more efficiently resolve issues.

Tax bills will be condensed and easier to read.

Additionally, residents can pay online with e-checks at no cost, receive receipts instantly, and view recent bills and payment history in one place. Overpayments will be processed more quickly, reducing delays for property owners.

Property owners with delinquent tax accounts can set up standardized payment plans online without visiting county offices.

The new system also brings stronger information security, including regular vendor-provided updates and reduces human error by automating manual processes that previously required retyping, transferring and reconciling information across multiple databases.

With TaxSys, Sacramento County is not only modernizing its technology but also enhancing transparency, security and convenience for property owners.

If you own property and have not received a tax bill by Oct. 15, you can obtain tax bill copies, property tax information and payment stubs at the Tax Collector's website at finance.saccounty.gov.

California Revenue and Taxation Code 2610.5 states that "Failure to receive a tax bill does not relieve the property owner of the liability to pay taxes in a timely manner or give the Tax Collector reason to cancel penalties imposed for late payment." ★

County Warns EBT Cardholders about Fake Mobile App

The official FIS ebtEDGE Mobile App allows users to easily view their SNAP or TANF benefits. A fraudulent app mimics the official app and attempts to charge users fees for weekly or lifetime access. Photo courtesy of Sacramento County Department of Human Assistance

Sacramento County News Release

SACRAMENTO REGION, CA (MPG) - The California Department of Social Services has alerted counties to a fake mobile application that is targeting Electronic Benefits Transfer (EBT) cardholders.

The app, called "Ebt edge – food stamps," is currently listed in the Apple iOS App Store and mimics the official FIS ebtEDGE Mobile App but is not legitimate.

The fraudulent app attempts to charge users a $4.99 weekly fee or $60 for lifetime access. California EBT cardholders should know that the state will never charge fees to access or manage their benefits.

Cardholders are strongly advised to download and use only the official, state-supported FIS ebtEDGE app to protect their benefits and personal information. (FIS stands for Fidelity National Information Services, Inc., which manages the electronic benefits transfer system for the California Department of Social Services.)

For questions or assistance EBT cardholders can contact the customer service number on the back of their EBT card or visit ebtedge.com. ★

SCOE Welcomes New Assistant Superintendent of Education Services

Navdeep Purewal has been appointed as Sacramento County Office of Education's Assistant Superintendent of Educational Services. Photo courtesy of Sacramento County Office of Education

Sacramento County Office of Education (SCOE) News Release

SACRAMENTO COUNTY, CA (MPG) - Sacramento County Superintendent of Schools David W. Gordon has announced a leadership change at the Sacramento County Office of Education (SCOE). Navdeep Purewal, Ed.D., has been appointed Assistant Superintendent of Educational Services.

"I am pleased to announce the appointment of Dr. Navdeep Purewal as Assistant Superintendent of Education Services," said Superintendent Gordon. "Dr. Purewal has been a driving force behind our work to expand California's Community Schools Partnership Program in the Capital Region, and her leadership reflects the very priorities set forth by our Board. With a proven record of advancing equity, strengthening student support and fostering community engagement, she brings the vision and experience needed to continue building opportunities for every student to thrive."

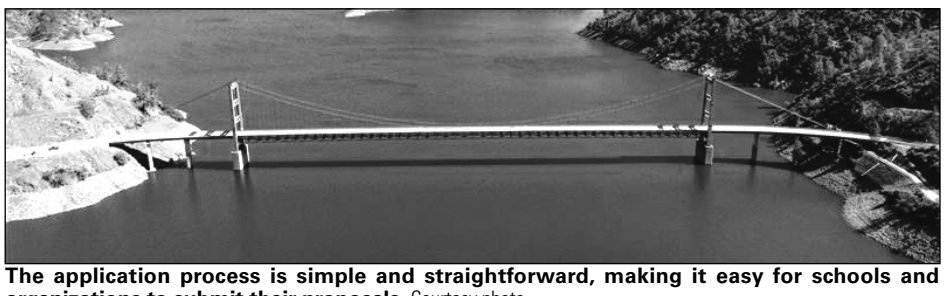
Purewal most recently led the Sacramento County Office of Education's California Community Schools Partnership Program Capitol Area Regional Transformational Assistance Center (R-TAC). She previously served as Chief of Learning Services for the Alameda County Office of Education, where she oversaw curriculum, instruction, and multiple student support initiatives and launched the statewide Community Schools Partnership Program's Transformational Assistance Center.

"I am honored to serve in this new role and continue advancing the Sacramento County Office of Education's mission to ensure every student has the opportunity to thrive," Purewal said. "By working in partnership with our districts, educators and families, we can strengthen equity-driven practices that create inclusive learning environments and prepare all students for success in school, career and life."

A strong advocate for educational equity, Purewal brings a passion for ensuring every student has access to a high-quality education. She succeeds Channa Pitt, Ph.D., in this leadership role.

Purewal holds a Doctor of Education in Learning and Instruction from the University of San Francisco, a Master of Arts in Education from Pepperdine University and a Bachelor of Science in Biology from the University of California, Riverside. She also earned a California Professional Administrative Services Credential. ★

Grants Available to Protect Waterways



The application process is simple and straightforward, making it easy for schools and organizations to submit their proposals. Courtesy photo

Sacramento County News Release

SACRAMENTO REGION, CA (MPG) - The Sacramento County Department of Water Resources (DWR) is offering grants of up to $2,500 to support school and community projects that help protect or improve creeks and rivers in the unincorporated areas of Sacramento County.

For more than 20 years, the Sacramento County Department of Water Resources has funded a wide range of grant projects, including creek and river clean-up events, installation of eco-friendly landscaping, field trips to learn about Sacramento's watershed, water quality monitoring projects and pollution prevention campaigns

The application process is simple and straightforward, making it easy for schools and organizations to submit their proposals.

To learn more about eligibility, requirements or to download the grant application, visit the Department of Water Resources website at waterresources.saccounty.gov.

The deadline to apply for these grants is Oct. 17. ★

Popp Talk

With Mary Jane Popp

Got Pain Now What?

We try to deal with pain, but sometimes all the medicine in the world doesn't work. Vita Oyler learned that the hard way when she battled a severe malfunction of the nervous system for decades, and it began when she accidentally stepped on a rock. But she fought the big fight and wants to share how she survived. She is now a rehabilitation counselor and author of **"Got Pain? Now What?"** She shared these tips on POPPTALK.

1. DEVELOP GOALS. It is the beginning of moving forward. The question is how? By developing goals, maybe as simple as getting up in the morning and making breakfast is a good thing. Vita begins with developing simple goals and writing them down. When completed she pats herself on the back and moves on towards other daily goals. Then move on to weekly goals, monthly ones, even yearly goals. The goals must be realistic and achievable.

2. BECOMING POSITIVE. Develop a positive attitude. Start with words like I can. Leave the can't out of your vocabulary. "I can't" creates a negative attitude. Remember to be realistic with this approach. Focus on the good things and be grateful. Approach life with positive affirmation and become proactive instead of reactive.

3. FOCUS. Learning to focus on other things is really important. It can be laughter, music, relaxation. Meditation, enjoying animals, exercise, hobbies, even eating right.

4. LAUGHTER. Laughter reduces three stress hormones known as cortisol, epinephrine, and dopamine and releases the feel good hormones known as endorphins. They aid in feeling good. Laughter is a great distractor. Good for the body and good for the mind and soul. It's great to find humor in life. Watch some good old fashion comedies. They seem to calm the day.

5. MUSIC. Enjoying music is a mind changer. It releases the feel good hormones (endorphins) as well. Listening to music helps us relax. Be it through playing an instrument, listening to music, singing a song, even listening to crickets as they sing their nightly lullaby.

6. RELAXATION. Learning to relax your body is also important. Vita tends to relax when she focuses on relaxation techniques either through yoga, mindfulness, and other modalities such as meditation.

7. ENJOYING ANIMALS OR PETS. It has been documented that animals can be very therapeutic. They take the focus off of ourselves. They can make us laugh and actually petting an animal like a dog or cat makes us feel better.

8. EXERCISE. Exercise either through physical therapy or just taking a simple walk is a way to relax and even reset the body to feel better.

9. HOBBIES AND CREATIVITY. Find things that you like to do. Whether it's reading a book or painting a picture, there are so many creative outlets. Vita was interested in acting, so she got involved in theatre as well as making commercials. What about photography which can be fulfilling? There is something for everyone.

Check out Vita at www.vitanavigatingchange.com and her book **Got Pain? Now What?" FIND OUT!** ★

No Hooks, Lines or Sinkers

Continued from page 1

regular attention. Many Lake Natoma (Orangevale) anglers leave debris in their wake.

Seasonally popular for fishing, Harrington Way river shallows (Carmichael) is another tangled spot.

"We come back from these places with bags filled," said Nichols. "The stuff is all over the place. For many people, it's invisible. To us, it catches the light like spider webs. Sometimes, it's tangled underwater. Divers help us retrieve it. Fishermen sometimes help. Along with the careless culprits, many responsible people use the river."

Nichols acknowledges that lines snag accidentally.

"Our volunteers can usually free and dispose of fishing gear," Nichols said. "If we can do it, so should the anglers. We also collect masses of trash from fishing spots. Litter is not abandoned by accident."

"In tragic cases, animals don't survive entanglement by hooks and lines," she said. "Pets can also come to grief."

The volunteers recently discovered a drowning gull at Tanzanite Park (Natomas). Twice hooked, it was thoroughly entangled by line.

"Our volunteers reached him by paddleboard," Nichols said. "Technicians at the Wildlife Care Association (Sacramento) took care of him. He was just one bird. These incidents happen all the time and often end in an innocent animal's death."

"We also want people to know there are experts to call when you find a trapped or injured creature," the activist said. "I started this project when I saw a baby osprey tethered in a nest after its parents brought in branches entangled with fishing line. Thanks to rescuers, the baby ended up flying free."

If you encounter snared or injured animals, call Wildlife care Association at 916-965-9453. To learn about Project Pick Up Fishing Line, visit www.tanglefreewildlife.com. ★

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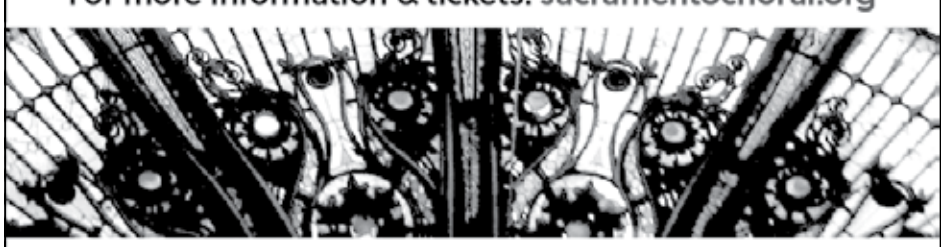

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Publisher,
Paul V. Scholl

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Serving Gold River and Sacramento County

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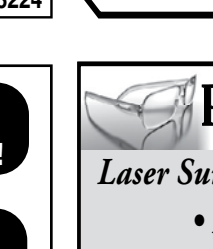
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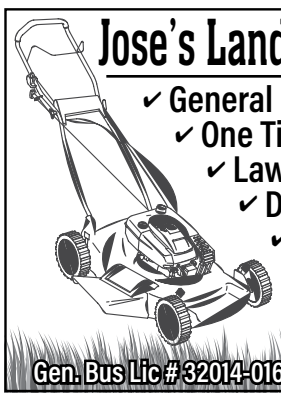
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