



**It's a Bird ...
It's a Crane ...
It's a Sandhill Crane!**
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to Unexpected Thrills,
Monster Jam Returns**
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AMERICAN RIVER Messenger

VOLUME 15 • ISSUE 01

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JANUARY 10, 2020

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SALMON IN A WILD SEASON



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BUI-THOMPSON ELECTED SMUD BOARD VICE PRESIDENT



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IT'S ABOUT YOUR COMMUNITY!

By Sal Arrigo, Jr.



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A Year of Light and Strength

Temple Kukuri Hosts Community New Year Celebration



Above: Rieko Kotoku and Sawako Ama prepare for Temple Kukuri's first tea ceremony of the new year. Right: "Naoko" Sumiyo Guerna, a classically trained musician, played the koto (a Japanese stringed instrument) to welcome guests into the tea ceremony.

Story and photos by Shaunna Boyd

FAIR OAKS, CA (MPG) - Temple Kukuri in Fair Oaks hosted a New Year Celebration on January 5, 2020. Guests were invited to participate in a mochi pounding ceremony, practice calligraphy characters, and enjoy a traditional tea ceremony.

Mochi is made from white rice mixed with water. At the ceremony, it was pounded into a paste, rolled into balls, and served with seaweed and soy sauce. Participants pounded the rice in rhythm to the accompanying drum circle, and everyone gathered at the ceremony chanted "Yoisho" to help drive the rhythm.

Kara Synhorst of Sacramento brought her 11-year-old daughter

Azadeh Peigahi to the ceremony. They both enjoyed celebrating the New Year in a new way. Peigahi is very interested in Japanese culture and language. She said, "It's nice that they let everyone try" the mochi pounding.

Mimi Kawano demonstrated Japanese calligraphy, showing guests how to move the brush with intention and strength to create the characters. She chose characters to represent the New Year: strength, light, sun, star. These simple characters are made using simple strokes, but she explained that those

basic characters are a base upon which others can be built.

Sawako Ama, founder of Temple Kukuri, welcomed guests to the temple's first traditional tea ceremony of the new year. Sawako explained

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Sac County Assists Placer County Veteran's Office

By Janna Haynes,
Sacramento County

SACRAMENTO COUNTY, CA (MPG) - The Placer County Health and Human Services (HHS), Veterans Services Office (VSO) recently lost its Veterans Services Officer, a critical staff person, to another career opportunity. As a result of the loss, Placer County reached out to Sacramento County VSO to provide a Veterans Services Representative who could provide claims assistance and training for their dedicated staff. The Sacramento County Board of Supervisors has since approved the rendering of payment for services on behalf of Sacramento County.

Since August 2019, the Sacramento County Veterans Services Office has been providing weekly supportive services related to claims processing and training staff. Veteran Claims Representative Restivo has been providing this weekly training and assistance to the Placer County VSO and just since August has helped them serve more than 250 veterans that were in need of appointments to file disability, pension and survivor benefit claims.

In addition to traveling to the Placer County office, Sacramento County has welcomed many Placer County veterans into our local office for assistance with their claims. Sacramento County VSO is also supporting Placer in two monthly service "blitzes" that serve a large population of veterans in just one day. At one event in December, three Sacramento County officers were able to provide assistance to more than 45 clients in just six hours. They will further assist with claims at a second event scheduled for later in December.

In addition to filing claims for veterans, Michael Restivo has also been assisting the Placer County Veteran Services Office with closing out their backlog of more than 1,900 pending claims by printing the Veteran Administration award letters and entering the information in the CALVET system.

"Assisting the Placer County Veteran Services Office in taking care of veterans is a benefit for us all, especially the veterans we serve," said Veteran Services Officer Rochelle Arnold. "Our mission is to serve all veterans and their families with respect, dignity and compassion by providing prompt and courteous assistance in preparing, submitting and presenting all claims for benefits to which they may be entitled and serve as their principal advocate on veterans' issues; no matter where they reside." ★

Moving America Forward

Sending a Holiday Salute and Care Packages

By Patrick Larenas

RANCHO CORDOVA, CA (MPG) - On Friday, December 20, community volunteers and members of the military community at Move America Forward put on a concerted effort to ship some 2500 Christmas boxes to members of the armed forces stationed abroad. "Those gifts are donations made through the nation's largest grassroots, pro-troop organization grateful for its service men and women," said Shawn Callahan executive director for the organization.

"In addition to being a beautiful holiday gesture," says Move America Forward outreach director Scott Raab, "this national organization is dedicated to providing year-round provisions for those deploying from the



Move America Forward, members of the military community and volunteers stand by their stations, sending a salute to our service men and women. Photo by Patrick Larenas

Sacramento area."

Dressed up as one of Santa's elves for the occasion, volunteer Darlene Markus said, "I began volunteering for MAF on a regular basis after my husband, a Vietnam veteran,

passed away, and I wanted to be involved supporting others going through that experience."

After receiving a Move America Forward care package via U.S. Postal Service, U.S. troops

stationed in foreign and oftentimes hostile lands appreciate the bond of solidarity the 501(c)3 charity fosters.

For more information or to donate visit www.moveamericaforward.org ★

Salmon Run Out in a Wild Season

Steelhead Spawners Swim In



A courting pair of bald eagles find easy pickings as spawning Chinook salmon struggle upriver near Gold River.

Story and photo by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - The recently-finished 2019 spawning season brought glad tidings for scientists monitoring annual chinook salmon runs on the American River. Returning adults this season greatly outnumbered 2018 spawners.

"2018, was an adequate but not fantastic season," reports Nimbus hatchery staffer Laura Drath. "This year was very good: we saw more fish this fall than we have in years." In 2018, Drath noted that 5700 adults climbed the hatchery ladder. In the season just past, 8,000 fish made the same climb. Nimbus processing figures do not include thousands of fish that spawn outside the hatchery. These mate in river gravel beds where the females build nests and deposit fertilized eggs. Fish that reach the hatchery are relieved of eggs and milt and artificially spawned.

This harvesting ended before Christmas and the steelhead trout run - which continues until February - is now in full throttle. Meantime, some late-coming chinooks of the 2019 season are still reaching breeding grounds. At three or four years old, they are completing lives - and epic migrations - that include thousands of river and ocean miles. Hell-bent on reproduction, mature salmon leave Pacific waters in autumn; their mass upstream swim is an instinctive return to hatching places. The annual "run" can be

observed from Arcade, Carmichael, Rancho Cordova, Fair Oaks and Gold River outlooks. Thanks to December rain, river water levels were helpfully high for the 2019 spawners. But 30-pound chinook still crawled over riffles and gravel bars with much of their bodies exposed. Battered and close to death, the adults used fins, tails and entire bodies in the struggle against the icy current. Salmon die soon after mating; their carcasses drift downstream to provide winter food for fish, birds, mammals and microorganisms.

From the Nimbus Hatchery harvest, edible salmon parts are salvaged and shipped to Seattle for processing. The meat is then distributed to food closets. Artificially fertilized eggs hatch in about 40 days and are nourished in man-made ponds. In spring, they are about three inches long and begin their river-to-sea migration as smolts.

Operated by the California Department of Fish and Wildlife, The Nimbus Hatchery is now processing the 2019/20 steelhead run. This operation continues until late February. Rainbow hued, spotted and sportive, these anadromous fish may spawn several times in their lifecycle. Though they face similar challenges as the Chinooks in their upstream migration, the urge to breed is stronger than most obstacles that nature or man put in their way.

Anyone may visit Nimbus Fish Hatchery. Learn more at www.wildlife.ca.gov/fishing/hatcheries/nimbus ★

New Habitat Restoration Project Nurtures Record Number of Salmon Nests

Submitted by Bruce Hartzell, Sacramento Suburban Water District

SACRAMENTO REGION, CA (MPG) - Kat Perkins, a scientist with the Sacramento Water Forum, poured over an aerial image of the lower American River near Sailor Bar in Fair Oaks, looking for redds - underwater depressions or "nests" created by female salmon to lay their eggs. Part of an annual ritual to systematically count redds first by inspecting aerial imagery and then in person, last year she found zero. This year was a different story - the area teamed with redds - more than 345 this time around.

The difference? A new habitat restoration effort completed in fall to protect salmon and steelhead in the lower American River, spearheaded by the Water Forum in partnership with the U.S. Bureau of Reclamation and other federal, state and local agencies. Over three weeks in September, the project placed more than 14,000 cubic yards of cleaned and sorted gravel into the river and carved out a new side channel to help fish spawn and rear their young.

"The results are gratifying," said Tom Gohring, Executive Director of the Water Forum, a nearly 20-year-old organization that represents a diverse group of local water providers, environmental organizations and governments focused on safeguarding the lower American River for both drinking water and wildlife. "Salmon were here long before we were. Nurturing their survival is not only important to sustaining a

species but to also sustaining our region's identity and quality of life."

The lower American River is home to 43 fish species, including struggling fall-run Chinook salmon and federally threatened Central Valley steelhead, and is a major water supply source for nearly 2 million people. The river and parkway, which runs 23 miles along the river's shores, hosts up to 8 million visitors and brings \$364 million into the economy each year.

The restoration project at Sailor Bar is part of the Water Forum's ongoing science program that uses cutting-edge techniques to further understand how to improve the river's environment for fish survival. Over the past several decades Water Forum studies have produced detailed information about the conditions salmon and steelhead find ideal for spawning and rearing their young, including:

Detailed underwater maps of the lower American River to identify the best locations for enhancing habitat that also won't impact flood safety;

The ideal size of gravel and river flow for spawning;

How long it takes for salmon to use a restoration site after construction, and how long they continue to use the site.

How cover (woody material, branches or tree roots) in a side channel improves survival for juvenile fish.

This year's effort at Sailor Bar was the region's ninth project restoring fish spawning gravel beds and improving juvenile fish rearing habitat on the lower American River. Since 2008,

the Water Forum and its partners have invested more than \$7 million to create over 30 acres of spawning beds and 1.2 miles of side channels.

"These projects truly represent what can be accomplished when local, state and federal agencies work together toward a common purpose," Gohring said, noting that the team responsible for this project includes scientists from Reclamation, the Water Forum, U.S. Fish and Wildlife Service, National Marine Fisheries Service and California Department of Fish and Wildlife.

Additional project partners included the Sacramento Area Flood Control Agency (SAFCA) and Sacramento County Parks, as well as the City of Sacramento Department of Utilities, which provided their crews and heavy equipment to the project.

To learn more about the Sacramento region's habitat restoration work on the lower American River, visit <https://www.waterforum.org/the-river/habitat-management/>.

Established in 2000, the Sacramento Water Forum is a diverse group of business and agricultural leaders, citizen groups, environmentalists, water managers and local governments working together to balance two co-equal objectives: to provide a reliable and safe water supply for the Sacramento region's long-term growth and economic health; and to preserve the fishery, wildlife, recreational, and aesthetic values of the lower American River. Learn more at waterforum.org. ★

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Catch the Scene at the 4th Annual Best of Fair Oaks

By Patrick Larenas

FAIR OAKS, CA (MPG) - It doesn't matter whether you are new to the area and want to participate in an awesome evening or were born in Fair Oaks and just want to catch up with its scene, chances are, you appreciate its charm and would love to experience the connection. And now that the Fair Oaks Chamber of Commerce sponsors an evening just for that kind of opportunity, you can live it up at the Northridge Country Club as the 4th Annual Best of Fair Oaks draws near.

On Thursday, January 23, Fair Oaks residents will celebrate and recognize the businesses and services they valued and enjoyed most from some 40 categories. By nominating businesses that are members of the Fair Oaks Chamber of Commerce or are located in the Fair Oaks zip code of 95628, the Fair Oaks

community will reinvigorate those qualities that make the scene what it is today and for the future.

Celebrated from 5:30 pm to 8:30 pm, the event will be emceed by the Fair Oaks Youth Outreach (FOYO) and will help fund the youth organization's scholarship program.

So support the passion and pursuit of excellence in all the trades and services that have chosen to invest and make their lives in Fair Oaks. Tickets are available online at bestoffairoaks.com or by calling (916) 967-2903.

The award winners were voted on by Chamber members, Fair Oaks citizens and readers of the American River Messenger newspaper. All the votes casted are tabulated to verify authenticity.

Northridge Country Club is located at 7600 Madison Avenue, Fair Oaks, CA 95628. ★

The Sacramento Bee Ends Subscription Program

To Our Readers:

The Sacramento Bee has decided not to renew their program for the additional Sunday issue with Messenger Publishing Group regular subscriptions. The Bee cancelled the program effective 12/31/19. They will no longer be providing the Sunday edition through MPG.

MPG notified our readers through the regular monthly subscription notices sent out over the past few months. We had expected The Bee to offer a special trial subscription to each of the subscribers

they had on our list to try to convert them to one of their many special rates and to also notify readers. They did not do so.

All paid subscribers for any MPG newspapers will continue to receive their MPG product. However, The Bee has declined to offer their product to our readers.

If you would like to learn more about what The Bee has to offer you can visit their website at sacbee.com/messenger or call their customer service number at 800-284-3233. ★

A Year of Light and Strength

Temple Kukuri Hosts Community New Year Celebration

Continued on page 1

that the tea ceremony celebrates the seasons of nature and our connection to nature. Drinking the tea signifies taking nature into your body, so she explained the importance of being fully present in the moment to feel respect and gratitude.

Sawako was raised in Japan in a Buddhist

temple in a long lineage of Buddhist priests. Her husband, Steve Bash, described Temple Kukuri as "a holistic living sanctuary" that "doubles as a Japanese cultural center."

Bash said that Kukuri means connection: "She's the goddess of connection in Japanese folklore. That's what this is all about — connection. ... We're

creating a place for people to gather to do healing and connect with spirit."

Temple Kukuri is located at 10723 Fair Oaks Blvd. in Fair Oaks. A local non-profit, the temple is multi-cultural, non-denominational, and welcomes everyone to participate in their events and services. Visit their website at www.templekukuri.org. ★

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Division of Boating and Waterways Offers Grants to Help Keep California's Waterways Clean

California State Parks Press Release

SACRAMENTO REGION, CA (MPG) - The Division of Boating and Waterways (DBW) is now accepting grant applications from public government agencies for the purchase and deployment of floating restrooms on California waterways. Interested applicants should review the grant guidelines and submit a grant application to DBW's office by Tuesday, Jan. 21, 2020 at 5 p.m. PST.

DBW's Floating Restroom Grant Program helps reduce pollution from recreational boater sewage by providing floating public restrooms in areas with limited landside access. Over the years, DBW floating restrooms have become known as S.S. Relief stations. California State Parks' engineering group re-designed the restrooms this year to achieve ADA compliance. The floating restrooms are solar-powered and the holding tanks



Floating restroom shown during December 2019 deployment at Lake Berryessa. Each ADA compliant unit holds about 500 gallons of sewage. Photo courtesy California State Parks

capture about 500 gallons of sewage. That's more than one million gallons of sewage kept out of our waterways each year.

A total of \$840,000 in federal and state funding is available this year for the purchase and deployment of approximately

six DBW-designed and developed ADA compliant floating restrooms. More than 260 floating restrooms have been placed on California lakes and reservoirs through this grant program since 1972. About 160 restrooms are currently deployed.

To be eligible for funding, grant applicants must operate a California lake or reservoir that is open to the public. General information on the grant requirements and the online application can be found on DBW's Floating Restroom Grant webpage.

The competitive grant applications will be scored and ranked according to need, as well as the ability to operate and maintain the floating restrooms for at least 10 years. DBW expects to announce grant recipients in spring 2020.

The Floating Restroom Grant Program is available through the Clean Vessel Act, which is funded by the U.S. Fish and Wildlife, Wildlife and Sport Fish Restoration Program and the Harbors and Watercraft Revolving Fund. Grants are also available to offset the ongoing operation and maintenance costs of these units through a Sewage Management Equipment Operations and Maintenance grant. ★

The Senate's New Drug Bill is Socialism Lite



Commentary by Sally C. Pipes

House Speaker Nancy Pelosi has a radical new plan to let the federal government set drug prices.

Republicans are holding up Senator Chuck Grassley's Prescription Drug Pricing Reduction Act as a more moderate

alternative.

That's a mistake. While Grassley's bill isn't as radical as the Pelosi's, it includes similarly dangerous reforms. Neither bill would do much to save patients money. And both would make it harder for Americans to access new drugs.

Pelosi's bill empowers government officials to set prices for a variety of drugs. The bill instructs the Secretary of Health and Human Services to "negotiate" the prices of up to 250 medicines.

These negotiations would hardly be fair. The bill caps the negotiated prices at 120 percent of the average price paid for these drugs in six other countries. Any

company that refused to negotiate would have to pay the government 65 percent of last year's sales for the drug in question.

Grassley's bill also contains its fair share of government price setting. Like the section that prohibits drug companies from raising Medicare prices faster than the rate of inflation. Firms that raise prices too quickly would have to pay a rebate to the government, equal to the difference between the old and new prices.

Like all price setting, this so-called "inflation penalty" would prohibit drug companies from setting market prices. But that won't lower costs for patients. Over time, companies will begin

launching drugs with artificially high prices, to avoid having to raise prices and face the penalty down the line.

The Senate plan would also tax manufacturers for certain drugs sold in Medicare Part D. Once Part D beneficiaries spend \$5,100 out of pocket on prescriptions, the government begins paying for the majority of each drug they take. Under Grassley's bill, drug makers would have to pay for 20 percent of each drug sold in this "catastrophic phase."

But most Part D beneficiaries never reach the catastrophic phase. So this reform won't do anything to lower their drug costs. In other words, the

government is the primary beneficiary of this new tax on drug makers.

The Senate bill would raise taxes on pharmaceutical firms by \$100 billion. And as any Republican senator should know, raising taxes is bad for business.

This is especially true for the drug industry, where developing just one new medicine costs an average of \$2.6 billion. The more money researchers have to fork over to Uncle Sam, the less they'll have to spend on research.

Price setting also makes it harder for patients to access new drugs. Consider that Americans had access to almost 90 percent of all new medicines released between 2011 and 2018.

Meanwhile, patients in the United Kingdom only had access to 59 percent of those drugs. Canadian patients had access to just 46 percent.

Grassley's plan may be a slightly better alternative to Pelosi's. But watered-down socialism is still socialism and would be equally disastrous in the long run. Let's hope Republicans come to their senses and drop this bill before it's too late.

Sally C. Pipes is president, CEO, and Thomas W. Smith fellow in health-care policy at the Pacific Research Institute. Her latest book is The False Promise of Single-Payer Health Care (Encounter). Follow her on Twitter @sallypipes. ★

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<p style="color: red; font-weight: bold; font-size: 18px;">ZIGNATURE</p> <p style="font-size: 10px;">LIMITED INGREDIENTS FORMULA DRY DOG FOOD 13.5 Lb & 27 Lb</p> <p style="font-size: 8px;">•Turkey •Lamb •Trout/Salmon •Zessential •Duck •White Fish •Venison •Salmon •Pork •Catfish</p> <p style="color: red; font-weight: bold; font-size: 24px;">ON SALE EVERYDAY</p> <p style="font-size: 10px;">Effective 1/8/20 - 1/14/20</p>	<p style="color: red; font-weight: bold; font-size: 18px;">DIAMOND NATURALS</p> <p style="font-size: 10px;">DRY DOG FOOD 40 Lb Bag</p> <p style="font-size: 8px;">•Chicken •Lamb •Beef •Large Breed •Senior 35 Lbs •Lite 30 Lbs (Lrg Breed Lamb \$31.99) (Ex Athlete \$36.99)</p> <p style="color: red; font-weight: bold; font-size: 24px;">\$29.99</p> <p style="font-size: 10px;">Effective 1/8/20 - 1/14/20</p>	<p style="color: red; font-weight: bold; font-size: 18px;">NUTRO MAX</p> <p style="font-size: 10px;">MAX CAT DRY CAT FOOD</p> <p style="font-size: 8px;">•Adult Chicken (Limited) •Indoor Chicken •Salmon</p> <p style="font-size: 10px;">16 Lb Bag Limit 2 Bags Per Family</p> <p style="color: red; font-weight: bold; font-size: 24px;">\$19.99</p> <p style="font-size: 10px;">Effective 1/8/20 - 1/14/20</p>	<p style="color: red; font-weight: bold; font-size: 18px;">PEDIGREE</p> <p style="font-size: 10px;">DRY DOG FOOD 50 Lb Bonus Bag</p> <p style="font-size: 8px;">•Chicken, Rice, & Vegetable •Steak & Vegetable</p> <p style="font-size: 10px;">Limit 2 Bags Per Family</p> <p style="color: red; font-weight: bold; font-size: 24px;">\$23.99</p> <p style="font-size: 10px;">Effective 1/8/20 - 1/14/20</p>
<p style="color: red; font-weight: bold; font-size: 18px;">9 LIVES</p> <p style="font-size: 10px;">CANNED CAT FOOD 5.5 Oz All Varieties</p> <p style="font-size: 10px;">Limit 1 Case Per Family</p> <p style="color: red; font-weight: bold; font-size: 24px;">37¢</p> <p style="font-size: 10px;">Effective 1/8/20 - 1/14/20</p>	<p style="color: red; font-weight: bold; font-size: 18px;">FANCY FEAST</p> <p style="font-size: 10px;">GOURMET CANNED CAT FOOD All Varieties except Elegant Medley 3 Oz</p> <p style="font-size: 10px;">Limit 2 Cases Per Family</p> <p style="color: red; font-weight: bold; font-size: 24px;">ON SALE Everyday</p> <p style="font-size: 10px;">Effective 1/8/20 - 1/14/20</p>	<p style="color: red; font-weight: bold; font-size: 18px;">PURINA</p> <p style="font-size: 10px;">CAT CHOW DRY CAT FOOD</p> <p style="font-size: 8px;">•Regular •Indoor 15 Lb Bag</p> <p style="font-size: 10px;">Limit 2 Bags Per Family</p> <p style="color: red; font-weight: bold; font-size: 24px;">ON SALE Everyday</p> <p style="font-size: 10px;">Effective 1/8/20 - 1/14/20</p>	<p style="color: red; font-weight: bold; font-size: 18px;">SCOOPAWAY</p> <p style="font-size: 10px;">CLUMPING CAT LITTER 20 Lb Box</p> <p style="font-size: 8px;">•Multi-Cat •Unscented (Fresh Step Scoop, 20 Lb Box - \$8.99)</p> <p style="font-size: 10px;">Limit 2 Boxes Per Family</p> <p style="color: red; font-weight: bold; font-size: 24px;">\$6.99</p> <p style="font-size: 10px;">Effective 1/8/20 - 1/14/20</p>

<p style="font-weight: bold;">WELLNESS CANNED DOG FOOD</p> <p style="font-size: 8px;">Natural 12.5 Oz Full Case •Regular •Stew •Core Limit 2 Cases</p> <p style="color: red; font-weight: bold; font-size: 14px;">20% OFF</p> <p style="font-size: 8px;">OUR REGULAR LOW PRICES</p>	<p style="font-weight: bold;">WORLD'S BEST CAT LITTER</p> <p style="font-size: 8px;">•Original •Extra Strength 14 Lbs Limit 2 Bags</p> <p style="color: red; font-weight: bold; font-size: 14px;">\$12.99</p>	<p style="font-weight: bold;">NUTRO CANNED DOG FOOD</p> <p style="font-size: 8px;">•Kitchen Classics •Hearty Stews •Puppy 12.5 Oz Can All Varieties except Limited Ingredients Grain Free IAMS Canned Dog Food 13 oz. \$1.09 Limit 2 Cases</p> <p style="color: red; font-weight: bold; font-size: 14px;">\$1.69</p>	<p style="font-weight: bold;">WILDERNESS DRY CAT FOOD</p> <p style="font-size: 8px;">•Chicken •Salmon •Duck •Indoor •Weight Control 100% Grain Free 11-12 Lb Bag Limit 2 Bags</p> <p style="color: red; font-weight: bold; font-size: 14px;">AS MARKED \$5 OFF</p> <p style="font-size: 8px;">OUR REGULAR LOW PRICES!</p>	<p style="font-weight: bold;">PRECIOUS CAT CLUMPING CAT LITTER</p> <p style="font-size: 8px;">18 Lb Bag •Regular •Ultra Limit 2 Bags Per Family</p> <p style="color: red; font-weight: bold; font-size: 14px;">\$5.99</p>	<p style="font-weight: bold;">PEDIGREE CANNED DOG FOOD</p> <p style="font-size: 8px;">•Choice Cuts in Gravy •Chunky Ground Dinner •Chopped Ground Dinner 22 Oz Can Limit 1 Case</p> <p style="color: red; font-weight: bold; font-size: 14px;">\$1.09</p>
<p style="font-weight: bold;">NUTRO WHOLESOME ESSENTIALS DRY DOG FOOD</p> <p style="font-size: 8px;">(Ultra Small Breed Adult \$27.99) 15 Lb Bag Limit 2 Bags</p> <p style="font-size: 8px;">•Chicken Meal & Rice •Adult •Senior •Small Breed</p> <p style="color: red; font-weight: bold; font-size: 14px;">\$23.99</p>	<p style="font-weight: bold;">JONNY CAT PREMIUM CAT LITTER</p> <p style="font-size: 8px;">10 Lb Bag Limit 2 Bags Per Family</p> <p style="color: red; font-weight: bold; font-size: 14px;">\$1.99</p>	<p style="font-weight: bold;">PREMIUM CHOICE ALL NATURAL CLUMPING CAT LITTER</p> <p style="font-size: 8px;">40 Lb Bag (Extra Strength 25 Lb \$7.99) Limit 2 Bags</p> <p style="color: red; font-weight: bold; font-size: 14px;">\$8.99</p>	<p style="font-weight: bold;">MEOW MIX DRY CAT FOOD</p> <p style="font-size: 8px;">•Original Choice 16 Lb Bag Limit 2 Bags Per Family</p> <p style="color: red; font-weight: bold; font-size: 14px;">\$11.99</p>	<p style="font-weight: bold;">CAT'S PRIDE FRESH & LIGHT PREMIUM CLUMPING CAT LITTER</p> <p style="font-size: 8px;">15 Lb Jug Limit 2 Jugs</p> <p style="color: red; font-weight: bold; font-size: 14px;">\$7.99</p>	<p style="font-weight: bold;">MERRICK'S CLASSIC NATURAL DRY DOG FOOD</p> <p style="font-size: 8px;">•Chicken/Green Pea/Ancient Grains 25 Lb Bag Limit 2 Bags •Beef/Green Pea/Carrots •Lamb/Green Pea/Ancient Grains</p> <p style="color: red; font-weight: bold; font-size: 14px;">\$8 OFF</p> <p style="font-size: 8px;">OUR REGULAR LOW PRICES!</p>

<p style="font-weight: bold;">12 Oz Pkg GREENIES DOG TREATS Value Pack</p> <p style="font-size: 8px;">•Chewy Texture • Easy to Digest •Teeny (43 Ct) •Reg (12 Ct) •Large (8 Ct)</p> <p style="font-size: 8px;">•Regular •Grain Free 12 oz \$13.99</p> <p style="font-size: 8px;">Limit 2 Packs Per Family</p> <p style="color: red; font-weight: bold; font-size: 14px;">\$11.99</p>	<p style="font-weight: bold;">BOXED GLASS TANK WITH STARTER KIT</p> <p style="font-size: 8px;">20 Gal Tetra LED Deluxe . . . \$91.99 10 Gal Aqueon Economy . . . \$36.99 29 Gal Tetra LED Deluxe . . . \$112.99 10 Gal Tetra LED Deluxe . . . \$53.99 55 Gal Tetra LED Deluxe . . . \$187.99</p>
<p style="font-weight: bold;">INABA CAT TREATS</p> <p style="font-size: 8px;">•Churu (Creamy Puree) •Grilled Tuna Fillets •Grilled Chicken Fillet All Varieties</p> <p style="color: red; font-weight: bold; font-size: 14px;">As Marked 25% OFF</p> <p style="font-size: 8px;">OUR REGULAR LOW PRICES</p>	<p style="font-weight: bold;">MARINELAND POWER FILTER SALE</p> <p style="font-size: 8px;">MODEL TANK SIZE PET CLUB SALE</p> <p>PENGUIN 100B20 Gal. \$17.99 PENGUIN 150B30 Gal. \$24.99 PENGUIN 200B50 Gal. \$29.99 PENGUIN 350B75 Gal. \$39.99</p>
<p style="font-weight: bold;">PETKIN PET WIPES</p> <p style="font-size: 8px;">•Doggy •Eye •Kitty •Ear •Itch Stop •Tooth All Varieties</p> <p style="color: red; font-weight: bold; font-size: 14px;">20% OFF</p> <p style="font-size: 8px;">OUR SUPER LOW PRICES</p>	<p style="font-weight: bold;">TETRA FISH FOOD SALE</p> <p style="font-size: 8px;">Tetrafin Goldfish 7.06 oz. \$7.99 Tetraamin Staple 7.06 oz. \$11.99 Tetra Color 7.06 oz. \$11.99</p>
<p style="font-weight: bold;">RELIANCE BIRD CAGES</p> <p style="font-size: 8px;">All Varieties Stock On Hand</p> <p style="color: red; font-weight: bold; font-size: 14px;">20% OFF</p> <p style="font-size: 8px;">OUR SUPER LOW PRICES</p>	<p style="font-weight: bold;">REEF CRYSTALS</p> <p style="font-size: 8px;">50 Gal. Salt Mix</p> <p style="color: red; font-weight: bold; font-size: 14px;">\$14.99</p>
<p style="font-weight: bold;">THUNDERSHIRT DOG & CAT ANXIETY</p> <p style="font-size: 8px;">CALM PAWS CALMING PRODUCTS •Caring Collar & Disk •E-Collar •Gel Patch •Shirts</p> <p style="color: red; font-weight: bold; font-size: 14px;">20% OFF</p> <p style="font-size: 8px;">OUR SUPER LOW PRICES</p>	<p style="font-weight: bold;">BONUS COUPON</p> <p style="font-weight: bold; font-size: 18px; color: red;">ARM & HAMMER CAT LITTER DEODORIZER</p> <p style="font-size: 8px;">20 Oz Box Limit 2 Boxes with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 1/8/20 - 1/14/20</p> <p style="color: red; font-weight: bold; font-size: 24px;">\$14.99</p> <p style="font-size: 8px;">CHM PLU 422</p>

<p style="font-weight: bold;">BONUS COUPON</p> <p style="font-weight: bold; font-size: 18px; color: red;">FANCY FEAST ELEGANT MEDLEYS CANNED CAT FOOD</p> <p style="font-size: 8px;">Selected Varieties - 3 Oz Limit 6 Cans with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 1/8/20 - 1/14/20</p> <p style="color: red; font-weight: bold; font-size: 24px;">ON SALE EVERYDAY</p> <p style="font-size: 8px;">CHM PLU 568</p>	<p style="font-weight: bold;">BONUS COUPON</p> <p style="font-weight: bold; font-size: 18px; color: red;">FANCY FEAST CLASSIC BROTH</p> <p style="font-size: 8px;">1.4 Oz - All Varieties Limit 3 Pkgs With Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 1/8/20 - 1/14/20</p> <p style="color: red; font-weight: bold; font-size: 24px;">89¢</p> <p style="font-size: 8px;">CHM PLU 377</p>	<p style="font-weight: bold;">BONUS COUPON</p> <p style="font-weight: bold; font-size: 18px; color: red;">ARM & HAMMER CAT LITTER DEODORIZER</p> <p style="font-size: 8px;">20 Oz Box Limit 2 Boxes with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 1/8/20 - 1/14/20</p> <p style="color: red; font-weight: bold; font-size: 24px;">\$14.99</p> <p style="font-size: 8px;">CHM PLU 422</p>
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The Kiwanis Corner

By Sal Arrigo, Jr.

It's about your Community!

In 2019, Orangevale and Fair Oaks found itself with a new resident – a Kiwanis Club. What started out in July 2019 when the new club began organizing quickly turned into a flurry of activities that has the Kiwanis Club of Orangevale – Fair Oaks poised for even greater achievements in 2020. As we focus on our agenda to continue serving the community in the New Year, I ask you – what is your focus?

If your focus for 2020 is for self-improvement, I applaud you. If you are looking to do even more, how about considering becoming a Kiwanis member and improving the community in which you live? We have attracted new members based on the work we are doing, and will continue to do even more. It is proven that social networks improve mental health and contribute to life satisfaction.

Already in our brief history, we have started a

Key Club at Casa Roble High School. A Key Club is a student led organization where students learn about leadership, building confidence, and striving for academic achievement. The first major project for this Key Club was reaching out to support a homeless student during the holidays. In addition, our Kiwanis Club is part of the School Site Council at Twin Lakes Elementary and will be starting a K-Kids Kiwanis Club (for elementary-school aged students) at this school in 2020. The K-Kids will plan their own service projects and organize school events, all while learning how their efforts contribute to the benefit of their communities.

We closed 2019 with our first annual Holiday Pajama Drive, collecting 467 brand new pairs of pajamas for children in need in our area! We had major contributions from the Casa Roble High School Cheerleaders, Perry Air Heating and Air Conditioning, Nor Cal TNT Car, Truck and Motorcycle Club, Scotty's Hideaway, Twin Lakes

Elementary School, Green Oaks Elementary School, Lyons Orthodontics,

The Last Tangle Salon and Amber Steadman, Realtor. We are grateful to partner with these community-minded organizations.

Now, I ask you again – what is your 2020 focus? Give us a try - our club does not take attendance, we don't care if you talk a lot or just a little, but we do care that you want to make Orangevale and Fair Oaks a place where your time and energy will make a positive community impact.

Come and visit Kiwanis at El Gallo Mexican Restaurant, located at 11773 Fair Oaks Blvd., on the 2nd Tuesday of every month. Meetings begin at 6:30 pm. We also have social gatherings on the 4th Tuesday of every month (the location varies). Find us at facebook.com/KiwanisclubofOFO or email us for more information at kiwanisclubofOFO@gmail.com.

Sal Arrigo, Jr., is the president of the Kiwanis Club of Orangevale – Fair Oaks. The Kiwanis Corner is published monthly. ★

Moving America Forward

Sending a Holiday Salute and Care Packages



Move America Forward volunteer Erica Allen and FedEx Freight worker Matt Kimmel operating the pallet jack. Photo by Patrick Larenas



US armed forces recruiters were part of the military presence at the Care Package event. From left to right: Jonathan Martinez, U.S. Navy Recruiter; D'Andre Hardin, U.S. Army Recruiter; and Regina Fatigati, U.S. Navy Representative. Photo by Patrick Larenas

Sarah-Ann Goller Memorial

February 4, 1937 – November 28, 2019



Sarah-Ann Goller

By Michelle Hancock

FAIR OAKS, CA (MPG) - Sarah-Ann Goller passed away peacefully Thanksgiving Day, November 28, 2019. She grew up in Fair Oaks, CA. She was the most caring person anyone could know. Sarah-Ann was a talented woman who gardened, canned her own food, a fabulous cook, made flower arrangements for her church and wedding cakes. She was an artist/painter and writer. Sarah-Ann had a 'Green Thumb' developing and maintaining beautiful landscaping

at her Fair Oaks home. She was a member of the Fair Oaks Historical Society and made many donations over the years from the Vincent Ranch (lovingly referred to as Rancho Confusion) to the Historical Society. She wrote a book, "Up Sunset Avenue" in which she wrote delightful family stories of growing up, farming and ranching in the early days of Fair Oaks. She also participated in family gatherings of the Oregon Trail in McMinnville, Oregon. Her ancestral history was rich with ancestors who came on the Mayflower, Scotch-Irish who fought in the Revolutionary War and came across on the Oregon Trail to settle the West.

Sarah-Ann is survived by her husband of 51 years, Allan D. Goller of Ohio, her three children, Michelle Ann Hancock, husband Steve, Lauryl Jean Frame, husband Darren, and Marcus Robins McKenny Goller and wife Amy. Sarah has five grandchildren: Kristin Frame Emmitt, Emily Frame, Casey Frame, Spencer Goller and Macy Goller. She is also survived by her sister,

Katherine Odom, brother-in-law, Gary Odom, niece Erin Odom Singh, her two young sons Fox and Forest, nephews Howard Fox and Barry Lee Morey, as well as brother-in-law Tom Lawrence, nephews John Lawrence, Craig Lawrence and niece Tammy Eastham.

She was preceded in death by her mother and father, Wanda Kennedy and Walter Vincent of Fair Oaks, her first husband Captain Michael Robins McKenny, her sister-in-law, Marianne McKenny Lawrence and other early settlers of Fair Oaks: Grandparents, Frank Wilson Vincent and his wife Elizabeth Mary Carpenter, and William Whitney Kennedy and his wife Laura Wanda Hewitt, and her Uncle Earl Vincent who had a fruit ranch in Orangevale.

Sarah-Ann will be greatly missed by her family and friends. She had a Christian burial in the Fair Oaks Cemetery on Monday, December 9th among many members of the Kennedy, Vincent and McKenny families who came before as early settlers. ★



Move America Forward outreach director Scott Raab sends a thumbs up and a shipment of some 2500 boxes to military service men and women. Photo courtesy MAF

Bui-Thompson Elected SMUD Board Vice President



Nancy Bui-Thompson, vice president of the SMUD Board of Directors. Photo courtesy of SMUD

SMUD Press Release

SACRAMENTO COUNTY, CA (MPG) - SMUD Director Nancy Bui-Thompson was elected vice president of the SMUD Board of Directors. Her term as vice president will run from January through December 2020. Bui-Thompson served as the Board president in 2012 and 2016 and served as vice president in 2011 and 2015. She was first elected in November 2008 to represent the 215,000 constituents of Ward 2, which includes the communities of Folsom, Rancho Cordova, Gold River, Rancho Murietta, Galt, Wilton and Elk Grove. At the time of her election, she was the youngest ever to be elected to the SMUD Board.

For over 17 years, Bui-Thompson has served as a technology and management professional who has worked with federal, state and local government agencies,

energy and health-care organizations. She is currently the Director, Transition and Integration – Strategy and Execution at Health Net. Health Net is a subsidiary of Centene Corporation. Centene is #51 on the Fortune 500 with over \$48.4 billion in revenues, 33,700 employees and serves over 12.2 million members. Prior to Health net, she was a Director at Public Consulting Group (PCG), in their Technology practice. Prior to PCG, she was a consultant for two of the world's largest and best-known consulting companies – Accenture and Deloitte.

Bui-Thompson has represented SMUD on both the national and international stage. She served as a main stage speaker at the Energy Thought Summit (ETS) - ETS2019, ETS2018 and ETS2017 in Austin, Texas. She served as Chair of ETS2019. Bui-Thompson has been featured session speaker at DistribuTech, the world's largest Distribution technology conference with over 12,000 attendees and was the keynote speaker at SpaceTime Insight's Annual Users Convening.

The Sacramento Business Journal has honored Ms. Bui-Thompson as one of the top fifteen women business leaders in the Sacramento Region as a 2017 "Women Who Mean Business" and a 2011 "40 Under 40" awardee. In 2012, the German Marshall Fund of the United States (GMF) awarded the prestigious Marshall Memorial Fellowship (MMF) to Bui-Thompson (75 fellows per year). The GMF is a non-partisan American public policy and grant-making institution dedicated to promoting better understanding and cooperation between North America and Europe on transatlantic and global issues.

She is a proud graduate of California Polytechnic State University at San Luis Obispo, with a bachelor of science in economics and management information systems. ★

Solo Vehicle Fatality on Sunset Ave, West of Pennsylvania Ave

By Greg Zumstein, California Highway Patrol

FAIR OAKS, CA (MPG) - On December 30, 2019 at approximately 8:49 pm, the California Highway Patrol (CHP) received reports of a traffic collision in the area of Sunset Ave, west of Pennsylvania Ave. CHP and Sacramento Metro Fire Department personnel arrived on scene and determined a Chevrolet Tahoe was traveling at an unknown speed eastbound on Sunset Ave. before it collided with the right curb and a guywire of a power pole. The Tahoe then overturned onto the passenger side and the unrestrained right front passenger (male DOB: 01/16/63) was partially ejected and subsequently crushed by the Tahoe. Two other teenage passengers, who were restrained, and were transported to a local area hospital for precautionary reasons. The female driver (Debra Glenell Christie of Folsom, CA, DOB: 03/02/80)

fled the scene on foot. A search was conducted by North Sacramento Area CHP officers assisted by Citrus Heights PD, Sacramento Sherriff and CHP aircraft. The driver was located in a nearby yard at approximately 10:06 pm. She was determined to be under the influence of drugs and alcohol and was subsequently arrested. Christie was booked at the Sacramento County Main Jail on charges of 20001 VC, Felony Hit and Run, 23153(a) VC, Felony DUI, 191.5(a) PC, Felony Manslaughter, and 1203.2 PC, Probation Violation.

This traffic collision is still under investigation.

Any additional information about this news release should be directed to Officer Greg Zumstein who will be available at the CHP North Sacramento Area business phone number: (916) 348-2300, Monday through Friday 8 a.m. to 5 p.m. Or you can reach him on his cell phone at (916) 798-0975 ★



POPOFF!

with **Mary Jane Popp**

metaphysical term for the study of numbers. It explores relationships between the planet as a whole and to people on a personal level. So now it's a look at the year 2020 and what's in store, according to the numbers.

The year 2020 will be a four-universal year...2+2=4, because the zero is not counted in Numerology equations. Everyone on the planet will be affected by the energy of the universal year number on some level.

The four is a serious number and relates to building or rebuilding foundations. It is a year for organizing, hard work, dedication, honesty, working on home, family issues, and health. Four years can be difficult because working hard and reorganizing your life can create upheaval and stress.

In the United States, there will be a focus on analyzing where the country has gone awry politically, fiscally and morally. The election year will be a fight to the finish. There will be much controversy over the fake news and whether there was in fact, a fair election. If President Trump does win re-election, he may have some health issues surface which affect his presidency.

This is a year that people should save money, pay down their mortgages and conserve as much as possible. The stock market will be volatile and it is possible we may see the beginning of a recession in 2020.

We will see many more advances in the technology sector and AI...artificial intelligence. There may be some people who question how far these advances should be taken. Questions about people losing jobs due to these advances, and if something goes awry, with machines taking over and who would be held responsible for the fall out.

2020 could be a year filled with more natural disasters than usual around the world. Could be another devastating tsunami in the Pacific. An abnormal number of people may be uprooted from their homes and have to move elsewhere.

It's only a brief sketch of a big year and a bigger decade, but it's a start. You can check out **Melanie Channell** at or you can give her a call at 916-920-7832 to check out your personal numbers. Add up your numbers and don't forget to count your blessing!

A HAPPY AND BLESSED NEW YEAR from our home to yours! ★

2020 NUMBERS AND PREDICITONS

Did you know that everything has numbers surrounding them from happenings to the human spirit? That's why I invited **Melanie Channell** to my POPPOFF Radio Show to add up those numbers that can give us some insight into our future with the beginning of this new decade. **Melanie** is a spiritual counselor, Tarot card reader, Life Coach, energy and crystal healer, Angel enthusiast, and for our purposes...a numerologist. She has been into the study of spirituality and empowerment concepts for over twenty-five years. So let's take a look at this new decade with emphasis on 2020. By the way, **Melanie** is co-author of three #1 Amazon best-sellers... "Heart and Soul"...*Reading Between the Signs* and *Warrior Women with Angel Wings*.

So let's get started with a definition of this thing called numerology. Numerology is a



Dare to Live Without Limits

by Bryan Golden

Every No Gets You Closer to a Yes



No one wants to be told no when pursuing their dreams. Hearing the word no is extremely frustrating while traveling on the road to success. Too often, no is perceived as either a road block or an insurmountable obstacle.

We are not born with this aversion to no. Children don't accept no. When they are told they can't have what they want, they persist until their weary parents relent. Whether they resort to incessant pleading, whining, or crying, children quickly discover they can outlast their parents' determination.

Salespeople understand that there is a certain percentage of people who will buy their products. If 10% of potential customers decide to buy from them, then they expect 90% of potential customers say no. Therefore, a salesperson realizes that each no gets them closer to the next yes.

Successful job hunters are well aware of this process. Regardless of one's qualifications, being turned down numerous times usually precedes getting that first job offer. Walt Disney, Dr. Seuss, and Stephen King, were all rejected numerous times before attaining success.

Successful people understand that they must get through a certain number of no's in order to reach a yes. They view getting past no's as a requirement for getting to yes. There are no

shortcuts. This process is part of the journey.

The same process applies to you. Each no you encounter moves you closer to a yes. The challenge is to not become discouraged along the way. Failure is assured when you give up before getting the yes you are seeking.

You must keep moving forward after each no. Continuous positive action propels you toward the next yes. Taking your next step is what matters. Maintaining a positive, can-do attitude is essential. You attitude needs to be recharged daily. Connecting with other, like minded, motivated people is a tremendous asset. Reading or watching motivational materials also keeps you positive.

Avoid and ignore the many naysayers who are constantly offering negative criticism. These people focus on no and don't believe you can get to yes. They offer every possible reason to justify what they see as your failure.

Reasons to succeed propel you forward. Excuses justifying failure stop you. Getting to a yes is a systematic progression. Each no is a stepping stone which gets you closer to your goal.

Sometimes getting no's indicates an adjustment might be necessary. Examine your strategy to see if any changes are warranted. Study other successful people and their

approaches. A slight modification to your approach can produce improved results.

Overcoming no's requires a solid belief in yourself that you have what it takes to get to yes. Any self-doubt erodes your confidence. One of your biggest assets is the perseverance to keep going, in spite of the no's, until you get the yes you are seeking.

A burning desire to reach your goal fuels your persistence. When your goal is important to you, and you want it badly enough, you won't be deterred by no's. People who are not excited by their goals readily give up as soon as the no's start.

Attitude is the difference between success and failure. Considering each no as an obstacle diminishes your motivation. Conversely, viewing each no as essential, strengthens your resolve. Ironically, both successful people and failures are faced with numerous no's. It's what they do after each no which makes the difference.

Look forward to each no you receive. It means you are one step closer to a yes. Don't get discouraged. More no's may be required than you would like. However, once you get to yes, all of the no's will have been worth it.

NOW AVAILABLE: *Dare to Live Without Limits*, the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnist.com or write him c/o this paper. © 2017 Bryan Golden ★

Ask Toni

Turning 65 in March...Why Can't I apply for Medicare Supplement Plan F?



Morning Toni:

I am turning 65 in March and am searching for the right Medicare Supplement to cover my health needs. I have been told from patients at the cancer center where I go to receive my cancer treatment that Plan F is the plan to choose. I have been "Googling" enrolling in Plan "F" and discovered that it is not available for me. I would like to know WHY because I do not need to make a serious Medicare mistake.

Thanks, Sam from Clear Lake area

Sam:

Effective as of January 1, 2020, Medicare Supplements Plan F and C are no longer available to those who are turning 65 or those older than 65 whose Medicare Parts A with effective date beginning January 1, 2020. Those who you are discussing Medicare Supplements with must have their Medicare Part A before January 1, 2020.

Congress passed legislation called "Medicare Access and CHIP Reauthorization Act of 2015" (MACRA) to

help the medical industry by correcting the "Doc Fix" proposal. The legislation ended Medicare Supplement's Plans F and C in 2020 for those new to Medicare.

Doctors were concerned about the Medicare cuts to the medical profession and were threatening to leave Medicare.

To keep doctors from bailing out of Medicare, Congress had to come up with that money somewhere and they found it in the Part B deductible that Medicare Plans F and C pickup.

Congress decided to pass 200 billion dollars of Medicare expenses over a 10-year period to the Medicare beneficiaries by eliminating Medicare Supplement Plans F and C which pay for Medicare's Part B deductible.

The law of 2015 (MACRA) ensures doctors will be adequately paid for Medicare services and that those enrolled in Medicare have the healthcare professionals they need.

Let's discuss the difference of Plan F and Plan G:

- **Plan F:** Offers more benefits with higher premiums. Those who Medicare Part A is prior to January 1, 2020 can apply for Plan F. Those who currently have Plan F will be grandfather and not forced to move from Plan F. As I stated earlier in this article, this change only affects newly eligible beneficiaries with Medicare Part A effective

dates of January 1st, 2020 or later and Medicare Plan C, F or High-Deductible F will no longer be available.

- **Plan G:** Offers lower rates with the Medicare Part B deductible not covered and being paid for by the enrolled Medicare beneficiary. Your out of pocket expense would be the Part B deductible for the current year. For 2020, the Medicare Part B deductible is \$198 which will be your Plan G 2020 out of pocket.

Medicare Supplement plans available to those with Medicare Part A effective date prior to January 1, 2020 are Plan A, B, C, D, F, High-Deductible Plan F, G, High-Deductible G, M and N.

Medicare Supplement plans available to those with Medicare Part A effective date January 1, 2020 or later are Plan A, D, G, High-Deductible G, M and N.

For questions regarding the maze of Medicare, the Toni Says Medicare team now has a Toni Says Medicare hotline at 832-519-8664 to help America answer questions concerning the confusion of Medicare.

Toni King, author of the Medicare Survival Guide® is giving a \$5 discount on the Medicare Survival Guide® Advanced book to the Toni Says Medicare column readers at www.tonisays.com. ★

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It's a Bird ... It's a Crane ... It's a Sandhill Crane!



Of the six subspecies of Sandhill Crane found in North America, three can be found in California. MPG file photo

By Ken Casparis,
Sacramento County

SACRAMENTO COUNTY, CA (MPG) - Sandhill Cranes have traveled south to California for the winter, and Sacramento County Regional Parks invites you to head out to the Cosumnes River Preserve to learn about and observe these birds in their winter home.

Of the six subspecies of Sandhill Crane found in North America, three can be found in California, and two, the Greater Sandhill Crane and the Lesser Sandhill Crane, are commonly seen in the Central Valley.

Roughly 3,000 Lesser and Greater Sandhill Cranes settle in at the Cosumnes River Preserve every winter. Most of the

cranes who have made the Preserve their winter home are Lessers, but the Delta (including the Preserve) is a critical wintering area for the less-abundant Greaters.

Observations tips from the Cosumnes River Preserve:

Watching Cranes

When and Where: Prime Sandhill Crane viewing season at the Cosumnes River Preserve is between Oct. 15 and March 1. Dawn and dusk are the target times to observe the greatest numbers of cranes and the widest variety of intriguing behaviors.

Etiquette

Be Still: Limit your movement while watching feeding birds. Should a "lookout" crane decide you're a threat, the flock

may well fly off, depleting their hard-won energy store.

Be Quiet: Speak quietly to avoid spooking cranes. Stay at least 400 yards from feeding cranes.

Don't Wear Out Your Welcome: Should you see any of these behaviors, it's time to back off: Cranes nervously withdrawing into the center of a flock; Cranes slamming their bills into the ground then tossing their heads defiantly high; Cranes standing rigidly erect, looking straight ahead, necks stretched to the limit.

For more information on Sandhill Cranes and where you can observe them, check out the Cosumnes River Preserves Sandhill Cranes Fact Sheet and the "See the Cranes" Map. ★

New Round of DMV Motor Voter Errors Reported

By Chris Reed,
Cal Watchdog

SACRAMENTO REGION, CA (MPG) - One of Gavin Newsom's first acts after taking office as governor in January was to create a "DMV Reinvention Strike Team" to improve the performance of the state Department of Motor Vehicles.

This came after one of the worst years a state agency has had in recent history. In August 2018, CalWatchdog and many other news outlets reported that wait times were nearly 50 percent longer at DMV offices than the previous summer. The problem was blamed on a heavy increase in visits caused by the federal 2005 Real ID Act. It requires Californians to have either passports or new federal ID cards before they can take commercial flights starting in October 2020. The DMV is the agency that issues the Real IDs.

A month later, another scandal emerged, with thousands of thousands of voters reporting errors in their political party affiliation due to mistakes made in the DMV's new "motor voter" automatic registration program, which began in April 2018. An audit released in August of this year found the problem was far worse than initially believed, with more than a quarter-million errors in registration in the first five months of the program - 83,684 duplicate voter registrations and 171,145 DMV records with inconsistencies on party membership.

Newsom's "strike team" issued its report in July on what it had done to fix the agency and said internal data showed a reduction in wait teams of 58 minutes over the previous summer. Two weeks ago, the DMV issued a statement saying that wait times had continued to decline and averaged 38 minutes in September.

But now the DMV's other 2018 problem has re-emerged with reports in

Northern California of pervasive errors in motor voter registrations, prompting Republican lawmakers to renew their call to put the program on hold until its flaws are comprehensively fixed.

At Least 600 Complaints So Far; Number Could Soar

"At least 600 Californians, including lifelong Republicans and Democrats, have had their voter registration unexpectedly changed, and several county elections officials are pinning much of the blame on the state's Department of Motor Vehicles," the Sacramento Bee reported. The daughter of California Senate Republican Leader Shannon Grove of Bakersfield, who had recently used a Sacramento County DMV office, was among those affected. Grove is a leading critic of motor voter.

Sacramento CBS 13's news team reported at least 300 apparent complaints in Santa Clara County, nearly 200 in Sacramento County and at least 100 in Shasta County.

Reports noted that it's possible that some of the mistakes were made by voters themselves not used to election services at DMV and that some voters may have misremembered what party status they had chosen previously. But as CBS 13 reported, problems appeared to be turning up in every county as soon as registrars began sending out voter notifications related to the March primary. With El Dorado County sending out notifications and dozens of counties doing so in coming weeks, the dimensions of the problem could be far bigger than initially assumed - just like last year.

Oregon, which introduced its version of motor voter in January 2016, has had far fewer problems.

Californians can check how they are presently registered at <https://voterstatus.sos.ca.gov/> and they can change their status if needed at <https://registertovote.ca.gov/>. ★

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ACLU & CA Dep. of Education Misleading Parents on Opt-Out Rights

Commentary by Greg Burt,
California Family Council (CFC)

Despite what the California Department of Education (CDE) and the American Civil Liberties Union (ACLU) have been telling school districts, parents do have the right to opt their children out of sex education and health lessons on gender, gender identity, and sexual orientation. Attorneys with Alliance Defending Freedom (ADF) explained these rights in a recent legal memo highlighting a 15-year-old California law specifically giving parents the right to opt their children out of health instruction that conflicted with the family's religious or moral views.

AB 2525, approved unanimously by the state legislature in 2004, states that "if any part of a school's instruction in health conflicts with the religious training and beliefs of a parent or guardian of a pupil, the pupil, upon the written request of the parent or guardian, shall be excused from the part of the instruction that conflicts with the religious training and beliefs, as defined in the bill."

Despite this statute, the message parents are getting from many California school districts is the opposite. For example, the Orange County Board of Education told its school districts last spring that parents can't opt their children out of lessons on gender identity and sexual orientation. That policy was supported by a memo from Ronald Wenkart, General Counsel for the Orange County Department of Education. "Parents who disagree with the instructional materials related to gender, gender identity, gender expression, and sexual orientation may not excuse their children from this instruction," he wrote.

CDE makes the same argument on its website stating an opt-out is available for comprehensive sex education lessons that are part of the California Healthy Youth Act, but that's it. The opt-out "does not apply to instruction or materials outside the context of comprehensive sexual health education, including those that may reference gender, gender identity, sexual orientation, discrimination, bullying, relationships, or family." To back up this claim the CDE refers to an ACLU memo which sites the California Healthy Youth Act, and disregards AB 2525 health

education opt-out, claiming LGBT orientations, identities, and family issues don't count as health instruction. **

ADF attorneys strongly disagree. While acknowledging the statute doesn't define the term, ADF's memo says AB 2525 broadly defines "instruction in health" pointing to the California State Board of Education's own "Health Education Content Standards." Topics listed within these standards include sexual development, reproductive health, interpersonal relationships, body image, gender roles, and sexual orientation.

In order to promote the AB 2525 health instruction opt-out, two organizations allied with the California Family Council, Real Impact and Capitol Resource Institute put together a special website called "Let Parents Decide." This resource seeks to put parents back in charge of determining what their children learn about human sexuality. It does this by providing them with a special opt-out notice parents can give their school administrators to opt their children out of objectionable sex education lessons, sexual behavior surveys, as well as health lessons that conflict with the family's religious training or moral convictions regarding gender identity and sexual orientation.

****Special Note: The ACLU argues that a single court decision in Alameda County in 2009 excludes LGBT issues from the definition of "health education." (see page 4) Pacific Justice Institute attorney Kevin Snider, representing the parents in the case, responded with the following statement. "The ACLU has either misread -- or has been misled -- about the case in Alameda. First, the school district asserted that the curriculum did not involve health instruction and thus not subject to parental opt-out. Second, shortly after filing an appeal of the court order, the district withdrew the controversial material. The reason is that, at the insistence of homosexual activists, the anti-bullying lesson in question exclusively focused on LGBT students and intentionally kept out bullying based on race, sex, disability, nationality, and religion. Finally, ACLU attorneys should be aware that a trial court order provides no legal precedent." ★**



By County Supervisor Susan Peters

Through the generosity of *The American River Messenger* this column serves to provide an update about matters affecting the unincorporated community of Fair Oaks.

ACTIVE SHOOTER WORKSHOP

The Sacramento County Sheriff's Department is inviting all local business managers, school administrators, organization board members, and congregation leaders in our area to attend a free one-day workshop to help identify things they can do to prevent an active shooter incident.

This event will be held on the evening of Wednesday, January 22, 6-9 pm, at the Mosaic Law Center, 2300 Sierra Boulevard in Arden Arcade. Sheriff personnel will provide guidance and mentoring so participants can take what they learn back to their organizations for training. Space is limited so early registration is recommended (registrants will be subjected to a background check prior to attending).

For more information,

FAIR OAKS COMMUNITY UPDATE

please call 916-875-7837 or visit sacsheriff.com

LEGAL SETBACK ON ILLEGAL TRANSIENT CAMPING

Recently the U.S. Supreme Court decided not to take up the City of Boise's appeal of the Ninth Circuit Federal Court of Appeals ruling (*Martin v. Boise*) against that city's ordinance that prohibited people from sleeping in public spaces. The circuit court ruling has put in flux enforcement against illegal camping on public property including the American River Parkway since the Ninth Circuit covers California. Both the County and the City of Sacramento had filed briefs with the Supreme Court to reverse the circuit court.

Notwithstanding the Supreme Court's failure to hear the appeal, the current legal standard does not permit a person to indefinitely reside at a single location on public property and does not preclude enforcement to avoid or mitigate detrimental consequences associated with homeless encampments, such as accumulated debris, environmental degradation and health and public safety issues including degradation of public infrastructure such as our levees. Nevertheless, the current legal status still poses an obstacle with respect to protecting and preserving as well as managing the parkway, local

parks, and other public property like sidewalks.

PRESIDENTIAL PRIMARY VOTING TOPIC AT COMMUNITY MEETING

My first Community Coffee Meeting for the year will be held on Wednesday, January 15 and the topic will be voting procedures for the upcoming March 2020 California Presidential Primary Election with Sacramento County's chief election official Courtney Bailey-Kanelos as the guest speaker.

Sacramento County is one of five counties in California to implement the Voter's Choice Act, expanding voting opportunities for all residents. As a result, you will have options as to whether to mail in your ballot, personally deliver it to a secure drop box location or vote in person at a Vote Center of your choice.

The meeting will be held in the Fair Oaks Water District Conference Room in Old Fair Oaks (10326 Fair Oaks Blvd) at 7:30 am. As usual, I'll provide a brief update on County issues and then we'll have our guest speaker followed by Questions and Answers.

It should be an interesting discussion --and coffee, of course, will be provided.

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

Rep. Bera Votes to Pass USMCA

By Travis Home

WASHINGTON, DC (MPG) - The House of Representatives overwhelmingly passed in a bipartisan manner the United States-Mexico-Canada Agreement (USMCA). The vote follows months of negotiations by House Democrats to secure improvements to the original USMCA negotiated by the Trump Administration.

"I'm pleased to see that House Democrats were able to secure important

changes to the original USMCA draft," said Rep. Bera. "The version of USMCA that passed includes strong protections for American workers, important enforcement mechanisms to ensure all countries are compliant, and key environmental protections."

The revised version of USMCA is a win for the U.S. economy and American families, and will bring vital jobs to California."

Source: Office of Representative Ami Bera, M.D. ★

Sacramento County DA Reports



Defendant Sentenced for Murder During Robbery

DATE: December 20, 2019
CASE: Shylow Therman (Case #18FE024651)

PROSECUTOR: Deputy District Attorney Casey Newton, Homicide Unit
The Honorable Laurel White sentenced Shylow Therman to life in prison without the possibility of parole. On November 21, 2019, a jury convicted Therman of the first-degree murder of Dorthea Brewer with the special circumstance that Therman committed the murder while engaged in a robbery. The jury found that Therman personally discharged a firearm causing death. The jury also found that Therman had previously been convicted of armed bank robbery in Federal court, a strike under California law.

On December 22, 2018, the victim went to a store on Florin Road to buy lottery tickets. Shylow Therman was also in the store and stood behind the victim in line. When the victim returned to her vehicle, Therman stuck a gun in the window, grabbed the victim's purse and demanded her money. During the struggle at the window, Therman shot the victim once in the head and then fled. Sacramento Fire transported the victim to the hospital, where she died. Detectives recognized Therman in surveillance video from the store. When Therman was arrested, he had a .40 caliber black Glock pistol in his waistband. The District Attorney's Crime Lab matched the firearm to the .40 caliber shell casing that was found at the shooting scene.

Nicolaus Garcia as a passenger. A confrontation between Garcia and Mr. Hunt ensued. After Mr. Hunt asked a resident in the area for help, Garcia and Bauman quickly left the area. Approximately 43 minutes later, Garcia and Bauman came into contact with Mr. Hunt inside an apartment complex on Eleanor Avenue. Garcia shot Mr. Hunt four times, killing him.

An allegation that Garcia has a prior 2016 strike conviction for residential burglary will be determined at the sentencing hearing.

Garcia faces a maximum sentence of 51 years to life in prison. Bauman faces a maximum sentence of 12 years in prison. Sentencing is set for January 17, 2020, at 9:00 a.m. in Department 11 before the Honorable Trena Burger-Plavan.

Defendants Convicted for Murder and Attempted Murder of a Witness

DATE: December 17, 2019
CASE: Danqwail Jones & Eddie Lewis (Case #16FE012489)

PROSECUTOR: Deputy District Attorney Shelly Lazzaretto, Homicide Unit
Danqwail Jones was convicted by a jury of conspiracy to murder Deonte Whiteside, murder of Deonte Whiteside while armed with a firearm, and conspiracy to murder Moani Finch while armed with a firearm. Eddie Lewis was convicted of conspiracy to murder Moani Finch while armed with a firearm and attempted murder of Moani Finch, with allegations of premeditation and intentional discharge of a firearm causing great bodily injury found true.

On June 22, 2016, Danqwail Jones obtained Moani Finch's Snapchat credentials to contact Mr. Whiteside. The account was then used to lure Mr. Whiteside out of his home, where he was shot and killed. When Ms. Finch found out that Jones used her Snapchat account to set up Mr. Whiteside, she expressed her shock and confusion to Jones. Jones told Ms. Finch to keep her mouth shut and instructed her to meet Lewis. Lewis then picked up Ms. Finch, drove her to a park and shot her multiple times. Ms. Finch survived her injuries.

Eddie Lewis faces a maximum sentence of 40 years to life in prison. Jones faces a maximum sentence of 36 years to life in prison. Sentencing is set for March 27, 2020, at 9:00 a.m. in Department 30 before the Honorable James McFetridge ★

Defendants Convicted for South Hagginwood Homicide

DATE: December 18, 2019
CASE: Nicolaus Garcia & Felicia Bauman (Case #18FE012890)

PROSECUTOR: Deputy District Attorney Omar Singh, Homicide Unit
Nicolaus Garcia was convicted by a jury of the first-degree murder of James Hunt while armed with a firearm. Felicia Bauman pled no contest to voluntary manslaughter while armed with a firearm.
On January 28, 2018, James Hunt was with an acquaintance who was struck with a car passenger door. Both men followed the car, which had crashed into a fence at the Intersection of Belden and Arcade. Felicia Bauman drove up on the scene with

Find Puzzles on Page 10

S	A	S	S		L	A	G		C	A	S	E				
U	N	I	T		R	I	L	L	S	A	C	K	S			
V	A	N	E		O	T	T	O	T	R	A	I	T			
					G	R	I	S	H	A	M	O	T	I	S	
						E	N	T	E	R		S	O	L		
L	A	M	O	U	R			P	I	L	A	F	F	S		
E	D	O			R	A	D	I	O	S		N	E	A	T	
M	I	N	C	E		U	T	E		A	D	D	L	E		
M	O	T	H		H	O	S	T	E	L		U	S	E		
A	S	H	R	A	M	S			D	I	S	P	E	L		
					I	S	M		A	M	E	B	A			
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D	O	S	E			T	R	Y			L	E	N	T		

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Sudoku Puzzle on Page 10

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

Unbelievable Action to Unexpected Thrills, Monster Jam® Returns



Earthshaker monster truck in an unbelievable near vertical aerial instant. Photo courtesy of Atherton Public Relations



Above: The Gravedigger delivery monster truck will be making incredible flies through the Monster Jam® circuit. Right: The MJ Speedster is part of the Gravedigger team of high-flying action and four-wheel excitement. Photo courtesy of Atherton Public Relations



By Heather Atherton, Atherton Public Relations

SACRAMENTO REGION, CA (MPG) - This. Is. MONSTER JAM! The most action-packed motorsports experience for families in the world today returns to Sacramento for another high-octane weekend featuring the ultimate mix of high-flying action and four-wheel excitement with the **Monster Jam Triple Threat Series**, featuring six different competitions of speed, racing and freestyle stunts at the Golden 1 Center from January 17-19, 2020.

Featuring eight skilled Monster Jam athletes, SoCal fans will witness a fierce battle for the championship with each Triple Threat Series competitor tearing up the dirt in customized high-powered vehicles: Monster

Jam Speedsters, Monster Jam ATVs and of course, the iconic Monster Jam trucks; going head-to-head for points in Freestyle, 2 Wheel Skills Challenge, Backflip stunts and several Racing competitions testing their agility, speed and versatility. From unbelievable action to unexpected thrills, this is full throttle family fun!

Monster Jam Triple Threat Series world-class athletes vying to become champions will be: *Grave Digger*® driven by Brandon Vinson (*2018 Rookie of the Year*); *El Toro Loco*® driven by Elvis Lainez; *Zombie*™ driven by Bari Musawwir; *Megalodon*® driven by Austin Minton; *Soldier Fortune*™ *Black Ops* driven by Tony Ochs (*Winner Arena Freestyle 2019*); *Scooby-Doo*™ driven by Myranda Cozad;

Monster Mutts® Rottweiler Jam driven by Tanner Root; *Earth Shaker* driven by Tristan England.

Monster Jam drivers are trained, world-class male and female athletes who have mastered not only the physical strength and mental stamina needed to compete, but the vital dexterity to control 12,000-pound machines capable of doing backflips, vertical two-wheel skills and racing at speeds up to 70 miles per hour to produce jaw-dropping, live motor sports action seen around the world.

At the Monster Jam® Pit Party, you can see the massive trucks up close, meet your favorite drivers, get autographs, take pictures and enjoy other family-friendly activities. It's an unforgettable part of the Monster

Jam experience where lifelong fans are born. Plus, fans in every city can become part of the action by voting for the winner in the two-wheel and freestyle competitions via real-time, in-arena fan voting on their smartphones. Saturday event ticket & Pit Pass required for entry.

Events begin at 7 pm on Friday, Saturday and at 1 pm on Sunday. The Pit Party is open 4:30-6:00 pm on Saturday, and 10:30 am-12:00 pm on Sunday

Golden 1 Center is located at 500 David J. Stern Walk, Sacramento, CA 95814.

Tickets are affordably priced for the whole family with seats starting at just \$20 each*. Discount Opening Night tickets available for select seating only \$15! Pit Passes available to purchase for \$15 each.

Tickets & Pit Passes now available for purchase online at Ticketmaster.com or visit the Golden 1 Center Box Office.

*Ticket prices subject to change – venue/ticketing fees may apply. ★

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CLUES

- ACROSS**
 1. Fresh talk
 5. Jet follower
 8. Sherlock Holmes' assignment
 12. U in I.C.U.
 13. Tiny river
 14. Fires
 15. Weather ____
 16. **How to Make an American Quilt" author
 17. Distinguishing feature
 18. *Master of legal thriller
 20. "Sittin' on the Dock of the Bay" singer
 21. Keyboard key
 22. G, in solfa
 23. *Master of Western fiction
 26. Flavorful rice dish, pl.
 30. Former name of Tokyo
 31. Broadcasting devices
 34. Whiskey without water
 35. Dried fruit and spices, in a pie
 37. Member of Shoshonean people
 38. Discumbobulate
 39. Drawn to light
 40. Young traveler's inn
 42. "____ it or lose it!"
 43. Hindu spiritual retreat, pl.
 45. Chase away
 47. Philosophical system
 48. Single-cell protozoan
 50. Home on a limb
 52. *James Bond creator
 54. Cafe option
 55. Site of Taj Mahal
 56. First queen of Carthage
 59. Goes up or down
 60. Jiffs
 61. What accomplices do
 62. 2 aspirin, e.g.
 63. Old college one
 64. Ash Wednesday to Holy Saturday

- DOWN**
 1. Blazer or Explorer
 2. Baptist leader?
 3. **"I ____ The Body Electric" by Whitman or Bradbury
 4. Sound setup
 5. Like a ballerina
 6. "I do" spot
 7. Thieve
 8. *Master of romance and particularly prolific
 9. Palm tree berry
 10. Sleigh runners
 11. Is, in Paris
 13. Podium
 14. Counter seat
 19. Habituate
 22. Female sib
 23. Helping theorem
 24. Bye, in Castile
 25. Calendar unit of time
 26. *William Shakespeare or Dr. Seuss
 27. Sick and tired
 28. Wrong answer adjective
 29. *Her every novel was a best-seller
 32. Abbott and Costello, Rocky and Bullwinkle, etc.
 33. " ____ all fun and games..."

Crossword Puzzle Solutions on Page 9

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
		18		19					20			
			21						22			
23	24	25				26			27	28	29	
30				31	32	33			34			
35		36			37				38			
39				40				41		42		
43			44					45		46		
		47				48	49					
	50	51				52				53		
54						55			56		57	58
59						60			61			
62						63			64			

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

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Solutions on Page 9

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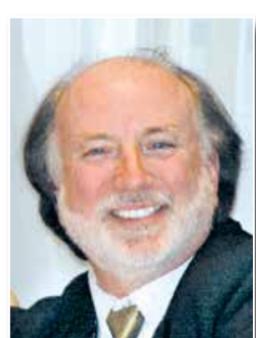
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