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By Randy Bailey

According to an article written by Josh Saul in Bloomberg News, American consumers last month faced the biggest increase in their energy costs since 2009, and the prospects for alarmingly increased costs for electricity, natural gas and fuel oil are only expected to worsen as winter approaches.

Numbers released on Nov. 10 by the U.S. Bureau of Labor Statistics revealed that electricity prices in October increased 6.5 percent over a year ago. During the same time, consumer prices for natural gas went up 28 percent. Fuel oil rose 59 percent and propane, kerosene and firewood costs jumped nearly 35 percent. The increase in electricity was the most since March 2009 while the "utility-piped gas" increase was the biggest since August 2008. According to the U.S. Energy Information Administration, for households

using gas, heating oil or electricity, this winter will be the costliest since at least 2014-2015.

The increases in October's numbers point a finger at the source of the problem: U.S. prices for natural gas and oil are trading close to multi-year highs, all while there is a global "squeeze" on supplies. Add to that labor shortages at U.S. coal mines and an energy "perfect storm" starts to form.

More Expensive to Heat your Home

"We're looking at a much more expensive winter this year to heat your home," said Mark Wolfe, who heads the National Energy Assistance Directors' Association, the policy organization for state officials who administer federal energy support. "It's pretty grim."

Warnings about the potentially high bills on the horizon for this winter are being made by a number of U.S. power companies. Duke Energy Corp. for example, which serves parts of the mid-west and south, is proposing to lower the impact of the increased costs by spreading out those costs over two years.

Here at home, our relationship with PG&E is tenuous at best. Even before the shock of increasing prices for this coming winter hits us, the energy institute at UC Berkeley's Haas Business School determined that PG&E customers pay about 80 percent more per kilowatt-hour than the national average. Further, the study revealed that Southern California Edison charged 45 percent more than the national average and San Diego Gas & Electric charged double. Possibly even more alarming was that low-income Californians enrolled in PG&E's "C.A.R.E." program, or California Alternate Rates for Energy, paid more than the average Amer-

Energy Prices Out of Line

"California's retail prices are out of line with utilities across the country – and they're increasing," said the co-author of the study, UC Berkeley's Assistant Professor Meredith Fowlie.

A reason for PG&E's high prices is that its "fixed" costs, such as maintenance, generation, transmission and distribution, are comingled with public programs like CARE and wildfire mitigation. Between two thirds and 77 percent of Californians' electricity bills are used to offset the costs of those programs. The weight of those programs came to a head In January 2019 when PG&E filed for bankruptcy protection after being held financially responsible for a series of deadly and destructive wildfires in 2017 and 2018.

No rate reductions are planned for PG&E. To reduce your bill, they have a series of "suggestions" at www.pge.com/en_US/residential/save-energy-money/resources/winter-tips/winter-tips.page? to potentially lower your bill.

Death on Ave. 12 Linked to Fog

By Randy Bailey

Foggy road conditions and possibly alcohol may have played a part in a traffic collision on Avenue 12 at Road 36 ½ on Sunday night, Nov. 14 just after midnight that resulted in one death and four injuries.

California Highway Patrol reported that 50-year-old Walter Cleven Vayson, Jr. of Oakland was driving a gray Toyota Rav-4 in the wrong direction on Avenue 12 in the fog and struck an oncoming white BMW head-on. Investigators at the scene were able to determine that Vayson was not wearing a seatbelt and evidence suggested he was driving while intoxicated, although an official cause has not been released yet. Emergency personnel performed CPR on Vayson but were unable to resuscitate him and he was pronounced dead at the scene of the collision.



The other vehicle, a white BMW, contained an adult woman and three children. All four of the BMW passengers were transported to local hospitals and were later listed with non-threatening injuries. Investigators stated that there was no indication of alcohol or drug use by the BMW driver.

A big contributor to the collision was dense fog that Ranchos residents are familiar with annually. Investigators estimated that visibility was between 500 and 100 feet along Avenue 12 that night.

The CHP stresses that driving in fog requires a different set of driving "rules." Rule number one is slow down. With reduced visibility comes reduced reaction time. Secondly, always use low beams on your headlights, never high beams. High beams will cause your headlights to reflect off the fog like a mirror, blinding you. If you decide to pull over, make sure you park as far from the road as possible and turn on your flashers. Drivers often follow the taillights of the car ahead of them and may not realize the taillights they're following are on a parked car until it is too late. Finally, roll your windows down a listen for other cars at intersections. These basic rules could save you life.

This collision is an ongoing investigation.

Recent Increase in Child Porn Cases in Ranchos

Madera County Sheriff's Department arrested a 33-year-old man from Riverstone on Tuesday, Nov. 2 for possession and distribution of child sexual abuse imagery, bringing the total arrests for these charges in Madera County to four, with two of them coming from the Madera Ranchos. The other three arrested were all teenagers.

Information received



from the National Center for Missing & Exploited Children through the Central California Internet Crimes Against Children Task Force Program revealed multiple cases of child sexual abuse imagery being uploaded to the internet in Madera County, specifically from the Madera Ranchos in two of the four cases.

Please see **PORN** on P. 16

The Golden Valley Chamber of Commerce

Annual Community Christmas Gree Lighting Ceremony

Maywood Shopping Center • Friday, Dec. 3 • 6 p.m.

The return of the original Community Christmas Tree Lighting is coming to the Maywood Center on Friday, Dec. 3 at 6 p.m. Come join in the celebration that raises badly needed supplies for our Veterans at Veterans Hospital in Fresno while you get to enjoy snacks, beverages, Christmas carols and a visit by Santa Claus himself.

Pick a star for a Veteran at the VA Hospital.

Items needed for Veterans: Instant coffee, white hand towels, white socks, lap blankets, toothpaste, toothbrushes, L and XL white t-shirts, new books. Items need to be returned to the Chamber office by Dec. 10. Gifts will be delivered to the Veterans at the VA Hospital in Fresno on Dec. 13 at 10 a.m.

Call the Chamber at 645-4001 for complete details

The Golden Valley Chamber of Commerce's Annual

Chamber Christmas Mixer

Wednesday, December 8
6-7:30 p.m.

37167 Avenue 12 Suite 5C

Madera Ranchos

Everyone is invited.

Great food will be served.

Our Merry Christmas to you.

Come to the next meeting on Wednesday, Dec. 8 at 37167 Ave. 12 at 6:30 p.m. Call 645-4001 for more info.



Help a Foster Child this Christmas

through the Golden Valley Chamber of Commerce and CASA

Bring a little sparkle of joy to a foster child this Christmas by stopping by the Chamber office and selecting an ornament with a child's name, age and gift request. The requests range from everything from a Barbie doll or soccer ball, to simple hair

ribbons. Unwrapped items must be turned in to the Chamber office by December 10.

Call 645-4001 for more information.



shop local \cdot buy local \cdot shop local \cdot buy local \cdot shop local \cdot buy local

Call 645-4001 for info.

local · shop local · buy local ·

shop local.

SES

wca

Kiwanis Korner

A Playground for Ranchos Children?

By Sally Rowden

Here's an update regarding the possibility of a park/playground in the Madera Ranchos community. I attended the Coffee Virtual Meeting presented by our Supervisor Brett Frazier on Oct. 28. As the Water Treatment Project discussion concluded, I asked about the possibility of a park/playground being built on the excess land at the project site. Supervisor Frazier expressed that a playground idea has been talked about. The County will be looking at the footprint of the area after the project is completed, evaluating if a park/playground could be developed. Supervisor Frazier feels it would be great for our children, our families and our community to have a play area beside using our schools, and he's very positive about the possibility of having community partners working on this venture.

Also discussed at the Coffee Virtual Meeting was an update on the topic of clean and sustainable water. Stephanie Anagnoson, the Director of Water and Natural Resources of Madera County, expressed that it is everyone's right to have both clean and sustainable water and, to that end, non-profit organization Self-Help Enterprises is available to help achieve those goals. If you qualify — and there is a ceiling income qualification limit — these services can be provided at no cost. Anagnoson suggested that, regardless of income, you should still apply. For questions about clean water call 559-802-1285 and for sustainable water call 559-802-1685.

Here's a reminder that the Kiwanis Christmas/Holiday House Decorating Contest registration is underway. You can get information and pick up registration forms at the Golden Valley Chamber of Commerce at 37167 Avenue 12 - #5C, Monday through Wednesday from 10 a.m. to 3 p.m. Call them at 645-4001. You can also send an email to rowdensally2@gmail.com and I will email the forms to you. The last day to register is Nov. 30 and judging by the community will take place Dec. 10 after a meeting at Fernwood Gardens at 12090 Fernwood Dr. at 7 p.m. Maps and judging sheets will be distributed. Winning contestants will be notified by Dec. 14 and first, second and third place awards will be presented during the Kiwanis Meeting on Dec. 16 at the Pizza Factory. Contest winners will also be in the December issue of the Ranchos Independent.

Dave Hillman, from the Kiwanis Club of Fresno and our guest speaker at the Nov. 4 meeting, spoke on membership recruitment. During our COVID times, volunteerism has become a challenge. In Fresno, the Kiwanis have initiated a Membership Program that's working well and we hope to initiate a similar type of program soon.

The Kiwanis Club of Fresno is sponsoring an event called the VA Kids Balakian Shopping Spree. This event gives local homeless veterans' children the opportunity to shop for a coat, sweater, sweatshirt and shoes. Each child is allocated \$150 and their own personal shopper helper. The Kiwanis Club of Madera Ranchos donated \$300 in support of the children whose veteran parents served for all of us. The event will take place on Dec. 4 at the Burlington Coat Factory in Clovis.

The Kiwanis Club of Madera Ranchos would like to say Happy Thanksgiving to all in our community with heartfelt wishes for a day full of giving and thanks.

www.RanchosKiwanis.com

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Guest Editorial

Let's Go Brandon!

By Rich Lowry

The life of Brandon.

There's a crisis afoot in the land - people are being rude to President
Joe Biden.

The trend of anti-Biden protestors chanting or holding signs saying, "F--- Joe Biden," or the cleaner version that has come to signify the same thing, "Let's go Brandon," is being portrayed as a new low in American politics.

A recent Washington Post report clare: "I'm gonna say one thing. F---

was headlined, "Biden's Critics Hurl Increas-Vulgar ingly Taunts." It stipulated presidents have always been the subject of derision and abuse, then claimed, "The current eruption

of anti-Biden signs and chants, however, is on another level, far more vulgar, and widespread."

Really? Put aside all the abuse presidents were subjected to prior to the digital age, whether John Quincy Adams ("pimp"), Andrew Jackson ("a greater tyrant than Cromwell, Cesar, or Bonaparte"), Martin van Buren ("Martin van Ruin"), Abraham Lincoln

("the original gorilla") or Theodore Roosevelt ("that damned cowboy"). The last few years weren't exactly a mannerly period of polite disagreement in our national life.

As Byron York of the Washington Examiner has noted, Donald Trump's opponents gloried in the F-word, such that without it some of them would have been rendered practically mute. When Robert De Niro introduced Bruce Springsteen at the 2018 Tony Awards, he used the opportunity to declare: "I'm gonna say one thing. F---

Trump." Cue the standing ovation.

A Los Angeles art gallery had a "F--Trump" exhibit, rapper Eminem led a "F--Trump" calland-response at a concert in Eng-

land, and so on.

If lobbing this particular vulgarity is now completely out of bounds, the new progressive rule is "F--- you" for me, but not for thee.

After gaining traction with roadside demonstrators outside Biden events and with college football fans, the "F--- Joe Biden" chant took an unexpected turn last month. The NASCAR driver Brandon Brown won a race at the Talladega Superspeedway and the reporter interviewing him misstated a growing "F--- Joe Biden" chant in the background as fans saying, "Let's go Brandon."

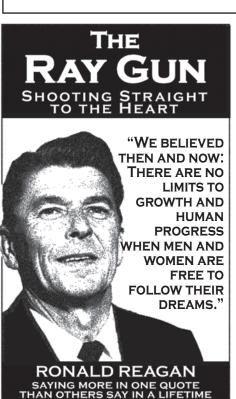
The scene was like something out of the Will Ferrell comedy "Talladega Nights." A meme was born.

The substitute version of the insult, instantly adopted by the president's critics, is more lighthearted than the original. Fundamentally, it's a joke. It is a gibe at Biden, of course, but also at the misreporting of the chant at the raceway, which is taken as a symbol of the media's ridiculous protectiveness toward Biden.

The chant is also amusingly anodyne, given its provenance. Who can object to the cheering on Brandon, whoever he is?

Not everyone appreciates the

Please see **EDITORIAL** on P. 9



Reasons for Thankfulness

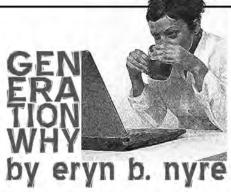
Does it seem impossible to anyone else that the holiday season is already here again? It feels like I just put my Christmas tree away a few weeks ago and here we are getting ready for turkey and stuffing. Did I blink and miss most of this year? Is someone messing with the fast forward button again? I guess it doesn't matter how we got here, the point is that it's the time of year when we express our gratitude for all the ways we have been blessed in this life. I doubt I'm alone when I say I should be better at being thankful every day of the year, and not just hoarding it all up until the end of November, but 'tis the season, so here is a short list of thanksgiving.

First, and most importantly, I am grateful for the unyielding, unconditional love of Jesus Christ and the blessed gift of grace and salvation He gave to all. I am eternally grateful that I live in a country that allows me to practice and proclaim my faith without

fear of being arrested or even killed. Sure, being a Christian in America today comes with criticism and mockery, but sticks and stones. Christians in other countries are not merely mocked for their faith, they are persecuted, jailed and even put to death.

I'm blessed to have been born in the United States of America, even if there are people today doing their absolute best to destroy it from within, because it means I have the freedom to love Jesus and share that love with any and all who will listen.

I'm thankful for being raised by loving, involved, strict parents. Parents who absolutely humiliated me by not letting me go to parties if they couldn't talk to the host's parents. Parents who tormented me with structure, rules and consequences. Parents who loved me enough to know that it is more important to raise me than to be my friend. They brought me up to be a critical thinker, to have a strong work ethic and to work consistently on becoming a better person today than I was yesterday. I can't say I appreciated their methods then, but I certainly do now. I wouldn't



be the woman I am today if they had just phoned it in as parents.

In that same vein, I'm grateful for the extremely close relationship I had with my mom. The teenage years were rocky, and that's the nicest way I can say that, but somehow, somewhere in my twenties, we managed to build a loving and mutually respectful relationship. The kind of mother/daughter connection you might see on a hallmark movie. Sappy alert: She was the best friend I have ever had. Spending the last five years without her has been agonizing,

To truly appreciate this pre-

cious gift of life we have, is to ex-

perience all it has to offer ... Love

and companionship are more

deeply cherished when we have

known loneliness and solitude.

Through all of it though, it's when

we can find reasons to be grateful

even in sorrow that we feel true joy.

but it has made me appreciate the years we had together even more.

I'm so grateful for my father. He's directly responsible for my sense of humor, my ingenuity and probably a little of my cockiness too. After losing mom, he and I clung to each other. He has

been my rock, my sounding board, my voice of reason and occasionally that loving slap to the back of my head that everyone still needs from time to time. I don't know how I would have made it through the last five years without his constant love and support.

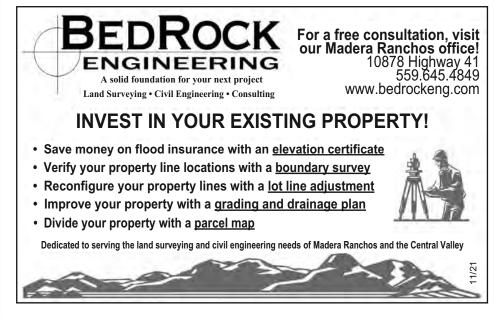
I am grateful for my job. It's a good job, the pay is decent, I truly like at least 30 percent of my coworkers on a consistent basis, and I get to work from home. This last part I am particularly thankful for because I'm relatively certain that if I had to drive the hundred-mile round trip every day to the office like I used to, I'd have to start selling off internal organs just to afford the gas.

I'm thankful for all of my family. I am thankful for the friends I have made over the years who have become family.

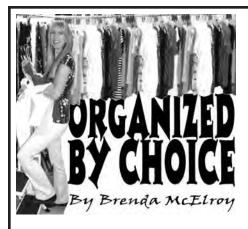
Please see **GEN WHY** on P. 9











18 Years of Gratitude

As I was contemplating a gratitude theme this month, I was thinking about how grateful I am for 15 years in the organizing business. I recall talking to a seasoned organizer prior to starting my business. She said, "It's the greatest job - you get to do what you love doing. When you're done, your client thanks you, gives you a big hug, and writes you a check!" I am blessed enough without the checks, but since we're not independently wealthy, I'm grateful for the checks as well.

Through the years, over 450 people have invited me into their homes and offices. I understand it's never easy to reveal what you're challenged or embarrassed by, especially to a stranger. I'm grateful for my clients' trust and hold that in high regard.

I'm grateful for the many wonderful clients who have become friends as well. It's a gift to enter people's lives, hear their stories and journey with them to a more peaceful and productive environment.

Organizing also promotes gratitude in the hearts of clients. Today I received this thank you note: "Dear Brenda, I can't thank you enough for all of your help. I'm feeling the good effects of your skill and involvement every day. I'm not overwhelmed by a cluttered

home anymore ... even when company's coming! You've been a life-changer for wonderful clients who have about the drame. Thank you! Thank you!"

She went on to say how grateful she is that change is always possible when it comes to our habits and ten-New dencies.

not inevitable victims of our circumstances. Amen!

One couple's eight-year-old grandson had never been inside their home due to clutter. We worked for weeks to uncover a beautiful living room, dining room and kitchen. Clutter was a wall blocking out those they loved. How grateful they were when they could welcome him in.

"Oh, that's where that was!" is a phrase I often hear. People are grateful as they discover treasures they had searched forcash, vital documents, jewelry and just some really useful stuff. It's always a pleasure to rejoice with them.

After re-homing bins of paper to a user-friendly file system, a client told me how grateful he was knowing right where to put things.

become friends as well. It's a

gift to enter people's lives,

hear their stories and journey

with them to a more peaceful

and productive environment.

Another client says she and her husband I'm grateful for the many are still talking matic difference it made when moved their food wraps and baggies from a bottom drawer to the top.

Sometimes skills can be learned, and we are it's uncovering and giving an honored home to treasures from the past like I've done with my veteran client. And sometimes it's releasing things from the past to make space for current priorities.

> My life has been enriched through each organizing encounter, but one stands out above the rest.

In 2011, I stood at DeVonia's doorstep, thinking I had something to offer her. And indeed, given the fact she was a widow with Multiple Sclerosis and bound to a wheelchair, her need was great. However, what she taught me about "being grateful in all circumstances" (1 Thessalonians 5:18) is a lesson that will last my lifetime.

Almost daily as I rise out of bed on my own and carry on my daily activities, I'm grateful for legs that work. I am grateful for DeVonia's example of faith waiting on God to provide her daily needs and always remembering to give thanks.

No matter her pain or challenge of the day, she greeted me with "God is good, and I am blessed." The Lord graciously released her from her earthly pain in 2019. The last gift she gave me was a beautiful, framed design with the word "Gratitude" in the center.

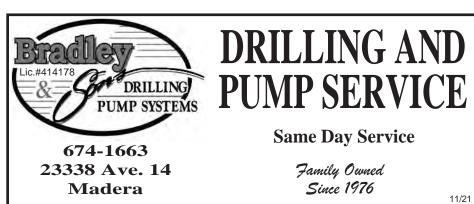
As we celebrate this Thanksgiving, it's my prayer that we will be mindful of our blessings and express gratitude to the Giver of all good things.

Contact Organized by Choice at P.O. Box 26152, Fresno, CA 93729, call 559-871-3314 or email info@organized bychoice.com. You can visit www. organizedbychoice.com when you go online.









Happy Thanksgiving

(November 2011)

Editor's Note: With the passing of Aunt Jean, I have decided to bring you a "Best Of" of her recipes over the past 10 years. Good recipes are timeless and I hope you enjoy them all over again.

A Special Casserole

For dinner we serve about the same thing everyone else does and the same thing mama served: Turkey and stuffing, green beans, mashed potatoes and gravy, sweet potatoes, fruit salad, cranberry jelly and rolls. However, we have added one thing: Zucchini Casserole. As I've told you in a previous article, my mom loved to get recipes wherever she went. This one she got from a cousin from Tennessee. Mama passed away in October 1988 and when we were cleaning out her deep freeze we found one she had made so we cooked it for Thanksgiving that year. My sister Maxine has taken over the duty of bringing one (sometimes she brings two so that there can be some taken home) to all our family dinners. In fact, everyone likes it so much that you would think sometimes she wouldn't be allowed into dinner unless she brought the casserole. Here's the recipe, hope you like it as well as we do.

Zucchini Casserole

6 C thinly sliced zucchini ½ large onion chopped

1 C grated carrot

1 can cream of chicken soup

1 C Sour Cream

2 boxes Stove Top Dressing (Chicken or Turkey)

2 cubes of butter or margarine

Cook the zucchini and onion for about 5 minutes or until al dente, and drain as much liquid off as possible before adding the carrots, cream soup, and sour cream. Set aside.

In a separate bowl, mix one used the big Tupperware bowl



box of Stove Top with one cube of melted butter. Lay this evenly in the bottom of a 9 x 12 baking pan. Pour in the zucchini mix. Mix the second box of Stove Top with the other cube of melted butter and cover the zucchini mix. Bake in preheated 350 oven until lightly brown and bubbly.

Do NOT mix the Stove Top as directed on the package — only put the melted butter in the dry mix. People would complain to my mom that when they made the casserole, it didn't taste like hers and the first thing she would ask them was, "Did you use the Stove Top dry with only the melted butter, or did you cook it like the package directs?"

Fruit Salad DeLuxe

Do you like fruit salad? Our family loves it, but there are a lot of different ways to make it. With or without nuts, marshmallows, sour cream, coconut, apples ... I could go on and on and never say them all. In fact, I went on the Food Network web site and they had 1,019 fruit salad recipes and Cooks.com had 850. One recipe I read used various kinds of canned fruit, all drained except the pineapple chunks. Mix the fruits together and add a box of (dry) vanilla instant pudding. As the salad sits, the pudding will absorb the juice and thicken. That one sounded good, but I think I like ours better. I don't use the canned fruit cocktail because I think the fruit all tastes alike, no individual fruit flavors. Last year, I used two of the large cans of sliced peaches, and two of the sliced pears. Two cans of pineapple chunks (or tidbits) and a couple of cans of mandarin oranges. Drain all the fruit, and reserve a couple cups of the juice. I

to mix the salad. Cut the fruit into bite size pieces and add some red and green grapes (that have been washed). At this point I divide the fruit into two smaller bowls. In one I add enough sour cream to cover the fruit. For the other salad, I put the reserved drained juice in a pan and add about half a small container of frozen orange juice concentrate. Add a couple of tablespoons (to taste) of sugar and bring to light boil. In a cup or small bowl, mix two or three tablespoons of cornstarch with some of the fruit juice and mix to a runny paste, adding to the boiling juices, cooking until thickened. (I usually do this as soon after I have drained the fruit so it can cool.) After the

sauce has cooled, stir it into the salad without the sour cream. Put both of these salads in the refrigerator in covered bowls until time to serve. When ready to serve, to the one with the sour cream, I add miniature marshmallows and a couple of sliced bananas. To the one with the orange juice dressing, I only added a couple sliced bananas. Put in pretty serving bowls and enjoy. Wait until ready to serve before putting in the bananas so they don't turn dark on you. You don't want that. You want your salad to look pretty.

Thanks giving Wishes

Have a very Happy Thanks-giving and I hope you have a glorious day after with lots of leftovers.







GEN WHY cont. from P. 6

I'm thankful to be able to write this column. I'm thankful for my education. I am thankful that despite the empty grocery store shelves, the rising cost of food and gas, and the persistent supply chain issues, I am not going hungry, I am not freezing, and I am not without a safe and comfortable home.

To truly appreciate this precious gift of life we have, is to experience all it has to offer. Delighting in new life being born is

amplified as we also experience loss. The joy that comes with youth and health is better appreciated when we encounter aging and sickness. Love and companionship are more deeply cherished when we have known loneliness and solitude. Through all of it though, it's when we can find reasons to be grateful even in sorrow that we feel true joy. So, this Thanksgiving, whether you're surrounded by a large family or

small number of loved ones, count your blessings and remember that there is always something for which to be thankful.

Happy Thanksgiving everyone!

EDITORIAL cont. from P. 5

humor, though. When a Southwest Airlines pilot allegedly spoke the offending phrase over the intercom on a flight with an Associated Press reporter on board, the outrage machine kicked into gear in a particularly blatant display of humorlessness and lack of proportion.

Harvard professor and CNN commentator Juliette Kayyem posted a missive supposedly from another pilot calling for the Southwest pilot and the crew all to be fired on grounds that he must have been too mentally unbalanced to operate the plane.

Asha Rangappa, another CNN commentator and a Yale law professor, compared the pilot's statement with saying, "Long live ISIS," as if expressing an anti-Biden sentiment in a jokey way is the same as pledging loy-

alty to a terror group that would love its acolytes to crash airliners.

Of course, pilots shouldn't make political announcements on their flights, and it'd be better if no one resorted to public obscenities when referring to Biden, Trump, or any other officeholder. But it's one of the privileges of living in a democratic age that people can insult the head of state without fear of jail or other punishment.

Anyone who thinks deriding a U.S. president, especially an unpopular one, is breaking new, dangerous ground knows nothing of our history or what it's like to live in a clamorous continental nation. Partisan insults, vulgar and not, come with the territory.

Rich Lowry is editor of the National Review.

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New Study Determines Grapes are Great for your Gut and Overall Health

By Randy Bailey

A new study has discovered that ordinary table grapes can increase the diversity of "gut" bacteria and reduce cholesterols in your body.

"We found that grapes have a beneficial effect on gut bacteria, which is great news, since a healthy gut is critical to good health," said Dr. Zhaoping Li, M.D., Ph.D. at an intervention study conducted at the University of California, Los Angeles

What's In My Gut?

Living inside of your gut are 300 to 500 different kinds of bacteria containing nearly 2 million genes. Paired with other tiny organisms like viruses and fungi, they make what's known as the microbiota, or the microbiome. Each person's microbiota is unique: The mix of bacteria in your body is different from everyone else's. It's determined partly by your mother's microbiota the environment that you're exposed to at birth - and partly from your diet and lifestyle. The bacteria live throughout your

body, but the ones in your gut may have the biggest impact on your well-being. They line your entire digestive system. Most live in your intestines and colon. They affect everything from your metabolism to your mood to your immune system.

Gut Bacteria and Disease

Research suggests the gut bacteria in healthy people are different from other people with certain diseases. People who are sick may have too little or too much of a certain type. Or, they may lack a wide variety of bacteria. It's thought that some kinds of bacteria may protect against ailments, while others may raise the risk. Scientists have begun to draw links between the following illnesses and the bacteria in your gut:

Obesity, type 2 diabetes, and heart disease: Your gut bacteria affect your body's metabolism. They determine things like how many calories you get from food and what kinds of nutrients you draw from it. Too much gut bacteria can make you turn fiber into fatty acids. This may cause fat deposits in your liver, which can lead to something

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called "metabolic syndrome" – a condition that often leads to type 2 diabetes, heart disease and obesity.

Inflammatory bowel diseases, including Crohn's disease and ulcerative colitis: People with these conditions are believed to have lower levels of certain anti-inflammatory gut bacteria. The exact connection is still unclear, but it's thought that some bacteria may make your body attack your intestines and set the stage for these diseases.

This new clinical study, which was published in the scientific journal Nutrients, found that consuming grapes significantly increased the diversity of bacteria in the gut, which is considered essential to good health overall. Additionally, consuming grapes significantly decreased cholesterol levels, as well as bile acids which play an integral role in cholesterol metabolism. The findings suggest a promising new role for grapes in gut health and reinforce the benefits of grapes on heart health.

How the Study Worked

In the intervention study, healthy sub-

jects consumed the equivalent of 1.5 cups of grapes twice per day for four weeks. Additionally, the subjects consumed a low fiber/low polyphenol diet throughout the study. After four weeks of grape consumption, there was an increase in microbial diversity as measured by the "Shannon index," a commonly used tool for measuring diversity of species. Among the beneficial bacteria that increased was Akkermansia, a bacterium of keen interest for its beneficial effect on glucose and lipid metabolism, as well as on the integrity of the intestinal lining. Additionally, a decrease in blood cholesterols was observed, including total cholesterol decreased by 6.1 percent and LDL cholesterol decreased by 5.9 percent. Bile acids, which are linked to cholesterol metabolism, were also decreased by 40.9 percent.

"This study deepens our knowledge and expands the range of health benefits for grapes, even as the study reinforces the heart health benefits of grapes with lowered cholesterol," said Dr. Li at the conclusion of the study.





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Keeping Ranchos Pedestrians Safe

Caltrans, the cabinet-level California State Transportation Agency that manages the state's highway system, has as its mission statement to "Provide a safe, sustainable, integrated and efficient transportation system to enhance California's economy and livability." To that end, the department is stepping up its efforts to enhance safety and educate the public on how to keep pedestrians safe.

"Pedestrians lose their lives on California's roads every day, and the problem is getting worse," Caltrans Director Toks Omishakin notes. "Fortunately, there's a simple remedy: Pay attention and slow down, whether walking, pedaling, or driving."

Pedestrian deaths have steadily increased nationally over the last decade, up more than 40 percent since 2010. In California, pedestrians account for nearly a quarter of all fatalities on public roads, significantly higher than the national average. Caltrans is working to enhance pedestrian safety on the state highway system by investigating highrisk locations to determine the best safety improvements. Such improvements include:

- Signal timing enhancement and extended pedestrian crossing times.
- Intersection and roadway design changes, such as sidewalks, curb extensions, and roundabouts or raised intersections that provide enhanced pedestrian safety in high traffic locations.
- New pedestrian signs and markings, including high-visibility crosswalks, advanced stop and yield markings, or "yield to pedestrian" signs.

"Two Steps Ahead"

Caltrans is also asking both motorists and pedestrians to "Think Two Steps Ahead" and look out for one another.

Pedestrian Safety Tips for Drivers:

- Follow the speed limit. Slow down on busy streets and at intersections.
- Avoid distractions like cell phones, in-dash touchscreens and other actions that take your eyes or mind off the road.
- Be extra careful when approaching crosswalks.
- Be prepared to stop for pedestrians at marked and unmarked crosswalks.
- Avoid blocking crosswalks when waiting to make a right-hand turn.
- Turn headlights on and slow down at night when it's more difficult to see pedestrians.
 - Never drive impaired.

Tips for pedestrians:

- Stay off the phone when crossing the street.
 - Be predictable. Use crosswalks.
- Take notice of approaching vehicles and practice due care.
- Make eye contact and give a quick nod or wave to let drivers know that you see them and help confirm that they see you before crossing.
- Be especially careful crossing streets and entering crosswalks at night when it is harder for drivers to see you.
- Walk with a flashlight and wear a reflective vest at night to make it easier for drivers to see you.

Bicyclists are also considered thanks to the Community Pedestrian and Bicycle Safety Training program. CPBST works with local residents and safety advocates to improve walking and biking safety in their communities. As of 2020, Cal Walks and SafeTREC have conducted 100 trainings across the state.

If you are interested in hosting a CPBST workshop in the Ranchos, apply online at www.calwalks.org/cpbst. For questions about the program, contact Marina Ramirez at marina@calwalks.org.

Real Estate





- You can cut the bitterness in some varieties of greens by soaking them in ice water for roughly an hour before serving. Use a salad spinner to get all of the water off.
- "Place an ice cube (or ice chips) in carpet divots left behind by furniture legs. This will help the fibers "plump up," and the spot will disappear!" -- A.I. in Utah
- Remove the annoying sticky residue from price tags with WD-40 or baby oil. This is for use on hard surfaces only. If you are unsure, test in an inconspicuous spot first to make sure the oil doesn't leave a stain where the tag was.
- "To help repel the dust on baseboards between cleanings, wipe with a used dryer sheet. To make this even easier, you can put the dryer sheet over a Swiffer-type floor

cleaner. This way, you don't even have to bend down." -- M.E. in Alabama

- Felt circles are great for putting under small appliances on the kitchen counter. They are easier to move around, and they won't scratch the countertops. You can find them at the hardware store, or make your own by cutting out what you need from a piece of felt and attaching it to the bottom of your appliance with double-stick tape ... or even a drop of glue.
- Running a washing machine that isn't full not only wastes energy and water, it also wastes money because you're paying to run more washes. Always fill the machine -- but remember not to overload it. This applies to your dishwasher, too.
- The ice cream bean is a fruit with a taste very similar to its namesake vanilla ice cream. The tree that the bean grows on is native to the Americas and can reach nearly 100 feet tall, with bean pods up to 6 feet long.
- King Richard II once had to pawn his crown because he was such a spendthrift.

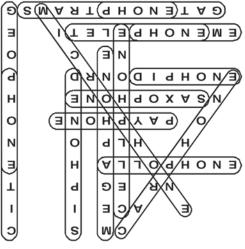
Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803 © 2021 King Features Synd., Inc.

ANSWERS

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SENIORS | FAMILIES | WEDDINGS | REAL ESTATE | MATERNITY

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Senior Report

Senior Center Planning More Events

Ranchos/Hills Seniors

wishes to thank the commu-

By Margaret Tynan

Planning Committee is busy creat- ber: the 4th and 11th from 8 a.m. ing and scheduling fun events for the Center. Several members are looking forward to a performance at Fresno's Second Space on Dec. 5. The Good Company Players' "Holly Jolly Holidays" will be a Garden Sale. Of course, the great way to begin this joyous time Treasure House is full of interestof year. A combined birthday, an- ing, unique finds. We hope to see niversary and holiday celebration you there. will be held at 2 p.m. on Saturday, Dec. 18. The catered meal will fea- edition of the Senior Report. I ture baked ham with all the trim- have truly enjoyed sharing the mings. Members are encouraged to news of the Ranchos/Hills Seniors

sign up at the Center for the holiday themed table decorating contest for this event. The win-nity, volunteers and mem-"bragging most successful yet. rights" for a long time to come. Sign up and pre-

pay at the Center no later than my of these meals. It will be fun to see everyone at these festive events.

to thank the community, volunteers and members for helping the most successful yet. With over 43 vendors participating, fairgoers enjoyed choices of a wide variety of beautiful handworked pieces will grace many a garden, while lucky friends and relatives will find lovely jewelry, this year. We look forward to next year's Craft Fair to be even bigger and better. Mark the date: Saturday, Oct. 15 on your new calendar for 2022.

With the holidays just around the corner, the Center at 37330 more opportunities to discover life."—Vivian Swift

something special for the season. Two outdoor sales will be held on The Ranchos/Hills Seniors consecutive Saturdays in Decemto noon. The Christmas Boutiques feature lovely holiday decorations and handmade items, which make great gifts for family and friends. Find plants for your yard at the

In closing, this will be my last

Center activities over the past four years. It is a pleasure to work with such a great group of ner will certainly bers for helping make the seiors and the be entitled to 3rd Annual Craft Fair the community. Thank you all for this opportunity. Let me introduce you to

replacement: Melanie Monday, Dec. 13. Also, plan to Williams will be keeping the help us say goodbye to 2021 and community up to date on all the hail in the New Year at a potluck happenings at the Center. She is a on Thursday, Dec. 31 at 5:30 p.m. 30-year resident of the Madera Bring a dish to share. Don't forget Ranchos. She and her husband to bring your table service for both built their home here in 1991 when there were only seven houses on either side of her Ranchos/Hills Seniors wishes street. All three of her children grew up here and attended Sierra View, Ranchos Middle School and make the 3rd Annual Craft Fair Liberty High. Melanie taught school at both the middle and high school levels during those years. She did substitute teaching for schools in Golden Valley Unicrafted items. Original wood- fied School District and taught at Educational Options after her children started college. Please join me in welcoming Melanie to handmade soaps or pottery cre- her new position, writing the Senations under the Christmas tree ior Report for the Ranchos Inde-

> The Ranchos/Hills Seniors members wish you and yours a happy, healthy and safe Holiday Season.

Thought for December: "December has the clarity, the simplicity, and the silence you need Berkshire Dr. is offering two for the best FRESH START of your

In Memoriam



Diana Jean Tucker-Whittle December 19, 1946 ~ November 16, 2021

of Diana Jean Tucker-Whittle announces her passing on Nov. 16, 2021 in Clarksville, Ark. Diana was born in Cheyenne, Wyo. on Dec. 19, 1946 to parents Thomas E. Restivo, a photographer, and Mary Jeanne Gillen, an administrative assistant. She was the second of three daughters that included Carol Loraine (deceased) and Patricia Marie Conner (deceased). At a young age, the family relocated to Texas where she played cymbals in the middle-school band and eventually moved to Fresno, Calif. She attended both Lemoore and Fresno High Schools and went on to receive an Associate Degree from Fresno City College. Diana worked as a telephone operator while working for Pacific Bell where she met her first husband, Floyd Tucker. They were married and moved to the Madera Ranchos and later had two sons, Bryan Thomas Tucker in 1974 and Nicholas Andrew Tucker in 1978. Always the adventurer, Diana professionally sold Tupperware, decorated cakes, became a cosmetologist, a massage therapist and a notary official. She became a group home counselor at Promesa Behavioral Health where she worked over 30 years, caring for adolescents in the evenings.

She later married her soul mate,

It is with great sorrow that the family James Whittle, on the California coast. He shared her love for adventure, the outdoors and traveling. She retired in 2019 and relocated to the Whittle family hometown of Coal Hill, Ark. Diana enjoyed many hobbies, such as camping in the snowy mountains, traveling to the coast to watch the elephant seals, participating in cowboy reenactment skits in local parades, square dancing and she adored family and friend gatherings.

One of her most favorite passions was horseback riding. She loved and owned several horses which she enjoyed riding in the Madera orchards, on long dirt roads and on moonlight rides along the canals. She co-founded the B.I.T.S Riding Club and would travel with her group to Montana De Oro Beach or the mountains to enjoy long trail riding weekends. Her love for life and her family were unmeasurable. She is survived by her husband, James E. Whittle of Coal Hill, Ark.; sons Brian (Jennifer) of Chowchilla and Nicholas (Nicole) of Clovis; granddaughter Lauren, grandson Zachary, and a host of nieces and

She was an amazing wife, mother, aunt and friend. Her zest for life was truly amazing and she will be missed dearly.











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PORN cont. from P. 2

Beginning in October 2021, two 14year-old Madera County boys were arrested and booked for several felony charges. They included "... possession and distribution of child sexual abuse imagery, distribution of harmful matter to a known person and stalking." To make matters worse, the Madera County Sheriff's Office reported that the two teens were also trying to extort the child victim by "various means."

At the same time, an unrelated case began to unfold in the Madera Ranchos with a 15-year-old boy discovered to be uploading child sexual abuse imagery as well. After serving a search warrant on the home, he was arrested and booked into Madera County Juvenile Hall on felony charges.

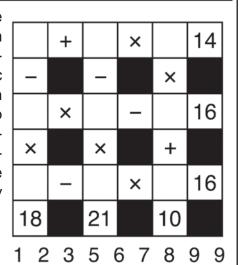
Again, at the same time, a tip from the National Center for Missing & Exploited Children came into the Madera Police Department that allowed investigators to identify a home in the Riverstone Community as the source of illicit images. A search warrant was served to Michael Diaz, 33, at his residence and he was arrested and booked into the Madera County Jail for felony charges of possession and distribution of child sexual abuse imagery. He was released the same day on a \$50,000 bond.

Madera County District Attorney Sally O. Moreno said her department is currently reviewing the case to determine what, if any, charges it will file against Diaz.

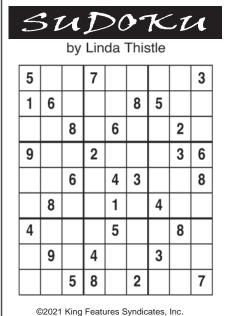
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GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.



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Just Like Cats & Dogs

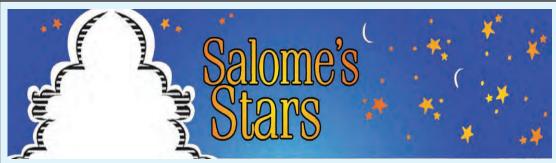
by Dave T. Phipps







"Would you like another taste?"



ARIES (March 21 to April 19) Some changes might seem confusing at first, especially to an Aries whose impatience levels are pretty shaky this week. Take it one step at a time, Lamb, and soon all will be made clear.

TAURUS (April 20 to May 20) That difficult situation you've been dealing with continues to call for careful handling. Avoid quickly made choices that might not stand up when they're finally put to the test

GEMINI (May 21 to June 20) You still have lots of evaluating to do before you can consider making a commitment. It's better to move cautiously than to risk stumbling into a major misunderstanding.

CANCER (June 21 to July 22) A previously peevish partner offers to be more helpful with your problems. But remember: The final choice is yours. Be guided by what you feel is the right thing to do.

LEO (July 23 to August 22) As the Big Cat, you sometimes can be pretty rough on those you suspect of betrayal. The best advice is to pull in those claws and listen to the explanation. It might surprise you.

VIRGO (August 23 to September 22) Your inner voice usually guides you well. But a note of caution: This is a period of mixed signals for you, so be careful that you don't misunderstand the messages you're getting.

LIBRA (September 23 to October 22) Cupid's call beckons both single Librans looking for a new love, as well as couples hoping to strengthen their relationships. A workplace problem is quickly resolved.

SCORPIO (October 23 to November 21) It's been a hectic time for you, and you might want to take a break to restore both body and soul. You'll then be set to face new challenges later this month.

SAGITTARIUS (November 22 to December 21) It's a good idea to take a more conservative approach to your financial situation right now. Some plans made earlier this year might need readjusting.

CAPRICORN (December 22 to January 19) This is a fine time to move boldly into those new opportunities I promised would open up for you. Check them over, and then choose the best one for you.

AQUARIUS (January 20 to February 18) Congratulations. Your self-assurance is growing stronger, and you should now feel more confident about making that long-deferred decision about a possible commitment.

PISCES (February 19 to March 20) You're very close to reaching your goal. But be wary of distractions that can lure you off-course and leave you stranded far away from where you really want to be.

Born this Week

You have an inner sight that helps you see into people's hearts.

You would be an excellent psychologist or social worker.

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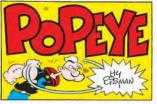




























THEY'LL DO IT EVERY TIME



BY AL SCADUTO

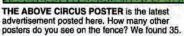


OCCUPATIONAL HAZARDS NO. 1,753 -ASK ANY URSE WHO'S

RED TEANEY









by Charles Barry Townsend

DON'T LOSE YOUR MARBLES! The challenge here is to arrange four es so that they are of equal distance from one another

bles are now equidistant from each other. piace the fourth marble on top in the center. All of the mar-The secret: Place three marbles in a tight triangle. Next,

CHAIN REACTION! Take the seven letters printed below the diagram and place them in the circles so that eight four-letter words can be read top to bottom along the connecting lines. All the words will begin with the letter in the top circle.

firm, fire, farm, fare, face, fact. The words are, top to bottom, left to right: Fill, film,

THE A-TO-A STEPWORD!

HERE'S your chance to become an "A" student. To the left you'll find six words that begin and end with the letter A. The following hints should help you fill in the missing letters:

- 1. Expression of surprise.
- 2. Operatic solo.
- 3. Hawaiian farewell.
- 4. A fleet of warships.
- 5. A radio needs one.

6. Greek food of the gods.

Five or more correct will earn you an "A." You have two minutes to finish the test.

6. Ambrosia. 4. Armada, 5. Antenna, 1. Aha. 2. Aria. 3. Aloha.



HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the

to right. Then read the most checked figures give you.
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X F C A X V S CMQ S O L J C HECEAXACEVITREI P N L J N R H E G F P D B N T ENOHPOLLAYHXVOE TRPHOMHLPKOIGHN EDOBPAYPHONEZPO X N S A X O P H O N E W U P H ENOHPIDONRDTRIP QONLJIGN(E)FCDCLO EMENOHPELETIAFE YGATENOHPTRAMSG

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally Unlisted clue hint: CLAMSHELL-STYLE PHONE

Allophone Car phone Cellphone Diphone

Geophone Megaphone Microphone Pay phone

Phone tag Phoneme Phonetic Saxophone

Siphoned Smartphone Telephone

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By Fifi Rodrigue.

- 1. LITERATURE: What is the name of Ron Weasley's house in the "Harry Potter" novel series?
- 2. TELEVISION: The sitcom "Petticoat Junction" spawned which other popular spinoff series?
- 3. LANGUAGE: What is the meaning of the Latin phrase, "littera scripta manet"?
- 4. MOVIES: What is the name of cartoon character Porky Pig's girlfriend?
- 5. U.S. STATES: What is the capital of Wyoming?
- 6. GEOGRAPHY: Which U.S. interstate highway is the longest in the nation?
- 7. AD SLOGANS: What product's TV ad sparked the catchphrase "Mikey likes it!"? 8. GEOMETRY: How many straight lines can be drawn through two given points?
- 9. FOOD & DRINK: What is the hottest chili pepper in the world?
- 10. MUSIC: Which iconic rock band was once named The Detours?

Answers

10. The Who

World Records, 2013) 9. Carolina Reaper (Guinness Book of

9nO.8

7. Life cereal

06-I '9

5. Cheyenne

4. Petunia Pig

The National Archives

3. "The written letter remains," motto of 2. "Green Acres"

1. The Burrow

Amber Waves









R.F.D.

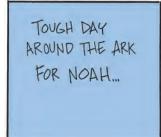
by Mike Marland





Out on a Limb

by Gary Kopervas





The Spats

by Jeff Pickering







Intelligent Life

by David Reddick



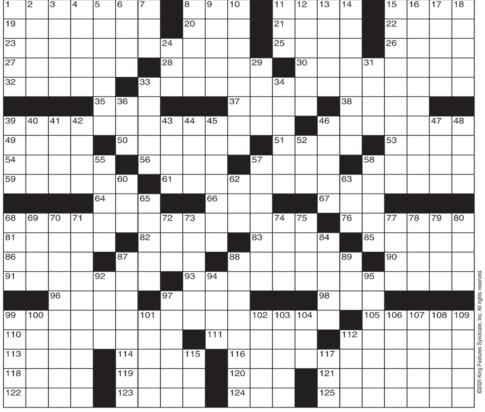






es: 1. Banana is smaller. 2. Tall is longer. 3. Fence is shorter. 5 missing. 5. Arm is showing. 6. Bars are added.

Super Crossword



125 Old Greek

DOWN

harp players

1 Home of St.

2 Attach, as a

boutonniere

Teresa

3 Financial

adviser

4 Fend (off)

6 Deposits

7 "Slippery"

8 Samoan

Stevenson

9 More lucid

a regular

paycheck

11 Small demon

12 Tiny letter

tree

died

10 Getting

5 Listens to a broadcast

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28 Brand of fat

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30 Arouse the

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	54 Dots on sea
	maps
	56 Torah temple
f	57 Car ding
	58 "— a
	vacation!"
	59 Volkswagen
	sedan
	model
	61 Aspire to
	high goals
	64 Seek the
	love of
	66 100%
	67 Thumbs-up
	vote
	68 Their
	passengers
	stand in
1)	baskets

interest of	68 Their
32 Auntie —	passengers
(pretzel	stand in
bakery chain)	baskets
33 Good-fortune	76 Skewered
symbols	meat dishes
35 Here, in	81 Old family
Cannes	name in
37 Beards on	violinmaking
barley	82 "Dies —"
38 State, in	(Latin hymn)
Cannes	83 Castro of
39 Cruel ruler	Cuba
in "Alice in	85 Monte —
Wonderland"	86 Nada
46 High-ranking	87 Round

hammer part

93 Pursue ntendo impossible nsoles dreams 96 One-named NN anchor singer who was a muse for Andy Warhol 97 Subpar grades 98 Historic start? 99 Get ringers and leaners 105 Topic to debate 110 In a disturbed way 111 Gem often on a string 112 Goddess of wisdom 113 Think (over)

88 Conical

shelters

90 Bog grass

91 Enchants

114 Offers 116 Cereal associated with seven key words in this puzzle 118 Tablet 119 Composer Charles 120 LAX info 121 Icy treat 122 Stick around

River

flourishes 13 Bucking ride 14 People cuddling up 15 Having mixed feelings 16 Place to set one's sights 17 Illicit affair 18 1920s U.S. veep Charles 24 Hugs, in a 123 Big top, e.g. 124 — Moines letter 29 Salamander

31 Memorizing process 33 Military flutes 34 Part of Q&A 36 Swindle

73 Cavalry

75 Bringer

weapons

of a legal

77 Catty remark

78 Nabisco bite

80 Grassy turfs

87 Put a ban on

88 Like grads'

89 Titled man 92 Folkie Phil

94 Dickens'

Uriah

John

100 Native

102 Terre -

95 Nor's partner

97 "All for Love"

playwright

99 Oil rig parts

Alaskan

103 Killer whales 104 Wapiti

106 Ventriloquist

inhabitants

Lewis

101 Drab hue

caps

action

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When possible, SEMCU may be able to include approved advertisements of events for our community on THIS page.

Contact SEMCU at 559-363-9095 or info@semcu.org

Until further notice, the regular SEMCU meetings will take place via teleconference.

Our next meeting is Monday, Jan. 17 at 6 p.m. The teleconference number is 312-757-3121 and the Access Code is 715-657-949. Please let us know if you have any questions.

FOR MORE INFORMATION: 559-363-9095 • www.semcu.org • info@semcu.org