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A close-up photograph of a woman's eyes, looking directly at the camera. She is wearing a light blue surgical mask that covers her nose and mouth. The background is a plain, light blue color.

COVID-19:

What is it?
How does it spread?
How can you protect yourself?

By Randy Bailey

In This Issue

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What is it?

The Corona virus that has come to be known as Covid-19 is a new virus that had not been previously identified. Many Corona viruses freely circulate among humans responsible for, among other things, the common cold; but this one is different.

The Covid-19 name was selected by the World Health Organization (W.H.O.) on Feb. 11 of this year as the official name of the virus that caused the outbreak first identified in Wuhan, China in late 2019. The name is an abbreviation of Corona Virus Disease 2019 – CO-VI-D-19.

All in the family

Coronaviruses are a large family of viruses that are common in people and many different species of animals, including camels, cattle, cats and bats. Animal coronaviruses can infect people and then be spread between people. The MERS and SARS viruses of several years ago are just such viruses. The connection to animals, although rare, is not impossible. The initial reports about Covid-19 started around a seafood and live animal market in Wuhan, with later reports stating no contact with live animals, indicating that transmission had morphed into people to people contact. Scientists believe at this juncture that the source of Covid-19 is a virus from an “animal reservoir.”

Covid-19 is being called a “pandemic.” A pandemic is a global outbreak of disease. According to the Centers for Disease Control, or CDC, pandemics happen when a new virus emerges to infect people and can spread between peo-

ple sustainably. Because there is little to no pre-existing immunity against the new virus, it spreads worldwide. The W.H.O. labeled Covid-19 a pandemic on March 11.

The CDC website states that this is the first pandemic known to be caused by the emergence of a new coronavirus. In the past century, there have been four pandemics caused by the emergence of novel influenza viruses. As a result, most research and guidance around pandemics is specific to influenza, but the same premises can be applied to the current Covid-19 pandemic. Pandemics of respiratory disease follow a certain progression: Investigation, recognition, initiation, acceleration and deceleration. In layman’s terms, you think you’ve caught something then you recognize that you definitely have something. This is followed by the first true signs of coughing or sneezing or whatever, and then it accelerates rapidly. Interestingly, the peak of the illness is at the end of the acceleration phase which, thankfully, becomes the deceleration phase and you get better.

The symptoms for having caught Covid-19 range from mild symptoms to severe illness and even death in some confirmed Covid-19 cases. The symptoms may appear anywhere from 2 to 14 days after exposure and can include fever, cough and shortness of breath. There are emergency warning signs for Covid-19 that require medical attention immediately. These include trouble breathing, persistent pain or pressure in the chest, new confusion or inability to arouse and bluish lips or face. And of course, this list is not all inclusive.

So far, most Covid-19 illness is mild, but a report out of China suggests serious illness occurs in 16 percent of cases. Older people and people of all ages with severe chronic medical conditions – such as heart disease, lung disease, diabetes, HIV, asthma, a compromised immune system and pregnant woman – are also highly advised to self-isolate and seem to be at higher risk of developing serious Covid-19 illness. A recent morbidity report discovered that in the United States, 80 percent of deaths were among adults 65 years and older, with the highest percentage of severe outcomes occurring in people 85 years and older.

How does it spread?

Although initially believed to have spread from animals to humans, Covid-19 is now spreading by person-to-person contact easily and sustainably via “community spread.” Community spread means people have been infected with the virus in an area, including some who are not sure how or where they became infected.

Someone who is actively sick with Covid-19 can spread the illness to others which is why the CDC recommends that these patients be isolated either in the hospital or at home until they are better and no longer pose a risk of infecting others.

How long someone is actively sick can vary so the decision on when to release someone from isolation is made on a case-by-case basis in consultation with doctors, infection prevention and control experts, and public health officials. It involves considering specifics of each situation including disease severity, illness signs and symptoms, and results of laboratory testing for that patient. Current CDC guidance for when it is OK to release someone from isolation is made on a case by case basis and includes meeting all of the following requirements:

- The patient is free from fever without the use of fever-reducing medications
- The patient is no longer showing symptoms, including cough
- The patient has tested negative on at least two consecutive respiratory specimens collected at least 24 hours apart.

Someone who has been released from isolation is not considered to pose a risk of infection to others.

Person-to-person spread

Please see **COVID** on P. 4

Golden Valley Covid Response Sacto Based

The following is an open letter to the Ranchos Community from Golden Valley Unified School District Superintendent, Rodney Wallace.

We would like to update you on new ongoing developments around COVID-19 health concerns facing the nation and our state. This is a fluid situation that changes by the hour. That is why Golden Valley Unified, along with our neighboring school districts, remain vigilant in following guidance and direction from health experts both at the California Department of Public Health and the Madera County Department of Public Health.

To assist school districts in these changing conditions, Governor Newsom issued new guidance today involving group gatherings of over 250 people. Gatherings that do not meet the 250 threshold should only be conducted when they are essential — that is, if the activity is both an essential function and could not be postponed or achieved without gathering in person (meaning that some other means of communication could not be used to conduct essential function). We are defining essential functions as anything that is essential to the operation of a school site, student learning and/or governance of our district.

Governor Newsom’s message reiterated that school is essential for students and his purpose was to help provide strategies in assisting staff, students and communities to reduce potential risk, especially those identified as a higher risk—the elderly and those with pre-existing health conditions. While the health risk to the general public in California from COVID-19 continues to remain low, and especially here locally, we are following this newly released guidance.

Please see **GVUSD** on P. 4

FLATLANDERS DAY CANCELLED

The Chamber of Commerce decided at its last meeting to cancel the annual Flatlanders Day Parade and Craft Fair scheduled for Saturday, May 9. Based on what other communities were deciding in regard to public events and the Covid-19 virus, the vote to cancel was unanimous.

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COVID cont. from P. 2

The virus is thought to spread mainly from person-to-person. That means between people who are in close contact with one another, approximately 6 feet. Primarily through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or can possibly be inhaled into the lungs.

Can someone spread the virus without being sick? People are thought to be most contagious when they are the sickest. Some spread might be possible before people show symptoms and there have been reports of this occurring with this new coronavirus, but this is not thought to be the main way the virus spreads.

Can you spread the virus from contact with contaminated surfaces or objects? It may be possible that a person can get Covid-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. How easily a virus spreads from person-to-person can vary. The virus that causes Covid-19 seems to be spreading easily and sustainably in the community.

How can you protect yourself?

You can protect yourself by washing your hands frequently, avoiding touching your face and avoiding close

contact, approximately 6 feet, with people who are unwell.

There are ways you can keep your family and yourself safe. The best way to do that is by following California's stay at home order and self-isolate. At this time there is no specific end date to the order, but this is your best prevention from getting or potentially spreading the virus.

Covid-19 can live up to three hours in the air, up to 24 hours on cardboard, and up to three days on plastic and stainless steel. If you must go out, wash your hands for 20 seconds with soap and water before touching your face or food, and after being in public spaces. Cover your nose and mouth with a tissue or your flexed inner elbow when you cough and sneeze. Avoid close contact with other people, again maintaining a minimum 6-foot distance. This disease spreads primarily through contact with an infected person when they cough or sneeze. It also spreads when a person touches an infected surface.

At press time there were 335,403 confirmed cases worldwide with 97,636 people recovering. 14,611 people have died. The top three most impacted countries are China with 81,054 confirmed cases, Italy with 59,138 confirmed cases and the United States with 33,889 confirmed cases. The state of California alone has 1,802 confirmed cases with 35 deaths. This data changes rapidly.

The majority of information in this article came from www.cdc.gov/coronavirus and I was helped by Rachael Bailey.
Editor

GVUSD cont. from P. 2

Effective immediately, Golden Valley Unified is postponing all non-essential group gatherings through at least April 13th, 2020.

Those non-essential gatherings being postponed include but are not limited to:

- Athletic competitions and tournaments, but practices can continue as planned
- All field trips including camps
- VAPA events, assemblies, open houses, dances and award ceremonies
- All professional learning
- ELAC, DELAC, SSC and other large parent and community gatherings
- Civic contracts, including all outside community organizations that utilize district space

We are encouraging school site leadership to be creative in how to provide for the best social distancing practices for our

students, especially during mealtimes. Options include but are not limited to staggering mealtimes to provide smaller groups in the cafeteria at once or eating outside if possible. Each site is incredibly different, and we recognize that your expertise in this area will be best for your students.

We understand the disappointment and inconvenience for our students and families that might arise as a result of this decision; however, the health and safety of our Golden Valley Unified community remains our highest priority. Though the health risk of COVID-19 to most individuals remains low, we continue to respect the recommendations of local and California health departments during this time. We thank you for your patience and understanding.

Sincerely,
Rodney Wallace, Superintendent
GVUSD

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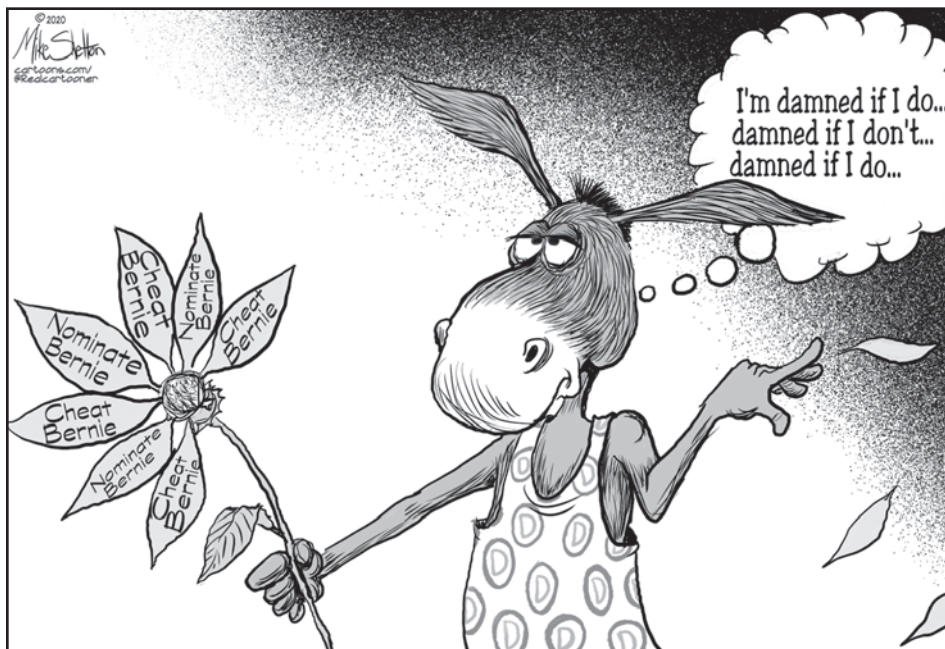
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Editorial

The Beatles? Who Wants *Them*?

By Randy Bailey

It appears that the Corona virus is upon us. In a big way.

One of the hardest things I think about being an elected official, and probably the main reason I would *never* consider running for public office, is that people are never happy. We live in a country of armchair quarterbacks whose hindsight is always 20/20. An entire nation of coulda, shoulda, wouldas that no matter what you do, it's virtually guaranteed 50 percent of the population will hate it. And, unlike in times past, today they take their dislikes to the social network and share them. In the old days, they shared those dislikes with the neighbor over the backyard fence or the ladies at the luncheon; today they share it with the world.

It's OK to have an opinion; heck, everybody's got one. But what I'm *not* seeing anymore are people owning up when their opinions are off the mark. I mean *way* off the mark. There doesn't appear to be any regret or contrition when -- *oops* -- they were way off base. Nowadays, we double down.

In 1962, the Beatles went to London to audition for Decca Studios. They played for a couple of hours showcasing songs they were performing live at that time. It was a mixture of rock, R&B and some originals.

As the story goes, Decca's Dick Rowe was unimpressed and told the Beatles' manager Brian Epstein that "Guitar groups are on their way out." Decca passed and instead signed Brian Poole and the Tremeloes. Five months later the Beatles signed with EMI and the rest, as they say, is history.

The purpose of this story is after what could be considered one of the worst business decisions in history, Dick Rowe didn't just fold his arms and wallow in his self-righteousness. Under the sizzling glare of classic 20/20 hindsight, Rowe rushed out and signed the Rolling Stones then added Rod Stewart, the Zombies, the Moody Blues and Lulu, just to name a few, to the Decca roster. Not willing to fall on his own sword about the future of guitar groups, he realized his mistake and set about correcting it the best way he knew how, by signing similar acts.

Somehow we have gotten to this grossly polarized point in history that if someone has an opinion, that is their *ONLY* opinion until they die. They can't back away from it, they can't rethink their opinion and modify it, they can't look at new information and reformulate their opinion. They're done. If it was an opinion they held in high school and they are now 55 years old, well, that's too bad. That's their opinion. It's still gospel.

I mention this in reference to how I started this editorial -- the Corona virus. Two months ago the vast majority of us had never even *heard* of it. I'm hearing opinions now about how Trump has botched it and we don't have enough hospital beds and respirators and there are no vaccines -- heck, there aren't even enough surgical masks to keep us safe! How could he so callously do that to us?

What I'm suggesting is maybe we should get some more information before we pass on the Beatles. The Corona virus unfurled quickly without a whole lot of points of reference. As those points made themselves known, measured steps were taken that led to other decisions being made and further steps being taken. Compared to our government's reaction to when Swine flu hit us, we are Star Wars compared to the Wright Brothers. Let's see what happens. And if those opposing opinions prove wrong, we will eagerly help them sign the Rolling Stones.

The Ranchos Independent

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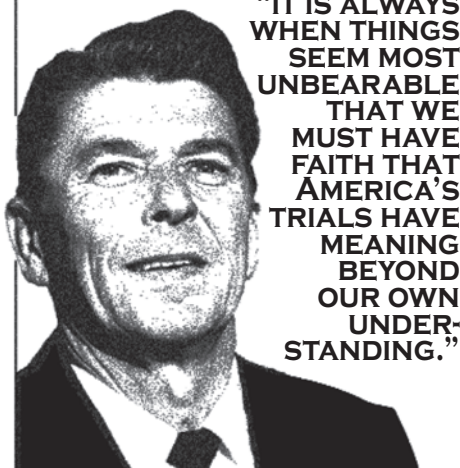
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Quarantine: A Diary

Day One:

This is going to be awesome. I've always wanted to work from home. You get to sleep in until 10 minutes before you have to start work because your commute consists of a walk down the hall to your home office. Who needs business suits, or business casual, or even pants when no one is going to see you? I could get used to this.

Day One and 40 Minutes:

Looks like I will not be getting used to this, yet. Leadership called an urgent video conference. Never in my life have I worked so hard in such a short period of time to look like I didn't just roll out of bed. Efforts were relatively successful, with one notable exception: It's surprising how

clear webcams are these days. There was no hiding the fact that I forgot to fill in an eyebrow and trying to pull off an

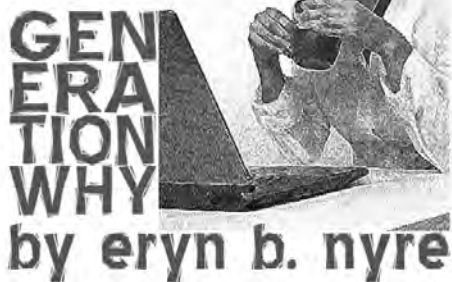
entire meeting in profile quickly got ridiculous.

Day Two:

Yesterday's experience was enough to ensure that I got up and ready for work as though I were going into the office. Just like any other day but without the long car ride and traffic, so still an overall improvement. Today I was ready. Ready for an emergency video conference. Ready for a sudden Skype call. Ready for anything. Of course, that means that nothing happened. I sat in my house all day in full makeup and hair and business casual (from the waist up) and no one saw it but the cat. That cat was unimpressed. I must find a middle ground.

Day Three:

Well this is anticlimac-



tic. Usually Fridays come with some sort of anticipation of weekend events. Maybe a date night. Perhaps a girls' weekend. Or even a weekend at home as a break from the daily grind of the workweek. But when leaving work on Friday night means you are just wandering downstairs into the kitchen it doesn't offer enough of a resolution. Does that mean I miss the office already?

That was fast.

Day Four and Five:

I think my cat is tired of me being home already. I get it, little buddy. Two

weeks ago, I would have given my left arm and right foot to be able to shirk all social obligations and stay home all weekend. Now I would probably give the same to be able to attend a baby shower or bachelorette party. Instead, I ventured out to the grocery store today. I have questions. If this is a respiratory virus, why are people hoarding toilet paper? Also, why are people panic buying eggs? What is the point of buying a ton of eggs? Can you freeze eggs? I understand the antibacterial spray and cleaning wipes. I don't understand needing a two-year supply, but I understand the need to have plenty on hand. But

Please see **GENWHY** on P. 7

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GENWHY cont. from P. 6

seriously, what are you going to do with six dozen eggs that are only good for about a month? Ok, I just googled it and you can freeze eggs. This does not change my opinion on panic buying eggs, though. The chickens weren't furloughed. They are still out there laying eggs, people. Just buy normal amounts of stuff like normal humans.

Day Six:

My cat's behavior is starting to concern me. I think he's been recruited by my company to spy on me. He perches at the corner of my desk and watches me for hours. I'm convinced he's monitoring my productivity. It's also possible he's simply plotting my removal from his house. Either way I'm pretty sure I'm in trouble.

Day Seven and Eight:

I've clearly taken for granted the importance of water cooler chat at the office. Taking a moment, standing, interacting with others, this is all far more important than I ever thought. I've tried to engage my cat in some office gossip around my makeshift water cooler, which is just a gallon of water with a post-it that reads "Water Cooler" slapped on it haphazardly. The cat isn't going for it. Also, I think the cat reported me for wasting company time.

Day 10:

It's been 794 years. Time doesn't seem to mean anything anymore. I've managed to grow a long silvery beard and have started referring to myself as Albus. My co-workers have refused to get on board and my boss has asked me to keep my camera turned off during video conferences. The cat doesn't seem to like the mandatory water cooler breaks I am forcing him to take, probably because I once accidentally dumped water on him and he is slow to forgive. I'm pretty sure I saw him trying to email my boss with his complaints. I am now completely convinced he's after my job.

Day 11:

Decided to turn my diary into an article in the hopes that this completely fictitious (I don't have a beard, or a cat) account of how I have been spending the first couple of weeks of the national quarantine will bring a smile to everyone's faces. I know it's rough out there for those brave men and women still working to provide all of us with healthcare and groceries and other essential services. I know it's rough for those stuck at home, possibly separated from their families due to exposure risks. We will all get through this. Stay home. Stay safe.

And for the love of all that is holy, please stop panic buying! May the good Lord bless you and keep you.



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Meatloaf Mania

(March 2010)

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.



by Jean Briner

pan would be fun for kids – it would be just their size.

When we lived in San Francisco during WWII we would go to the meat market for all our meat. They didn't have a butcher department in the grocery store then (or not in the one we shopped in anyway). I remember mama would always buy two pounds of ground beef and one

pound ground pork every time she was going to make meatloaf. Like so many of the things she made, meatloaf is not written down anywhere,

but I know how she made it.

Mama's Meat Loaf

- 2 pounds ground beef
- 1 pound ground pork
- 1 medium onion chopped
- 2 eggs
- 2 or 3 slices of bread
- Milk
- Salt and Pepper to taste

In large mixing bowl, mix the meats together with the onion and set aside. In small bowl mix the eggs with a fork and the bread that has been broken into small pieces adding just enough milk to make it moist. Add this mix to the meat and add the salt and pepper. Bake in a 350 oven for 45 minute to an hour. Let sit in the baking pan for 15 to 20 minutes before slicing.

This makes a family sized loaf. For just one or two people adjust accordingly, using one pound of ground meat, one egg and one slice of bread and chopped onion to taste. REMEMBER meatloaf is how your family likes it: oatmeal or crackers instead of bread; add a can of tomato sauce; put catsup or barbeque sauce on top before baking. Add your own personal touches and your family will love it.

Right Seasoning

Please see **RECIPE** on P. 9

No matter how you make your meatloaf, be sure to keep the leftover for sandwiches the next day.

You know how I love to go on the internet for information. Well, when I went on the internet looking for ideas for this article, believe it or not you can find a recipe for just about any way to cook a meat

loaf. I found them made with broken up sliced bread, dried bread crumbs, oatmeal, soda crackers or rice. There are

recipes with ground beef, pork, veal, turkey, hot or mild sausage or a mixture of any of them. If your family won't eat their vegetables, have you thought of shredding a carrot or zucchini into your meat loaf, or if you don't like biting into a piece of cooked onion, how about shredding it? I found a recipe on the internet for meatloaf made with Miracle Whip and then the topping was made with Miracle Whip. As much as I like Miracle Whip, I don't think I would like it in or on my meatloaf. Years ago I had a girl working for me that made her meatloaf with cubed cheddar cheese in it. So see, as long as you have some ground meat to start with, you can make a meat loaf. I've even got one made with sauerkraut below. Don't wrinkle up your nose just yet – it is yummy. And for as many different ways to make a meatloaf there are almost as many ways to cook it. Most of the recipes I read suggest a 350 degree oven but it can be cooked in a loaf pan, glass or metal cake pan, large pie pan, formed into a loaf on a cookie sheet (make sure it has ridges to hold the drippings) or you can even cook it in a muffin pan. I think the muffin

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RECIPE cont. from P. 8

I think I have told you before in another article how to test if you have the seasoning right. Take about a tablespoon of your mix, and pat it out and fry it like a mini hamburger. If it tastes right, it's a go; if not, adjust your seasoning. Another thing I have learned from the internet is don't overwork your hamburger. Only mix it just enough to get everything combined, because if you over work ground beef, it will be tough.

My brother Lloyd used to bring me things to cook. He is the one that introduced me to lamb shanks. He came in with those things and I thought, "How in the world do I cook them?" I found a recipe and they were delicious! Well, one day

he asks me to make a meatloaf using the recipe that someone from his work had brought for a potluck. He said it had sauerkraut and Swiss cheese in it. I said, "Lloyd, you are crazy!" But he talked me into it. I love a Reuben Sandwich, so how far could I be going wrong? I made my basic recipe for meatloaf using 3 pounds of hamburger. I put half the mix in the bottom of a 9 x 13 baking pan. Drained well a jar of sauerkraut and spread it on the meatloaf then placed sliced Swiss cheese (the real cheese, not the sliced processed cheese) on top of the sauerkraut, then added the rest of the meatloaf mix. The original recipe called for Russian Dressing on top of the cheese, but I didn't think we'd like that. Before I put it in the oven I spread it with a mixture of catsup,

sugar, a dash of vinegar and a dash of Worcestershire sauce. I baked it for about an hour in a 350 oven and it was wonderful. For a smaller portion, adjust the size of your meatloaf and use a can of kraut, unless you have other uses for leftover kraut if you use the jar.

For Atkins Fans

For those of you that are watching your carbs, I found a recipe for you:

Low-Carb Meat Loaf

- 1 C chopped fresh spinach
- 2 pounds ground chuck
- 1 C chopped tomato
- 4 oz Blue Cheese (or Feta)
- 2 scallions minced fine
- 1 tsp dried thyme
- Salt and Pepper to taste

Mix all ingredients together in a large bowl. Divide mix in six equal parts. Place each part in an

ungreased six cup muffin pan. Bake at 350 until internal temp in 160 degrees. Let cool 5 minutes in pan before removing to serving platter or let cool completely to wrap for the freezer.

My mom usually fixed creamed peas or peas and carrots for a side dish and she would fix what I called broasted potatoes every time she made meatloaf. For the potatoes, wash well the number of potatoes you need for your family and cut them in quarters lengthways. Boil in salted water until not quite done. Drain them well, and place on a baking sheet and put melted butter on them and bake in the oven until golden.

No matter how you make your meatloaf, be sure to keep the leftover for sandwiches the next day.






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New Diet Plan -- Organize Your Fridge!

After a potluck meal, I returned home with some leftover veggies from the veggie/dip plate I brought. I tossed them in a clear bowl with some plastic wrap and put them in the fridge. They looked pretty sitting there all red, orange, green, yellow and whatever color peeled cucumbers are. The next time I went for a snack, I actually grabbed some and ate them.

I would venture to say that many of you, like me, consider part of the definition of a snack something that you don't have to take time to prepare when

When fridges are that full, there's more than likely things in there that you haven't seen in quite some time.

you want to eat it. You want something you can grab and go with. When I opened the fridge and the veggies were there, all washed and chopped, they suddenly became a viable snack. Now don't get me wrong ... I'm not giving up dark chocolate for veggies, but I did learn a valuable lesson.

In all other organizing projects, I would say accessibility is a must but, when organizing your food, we need to be selective about what we make easily accessible. Here are a few tips that contribute to a healthier you.

Make healthy food the most accessible. Work into your routine of putting the groceries away a few minutes for preparing some fruit and veggies in snack-size pieces. Or, when you're cutting up veggies for a salad or other side dish, prepare some extra ones for snacks. Place them in a clear container, front and center in the fridge. At the very least, wash the fruit and veggies that can't be damaged by that process so they're a little more ready to eat. If you take snacks with you to work, put the prepared fruits and veggies directly into snack-size Zi-

plocs so they're ready to grab 'n go.

Alternately, make the items that aren't as good for you, like canned soda, processed foods, etc., less accessible. Putting them out of sight or more difficult to reach is a good start to healthy living.

Some other simple organizing strategies for the fridge can improve your meal preparation experience, thus, less fast food. When we can't see or find what we need it's frustrating. Start by using the designated drawers for the appropriate items — veggie drawer, fruit drawer, meat/cheese drawer, butter shelf, etc. Use the shelves in the door for condiments. The extra effort to put things in their correct homes will pay off when you go to retrieve them and know just where to look.

Assign a specific spot in the fridge for leftovers. This will keep them from getting pushed to the back and forgotten. Store them in clear glass containers so you can easily see what you have. They can also go straight to the

microwave for re-heating. This makes homemade left-over meals just as fast as fast food.

Same rules apply to the freezer. Store the ice cream in the

back and a healthier alternative in front of it. Keep like things together. Assign specific homes for items you frequently purchase and check stock before buying more.

If you're ready to put these tips into practice, but your fridge is packed, it's time to purge. When fridges are that full, there's more than likely things in there that you haven't seen in quite some time. Besides condiments, very few things last more than a couple weeks, so grab a trash bag, clear the counter and start pulling things out. Check expiration dates and left-over containers. While you're at it, wipe down the shelves and drawers, so you're ready to organize for a new healthier you.

All this writing is making me hungry ... think I'll go grab a carrot.

Contact *Organized by Choice* (because things don't always fall into place) at P.O. Box 26152, Fresno, CA 93729, call 559-871-3314 or email info@organizedbychoice.com. You can also pay a visit online to www.organizedbychoice.com.



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The Bookshelf

Covid-19 Temporarily Closes Library

By Jerrica Edmundson

This month has definitely been one to remember. As of March 20, the library is temporarily closed due to the statewide order from Governor Newsom. We are asking that you hold onto any library materials you have in your possession and we will make sure there are no fines when they are returned after this has run its course. I sincerely apologize for any inconvenience this causes for our community members, and we will be posting any updates on the situation via our Facebook page as they become available.

We will also be updating the resources section of the Madera County Library website with any relevant resources we find that offer access to books or related materials during this time as well. There are loads of companies offering free access to things that usually have a subscription fee, in order to assist with distance learning and help with the new at-home status we seem to be sharing. Be sure to keep an eye out for those tools, and if you have any questions that need answered I can answer through the Facebook page. Send a message and I will get you an answer to the best of my ability.

Thank you for your support in these trying times, and I can't wait to see all of your smiling faces again as soon as possible.

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By Corinna Martinez

4H Shines at Speech Competition

4H Happenings
 4H Happenings
 4H Happenings
 4H Happenings
 4H Happenings



Sierra Shadows 4H Club

On March 7, Sierra Shadows 4-H members in the public speaking project went and competed with other 4-H members from Madera County at Madera High School. Members Wyatt Morgan, Corinna Martinez, Delaney Rocca, Hunter and Griffin Williams-Smith participated in the event. These members spent weeks putting together presentations of their choosing for this event. They worked very hard for weeks to memorize the presentation and became comfortable speaking in front of an audience. These members also had to put all of the components together like the instructions and summary boards that help to support the speech. Each member showed how hard they worked because they each got a gold medal (pin) for their hats. The public speaking leaders are very proud of these members and hope to see them go on to Area Presentation Day on April 4, 2020 at UC Merced, for which they all qualified.



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2. Because the Golden Valley Chamber of Commerce is a close-knit organization in which members support each other’s businesses.
3. Because the Golden Valley Chamber of Commerce requires financial support in order to perform its job of increasing the economic prosperity of the Ranchos.
4. Because the Golden Valley Chamber of Commerce unifies the public spirit of the Ranchos and directs it into useful and constructive channels that are not limited to business.
5. Because I feel a sense of personal obligation to improve the quality of life in the Ranchos.

When's the NEXT Chamber of Commerce Meeting?

The Golden Valley Chamber of Commerce would love to see you at our next meeting, Wednesday, April 8 at 6:30 p.m., 37167 Ave. 12 Suite 5C in the Maywood Center. Come join us and see what's going on in your community. Call us at 645-4001.

3/20

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The 17th Annual Golden Valley Chamber of Commerce Crab Feed

The annual Crab Feed was held on Friday, March 6 at the Danté Club in Fresno. Hundreds were on hand at the Chamber's biggest fundraiser to enjoy crab, pasta, salad, bread and dessert. *(All photos courtesy of John Glueck)*



It always starts at the front door where you buy your drink tickets, get a bidding number for the various auctions that are taking place throughout the night, or just finding out the basics, such as, "Where's my table?"



The guest of honor waiting to make his grand entrance. Hundreds of pounds of iced crab was on hand for the hundreds of diners eagerly anticipating the annual smorgasbord of food at the Golden Valley Chamber of Commerce Crab Feed.



The most important job in the place is given every year to the Madera Ranchos Kiwanis who make sure the food gets to the tables over and over and over. Kiwanis President Richard Wayne takes a two-handed approach to delivery.



The Dante Club in Fresno can hold 250 people for the Annual Crab Feed. With a combination of individuals out for a night of community spirit and good food, and businesses buying full tables, there's not a lot of space left.



On the right is former Madera County District Attorney candidate Paul Hoenick helping out with the pasta in the kitchen. Thanks to his experience and background, every table was assured a fair and equal amount of rigatoni.



Another fan favorite is the 50-50 drawing where half of the money goes to the Chamber and the other half goes to a lucky attendee. On the right is that lucky attendee, Carol Gathard, who won over \$400 as Maxine Briner eggs her on.



Always a big hit at the Crab Feed is the silent auction. Items donated by friends of the Chamber of Commerce allow attendees to look them over and then write down their bids. There's always a mad dash right before the end of the auction.



Monte Pistoresi, (center) owner of Pistoresi Ambulance in Madera, stops by the Ranchos Independent table at the Annual Crab Feed for the latest news with Randy Bailey (left) and crab eater, Luis Soria.



Representing the Madera Ranchos, Madera County District One Supervisor Brett Frazier man-handles a tray of crab for himself and his wife, Elizabeth at the 17th Annual Golden Valley Chamber of Commerce Crab Feed.

Senior Report

Covid-19 Pulls Plug on Senior Events

By Margaret Tynan

In response to the recommendations of the Centers for Disease Control and Prevention (CDC) and the State of California, Ranchos/Hills Seniors Center will not be open for activities for the remainder of March, including the congregate meal service and the exercise program. Our planned Home and Garden Festival on Saturday, April 4 is also cancelled. However, at the time of writing this article, we do plan to have our regular First Saturday Sale on that day from 8 a.m. to noon featuring bake goods, the Treasure House and Easter baskets). The Bake Sale and Easter basket sale will be held outdoor on the patio. Also, on Tuesday, April 21 at 12:30 p.m. before the General Meeting, representatives from Humana are scheduled to present “Brain Health” and “Sneaky Ways We Gain Weight.”

Brown Bag distribution is still scheduled for Wednesday, April 22. Since things could change during this very fluid time, you may call the

Center at 559-645-4864 to confirm these events. Judy and/or Phyllis will be in the office to check and take messages most days during the week. We will get back to you as soon as possible. Thanks to everyone for their understanding and support.

Of course, we are disappointed not to have our many healthful and enjoyable events, but we are very committed to doing our part to help slow the progress of the Covid-19 virus. The safety of our seniors and the community is of primary concern. Although you most likely have heard many of the precautions recommended by the CDC, you may wish to review the excerpt from their website at www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html:



- Avoid close contact with people who are sick.
- Take everyday preventive actions.
- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing or sneezing, or having been in a public place.
- If soap and water are not available, use a hand sanitizer that contains at least 60 percent alcohol.
- To the extent possible, avoid touching high-touch surfaces in public places – elevator buttons, door handles, handrails, handshaking with people, etc.
- Use a tissue or your sleeve to cover your hand or finger if you must touch something.
- Wash your hands after touching surfaces in public places.
- Avoid touching your face, nose,

- eyes, etc.
- Clean and disinfect your home to remove germs: Practice routine cleaning of frequently touched surfaces (for example: Tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks and cell phones)
- Avoid crowds, especially in poorly ventilated spaces. Your risk of exposure to respiratory viruses like Covid-19 may increase in crowded, closed-in settings with little air circulation if there are people in the crowd who are sick.
- Avoid all non-essential travel including plane trips, and especially avoid embarking on cruise ships.

We hope the next edition of the Senior Report will have lots of exciting activities to share with the community. In the meantime, we wish everyone a safe, healthy and happy April.

Thought for April: *“It is health that is real wealth and not pieces of gold and silver.” — Mahatma Gandhi*

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Say you saw it in the Ranchos Independent

Kiwanis Korner

Kiwanis “Clear the Air” at Meeting

By Nancy Wayne

“Kiwanis International is a global organization of volunteers dedicated to changing the world one child, one community at a time.”

In February at the Thursday night meetings of the Ranchos Kiwanis Club at the Pizza Factory, the speakers were from the Golden Valley School District and the San Joaquin Valley Air Pollution Control District.

Felipe Piedra is the principal at Liberty High School. He, along with members of the Liberty High Key Club, came and talked about upcoming events, goals and expectation in the high school. Key Club is a high school Kiwanis-sponsored club that enriches its members with opportunities to provide service, build character and develop leadership.



Ranchos Kiwanis President Richard Wayne, right, greets speaker Cassandra Melching from the San Joaquin Valley Air Pollution Control District.

Ranchos Middle School Principal Chris Imperatrice spoke to the club about ongoing events coming up this spring. There was a discussion about how more of us in the community could find out about fun and interesting things happening at the school. He will be taking the member’s suggestions under advisement.



Liberty High Principal Felipe Piedra spoke about upcoming events, goals and expectations on the LHS campus.

The Madera Rancho Kiwanis club will be offering a new project this spring for the elementary schools called "Teacher Grants." The club will give teachers the opportunity to apply for one of three grants offered to each elementary school. The teachers will explain how they will use the \$100 in their classroom. We in the club realize how much time and money teachers give to their students. Our goal is to help finance, in a small way, some special projects teachers offer to the students in Golden Valley Unified School District. During the month of March, the schools and teachers were given a brief explanation of the grant procedure and expectations. The teachers will have a few weeks to submit the grant proposals with the selection being made in late April and early May. Grant recipients will be announced at our meeting.

The last speaker of the month was Cassandra Melching from the San Joaquin Valley Air District with an excellent PowerPoint presentation of air issues in the Valley. There are Federal and State EPA regulations that are considered when implementation of quality air is applied. Local agencies that check, monitor and implement plans to improve our valley air are the California Air Resource Board – the overseer of mobile sources such as cars/vehicles – and the local Air District oversees stationary sources like buildings/factories/farms. Something for us all to remember, if you can smell smoke or dust it will be an unhealthy air day.

Upcoming speakers:

April 9 – Audrey Fulton, Webster Elementary

April 16 – Kevin Hatch, Assistant Superintendent of Educational Services at Golden Valley Unified School District

Remember, you are always welcome to join us at one of our meetings. Come down any Thursday, except the first one of the month, to the Pizza Factory Banquet Room at 37184 Ave. 12 at 6:15 p.m. You will enjoy the camaraderie and fun, and also be a part of making a difference in our community.



Cutting Edge Converters

Readers - I wrote the follow article prior to the Covid-19 scare. This evening, March 22, I was informed the program has been temporarily suspended due to the uncertainties of the virus. No time to write a replacement article. -- Warren

Hello 93636,

Complete Car Care was approached by a representative of the San Joaquin Valley Air Pollution Control District to beta test a new catalytic converter technology. ACAT Global applied for, and received, a California Air Resources Board (CARB) waiver to sell its new automotive catalytic converter in California. Fifty catalytic converters were provided to our local air district for testing and evaluation.

The San Joaquin Valley Air Pollution Control District is composed of eight central-California counties from San Joaquin to Kern county.

According to ACAT, their new catalytic converter technology exceeded the CARB standards by 25 percent and nearly doubled the Original Equipment Manufacturer's 250-hour durability test with no degradation or foil cracking after 440 hours.

The difference between our testing and CARB's testing is our testing is conducted on real-world daily drivers and *not* in a tightly controlled lab environment. After we install an ACAT converter on a customer's vehicle, the vehicle returns every three months for a year for testing. The retest takes approximately 30 minutes and the degradation of the converter's ability to store oxygen is measured.

Degradation testing of catalytic converters is not a new concept for us. I learned the procedure about 10 years ago at a CarQuest training session. We immediately employed the test procedure to search out the most robust aftermarket catalytic converter to install on our customers' vehicles. The best performing catalytic converter we tested was manufactured by Walker Exhaust. I like the Propane Enrichment Test procedure because it's completely objective. With the Pico Scope we can measure the oxygen storage capacity within 1/1,000 of one second. When I provided data from our prior testing, the Air District repre-

sentative asked for our participation.

I started my project by researching ACAT Global. ACAT Global was formed in 2010 when it purchased Delphi and its herringbone catalytic converter substrate technology from General Motors. When I watched the ACAT video, the herringbone metallic substrate appeared to act just like a diffuser to me.

As fate would have it, I'm familiar with this scientific concept. In the early 1980s I had a canted-tube radiator built for our race car. Instead of the typical radiator design, the canted-tube design staggers and angles the tubes giving each greater exposure to the cool incoming ambient air. By canting or angling the tubes, the air was diffused or mixed diagonally across the radiator. The swirling air and greater distance traveled created higher flow rates and greater heat transfer. The more efficient design allowed for a smaller, lighter radiator. By the way, I borrowed the canted tube radiator design from the heavy duty agricultural and construction equipment industry.

It appears to me the herringbone converter uses the same principles. If you have ever looked at corrugated cardboard, an ACAT metallic wafered plate looks very similar to the corrugated center section. The ACAT substrate is constructed of hundreds of these metallic wafered plates stacked one on top of another in a staggered formation. When the exhaust gas strikes the metallic substrate, it is diffused. The herringbone design increases exhaust flow, increases contact with the substrate and decreases exhaust backpressure which facilitates greater efficiency. The herringbone technology may allow downsizing and thereby lower cost and weight.

Another advantage to a metallic substrate is it can be formed into an endless variety of shapes, sizes and cell densities. Using a special bonding process, ACAT catalytic converters can be formed into just about any shape. ACAT converter shells are manufactured from a laser-welded stainless-steel tubular section that is spun around the metallic substrate. The downside of the metallic substrate is that it does not retain heat like a ceramic substrate. During the 10-minute shut-down and hot restart portion of the 23-cycle US FTP test, the metallic substrate took longer to light-off. The greatest amount of tailpipe emissions occur during the first five minutes of warm-up. To correct that deficiency, ACAT's metallic substrates are wrapped with a 3M non-intumescent mat insulation material that provides both sound dampening and better heat retention. The insulation mat lowers the converter shell temperatures up to 400 degrees Fahrenheit. We use these mats to wrap around the race car exhaust to retain heat and keep exhaust gas velocities high.

With the traditional ceramic substrate, the

catalytic converter has rows and rows of square shaped passages stacked one upon another. It is said the surface area of those passages are equal to the surface area of three football fields. Since the average catalytic converter we install is 18-inches by 8-inches by 4-inches, the number of passages in a ceramic substrate is enormous. The inefficiency of the ceramic substrate as I see it is the restriction created by the narrow passages and the exhaust flow is concentrated more in the center of the substrate.

Isn't science cool? It's universal and consistent. Sir Isaac Newton, my favorite scien-

tist, believed by understanding the natural laws of the universe he could understand the nature of the creator God of the universe. I think he is correct.

As always, I'm looking for interesting, current and informative automotive industry topics to write about. If you have any suggestions, recommendations, topics and specific or general questions about a vehicle, I can be reached at complete_car_care@hotmail.com or text 559-907-7661.

God Bless America and God Bless 93636. Warren Parr, ASE Master, Advanced Level and Hybrid Certified Technician.

In Memoriam



Chester Fred Selmon "Chet/Chessie"

March 30, 1944 -- December 20, 2019

Chet Selmon passed away peacefully on Dec. 20, 2019 after battling with COPD for many years. He was preceded in death by his parents Herman and Mildred Selmon, and brothers Herman and Charles Selmon. He is survived by wife Rita Selmon, daughter Michelle Selmon-Meland and son-in-law Richard Meland; grandchildren Zoe, Adam and Ava, as well as brothers Richie and Peter Selmon, sister-in-law Madeline Selmon, and many nieces and nephews.

Chet graduated in 1962 from Hamilton High West School in New Jersey and served in the U.S. Navy from 1962 to 1966 on the USS Mississinewa tanker. He moved to California in 1974 and resided there until shortly before his death. He lived there with his beloved wife Rita, near his only child and three beautiful grandchildren who all loved him dearly.

Chet was a lifelong businessman. He was the founder of Selmon's Atlantic Gas Station in New Jersey and later owned Madera Cars Unlimited Auto Sales and Car Wash in the Madera Ranchos in California for many years. He was active and well known in the Madera Ranchos community where he and Rita lived for nearly 40 years. During that time, he mentored many young men and women who worked for him. They would often return years later to thank him for his guidance and support and to tell him how much he affected their lives in positive ways. He will be deeply missed by many.

A memorial service will be held in the summer of 2020 on a date to be determined. In lieu of flowers, family asks that donations be made to a veteran's hospital or organization.

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- "Loosen a stuck ring by putting a little bit of butter on your finger to help it slide." -- D.F. in West Virginia
- If you've gone up or down a size, please consider donating your suits or dress clothes to the organization Dress for Success. It gives businesswear for interviews to women who could not otherwise afford it, helping them to look the part so that they can get the part!
- How to pack a suitcase: Roll pants and tops, adding to suitcase first, toward the handle side. Then add heavy items (shoes, boots) toward the wheel end. Make sure you choose the right size case for the trip: Too much room will cause items to shift around. You can always throw in a light jacket if you have the space.
- In a pinch, you can use toothpaste to scrub your faucet in the bathroom.
- Got unexpected company? For a quick, clean look, vacuum the floors and take care of these four things: the bathroom, dishes in the sink, piles of junk on tables or counters and an overflowing trash can. Your house will look great.

Send your tips to *Now Here's a Tip*, 628 Virginia Drive, Orlando, FL 32803.

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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.

	÷		+		11			
+		×		-				
	-		×		15			
÷		+		×				
	+		×		16			
5		13		12				
1	2	3	4	5	6	6	8	9

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SUDOKU

by Linda Thistle

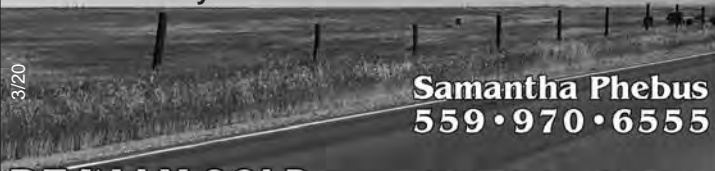
7		6	5	3		
	4		9		5	
	2	1		4		
3	6			8	4	
	7	2		6		
9			1		5	
	5			9	7	
		9	4		8	1
8			3	9		

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By Betty Van Valkenburg

Sheltering in place. Housebound but not shut down.

Those of us who are healthy but housebound for a while, are not helpless or hopeless. Loved ones and any needed help should be a phone call away. Medical care is still available. To all: Take heart. May you and your family be safe and healthy, and may any who are ill recover quickly.

Meanwhile, how do we who are luckily virus free constructively spend all this at-home down time? Since this is a conservative column, the following is addressed to conservatives, but others are more than welcome to eavesdrop. Please do.

First, conservatives with a healthy skepticism of government proposals, especially involving the very freedom to leave our homes, could use this extra time to research all aspects of the current health crisis and government edicts, form our own opinions and make them known to policy and opinion makers.

Secondly, we could take the gift of time to study public policies and political trends of great concern, such as radical environmentalism, insecure election procedures, indoctrination vs. education, attacks on religious freedom, disregard for human life and advancement of socialism – just to name a few.

Here are a few great organizations offering information on, and solutions for, these policies that concern us. You are urged to check out their websites for trustworthy information and to work with them if you are so inclined.

The American Policy Center (APC) (AmericanPolicy.org), headed by workhorse Tom DeWeese, exposes the extent and purpose of the extremely radical environmental movement, including the Green New Deal, and advocates a common-sense approach to rolling back onerous regulations afflicting everything from city planning to California dams to national sovereignty. Please sign up for DeWeese's informative emails. His books include Sustainable, Why Property Rights Matter and Agenda 21 and How to Stop it.

According to the website, "APC

believes that the free market, through its inherent system of checks and balances, including private ownership of property, is the best method yet devised for creating individual wealth, full employment and goods and services, and for protecting the natural environment. APC's free market policy is rooted in the conviction that a well-informed American public is the best guarantee that U.S. policy will be guided by a keen awareness of the complexity of world politics and America's role in it." Well stated!

The Election Integrity Project-California (EIP-Ca.com) monitors California elections and provides feedback to officials and voters to improve the integrity of and confidence in California elections. It defends the honesty of the voting process through research, observation and documentation and has trained over 10,000 citizens to become active observers of the entire election process. It points out that "its volunteers work to ensure that every citizen can vote; every vote is cast in compliance with federal, state and local laws, and that every lawfully cast vote is counted." Please check out their website, sign up for email newsletters and consider completing their excellent training for observing voting procedures in the November election. Both the training and poll watching are eye-opening experiences.

The Capitol Resource Institute (CapitolResource.org) "... strives to educate, equip and empower citizens to advocate for their values." Its key issues are religious freedom, parental rights, sanctity of life, marriage and family, and education. It analyzes legislation and notifies Californians of bills on important issues. They "... exist to give you the tools necessary to take action on behalf of your family and in defense of your freedoms." You are encouraged to sign up for their extremely informative e-mail updates.

Hillsdale College (Hillsdale.edu) is a national treasure, not only as a pre-eminent university, but for its free online history and U.S. Constitution courses and its free monthly digest, Imprimis, dedicated to civil and religious liberty. Our very own Valley treasure, Victor Davis Hansen, is a Distinguished Fellow in History and teacher at Hillsdale and taught its online World War II course. You are encouraged to take a deep dive into the Hillsdale website and its free courses. After all, you have nothing but free time.

Don't forget the kids who are out of school. Now is a good time to talk to children and grandchildren about America's history, government and current events.

Visit the Central Valley Tea Party website at www.teapartypatriots.org for more information.

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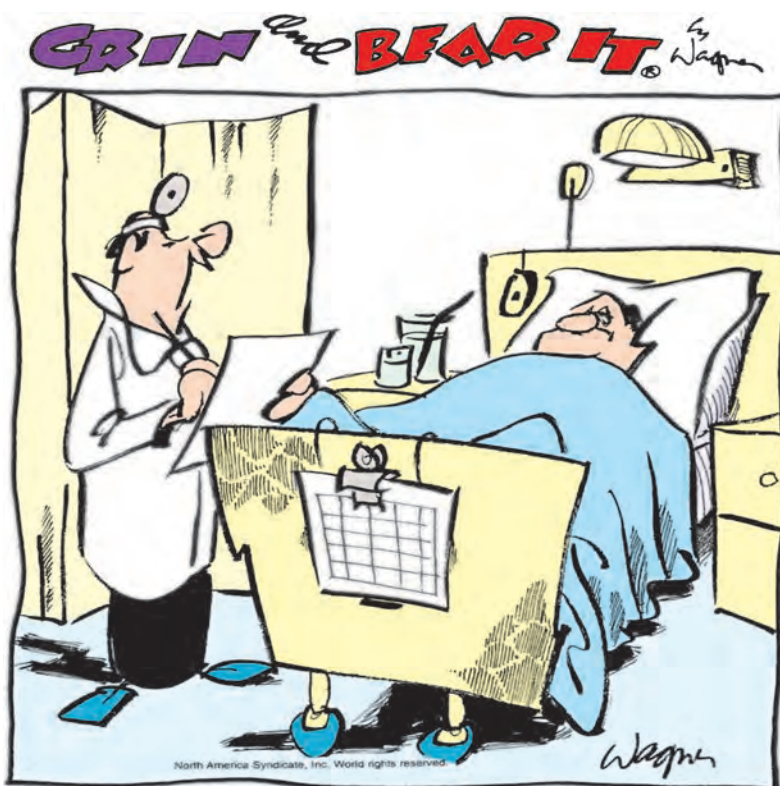
by Dave T. Phipps





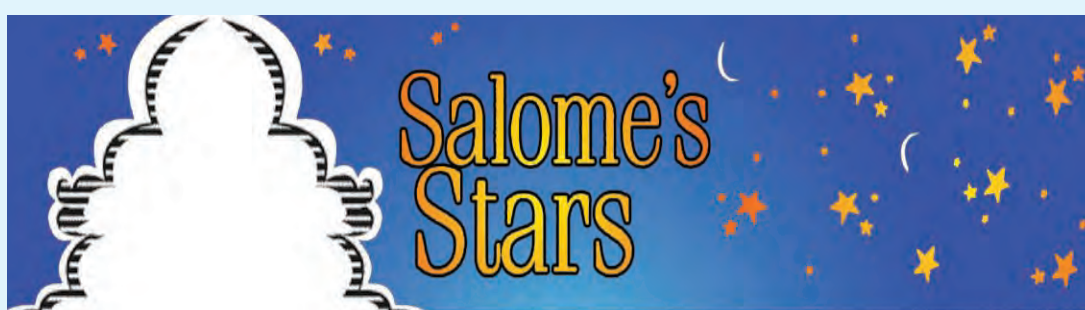
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ARIES (March 21 to April 19) Change is still dominant for Rams and Ewes, both in the workplace and their private lives. This is also a good time to look at a possible relocation if that has been one of your goals.

TAURUS (April 20 to May 20) Doing things for others is what you do well. But don't forget that Bovines thrive on the arts, so make some time for yourself to indulge your passion for music and artistic expressions.

GEMINI (May 21 to June 20) While the Romantic Twin considers where to go for his or her upcoming vacation, the Practical Twin will start making travel plans now to take advantage of some great bargains.

CANCER (June 21 to July 22) Your sensitive nature helps you deal with a difficult emotional situation. Be patient and continue to show your sincere support wherever (and for whomever) it is needed.

LEO (July 23 to August 22) You're making progress as you move through some unfamiliar territory. And while there might be a misstep or two along the way, overall you're heading in the right direction. Good luck.

VIRGO (August 23 to September 22) Some good news arrives -- and just in time to remind you that you're making progress. Perhaps things aren't moving as quickly as you'd prefer, but they're moving nevertheless.

LIBRA (September 23 to October 22) This is a good week to step back and assess the facts that have recently emerged to see where they can be used to your advantage. Also, don't hesitate to make changes where necessary.

SCORPIO (October 23 to November 21) You should begin to experience some support from those who now agree with your point of view. This should help counter the remaining objections from die-hard skeptics.

SAGITTARIUS (November 22 to December 21) Don't let your aim be deflected by trivial matters as you try to resolve a confusing situation. Take time to find and thoroughly assess the facts before making any decision.

CAPRICORN (December 22 to January 19) The possibility of moving to another location has come up. But before you dismiss it as unworkable, it's worth checking out just in case it does have some merit after all.

AQUARIUS (January 20 to February 18) New relationships -- personal or work-related -- show mixed signals. Best to assume nothing. Let things play themselves out until you have something substantive.

PISCES (February 19 to March 20) Your ability to make needed changes without causing too much, if any, negative ripple effect comes in handy when dealing with a sensitive matter either on the job or in the family.

Born this Week

Although you like things to go smoothly, you're not shy about making waves when you believe the situation calls for it.

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FUN PAGES

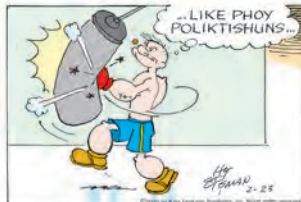
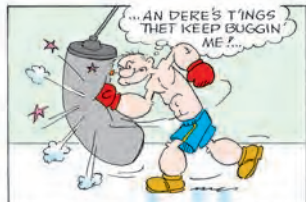
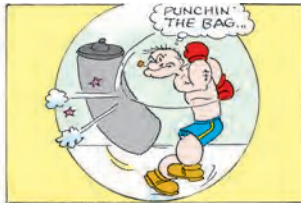
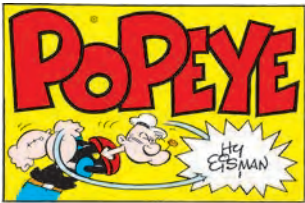
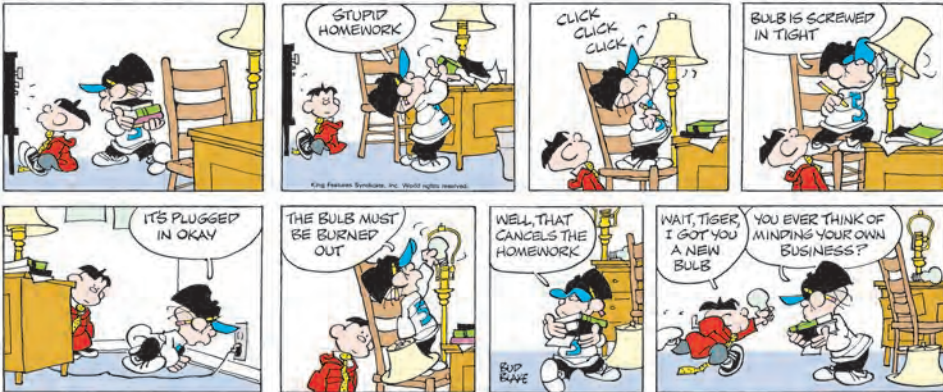
Kids' Maze



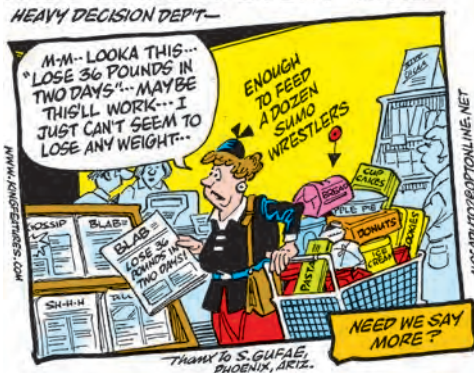
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TIGER

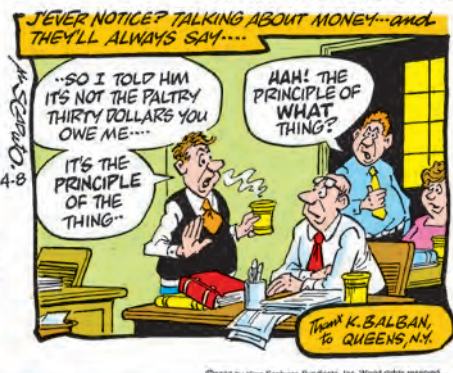
BY BUD BLAKE



THEY'LL DO IT EVERY TIME



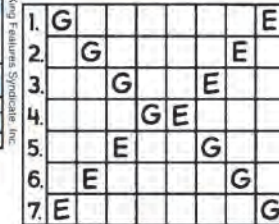
BY AL SCADUTO



WINTER SPORTS! See if you can guess which toss clobbered Paul's opponent. You only get one try.

Junior Whirl

by Charles Barry Townsend



FIND THE BIG WORDS?

USING THE definitions and anagrams below, you must find the seven eight-letter words that fit into the framework pictured on the left. The letters in the two anagram words, for each definition, must be unscrambled and used to form the word asked for.

- | | |
|--------------------------|------------------|
| DEFINITIONS: | ANAGRAMS: |
| 1. Used in jewelry | song + meet |
| 2. Disturbed or upset | date + gait |
| 3. A bone connector | game + lint |
| 4. Harried or pestered | deed + grab |
| 5. An adolescent | tear + gene |
| 6. Something passed down | gale + hire |
| 7. Giving more | urn + cone |

A PROBLEM FOR THE WIDE AWAKE PUZZLER! See if you can rearrange the following letters to form a common word. Lots of coffee will help you answer this one.
E E E E L L N P S S S S
Answer: Too much coffee will give you SLEEPLESSNESS, the word we're looking for.

THE FLIPFLOP ARROW! Here's a neat way to stump your friends. On a square of cardboard draw a one-inch arrow pointing to the left. Bet anyone that you can make the arrow point to the right without touching the card or moving the table. Secret: Fill a tall clear glass with water and place it about two inches in front of the card. Now, when you look at the arrow, through the glass, it will appear to have flipped and point.



Wishing Well

2	6	3	5	7	4	5	4	2	5	2	5	6
S	D	G	Y	S	Y	O	O	T	U	A	A	E
7	6	8	4	8	3	6	3	4	6	5	4	7
Y	S	N	U	O	I	A	C	R	R	A	M	
2	7	6	7	4	5	4	6	3	2	7	5	6
R	P	A	A	N	E	W	B	L	T	T	T	L
7	2	6	7	6	8	7	6	2	6	2	8	5
H	S	E	Y	O	T	F	U	M	T	A	E	H
6	5	2	4	7	6	7	2	7	8	4	7	5
C	E	L	I	O	O	R	L	O	M	N	T	L
7	5	6	3	5	8	6	5	3	5	8	5	8
H	E	M	S	A	P	E	D	A	E	T	R	A
3	7	8	3	7	8	7	8	3	8	3	8	3
R	E	T	E	R	I	S	O	S	N	E	S	T

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 checked figures give you.

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

- Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
- | | | | |
|----------|-----------|------------|-----------|
| Careen | Caregiver | Child care | Home care |
| Career | Careless | Day care | Scare |
| Carefree | Caret | Elder care | Skin care |
| Careful | Caretaker | Hair care | |

TRIVIA TEST

By Fifi Rodriguez

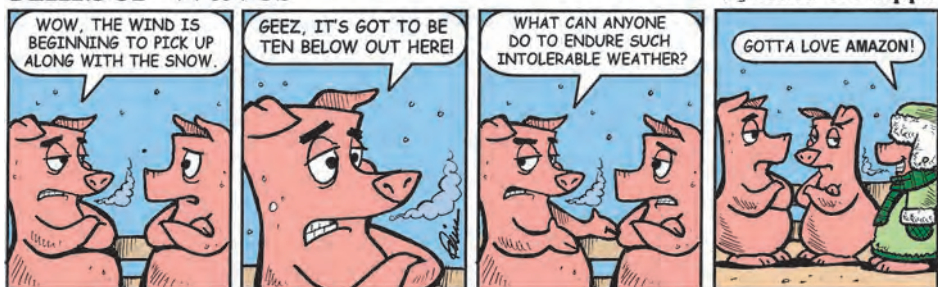
- TELEVISION: In which state was the fictional town of Mayberry set for the series "The Andy Griffith Show"?
- MEASUREMENTS: How many years is a sesquicentennial anniversary?
- LITERATURE: Who wrote the novel "The Haunting of Hill House"?
- GEOGRAPHY: How many countries border China?
- MUSIC: Which 1990s popular band's original name was Mookie Blaylock?
- U.S. PRESIDENTS: Which president was the first to be born a U.S. citizen?
- FAMOUS QUOTATIONS: Which Austrian poet once wrote, "Spring has returned. The Earth is like a child that knows poems"?
- MOVIES: Which futuristic 1970s movie's tagline was "Boy, have we got a vacation for you ..."?
- PSYCHOLOGY: Which abnormal fear is represented in the condition called apiphobia?
- ADVERTISEMENTS: Which product featured the manicurist Madge in TV commercials beginning in the 1960s?

Answers

1. North Carolina
2. 150
3. Shirley Jackson
4. 14
5. Pearl Jam
6. Martin Van Buren
7. Rainer Maria Rilke
8. "Westworld"
9. Fear of bees
10. Palmolive dishwashing liquid

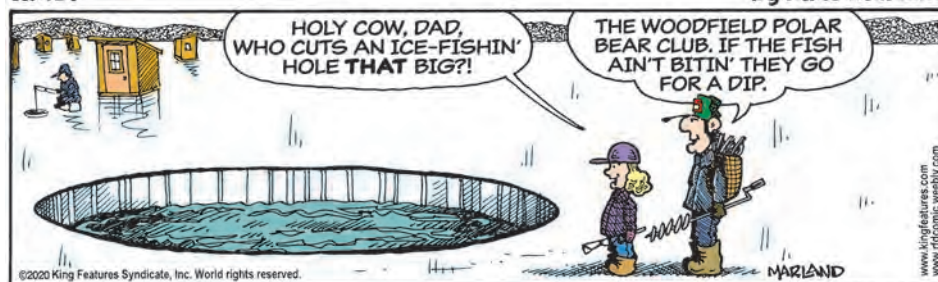
Amber Waves

by Dave T. Phipps



R.F.D.

by Mike Marland



Out on a Limb

by Gary Kopervas



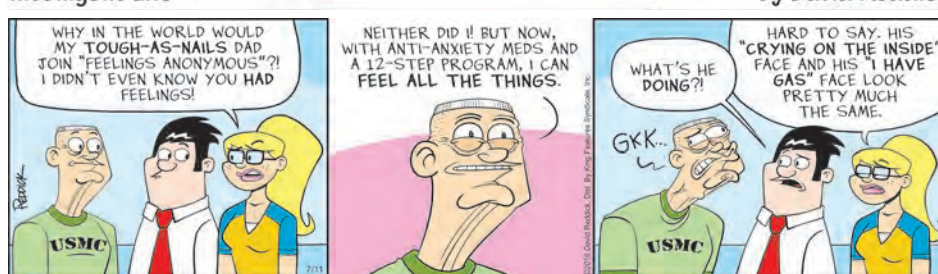
The Spats

by Jeff Pickering



Intelligent Life

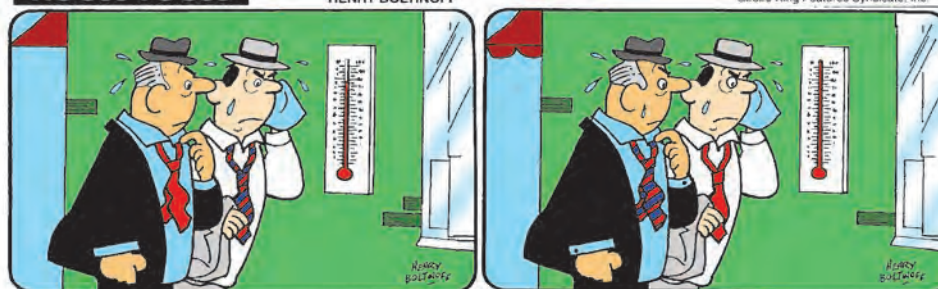
by David Reddick



HOCUS-FOCUS

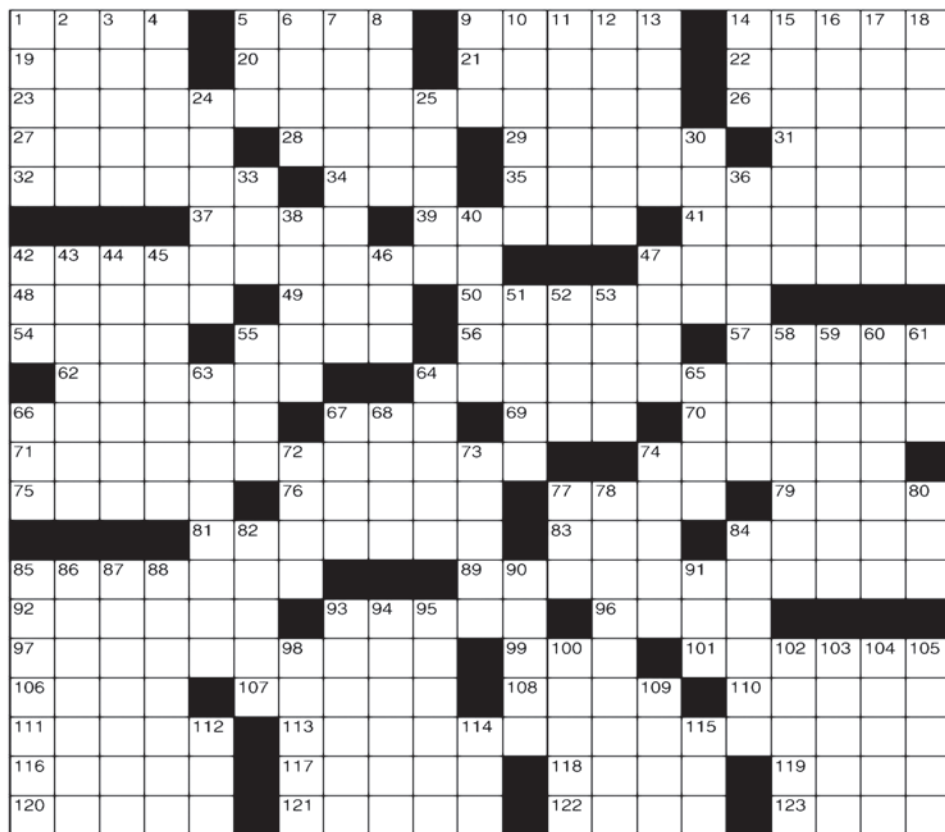
BY HENRY BOLTIHOFF

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Find at least six differences in details between panels. Differences: 1. Droplet is added. 2. This are swapped. 3. Brick is missing. 4. Buttons are added. 5. Temperature is higher. 6. Aiming is different.

Super Crossword



- ACROSS**
- 1 Sol, la or ti
 - 5 Low-pitched
 - 9 Salt Lake City resident
 - 14 Ahead by a single point
 - 19 Otherworldly glow
 - 20 Admit openly
 - 21 Spanish appetizers
 - 22 More sensible
 - 23 Datum for a hard drive
 - 26 Brand of fake fat
 - 27 Geriatrics topic
 - 28 Vegetable in Cajun cuisine
 - 29 Beach birds
 - 31 St. Patty's land
 - 32 Gains' opposites
 - 34 Australian avian
 - 35 Defunct figure-skating show
 - 37 Robin's place
 - 39 Woven together
 - 41 Take one's turn after all others
 - 42 Actress married to Steven Spielberg
 - 47 Develops an affinity for
 - 48 Strong glue
 - 49 MGM lion
 - 50 Sling mud at
 - 54 Mushy food
 - 55 Itinerary info
 - 56 Morganstern of 1970s TV
 - 57 Hoarse
 - 62 Evoke
 - 64 Camera-to-computer upload
 - 66 Like some sci-fi aliens, location-wise
 - 67 Caterer's receptacle
 - 69 Got the gold
 - 70 Fruity frozen dessert
 - 71 Jackson or Lincoln, e.g.
 - 74 Lay to final rest
 - 75 Actress Daly and novelist O'Connell
 - 76 Largest frat in the U.S.
 - 77 Pooch name
 - 79 Lowly worker
 - 81 — -la (utopia)
 - 83 College e-mail ender
 - 84 Supreme Court's Sotomayor
 - 85 With 33-Down, arm of the Indian Ocean
 - 89 Voyager Golden Record, e.g.
 - 92 Roving sorts
 - 93 Is sickeningly sweet
 - 96 Old fruity soda
 - 97 Sailor's reply
 - 99 In shape
 - 101 Should it happen that
 - 106 Skinny
 - 107 Epsom —
 - 108 Redding with a Grammy
 - 110 Flynn of early films
 - 111 Classic tune
 - 113 Snapshot go-withs
 - 116 Edmund of "Miracle on 34th Street"
 - 117 Apple messaging software
 - 118 Like men
 - 119 Ovid's 2,002
 - 120 Swamp plant
 - 121 Bête —
 - 122 Multitude
 - 123 Word hidden backwards in this puzzle's eight longest answers
- DOWN**
- 1 Vocally twangy
 - 2 Expenditure
 - 3 Three, in Lille
 - 4 Deserves
 - 5 Bit of luggage
 - 6 Chevrolet hatchback
 - 7 Collection for a wrench
 - 8 Hive cluster
 - 9 Actress Hagen
 - 10 Maneuver
 - 11 Each
 - 12 Strong dislike
 - 13 "It's Gonna Be Me" band
 - 14 Mil. hangout
 - 15 Sierra Nevada brew
 - 16 New York tribe members
 - 17 Least distant
 - 18 Cuba's Guevara
 - 24 Part of CIA
 - 25 Cook Deen
 - 30 Continuing dramas
 - 33 See 85-Across
 - 36 Kitty
 - 38 Snowball impact sound
 - 40 Extend — welcome
 - 42 Beer cask
 - 43 Galore
 - 44 Moniker for TV's Tim Taylor
 - 45 Make amends for
 - 46 Sod-busting tool
 - 47 — Il (Gillette razor)
 - 51 Stole's kin
 - 52 — stick (jumping toy)
 - 53 Utopia
 - 55 The "D" of CD
 - 58 Fate who cut the thread of life
 - 59 Secondary option list
 - 60 Heat to 212 degrees in advance
 - 61 As of now
 - 63 Old Toyota
 - 64 Prefix with 39-Across
 - 65 "It will come — surprise ..."
 - 66 East, in Bonn
 - 67 Go — smoke
 - 68 Bond girl player Diana
 - 72 Hot — oven
 - 73 "Tis —" ("So sad")
 - 74 Draw out
 - 77 Like women: Abbr.
 - 78 Same
 - 80 No, in Selkirk
 - 82 Lock holders
 - 84 Kind of piano
 - 85 Comparable things
 - 86 Sovereign's "I," often
 - 87 Revised
 - 88 Supporting
 - 90 "C — Cookie"
 - 91 Food tuna
 - 93 Tricolor cat
 - 94 Chinese fruit
 - 95 Car security system
 - 98 Easy putt
 - 100 Gossip tidbits
 - 102 Pinch into small folds
 - 103 Good smell
 - 104 Kind of boom
 - 105 — the Cow (milk mascot)
 - 109 Markdown
 - 112 Shanghai-to-Tokyo dir.
 - 114 Adaptable truck, briefly
 - 115 Church perch

SEM CU
south east madera county united

HELP YOUR COMMUNITY

Reach water sustainability
and help the community with needs
such as parks, a community center,
safety, traffic and schools.

SEM CU Regular Meeting

Monday, April 20 at 6 p.m. • Ranchos Pizza Factory

Help with SEM CU and you help our neighborhood
where our kids grow up and where we plan to retire.
Southeast Madera is our back yard, our home and the
place we live. It doesn't take a lot of time,
meeting only once a month for about an hour.

FOR MORE INFORMATION:

559-363-9095 • www.semcu.org • info@semcu.org