

# NEWS

## New article on mobile groomer available online

A new version of the article on Tranquil Trims Mobile Grooming that ran two weeks ago is posted on the *Valley Roadrunner's* website: [www.valleycenter.com](http://www.valleycenter.com) and will also be printed in the winter edition of the *Valley Center Magazine*.

We invite our readers to look for the article in either location.

## The influenza vaccine does not make you sick

You've probably heard this before from friends or family: "I don't get a flu shot because it makes me sick."

This is a myth. The reality is that the flu vaccine cannot make you sick.

"The viruses in the flu vaccine are dead or 'inactivated' and cannot be infectious or cause illness," said Wilma Wooten, M.D., M.P.H., County public health officer. "The most common side effects from the flu shot are soreness, redness, or swelling where the shot was given."

Wooten explained that some people may experience a low-grade fever, headache and muscle aches which would lead them to think they got sick. If these reactions occur, they usually begin after getting vaccinated and last 1-2 days.

"When this happens, the reactions are considerably milder and less severe than the symptoms caused by the flu which can last up to two weeks," Wooten explained. "Get vaccinated now before the flu starts to spread."

For the week ending Oct. 21, 2017, the Health and Human Services Agency Influenza Watch report shows the following:

Emergency department visits for influenza-like illness: 1 percent of all visits (the same as the previous week)

Lab-confirmed influenza cases for the week: 27 (down from 37 the previous week)

Total influenza deaths to date: 1 (compared to 1 at this time last season)

Total lab-confirmed influenza cases to date: 285 (compared to 89 last

season)

### Your Best Shot Against the Flu

The Centers for Disease Control and Prevention recommends that everyone 6 months and older get a flu shot every year. The vaccine is safe and effective. It takes two weeks for immunity to develop.

Vaccination is especially important for people who are at high risk of developing serious complications from influenza. They include:

- People with chronic medical conditions like asthma, diabetes and lung disease, even if symptoms are under control

- Pregnant women
- People 65 years and older
- People who live with or care for others who are at higher risk

- In addition to getting vaccinated, people should also do the following to avoid getting sick:

- Wash hands thoroughly and often
- Use hand sanitizers
- Stay away from sick people
- Avoid touching your eyes, nose, and mouth
- Clean commonly touched surfaces
- If you are sick, stay home and avoid contact with others

The flu vaccine is available at doctors' offices and retail pharmacies. If you don't have medical insurance, you can go to a County public health center to get vaccinated. For a list of locations, visit [www.sdiz.org](http://www.sdiz.org) or call 2-1-1.

## If you are going to submit to *The Roadrunner* . . .

We like to say that everyone is a reporter for *The Roadrunner*. So, since the community supplies a lot of the material that we run in the paper, here are a few guidelines on how to submit that will make the editor's life much easier (you'd like to do that, wouldn't you?)

First off, thank you! You are already making the editor's life easier by writing an article about your event, personal achievement or news tip! That makes you tops in our book! Or in our newspaper, at least.

• Please type! We still have people who occasionally give us handwritten submissions, and while we make every effort to accommodate everyone, this does create a lot of problems. The most obvious problem is that when you are submitting an article that has names in it, handwritten notes make it very hard to assure accuracy. Whatever you may think about your handwriting, most peoples' handwriting is hard to read. Especially when they are writing their own names, which they have been doing all their lives, so they have no idea how illegible they have become.

• When you submit items, whether in person, or by email, put your name in there somewhere, along with contact info, preferably both email and phone. It's very important to know whom we are talking to. These numbers will not be used in the article, but if we have a question, we will need to contact you ASAP. For email, use [editor@valleycenter.com](mailto:editor@valleycenter.com).

• When you send us items by email, PLEASE put a subject in the email. Emails can and will be ignored without a subject.

• We love photos! Photos make an article "pop" with interest. Try to focus on the people in your photo instead of the "thing." And if you think you are too close to your subjects—get closer! On the technical side of things, we prefer

jpgs, preferably 300 dpi. If you don't know what any of that means, don't worry about it. We'll figure it out together.

• Please don't submit photos imbedded in documents—something that is increasingly common as people become more sophisticated with their submissions. This actually makes things HARDER for us. We prefer you to send the documents and photos as separate.

• Our deadline for most items to the paper is Friday, 5 p.m. for the next issue. Obviously, this doesn't apply to things that happen over the weekend.

• Whatever you do, don't start an article with "It's that time of year again!" It may very well be that time of year again, and probably is, but that is probably the most trite way possible to begin a communication. Worse, it communicates absolutely nothing in terms of information. The editor will hit his head against the wall until he falls down unconscious if you use it. You wouldn't want to be responsible for that happening, would you?

We look forward to reading your submissions to *The Roadrunner*, your hometown newspaper.



## Local artist shows kids how to carve pumpkins

Maybe they should call him Chris the Pumpkin Carver instead of, or in addition to, Chris "the Woodcutter" Marszalek. On Halloween Marszalek visited the library, like he does every year at this time. He showed the kids how to make some pretty scary Jack O' Lanterns. If you are thinking that he also bears a strong resemblance to a certain "Jolly old elf," that's because he's getting ready assist the big guy this Christmas season.



### Arts, Crafts & Vintage Market

Saturday and Sunday, November 11th & 12th  
Friday-Sunday, November 24th - 26th  
9:00 am to 4:00 pm

- 80 Artisans selling handmade American crafts and fine art
- Pancake Breakfast 7-10 am
- Snows Pony Rides and Petting Corral
- "What's Cookin'" BBQ
- Take a free hayride and visit with Santa, November 24 & 25 from 1-3 pm
- Live music from 12-3 pm each day



### East County Cruisers Car Show & Toy Drive

Saturday, November 11th · 9:00 am to 2:30 pm



Bring your family and friends to the farm and check out the classic cars on display from 9 am to 2 pm. Show your random act of kindness by bringing an unwrapped toy to the farm for the toy drive. Military families will benefit from your bigheartedness.

### Pancake Breakfast

Valley Center Lion's Club  
Saturday & Sunday  
November 11th & 12th  
November 24th-26th  
7:00 am to 10:00 am



All-you-can-eat Pancake Breakfast provided by the Valley Center Lions Club. \$6 adults/\$5 children. Enjoy pancakes, eggs, bacon, coffee and orange juice. Proceeds benefit local charities.

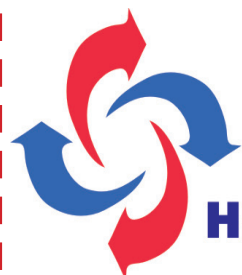
### Bates Nut Farm

15954 Woods Valley Road • Valley Center, CA 92082  
[www.batesnutfarm.biz](http://www.batesnutfarm.biz) • 760-749-3333 • [info@batesnutfarm.biz](mailto:info@batesnutfarm.biz)

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