



CAL-VALLEY CONNECTION

THE GIANT RACE UPDATE

Congratulations to Gail and Paul on completing all four races of The Giant Race. They recently finished their last race in San Francisco after completing previous races earlier this year in Scottsdale, Arizona, at Raley Field in Sacramento, and at the Municipal Stadium in San Jose. Gail and Paul crossed home plate at AT&T Park to bring their 2018 racing campaign to an end.



The proceeds from these races go to many charities, such as, the Leukemia & Lymphoma Society, Junior Giants, Team Red, White & Blue, and many more.

PROTECT YOUR SMART TV FROM HACKERS

Smart TVs are just what their name implies. They're clever at providing the services and channels you want; they're clever at knowing your likes and dislikes; and they're clever at communicating via the Internet -- just like hackers.

Basically, any device that's connected to the Internet is vulnerable to hacking. If someone gets access to your smart TV, they could cause havoc -- from switching channels to stealing payment information for apps or installing ransomware.

In the case of ransomware, viewers receive an on-screen message that falsely claims to be from the FBI, demanding money and freezing access to your TV.

If you have any reason to think someone has gained access to your smart TV, the simplest solution is to perform a factory reset or master reset, which should be explained in your

TV manual or on the manufacturer's website.

Security experts have found this doesn't always work if the TV has been hijacked by ransomware. In that case, they recommend you contact the maker directly.

You can reduce the risk of a hack attack by being wary about downloading new and unknown TV apps and by setting a password that will prevent hackers accessing other parts of your home network.

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- 2nd Quarter Charity Update
- 3rd Quarter Charity Update
- Healthy Home Tips



WE LOVE OUR COMMUNITY

2nd QUARTER CHARITY UPDATE



Another quarterly charity is in the books and thanks to your referrals we were happy to raise \$560 for the Community Food Bank, which is actually now called the Central California Food Bank.

This organization is dedicated to ending hunger in Central California. Partnered with more than 200 agencies, they are able to gather and distribute food and provide community leadership on hunger issues. Through these partnerships along with other nutritional programs, they have been able to distributed over 40 million pounds of food so far.

If you're interested in learning more about the Central California Food Bank, you can visit their website by clicking on the picture to the left.

AMOUNT RAISED: \$560

3rd QUARTER CHARITY UPDATE

For our 3rd quarter charity, we have had the pleasure of supporting a very inspiring charity, Kids Cafe 2019.

Kids Cafe 2019 is a modern restaurant located in downtown Fresno. They proudly support the Downtown Fresno Partnership, featuring high quality and healthy menu options for the health-conscious consumer. Kids Cafe 2019 was created in a partnership with the Fresno County Superintendent of Schools to help assist teachers engage students in first hand training experiences. It provides lessons to help students transition from the classroom to our community work force.

To learn more about the Kids Cafe 2019, click on the logo to watch an informative video and be sure to stop by sometime for a delicious meal.



WE APPRECIATE YOUR REFERRALS



MAKE YOUR PLACE A HEALTHY HOME

We spend a big part of our lives inside our homes. But how much time do we devote to making sure they're healthy places to be? Thanks to advances in technology and knowledge, it's easier and cheaper than ever to improve and protect the places where we live.

Here's a rundown on some of the things you can buy or add to your home to make it a better place to live. (Search online for more ideas).

• **Humidifiers/Dehumidifiers** - Too much or not enough moisture in your home can affect your health. Humidity should be in the 40 to 50 percent range and you need a hygrometer (\$10 to \$20) to track it. If your numbers are regularly above the range, you need a dehumidifier. If below, a humidifier is the solution. Also, when steam is being generated as in bathrooms and kitchens, run extractor fans for 20 minutes after you're done.



• **Anti-Allergens** - Allergies, especially at this time of year, make life a misery for sufferers -- and there are more than

50 million of them in North America. There's lots you can do to reduce allergens in the home, from air purifiers and hypoallergenic bedding to simply shaking off your outerwear before stepping inside. Here are 20 useful tips for allergy sufferers: <https://tinyurl.com/20-allergy-tips>

• **Sleep aids** - One-in-three adults in the USA and Canada don't regularly get enough sleep. That affects health and personal safety. Explore ways of making your bedroom a sleep-friendly environment with additions like "white noise" or relaxing music players, sleep-masks, black-out blinds or drapes for maximum darkness, smartphone apps that track your sleep activity and lavender-scented pillows. If you have difficulty falling asleep, don't watch TV or use computers/tablets for at least an hour before bed.

• **Clean Water** - Concern is growing about microplastics in tap and bottled water. Improve water quality by using an activated carbon filter and replacing it regularly. While you're focused on this issue dispose of any plastic food and drink containers that have the chemical BPA in them. Look for items with a number 3, 6 or 7 on the bottom and pitch them.

• **Sanitizing** - Some of the biggest transmitters of germs are handheld devices (like remotes and phones), keyboards, faucets and door handles - objects that several people may handle

throughout the day. Sanitize them regularly with medicated wipes.

• **Vents, Chimney and Ducts** - These are the places you often can't see or don't bother to check. But they harbor all manner of health and safety risks. Have them cleaned regularly by a professional.



The American Red Cross has warned that many people overestimate their ability to react to a home fire and miss critical steps to protect their loved ones and themselves. Home fires are the most common disasters people face. Every day, home blazes claim the lives of more than 7 people in North America. Experts say people have as little as two minutes to escape a fire, while most of us believe we have much more time.

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