



# Elder Abuse on the Rise in Sac County

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# Happy Father's Day!



# Carmichael Times

VOLUME 42 • ISSUE 25

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JUNE 18, 2021

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# Bags of Fun



The Carmichael Kiwanis Club reunited at the home of realtors Ron and Cleo Greenwood. Members and friends included Jim and Camille Pojda, Ron and Cleo Greenwood, Judy Shoemaker, Mike Koemer and Sheba Jackson.

Story and photo by Susan Maxwell Skinner

**CARMICHAEL, CA (MPG)** - A bag-dinner garden party last week marked a first in-person gathering for Carmichael Kiwanis Club since early in 2020. Members and spouses celebrated at the home of realtors Ron and Cleo Greenwood. "It was great to be reacquainted with special people that we've missed so much," reported host and former club president Greenwood.

"We've managed our normal

weekly meetings by ZOOM for the past 16 months, but that's never as good as friends getting together. This was something we've all been longing for." Because of COVID restrictions, the non-profit was also obliged to cancel major fundraisers, including its sell-out Taste of Carmichael festival and winter crab feed. More than \$22,000 in Big Day of Giving donations rescued the club's budget for community programs.

Kiwanians who have breakfasted together for decades have counted the days till members could meet

again. "After much discussion, we decided an outdoor function with vaccinated members and social distancing would be a safe way to go," said Greenwood. "Our box dinners (catered by Bella Bru of Carmichael) minimalized food handling."

Members raised a champagne toast to thank BDOG sponsors from Lyon Real Estate's Sierra Oaks office. A second toast was to the club's reunion - and to many happy returns. For information on Carmichael Kiwanis, visit [www.kiwanisclubof-carmichael.com](http://www.kiwanisclubof-carmichael.com) ★

## State Board of Equalization Adopts \$126.8 Billion in Assessed Property Value

By Peter Kim, California State Board of Equalization

SACRAMENTO, CA (MPG)

The California State Board of Equalization (BOE) unanimously adopted the \$126.8 billion in assessed property values of 341 companies within California, which include telephone, gas, and electric companies, independent power producers, regulated railroads, and intercounty pipelines. In the upcoming fiscal year, schools and local communities statewide will receive a total of approximately \$1.99 billion in property tax revenue resulting from the Board exercising one of its core constitutional functions.

"The BOE's critical role protects the tax dollars schools and local communities depend on every day," said BOE Chairman Antonio Vazquez. "On behalf of the entire Board, I commend BOE staff for their expertise and hard work as today's action translates to funding teachers, public safety officials, parks, and roads across California."

Whereas most property in California is assessed by the 58 County Assessors, the BOE serves as the "59th assessor" by directly assessing certain public utilities, regulated railroads, and intercounty pipelines throughout the state. Also, since these properties are not subject to Proposition 13, the BOE annually determines the market value or the "unitary value" of property that includes improvements, personal property, and land. The BOE develops the fair market value by considering market conditions, use of and income generated by the property, replacement costs, investments in the property, regulatory climate, depreciation, and other factors as of the January 1 lien date.

For fiscal year 2021-22, there was a 6.7% increase in the total value from last year in the amount of \$7.9 billion which will generate approximately more than \$124 million additional tax dollars. County governments will use the values set by the BOE to levy the local property taxes.

The entire list of assessed property values and more information on the State-Assessed Properties Program is available on the BOE website. ★

## Former State Trooper Will Lead ARCC

Story and photos by Susan Maxwell Skinner

**CARMICHAEL, CA (MPG)** - As a State Trooper in Indiana, Corporal Jim Valentine was adept at snapping cuffs on wrists. As a minister, he works to unlock them. "Even ordinary people shackle themselves," says the new pastor of American River Community Church. "I offer a key to freedom."

The 6ft 4in man of God eschews clerical robes in his new job. "I've worn a uniform and I know it can put walls up," says Valentine (51). "I don't want walls. I'm comfortable with the authority I have as plain ol' me. I don't need a uniform to enforce that."

One of Carmichael's longest established congregations, ARCC reached 2700 miles east to Mitchell, Indiana to fill the pulpit vacated in 2019 by Pastor Rich Reimer. COVID restrictions slowed appointment processes but after the candidate's two trips west -- and many Zoom interviews -- the church decided. Pastor and wife heard the news by telephone. Recalls Valentine's wife Guyanne: "We thought: holy smokes! We had to get a farm and a house ready to sell. There was a ton of stuff to be



Newly appointed Pastor Jim Valentine and wife Guyanne have introduced their family to the American River Community Church congregation. In fall, daughters Hailey (21) and Ashton (20) will continue college studies in Indiana. Son Eli (16) will begin 11th grade as a home-schooler.

given away. We began a flurry of activity. Jim and I loaded up a U-Haul and headed to California. Then we came back and drove the kids out here in a camper."

For their Carmichael flock, Valentine's day arrived last month. "What Now" was the title of their Pastor's first sermon.

On an earlier visit, he'd impressed congregants with an audition sermon on boldness. "I was preaching as much to myself," he considers. "I was making huge changes. We're still stepping into those. What

really won church members was meeting my family, and seeing how we work as a team. The idea that everybody has a job to do is something I've brought from law enforcement. Being a cop is inseparable from who I am. I know courage is not an absence of fear. Courage is taking the next step knowing you're well-trained to do what God wants for you."

A church-goer from childhood, the Indiana native followed his father's footsteps into law enforcement and served as an immigration officer, a drug

interdiction cop and a road trooper. He got his hip mashed in a barricade accident but it took the 1997 death of a fellow officer to concentrate his faith. "My friend Andy Winzenread left a wife and six-week-old daughter," he explains. "After his funeral, I learned he'd gone out on a call that was meant for me. His death saved me. It was then I felt the gravity of real-life faith. Six year later, I was taken out of uniform because my old hip injury stopped my leg working right. I was angry. I

Continued on page 3

# Elder Abuse on the Rise in Sacramento County

By Kathleen Newton, Northwest Media Consultants

**SACRAMENTO COUNTY, CA (MPG)** - In the past year, Sacramento County officials received more than 18,000 reports of elder abuse, up 81% compared to just five years earlier.

According to Irene Chu, program planner for Sacramento County Adult Protective Services, elder self-neglect, financial abuse, psychological abuse and neglect by others make up the bulk of APS cases.

The 2020-21 abuse reports generated nearly 5,500 formal investigations. Of these, 41% involved self-neglect, followed by financial abuse, at 22%.

Chu said financial abuse can include internet or telephone scams involving identity theft, investment swindles, computer virus schemes and charity or family-member-in-need scams. Even worse may be swindles and theft by caregivers, which may leave the victims destitute.

Self-neglect cases can range from elderly people failing to take their medication to not being able to maintain healthful conditions in their homes or suffering from physical or mental disabilities that make it difficult for them to care for themselves. Homeless individuals are particularly vulnerable to self-neglect and abuse by others, she said.

Chu stressed that in nearly all cases of elder abuse and neglect, isolation is the key risk factor.

"It's not just for those people living by



To spot financial abuse, look for sudden changes in the older person's financial situation, such as: Suspicious changes in wills or powers of attorney; Financial activity the person couldn't have done herself; Bills not being paid; Significant withdrawals or unusual purchases. MPG file photo

themselves. Even if an elder is living with family members or friends, he or she can be isolated. In some extreme situations, caregivers may take away their Social Security checks, block their contact with outsiders or keep them confined to the house because they don't want people to know what they are doing."

Chu said it is critical that people maintain constant contact with their elderly loved ones. "Keep calling them," she said. "Make sure when you talk to your loved ones that you don't sense

any hesitation when they are talking to you. Without communication, you won't be able to see the signs of possible abuse."

She urged people to learn and watch for the signs of elder abuse in their loved ones. She noted that APS social workers can link clients to services to help them live safely in their own homes.

If you have questions or suspect a problem, contact Sacramento County Adult Protective Services at (916) 874-9377.

To learn more about how

to prevent elder abuse, visit the Sacramento County Adult Protective Services website at <https://dcfas.saccounty.net/SAS/Pages/Adult-Protective-Services/SP-Adult-Protective-Services.aspx>. or go to <https://elderabuseawareness.ca.info/>.

Watch for these signs of elder abuse: Lack of basic amenities; Cluttered, filthy living environment; Unexplained or uncharacteristic changes in behavior; Harassment, coercion, intimidation, humiliation; and caregiver

isolation of elder.

To spot financial abuse, look for sudden changes in the older person's financial situation, such as: Suspicious changes in wills or powers of attorney; Financial activity the person couldn't have done herself; Bills not being paid; Significant withdrawals or unusual purchases.

How to report suspected cases of elder abuse

If you believe an elderly person is in immediate danger, call 911. Otherwise, Sacramento County Adult Protective Services

(APS) has a 24-hour hotline for reporting abuse of older adults and disabled adults who may be physically or financially abused, neglected or exploited. Call (916) 874-9377.

To report suspected abuse of an elder in a nursing home, residential care facility for the elderly, or assisted living facility, contact California's CRISISline at (800) 231-4024. During business hours call the local Long-Term Care Ombudsman Program of Agency on Aging Area 4 at (916) 376-8910. ★

To report suspected abuse of an elder contact California's CRISISline at (800) 231-4024.

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# Golden State Water Advises Customers of Emergency Drought Declaration

By Mike Gazda, Golden State Water

**SACRAMENTO, CA (MPG)** - Golden State Water Company (Golden State Water) is advising customers in its Clearlake, Bay Point and Arden Cordova (Arden, Gold River, Rancho Cordova) service areas of the state of California's emergency drought declaration that was expanded on May 10, 2021, to include Lake, Contra Costa and Sacramento counties. Customers in these communities, and throughout the state, are encouraged to continue using water responsibly and make water conservation an important part of their every day.

Additionally, the Sacramento Regional Water Authority (RWA) is encouraging all customers in the Sacramento region to voluntarily reduce water usage by 10 percent to help preserve the region's water supplies and protect local fish populations.

"Our customers did a tremendous job reducing water use during the last drought, and most of them have continued those water-efficient practices and done a nice job making conservation a way of life," said Paul Schubert, General Manager of the Northern District for Golden State Water. "This week's announcement expanding the emergency drought declaration to include Lake, Contra Costa and Sacramento counties is consistent with what the data is telling us. These areas are experiencing various levels of drought, and we must all work together to help protect water supplies."

Customers are asked to limit outdoor irrigation and refrain from watering

lawns and gardens during daylight hours to reduce the amount of water lost to evaporation. Additionally, customers are reminded that the following practices that waste potable water are prohibited in California: Hosing off sidewalks, driveways and other hardscapes. Washing a motor vehicle with a hose, unless the hose is fitted with a shut-off nozzle. Operating a fountain or decorative water feature, unless the water is part of a recirculating system. Watering outdoor landscapes in a manner that causes excess runoff, or within 48 hours following measurable precipitation. Irrigation with potable water of ornamental turf on public street medians.

"Golden State Water has experts who have been monitoring and planning for this since the last drought ended; however, it's important that each and every customer realizes the important impact we can make if we all work together to improve our water-use efficiency," said Denise Kruger, Senior Vice President of Regulated Water Utilities for Golden State Water. "Golden State Water offers numerous rebates and resources to help customers save water, and we encourage everyone to check our website to see what they may qualify for."

Golden State Water will provide additional drought-related updates with customers as developments and conditions warrant. Customers are asked to visit [gswater.com/conservation](http://gswater.com/conservation) to learn more about programs and resources in their area and follow @GoldenStateH2O on Twitter and Facebook for real-time information about the drought and local water service. ★

# Former State Trooper Will Lead ARCC



Pastor Jim Valentine

*Continued from page 1*  
thought a police career was my life. Lying face-down on my office floor, I realized God had other plans for me." Valentine entered Master's International School of Divinity (Evansville, Ind.) Aged 41, he was ordained in 2011. His first clerical post was at Mount Pleasant Christian Church in Bedford; he was later Head Pastor at Tulip Street Christian Church in Mitchell, Ind.

With his hip worsening, less painful winters became an ambition. The Valentine clan was considering a move to Florida when the ARCC position surfaced.

"In Indiana, all we heard about California was on the news," he reflects. "The news was generally bad. But in Carmichael we found wonderful people -- regular people -- doing regular things. I knew helping them find what I'd found in God would translate from Indiana to California.

ARCC's mission statement -- to see the community changed and followers of Jesus reflected in His love -- struck a chord. "It's not just theoretical," says Valentine. "I see love played out in tangible ways here. Children are given a solid future in our preschool; meetings here give men and women hope to get out of addiction. People of ethnic diversity work together in our community garden." The pastor's bride has begun work beside him. Their teamwork last week helped a large parish family move house.

Valentine was a 25-year-old State Trooper when he met physical therapy

student Guyanne. They fell blindly in love on a blind date in January 1996; she accepted his proposal in February, complaining only that he didn't wait a week and propose on Valentine's Day. "I was in love," her husband explains 25 years later. "I didn't want to wait a week."

Guyanne has since home-schooled three little Valentines, managed a goat farm and worked in women's fitness. Diversity is part of pastoral life's tapestry. "I married a cop and ended up a preacher's wife," she muses. "There are similarities in the jobs. Jim has always worked long hours trying to help damaged people find faith that things would get better. I'm thankful I don't have to worry much about his safety, now. But we're ready to roll up our sleeves here, to do the hard stuff together."

American River Community Church is located at 3300 Walnut Avenue, Carmichael. ★

# Multiple EDD Bills Get Senate's Nod of Approval

By Jacqui Nguyen, California Senate Republicans

**SACRAMENTO, CA (MPG)** - Senate Republicans announce the passage of Senate Bill 39, Senate Bill 58, and Senate Bill 390 by the Senate. These bills address some of the critical lapses in security at California's Employment Development Department that have contributed to the rampant fraud in unemployment insurance claims this last year. These include: **SB 39**, authored by Republican Senator Shannon Grove, would require the EDD to cross check prison inmate records with unemployment claims to prevent benefits from going to prisoners. **SB 390** would require the EDD to establish and routinely revise a

recession plan to increase the department's efficiency during an economic downturn. Republican Leader Scott Wilk, Senator Rosilicie Ochoa Bogh, Senator Brian Jones, Senator Melissa Melendez, and Senator Jim Nielsen are co-authors of SB 390. **Senate Bill 58**, authored by Republican Leader Wilk, would require the EDD to immediately end the practice of including full social security numbers on its most frequently mailed documents. SB 58 passed the Senate earlier this month and is in the California State Assembly awaiting consideration. **SB 232**, authored by Republican Senator Nielsen, would implement all of the State Auditor's recommendations from the previous three audits of EDD. It is scheduled for a floor vote in early June. ★

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# All Aboard!

By Thomas J. Sullivan

**RANCHO CORDOVA, CA (MPG)** - The sights, sounds and smell of steam railroad engines are once again being heard in Hagen Community Park in Rancho Cordova as members of the Sacramento Valley Live Steamers Railroad Museum (SVLSRM) have resumed their summer public run schedule.

"I've had a love of trains my whole life," said club president Andy Berchelli, an active member since 2008. In all, the club has 173 members, he said.

Club members of the nonprofit SVLSRM began building their railroad in 1972, completing an original 1,700-foot loop in May 1973. The rail loop has since grown to cover some 6,800 feet. Its track and facilities can now support more than 33 steam engines at one time.

"My son Tyler, born in 2003, has a rare condition and went through many surgeries in his first five years. Our family got involved with "Make A Wish" foundation in 2008 and Tyler's wish was to have his own first electric train and a riding car," he said.

Berchelli invites the public to visit the railroad, learn about steam locomotives and to take a ride on one of the club's trains. The members of the Sacramento Valley Live Steamers do not charge for rides during public ride days, but rely on donations to support their railroad.

Public runs are held on the first weekend of each



Sacramento Valley Live Steamers Railroad Museum public runs will be held on the first weekend of each month through September on the 6,800-foot rail loop. Photo by Thomas J. Sullivan

month through September from 11 to 3 p.m. In celebration of the 4th of July, special runs will be held from 6 to 9 p.m.

Club membership is a mix between G-scale garden railroad enthusiasts who enjoy the opportunity to run their trains on the club's permanent layout and those who have built their own scale steam engines from scratch.

Three of the club's four steam engines are over 40 years old and another was completed just a few years ago. At 1/8th scale these steam and diesel engines are identical to their full-size counterparts, faithfully recreating all the characteristics of their prototypes. They are real operating locomotives, just smaller.

"Since this is a hobby for us, most take several



The railroad facility can stage more than 33 steam engines in its tracks. Photo by Thomas J. Sullivan

years or more to build. Even when they are built, they are never completely done. Additional details and improvements continue to be added over time," he said.

New members are always welcome, Berchelli

said. "We first train our new members to become a conductor and how to properly load our passenger trains," he said.

"Members then move on to learn how to be an engineer on our diesel trains. Once they become

comfortable, they can then learn steam operation. Operating a steam engine requires much more hands-on teaching," Berchelli said.

Physical improvements of the layout continue. New track side buildings

and a memorial to honor and remember past members have been added. While the main railroad line is most likely to remain the same, original aluminum rail and wood ties are being replaced with steel rail and composite ties for better durability.

"My overall goal for the club is to continue to improve the quality of our layout for the public to fully enjoy," Berchelli said.

Club members have planted hundreds of California native plants and teamed up with members of the Sacramento Tree Foundation to help plant an additional 120 trees around the layout. An irrigation system has also been completed to improve and manage water consumption.

In the fall, a popular Pumpkin Train is set for October 2-3 from 11 a.m. to 3 p.m. A special Santa Claus Train is scheduled for the weekends of December 4-5 and 11-12 from 11 a.m. to 3 p.m.

Safety protocols have been put in place as the Sacramento Valley Live Steamers welcomes the public to the return of its summer train runs. Hand sanitizer is placed at each train boarding station. One family is loaded per car and then a spacer car is placed between each riding car. After unloading each train, all seats are cleaned by our volunteers. Learn more about the Sacramento Valley Live Steamers Railroad Museum, Inc. or how to join by visiting their web site at [www.svlstrm.org](http://www.svlstrm.org) ★

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# CLG NEWS UPDATES

Provided by Citizens for Legitimate Government (CLG) See legitgov.org

**US assessing reported leak at Chinese nuclear power facility – Warning of ‘imminent radiological threat’** | 14 June 2021 | The US government has spent the past week assessing a report of a leak at a Chinese nuclear power plant, after a French company that part owns and helps operate it warned of an “imminent radiological threat,” according to US officials and documents reviewed by CNN. The warning included an accusation that the Chinese safety authority was raising the acceptable limits for radiation detection outside the Taishan Nuclear Power Plant in Guangdong province in order to avoid having to shut it down, according to a letter from the French company to the US Department of Energy obtained by CNN. While US officials have deemed the situation does not currently pose a severe safety threat to workers at the plant or Chinese public, it is unusual that a foreign company would unilaterally reach out to the American government for help when its Chinese state-owned partner is yet to acknowledge a problem exists.

**The Same Suspicious SQL Software Discovered in Michigan Dominion Voting Machines Was Found in Pennsylvania Dominion Voting Machines** | 13 June 2021 | A recent election assessment conducted in Pennsylvania’s Fulton County and published in February 2021, found the existence of the Microsoft SQL database on the Dominion Voting Machines in the county. According to the Fulton County report, the analysts found “no valid reason” for the software to be installed on the system. They also reported that Dominion failed to fill out the appropriate forms regarding the software. This is the same software Michigan Attorney Matthew Deperno’s expert found on the Dominion machines as was demonstrated in Michigan. The software allows anyone with privileges to simply change values in the database directly in order to change the outcome of the election leaving no trace whatsoever.

**Reporter who broke story on Clinton-Lynch tarmac meeting found dead** | 13 June 2021 | The journalist who broke the story about the controversial 2016 tarmac meeting between former President Bill Clinton and then-Attorney General Loretta Lynch was found dead Saturday morning, according to police. The body of 45-year-old Christopher Sign, a news anchor for ABC 33/40 in Birmingham, was discovered by Hoover police and fire personnel at around 8 a.m. following a 911 call about a person down in a residence in Alabama, according to AL.com. Hoover police Lt. Keith Czeskleba said Sign’s death is being investigated as a suicide, the report added.

**Study shows hydroxychloroquine treatments increased coronavirus survival rate by almost three times** | 9 June 2021 | A new study shows that the controversial drug hydroxychloroquine touted by former President Donald Trump increased the survival rate of severely ill coronavirus patients. The observational study, published by medRxiv, found that antimalarial drug hydroxychloroquine, along with azithromycin, could increase the coronavirus survival rate by as much as nearly 200% if distributed at higher doses to ventilated patients with a severe version of the illness. “We found that when the cumulative doses of two drugs, HCQ and AZM, were above a certain level, patients had a survival rate 2.9 times the other patients,” the study’s conclusion states.

**CDC knew the coronavirus hospitalization rate had fallen among teens but chose to ‘cynically exploit the fears of parents in cover-up to boost vaccination rate’** – | 14 June 2021 | The CDC has been accused of deliberately misleading the public about COVID-19, after claiming that teenagers were being hospitalized in increasing numbers - when preliminary data was already showing the number was actually declining. The June 4 report showed that, in April, hospitalizations of people aged 12-17 rose to 1.3 per 100,000 people. Yet Fox News host Steve Hilton pointed out that when the report was published, the data actually showed figures had been falling. The May and June data showed that hospitalizations among the teens were starting to fall but those figures had been kept out of the report. ★

# Newsom Owes Apology for EDD’s Failings?



By Dan Walters  
CALMatters

Were Gov. Gavin Newsom as humble as he often proclaims to be, he would interrupt his “California Comeback” campaign long enough to issue a personal apology to hundreds of thousands of Californians who remain mired in the managerial meltdown at the Employment Development Department.

Yes, as Newsom constantly reminds us, the threat from COVID-19 has diminished and the state’s battered economy is slowly recovering. Nevertheless, California has the nation’s second highest unemployment rate and well over a million California workers are still jobless, many of whom qualify for unemployment insurance benefits — if they can ever get their applications resolved.

Journalists who write about economic issues, including yours truly, receive steady streams of emails from frustrated claimants who can’t get their calls answered and/or have their benefits frozen for reasons that are never explained.

A lengthy message from “Lindsay” typifies the sad syndrome. She worked for a travel agency before

being laid off last year and has been dealing with the EDD bureaucracy, or trying to deal, ever since, even after returning to parttime work. One passage:

“It wasn’t until April 22nd that I got my back pay for the previous 6 1/2 weeks I went without a dime. Mind you during this time I had lost my car insurance 2x, missed being able to celebrate Christmas or buy gifts, couldn’t pay rent or really eat. I barely take home \$600 twice a month from work too.

“After the last back pay I received it wasn’t even a full week before realizing I had not received any money from EDD. I guess because I had this \$1,500 in back pay that was deposited. I hadn’t really calculated the fact that I was missing 2 of my weeks that I just certified for and logged in to my (unemployment insurance) account to see that EDD had randomly disqualified me for 2 weeks of pay without any reasoning, no information sent to me or emailed, and this occurred without notifying my employer.

The problems with EDD first surfaced 14 months ago, when the economy was shutting down due to Newsom’s emergency orders, and Newsom promised to fix them. “We have to meet the moment,” he told reporters then. “We have to provide more support.”

In fact, however, the glitches continued and became steadily worse. The most recent EDD bulletin says it has a backlog of nearly 230,000 unresolved claims, a number that has

been growing lately, not shrinking.

When Newsom launched his California Comeback campaign with a lavishly choreographed State of the State speech in March, he obviously meant it to blunt a recall campaign aimed at short-circuiting his political career.

He touted progress on dampening the pandemic and rebuilding the economy and closed with “Our hopeful vision of our brighter future is the basis for the decisions we make today.

We place faith over fear – optimism over pessimism. The power is in our hands.”

Newsom did not, however, even mention the never-resolved crisis at EDD that he had promised to repair nearly a year earlier. The revised state budget he unveiled in May does mention it, saying blandly, “The pandemic has exposed many of EDD’s antiquated processes and outdated infrastructure, resulting in a delay or inability for many Californians to access (unemployment) benefits.”

Duh. Everybody, including Newsom, knew that more than a year ago. Subsequently, EDD managed to hand out billions of dollars to fraudsters while jobless workers like Lindsay have suffered economic stress because he didn’t make good on his promise, which is why he owes them a humble apology.

Dan Walters has been a journalist for nearly 60 years, spending all but a few of those years working for California newspapers. ★

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**Crossword Puzzle on Page 9**

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

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**Sudoku Puzzle on Page 9**

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

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**CROSS**

- Golf club handle
- Aviation safety agency
- Although, for short
- "Give me your tired, your ..."
- Homecoming guest
- PhD in Great Britain
- Legendary NFL quarterback Graham
- Like Old Mother Hubbard's cupboard
- Propelled like Argo
- "Batman's romantic interest"
- Wildebeests
- Use the other end of a pencil
- Cherry middle
- "Thor's weapon"
- Brays like a donkey
- Another word for Tokyo
- Makes a sum (2 words)
- "Like The Joker"
- Without self-control
- Black gold
- Buddy
- Site of Leaning Tower
- Canvas ceiling fan
- \*...man, one of original X-Men
- Comes to the fore
- \*...Woman, first female in the Justice Society of America
- "Rub A Dub Dub" vessel
- Paralysis-causing disease, for short
- Smoothie berry
- \*a.k.a. the Caped Crusader
- "Encore!"
- Pupil's place
- Like Arizona in summer
- "Ben Grimm of 'It's clobberin' time!'" fame, with The
- Eyeglasses glass
- Buggy terrain
- Gingerbread creation
- \*Superhero creator, Stan
- Eurasian duck

**DOWN**

- Government Printing Office
- Campus military acronym
- Letter before kappa
- For the time being, Latin (2 words)
- Basic drumming pattern, pl.
- Saints' crowns
- End of grace
- Through, for short
- He, third person singular
- Not new or borrowed or blue
- "All ...!"
- Motherless calf
- "Wakanda's Black ..."
- Make havoc
- Coach's locker room speech
- Oodles
- ...one, on a pass
- "Mighty ..."
- "Known to say: 'You wouldn't like me when I'm angry'"
- Steer clear
- Grimace in pain
- More cunning
- Make pretty, two words
- Break a commandment
- "America's title"
- Vienna Boys' group
- Public house, for short
- Devoid of reverence
- Seeking damages
- Wondering ones
- Put through a blender
- Offer two cents
- Turkish honorific
- Jealous biblical brother
- Perfect houseplant spot
- Bob ..., famous boxing promoter
- Cat o' how many tails?
- Cash dispenser
- Morning condensation

**Crossword Puzzle Solutions on Page 9**

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

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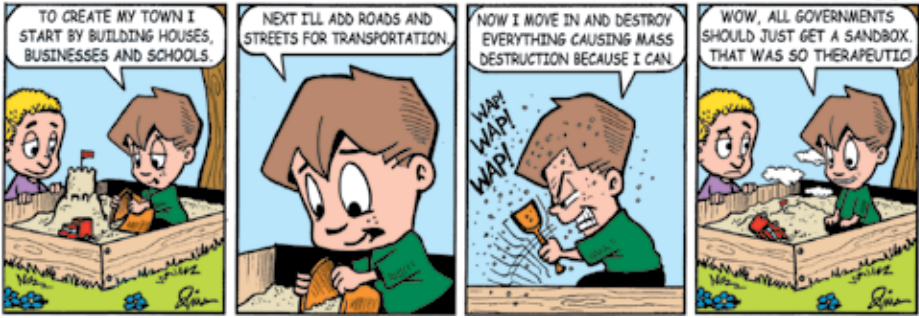
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9		5	6	8				
				6		3	5	
	2		8	1				
2		4	7					
		1	7					
	7	6		4				
	5	2		3				
2	8	9						
1	4	7						9

Solutions on Page 9

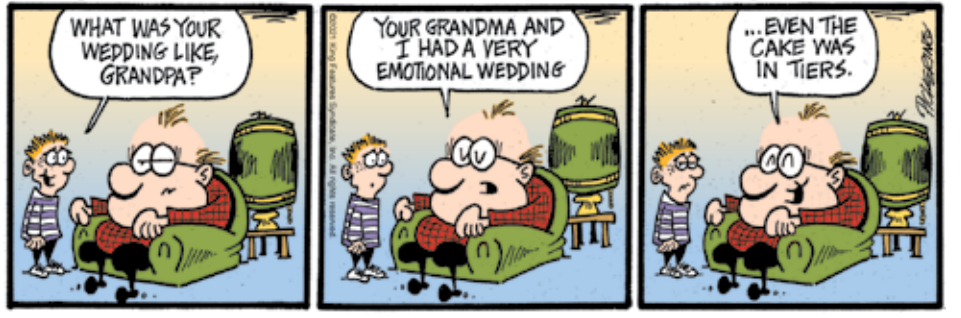
# WEEKLY COMICS

### Amber Waves



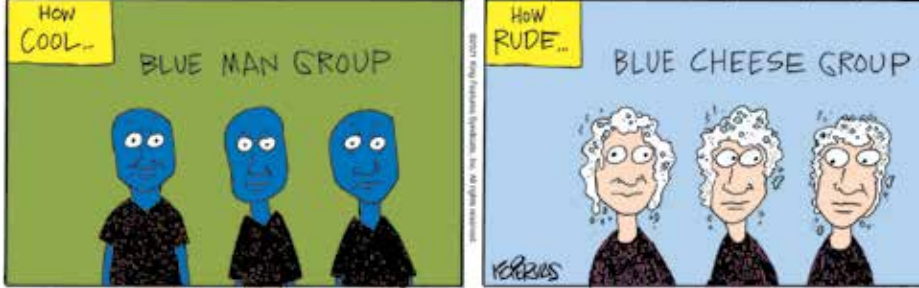
by Dave T. Phipps

### The Spats



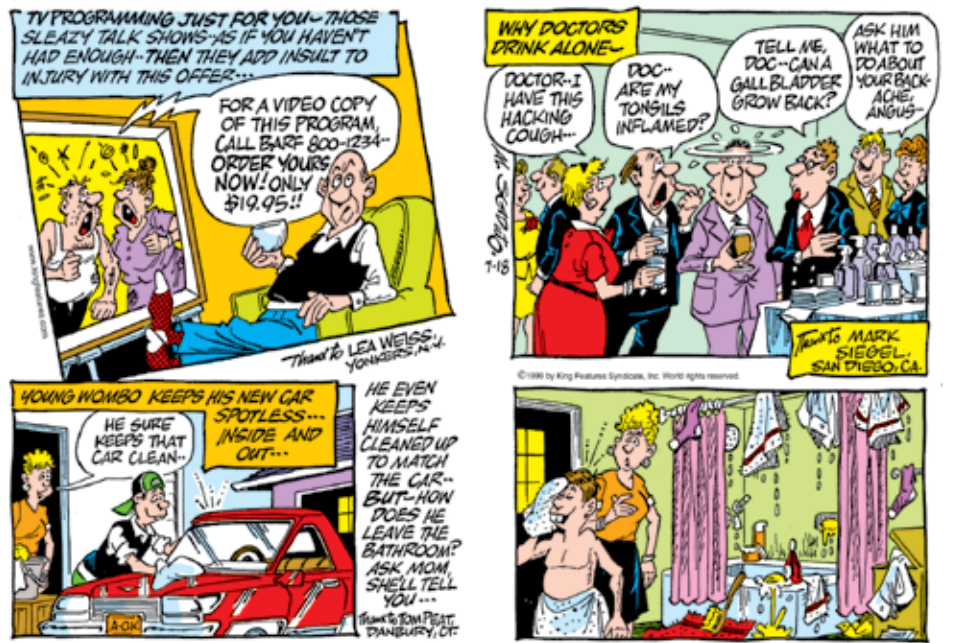
by Jeff Pickering

### Out on a Limb



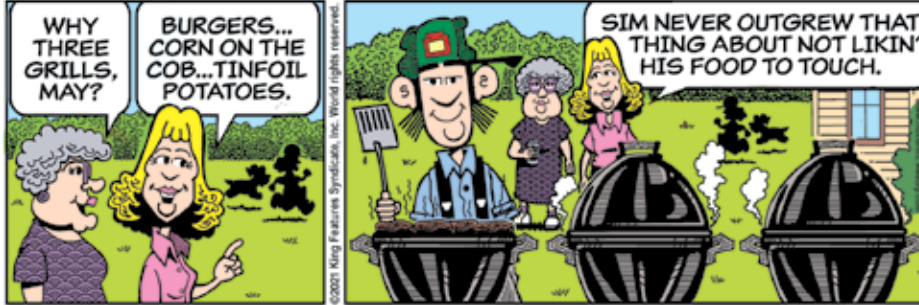
by Gary Kopervas

### THEY'LL DO IT EVERY TIME



BY AL SCADUTO

### R.F.D.



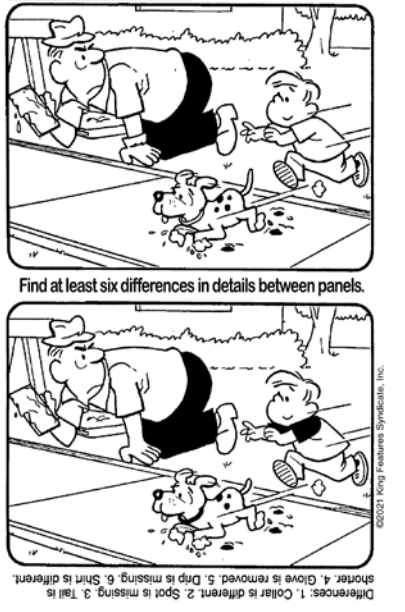
by Mike Marland

### Just Like Cats & Dogs



by Dave T. Phipps

### HOCUS-FOCUS



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**\$4.19** CHM PLU 362

# Dahle Opposes Tax Increases and Costly Regulation on Businesses

By Eric Brahms, Office of Assemblywoman Megan Dahle

**SACRAMENTO, CA (MPG)** - On June 3, 2021, Assemblywoman Megan Dahle (R-Bieber) and other Assembly Republicans were successful in stopping legislation advanced by the majority party in Sacramento that would have imposed a costly excise tax on firearms, and several bills proposing more burdensome environmental regulation and red tape on businesses.

“Despite the fact that California is ranked one of the worst states to do

business in the nation and we have one of the highest costs of living, the super majority in Sacramento continues to push forward legislation that would make matters worse.” Said Dahle. “Even in the wake of an international pandemic when our businesses are hanging on by a thread, the majority party continues to push forward bills that aggravate these issues. I have, and will continue, to oppose legislation that makes it harder for businesses to survive in our state, and tax increases on our already over-taxed constituents. For now we have stopped these bills,

but we must remain vigilant to stave off further attempts by the majority party that will only make life more expensive for Californians.”

The following bills were successfully stopped on the Assembly floor: AB 1395 would have imposed more misguided environmental regulations that are unachievable. AB 1223 would impose an excise tax on firearms and ammunition. AB 1371 would ban the use of certain packaging materials by small and large online retailers, dramatically increasing the cost to businesses and consumer prices. ★

# Update on Specialty Team Deployment of Body Worn Cameras

By Sergeant Rod Grassmann, Sacramento Sheriff's Office

**SACRAMENTO COUNTY, CA (MPG)** - The Sacramento Sheriff's Office has completed its field-based personnel body worn camera implementation as of May 31, 2021, just slightly ahead of schedule and after a 3 year long process of requesting, budgeting and testing with the County Board of Supervisors. North, Central, East Patrol and Rancho Cordova Police Department, as well as the specialty teams of North POP, North HOT, Major Crimes, Special Enforcement Detail (SED) Gang Suppression Unit and Community Service Officers are utilizing body worn cameras during the duration of their shift. Additional Sacramento County Sheriff's Office personnel will be outfitted with body cams pending Board of Supervisor budgetary approval.

The Sacramento County Sheriff's

Office is proud of how our deputies provide service to the community they serve. We look forward to our new ability to showcase our deputy's professionalism and are confident recording their everyday activities and interactions with the community. The Sacramento Sheriff's Office is a leader in our profession, innovation and best practices. Body worn cameras will allow the Office of the Sheriff to remain on the cutting edge of technology while providing quality “Service with Concern” to the citizens of Sacramento County.

The Sacramento County Sheriff's Office is cognizant of the privacy concerns of our community. Our Deputies have been trained regarding the recording of victims of crimes. Victims can request the camera be turned off and the investigating deputy will in most instances honor that request. All body worn camera videos will be in compliance with the Public Records Act. ★

## Ask Toni

### Is the Donut Hole Getting You!!



Toni King

Toni:

Last year, my husband got into the “donut hole” in September. I can see from the Part D statement he receives monthly that he is rapidly approaching the donut hole and it is only the beginning of May. He has only added one new prescription, Xarelto since last year and is entering the donut hole earlier than last year.

We can afford his co pays of \$180 per month, that he paid at the pharmacy. The monthly Part D statement says the prescription drugs cost is \$1250 per month. This confuses me?

Please give me options to help control this cost!  
~ Thanks Jennifer from Dallas, TX

Jennifer:

Your husband's prescription drug problem is a typical problem since the cost of brand name prescriptions such as Xarelto have risen dramatically. You can afford his \$180 co pays, BUT... have no idea that the true cost of his prescription drugs is now \$1250 each month.

Once his Medicare Part D prescription drug plan and the co pays he pays totals \$4130 for 2021 for his covered drugs, then your husband has entered the famous “Donut Hole” or coverage gap.

He must pay to \$6550 to get out of the “Donut hole”. He will pay 25% cost for a brand name drug and the brand name drug manufacturer will pay 70% of that covered brand name drug cost with the remaining 5% cost paid by the prescription drug plan which he enrolled in.

What happens if your brand name drug is not a “covered” brand name drug on your specific Part D plan? Your husband will have to pay 100% of that brand name drug.

Generics cost a considerable amount less and for 2021, the cost is a 25% co pay of the generic cost instead of 25% co pay for the cost of an expensive brand name

prescription drug when in the “Donut hole”.

That is why it is important when choosing a Medicare Part D prescription drug plan whether beginning Medicare for the first time or during Fall's Medicare's annual enrollment period to be sure all prescriptions are covered on one's Medicare Part D plan.

Do research prior to enrolling in a Part D because one cannot change if the wrong choice for a Part D plan is made until Medicare's next annual enrollment period which is from October 15th to December 7th every year.

January 1 of each year, the process starts all over again, with a new Medicare Prescription Drug plan and different costs, deductibles, and a new Donut hole.

**Toni's Tips to help you stay out of the Donut Hole or not get in it as soon!**

1. Visit [www.medicare.gov](http://www.medicare.gov) when selecting a Medicare Part D plan whether it is your first time or changing during Medicare's Annual Enrollment Period in the fall. This is an accurate way to view the cost of drugs and which plan and pharmacy is most cost effective.
2. Talk to your doctor or doctors about which brand name drugs can be changed to generics.
3. Get samples from your doctor.
4. See what generics are on [GoodRX.com](http://GoodRX.com) website or in a \$4 or \$5 generic prescription drug programs at HEB, Wal-Mart, and Costco etc.... Pay for the generics out of your pocket.
5. Sign up for Toni's newsletter and receive a “free” copy of the new Medicare Prescription Drug Survival Guide e-book version at [www.tonisays.com](http://www.tonisays.com).

2021 Confused about Medicare and LTC Zoom webinar is Thursday, June 24th at 4:00 PM. Visit [www.tonisays.com](http://www.tonisays.com) to sign up for Toni's new webinar event.

Toni King, Medicare author/advocate is giving a \$5 discount to the Toni Says® readers on the new 2021 Medicare Survival Guide® Advanced book at [www.tonisays.com](http://www.tonisays.com). Have a Medicare question? Call 832/519-8664 or email [info@tonisays.com](mailto:info@tonisays.com). ★

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## Bera's HERO Act Passes to Provide Mental Health Resources

By Travis Horne,  
 Office of Representative  
 Ami Bera

WASHINGTON, DC (MPG) - The U.S. House of Representatives passed the Helping Emergency Responders Overcome (HERO) Act, bipartisan legislation introduced by Representatives Ami Bera, M.D. (D-CA) and Brian Fitzpatrick (R-PA) that would provide critical mental health resources to our nation's first responders and health care providers.

The HERO Act directs the Secretary of Health and Human Services (HHS) to report to Congress each year on first responder suicide rates, including identifying risk factors, possible interventions, and recommended interventions for further study. It also requires HHS to develop and distribute best practices on the prevention and treatment of posttraumatic stress among first responders.

"Our nation's police officers, fire fighters, and EMTs put themselves in harm's way every day to protect our community, so it's our obligation to be there for them in their time of need by ensuring they have access to life-saving mental health care," said Rep. Ami Bera, M.D. "While our first responders already experience higher mental health stress and higher risk of suicide than many other professions, responding to the COVID-19 pandemic is only increasing those burdens. Our first responders must now bear the additional

mental burdens that daily exposure to the virus brings, especially in light of insufficient personal protective equipment for first responders. Today's passage of the HERO Act means we're one step closer to ensuring mental health resources get to our first responders so that they are able to cope with the added stresses of completing their jobs during the coronavirus pandemic. I look forward to getting this legislation passed in the Senate and signed it into law by the President."

The bill also creates two grant programs. The first is a program to train individual fire fighters and paramedics to provide mental health support to their peers in their organizations. The other grant would train health care providers to serve a similar role in their hospitals and practices.

"Our nation's firefighters and emergency medical responders are heroes who risk their lives each day protecting and serving our communities. They routinely witness and experience catastrophic damage, significant injuries, and tragic loss of life, often leading to traumatic stress, mental health issues, and at times, even vulnerability to suicide," said Representative Fitzpatrick. "For too long, the challenges facing our nation's firefighters and emergency medical responders have gone unnoticed and untreated. We must, and we can do more to ensure our first responders have the tools and resources

they need to address mental and behavioral health needs. I commend the House passage of the bipartisan HERO Act, which will support the health and mental well-being of all our hero first responders across the country, and look forward to working with Congressman Bera in seeing the bill passed in the Senate and eventually signed into law."

The HERO Act is the culmination of listening, collaboration, and action by Rep. Bera. Over three years ago, Rep. Bera met with Sacramento-area fire chiefs who told him that firefighters face high and increasing rates of suicide. They shared with Rep. Bera that their own colleagues had died by suicide and that the first responder community lacked the mental health resources to tackle this crisis. After investigating, Rep. Bera learned that the United States does not track how many firefighters and paramedics die by suicide each year. Rep. Bera worked with local and national first responder groups to introduce the HERO Act in 2018, which received support from Sacramento-area first responders and from the International Association of Firefighters, the International Association of Fire Chiefs, the National Association of Emergency Medical Technicians, the American Association of Suicidology, the American Foundation for Suicide Prevention, and the Firefighter Behavioral Health Alliance. ★

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