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Gold River Messenger

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The Place to Volunteer



Community members are invited to learn more about exciting volunteer opportunities at the California Capital Airshow. Photo provided by CCA

By MPG Staff

SACRAMENTO COUNTY, CA (MPG) - California Capital Airshow (CCA), presented by Sacramento County in partnership with the City of Rancho Cordova, is seeking interested community members who would like to bring the annual Airshow to life September 23-24, 2023.

More than 1,000 community members make up the corps of volunteers each year, who assist in creating an unforgettable experience for event attendees and exhibitors. Volunteers will be fed and provided with water throughout the day, in addition to receiving a commemorative 'Airshow

Crew' t-shirt, the chance to make some new friends and the CCA's deepest gratitude for supporting this nonprofit event.

The annual Volunteer Rally for 2023 was held at the Rancho Cordova City Hall on Wednesday, July 19. The rally, which served as the official kick-off to volunteer planning and coordination for the Airshow, provided interested community members with the opportunity to learn more about the event, but the CCA is still in need of many more volunteers to fill their ranks for the weekend show.

"Airshow volunteers play a vital role in supporting CCA's mission to

inspire young people using the power and magic of flight," says Darcy Brewer, Executive Director of California Capital Airshow. "They build a great deal of community around this, all while experiencing the behind-the-scenes excitement of producing a massive event."

Volunteers are brought together by their passion for aviation, community and friendship. The Airshow is looking for adults, age 18 and older, to volunteer their time on Saturday, September 23 and Sunday, September 24, 2023.

Those interested are encouraged to complete volunteer registration at

californiacapitalairshow.com/become-a-volunteer/.

Established in 2004, the California Capital Airshow 501(c)3 plans and operates the exciting, family-friendly annual event designed to honor the Sacramento region's rich aviation heritage and veterans while using the power and magic of flight to inspire young people. CCA gives back to the community through scholarships, charitable group donations and exciting educational youth programming throughout the year. For more information about the airshow, performers, and discount tickets, please visit www.californiacapitalairshow.com. ★

SMUD Named Nation's Most Sustainable Utility by J.D. Power Index

SMUD News Release

SACRAMENTO REGION, CA (MPG) - SMUD ranked first in the 2023 J.D. Power Sustainability Index, a comprehensive evaluation of the nation's largest electric utilities' customer awareness, engagement and advocacy related to their local climate sustainability programs and goals.

Drawing from established J.D. Power customer satisfaction and environmental metrics, the index includes 35 of the largest U.S. electric utility companies with 500,000 or more residential customers, serving as an industry benchmark to assess the utility's standing as a climate leader.

"SMUD is setting the standard for environmental leadership and utility service excellence," said CEO and General Manager Paul Lau. "SMUD is taking sustainability to the next level with our industry-leading goal to remove all carbon emissions from our power supply by 2030. We're delivering on that goal in a way that maintains reliability, keeps rates low, enhances our electric programs and services, and benefits our diverse communities. As we responsibly progress toward a clean energy future, SMUD is unwavering in our commitment to world-class reliability and continuing to keep SMUD's rates among California's lowest. This recognition underscores our decades-long commitment to environmental leadership and innovation, which continues to power the Sacramento region forward."

SMUD is completely transforming the Sacramento region's power supply and supporting electrification of buildings and transportation for a clean energy future and economy. SMUD's 2030 Zero Carbon Plan is a comprehensive blueprint to achieve regional decarbonization, sustainability and an energy transition that leaves no community behind. The plan is among the most aggressive decarbonization initiatives of any major utility in the nation and centers on several key strategies, including:

Substantial increases in
Continued on page 2

California Gets 101 New CHP Officers

CHP News Release

SACRAMENTO REGION, CA (MPG) - The newest members of the California Highway Patrol (CHP) were sworn in today during a graduation ceremony at the CHP Academy in West Sacramento. The 101 officers are part of the CHP's multiyear recruiting campaign to fill 1,000 vacant officer positions by hiring qualified individuals from California's diverse communities.

"I want to commend these men and women, not just for the hard work they put in the past several months while training at the Academy, but for their willingness to serve the public," said CHP Commissioner Sean Duryee. "These new officers are valued members of the CHP who are committed to improving safety in California for many years to come."

CHP Cadet Training Class I-23 is one of six cadet classes scheduled to attend the Academy in 2023. After completing

26 weeks of instruction at the CHP's live-in training facility, the newly sworn officers will report to various CHP offices throughout the state.

At the CHP Academy, cadet training starts with nobility in policing, leadership, professionalism and ethics, and cultural diversity. Additionally, cadets receive instruction on mental illness response and crisis intervention techniques. Training also

covers vehicle patrol, crash investigation, first aid, and the apprehension of suspected violators, including those who drive under the influence. Cadets also receive training in traffic control, report writing, recovery of stolen vehicles, assisting the motoring public, issuing citations, emergency scene management, and various codes, including the California Vehicle Code, Penal Code, and

Health and Safety Code.

The "Join the CHP 1,000" campaign launched in 2022 to appeal to a wide array of prospective applicants who may not be aware of the life-changing opportunities that awaits with a CHP career. Apply today and be one of the 1,000 new CHP officers ready to make a difference.

The mission of the California Highway Patrol is to provide Safety, Service, and Security. ★



CHP Commissioner Sean Duryee swears in 101 CHP officers during a graduation ceremony at the CHP Academy in West Sacramento. Photo courtesy of the California Highway Patrol

County Recognizes Resource Families at Appreciation Picnic

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Sacramento County's Department of Child, Family, and Adult Services (DCFAS) hosted its first post-pandemic Resource Family Appreciation Picnic. The last time the event was held was in 2019. On Saturday, July 22, staff took time out of their weekend to show their support and gratitude to dozens of resource families at the picnic. Over 70 staff members volunteered at the event, which took place at William Land Park.

There were kids' activities, games, and raffles during the picnic. DCFAS provided meal and dessert tickets for food trucks and families were given tickets to the Sacramento Zoo, Funderland, and Fairytale Town. Several community partners also attended the event and provided information and educational materials to families.

Resource Families, also known as foster families, provide loving homes to children who are unable to be safely maintained with their parents. While reunification is always the primary goal, many resource families also provide legal permanency for children when reunification cannot be achieved.

Sacramento County recognizes the tremendous contributions of resource families and all the ways they make a difference for the children and families in our communities.

"The impact our Resource Families make on the lives of the children and youth we serve is immeasurable. They are both a safety net and a bridge for healing and are often our greatest facilitators of change. We appreciate our partnership with our Resource Families on behalf of all efforts being made for the kids and families we serve," says Sacramento County's Deputy Director of Child Protective Services Melissa Lloyd.

The picnic celebrated current resource families, however, DCFAS also wants to take this opportunity to acknowledge the need for more families to provide this critical service. While there are many homes in the community prepared to care for very young children, the areas of most need are for our adolescent and teen populations, as well as for sibling sets and children with medical needs. The Sacramento County Resource Family Approval (RFA) program offers training, support, and guidance to resource families. Learn more on our Resource Family Website. ★

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Bradshaw Animal Shelter will pioneer a mobile pet clinic this fall to address the health-care needs of pets belonging to unhoused individuals in Sacramento County. This initiative, named PAWS (Pet Aid and Wellness Services), will be the first of its kind in the region. Offering vital veterinary care on the go, the clinic's foremost focus will be on spaying and neutering as many pets as possible. Additionally, PAWS will be equipped to provide vaccinations as well as medical care and diagnostic services for ill and injured pets.

"By bringing essential veterinary services directly to unhoused pet owners and making spaying and neutering surgeries accessible, we hope to make a positive impact on both the pets and the individuals who love them," said Annette Bedsworth, Director of Bradshaw Animal Shelter.

The mobile clinic will operate at least three days a week, traveling to different locations throughout Sacramento County, strategically identifying and adapting its schedule to serve areas where these services are most urgently required.

In addition to the clinic removing the barrier of transportation, PAWS will also remove the financial barrier of essential veterinary care. All services will be sponsored by Sacramento County with funds provided by the

federal American Rescue Plan Act.

Dr. Cynthia Metcalf, who joined Sacramento County as a veterinarian last month, will be dedicated to the mobile pet clinic full-time. This work resonates deeply with Dr. Metcalf, who understands firsthand the importance of the bond between pets and their human companions, especially during challenging times. She shared that her tremendous passion for PAWS stems from her father, a Vietnam veteran who became unhoused and was diagnosed with schizophrenia. In addition to her love for animals, Dr. Metcalf is compassionate about the complex reasons that can lead to people experiencing homelessness.

"This is very personal for me," Dr. Metcalf said. "I know what it's like to have a family member who has been unhoused, and I know how important our family dog was to him and how their bond helped him, so this program really resonates with me."

PAWS represents a significant milestone in ensuring that the region's most vulnerable pets are able to receive medical care, and will help reduce unwanted litters, pet overpopulation, and preventable diseases in the County.

The operating schedule of PAWS will be posted on Bradshaw Animal Shelter's website once it launches. For more shelter updates, please follow the shelter on Facebook and Instagram. ★

SMUD Named Nation's Most Sustainable Utility by J.D. Power Index

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renewable energy sources, battery storage and related technologies; Adoption of zero carbon innovation to engage the wider community in carbon-reducing activities; Retirement of thermal plants; Strategic partnerships to optimize costs and maintain competitive rates, and; Workforce development programs and education opportunities that support clean energy careers.

Through a long-standing commitment to community connection and engagement, SMUD cultivates innovative pathways for customers to lower utility costs and actively participate in reducing their carbon footprint. Building on our unwavering support for EV adoption that started decades ago, SMUD

continues to be a driving force for positive change, collaborating closely with customers. Through an array of SMUD programs, including virtual power plants, managed-EV charging solutions, electrification incentives, residential and commercial workshops on emerging energy technologies, EV test-drive forums and a variety of related initiatives, all communities are invited to actively participate in shaping a greener future.

In 2022, SMUD became the first recipient of J.D. Power's Power Certified Sustainability Leader designation, which acknowledges SMUD's outstanding customer service and ambitious vision of achieving a carbon-free power supply by 2030. ★

Next Phase of Recycled Water Begins for California

State Water Resources Control Board News Release

SACRAMENTO, CA (MPG) - Achieving a major milestone in the state's efforts to maximize the potential of recycled water, the State Water Resources Control Board announced on July 11, 2023, proposed regulations that would allow for water systems to add wastewater that has been treated to levels meeting or exceeding all drinking water standards to their potable supplies. The process, known as direct potable reuse, will enable systems to generate a climate-resilient water source while reducing the amount of wastewater they release to rivers and the ocean.

This development advances Gov. Newsom's all-of-the-above Water Supply Strategy, which includes the goal of recycling and reusing at least 800,000 acre-feet of water per year by 2030.

This turning point in California's history with recycled water, which began in the mid-20th century with the use of recycled water for crops, comes after an expert panel of 12 scientists and engineers evaluated work by the State Water Board's Division of Drinking Water and determined that the proposed regulations are protective of public health. The regulations are the most advanced in the nation and reinforce California's position as a leader of innovative solutions to climate challenges. They are now open for public comment and subject to revision based on that input.

"This moment has been some time in the making because we have been careful and thorough to produce regulations that ensure, down to a chemical level, that water treated to these standards will be pure and wholesome," said Darrin Polhemus, deputy director for the Division of Drinking Water. "In fact,

the extensive treatment requirements we've proposed mean that direct potable reuse processes in California will produce water of higher quality and lower risk than many traditional drinking water sources."

Direct potable reuse relies entirely on immediate, multi-barrier treatment that can recycle wastewater to drinking water standards in a matter of hours. This contrasts to the method currently being deployed in major projects launched throughout the state, called indirect potable reuse, which further improves treated wastewater over time through groundwater recharge or dilution with surface water. While no formal direct potable reuse projects can be initiated in California until the regulations are adopted, water agencies in Santa Clara, San Diego and the city of Los Angeles have launched pilot projects in recent years.

"We've seen real enthusiasm and interest from major urban water agencies, who are the ones that will take direct potable reuse forward, adding it to their water supply portfolios to increase resiliency," added Polhemus. "California has been a leader for years in water recycling, and this last step—going directly from treatment to usage as drinking water—builds on that experience and the expertise of scientists and engineers who have worked with recycled water for many years."

The board will consider adoption of the regulations before the end of the year.

The State Water Board's mission is to preserve, enhance and restore the quality of California's water resources and drinking water for the protection of the environment, public health, and all beneficial uses, and to ensure proper resource allocation and efficient use for present and future generations. ★

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Fighting for Lyme Disease Awareness

By Tamara Warta

SACRAMENTO REGION, CA (MPG) - For as long as we've had a way to share news, stories of devastating diseases and how they affect lives are often shared both on television and social media. While COVID-19 held the headlines for a good three years, other illnesses have never been fully brought into the spotlight of public awareness. Lyme disease is an example of a condition we rarely hear about, especially those of us living in the city and surrounding suburbs of Sacramento.

Melissa Moya agrees. "I would like for them (Sacramento County residents) to know to take that extra moment to protect themselves before going out," says Moya, founder of Lyme Fight Foundation.

Moya's own Lyme disease journey started seven years ago, and it was a path she never expected to find herself on. Following a hysterectomy, she started to not feel well, suffering with aches, pains, and brain fog, among other symptoms.

"It took me three years to figure out what was wrong," she recalls. "I went to doctors in Sacramento and San Francisco, and even to the Mayo Clinic in Minnesota."

After suspecting a variety of illnesses including Fibromyalgia, Moya finally received her diagnosis of Lyme, Bartonella, and Babesia. Unwilling to sit back and live passively with this new reality,



Melissa Moya receives one of many treatments for her Lyme disease. Photo courtesy of Melissa Moya

Moya formed the foundation in April of 2020. As she says, "My silver lining turned into the foundation."

Lyme Fight Foundation aims to educate, raise awareness, and provide information and resources. They work with both the general community and those who are suffering from Lyme disease and its complications. Lyme disease treatment is not typically covered by health insurance, and Moya herself incurred a cost of \$50,000 for one surgery. It can also be difficult to diagnose. According to Columbia University Irving Medical Center, in early Lyme disease the test is negative 50-65% of the time. This is difficult news for an illness that must be treated as early as possible for success.

Known as "the great imitator" due to its



Moya with Sacramento County Supervisor Rich Desmond receiving a Board of Supervisors Resolution this past May, which was Lyme Disease Awareness Month. Photo courtesy of Melissa Moya

pendant for being diagnosed as other illnesses first, some have claimed to achieved remission, but for most Lyme patients like Moya, the condition is chronic and lifelong. Her Lyme disease has broken through her brain barrier and also reached her heart.

As a former marathon runner and track coach, her days are now physically limited.

"Your whole day is really just going through your protocol," Moya shares, explaining that life with Lyme disease includes pills, treatments,

and definitely a nap. "I can't do what I used to. I am usually limited to a couple of outings per day."

While the doctors never determined exactly how or where Moya contracted Lyme disease, she has made it her mission to protect others from a similar experience. While she has spent portions of the past four years traveling to San Rafael for further treatment, she is also furthering the spread of information and awareness wherever she can here at home. Lyme Fight Foundation holds workshops and speaking engagements, provides medical and tick testing resources, and arranges peer mentoring. The group is also holding a gala on September 30 at the Gibbons Community Center in Carmichael.

When asked what was the biggest reward of running Lyme Fight

Foundation, which consists of just herself and three women on an executive board, she says it's been the opportunity to talk with others who are dealing with Lyme disease, and the relief in their voices to find someone who understands. The biggest challenge?

"Getting people to realize how serious it is and to understand," says Moya.

Locals would be wise to listen to her. The Sacramento-Yolo Mosquito and Vector Control District have discovered ten times more ticks than usual in 2023, including even on the beaches of San Francisco, which isn't a typical place to find them. Such an unexpected surge in the tick population is exactly why Moya continues her Lyme Fight Foundation work, even when she struggles to feel healthy most days.

"Everybody need[s] to know what [is] out there," she said, "where you can go for treatment... and have ticks tested if you find one."

If you would like to get involved with Lyme Fight Foundation, the non-profit is always looking for volunteers and donors. Besides the upcoming Gala, the group can be found holding a Lyme awareness rally at the Capital, serving the community at river cleanups and at local races including the California International Marathon. You can visit their website, lymefight-foundation.org, or call (916) 628-6692 for more information. ★

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Medicaid Enrollment to Plummet. What Beneficiaries Need to Know

Commentary
by Janet Trautwein

Millions of Americans will soon lose Medicaid coverage, as some pandemic-era provisions that kept people continuously enrolled in the program expire.

But those who find themselves newly ineligible for Medicaid have plenty of other options for affordable coverage. Licensed, professional agents and brokers can ensure they secure health plans that meet their needs and budget.

The looming exodus from Medicaid is a product of the Families First Coronavirus Response Act, which Congress passed in March 2020. It offered additional federal funding for Medicaid as long as states did not disenroll anyone from the program for the duration of the public health emergency.

This continuous coverage provision, and the enhanced federal funding, swelled Medicaid's rolls. Total enrollment in December 2022 was 85 million – up from approximately 64 million in February 2020.

This past December, Congress gave states the green light to review the eligibility status of people enrolled in their Medicaid programs beginning in April. States have 12 months to return to “normal,” pre-pandemic eligibility and enrollment rules.

The federal government will gradually scale back the extra Medicaid

dollars it has been sending to the states – until that enhanced match disappears entirely at the end of this year.

As a result, millions of people may have to find new health plans. The Department of Health and Human Services estimates that up to 15 million people may lose Medicaid and CHIP coverage.

About 45% of this group – 6.8 million people – will likely remain eligible for Medicaid. They'll just need to reconfirm their eligibility for the program with their state Medicaid agency.

Many beneficiaries are unaware of this requirement. They may ignore phone calls or letters from the state seeking to verify their eligibility. Or they may have moved and neglected to update their address with the state. In the end, they can be purged from Medicaid without knowing.

About 8.2 million Medicaid enrollees will need to find replacement coverage. Many will be able to do so through work. HHS projects that about 5 million will migrate from Medicaid to employer-sponsored insurance.

Another 2.7 million will likely be able to get subsidized coverage through the Affordable Care Act's exchanges. More than 60% of that group, HHS estimates, could qualify for zero-premium plans.

Of course, it can be difficult to wade through all

the insurance options on the exchanges – or to figure out how to confirm eligibility for Medicaid.

Licensed, professional agents and brokers can help these millions of folks weigh their health insurance options. They have the knowledge and expertise to assist people with re-enrolling in Medicaid, if eligible – or to claim all the subsidies to which they may be entitled through the exchanges. Better yet, their services are generally free for consumers.

According to the most recent data from the Centers for Medicare and Medicaid Services, agents and brokers account for 71% of exchange enrollees. Consumers find their advice extremely valuable. A study from the Urban Institute found that 80% of adults who received external information about the exchanges said insurance agents and brokers were more helpful than other resources.

As states begin to cull their Medicaid rolls, it's critical that those who have relied on the program over the last few years understand all the affordable health insurance options that remain available to them. Agents and brokers can ensure that they do.

Janet Trautwein is CEO of the National Association of Benefits and Insurance Professionals (nabip.org). This piece originally ran in the South Florida Sun Sentinel. ★



Firescaping Your Home

We have had a hot few weeks and just about everything has become like hay ready to burn. Let's face it, forests and homes have no protection against wild fires...except perhaps you. **Dr. Adrienne Edwards**, a plant botanist with **Rachel Schleiger**, a plant ecologist, came together to help us with “**Firescaping Your home.**” They shared some tips on my POPPOFF Radio Show.

1. FAMILY FIRST. Know that being prepared to evacuate saves your family and that is more important than your home and landscaping. Have “Go Bag” that includes your wildland fire action plan (house preparation, packing lists, evacuation plans, and contact numbers) so when an emergency arises you and your family are ready to go.

2. STRUCTURES. Assess your house and any other structures where you live for fire vulnerability. Then prioritize fireproofing on those structures with respect to degree of hazard, and costs for upgrades. They provide lots of tips in their book, but you can also consult with a professional or contractor with experience in how to make homes fire resistant.

3. LANDSCAPES. Noncombustible Zone (0-5 Ft). No more “no more foundation plantings”. During fire season (depending on conditions) nothing combustible should be within 5 feet of any structure. That includes wood fencing, Lean, Clean, and Green Zone (5-30 Ft), or more depending on slope. Research indicates that thinning fuels within 30 Ft of structures, and maintaining a noncombustible zone next to structures, are far more important than anything you might do beyond the Lean, Clean and Green

Zones. Plants should be kept healthy and clustered plantings can be punctuated by noncombustible areas of rock, bare ground, and inorganic mulches etc.

4. HABITAT SUPPORT. Think about your neighbors, that is, your plant neighbors, your wildlife neighbors, and your human neighbors. The more land we develop, the more we need to provide oases for native plants. Pollinators and other wildlife need food, shelter, and water. Learn more how to provide those resources in your yard and when. The timing of when you clear vegetation can have huge impacts on pollinators and birds in particular. In a cooler, wetter year, you should leave flowers, seeds, branches and other habitat in place longer prior to fire season to allow organisms to reproduce. In a hotter, drier year you might have to clear vegetation sooner, but many of your wildlife neighbors can be a weak link in the firescaping chain, so fire resilience also should be coordinated at the community level. For example, fences may make good neighbors, but wood fences shed embers like crazy. When attached to houses, fires can burn house-to-house following fence lines toppling like dominoes.

5. ENJOY. Enjoy the natural beauty of your region with the confidence you have prepared for evacuation if needed and reduced your fire risks while continuing to support the habitat around you. You can check them out with more at www.firescapingyourhome.com. Wherever you live, checking some of the boxes for safety can't hurt. Stay safe.

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Treating ADHD is Harder Than it Should Be

Commentary
by Dr. Ann Childress, M.D.

Approximately 6 million children in the United States have attention-deficit/hyperactivity disorder, better known as ADHD. As many as 5% of adults also live with the condition.

The good news is that ADHD is highly treatable. Medication and behavior therapy -- or some combination of the two -- can help people with ADHD manage their condition and lead healthy lives.

The bad news is that many ADHD patients are struggling to access these treatments. That is largely due to the actions of little-known middlemen in the drug supply chain: pharmacy benefit managers (PBMs).

Insurers hire PBMs to manage the prescription drug components of their health plans. PBMs negotiate with drug companies to decide which medicines to include on a plan's "formulary" -- the list of medicines an insurer will cover -- and at what prices.

PBMs use their control over formularies to play drug manufacturers against each other and secure the largest discounts possible. For a given class of similar medications, PBMs will often favor a small number, say one or two, out of a dozen potential treatments.

Drug makers are willing to offer substantial discounts for preferred treatment on insurer formularies. In 2021, discounts to payers -- private insurers as well as other entities, such as the Medicare and Medicaid programs -- lopped more than \$118 billion off the list price of brand-name medicines.

The variable results of formulary negotiations, however, often end up leaving patients in the lurch. That's especially true with regard to the medications used to treat ADHD and other mental health conditions.

Most people think a generic medication is exactly the same as the brand-name drug on which it is based. But that's not true.

For approval as an equivalent, the FDA allows generics to fall within the range of 80%-125% of the "bioavailability" of the reference drug -- essentially, the amount of the drug that is actually absorbed by the body.

This allowable variability can make the difference between relief from ADHD, the return of symptoms due to lesser bioavailability, or the onset of side effects due to greater bioavailability.

From a clinician and patient perspective, this can become a nightmare -- a scramble to help patients find suitable relief at an affordable price.

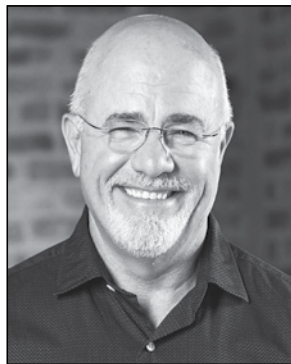
For example, one of the largest PBMs, OptumRx, announced that it is removing several popular ADHD-treating drugs from its coverage and replacing them with generic versions that might not offer the same bioavailability as their brand-name counterparts.

CVS's company-owned PBM plans to limit its coverage of Adderall XR -- the drug's extended-release formulation -- and another popular ADHD treatment, Concerta, likewise limiting treatment options for patients.

All this churning activity is highly lucrative for PBMs. Their gross profits totaled more than \$28 billion in 2019. But patients are getting a raw deal. The three largest PBMs together control 80% of the market. The list of their "excluded" drugs grew from 850 in 2020 to more than 1,150 in 2022.

Fortunately, lawmakers in Washington are beginning to show interest in standing up for patients. A new bipartisan "Patient Advocacy Caucus" promises to investigate the drug supply chain middlemen keeping prices high for patients. They've pledged to begin with PBMs. There's a lot more to be done, but that's a good place to start.

Dr. Ann Childress, M.D. is a physician and internationally recognized expert in the diagnosis and treatment of ADHD. She also serves as president of the American Professional Society of ADHD and Related Disorders. ★



Dave Ramsey Says

Love Them Enough to Teach Them Well

Dear Dave,

My husband and I are having arguments about money where our children are concerned. They are both 16, and I think they should have part-time jobs and be learning the value of work. He feels they're only young once and wants them to enjoy being teenagers. He also gives them money anytime they ask. I want our kids to have fun, too, but this is beginning to cause tension in our relationship. I'd love your advice.

— Kaytee

Dear Kaytee,

I understand your concern. I'm sure your husband has a good heart, but by doing this he's acting like a friend instead of a parent. In the process, he's allowing them to be nothing but

takers and consumers. He's setting them both up for lifetimes of helplessness and ridiculous expectations without realizing it.

But yes, kids should absolutely learn to work, make money and manage it wisely from an early age. My wife and I gave nice gifts to our kids from time to time, but they also worked and made money for themselves. And the nicer gifts we gave them were for special occasions. Even then we didn't go crazy with things.

Still, the biggest problem you and your husband are experiencing is a communication breakdown. Your husband should stop being so impulsive, and grow a backbone where the kids are concerned. You've recognized this—and you're right about it—so it's up to you to take the first step in finding a solution.

Try sitting down with him, just the two of you, and sincerely explaining your feelings. Let him know you love him and how generous he is. But let him know, too, you're worried this is having a

negative impact on your children and why. Talk it out, openly and honestly, and try to agree on some changes together. There's a middle ground here, but it's going to take some time and effort from both of you to reach it.

Most of all, it means you two will have to communicate with each other like mature, caring adults, and pull together for the sake of your kids. It might be difficult at first, but it'll be worth it in the long run. For you and them.

Thanks, Kaytee!

— Dave

**Dave Ramsey is an eight-time national best-selling author, personal finance expert and host of "The Ramsey Show." He has appeared on "Good Morning America," "CBS This Morning," "Today," Fox News, CNN, Fox Business and many more. Since 1992, Dave has helped people take control of their money, build wealth and enhance their lives. He also serves as CEO for the company Ramsey Solutions. ★*

How Misguided Drug Pricing Policies Worsen Drug Shortages

By Dan Leonard

More than 300 medicines are in short supply across the United States.

It's no great mystery why doctors and patients face an unprecedented dearth of essential medicines, especially generics. Today's shortages were created by a faulty drug marketplace and have been exacerbated by ill-considered government policies.

Shortages tend to arise when there are few suppliers in a marketplace. Consider that, if a given product is made by multiple producers in different locations, each with its own processes and inputs, then a single event, such as a hurricane or earthquake, probably won't shut them all down.

Ironically, a root cause of the current crisis is a "shortage" of drug buyers, rather than suppliers. Just three drug purchasing intermediaries known as pharmacy benefit managers (PBMs) control 80% of drug transactions, extracting enormous discounts and rebates from manufacturers. This near monopoly has distorted the generic drug market considerably.

Then there's the increasingly unworkable margins generic drugmakers face.

Together, PBMs and unrealistically tight margins are putting maximum pressure on manufacturers

of generic drugs, which make up over 90% of all prescriptions filled in the United States. Unfortunately, lawmakers have done little to address PBMs, and have adopted strict drug price controls that could make it even harder for generic drugmakers to operate.

Through mergers with one another and other companies, PBMs have amassed enormous power. For example, CVS Health Corporation owns not just a chain of drugstores but also Aetna, an insurer, and Caremark, one of the biggest PBMs, as well as Red Oak Sourcing, one of the big three wholesale distributors of generic medicines.

A system with just a few buyers picking their suppliers purely based on cost with little to no consideration of supply chain strength, manufacturing redundancies, or multi source contracts quickly becomes a race to the bottom, driving many competing suppliers away.

A manufacturer can only lose money on a product for so long before they abandon that product altogether. That can leave just a single producer of many generic drugs, with no competitors to fill the gap in the event of interruptions.

Lawmakers have made matters worse by adopting strict price controls, like those included in last

year's partisan Inflation Reduction Act. Some progressive members now want to expand the IRA's policies before they've even taken effect.

Even worse, as price controls for branded medicines take hold, some generic manufacturers could decide to leave particular therapeutic areas. Fewer suppliers would mean more single-source drugs. Patients could face new shortages, including for brand-name drugs as a result.

The first price controls will be set starting this year and take effect in 2026. But critical market entry decisions will be made well before that. Generic drugmakers are already watching their future markets dry up.

Patients are in trouble, faced with rationing doses, substituting medicines, or simply waiting for the treatments they need. Tragically, between the nefarious behavior of middlemen and the price controls coming down the pike, this crisis will get worse before it gets better.

Dan Leonard is the former president and CEO of the Association for Accessible Medicines, former president and CEO of the National Pharmaceutical Council, and former executive vice president of public affairs for America's Health Insurance Plans. ★

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Congressman Ami Bera Has Been Busy

Bera's Office Recovers More than \$16 Million in Federal Benefits for Sacramento County Constituents

**Office of Congressman
Ami Bera, MD**

SACRAMENTO, CA - (MPG) - U.S. Representative Ami Bera, M.D. (CA-06) announced on July 10, 2023, that his office has now surpassed \$16 million in casework dollars successfully returned to constituents in Sacramento County.

Since taking office in 2013, Bera's office has resolved more than 26,000 cases for constituents and returned over \$16.2 million dollars. These casework dollars are secured by helping retrieve veterans' backlogged veteran's benefits, stalled tax refunds, Social Security and Medicare issues, and more.

"I am proud of the work my office has done to assist the residents of Sacramento County," said Representative Ami Bera. "These casework funds represent real help for our community, whether it's resolving issues with federal agencies, securing benefits owed to individuals, or providing support during challenging times. My office remains committed to serving the people of Sacramento County and we will continue to advocate for their needs, fight for their rights, and provide assistance wherever possible."

Constituents in need of assistance are encouraged to visit Bera's website: bera.house.gov/casework or contact his office at (916) 635-0505.

Small Business Chief, Bera, Highlight Impact of Investing in America Agenda

EXCERPTED FROM USBA RELEASE

On Thursday, July 6, U.S. Small Business Administrator Isabella Casillas Guzman joined Congressman Ami



SBA Administrator Isabella Casillas Guzman and Congressman Ami Bera (CA-6) speak with Tecma, Inc. Owner, President, and CEO Sonja Susac. Photo courtesy of USSBA

Bera (CA-6) in Sacramento, California to visit with local small business owners, as part of the Biden-Harris Investing in America Tour. The stop highlighted how the Investing in America Agenda is creating jobs, rebuilding America's infrastructure, and boosting American manufacturing while also helping to lower costs and create opportunity for small business owners.

Guzman and Bera began the day with a round table discussion featuring local entrepreneurs and nonprofit leaders, hosted by The Impact Foundry, a Sacramento-based organization that has provided strategic guidance to California nonprofits since 1989. Administrator Guzman shared how the SBA, as part of



SBA Administrator Isabella Casillas Guzman addresses Investing in America Agenda roundtable participants at The Impact Foundry. Photo courtesy of USSBA

the Biden Investing in America Agenda, is committed to making it easier for nonprofits to help their communities by expanding access to capital for historically underserved

entrepreneurs. Participants discussed how the SBA and the Biden-Harris Administration can continue to support the nonprofit sector by helping connect nonprofits with the

resources they need to thrive.

In the afternoon, the two visited Sacramento small businesses: Tecma, Inc., a second generation-owned aerospace parts manufacturer, and La Mini Birriera, a new mother and daughter-owned restaurant in the Natomas area. In touring these small businesses and listening to the stories of their respective owners, they saw firsthand the spectrum of successful small businesses driving Sacramento's economy.

The U.S. Small Business Administration helps power the American dream of business ownership. As the only go-to resource and voice for small businesses backed by the strength of the federal government, the SBA empowers entrepreneurs and small business owners with the resources and support they need to start, grow or expand their businesses, or recover from a declared disaster. It delivers services through an extensive network of SBA field offices and partnerships with public and private organizations. To learn more, visit www.sba.gov.

Representative Bera also made a recent stop in North Highlands to address local constituents at the monthly "Lunch Bunch" gathering at Pancake Palace.

Bera had flown overnight from Washington D.C. for many local meetings during the day, with this stop being his first. He answered many questions from the locals in attendance, who didn't hold back with their many questions about the problems facing our nation. He stayed and took even more questions as the luncheon concluded before leaving for his next event. ★

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 - Cow greeting?
 - High-quality black tea
 - Heretofore (2 words)
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 - Old and feeble
 - *Precedes or follows alaikumin a greeting
 - *Robin Williams' "Good Morning, ___"
 - Family memb.
 - Blood fluids
 - R&R spot
 - Standout
 - All together (2 words)
 - Crafts' companion
 - Hyperbolic tangent
 - River in Paris
 - Traditions typically passed on by word of mouth
 - Home of Darfur
 - Opposite of base
 - Carthage's ancient neighbor
 - Have supper
 - Condoleezza of politics
 - Pleasantly warm
 - Type of mine passage
 - JFK's brother
 - Famous Allen Ginsberg poem
 - Band booking
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 - *Hello in Haifa
 - Letter-shaped girder
 - Female reproductive cells
 - Did like a lunatic
 - L in AWOL
 - Nada
 - Greet the day
 - *Musical" constellation
 - Precedes whiz
 - It typically has 4 doors
- DOWN**
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 - *Unspoken greeting in France
 - Ned Stark's youngest daughter
 - Prevents one from seeing
 - Have as logical consequence
 - Mosque prayer leader
 - *Japanese greeting move
 - To crack, as in case
 - Out of shape
 - Kindred
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 - Overwhelm like bees
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CSL Plasma Opens in Citrus Heights

Story and photos by Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG) - CSL Plasma at 7830 Macy Plaza across the street from Target and adjacent to the Dollar Tree store has opened.

The new Citrus Heights center is CSL Plasma's sixth plasma donation center in California, according to Rhonda Sciarra, director of communications for CSL Plasma, headquartered in Boca Raton, Florida. The center, open 9 a.m. to 6 p.m. Tuesdays to Fridays, and 8 a.m. to 4 p.m. Saturdays, is closed on Sundays and Mondays.

Sciarra said the Citrus Heights center had hoped to open early in 2023, but the planned opening date was moved back due to state licensing processes which needed to be completed.

CSL Plasma is a division of CSL Behring, a global biotech leader headquartered in King of Prussia, Pennsylvania. The company operates more than 300 CSL Plasma collection centers across the U.S. and overseas, according to its website.

Priscilla Tabarez, assistant center manager, provided a tour of the new Citrus Heights facility which features 34 individual donor stations.

Front counter CSL staff help new donors through the initial registration process before they are led to an individual donation screening section for their privacy.

A flyer which is provided to new donors in the reception lobby provides useful before and after donation advice. Another describes the general method of new donor payment fees throughout the month of July.

For adequate hydration, prospective donors in good health should consume 2-3 quarts of non-alcoholic fluids per day, avoiding alcohol and caffeine as they may contribute to dehydration, according to CSL donation literature.

To avoid lipemic plasma (plasma with a high fat content), prospective donors are also urged to stay away from high fat foods before donation.

New donors are recommended to eat a light meal or snack and drink extra fluids in the 24 hours after they donate.

Plasma is a straw-colored liquid which carries red blood cells, white blood cells and platelets. In the donation process, red blood cells are returned to the body in saline infusion.

"The proteins, antibodies, clotting factors and other nutrients in it also make plasma useful in treating those suffering from trauma, shock, burns or other emergencies that could happen to any individual," said Dr. Rachpal Malhotra, executive director, CSL head of plasma donor safety in a Zoom interview.

Plasma collected at the Citrus Heights CSL facility is used by its parent company CSL Behring for the sole purpose of manufacturing lifesaving plasma-derived therapies for people in more than 100 countries.

"There's a critical need for plasma throughout the world," Malhotra said. "Plasma is used to produce many life-saving therapies that treat diseases such as primary immunodeficiency, hereditary angioedema, inherited respiratory disease, hemophilia and other bleeding or neurological disorders, just to name a few."

The donation process typically takes not more than 90 minutes. No advance donor appointment is required, he said.

In early 2020, the 10,000-square foot CSL Plasma in Sunrise MarketPlace received an extensive refresh, with new added staff and donor parking spaces. The building, built in 2005, had been vacant since September 2019

when its former occupant Dimples Records closed.

Nearly 30 new full- and part-time jobs have been created at the Citrus Heights facility, Sciarra said. General staff includes medical reception and support technicians, phlebotomists, nurses (LVNs, LPNs and RNs) as well as operations and quality management personnel.

A mature CSL Plasma center, operating for about three years, has the potential to provide nearly 50 full-time jobs in a local market, she explained. Annually, CSL Plasma contributes nearly \$6 million per center in employee payroll and average donor compensation, much of which is spent locally, she said.

To donate at a CSL Plasma collection center, donors must be in good health, between the ages of 18-74, weigh at least 110 pounds, have no tattoos or piercings within the last 4 months, meet eligibility and screening requirements, and also have valid identification and a permanent address, Sciarra said.

"CSL Plasma is proud to be a vital part of the communities where employees and plasma donors live and work," Sciarra said. "We're excited to continue our expansion on the West Coast and look forward to positively contributing to the greater Citrus Heights community as we have done throughout the country."

CSL Plasma donors receive a payment as part of the donation process. At the conclusion of the donation, the payment is loaded directly onto a reloadable card and is immediately ready for use. While fees vary by location, eligible, qualified donors can receive up to \$500 their first month for their donation of life-saving plasma.

A complete list of donor requirements is available on the web at: www.cslplasma.com/become-a-donor ★

COBRA, Health Insurance, Covered California, Medicare: Researching Plans

By Tim Coughlin



If you've been covered by group health insurance through your employer for a while and now find yourself in need of getting your own health insurance or choosing between COBRA, Covered California, or Medicare, evaluating the numerous options can feel overwhelming.

Determining plan premium costs, Covered California "Premium Assistance" amounts, Medicare costs based on income, plan deductibles, copays, out-of-pocket maximums, and making sure the doctors you want to see accept the plans are essential to making a good decision. Not being familiar with all the rules, enrollment deadlines, provider network, and the pros and cons of each option can result in paying more than you need to or getting coverage that doesn't best meet your needs.

The services of a local insurance agent can help make the process of choosing the right plan easier by saving you a significant amount of time and effort trying to sort out all the options. People new to this process may not know that they don't pay fees for the services of an independent agent. Instead, agents are paid by the insurance companies.

When looking for an agent, you will want to consider what the agent specializes in since insurance agents can represent various kinds of policies as well as how long they have been in the industry. Reading their reviews can help you learn more about their quality of service.

If you work with a "captured" insurance agent who only represents one carrier, you may miss out on more affordable policies or plan options with stronger coverage. By working with an independent insurance agent who represents multiple carriers, you'll be provided with several coverage options to consider. And when you work with your neighborhood insurance agent, you will also benefit from their knowledge of the local market and can count on their services for the years to come.

Tim Coughlin is an award-winning independent agent in Gold River specializing in Medicare and health insurance for over 35 years. He can be reached at (916) 346-4417, by email at tim@summitindins.com, or through the agency website; summitindins.com. (LIC # 0669552)



This is a paid advertorial

American Pickers to Film in California!



Follow Mike Wolfe and Danielle Colby as they hunt for America's most valuable antiques in the hit show American Pickers. Photo courtesy of Cineflix

Cineflix News Release

SACRAMENTO REGION, CA (MPG) - The American Pickers are excited to return to California! They plan to film episodes of The History Channel hit television series throughout your area in September 2023.

AMERICAN PICKERS is a documentary series that explores the fascinating world of antique "picking" on The History Channel. The hit show follows skilled pickers in the business, as they hunt for America's most valuable antiques. They are always excited to find historically significant or rare items, in addition to unforgettable Characters and their collections.

As they hit the back roads from coast to coast, the Pickers are on a mission to recycle and rescue forgotten relics. Along the way, they want to meet characters with amazing stories and fun items. They hope to give historically significant objects a new lease on life while learning a thing or two about America's past along the way. The Pickers have seen a lot of rusty gold

over the years and are always looking to discover something they've never seen before. They are ready to find extraordinary items and hear fascinating tales about them.

We at American Pickers continue to take the pandemic very seriously and will be following all guidelines and protocols for safe filming outlined by the state and CDC. Nevertheless, we are excited to continue reaching the many collectors in the area to discuss their years of picking and are eager to hear their memorable stories!

The American Pickers TV Show is looking for leads and would love to explore your hidden treasure. If you or someone you know has a unique item, story to tell, and is ready to sell...we would love to hear from you! Please note, the Pickers DO NOT pick stores, flea markets, malls, auction businesses, museums, or anything open to the public. If interested, please send us your name, phone number, location, and description of the collection with photos to: americanpickers@cineflix.com or call (646) 493-2184 facebook: @GotAPick ★



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Help Your Pets Beat the Heat



As the mercury rises, it's important for pet owners to take proactive steps to ensure the well-being and safety of their beloved four-legged companions. This summer, make sure you're aware of the potential dangers posed by extreme heat. Photo courtesy Wolfram Klaeger from Pixabay

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Summer has arrived, and rising temperatures are sure to follow in Sacramento County. As the mercury rises, it's important for pet owners to take proactive steps to ensure the well-being and safety of their beloved four-legged companions. This summer, make sure you're aware of the potential dangers posed by extreme heat and provide essential care to keep your pets cool and comfortable during the sweltering summer season.

Unlike humans, dogs and cats can't sweat to keep cool. Instead, dogs cool themselves off by panting, and both dogs and cats regulate their temperatures through the pads of their feet. As temperatures soar, pets are at a higher risk of heat-related illnesses, such as heatstroke, dehydration, and burned paw pads.

Here are some tips for keeping your pet safe in the heat:

Never leave pets in parked cars: Even on seemingly mild days, the temperature inside a parked car can escalate rapidly, turning it into a deadly heat trap. Leaving pets unattended in cars, even with the windows cracked and even for a short period, can have fatal consequences and is against the law in California. If you need to run errands, leave your pets at home where they are safe and comfortable. Check out this video on how hot it gets in cars;

Hydrate: Make sure your pets always have access to plenty of fresh, cold water;

Avoid peak heat hours: Schedule outdoor activities and walks during cooler parts of the day, such as early mornings or evenings. Asphalt and concrete surfaces can become scorching hot and burn your pet's paw pads, so be mindful of the ground temperature before venturing out. Test the surface with your hand, and if it's too hot for you, it's too hot for your pet;

Avoid extreme heat: When temperatures get above the 90s, take your pet inside. For outdoor pets, be sure to provide them with plenty of fresh, cold water in a tip-proof water dish and shade for them to cool down;

Use sunscreen: Pets get sunburned just

like people, and if your pet has light skin or fur, they can be particularly susceptible to a painful burn and even skin cancer. Use sunscreen on sensitive areas, such as ears or nose, to make sure your pets are protected;

Create a cool environment: Provide your pets with a cool and comfortable place to retreat from the heat. Keep them indoors, preferably in air-conditioned rooms. If air conditioning is not available, use fans or open windows to improve air circulation;

Provide adequate shade: Make sure there is always access to shaded areas when pets are outdoors. Trees, canopies, umbrellas, or pet-specific shade structures can offer protection from direct sunlight and help keep them cool;

Be your pet's lifeguard: While swimming can help pets get exercise without overheating, always supervise pets when swimming either in a pool or in waterways. Dogs can get tired swimming, particularly in rivers where they have to fight against currents. To avoid drowning, make sure they wear life jackets and keep them out of the water when flows are high;

Watch for signs of heatstroke: Familiarize yourself with the symptoms of heatstroke in pets, which can include excessive panting, drooling, glazed eyes, a rapid pulse, lethargy, vomiting, and collapse. If you suspect your pet is suffering from heatstroke, move them to a cool area, apply cool (not cold) water to their body, and seek immediate veterinary attention.

For more tips on keeping pets safe in hot weather, visit the Hot Weather Pet Tips page. For other animal issues and pet owner resources, visit the Bradshaw Animal Shelter website.

Don't have a pet? Find a best friend to spend the summer with at Bradshaw Animal Shelter! To start the adoption process, visit the Adoptable Animals webpage or visit the shelter Tuesday through Sunday from 12 p.m. - 5 p.m., Wednesdays from 12 p.m. - 6 p.m. The shelter is located at 3839 Bradshaw Rd. in Sacramento.

For a list of available animal care services, including walk-in licensing and how to report a lost or found pet, visit animal-care.saccounty.gov. ★

I Made an Important Decision



Sue Frost, Sacramento County Supervisor for District 4. Courtesy photo

By Sue Frost, Sacramento County Supervisor

I cannot express how deeply honored I am by the trust and support you have shown to me during my years of public service. I have served in office for the past 11 years - four years as a Citrus Heights City Council member and the past seven as a Sacramento County Supervisor.

But the time has come for me to move on, so I will not be seeking reelection in 2024.

I wanted to call you personally to tell you, but time keeps ticking away, and I

wanted to make sure you heard directly from me.

I did not reach this decision lightly. I've poured my heart and soul into representing the residents of District 4 and standing up for the values we share. The road has not always been easy - we've faced so many challenges during the past decade from protests and recession to Covid and everything in between. I have fought hard to stand up for our Constitutional Rights, defend taxpayers, improve transportation, stand up for families, create more opportunities, and keep our neighborhoods safe.

I sincerely hope I have lived up to those ideals.

I want to ensure your next representative will continue the level of commitment & service I have tried to provide. There are several real leaders in the district and I have thought long and hard about who will follow me as County Supervisor. I want to ensure that there will still be a strong voice for public safety, fiscal responsibility,

economic opportunity, and individual rights - and that residents have a Supervisor who will listen and fight for them.

That's why I am sharing my support for and endorsement of Folsom City Councilwoman Rosario Rodriguez to succeed me on the Board of Supervisors. She is an effective councilwoman, small business owner, widow, mother and grandmother, and a tireless leader who has earned my support. I hope you will join me in supporting Rosario Rodriguez as well.

I care deeply for the families and businesses in District 4. My staff and I will continue to work hard and with the same passion to stand up for you during the last year of my term and the years to follow. I will never stop speaking truth to power or advocating for the values I hold dear.

I want to thank you - again - for the trust and support you have shown me all these years. I cannot express how much it has meant to me. ★

Don't Wait, Know How to Evacuate

Sacramento County News Release

SACRAMENTO, CA (MPG) - Sacramento County's Office of Emergency Services has partnered with local cities to provide residents with evacuation zone maps online. Knowing your evacuation zone and evacuation route before an unexpected disaster occurs can help you and your family stay safe.

How to Prepare for an Emergency:

Know Your Zone - Visit the interactive map online and type in your home address. The map will generate your Zone Number.

Download Your Evacuation Zone Map & Emergency Go Kit Checklist - Visit the Evacuation Zone Map webpage and click on your Zone Number.

Inform Family & Neighbors - Share the map and checklist with household members and

neighbors, then plan your evacuation route and meeting point.

Prepare Your Emergency Go Bag - A checklist is provided with each map and your go bag should include essential items like food, water, chargers, a radio, a change of clothes, medications, and important documents for everyone in the household, including pets.

Sign Up for Emergency Alerts - Visit Sacramento-Alert.org to receive emergency texts, calls, and/or emails to your device.

Maps are accessible, downloadable, printable, and available in nine different languages. County residents will also receive a printed copy of their evacuation zone maps in the mail. Individuals with livestock can view livestock evacuation maps and routes online as well.

To learn how to prepare yourself and your family for an emergency like a wildfire or flood, visit SacramentoReady.org. ★



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