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Gold River Messenger

VOLUME 9 • ISSUE 6

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JUNE, 2021

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CRPD Opens New Sparrow Park



Cordova Recreation & Park District (District) Board of Directors, District staff and developers celebrate the opening of Sparrow Park. Photo: CRPD

By Shelby Golden, Cordova Recreation & Park District

RANCHO CORDOVA, CA (MPG) - On May 24, 2021, the Cordova Recreation & Park District (District) celebrated the opening of Sparrow Park, a new neighborhood park in Rancho Cordova. Neighborhood parks are vital outdoor spaces for residents. As exemplified over the past year, the need for outdoor public space is crucial to people's health and wellness.

Sparrow Park is the result of a team effort with two years of planning, designing and careful construction. The Sparrow Park team

consisted of District staff, Olympic Land Construction, SBM, Inc., Premier Homes, the Design Team at vanderToolen Associates and the District's supportive Board of Directors.

Sparrow Park offers an open turf area that becomes a community backyard, a shaded picnic area that will host countless neighborhood parties and gatherings, and a well-designed playground with swings, climbers, spinners and other activities to challenge kids and help them grow.

The District is excited to see the community enjoy and make wonderful memories at this neighborhood

park. Now more than ever, Parks Make Life Better!® Visit Sparrow Park at 11938 Montron Way, Rancho Cordova.

Cordova Recreation & Park District is one of the largest independent special districts in Northern California serving over 130,000 residents and four school districts in the greater Sacramento area. CRPD provides over 42 parks and recreational facilities, a full-service 18-Hole course at Cordova Golf Course, as well as youth & adult sports, camps, enrichment classes, educational programs and special events for the community. ★

County Supervisors Vote to Implement Laura's Law

From Sacramento County Media

SACRAMENTO COUNTY, CA (MPG) - The Sacramento County Board of Supervisors voted unanimously on May 18 to implement "Laura's Law" - state legislation authorizing the courts to order outpatient treatment for individuals with a mental illness who may be a danger to themselves or others.

"Laura's Law" was named after 19-year-old Laura Wilcox, who was killed in 2001 while working as a receptionist at the Nevada County Department of Behavioral Health. Her killer was a former patient of the county's outpatient mental health clinic, who had been diagnosed with severe mental illness. After the incident, Laura's parents chose to advocate for assisted outpatient treatment (AOT) for individuals who meet strict legal criteria.

AOT permits courts to order treatment for those 18 years or older who suffer from a serious mental illness, are unable to survive safely in the community without supervision and meet at least one of the following criteria: Been hospitalized two or more times in the last 36 months due to mental illness; Demonstrated violent behavior toward themselves or others in the last 48 months; Has been offered treatment on a voluntary basis and refused it; Or, is deteriorating.

"We acknowledge that this is a complex issue with proponents on each side of this decision," said Ryan Quist, Behavioral Health Director. "We are committed to engaging with all of our stakeholders in a community planning process to minimize concerns and design the best program for Sacramento County."

California counties previously had the option to "opt in" to the program and that has been done in most of the larger counties. Sacramento County has historically not opted in to providing AOT services.

The process changed, however, with the passage last year of AB 1976, which requires counties like Sacramento to hold public hearings at the Board of Supervisors about whether to "opt in" or "opt out," and if a County chooses to "opt out," they have to provide specific reasons. The deadline for Counties to

Continued on page 3

Redistricting Begins in Sacramento County

By Kim Nava, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - The process for re-drawing boundary lines for each of the five supervisorial districts in Sacramento County has begun.

Every ten years, following the Census count, the resulting census data is used to geographically define electoral districts, at all levels of government, through a process called redistricting. Redistricting ensures that each of the electoral district boundaries have about the same number of people and comply with the federal Voting Rights Act of 1965.

Redistricting will look different this year than in years past. This year, the County will comply with the Fair Maps Act, which revised the criteria and process used by counties and cities when they adjust electoral district boundaries. The Fair Maps Act intends to maximize public participation and increase transparency in the redistricting process by requiring substantial public hearing and outreach requirements for adjusting

district boundaries.

To that end, Sacramento County's Redistricting 2021 webpage is live and will be a vital resource for County residents to learn more about redistricting, the importance of public participation in redistricting and how to participate in the process.

The website also includes current district and other important Sacramento County maps for reference, as well as past and future meetings/hearings, FAQs, and an explanation of the Sacramento County Redistricting Process (with printouts of the process available in ten languages).

Redistricting is important because it determines which neighborhoods and communities will be grouped together for the purposes of electing a Board member. Residents have the opportunity to provide input on what kind of boundaries should be drawn to best represent their community. Redistricting is based on the idea of "one person, one vote" which makes sure all people can be represented fairly, and how

district lines are drawn influences who is elected.

Sacramento County residents are encouraged to participate in the redistricting process. Residents can sign up for Redistricting news stories, information and upcoming meetings via email or text. People can also view past and upcoming meetings at the Redistricting Meetings webpage and are encouraged to check in for additional upcoming workshops and hearings.

The Board of Supervisors will work directly with County staff and redistricting consultants to engage the public through workshops, hearings, community meetings, mapping tools and public outreach to complete the redistricting requirements and adopt new boundaries.

Sacramento County will schedule public workshops in all five supervisorial districts, virtual workshops, and Board of Supervisors presentations about redistricting, the process, mapping tools and other information beginning in June and running through the rest of the year.

The County will receive

2020 Census data from the state as early as September 30, 2021. The original plan was to deliver the data to states on or before March 31, 2021; however, COVID-19 significantly impacted Census operations which caused the nearly six-month delay in data delivery.

The County must adopt final maps no later than December 15, 2021, which means the County will have approximately six weeks to complete its redistricting work - a very compressed timeframe.

Timeline for Redistricting Work

May-September 2021: Hold public hearings and community workshops about the Redistricting, the process, mapping tools tutorials and other redistricting information.

October-November 2021: Draft map preparation and review.

November-December 2021: Map adoption.

Nov. 17: First reading of County ordinance adopting final district maps.

Dec. 2: Second reading of County ordinance adopting final district maps. ★

A Busy Playmakers Summer

Local Non-Profit Offers Free Inclusive Sports for At-Risk Kids

Story by Shaunna Boyd

SACRAMENTO REGION, CA (MPG) - The Playmakers Organization is a local non-profit that offers free inclusive sports events for at-risk kids, including foster kids and kids with developmental differences. "Today, inclusiveness is more important than ever," said Playmakers founder Greg Roeszler (Coach Roz). The Playmakers goal is to provide resources and support to families while giving kids the opportunity to participate in sports. Coach Roz said, "Team experiences help in their overall development, giving kids a sense of team and a sense of accountability."

All kids deserve the chance to participate, play, and thrive - but not all kids have the same opportunities. At-risk kids are already more likely to be living in a home without a father figure, and Coach Roz explained that the risk increases even more if the child has a disability. Living in a single-parent home comes with challenges that make it more difficult to participate in team sports.

Foster children also face barriers to team sports. Frequent moves to new homes and schools create a lack of stability, making it nearly impossible for them to continue with a team sport. And foster families often can't afford the high cost of traditional team sports, nor the commitment to multiple practices each week.

To bridge this gap in opportunity, The Playmakers Organization has a busy summer planned, with activities and events that will reach more than 2,000 kids and their families. The summer will begin with football camps in Buffalo,



The hurdles drill tests participants' speed and agility. Photo by Shaunna Boyd



Participants practice their hitting techniques while breaking through the dummy bags. Photo by Shaunna Boyd

New York; Omaha, Nebraska; and Orange City, Iowa. Here in the Sacramento Region, the Playmaker River City Fun Day cornhole tournament will

be held July 10 at River City Church, and The Harrison Phillips Man of the Year Golf Tournament will be held in Rancho Murieta on July

11-12. The Mike McGlinchey Playmaker Football Camp will be on July 17 at the Fremont School for the Deaf, and the Izzie Lueken Soccer Camp will

be held August 7 (location to be determined).

New this year, Playmakers is launching an All-Inclusive Sports league with weekly games. With a baseball season, football season, and basketball season, participants will be able to engage with sports year-round. The practice and game will be held on the same day, and kids can attend as often as they are able. Coach Roz explained that kids will be able to come whenever they can and they'll have a uniform, a coach, a referee, teammates, and "people cheering for them."

To reach the kids most in need, Playmakers is partnering with Autism Speaks; Big Brothers Big Sisters; and Defending the Cause Regional Alliance, which coordinates with foster agencies and advocates for children in the foster system.

Since Playmakers is designed to support kids and enrich their lives, Coach Roz wanted them to have a voice in the organization's direction. The Playmakers Children's Board of Directors gives kids a unique opportunity to learn leadership skills and responsibility. He says the most important thing for all children is to have someone "just communicate with them and develop a relationship with them."

The league and camps are completely free to kids and their families. As a non-profit, Playmakers depends on generous donations from the community, and there are always various opportunities for volunteers and sponsorships.

Visit www.ThePlaymakers.org to learn more about The Playmakers Organization and sign up for upcoming events. ★

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County Supervisors Vote to Implement Laura's Law

Continued from page 1
have a hearing and formally decide is July 1, 2021.

In Sacramento County, the program is estimated to cost \$2.5 million annually. The Board of Supervisors and Sacramento County Behavioral Health Services will meet again in September to determine funding.

Community Input

In March, Sacramento County Behavioral Health Services virtually hosted informational sessions and solicited community input via a brief survey for community members to hear input on whether to implement or opt out of Laura's Law/AOT. 280 individuals participated in the survey. Nearly three-quarters of participants indicated that they think Sacramento County should implement Assisted Outpatient Treatment (AOT) (73 percent), 15 percent of participants indicated that they think Sacramento County should opt-out of AOT, and 12 percent of participants indicated that they were neutral or unsure about the decision.

Court Requirements of AOT

AOT is a court-ordered outpatient treatment service for adults, ages 18 years and older, who have a serious mental illness and a history of (a) psychiatric hospitalizations, (b) incarcerations, or (c) acts, threats or attempts of serious violent behavior

towards themselves or others. Consumers must first be offered voluntary treatment within the past 10 days. The court cannot order involuntary administration of medications.

Family members, roommates, treatment providers and law enforcement may request an investigation to determine whether the consumer meets criteria. Only the County mental health director or his or her designee may file a petition with the court. The person named in the petition has a right to a defender appointed by the court.

If a judge finds that the individual meets the criteria, the AOT order would be for a 180-day treatment period, not to exceed 180 days. After 180 days, the director of the AOT program can apply for an additional 180 days of treatment. If the consumer is not compliant with treatment, the consumer can be transported to a hospital and held up to 72 hours. After 72 hours, the same hospitalization inpatient criteria such as being a danger to self, others, or gravely disabled.

Sacramento County Behavioral Health Services provides a full array of culturally competent and linguistically proficient mental health services to individuals of all ages. Services include prevention and early intervention, outpatient services, case management services, crisis intervention and stabilization services, and inpatient psychiatric hospitalizations. ★

\$25 Million Grant Program Included for Veterans



By Thora Chaves, California Department of Veterans Affairs

SACRAMENTO, CA (MPG) - Along with historic investments in small businesses, housing, education, infrastructure and climate change, Governor Newsom's California Comeback Plan includes the establishment of the Veterans Support for Self Reliance grant program. Administered by CalVet, this funding will support California's most vulnerable veteran population, including aging veterans and veterans with disabilities who have experienced chronic homelessness.

The Governor's plan, if approved, will provide a

higher level of on-site supportive services, such as in-home support to help with habitability; peer specialists to encourage veterans to engage in mental health care; and geriatric social workers to identify behavioral issues related to early onset dementia or similar cognitive issues.

"We are grateful for Governor Newsom's leadership regarding support for our most vulnerable veterans. This program closes a crucial gap in care for veterans who are in need of supportive services for daily living, yet do not meet the level of skilled nursing or assisted living," said CalVet Secretary, Dr. Vito Imbasciani.

Steve Peck, President of

the California Association of Veterans Service Agencies said that supportive services have always played a vital role in effectively serving veterans and ensuring housing stability. "The California Association of Veterans Service Agencies applauds Governor Newsom for his investment in supportive services for veterans' housing," added Peck. "This is an unprecedented opportunity to provide much-needed additional support."

The program is proposed as a three-year competitive grant that CalVet will administer to qualified grantees who serve veterans through permanent supportive housing. The program will primarily target those projects supported by U.S. Department of Housing and Urban Development—VA Supportive Housing, also known as HUD-VASH. ★

Kiley: Newsom's False Claims on Jobs Report

By Joshua Hoover, Office of Assemblyman Kevin Kiley

SACRAMENTO, CA (MPG) - Assemblyman Kevin Kiley (R-Rocklin) responded to Governor Gavin Newsom's claim that California is leading the nation's economic recovery.

"Does Governor Newsom really look around and think we're creating 40 percent of the nation's jobs?" Assemblyman Kiley asked. "California's economy continues to struggle as much as any state in the country. Yet rather than face this reality and correct course, the

Governor is presenting us with a Potemkin village."

The facts outlined in the April jobs report paint a dismal economic picture for California. The state's 8.3 percent unemployment rate is unchanged from March and the second highest in the nation, well above the national rate of 6.3 percent; Florida's rate is 4.8 percent. The overall number of unemployed Californians went down a mere 3,200. In addition, the labor force participation rate declined in California while increasing nationally.

Despite these sobering facts,

Governor Newsom is citing the jobs report as evidence "California is continuing to lead the nation's economic recovery," claiming that California created nearly 40 percent of the nation's new jobs in April. In fact, the "unadjusted" figure is 14 percent.

California's poor economic performance in 2021 is a result of conscious planning by the Governor. His January budget proposal forecast 8.5 percent unemployment for the year and predicted jobs would not return the "prepandemic" levels until 2025.

"As the Legislature debates the budget in the coming weeks, I'll continue to advocate for a fundamental course correction that sets high expectations for a swift recovery and unleashes California's full economic potential." This includes: Taking a science-based approach to school openings rather than being 50th in the country, so parents can return to work. Taking a science-based approach to business openings rather than being 50th in the country, so businesses can resume operations without fear of further shutdowns. Taking a science-based

approach to masking rather than ignoring the CDC's guidance. Structuring unemployment assistance to incentivize a return to work. Forgiving all COVID-related fines, penalties, and license revocations. Providing liability protection for businesses, while reforming PAGA and other litigation traps. Offering meaningful tax relief such as Net Operating Loss carrybacks. Removing arbitrary barriers to work such as Assembly Bill 5. Addressing the "surplus" with durable tax reform rather than arbitrary one-time payments. ★

Elder Abuse

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Pieces of my Mind

By Gold River Resident
David Dickstein

June being National Papaya Month has absolutely nothing to do with this column, so now with the obligatory intro out of the way I proudly present thoughts, rants and quips from the top of my totally normal head:

- If you ever get lost on the trails, like Blair Witch Project lost, Gold River's GPS coordinates are 38°37'24"N 121°14'52"W. You're welcome.
- One of my favorite things to do while walking the trails is to surprise people by – gasp! – being friendly. It's nuts how many don't expect or want human interaction. A mere "hi" often results in a cold non-reaction. It's as if instead of being six feet apart, they want to be worlds apart. Either that or I have the worst breath in the world. Either way, it stinks.
- To the young man at the ARCO am pm on Sunrise who sold me a different scratcher card than what I was pointing to, thank you for the mistake that won me a cool \$200.
- Wishing the owners of Baguette Up the best of success after taking over what I call "the drive-thru of doom" next to Carl's Jr. at Sunrise and Coloma. The outstanding Ole! Mexico, dreadful Dickey's Barbecue Pit and so-so Side Burn BBQ didn't last, but maybe there will be a winning combo in offering an array of awesome-sounding sandwiches that include fries and a drink and at better prices than Subway and Beach Hut Deli. The new place has a nice salad menu, too. Can't wait to try it for free in exchange for this totally unsolicited plug!
- If I believe in anything, it's ethical journalism in which writers neither expect nor demand any favors in return for positive coverage and how much this



Columnist David Dickstein takes a selfie in front of Baguette Up.

- community needs Baguette Up. Did I mention they have awesome-sounding sandwiches and salads?
- The sign on Gold Express Drive for Little Blossom Montessori School's Gold River Center has been removed. Their Facebook page says the school is closed "until further notice." Further notice, my fanny – I'll bet a year's worth of meals at the Gold River Applebee's that our shriveled Little Blossom never grows back.
- Henry's Steakhouse inside Red Hawk Casino has been closed almost a year, and the unfortunate phone operators are forced to fib and say the shut-down is only temporary due to COVID-19. Oh, puleeze. That restaurant went from excellent to good to poor long before the pandemic.
- Speaking of Red Hawk, its China virus safety plan is a joke and not just

- because COVID-19 has a mortality rate these days of almost zero. The casino claims that "the health and safety of our guests, team members and community are our No. 1 priority," and yet it allows smoking, the cause of 20 percent of all deaths in the U.S. Yep, what a joke.
- Back to the closed-up Little Blossom School. Since we moved here, 2317 Gold Meadow Way has been home to Tutor Time preschool and Bryan College. Each came and went, which should be a warning to prospective lessees that education probably isn't the right use for that location. Time to rezone.
- Who else is concerned and disgusted by the tent city near us that's getting larger by the day? Which one, you ask? The messy metropolis across two sides of Sac Metro fire station 65 on Coloma. As sure as this is a health, safety and economic issue, our sanctuary-favoring elected officials will never do anything about it until there's a horrible fire, homicide or, more to the truth, relocation of these vagrants to one of their own neighborhoods.
- As far as the homeless situation is concerned, and my heart goes out to those who have legitimately tried to get back on their feet, Gold River is at least represented by one elected official who's doing her best with hands frustratingly tied. District 4 County Supervisor Sue Frost is aware of the aforementioned homeless camp and others that are protected by a state mandate which, like others, got artificially fortified with the COVID-19 power grab. "With the COVID-19 emergency order, we can't enforce our homeless policy," said Matt Hedges, Frost's chief of staff, in a recent phoner. "The camps are growing and growing and it's a safety issue for all citizens including the homeless themselves. They know they're untouchable and that's led to them not getting the help that's available." And when folks such as Frost try to help, they're told to take a hike – no doubt on a trail strewn with used syringes and more drifters. We'll address the worsening homeless issue in a future column. Let's move on to another cheery subject.

- At last check, California's Megan's Law website shows that on this side of Sunrise, we have two registered sex offenders living in Gold River, one in Gold River Station and a whopping five at the Mobil Country Club mobile home park. Just peachy.
- That broken shared parcel box I've been complaining about in this column for years is fixed. Took a while, but our cluster boxes look better than new. Our homeowner dues at work!
- What a perfect segue for this shout-out to my village's board. I attended the May meeting after steering clear for several years for the good of my health. The session was well-run, civil, productive – a 180 from what I experienced as a board member. Just one nit
- Sadly, I was the only civilian homeowner on the Zoom call, and there's a reason, albeit not a good one. I only learned that the meeting was via Zoom because I noticed the agenda on the outdoor bulletin board at the community center that night. That posted sheet is the only place to get the meeting ID and password for my village's meetings these days. Our newly appointed president does a nice job communicating on Nextdoor, so perhaps that could be a channel to share future board meeting info.
- Speaking of generally thankless jobs, God bless good teachers everywhere, especially those of Gold River Discovery Center. As the husband of one, I've witnessed the added challenges of distance learning and all that went into making a hybrid model work. Seeing the tremendous extra load taken on in preparation and execution of the soon-ending school year makes me wonder why every week isn't "Teacher Appreciation Week."
- What's with the unfinished gate and fence jobs in my village? There's got to be a half-dozen seemingly abandoned projects, and with Powell homes being uniformly brown and non-descript for the most part, these uncompleted jobs stick out like a sore unhammered thumb.
- Next month is my favorite holiday. If anyone is thinking of taking away our Sacramento County rights to enjoy state-approved fireworks safely and sanely from June 28 to July 4, they had better think again. Our freedoms are already being challenged enough by harmful people of elected or assumed power with narrow minds and selfish agendas.
- Three guesses why there's a large amount of space still not leased at Gold River Town Centre. I'll go first: 1) It's the pandemic; 2) the landlord wants too much; 3) the property management firm isn't working hard enough.
- Let's close on a subject on everyone's mind. I'm talking about the June 17 series finale of "Keeping Up with the Kardashians," of course. Whose world will also be shattered if Kourtney and Scott don't wind up back together?

David Dickstein is a Gold River resident, award-winning writer and principal at the PR firm Prose & Comms Inc. He can be reached at daviddickstein1@gmail.com. ★

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Can California Shut Down Failed Projects?



By Dan Walters
CALMatters

We human beings hate to admit failure. Even though our brains may know when some endeavor has failed, our emotions and our egos may drive us to continue trying to make it work.

Indeed, the syndrome has developed its own linguistic phrases, such as “throwing good money after bad,” or “sunk costs,” or “cutting our losses.”

Private businesses are usually – but not always – willing to shut down or sell off ventures that don’t pan out. Ford Motor Co. famously jettisoned the Edsel, a car named after the beloved son of founder Henry Ford, when the car failed to attract enough buyers. But the Boeing Co. stuck with an elongated version of its 737 jetliner even after two crashed and killed 346 people, and is still trying to make it acceptable.

Government officials are generally less willing to admit failure, perhaps because, unlike business executives, they have no personal financial stakes in outcomes. Their guiding, albeit informal, rule is that launching new programs enhances one’s standing while shutting down those that fail just angers their stakeholders.

California’s recent history

is replete with examples of programs and projects that deserved merciful deaths but have continued to soak up billions of dollars in taxpayer money.

The woebegone bullet train project is the most spectacular. Voters were promised a statewide network of high-speed trains when they passed a \$9.95 billion bond issue in 2008. Thirteen years later, we have only a few concrete structures in the Fresno area — no track, no trains and no certain date when even a relatively short segment will be operative despite the many billions of dollars spent, or wasted, so far.

It would take a book – a thick book – to fully describe all of the state government’s highly touted, very expensive digital information projects that have failed to deliver the promised benefits. While it lacks the scale of the bullet train and the failed information technology projects, Calbright may fall into the same category.

It’s former Gov. Jerry Brown’s pet project – an online community college that would offer high-quality, low-cost instruction to help working Californians upgrade their job skills.

Tens of millions of dollars have been sunk into Calbright over the past few years but it’s actually provided instruction only to a few dozen students — at an enormous per-student cost, of course.

Last month, State Auditor Elaine Howle catalogued Calbright’s failures, declaring that “A primary reason...is that

its former executive team failed to develop and execute effective strategies for launching the college.”

If Calbright doesn’t shape up by next year, Howle told the Legislature, it should be axed. Five days before Howle issued her report, the state Assembly voted unanimously for legislation that “makes the California Online Community College Act inoperative at the end of the 2022-23 academic year.”

To be fair, the legislation, Assembly Bill 1432, does not merely reflect an unwillingness to continue a project that has fallen short of its lofty goals. The bill is sponsored by the union that represents faculty at the state’s 115 local community colleges and it opposed Calbright from the onset, fearing that it would undermine the existing system.

However, Calbright’s obvious shortcomings made it vulnerable to a political death sentence. The fight over its fate now shifts to the state Senate, or perhaps will be decided when legislative leaders and Gov. Gavin Newsom negotiate a final 2021-22 budget deal behind closed doors this month.

If Calbright is jettisoned, perhaps it would mark a new willingness to stop throwing good money after bad. Now how about that bullet train to nowhere?

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



By County Supervisor Sue Frost

Through the generosity of the *Gold River Messenger*, this column serves to provide an update about matters affecting the unincorporated community of Gold River.

As we approach the budget cycle for the 2021/2022 fiscal year, I thought I would introduce a budget item that some may already be familiar with. In September of last year, the Board of Supervisors directed county staff to begin exploring the development of a mental health crisis response system (MHCRS). The purpose of the MHCRS is to provide urgent mental health resources to individuals in the midst of a mental health crisis. For too long in Sacramento County, and in jurisdictions throughout the country, the only response for those in crisis has been law enforcement. There seems to be a consensus, even among law enforcement, that status quo for mental health response needs to change.

One of the main issues is that in a mental health crisis, law enforcement lacks the training for a safe assessment and intervention and a trained professional can have a better impact. In Sacramento County, we have seen many successes with our Mobile Crisis Support teams (MCSTs) which are composed of a mental health professional and a law enforcement officer. However, even MCSTs are not right for all situations as the presence of law enforcement may escalate the crisis already occurring in the individual’s mind. In either scenario, the potential for harm to the person in crisis increases and any time it is possible, we want the risk to innocent lives reduced.

After several months of

GOLD RIVER COMMUNITY UPDATE

Alternative to 911 for Mental Health Calls

preparation and an outstanding amount of community input, county staff came to the board with a proposal in February. While the proposal that came forward was an excellent start, my colleagues and I had some concerns. For one thing, the pilot project proposed would only run five days a week between 9:00 am and 6:00 pm. Additionally, I had concerns that while there was ample community input, law enforcement did not appear to have been adequately consulted with. While we knew that the Sheriff had been involved, I wanted the various cities with individual policy departments to provide input. Mostly, this was important because we wanted to know how these crisis calls would coexist with existing dispatch centers. We also needed to know if constituents would be able to access the MHCRS by calling a 3-digit number or a 10-digit number.

Staff returned to the board with an update and expanded proposal in March. The updated proposal addressed some of the Board’s concerns and we were able to instruct staff on how we expected to prefer to move forward when the budget comes up in June. The reason this item is being discussed with the budget is, of course, the fact that it needs funding. What was presented to the board in March had a scale of three versions of the MHCRS ranging in initial cost from \$6.2 million to \$10.7 million. Given that the Board’s preference is for a system that operates countywide, 24 hours a day and seven days a week with a standalone call center, the higher projected cost is what will have to be met. The \$10.7 million also includes the expansion of the mental health urgent care center to ensure that individuals contacted by the newly formed mobile response teams can be taken somewhere for safe treatment.

Fortunately, there may be

some relief for the county to cover the cost. Funds the County receives from the American Rescue Plan via the Federal Government may allow the county to be reimbursed for the cost of the mobile response team composed of a mental health professional and a peer support specialist. Beyond funding, a few other specifics remain to be finalized. For instance, county staff will need to determine what phone number will connect calls to the MHCRS. Unfortunately, all the x11 (i.e. 311, 211, etc.) 3-digit numbers are in use and a 10-digit number seems too long for an emergency situation. What may happen is an initial triaging of calls through 911 dispatch centers until the county may secure the ability to use 988 for the system which is the line proposed at the federal level for these types of programs.

Sacramento County is not the first municipality to go down this path. Our county staff looked at programs like “CAHOOTS” in Eugene, Oregon and the STAR Program in Denver, Colorado. All of these programs have seen great success in reducing incarceration and other, more severe outcomes for people in crisis. What I ultimately want for this program is for our communities to be safe for those struggling with mental health issues, for the mental health professionals who sign up to respond to these calls, and for our communities as a whole. Sacramento County is on the path to achieving this and I look forward to finalizing this program during the budget process in June.

Sue Frost represents the 4th District, which includes all or part of the communities of Citrus Heights, Folsom, Orangevale, Antelope, Rio Linda, Elverta, Gold River, Rancho Murietta, North Highlands, Carmichael, Foothill Farms and Fair Oaks. ★

Ask Toni

Self Employed . . . Should I Enroll in Medicare Part B??



Toni King

Hello Toni:

I need your help about enrolling in Part B or delaying it. I am self-employed with no employees, turning 65 with an individual Blue Cross/Blue Shield health plan that covers me and my

wife. I have been told by friends that since I am still working, paying taxes and have health insurance that I do not need Part B.

A business associate, who is also self-employed delayed his Part B because he is under his wife’s employers group health insurance. I do not want to make a big mistake. Please explain the difference in my situation and my friend’s.

Thanks, Bill from Tulsa, OK

Hello Bill:

Great Medicare question Bill, ... last week I consulted with a person that is also self-employed, but was given wrong advise about delaying his Part B. His Medicare nightmare is now starting ... Medicare does not recognize individual plans like yours as “true company” benefits with creditable prescription drug coverage for delaying your Part B. Now this fellow who is 66 will receive not only a 10% penalty for each year due to not enrolling in Part B at the right time, but a 20% penalty (2 years 65 and 66) each month for as long as he is on Medicare or should I say the rest of his life. The 20% penalty goes up as the Part B premium changes. Stinks doesn’t it!!

Bill, since you currently have an individual health insurance plan not “true group” health insurance, I would recommend that you enroll in Part B during your “Initial Enrollment Period”. Many believe that Medicare is automatic, this is only true if you are receiving your Social Security check when you turn 65.

Not working full time with true company benefits is what Medicare looks for to keep from giving you the 10% per year or

12-month period Part B penalty.

If you are not receiving your Social Security check and want your Medicare to begin the 1st day of the month you turn 65, you can sign up for Medicare anytime during the 3 months before your 65th birthday. Go online to www.socialsecurity.gov/benefits/medicare to apply for Medicare Parts A and B.

Your business associate who is covered under his working spouse’s “true employer” group health benefits can delay enrolling in Medicare. He must follow Medicare’s enrollment rules as Social Security deems.

“Still working” are magic words when it comes to enrolling past 65 and losing your or your spouse’s company benefits. The Medicare and You Handbook discusses under the subtitle of “Should I enroll in Part B” about delaying Medicare Part B when you are leaving your or your spouse’s group benefits and “that you can sign up for Part B anytime during the 8-month period that begins the month after the employment ends or the coverage ends, whichever happens first”.

Even though the Medicare & You handbook states that there is an 8-month period that one can enroll without receiving a Medicare Part B penalty, the handbook does not clarify that those who delay will not have any of the benefits that Medicare Part B covers.

During a Toni Says Medicare consultation, we recommend that your and/or your spouse’s Medicare Parts A and B begin the first day that your or your spouse’s employer group health plan is ending, to be sure there is medical coverage when a healthcare need occurs.

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

Toni is giving a \$5 discount to the *Toni Says® readers of the new 2021 Medicare Survival Guide® Advanced book* at www.tonisays.com. Have a Medicare question? Call 832/519-8664 or email info@tonisays.com. ★



Poppoff!

With Mary Jane Popp

Keep Circulating

We go from day to day with our heart keeping us beating the drum of our dreams. But do we really understand what it takes to keep it going? Dr. Susan Smith-Jones gave me some insight on my POPPOFF Radio Show recently. According to Dr. Jones, our cardiovascular system is made up of heart and blood vessels. It transports oxygen and other nutrients to all organs and tissues in our body. And it removes carbon dioxide and other waste products. If the arteries, veins, and capillaries were all laid out end-to-end, would you believe it would extend as far as 60,000 miles long? And the heart is pumping blood throughout. So maintaining healthy circulation is a must.

Here’s the important news. Dr. Jones told me the quality of foods we eat has a tremendous bearing on our circulatory health. High-fiber, plant-based foods like fruits, veggies, legumes, nuts, and seeds offer the essential vitamins, minerals, and nutrients the body and circulation need to survive. Why? Atherosclerosis is when plaque builds up along the walls of our arteries. Risk factors that can contribute to plaque buildup include high blood pressure, high cholesterol, tobacco use, diabetes, unhealthy diet, low levels of physical health activity, and being overweight or obese. Atherosclerosis can gradually make the arteries narrower, affecting the amount of blood flowing through them. So the organs and tissues may lack oxygen. When atherosclerosis affects the heart arteries, it’s called coronary heart disease. Other arteries can also be affected as well...peripheral artery disease. That can affect blood flow to your

legs, feet, arms, and hands. Sometimes an artery may become completely blocked by plaque or a blood clot. Then a heart attack or stroke can occur.

She went on to point out that nitric oxide is a molecule that’s produced naturally by our body, and it’s important for circulation because it supports vasodilation, meaning it relaxes the inner muscles of the blood vessels, causing them to widen and increase circulation. Some of the best food sources of nitric oxide include beets, celery, lettuce, carrots, green beans, collard greens, parsley, cabbage, and spinach. Here are a few more foods that support healthy circulation...cayenne pepper, pomegranate, onions, cinnamon, garlic, salmon, beets, turmeric, leafy greens, citrus fruits, walnuts, tomatoes, berries, and ginger.

Dr. Susan Smith-Jones taught students at UCLA how to be healthy and fit for thirty years. She has made extraordinary contributions in the fields of well-being, anti-aging, optimum nutrition, and balanced living. She is founder and president of Health Unlimited. She has written over thirty books on these subjects with her latest “Wired for High-Leve Wellness” Simple ways to rejuvenate, meditate, and prosper. Don’t forget to sign up for her monthly “Healthy Living Newsletters” at her website www.SusanSmithJones.com. And it’s absolutely free and filled with great information and delightful thoughts on how to be healthy and stay healthy physically and mentally. During this time of pandemic and so many fears, we need to stay healthy and add happy to the mix too! All you have to do is believe!!! ★

California 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

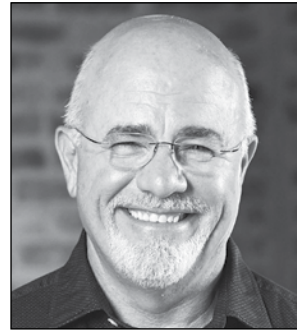
schools and local communities depend on every day," said BOE Chairman Antonio Vazquez. "On behalf of the entire Board, I commend BOE staff for their expertise and hard work as today's action translates to funding teachers, public safety officials, parks, and roads across California."

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. ★



Dave Ramsey Says

they enjoy and want others to experience. Often, that can grow into a job, and then maybe into a career – or even a business.

I think it takes a lot of time, reflection, insight, and self-evaluation before anything can be termed a calling. I know this is true in some cases, because that's how it happened with me. I can't honestly tell you that when I first started on radio, or began formally teaching and writing I knew it was God's plan for my life. I knew early on I was drawn to it, and felt there was a need for it, but it took a while for me to understand and accept that it was what I was really meant to do.

I hope this helps a little bit, Tony. Just be honest with yourself,

think about it, and pray about it a lot, too. God wants what's best for you, so make sure you include Him in everything. It worked for me.

I've been doing what I do for nearly three decades now, and I still love it. I'm convinced that it is God's calling on my life.

Dave Ramsey is a seven-time #1 national best-selling author, personal finance expert, and host of The Ramsey Show, heard by more than 18 million listeners each week. He has appeared on Good Morning America, CBS This Morning, Today Show, Fox News, CNN, Fox Business, and many more. Since 1992, Dave has helped people regain control of their money, build wealth and enhance their lives. ★

A Calling or a Job?

Dear Dave,

When it comes to your career and profession, how can you tell if you've truly found your calling in life?

-Tony

Dear Tony

I don't think it's common for most folks to feel like they've experienced some kind of grand revelation, and suddenly they know what they're supposed to do with their lives. Personally, I believe this kind of thing usually starts out as an activity or idea connected to something

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Crossword Puzzle on Page 7

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

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Crossword Puzzle Solutions on Page 7

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						38					
39									40							
43					44						45			46		
					47				48	49						
		50	51						52				53	54	55	
56									57				58			
59									60				61			
62									63				64			

CLUES

ACROSS

- Treble or bass
- Pharaoh's cobra
- "Zeus" sister and wife, and character in Broadway musical "Xanadu"
- Hair-dwelling parasites
- Quinceañera or bat mitzvah, e.g.
- Puts money in the bank
- Pearl Harbor locale
- Flair
- Inuit boat
- "Record-holding musical for most awards received by a single production, with The 20."
- "Broadway hit "Jagged Little"
- "Comment to the audience"
- Web address
- "er", at the pump
- Private chapel
- Keats' poem
- Quit
- Medley
- _____ or do nothing
- Right-angle building extension
- Razor nick
- Like lemon
- Make a choice
- 1960s teen idol, Bobby
- Give authority
- Bias crime perpetrators
- "Theater, e.g.
- Cordial disposition
- Surrender
- "Non-musical with record number of Tony nominations"
- Shredded cabbage dishes
- "Melpomene, e.g.
- Just a little
- Gold unit
- Lodge fellows
- "Game of Thrones" bastard
- Without purpose
- Past tense of "is"
- Short-term employee

DOWN

- Hoof sound
- Yarn spinner
- Canyon sound
- Like medieval European society
- Was sick
- Fixed look
- Montblanc and such
- "Musical with record number of Tony nominations"
- Like most fairytale stepmothers
- Madrid's Club de Fútbol
- Pose a question
- Chef's prescription
- Toyota sports car model
- Shylock's practice
- Coffee pot
- "Bob", choreographer with most Tony awards
- "Break a leg" or "have two left feet," e.g.
- Reduce pressure (2 words)
- Eye up and down
- Mediterranean appetizer
- Type of potato masher
- Ox connectors
- "Tiresias in "Oedipus Rex," e.g.
- Feverish
- *NYC district
- Washington, e.g.
- Sun's descent
- Onion-like herb
- Seize by force
- Obsolete office position
- Spurious wing
- "Comedy and tragedy, on a Tony medallion"
- Attired
- "James _____ Jones, multiple Tony winner"
- Old World duck
- Like Silver's owner
- H or O in H2O, e.g.
- Make a raucous noise
- Mogul equipment

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Sudoku Puzzle on Page 7

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

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

Solutions on Page 7

Tips for 2021 Graduates to Prepare for a Fiercely Competitive Job Market

Commentary
by Krista Wignall

Colleges may return to normalcy in a few months as the rollout of COVID-19 vaccines continues. Meanwhile, in sharp contrast to that positive news, millions of college students will graduate this spring facing bleak employment prospects.

The COVID-19 pandemic caused unemployment to soar in 2020 and is expected to affect the job market for graduates again this year. Some labor analysts see the pandemic perhaps having this ripple effect on graduates for years to come. These sobering trends are why students should expand their preparation for the job market and know what action steps they need to take, says Vince Thompson (www.meltatl.com), founder and CEO of the marketing agency MELT and author of Building Brand You: How To Use Your College Experience To Find And Win Your First Job.

“Thanks to COVID-19, if you’re in college right now or recently graduated, you’re facing the toughest job market in our lifetime,” Thompson says. “With so many people unemployed and displaced, people will be willing to take a lesser job for a lesser salary just to get back in the market.”

“To use a fishing analogy, it’s going to take a lot of casts to get a few bites for interviews and ultimately land the job. But don’t let that discourage you. Instead, let it inspire you to grow and learn what you need to know to set yourself apart from other candidates. It’s all about positioning yourself



The COVID-19 pandemic caused unemployment to soar in 2020 and is expected to affect the job market for graduates again this year. Some labor analysts see the pandemic perhaps having this ripple effect on graduates for years to come. Photo by Sora Shimazaki from Pexels

by building your resume, brand, and your network. And being enthusiastic about the process.”

Thompson suggests the following tips for soon-to-be graduates as they prepare for a fiercely competitive job market:

Build your brand. The job market is so competitive that companies are looking for far more than candidates with a high GPA. “Hiring managers often seek well-rounded young people who can communicate, collaborate and create,” Thompson says. “They’re looking for people who have been active outside the classroom as well – in clubs, the community, volunteer work, etc. All of these aspects are part of your

brand. Also, the new litmus test in the job market will be, ‘What did you do to improve yourself and others during COVID? Or did you do nothing and feel sorry for yourself?’ Employers are going to be looking for those intangibles.” Organize your marketing playbook. “Utilizing a complete marketing playbook means leveraging your abilities and interests on social media platforms,” Thompson says. “This is where you display your public brand. Your profile, posts, photos, and videos reflect what you’re about. It’s key that your presentation and message are consistent on each platform that you use.”

Expand your networking. “Today, about 75

percent of new hires happen through networking,” Thompson says. “Build a target list of people to contact at companies that are hiring. Join discussion groups on LinkedIn that can expand your contacts and your knowledge. Connect with thought leaders and ask them questions to gain insight.”

Upskill. “Companies want young people who are versatile and able to learn new skills quickly,” Thompson says. “Research skills required in fields that you’re pursuing and get credentialed through online training programs. If opportunities are far fewer in your chosen field, research where your best skills apply in other industries.”

Prepare for virtual interviewing. “When you interview in person, your body language, enthusiasm, handshake and small talk help build a connection with the interviewer,” Thompson says. “Being interviewed on a screen demands that you be fully engaged, establish a rapport, have continual eye contact and express yourself clearly.”

“How you stand out from the crowd has always been the differentiator in hiring,” Thompson says. “It’s much a bigger crowd now for fewer jobs, so the importance of preparation in all facets has never been more important.”

Vince Thompson (www.meltatl.com) is the founder, chairman and CEO of

MELT, one of America’s most successful sports marketing and branding agencies, and author of Build Brand You. An award-winning brand builder and sports marketer, Thompson has worked on brand strategies for some of the most famous brands in the world, including The Coca-Cola Company and Aflac. Thompson has been named one of Atlanta Business Chronicle’s “Most Admired CEOs,” among the “500 Most Influential Atlantans” by Atlanta Magazine, the American Diabetes Association’s “Father of the Year,” one of Sports Business Journal’s “Power Players,” and was listed by BizBash as one of the top 1,000 people in the event industry. ★

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Newsom Transforms Taxpayer Protection into Welfare



Ted Gaines

By **Betsey Hodges,**
Office of Senator
Ted Gaines

California actually has a government spending limit, hard as that may be to believe, and Gavin Newsom is making a mockery of it, just as his predecessor did.

In 1979, a year after signing off on the revolutionary Proposition 13, voters passed Proposition 4, implementing the “Gann Limit,” which would peg California’s state spending to the 1978-79 level and only let it grow adjusted for inflation and population. State revenues above the voter-approved limit can be reckoned with several different ways, including refunding half of the excess revenues to taxpayers, with the other half going to schools.

Newsom is choosing the refund path for this year’s massive Gann Limit excess, which is currently estimated at \$16 billion dollars. But instead of sending their money back to the taxpayers in relation to how much they paid, giving everyone a slice of the rebate in proportion to their tax contributions, Newsom is turning the program into a giant transfer payment scheme.

Paul Gann, the father of Prop. 13 and the namesake of this taxpayer protection plan, would be dumbfounded by Newsom’s willful misunderstanding and shameless appropriation of his taxpayer-protection initiative.

The wealthiest taxpayers in this state, the top five percent, paid nearly 70-percent of California income taxes last year. Those citizens were also supposed to get relief from the Gann Limit. Instead, they get nothing.

Newsom is sending rebates to the bottom two-thirds of tax filers only. What about the top-third, who paid a whopping 97-percent of the total income taxes in 2018, for example? In Newsom’s redistribution plan these top payers are simply out of luck, even though it’s their payments providing the bulk of the excess. And before you shout, “tax the rich!” understand that in that same tax year, we are talking about people making \$60,000 a year.

It’s great that the Governor wants to help taxpayers during the pandemic, even though it was state policy that caused so much of the damage to small businesses and killed so many jobs. If the governor and legislature want to make more direct payments to citizens out of the general fund, after Gann Limit refunds have been fairly distributed, be my guest.

In fact, I challenge Governor Newsom and the legislature to find ways to make the state more affordable and livable for all citizens, starting with lower taxes on personal income, on business income, on gasoline, and by eliminating green energy mandates that

have forced our electricity prices up 9-times faster than the national average over the past decade. These steps would help every day of the year, not just on the day he announces his budget.

Getting money back into the hands of job-creators – by lowering costs and equitably rebating the Gann Limit dollars – would actually fuel a California rebound.

But to repurpose a taxpayer protection act, approved by voters, into a new tax and welfare plan, is bad-faith politics and speaks to why Newsom is facing a recall.

Governor Brown’s 2017 budget dodged the Gann Limit by magically reclassifying \$22 billion in spending as neither state nor local, as required by the original Proposition, making it disappear, along with the hopes of fiscal conservatives.

Brown would not adhere to the mandates of the 1979 Gann Limit reform; he tricked his way past the law and shafted taxpayers along the way. Apparently, Governor Newsom was watching and learning, waiting for his own opportunity to betray the intent of California’s voters.

Mission accomplished. Newsom’s plan is ugly political alchemy, where he mutates a rebate program into a new tax on the homeowners, small business owners, teachers, police and other middle-class people who will be paying the taxes they will never get back. He should refund ALL taxpayers according to their tax payments and quit manipulating the Gann Limit for his political needs. ★

Employers Face Liability by Requiring COVID Shots

Liberty Counsel
Press Release

WASHINGTON, D.C. (MPG) - The new guidance from the U.S. Occupational Safety and Health Administration (OSHA) states that employers could be held liable if they mandate employees to take COVID-19 injections as a condition of employment and then they experience adverse reactions.

Under a “Frequently Asked Questions” section of OSHA’s website it states: “If you require your employees to be vaccinated as a condition of employment (i.e., for work-related reasons), then any adverse reaction to the COVID-19 vaccine is work-related. The adverse reaction is recordable if it is a new case under 29 CFR 1904.6 and meets one or more of the general recording criteria in 29 CFR 1904.7.”

Recording requirements of serious work-related injuries and illness may leave employers with worker’s compensation claims and impact their safety record.

To avoid potential liability, employers should not require employees to receive any COVID shot.

Some employers are now offering financial incentives, opportunities to win prizes, or paid time off to receive the COVID shots. Employees who choose not to receive the “voluntary” injection and therefore miss an opportunity to receive a prize could argue they suffered “repercussions” for their



OSHA states that employers could be held liable if they mandate employees to take COVID-19 injections as a condition of employment and then they experience adverse reactions. Courtesy photo Liberty Counsel

choice. In addition, the “professional advancement” of an unvaccinated employee who is not permitted to work at a particular job site may be affected. However, OSHA’s new guidance does not address these specific situations.

one of the COVID shots are approved or licensed by the FDA. They come under the Emergency Use Authorization, which means they cannot be forced or required.

On March 27, 2020, the Health and Human Services (HHS) Secretary declared that circumstances exist justifying the authorization of emergency use (EUA) of drugs and biological products for COVID-19. That means people must be told the risks and benefits, and they have the right to decline a medication that is not fully licensed. The same section of the Federal Food, Drug, and Cosmetic Act that authorizes the FDA to grant EUA also requires the secretary of Health and Human Services to

“ensure that individuals to whom the product is administered are informed ... of the option to accept or refuse administration of the product.”

In addition to this federal law, the FDA includes the Nuremberg Code and the Helsinki Declaration on its website, emphasizing the fact that people cannot be forced to take experimental drugs without their full consent. Learn more at LC.org/Vaccine.

Liberty Counsel Founder and Chairman Mat Staver said, “Forcing employees to receive one of these experimental COVID injections is a violation of federal law. The COVID injections are not licensed by the FDA and are still in the investigation and experimental phase. No employer or government may force or coerce anyone to take these injections. Federal law requires full informed consent. Employers that require employees to take a COVID shot may be held liable for adverse reactions and death.” ★

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In Real Estate, Just Like Life, Anything Can Happen



Former Rancho Cordova resident Ryan Lundquist, housing market analyst, spoke at the May Rancho Cordova Zoom Luncheon on May 21. "I always speak positively about Rancho," Lundquist said. "I'm always committed to that." Photo Courtesy Ryan Lundquist

By Margaret Snider

RANCHO CORDOVA, CA (MPG) - The May Rancho Cordova Luncheon featured Ryan Lundquist, certified residential appraiser and housing market analyst. Prices are up in the Sacramento area and demand is far outstripping supply, Lundquist pointed out. In Sacramento County first quarter 2012 compared to first quarter 2021, the housing market median price rose from \$163,000 to \$298,745, 183%. In the Rancho Cordova 95670 zip code area the February to April 2021 median price compared to the 2020 figure for the same period is up 21.4% and the 95742 area up 15.1%. Average days on the market decreased from 16 to 8 days for 95670, and 43 to 12 days for 95742. In

Sacramento, Placer, Yolo, and El Dorado Counties comparing April 2020 to April 2021, offers increased from 4,168 to 13,361, or up 220.5%, and closed sales from 1,620 to 2,566, up 58.4%.

"We're poised to open up in California and I would say the more normal we get, the more chance of eventually having a more normal real estate market," Lundquist said. "As we get into our normal rhythms of going out to eat . . . drinking beer in the barrel district, taking vacations and getting our kids back to school, those things really matter to boost normalcy." As sellers feel more normal, Lundquist expects to see an uptick in listings. "It's going to take a while to dig ourselves out of this housing shortage, but I think what we want to see is maybe demand go down a little bit, it will help with the supply issue."

What is normal in real estate? "(It's normal) for prices to go up and then to see them go down, and then to see them go up, and down," Lundquist said. "So there is this real estate cycle going on. But we can't just look at 2005 and say, 'it's about ready to pop again.'"

A columnist for Zillow recently predicted double digit growth through 2021. "I'm not a fan of his estimate, I'm a fan of their economics, though," Lundquist said. "Now,

hopefully not 20% growth; that type of appreciation, I don't think that's sustainable for the long haul. But in real estate, just like life, anything can happen."

When he resided in Rancho Cordova around a dozen years ago, Lundquist initiated some community projects. According to Cordova Community Council executive director Shelly Blanchard, Lundquist organized his neighbors to paint a wall at the entrance to his neighborhood and posted a video about their efforts. "I used that video as a teaching tool to talk about what a great neighborhood volunteer's experience should look like," Blanchard said. "I believe Leadership Rancho Cordova still uses that video to this day." Lundquist also initiated Project 680, named after the number of students classified as homeless at that time, to provide socks for them. "More than a decade later, Ryan's Project 680 lives on, most recently gathering gift cards to buy shoes for needy students who are heading back to school after more than a year," Blanchard said.

Lundquist has been quoted in local television and national publications and is a board member for the Real Estate Appraisers Association of Sacramento. You can find his blog at www.sacramentoappraisal-blog.com. ★

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Effective 6/9/21 - 6/15/21

<p style="font-weight: bold; color: red;">TASTE OF THE WILD</p> <p style="font-weight: bold; color: red;">GRAIN FREE DRY DOG FOOD</p> <p style="font-size: 0.7em;">•Wetlands •Sierra Mountains •Pacific Salmon •High Prairie •Southwest Canyon</p> <p style="font-size: 0.8em;">28 Lb Bag \$39.99</p> <p style="font-size: 0.7em;">Effective 6/9/21 - 6/15/21</p>	<p style="font-weight: bold; color: red;">CANIDAE</p> <p style="font-weight: bold; color: red;">DRY DOG FOOD FOR ALL LIFE STAGES</p> <p style="font-size: 0.7em;">•Multi-Protein •Chicken Meal & Rice •Large Breed 44 Lb</p> <p style="font-size: 0.8em;">As Marked \$10 OFF</p> <p style="font-size: 0.7em;">(Multi Protein, Chicken Meal & Rice, Lamb & Rice, Less Active 30 Lb) Our Regular Low Prices!</p> <p style="font-size: 0.7em;">Effective 6/9/21 - 6/15/21</p>	<p style="font-weight: bold; color: red;">BLUE BUFFALO</p> <p style="font-weight: bold; color: red;">WILDERNESS DRY DOG FOOD</p> <p style="font-size: 0.7em;">•Chicken •Salmon •Duck •Large Breed •Healthy Weight</p> <p style="font-size: 0.8em;">24 Lb Bag 100% Grain Free Limit 2 Bags \$5 OFF</p> <p style="font-size: 0.7em;">Effective 6/9/21 - 6/15/21</p>	<p style="font-weight: bold; color: red;">FRISKIES</p> <p style="font-weight: bold; color: red;">DRY CAT FOOD</p> <p style="font-size: 0.7em;">16 Lb Bag •Seafood •Indoor •Surfing & Turfing</p> <p style="font-size: 0.8em;">Limit 2 Bags per Family \$9.99</p> <p style="font-size: 0.7em;">Effective 6/9/21 - 6/15/21</p>
<p style="font-weight: bold; color: red;">9 LIVES</p> <p style="font-weight: bold; color: red;">CANNED CAT FOOD</p> <p style="font-size: 0.7em;">5.5 Oz All Varieties</p> <p style="font-size: 0.8em;">Limit 1 Case Per Family 39¢</p> <p style="font-size: 0.7em;">Effective 6/9/21 - 6/15/21</p>	<p style="font-weight: bold; color: red;">FANCY FEAST</p> <p style="font-weight: bold; color: red;">GOURMET CANNED CAT FOOD</p> <p style="font-size: 0.7em;">All Varieties except Elegant Medley 3 Oz</p> <p style="font-size: 0.8em;">Limit 2 Cases Per Family ON SALE Everyday</p> <p style="font-size: 0.7em;">Effective 6/9/21 - 6/15/21</p>	<p style="font-weight: bold; color: red;">JONNY CAT</p> <p style="font-weight: bold; color: red;">PREMIUM CAT LITTER</p> <p style="font-size: 0.7em;">20 Lb Bag •Regular •Multiple Cat Formula</p> <p style="font-size: 0.8em;">Limit 2 Bags Per Family \$3.99</p> <p style="font-size: 0.7em;">Effective 6/9/21 - 6/15/21</p>	<p style="font-weight: bold; color: red;">FRESH STEP</p> <p style="font-weight: bold; color: red;">SCOOPABLE CAT LITTER</p> <p style="font-size: 0.7em;">42 Lb Bag</p> <p style="font-size: 0.8em;">Limit 2 Bags Per Family \$13.99</p> <p style="font-size: 0.7em;">Effective 6/9/21 - 6/15/21</p>

<p style="font-weight: bold; color: red;">PURINA PRO-PLAN</p> <p style="font-weight: bold; color: red;">CANNED CAT FOOD</p> <p style="font-size: 0.7em;">*Selected Varieties 3 Oz Can (Dog Food Cans 13 oz \$1.49)</p> <p style="font-size: 0.8em;">15 Lb Bag Limit 2 Bags 89¢</p>	<p style="font-weight: bold; color: red;">FELINE PINE</p> <p style="font-weight: bold; color: red;">HEALTHY CAT LITTER</p> <p style="font-size: 0.7em;">20 Lb Bag Limit 2 Bags \$7.99</p>	<p style="font-weight: bold; color: red;">WELLNESS</p> <p style="font-weight: bold; color: red;">CANNED CAT FOOD</p> <p style="font-size: 0.7em;">Full Case *Pate •Gravy Selected Varieties Also •Signature Select •Core 5.3 Oz Limit 1 Case 20% OFF REGULAR LOW PRICES</p>	<p style="font-weight: bold; color: red;">SCIENCE DIET</p> <p style="font-weight: bold; color: red;">SMALL BITES DRY DOG FOOD</p> <p style="font-size: 0.7em;">*Adult •Light •Mature (Lamb & Rice Small Bites \$30.99) (Puppy Small Bites \$24.99) (Sensitive Stomach \$29.99)</p> <p style="font-size: 0.8em;">36 Lb Bag Limit 2 Bags \$23.99</p>
<p style="font-weight: bold; color: red;">PRECIOUS CAT</p> <p style="font-weight: bold; color: red;">CAT LITTER</p> <p style="font-size: 0.7em;">20 Lb Box Limit 2 Boxes Cat Attract Touch of Outdoors \$12.99 \$7.99</p>	<p style="font-weight: bold; color: red;">CHICKEN SOUP FOR THE SOUL</p> <p style="font-weight: bold; color: red;">CANNED FOOD SALE</p> <p style="font-size: 0.7em;">Dog Cans 13 Oz (Reg & Grain Free) All Varieties Cat Cans (3 Oz Grain Free & 5.5 Oz) Limit 1 Case 10% OFF OUR SUPER LOW PRICES</p>	<p style="font-weight: bold; color: red;">CAREFRESH</p> <p style="font-weight: bold; color: red;">PET BEDDING</p> <p style="font-size: 0.7em;">60 Liter (Ultra Not Included) \$16.49</p>	<p style="font-weight: bold; color: red;">WELLNESS</p> <p style="font-weight: bold; color: red;">DRY DOG FOOD</p> <p style="font-size: 0.7em;">24-30 Lb Bag •Chicken •Senior •Healthy Weight •Grain Free Adult (Lrg Breed Adult \$58.99) •Grain Free Lamb •Grain Free White Fish \$53.99 \$56.99</p>

<p style="font-weight: bold; color: red;">MIDWEST METAL PRODUCTS</p> <p style="font-size: 0.7em;">•Exercise Pens •Contour Crates •Crates •Ovation Trainer All Varieties 20% OFF OUR SUPER LOW PRICES</p>	<p style="font-weight: bold; color: red;">HAGEN FLUVAL FILTER SALE</p> <table style="width: 100%; font-size: 0.7em;"> <tr> <td>MODEL.....TANK.....</td> <td>PET CLUB SALE</td> <td>MODEL.....TANK.....</td> <td>PET CLUB SALE</td> </tr> <tr> <td>107...25 GAL.....</td> <td>\$87.99</td> <td>307...70 GAL...</td> <td>\$131.99</td> </tr> <tr> <td>207...40 GAL.....</td> <td>\$99.99</td> <td>407...100 GAL...</td> <td>\$169.99</td> </tr> </table>	MODEL.....TANK.....	PET CLUB SALE	MODEL.....TANK.....	PET CLUB SALE	107...25 GAL.....	\$87.99	307...70 GAL...	\$131.99	207...40 GAL.....	\$99.99	407...100 GAL...	\$169.99
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<p style="font-weight: bold; color: red;">TRUE CHEWS</p> <p style="font-weight: bold; color: red;">PREMIUM JERKY CUTS</p> <p style="font-size: 0.7em;">100% Natural 10-12 oz pkg (20-22 Oz bag \$13.99) All Varieties \$7.99</p>	<p style="font-weight: bold; color: red;">FELINE GREENIES</p> <p style="font-weight: bold; color: red;">CAT TREATS</p> <p style="font-size: 0.7em;">(Smart Bites not Included) All Varieties \$1.99</p>	<p style="font-weight: bold; color: red;">AQUEON BOXED 10 GALLON TANK</p> <p style="font-size: 0.7em;">With Economy Kit Just add Heater For Tropical Fish \$44.99 Limit 1 Per Family</p>	<p style="font-weight: bold; color: red;">KORDON WATER CONDITIONERS</p> <table style="width: 100%; font-size: 0.7em;"> <tr> <td>Amquel 16 Oz.....</td> <td>\$7.99</td> </tr> <tr> <td>Amquel Plus 16 Oz.....</td> <td>\$8.99</td> </tr> <tr> <td>Novaqua Plus 16 Oz.....</td> <td>\$8.49</td> </tr> </table>	Amquel 16 Oz.....	\$7.99	Amquel Plus 16 Oz.....	\$8.99	Novaqua Plus 16 Oz.....	\$8.49				
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<p style="font-weight: bold; color: red;">RUFF DAWG</p> <p style="font-weight: bold; color: red;">TOUGH DOG TOYS</p> <p style="font-size: 0.7em;">All Varieties 20% OFF OUR SUPER LOW PRICES</p>	<p style="font-weight: bold; color: red;">J&W</p> <p style="font-weight: bold; color: red;">GROOMING PRODUCTS</p> <p style="font-size: 0.7em;">•Brushes •Deshedding Tools •Flea Comb •Nail Clippers All Varieties 20% OFF OUR SUPER LOW PRICES</p>	<p style="font-weight: bold; color: red;">KORDON CORAL SEA</p> <p style="font-weight: bold; color: red;">50 GAL SALT MIX WITH AMQUEL</p> <p style="font-size: 0.7em;">Limit 1 Per Family \$14.99</p>	<p style="font-weight: bold; color: red;">MERRICK'S</p> <p style="font-weight: bold; color: red;">WHOLE EARTH FARMS DRY DOG FOOD</p> <p style="font-size: 0.7em;">•Grain Free Chicken/Turkey •Grain Free Pork, Beef & Lamb 25 Lb Bag Limit 2 Bags per Family \$7 OFF OUR REGULAR LOW PRICES</p>										

<p style="font-weight: bold; color: red;">BONUS COUPON</p> <p style="font-weight: bold; color: red;">FRISKIES BUFFET</p> <p style="font-weight: bold; color: red;">CANNED CAT FOOD</p> <p style="font-size: 0.7em;">5.5 Oz All Varieties Limit 1 Case With Coupon Limit One Coupon Per Family Price Valid Only With Coupon ON SALE Everyday CHM PLU 367 Effective 6/9/21 - 6/15/21</p>	<p style="font-weight: bold; color: red;">BONUS COUPON</p> <p style="font-weight: bold; color: red;">WHISKAS</p> <p style="font-weight: bold; color: red;">TEMPTATIONS CAT TREATS</p> <p style="font-size: 0.7em;">•Selected Varieties - 3 Oz Limit 2 Pkgs with Coupon Limit One Coupon Per Family Price Valid Only With Coupon \$1.39 CHM PLU 569 Effective 6/9/21 - 6/15/21</p>	<p style="font-weight: bold; color: red;">BONUS COUPON</p> <p style="font-weight: bold; color: red;">JONNY CAT</p> <p style="font-weight: bold; color: red;">CAT LINERS</p> <p style="font-size: 0.7em;">Jumbo Drawstring - 5 Ct Limit 1 Box with Coupon Limit One Coupon Per Family Price Valid Only With Coupon \$2.09 CHM PLU 449 Effective 6/9/21 - 6/15/21</p>
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