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Gold River Messenger

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The Speed of Trust

Newsom wants statewide panel to review any COVID vaccine



Gov. Gavin Newsom says Californians need to have confidence in a vaccine, and the state will have a review process regardless of which presidential candidate wins in November. Photo by Chokniti Khongchum from Pexels

**By Ana B. Ibarra,
CalMatters.org**

Coronavirus vaccines approved by the U.S. Food and Drug Administration in coming months will not be distributed in California until a statewide panel of health experts can ensure they meet safety requirements, Gov. Gavin Newsom announced Monday, October 19, 2020.

While there is no vaccine available yet, California and other states have been gearing up for its eventual distribution. On Friday, California sent a draft of its vaccination plan to the Centers for Disease

Control and Prevention. In the draft, state officials said a scientific safety review workgroup, made up of immunization and public health experts from agencies and universities across the state, will help “ensure public confidence in vaccine safety, efficacy, and implementation efforts.”

Other states also have created committees to review any coming vaccine in response to concerns that the Trump administration might rush the regulatory approval process.

“Of course, we don’t take anyone’s word for it,” Newsom said, in a nod to the politicization of the

COVID-19 pandemic.

“This vaccine plan will move at the speed of trust. You have to have confidence in the efficacy of the vaccine, confidence that we’re not rushing to judgment in terms of its distribution and its accessibility,” Newsom said.

In response to a reporter’s question, Newsom said the review group process will stand even if former Vice President Joe Biden wins the election.

A new survey from STAT and The Harris Poll showed 58% of people in the U.S. said they would get vaccinated for COVID-19 as soon as the vaccine became available – that’s down from

the 69% who said the same thing in mid-August, possibly indicating a growing mistrust among the general public. Only 43% of Blacks said they’d get the vaccine as soon as it was ready compared to 59% of white respondents, according to the poll.

In the summer, California was tapped by federal health officials to help plan for a large-scale rollout of a COVID-19 vaccine as early as Nov. 1. Some public health experts pushed back on the idea that a vaccine could be ready for safe distribution by then.

The drug company Pfizer
Continued on page 3

311 Connect New and Improved Links to Services

**By Andrea Sandoval,
Sacramento County**

SACRAMENTO COUNTY, CA (MPG) - In 2013, Sacramento County launched 311 to handle all municipal County service requests. By now, everyone knows to call 311 to report an abandoned vehicle or a broken streetlight in unincorporated Sacramento County. Sacramento County 311 handles these and hundreds of other questions covering a variety of County services every day, seven days a week and 24 hours a day.

What you may not know is that the County has been working hard to improve the 311 service and in February 2020 completed a project that integrates all County municipal service departments with 311 for seamless transfer of service request directly to the department that will handle the request. 311 encouraged public user and internal department participation in each phase of the project. They included citizen and departmental suggestions throughout the project and the new system features many elements provided by user feedback.

311 is delighted to announce the following new self-service customer features:

Request Services Online by completing virtual interviews that route your request to the appropriate department for handling (a) Interview questions were specifically developed by the responsible departments (b) Interview answers enable departments to quickly resolve the request;

Instantly receive a case number with an estimated time of completion; Use the Interactive Map to pinpoint the exact location for your request; View Nearby Requests of reported issues in your area; Track and update your Service Requests Online; Quickly access information online for County services using our newly created self-service Knowledge Base; Search the Public Knowledgebase to learn about countywide services and find answers to frequently asked questions (FAQs); Submit requests online or by use of a mobile device; Provide feedback, letting 311 know if the information was helpful or not, our dedicated team will review and revise as necessary.

311 is excited to provide this new and improved service for the citizens of Sacramento County.
Continued on page 3

Sacramento County Streamlines COVID-19 Contact Tracing

**Sacramento County
Public Information Office**

SACRAMENTO COUNTY, CA (MPG) - Sacramento County Public Health is making the COVID-19 case investigation process more efficient by launching a new solution to streamline its COVID-19 contact tracing. The new program powered by Qualtrics allows the department to contact individuals who have tested positive for COVID-19 and anonymously notify those they have been in contact with about exposure to the virus.

Those who have tested positive for COVID-19 can confidentially share information about individuals they have had contact with and locations they have visited through the new and easy to use platform.

Data collected is then



Sacramento County Public Health is launching a new solution to streamline its COVID-19 contact tracing. Photo by Eugene Chystiakov, Unsplash.

used to automate the process to notify impacted individuals by email or text that they may have been

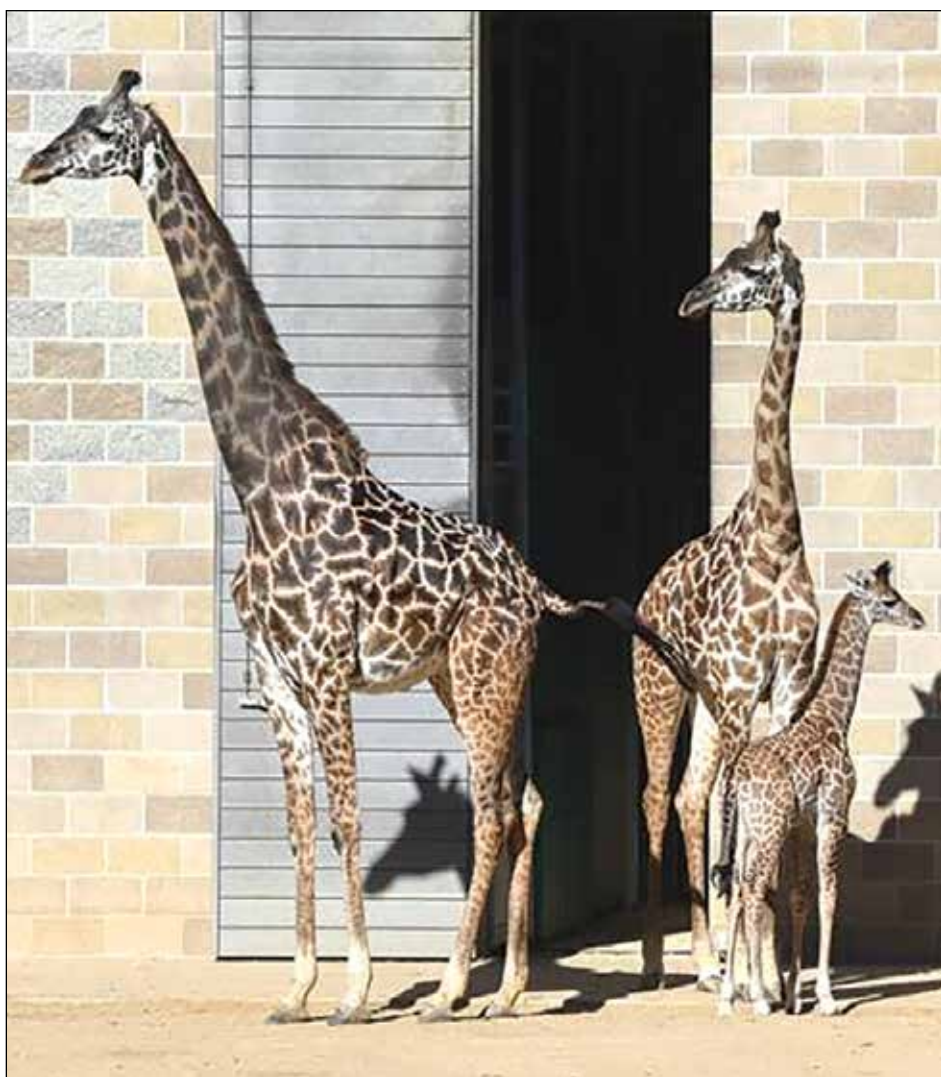
exposed and the next steps to take to maintain safety while also maintaining individual confidentiality. All

data from the health assessment and contact tracing process are compliant with
Continued on page 10

*****ECRWSS*****

Local
Postal Customer

Glory, the Masai Giraffe Calf, Now on Exhibit at Sac Zoo!



It's Bright Out Here! What's Up?? Photo: Sac Zoo

By Lesley Kirrene, Sacramento Zoo

SACRAMENTO, CA. (MPG) - Glory, the Sac Zoo's three-week-old Masai giraffe calf, is making BIG strides! She and mom, Shani, will be given access to the zoo's giraffe yard daily between approximately 9am and 1pm. Please note, times may vary and the calf will have access to the giraffe barn at all times for much-needed calf naps.

Make sure to purchase tickets to the Sac Zoo in advance online! You might just see Glory exploring her new surroundings. Also be sure to check out the zoo's Wolf's guenon infant, new troop of squirrel monkeys, the new alligator exhibit and so much more. There's always something happening at the Sacramento Zoo!

The Sacramento Zoo is now home

to five giraffes: one post-reproductive female reticulated giraffe, one male Masai giraffe, two female Masai giraffe including Shani, and now the new calf. Glory is the 20th calf born at the Sacramento Zoo going back to 1964 when the species was first housed at the zoo.

Open since 1927, the Sacramento Zoo is home to nearly 500 native, rare and endangered animals and is one of more than 200 accredited institutions of the Association of Zoos and Aquariums. The Sacramento Zoo, managed by the nonprofit Sacramento Zoological Society, inspires conservation awareness and action through education and recreation. Currently, all tickets must be reserved and purchased online at www.sac-zoo.org. For information, call 916-808-5888 or visit sac-zoo.org. ★

CHP to Focus on Reducing Teen Distracted Driving



Ten percent of all drivers ages 15 to 19 who were involved in fatal crashes were reported as distracted at the time of the crash. Photo courtesy pexels

By Jaime Coffee, California Highway Patrol

SACRAMENTO, CA (MPG) - Nearly sixteen drivers are involved in a fatal car crash every day in the United States. Inexperience combined with driver distraction increases the risk for error, making motor vehicle crashes the leading cause of death for young drivers in the nation. To reduce teen distracted driving, the California Highway Patrol (CHP) has partnered with Impact Teen Drivers (ITD) to teach positive habits and behaviors to our most vulnerable drivers through education and enforcement.

Ten percent of all drivers ages 15 to 19 who were involved in fatal crashes were reported as distracted at the time of the crash, and 100 percent of those crashes were preventable. Based on miles driven, the AAA Foundation for Traffic Safety discovered that teens are involved in three times as many fatal crashes as all other drivers. To combat this alarming trend, the message of the ITD program is simple: keep both hands on the wheel, eyes on the road, and mind focused on driving.

"Teen drivers are the most at risk of driving distracted. They are more likely than any other demographic to be involved in traffic crashes where distracted driving is

a factor," said CHP Commissioner Warren Stanley. "Sadly, many of these crashes will result in injuries and deaths. We hope to help eliminate these preventable deadly crashes."

The CHP and ITD will conduct virtual classes at schools and community events throughout California during the pandemic to help change the behavior of teen drivers. The yearlong Teen Distracted Drivers Education and Enforcement X grant provides for an education component as well as enforcement operations to be conducted statewide through September 30, 2021.

"In California we lose the equivalent of eight, large school buses filled with teens each year to car crashes. Impact Teen Drivers, CHP, and the Office of Traffic Safety (OTS) partner to offer free in-person and online training for parents and teens – together, we can stop the #1 killer of teens," said Dr. Kelly Browning, Executive Director of ITD.

For free safe driving resources in English or Spanish, please visit www.ImpactTeenDrivers.org.

Funding for this program was provided by a grant from OTS through the National Highway Traffic Safety Administration.

The mission of the CHP is to provide the highest level of Safety, Service, and Security. ★

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The Speed of Trust

Continued from page 1

is expected to have one of the first coronavirus vaccines. If its vaccine proves effective, safe and can be consistently manufactured, the company would apply for emergency use authorization in the third week of November, CEO Albert Bourla said in an open letter last week.

But even if ready in this calendar year, Newsom said, supply is expected to be limited and, just like previously with coronavirus diagnostic testing, people who are considered high risk would be first in line.

In one projection, Newsom said that about 45 million doses could be ready for national distribution by the end of this year. California would only get a percentage of these, and each person will likely need two doses. Health workers and first responders would be prioritized, followed

by people with high risk of becoming severely ill if infected, according to the state's vaccination plan.

To the rest of Californians: Don't anticipate getting a vaccine at your local pharmacy anytime this year, Newsom said.

Newsom also acknowledged that the state will need to work through some logistical hurdles. Some of the prospective vaccines will need to be stored in cold or "ultra cold" spaces, and their administration would require additional supplies of needles, alcohol pads, bandages and more face masks as doses become available.

Ana is a Sacramento-based health reporter. She joined CalMatters in 2020 after four years at Kaiser Health News, where she covered California health care and policy. ★

How the Decline in Physical Activities Has Affected California Residents

By Elli Carrillo, QuoteWizard

SEATTLE, WA (MPG) - The lack of physical activity is found to be directly linked to mental health along with many health conditions deemed high-risk for serious COVID-19 illness. Physical activity during stay-at-home orders found 43% of people experiencing a significant decline, which came with an increase in stress.

Our team at QuoteWizard

analyzed CDC data and found, 79.2% of California residents were found to be physically active ranking among the most active states in the country—making those in California at lower risk of serious illness from COVID-19, but susceptible to adverse mental health. If you would like to learn more about physical activity and its effect on health during the pandemic, visit our full data report here: <https://quotewizard.com/news/>

posts/most-physically-active-states

Key Findings:

In 2019 there were 64.2 million US gym memberships, with an average attendance of 104 days a year per gym goer; On average 76% of Americans have participated in physical activities in the last month; Nearly 88% of workers reported experiencing moderate to extreme stress over the first six weeks of the COVID-19 outbreak. ★

Counseling is Available for Medicare Open Enrollment Period Oct. 15-Dec. 7

By Kathleen Newton, Northwest Media Consultants

SACRAMENTO COUNTY, CA (MPG) - Medicare's Open Enrollment period begins Oct. 15 and ends Dec. 7. During that period, Medicare recipients may:

Switch from Original Medicare to Medicare Advantage; Switch from Medicare Advantage to Original Medicare; Switch from one Medicare Advantage plan to another; Switch from one Medicare Part D prescription drug plan to another; Enroll in a Medicare Part D plan if you didn't enroll when you first were eligible for Medicare.

To help you understand your options, you can schedule a free

one-on-one session with a local state-registered HICAP Medicare counselor.

HICAP (the Health Insurance Counseling & Advocacy Program) is administered by the California Department of Aging. Its trained volunteer counselors are available by phone and video-conferencing to answer questions and help seniors and other eligible recipients understand their Medicare rights and benefits.

HICAP counselors can provide information about Medicare supplemental insurance (Medigap policies); Medicare Advantage plans; employee and retiree coverage; long-term-care insurance and how to appeal coverage denials. HICAP serves clients

in El Dorado, Nevada, Placer, Sacramento, San Joaquin, Sierra, Sutter, Yolo and Yuba counties, regardless of income or age.

To schedule a free, one-hour phone or video-conference appointment with a state-registered HICAP Medicare counselor in Sacramento County:

Call – (916) 376-8915 or email – hicap@lsnc.net

Once your appointment is scheduled, you will receive an appointment reminder by phone, email or text prior to your appointment. If you need to cancel an appointment for any reason, you are asked to call (916) 375-3763.

For more information, go to www.HICAPservices.net. ★

Movement Brewing Is Open for Business

City of Rancho Cordova

RANCHO CORDOVA, CA (MPG) - The City of Rancho Cordova's newest Barrel District member, Movement Brewing, Co., is now open at 11151 Trade Center Drive, Suite 104. The brewery is open Wednesday through Sunday for outdoor service and to-go orders.

The brewery is family-owned and staffed with a team of six employees. They decided on the name Movement Brewing, Co., around a fire pit one evening when they decided that they wanted to do more than make great craft beer.

"We want to create

something special for the Rancho Cordova community and for people throughout the region. We want Movement Brewing to be a place you can hangout, spend time with family and know you're going to have a great experience every time," said Nick Cavanagh, Co-Owner of Movement Brewing, Co.

The brewery is currently serving thirteen craft beers in addition to hot dogs, chips and salsa, and breakfast quesadillas on Sundays. When COVID-19 guidelines are lifted or revised, they also have plans to have games in the taproom, host live music and events.

"We are pleased to

welcome Movement Brewing, Co. to Rancho Cordova," said Amanda Norton, Economic Development Manager for the City of Rancho Cordova. "We congratulate them on a successful opening, and we are thrilled to have them as a member of our growing Barrel District," she added.

Learn more about Movement Brewing, Co., at MovementBrewingCo.com or find them on Facebook at [@MovementBrewingCo](https://www.facebook.com/MovementBrewingCo).

For the latest Rancho Cordova news, sign up for our e-newsletter at CityofRanchoCordova.org/ENews. ★

311 Connect New and Improved Links to Services

Continued from page 1

No matter what the concern might be, friendly and knowledgeable customer service representatives remain available 24/7 to answer questions, route calls and manage cases for verification and resolution.

By embracing innovative technologies like 311 Connect, the County focuses on delivering a more accessible, available and accountable government because technology tracks all requests and centralizes the data, allowing for better reporting and analysis. Department directors can review the data, spot trends and identify opportunities for improvement.

The information also allows departments to collaborate on multi-department issues, analyze workloads, balance resources and research spikes in requests for staff scheduling. In addition, the system contains an expanding knowledge base of issues for customer self-service answers to many of your questions.

Together we will keep our neighborhoods safe and clean places to live. At Sacramento County, we strive for

continuous improvement and welcome your feedback.

Non-Emergency

311 Connect Service Request Types:

Abandoned vehicles and shopping carts; Animal issues - stray, deceased; Culvert/pipe repair or cleaning; Curb, gutter or sidewalk repair; Ditch cleaning; Drainage problem; Illegal dumping - garbage, trash; Missed garbage collection service; Occupied outbuilding; Graffiti; Potholes; Street light out; Street sign down; Substandard housing conditions - no water, utilities, deficient building, surfacing sewage; Tobacco - selling to minors; Traffic signal timing; Tree trimming

Top Service Requests:

Illegal Dumping; Missed Refuse Services; Abandoned Vehicles; Barking Dogs; Yard Parking/Junk & Rubbish on Private Property

To report an issue within the unincorporated Sacramento County, simply call 311 or 875-4311, visit the 311 website, or download Sac County 311 Connect in the app store on your smartphone. ★

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Ask Toni

Left Employer Benefits Now I Have a Medicare Part D Penalty ... Why??



Toni King

Hello Toni,

I made a terrible mistake last April when I was no longer being covered by my employer group health plan due to retiring. I had

a telemarketing agent help me find a Medicare Supplement which began April 1, 2020. No one told me that I had a specific amount of time to enroll in my Medicare Part D plan. I have a serious health issue with Crones disease and have had a liver transplant in the past and should have enrolled at that time for my Medicare Part D. When I enrolled in July for a new Medicare Part D plan, I was denied because did I not apply on time. I take Stelara which is over \$2,000 a month that I now must pay on my own.

I now am 70 years old and have been told that my Part D penalty for not enrolling in Medicare Part D will be \$.3274 X 60 months since my Part A began 5 years ago. I cannot believe that I must pay an extra \$19.64 per month as a Part D penalty.

Please explain this ridiculous Medicare Part D penalty. I have not purchased my Stelara in the last few months. Thank You,

~ Sydney from Atlanta, GA

Sydney:

You are aware you waited too long to apply for a Medicare Part D plan. Once you are past 65 and/or leaving creditable coverage, Medicare gives you 63 not 70 or 90 days to apply for a Medicare Part D or Medicare Advantage plan with prescription drug coverage. Not needing to order your prescriptions does not refrain from receiving Part D penalties.

Your late enrollment period (LEP) does not begin from the day you lose or leave your company health plan, BUT from the month you turned 65 or began your Medicare and is based on when Medicare Part A begins not Part B.

This LEP (late enrollment period)

penalty can be because:

1. You waited past **63 days** without creditable prescription drug coverage when you are leaving company benefits and you are older than 65 years old and 90 days. Don't wait past **63 days** to get Part D when leaving company health plans.
2. Your company prescription drug benefits (not health benefits) are not creditable as Medicare declares.
3. You simply never enrolled in Medicare Part D when you were first eligible and want to enroll.

Your company prescription drug benefits met Medicare's "creditable coverage" rule, but you waited past the 63-day window to apply. Sydney, you have been denied Part D prescription coverage because you did not follow Medicare's LEP (late enrollment penalty) rule and are receiving a Part D penalty.

You must wait until the next Medicare Annual Enrollment period from October 15 - December 7 to enroll in a Medicare Part D prescription drug plan with your effective date to be January 1, 2021.

Americans retiring after 65, that are leaving company health plans and applying for Medicare Parts A and B must also prove they have "creditable coverage" when applying for Medicare Part D prescription drug plan.

The Medicare & You handbook states: "Creditable prescription drug coverage could include drug coverage from a current or former employer or union, TRICARE, Indian Health Service, the VA or health insurance coverage.

Is the maze of Medicare confusing you? Call the Toni Says® Medicare hotline at 832-519-8664 or visit the Medicare Annual Enrollment Toni Says® webinars which explain what Medicare is and how to properly find your Medicare Part D plan at www.toni-says.com.

Toni King, author of the Medicare Survival Guide® is giving a \$5 discount on the Medicare Survival Guide® Advanced book. ★

Does More Money Mean Better Schools?



By Dan Walters
CALMatters

It's by no means certain that California voters will pass Proposition 15, but if they do, it would be the largest tax increase in the state's history.

That said, it would provide a relatively small down payment on the long-standing desire of the state's educational establishment for a massive increase in spending that's needed, advocates say, to improve California's rather dismal K-12 educational outcomes.

Proposition 15, largely sponsored by the California Teachers Association and other public employee unions, would increase property taxes on some commercial real estate, such as office buildings and hotels, by requiring their taxable values to be upgraded more often. Estimates of its effects vary somewhat, but generally are in the \$10 billion to \$12 billion per year range, with schools getting about 40% of the proceeds.

Those are big numbers, but the few billion extra dollars that would flow to schools are a fraction of the \$25 billion to \$30 billion more per year that unions and other educational groups have been touting. The increase is needed, they say, to make a real difference in

academic test scores, high school graduation rates and other measures of academic attainment.

The number derives from a 2018 report from a multi-university team of academic researchers saying that California should spend 38% more, or about \$4,000 per pupil per year, to raise overall achievement and close the "achievement gap" that separates poor and/or English-learner students from their more advantaged peers.

The 2018 report and much other academic drumbeating for higher education spending comes from Policy Analysis for California Education (PACE), a consortium of the state's major university schools of education.

As the campaign over Proposition 15 – basically a duel between public worker unions and business interests – entered its final stages, PACE issued another report to reinforce its advocacy for a big increase in school financing.

Its core is a series of charts comparing education spending in California to that of other major states and tracing what it says is a relative decline in California's commitment to schools.

Citing the global size of California's economy, the report laments that "California school funding – even before COVID-19 – was insufficient to meet educational goals and address the needs of students, particularly given the state's high cost of living. How can that be true? Why is education funding so low in California, despite

its wealth and comparatively high tax revenues?"

The report's charts appear to be accurate as far as they go. But they don't go far enough because they are confined to financial comparisons on the questionable assumption, also reflected in the 2018 study, that money automatically equates to educational achievement.

If PACE and other advocates of big increases in school spending were intellectually honest, they would not only compare spending levels to other states, but also compare how well they are faring vis-à-vis California in national academic testing results and other measures of attainment.

New York, for instance, is spending at least 50% more per pupil than California but its scores on the last batch of National Assessment of Educational Progress tests were virtually identical to California's – both being subpar. Meanwhile, many states that spend much less than California routinely score higher.

Regardless of Proposition 15's outcome, the never-ending debate on California education will continue, but it should be a debate about more than money. Some of the academic resources being devoted to persuading Californians to raise taxes for schools should be spent on exploring why outcomes elsewhere bear little or no relationship to how much money other states are spending.

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

Used Batteries in Curbside Carts Are Fire Hazards

By Laurie Slothower,
Sacramento County

SACRAMENTO COUNTY, CA (MPG) - Sacramento County is asking residents not to put household batteries – rechargeable, or otherwise – in your curbside recycling or garbage cart.

Recently, a Sacramento County Department of Waste Management and Recycling Collection Equipment Operator was finishing his route in Antelope, when he realized that the funny smell he noticed in the back of his truck was actually a fire!

Following department procedure, he called 911, found a safe location to dump

the load, and waited for firefighters to put out the flames.

Common household batteries - such as AA, AAA, D, button batteries, lithium-ion batteries (commonly used in electronics) - are banned from landfill disposal. Do not put batteries of any kind in any of your curbside carts because of the danger they pose to spark a fire, and the danger to our environment.

Residents can drop off batteries for no charge at local area Household Hazard Waste Facilities or visit the Earth 911 or Call 2 Recycle websites for other drop off locations. Local hardware stores, grocery stores and home improvement stores may have take-back programs, too. Always call before you go. ★

Sacramento State Sets Enrollment Record Amid Ongoing Pandemic, Virtual Learning



By Anita Fitzhugh,
California State University

SACRAMENTO, CA. (MPG) - WHAT: Sacramento State has reached another year of record enrollment with 31,510 students registered for classes in Fall 2020, a 1% increase over last year.

In addition, the University retained an impressive 84% of first-year students and more than 90% of transfer

students who are committed to continuing their education.

"These gains clearly demonstrate that an increasing number of Sac State students are steadily engaging in their studies and advancing toward a timely graduation," said James Dragna, executive director for University Initiatives and Student Success.

Sac State is among a select number of universities successfully going against enrollment trends. A National Student Clearinghouse Research Center study calculates national undergraduate enrollments are down 2.5% from last year.

Dragna said Sac State's figures point to a commitment by Sacramento State faculty, staff and administration to continue to serve students in new and creative ways despite

the difficulties posed by COVID-19.

The progress supports the California State University's Graduation Initiative 2025, including Sacramento State's "Finish in Four" and "Through in Two" campaigns.

WHO: James Dragna, executive director for University Initiatives and Student Success; Ed Mills, vice president of Student Affairs; Sacramento State students, faculty and staff.

Related: Sac State fall enrollment surges to record level

B-roll: Downloadable video of students and faculty engaging in safe practices for in-person learning, including maintaining at least six feet of distance, outdoor classes, washing hands and equipment, and wearing face coverings at all times. ★

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How PG&E is improving Public Safety Power Shutoffs in 2020.



Smaller, shorter, smarter.

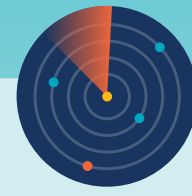
PUBLIC SAFETY POWER SHUTOFF (PSPS) is a statewide effort to prevent wildfires by proactively turning off power to communities when severe weather is forecast. As California battles historic wildfires, a Public Safety Power Shutoff is just one of many tools that PG&E uses to help keep customers and communities safe.

PG&E is working to make PSPS events smaller, shorter and smarter, by:



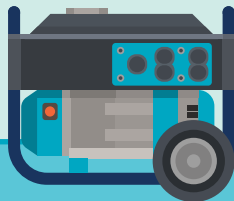
Installing over 600 devices that redirect power to limit the size of outages

1



Using more than 765 advanced weather stations to pinpoint where severe weather is most likely to occur

2



Adding backup generation in some high fire-threat communities to keep the lights on

3



Nearly doubling our helicopter fleet from 35 to 65 and adding more field crews to cut restoration time in half compared to 2019

4



Upgrading our Community Resource Centers (while following COVID-19 health guidelines such as the use of masks and social distancing) by providing water, snacks, and other resources

5



To learn more ways to prepare for a Public Safety Power Shutoff, visit safetyactioncenter.pge.com

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Hidden Habits of Geniuses

Would you like to be a genius? Believe it or not, you don't have to be born one. That from **Professor Craig Wright**, the creator of Yale University's popular genius course where he shares stories of history's achievers and explores the fourteen key traits of genius in "The Hidden Traits of Genius" unlocking the secrets of genius. Here's a sample.

- 1. WORK ETHIC.** Why IQ scores and Ivy League educations are greatly overrated, and hard work is underrated. Natural talent versus hard work is not a binary opposition. Genius is both the product of both nature and nurture.
- 2. RESILIENCE.** Women and minority geniuses have historically needed an extra dose of resilience for their achievements to be recognized. Wright unpacks why hidden cultural biases against women in particular are so difficult to discard, and how we can openly challenge these biases to defeat them.
- 3. ORIGINLAITY.** No matter how "gifted" your children are, you do them no favors by treating them like prodigies, who tend not to fulfill expectations.
- 4. CHILDLIKE IMAGINATION.** If we value creativity and openness to unexpected solutions, as geniuses do, the least helpful thing we can say to our children, or to ourselves, is "Grow up!"
- 5. INSATIABLE CURIOSITY.** Beyond the obvious acts of reading and taking a class to stoke your lust for learning, try something less apparent like getting lost while wandering in a new city, or asking questions frequently and then actually listening to the answer.
- 6. PASSION.** Passion is essential to happiness and human progress. You'll have a happier and probably longer life.
- 7. CREATIVE MALADJUSTMENT.**

- There is a correlation between genius and mental disorder. Rather than stigmatizing or medicating neurological differences, let's learn to embrace them and leverage them to our advantage.
- 8. REBELLIOUSNESS.** Without rebellion against the status quo, there is no genius. Want to raise a bold, original thinker? Permit your children to explore alone, take risks, and experience failure.
 - 9. CROSS-BORDER THINKING.** Geniuses teach us not to specialize too soon or too strictly, in school or on the job. Steve Jobs said, "It's technology married with liberal arts, married with humanities, that yields the results that make our hearts sing."
 - 10. CONTRARIAN ACTION.** The more a person can exploit the contradictions of life, the greater his or her potential for genius.
 - 11. PREPARATION.** Talent is important, but just as important are favorable circumstances, or luck. And luck favors the prepared. Legendary golfer Gary Player said, "The harder I practice, the luckier I get."
 - 12. OBSESSION.** Geniuses are obsessed with their personal quest to change the world, often to the detriment of others and many great minds turn out to be not-so-great human beings.
 - 13. RELAXATION.** The great way to have a brilliant insight is to engage in creative relaxation...go for a walk, take a shower, or get a good night's sleep with pen and paper by the bed.
 - 14. CONCENTRATION.** To be more productive, adopt a daily ritual for work. All geniuses do.
- Check out www.craigwrightgeniusmusic.net. Who knows, you could be the next Einstein! ★



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 everyone is painfully aware, the State of California remains in lockdown as we wait for the end of the COVID-19 pandemic. Since mid-March, schools and businesses have been forced to remain fully or partially closed. We are now on our second or third version of a reopening model, but unfortunately, it still does not make a whole lot of sense. The latest model is a tiered system, placing counties into a different colored tier based on daily new cases and positive test rates. The "Blueprint for a Safer Economy," as this model is called, still ignores the deficiencies of a county-based system. I am proud to say that I have joined my fellow elected leaders in writing the Governor and the State Secretary of Health and Human Services, urging them to employ a system that makes more sense.

On October 5th, Assemblyman Kiley, Senator Dahle, Folsom Mayor Aquino, and I signed a joint letter asking for a reopening system that focuses on zip codes, not counties. We did so because cities like Folsom are meeting the levels of testing and positivity rates to advance

GOLD RIVER COMMUNITY UPDATE

Need For More Targeted Approach to COVID

tiers faster than the County. Meanwhile, Folsom shares a border with El Dorado Hills, which is advancing tiers significantly faster than Sacramento County, allowing for the reopening of schools and businesses ahead of Folsom. To the surprise of no one, El Dorado Hills having more businesses open has caused Folsom residents to cross the county border to shop, dine, and enjoy a somewhat normal lifestyle. Because the State insists on sticking with a County-based approach, Folsom businesses are left to suffer without the ability to open fully.

When asked whether the State would consider a zip-code based system during a hearing, the acting State Public Health Officer insisted that they had to continue to let the data at the County level determine reopening. Then, in a contradictory move, the State announced that data from disadvantaged communities would be added as a factor in a County's reopening ability. While it is essential to ensure that COVID-19 does not disproportionately impact disadvantaged communities, this also proves that the data we use to reopen is arbitrary. California could benefit from looking to New York, where the Governor has decided to focus resources based on, you guessed it, zip codes.

Folsom and El Dorado Hills are not the only California cities that are separated by nothing more than a line on the map. Shifting the approach of

the State to one focused on zip codes enables us to simultaneously focus COVID-19 resources in the most heavily impacted communities while allowing businesses in less impacted areas to reopen safely. Moreso, school districts that cross county lines can focus on putting kids back in classrooms and not navigating conflicting jurisdictional restrictions. To me, helping the communities struggling the most while helping everybody by allowing businesses to open seems like a clear win-win scenario.

It is irresponsible to carry on with a system based on the assumption that county lines stop the spread of COVID-19. For more than half a year, businesses have been forced to stay closed or operate at a reduced capacity. Businesses and families are suffering, and not just from COVID-19, but an inability to pay bills and put food on the table. We are beyond the point of doubling down on a flawed system to make it seem like there is some level of control. I sincerely hope that the Governor and state leaders will take the words of my colleagues and I seriously and rethink the "Blueprint to a Safer Economy."

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. ★

Social Security Matters

Will My Social Security Benefits Ever Stop?



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: Has someone who paid into Social Security for most of their life ever lost their benefits later in life? For example, if they start collecting benefits at age 62 and live to be 85 or longer, could they suddenly lose their benefits? Can Social Security ever come along later and say "Sorry, you've used up all your benefits?" I know there are many people, including me, who have no other income or savings, so if their SS suddenly stopped they would need assistance to survive. I started my benefits at age 62 because I had to. I've always been in reasonably good health, so I wonder - what if I live to be 85, 90 or 95 - will I still have enough in the system to get my Social Security check? Signed: **Living on SS**

Dear Living: Please put your fears about losing your Social Security aside - you will never stop receiving your benefits even if you live to be 110 years old. The system isn't designed to compare what you've collected to how much you've contributed. If you meet the basic eligibility requirements, there is no danger of your payments ever stopping because you've "used up all your benefits."

Here's how the Social Security system works: Everyone who works pays a Social Security payroll tax (currently 6.2%; matched by their employer) up to the annual payroll tax cap. All



those payroll taxes collected are used to pay benefits to all those who are already collecting Social Security - the payroll taxes you paid weren't put into a separate account for you. Essentially, the system is "pay as you go," where everyone who works and earns pays for those already receiving benefits. So, the benefits you are now receiving are not being deducted from a personal account in your name. Everyone currently working and contributing to Social Security helps pay for your benefits, as well as benefits for everyone else already collecting. Any money left over after all benefits are paid are invested in special issue government bonds, which are held in the Social Security Trust Funds, earning interest which accrues into the Trust Funds. Money from income taxes on Social Security also contributes to SS revenue to pay for benefits. As of the end of 2019, the Social Security Trust Funds held about \$2.9 trillion in assets, reserved to cover any shortage of SS income received vs. benefits paid out.

You may have read about Social Security facing future financial difficulties. That is primarily a result of the declining ratio of workers to beneficiaries and increasing life expectancy (average longevity for SS recipients today is mid-80s). Starting this year, the reserves in the Trust Funds will be used to cover any income shortfall. The last official report from the Trustees of Social Security predicted that the SS Trust Funds assets are sufficient

to pay full benefits until about 2035 (the effects of the COVID-19 pandemic will surely worsen that prediction). But even if Congress fails to act to resolve the issue and the Trust Funds run dry in the future, your benefits will still continue. If the Trust Funds run dry, however, your benefit would be reduced (not eliminated).

If the Trust Funds are fully depleted, Social Security can only pay out as much as the income received, which would mean a benefit reduction of about 21%, according to current predictions. Sadly, Congress already knows how to fix Social Security's financial issues - what's lacking is the bipartisan cooperation needed to accomplish it. Personally, I do not believe that Congress will ever allow the Trust Funds to run dry, requiring a cut in benefits (it would be political suicide to do so). Given the vitriol permeating Congress today we'll probably need to wait a while for a solution, but one will eventually come. In any case, please rest assured that your Social Security benefits will never stop, no matter how old you get. You can't "use up all your benefits."

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A COVID Thanksgiving

By Gold River Resident David Dickstein

If “A Charlie Brown Thanksgiving” was made in politically correct 2020 instead of 1973, chances are Linus would be telling his friends a more topical, less sanitized holiday story – one that includes how the Pilgrims actually benefited from a plague worse than COVID-19 that right before their arrival at Plymouth Rock wiped out nearly 90 percent of the area’s native population.

“Good grief,” Charlie Brown might respond, to which the learned Linus continues to tell all at the dinner table about how indigenous communities were devastated by leptospirosis, a disease caused by Old World bacteria that had likely reached New England through the feces of rats that arrived on European ships. Charlie Brown’s sister Sally would swoon as her dreamboat concluded his tale by saying that the epidemic made it easy for the early colonists to snatch the best land from the persecuted Indians who were in no position to decline a now-celebrated dinner invitation.

Exactly 400 years since the first Thanksgiving and 47 years since the first airing of the animated classic, another disease is putting a damper on Thanksgiving. Due to COVID-19 and governmental actions, a big Thursday meal might consist of everyone wearing masks

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- SINGING, CHANTING, AND SHOUTING DISCOURAGED

and socially distancing while watching a parade-less Macy’s parade on TV before tuning to NFL games played by entitled athletes who kneel during the National Anthem – blockheads as Charlie Brown might call them.

No doubt that many of us will be basting our Butterball in more modest settings, like alone or in the company of the same people you’ve been sheltering in place with since March. However you do Thanksgiving, just be sure to wear a mask in between bites as our lovely governor has commanded. Do that in addition to not worshipping in large groups and your chances of catching

coronavirus go down like jellied cranberry sauce. Or so Gavin Newsom wants us to believe, not that he eats anything from a can anyway.

One thing’s for sure: This Thanksgiving is going to suck more than a turkey baster at Honeybaked’s main kitchen. But as we may feel sorry for ourselves over the inconveniences, let’s remember the 90 or so Wampanoags who four centuries ago begrudgingly par-took in a feast on corn, venison and fowl with the very people who stole their land and murdered, enslaved and religiously persecuted their families – all in the midst of an outbreak of leptospirosis, a disease that makes

coronavirus seem like a common cold.

Who invited Debbie Downer to the Thanksgiving table?

On the bright side, the best thing about the holiday is it reminds us to give thanks. And not a sarcastic thanks like, “Really appreciate the pandemic, China!” Look beyond the dark clouds and there’s plenty of blue sky for which we should show gratitude. So, over dinner on Black Friday Eve, in the presence of my wife, a begging bordoodle and probably our youngest son, I will give thanks to these five best things of 2020:

No. 5 – Finally found a prescription to control the eczema on my hand; No. 4 – Mimi,

Max and I are still earning income, and Dylan remains on track to get his Ph.D. at UCLA next year (thanks Gov. Newsom!); No. 3 – I’m slowly losing the 25 pounds gained during the pandemic; No. 2 – None of us have come down with COVID-19; and No. 1 – There’s a really good chance that Sacramento hair stylist Clare Crawley will finally find true love on the new season of “The Bachelorette.” Knocking wood with a few of those.

As for local things, I’m thankful to live in a beautiful home, let alone one in such a desirable community. Could our neighbors be more neighborly? Heck yeah. Could residents respect the CC&Rs better? You bet your left-open garage, and that left-out car, too. Could the owner of Gold River Town Centre work harder to fill the empty spaces? That makes three rhetorical questions in a row.

No place is utopia, but Gold River comes as close as our budgets can afford. Blessed we are and if that doesn’t justify giving thanks, I don’t know what does. Perhaps an expression of gratitude to whoever or whatever you pray to can be said at the dinner table this Thanksgiving. Unless the governor says we can’t.

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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Aerojet Rocketdyne Propulsion Powers OSIRIS-REx Asteroid Sample Collection



Artist's conception of NASA's OSIRIS-Rex spacecraft collecting a sample from the asteroid Bennu. OSIRIS-Rex's propulsion system is comprised of 28 Aerojet Rocketdyne engines. Credit: NASA/Goddard/University of Arizona

**By Ashley Riser,
Aerojet Rocketdyne**

REDMOND, WA. (MPG) - Powered by Aerojet Rocketdyne propulsion, the OSIRIS-REx spacecraft executed its long awaited sample collection of asteroid Bennu on Oct. 20. OSIRIS-REx is a NASA mission that will enable us to learn more about the formation of our solar system by collecting a sample from near-Earth asteroid Bennu, and returning the sample to Earth for study. Aerojet Rocketdyne is the sole propulsion provider for the OSIRIS-REx spacecraft, providing all 28 of the rocket engines aboard. Aerojet Rocketdyne provided the engines to Lockheed

Martin, the spacecraft prime contractor.

The highly anticipated sample collection is a culmination of nearly two years of surveying Bennu and rehearsing the operation. Aerojet Rocketdyne engines will maneuver the spacecraft from orbit toward the desired touchdown location on the surface of Bennu. Once contact is achieved, nitrogen gas will be directed onto the surface to blow small particles of regolith into the Touch-and-Go Sample Acquisition Mechanism, or TAGSAM. After the sample is secure, Aerojet Rocketdyne engines will safely propel the spacecraft away from the asteroid's surface.

"The sample collection portion of the mission requires our engines to perform with extremely high precision with no room for error," said Aerojet Rocketdyne CEO and President Eileen P. Drake. "From the ultra-low-thrust engines that fine tune the spacecraft's orbit, to the higher thrust engines that will propel OSIRIS-REx back to Earth, each of the 28 Aerojet Rocketdyne engines on the spacecraft are critical to the success of the mission."

The departure window for OSIRIS-REx to return to Earth opens in March 2021. Once the window opens, four high-thrust engines will place OSIRIS-REx on a trajectory that intersects the

orbit of the Earth in September 2023. The final maneuver will involve steering the spacecraft away from Earth after the sample return capsule has been jettisoned for reentry, and placing the spacecraft into a stable orbit around the Sun.

The propulsion suite on OSIRIS-REx is comprised of the following engines: four 60-lbf MR-107S, six 5-lbf MR-106L, 16 1-lbf MR-111G, and two 0.1-lbf MR-401. All 28 engines on OSIRIS-REx were developed at Aerojet Rocketdyne's facility in Redmond, Washington. In addition to the critical in-space propulsion provided to the spacecraft, Aerojet Rocketdyne's contribution to the OSIRIS-REx

mission extended to the launch vehicle's first and second stages as well.

About Aerojet Rocketdyne: Aerojet Rocketdyne, a subsidiary of Aerojet Rocketdyne Holdings, Inc. (NYSE:AJRD), is a world-recognized aerospace and defense leader that provides propulsion systems and energetics to the space, missile defense and strategic systems, and tactical systems areas, in support of domestic and international customers. For more information, visit www.Rocket.com and www.AerojetRocketdyne.com. Follow Aerojet Rocketdyne and CEO Eileen Drake on Twitter at [@AerojetRdyne](https://twitter.com/AerojetRdyne) and [@DrakeEileen](https://twitter.com/DrakeEileen). ★



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Sacramento Native Checks in with Naval Command in Europe



Lieutenant Kevin Skelly stands proud as a naval flight officer responsible for flying an EP-3 reconnaissance plane. Photo: Navy Office of Community Outreach

By Megan Brown, Navy Office of Community Outreach

NAPLES, ITALY (MPG) - Six years ago, Lieutenant Kevin Skelly joined the Navy because he always wanted to fly and wanted to be fulfilled in his job, and has now checked onboard Commander, U.S. Naval Forces Europe-Africa.

Skelly is a naval flight officer responsible for flying an EP-3 plane.

"I'm the quarterback of the plane, running the mission and putting the plane in areas to be successful," said Skelly.

"I just got out here in 6th Fleet, but it's been great going out of my comfort zone, living overseas for three years and seeing a whole new part of the Navy," said Skelly. "I'm excited to work as a staff officer and see a different part of the Navy. The travel, food and wine in Italy doesn't hurt either."

Skelly is a 2008 Rio Americano High School graduate, a 2012 Cal Poly San Luis Obispo graduate and a native of Sacramento, California.

According to Skelly, the values required to succeed in the Navy are similar to those found in Sacramento.

"California is a very diverse area with so many different geographic areas not too far from each other," said Skelly. "I think that prepared me for going all over the world and seeing the different cultures. Also, my parents always told me to treat people with respect, so I try to live by that."

With more than 90 percent of all trade traveling by sea, and 95 percent of the world's international phone and internet traffic carried through fiber optic cables lying on the ocean floor, Navy officials continue to emphasize that the prosperity and security of the United States is directly linked to a strong and ready Navy.

The Commander, U.S. Naval Forces Europe-Africa (NAVEUR-NAF) area of responsibility (AOR) covers approximately half of the Atlantic Ocean, from the North Pole to Antarctica; as well as the Adriatic, Baltic, Barents, Black, Caspian, Mediterranean and North Seas.

"I am confident we will maximize the Navy we have today while delivering the Navy that our nation will rely upon tomorrow," said Gilday. "And we will do so with

urgency. Our fleet will be a potent, formidable force that competes around the world every day, deterring those who would challenge us while reassuring our allies and partners."

There are many opportunities for sailors to earn recognition in their command, community and careers. Skelly is most proud of commissioning as an officer, getting his wings, getting fully qualified as a Senior Evaluator and Mission Commander, and receiving a chief coin.

As a member of the U.S. Navy, Skelly, as well as other sailors, know they are a part of a service tradition providing unforgettable experiences through leadership development, world affairs and humanitarian assistance. Their efforts will have a lasting effect around the globe and for generations of sailors who will follow.

"Being in the Navy means respecting something bigger than myself," said Skelly. "Serving my country has been such an honor and something I'll never forget. Also, it's been really cool meeting people from all over the U.S. and seeing how they were raised and what they believe in." ★

Sacramento County Streamlines COVID-19 Contact Tracing

Continued from page 1

Federal, State and local privacy laws. The solution does not employ automatic location tracking technology.

Sacramento County Health Officer Dr. Olivia Kasirye said, "We are excited to start implementing this new platform, the quicker confirmed cases can begin isolating, the better we will be at preventing outbreaks in Sacramento County."

Personal health information from positive cases will not be shared with contacts at any time, and the tracing portion of the online program is opt-in, however, those who do not respond will still receive a phone call from a contact tracing investigator.

Below is an example of the contact tracing email Sacramento County Public Health will send:

Please answer this health assessment from the Sacramento County Health Department. You are receiving this assessment because you may have either tested positive for COVID-19 (coronavirus) or may have potentially been exposed to COVID-19. This assessment should only take 5-10 minutes to complete. The information you provide the County Health Department in this assessment will help to flatten the curve and stop the spread of COVID-19. All information that you provide is confidential and will be protected to keep

your personal information private.

If you have any questions about providing this information or wish to confirm the validity of this e-mail, please contact our team at COVID19@sacounty.net or visit the Sacramento County COVID-19 webpage.

The questionnaire will be sent as an email or text and the COVID-19 case investigators and contact tracers will have the option to contact individuals directly when appropriate, such as cases involving congregate facilities or for specific follow-up to certain responses provided in the automated questionnaire.

The custom-built solution and three years of support services will cost \$1.6 M and is anticipated to save money over time with the reduction in the number of investigators/tracers positions that would be needed. Sacramento County is also exploring possible add-ons of creating a portal for schools and businesses to submit contacts into the system and an automated system for referring some respondents to wrap-around services.

Find more about the County's response to COVID-19, by visiting Sacramento County's COVID-19 webpage. www.sacounty.net/COVID-19/Pages/default.aspx ★

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