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# AMERICAN RIVER Messenger

VOLUME 18 • ISSUE 9

Serving Fair Oaks, Orangevale & Sacramento County

MAY 5, 2023

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## Fashion Show Provides Scholarships



WTC raffle winner hopefuls having a good time.

Story and photos by Judy Andrews

**FAIR OAKS, CA (MPG)** - Lights! Camera! Fashion!!! That was the theme at the 2023 annual Scholarship Luncheon and Fashion Show put on by the Woman's Thursday Club (WTC) of Fair Oaks. The sold-out gala – where bling was the thing this year – was held on April 20 at North Ridge Country Club. More than 250 WTC members and guests showed up dressed to impress and to have a good time. The fashion show is the group's largest fundraiser of the year and has been an anticipated annual



WTC member Sarah Ryan-Roberts hopes to win a raffle prize.

charity and social occasion for women in the community for several decades. Proceeds through ticket sales provide local high school seniors with scholarships to help them get to college. "The number of students we can support

depends on the success of the fashion show," remarks WTC President Terrie O'Donnell. "Last year we were lucky to fill 17 tables. This year we sold out all 25 tables making it possible to grant up to 14 high school students with \$1,200 scholarships for the 2023/2024 school year." The recipients will be honored at a special dinner celebration on May 11. In addition to ticket sales, raffle proceeds are a significant portion of the group's fundraising efforts, and this year's raffle did not disappoint! With more than 140 raffle prizes up for grabs, many ladies did

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## Dr. Lisa Cardoza Named New ARC President



Dr. Lisa Cardoza, new President of American River College. Photo courtesy of ARC

American River College News Release

**SACRAMENTO, CA (MPG)** - Dr. Lisa Cardoza has been named as the new President of American River College. Her appointment will go to the Los Rios Board of Trustees at the May 10, 2023 meeting. "Dr. Cardoza is exceptionally qualified for this position and brings a wealth of experience in a variety of different capacities within higher education," said Los Rios Community College District Chancellor Brian King. "Extraordinarily thoughtful and strategic, Lisa understands the vital role that community colleges play in our communities and is deeply committed to seeing our students be successful." Most recently, Cardoza served as the Vice President for University Advancement at California State University, Sacramento and Executive Officer for The University Foundation at Sacramento State, where she led record-setting fundraising efforts for the University. Prior to her current role, Cardoza was Sacramento State President Robert Nelsen's Chief of Staff, and also as the University's Interim Vice President of Human Resources. "Dr. Lisa Cardoza has been preparing to be the President of American River College since the first day I interviewed her to be my Chief of Staff at the University of Texas Pan American. I knew then that she would someday be a president; I just didn't know where," said Sacramento State President Robert Nelsen. "I am so pleased that it will be in Sacramento and in the Los Rios Community College District. She is an amazing force with a brilliant mind and a huge heart."

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## New Vision for Phoenix Park

By Thomas J. Sullivan

**FAIR OAKS, CA (MPG)** - Members of the Fair Oaks Recreation and Parks District (FORPD) hosted their first community outreach meeting on March 11 to discuss the development of a new Phoenix Park Master Plan. Two areas of Phoenix Park, located at 9050 Sunset Avenue, designated by FORPD as Area A and Area B, are specific priorities for improvement and renovation. Actual construction isn't likely to begin for another two years, according to FORPD representatives. Public input towards prioritizing what new or improved features a revitalized Phoenix Park could include was the general focus of the first of two scheduled workshop meetings which will be held at the McMillan Center, leading to the creation of a new comprehensive Phoenix Park Master Plan. Phoenix Park includes baseball and softball



FORPD is holding community feedback meetings for the development of two areas in Phoenix Park to create a new comprehensive Phoenix Park Master Plan. Photo by Thomas J. Sullivan

diamonds, soccer fields, a bike park, and a vernal pools natural area as well as the Fair Oaks Community Garden and a dog park which is situated in its southwest corner. Mike Aho, FORPD district administrator, led the workshop with representatives of the firm, Wilson Design Studio Landscape Architecture (WDSL) of Sacramento, contracted by the District to help develop a comprehensive plan for the re-imagined Phoenix Park. Residents of the Fair Oaks Recreation and Parks District (FORPD) have passed Measure J, a \$26.9 million general obligation bond which will help fund major projects that will improve and expand the services which are provided by FORPD. Phoenix Park has been approved for Measure J expenditures which will help improve parking throughout the park, Aho said. Complete funding for all likely park improvements from all possible sources is still a ways off, he said. The individual April and May public outreach meetings to discuss the Phoenix

*Continued on page 3*



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# Sacramento County Named #2 Best Public Fleet



Sacramento County is currently recognized as having one of the most sustainable government fleets in North America. Photo courtesy of Sacramento County

## Sacramento County News Release

**SACRAMENTO COUNTY, CA (MPG)** - The 2023 100 Best Fleets were announced by the National Association of Fleet Administrators (NAFA) at the end of April and Sacramento County was named the number two best public fleet!

The 100 Best Fleets in the Americas program recognizes peak-performing public and commercial fleet operations. This program

identifies and encourages the ever-increasing levels of performance improvement and innovation within the fleet industry.

“Last year we were named the number three best fleet by NAFA, and this year we improved to number two,” said Keith Leech, Chief of the Fleet Services Division and Parking Enterprise. “This is a testament to the hard work our talented fleet professionals have put into adapting to the challenging fleet environment by preparing for a zero emissions future while

maintaining operational effectiveness.

Sacramento County has long embraced clean air initiatives. This commitment to fleet sustainability began in 1999 with the adoption of the County's Heavy Duty Low Emission Vehicle Acquisition Policy and is currently recognized as one of the most sustainable government fleets in North America. This achievement is primarily due to the county's conversion to renewable fuels.

### About Sacramento County Fleet Services:

Number of On-Highway Vehicles: 2,295; Number of Heavy-Duty Vehicles: 417; Number of Off-Highway Vehicles: 140; Department Owned: 566; Number of Fleet Employees: 99

### Fuel Statistics Calendar Year 2022:

Total Fuel Consumption: 3,505,930 Gallons; Unleaded Gasoline: 1,406,894 Gallons; Conventional Diesel: 13,926 Gallons; Advanced tech / Hybrid Unleaded: 96,395 Gallons; Renewable Diesel: 725,140 Gallons; Propane Autogas: 12,800 Gallons Gasoline Equivalent (GGE); Renewable Liquefied Natural Gas: 465,251 GGE; Renewable Compressed Natural Gas: 879,128 GGE; Compressed Natural Gas: 2,791 GGE

*NOTE: Electric vehicle charging and Hydrogen fuel are not represented in the above totals.* ★

# CHP Welcomes Nine New Graduating Canine Teams



Officer Alexander Frazer demonstrates the training and obedience involved for certification during a ceremony at the Canine Training Facility on the CHP Academy grounds.

## CHP News Release

**SACRAMENTO, CA (MPG)** - The California Highway Patrol (CHP) announced on April 28, 2023, the graduation and deployment of nine new canine teams. After months of intensive training, the teams were certified during a ceremony at the Canine Training Facility on the CHP Academy grounds.

“These loyal and brave public servants play a critical role in supporting the mission of the Department,” said CHP Commissioner Sean Duryee. “Canines have a keen sense of smell that helps them detect items that a human officer cannot, such as narcotics and explosives. Both the canine and their handler’s skills are refined during the hundreds of hours of intense training, ensuring the teams are prepared to serve throughout the state.”

The graduates consist of six Patrol and Narcotics Detection Canine teams and three Explosives Detection Canine teams, all of which meet the guidelines set by the Commission on Peace Officer Standards and Training. The newest team members include four Belgian Malinois, two Dutch Shepherds, and three German Shepherd dogs. Once graduated, the CHP will have a total of 51 teams deployed throughout the state.

Each canine’s partner, or handler, is an experienced CHP officer with experience ranging from five to 22 years. The officers



The new K9 CHP graduates consist of dogs which will be part of six Patrol and Narcotics Detection Canine teams and three Explosives Detection Canine teams.

represent six of the CHP’s eight geographic regions, including: Valley, Golden Gate, Southern, Border, Coastal, and Inland Division. Once deployed, the handlers will spend a minimum of eight hours every week completing scenario-based training with their canines to ensure the highest level of peak performance in the field.

The CHP uses canines to perform a variety of tasks, including detecting human scent, contraband, and explosives. The CHP canines are also used to assist allied agencies in apprehending criminals, detecting explosives or drugs, and in locating at-risk missing persons.

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



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# New Vision for Phoenix Park Fashion Show Provides Scholarships



Image courtesy of FORPD

*Continued from page 1*  
 Park master plan are an integral portion of a District application for Land and Water Conservation Fund grant monies in order to stretch its Measure J funding to the maximum.

In addition to parking improvements which would include repaving and restriping of a lot in Area A next to the community garden which opened in 2005, the District wants public input to steer the District in a community-approved direction regarding development of the large, empty area in the center of the park which it identifies as Area B.

Some 30 workshop participants and district representatives in attendance recognized that Phoenix Park is both a “well-loved and well-used” park in much need of improvements to parking, landscape, access, signage, and amenities for all its many users.

Park users enter Phoenix Park from Sunset Avenue and turn on Maya Street to get to the Fair Oaks Community Garden located near Kruitof Way.

Attendees watched a 24-slide photo presentation which reviewed the current condition of Phoenix Park and took a straw poll vote on their own priorities where suggested improvements could then be made. They then joined to form individual groups to put their suggested ideas on to actual maps of the park with post-it notes.

WDSLA representatives Keith Wilson, principal landscape architect and architect Karin Kauffman will then use that public feedback for their preliminary design plans to present at the next workshop meeting in May.

Representatives of the Fair Oaks Little League also expressed hope for new ballfield lighting and refreshed bleachers to create a “state-of-the-art, year-round” community sports facility.

Common recognized priorities were new play equipment areas for young children, improved restroom facilities, new drinking fountains and a critical lack of shade trees throughout the park during hot summer months. A need

for benches and tables near play structures where families might gather were also identified as desirable items to have.

Participants also agreed that there’s a general lack of signage throughout the park which could identify its features and sidewalks to help pedestrian traffic flow.

Suggested improvements to Area A include a paved parking lot, expanded trash/debris and material storage for the Fair Oaks Community Garden, formal entry access points, a shade structure, worktables and a cleaning station, and a composting area. The addition of a teaching/instruction area, drinking fountain and shade structure near the community garden was also proposed.

A larger Area B, a crescent shaped area situated within the center of Phoenix Park, offers much broader potential for a wider range of recreational uses, and/or community plaza or for a Farmer’s Market Space. Suggested uses which were identified in the workshop could also include a tot lot with a large play structure, a shade structure, a skate park, a disc golf course, adult fitness area, pickleball or volleyball courts and a water play/mister feature.

“We’re encouraged by the attendance and feedback we’ve received from participants at this first workshop meeting tonight,” said Mike Aho, FORPD district administrator. “It’s a new vision for Phoenix Park, and we’re excited to see that vision realized.”

For more information about the Phoenix Park Master Plan visit: [forpd.org/510/Phoenix-Park-Master-Plan-Outreach-Meeting](http://forpd.org/510/Phoenix-Park-Master-Plan-Outreach-Meeting) ★



All of the models were WTC volunteers. From left to right: Alice Rowe, Dawn Abatamarco, Ingeborg Carpenter, Patty Rock, Karen Scott.

*Continued from page 1*

not leave empty-handed. Members raised \$5,700 through the raffle alone. Most of the items donated came from individuals and the club’s social groups (i.e., gardening, books, crafts, games, etc.)

“Raffle proceeds typically average about \$5,000,” explains Phyllis Williams, WTC raffle prize coordinator. “The amount raised in 2022 was a bit lower, but this year we were excited to see participation and donation levels back up to pre-covid amounts.”

In a separate and final raffle of the day, one lucky attendee won a \$400 bed and breakfast gift certificate donated by Ships and Trips Travel in Fair Oaks, which brought in an additional \$1,255 toward scholarship funds.

Travel agency owner and WTC member, Trude Vasquez, co-chaired the fashion show with member Judy Faught. “Our theme was set in early October at the first kick-off meeting,” shares Trude. “We wanted to imply bling – what one would wear to an opening of a new movie surrounded by stars and paparazzi. From there, our sub-committees jumped into action.”

Overall, about 50 WTC volunteers worked long hours behind the scenes to help pull it all together.

The Firehouse Boutique, owned by

Diana Appel in historic Folsom, supplied the models with outfits. “We always try to use a local shop and each year it’s someone new,” says Marty Holmes, WTC fashion house and model coordinator.

The models, all club members and volunteers, included Patty Rock, Karen Scott, Alice Rowe, Ingeborg Carpenter, and Dawn Abatamarco. Each woman presented three different outfits from casual to dressy.

“I really enjoy interacting with the shop and the models,” says Marty. “It’s fun to see the enjoyment each lady has picking out clothes and sharing them in front of other members. Everyone has such a good time!”

As Trude expresses, “The volunteers are incredibly brilliant in what they know and what they consistently contribute to the club and to events. Each woman brings her own skill and talent to the table. I can’t wait to see what they come up with next year!”

(Ladies take note... the 2024 program is set for April 18.)

The Woman’s Thursday Club of Fair Oaks was established in 1902 and continues to be a charitable mainstay in the community today. Although the annual Scholarship Luncheon and Fashion Show is their biggest fundraising event of the year, the group is involved in many other philanthropic projects in the community. ★

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# “This Is So Needed!”

Non-profit HomeShare American River Celebrates Dozens of Happy Housemates



Two years in, HomeShare American River is proven as a powerful, versatile tool to unlock rental income and affordable housing. Left to right: Lynn Nelson, Rev. Virgil Nelson, Sofia de Melo, Justin Ellerby, Tara Benavides, Steve Davis. Photo courtesy of HomeShare American River.

## HomeShare American River News Release

**SACRAMENTO REGION, CA (MPG)** - In July 2021, inter-faith non-profit Placer People of Faith Together (ppoft.org) launched a powerful, versatile tool to unlock both rental income and naturally-affordable housing throughout the Greater Sacramento live-work area. More than 50 such non-profit supported homesharing programs have been valuably serving their communities throughout the US, some for as long as 50 years. But there was no such service in our region until PPOFT decided to start HomeShare American River.

Almost two years later, non-profit housemate-matching and -support service HomeShare American River (HSAR) has matched up dozens of happy housemates across the region into safe, fair, valuable, and durable arrangements. HSAR makes matches in homes (whether owned or rented) located within an hour's drive of Roseville, including Nevada City, Placerville,

Lodi, Dixon, Yuba City, and Marysville. HSAR provides help for potential “Hosts” and “Guests” throughout the entire arrangement: screening, matchmaking (including facilitating exchanges of household services for lowered rent), and active support/trouble-



**HomeShare AMERICAN RIVER**

shooting. And while Hosts set the rents they charge, HSAR doesn't charge them or their Guests anything for its service, including the background checks. Instead, HSAR is entirely funded by the Agency on Aging/Area 4 and a generous private donor, meaning that HSAR is beholden to neither Host nor Guest... just to its social mission to serve both of them equally for as long as they live together.

Since launching, HSAR has made 24 matches from Nevada City to Elk Grove. Matched Hosts and Guests vary widely in age (22-84), rents paid (\$550-900, including utilities), income, and walks of life, but all have the most important thing in common: they make “great neighbors down the hall” to each other. And that also means HSAR has effectively created many new units of housing, without hammering a single nail!

As Executive Director and Co-Founder Justin Ellerby says, “Two things tell me that this service can make a dent in a lot of big problems. One: The gratitude and relief I hear from our happily-matched clients. Two: Almost everyone I tell about this service reacts with almost the exact same words: ‘This is SO needed!’”

Potential Hosts and Guests can learn more about HSAR at [homeshareamericanriver.org/apply](http://homeshareamericanriver.org/apply) or by calling (916) 360-0074. Partners and supporters will find much more information at [homeshareamericanriver.org/collaborate](http://homeshareamericanriver.org/collaborate). ★

(PAID CONTENT)

# Share Your Corner of America

Make a difference in the life of an international exchange student!



Host Dad shares a laugh with his exchange students. Photo courtesy of iStock

## ACIE Special News Release

**SACRAMENTO REGION, CA (MPG)** - Have you ever felt like the world needs more understanding, peace, and connection? Open your heart and your home to an exchange student! American Councils is a non-profit public diplomacy organization funded (in part) by the US Department of State. They are searching for loving host families for the 2023-24 high school academic year.

All American Councils students are recipients of merit-based scholarships. Selection is based on English language proficiency, academics, teacher recommendations, leadership qualities, maturity, and adaptability. On program, students develop global leadership skills and understanding of civic responsibility, diversity, and cross-cultural competency.

Who are these students? Fayzali, 17, is from a small town in Tajikistan. He is

fascinated with all things cars, especially sports cars! He has even designed his own car brand and recently worked as a part-time mechanic. Fayzali's other hobbies include soccer and basketball, mixed martial arts, reading, and learning new languages. He hopes for a future career in the aviation industry. An only child, Fayzali happily does household chores to support his mom and extended family. He is eager to share his Tajik culture: “a sunny country with friendly and kind people on the other side of the earth!”

Ilyass, 15, is from Morocco. He describes himself as “sociable and energetic and the type of person that can make you laugh when you're sad.” He adores time with family: “My parents encourage me and give me all the love I need. We sometimes go to the movies, picnics, walks, or watch soccer together.” At home, Ilyass is responsible for his pet cat Blanche. He is passionate about track and field, particularly

discus and javelin. He has a dream “to represent [his] country” in international sporting events one day! When he is not training or competing, he reads self-help books and volunteers. Ilyass is excited to experience new activities and appreciates that a host family would “make [him] a part of their household” and hopes to cook them traditional Moroccan dishes! A common misconception is that a student needs a traditional family experience with customary holidays and foods. The rich diversity of our country is for many students, uniquely American! Anyone who has a desire to open their home could be a potential host, including military families, retirees, single parents, and LGBT+. Please contact Megan Timmens: call/text 202-375-0777 or email [mtimmens@gmail.com](mailto:mtimmens@gmail.com). Website: <https://inbound.americancouncils.org/mission>. Please note the deadline to enroll in SJUSD is May 15. ★

(PAID CONTENT)

Fair Oaks Recreation & Park District

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# Fair Oaks Library Branch Closes for Renovation

Story by Thomas J. Sullivan

**FAIR OAKS, CA (MPG)** - The Fair Oaks branch of the Sacramento County Public Library at 11601 Fair Oaks Boulevard has closed for renovations until mid-June, said Ashley Trew, its public services manager, announcing its first major refresh since opening to the public in 1976.

"The Fair Oaks branch has had some minor updates over the past 10 years, but nothing to this extent," Trew said.

Some library staff members will move to the nearby Sylvan Oaks or Orangevale branches during the temporary Fair Oaks Library closure.

"The Fair Oaks branch is home to nine career staff members, all of whom will be temporarily redeployed to other library locations, or who will voluntarily take time off during the closure," she said.

Library locations at 8820 Greenback Lane, Suite L in Orangevale, and the Sylvan Oaks Library at 6700 Auburn Boulevard in Citrus Heights are open Tuesday through Saturday from 10 am to 6 pm to handle the needs of library patrons in the area.

When the Fair Oaks Library branch reopens in June, library patrons will see entirely new personal computers and workstations, fresh paint throughout, new furniture and freshly installed carpet throughout the building as its summer reading programs will kick off.

"We're investing around \$550,000 in the physical renovations and \$200,000 worth of new materials in the library collection," she said.

"The Sacramento County Summer Reading Program begins on June 1," she said. "Sign-ups will begin on May 15 online, or in-person at any of our other locations."

The popular "Lunch at the Library", which offers free lunch to children during the summer school break, will also begin on June 13th at the Sylvan Oaks and Orangevale branch locations, she said.

When the Fair Oaks library reopens, young families will also discover the designated Kid's Area will be enhanced with an abundance of new play materials which will focus on early development and interactive play.

"These items may not arrive in time for the June re-opening, but they should arrive throughout and be put in place for the summer," Trew said.

One of the most popular collections at the Fair Oaks Library branch is what's described

as the "library of things." The "things" will be on the move during the temporary closure, but still accessible.

The "library of things" allows library patrons to access big-ticket items that they might not have the budget, space, or desire to purchase, she explained.

"The collection as a whole was recently expanded as a result of a community survey which we conducted in 2022," she said.

During the upcoming closure, all of the "things" which were typically found in the Fair Oaks branch as well as all other general regular library holds will be housed at the Sylvan Oaks Library in Citrus Heights.

These special collection items, paired with the Sacramento County library's wide range of free resources provide the freedom and flexibility for most patrons to experiment in areas that interest them.

For example, if you're interested in learning to play the acoustic guitar, you can sign one out through Sacramento County library's ArtistWorks program and borrow one.

Patrons who might want to learn to sew, can follow a tutorial on Craftsy and borrow a sewing machine for their next home project.

Home chefs are also in luck with digital recipes from the New York Times Cooking collection available to browse, and a KitchenAid Mixer and even a cake pan are available for checkout to meet their baking needs.

Library users who may want to take a LinkedIn course in photography this summer can also borrow a digital camera.

For library card renewal or general account information, call the Sacramento County Library at 916-264-2920 during business hours. Library materials can also be renewed by phone at 916-264-2952.

Patrons who may be physically unable to visit nearby locations such as Orangevale Library or Sylvan Oaks Library in person, may be able to visit the Sacramento County Library virtually at: [www.saclibrary.org/](http://www.saclibrary.org/) and instantly stream music, movies or download eBooks, audiobooks, digital magazines and newspapers.

"Sacramento Public Library was one of 20 public library systems that surpassed 1 million digital checkouts in 2021, and has surpassed one million digital checkouts already this year," Trew said.

"We'll be so excited to welcome the community physically back into the Fair Oaks library in mid-June," Trew said. ★



By County Supervisor Sue Frost

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

Last week I was the lone no vote on a Sacramento County Board Resolution recognizing "Transgender Visibility Week." The resolution describes how the transgender community has suffered disproportionately with rejection and discrimination. It acknowledges the transgender, gender non-conforming and gender diverse residents' contributions to society and the importance of them living authentically and visibly.

I unequivocally oppose discrimination and I fully recognize and appreciate the human and societal value of those who identify as transgender. But I opposed the resolution because it contributes to a political movement that is forcing gender politics on the rest of society, advocates separating children from their families, and encourages experimental medical procedures on children who are suffering from psychological problems.

I have some experience with transgender and gender dysphoria during my work as a Registered Nurse. Gender Identity Disorder (GID) is a psychiatric disorder where a person experiences distress related to their gender and/or sex characteristics at birth. The diagnosis was created to help people with gender dysphoria gain access to necessary health care and effective treatment. This diagnosis is included in the American Psychiatric Association's published Diagnostic and Statistical Manual of Mental Disorders (DSM-5) and it focuses on Gender Dysphoria discomfort as the problem, rather than identity.

The American College of Physicians describes Gender Dysphoria as a psychological concept and sociological term, not a biological one. Their website states, "GD resolves in the vast majority of patients by late adolescence." Studies show that many children express some level of gender-dysphoria, but 80% grow out of it before they are 25. Subjecting these children to permanent changes

## Orangevale Community Update

*You are free to live however you want.*

*You aren't free to impose your choices on others.*

due to adolescent confusion isn't supporting adolescents suffering from depression or other psychological disorders - it's pushing an agenda that actually harms children.

In September 2022, SB107 made California a sanctuary state for children seeking gender transition therapies. This violates the parent's fundamental rights to direct their child's mental and physical health care. It mandates that Doctors conceal a child's medical information from parents if it is related to "gender identity" drugs and procedures, even if that information is sought under a court-issued subpoena. This bill removed parents from their child's healthcare conversation while they are still responsible for the costs and care of the child.

On April 10, 2023, AB665 passed the Assembly (and will go to Senate) in California. This law would allow a minor 12 years or older to obtain "gender-affirming" interventions without parental knowledge or consent. And, since California is already a "gender-affirming sanctuary state," if a child runs away from home to obtain gender-affirming care, parents will not be notified and could be barred from taking custody of their own children.

Puberty is a difficult time when children experience social and hormonal changes, grapple with self-identity, and struggle with peer acceptance. Rather than encouraging supportive families and guiding children through this struggle, activists are taking advantage of children to promote their political agenda.

We have seen a wave of lawsuits from families and from children who felt pressured by school and public officials into gender transition, leading to permanent, life-altering decisions including radical surgery, often without even notifying parents.

For example, 18-year-old Chloe Cole filed a lawsuit against Kaiser Permanente for a transgender surgery performed on her when she was just 13. Similarly, Layla Jane is suing Kaiser for pressuring her to transition when she was barely a teenager. Both girls were treated chemically with puberty blockers and endured complete mastectomies while still in puberty. Both girls are now trying to de-transition

and state that they felt pressured to undergo transition while their contributing mental health problems were ignored.

Even more alarming, we're now seeing activists, school employees, and counselors encouraging pre-teens, who aren't even in puberty yet, to undergo similar radical and often irreversible gender-changing procedures.

In Salinas, CA two middle school teachers who ran the school's Equality Club were caught pressuring students to secretly transition while hiding their problems from their families. In a leaked recording the teachers were quoted discussing how they kept meetings private and "stalked" students online for recruits. One of the teachers confirmed to the San Francisco Chronicle that the quotes were accurate but claimed the stalking comment was a joke.

Two examples came to light recently. In the first, a school district employee secretly counseled an 11-year-old child through a gender transition, prompting the mother to file a lawsuit. In another district, a family has filed a lawsuit against school officials who were actively transitioning their 11-year-old daughter and 12-year-old son.

All people have a right to medical freedom and access to care, including children who are struggling with depression or gender dysphoria, however, It is dangerous to politicize a psychological condition and encourage children to undergo irreversible medical procedures.

It's even more dangerous to tear down parental rights and the family unit that has proven to be the most significant source of support for struggling children and young adults. Long after the activists have moved on, the family is there to help pick up the pieces.

In keeping with my oath, I'll continue to try to protect and uphold the rights of all people in my service to the community.

*Thank you for reading – and as always, if you want to contact me, call me at 916-874-5491, or e-mail me at [SupervisorFrost@sacounty.gov](mailto:SupervisorFrost@sacounty.gov). Sacramento County Supervisor Sue Frost represents the 4th District, which includes the communities of Citrus Heights, Folsom, Orangevale, Antelope, North Highlands, Rio Linda, Elverta, and Rancho Murieta* ★

## Dr. Lisa Cardoza Named New ARC President

Continued from page 1

- students, faculty, staff, administrators - achieve their highest potential. I want to ensure that all students, especially students of color and those who come from underserved communities, have the opportunity, the resources, and the support to attend and graduate from college," said Dr. Lisa Cardoza. "I am really looking forward to working with the exceptional team of faculty, staff, and administrators at ARC to support our students in reaching their educational and career goals."

Cardoza is a proud graduate of Edcouch-Elsa High School in Texas and graduated from Stanford University with a Bachelor of Arts in Economics and a Master of

Arts in Social Sciences of Education. She earned her doctorate in Educational Leadership from the University of Texas Rio Grande Valley. She is also the very proud mother of two boys—Gabriel, a recent graduate of the University of Texas San Antonio (UTSA), and Diego, a junior in the San Juan Unified School District.

She will succeed Melanie Dixon who departed American River College in December 2022 to be closer to family in the Pacific Northwest. American River College Vice President of Instruction Dr. Frank Kobayashi has been serving as Interim President while the college and district conducted a comprehensive nationwide search. ★

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## Mom Love

Do we really understand MOM LOVE? We expect it and it's given freely because a real mom wants the best for her kidlets. There is sacrifice to make us happy...no new dress, instead a new toy. There is joy in her face when we achieve something new, no matter how small. She gives us tender loving care when we don't feel well, and sheds tears when she can't make us feel better. Of course there is so much more than we know she does because she hides some of the pain when we become belligerent or uncaring. Why? Because she IS MOM! So, on this Mother's Day just let her know you care for all she has done. I don't mean you have to buy expensive gifts and flowers and dinners. It can be as simple as a card that promises her some task you can do for her. Pick some flowers from your garden and arrange them in a simple vase. I think she would appreciate the effort instead of having a professional do it for you.

Memorializing moms dates back a long way. The ancient Greeks honored Rhea, mother of the gods, on a special day. The Romans honored Cybele, their mother of the Roman gods. Christians name the fourth Sunday of Lent as a day to honor Mary, the mother of Jesus. By the 19th century, the English transformed that day into Mothering Sunday and declared it a holiday for the servants to visit their mothers with freshly baked cakes in hand.

For the Mother's Day that we celebrate, we have to credit Julia Ward Howe with first suggesting a day to honor American mothers and celebrate peace in 1872. She is known for writing the words to "Battle Hymn of the Republic" and organizing Mother's day meetings in Boston. Then in 1907 Anna Jarvis urged her mother's church in West Virginia to remember her mother on the second Sunday in May, which was the second anniversary of her mother's death. But she didn't



"Getting old is not for wimps." So very true! If your mom is still with you, give her a big hug and tell her how much she means to you.

stop there. She began lobbying local and national politicians to formalize the day. She met with Presidents Taft and Roosevelt and finally in 1913, the House of Representatives adopted the resolution to wear white carnations in honor of mothers on the second Sunday in May. President Wilson made it official in 1914.

My mom passed away quite some time ago, but I do remember a few things that still resonate for me on Mother's Day. I can still hear her laughter, a laughter that came from her soul. You could pick out here joy in any crowd and it was infectious. And as she got older I remember the many times she said to me, "Getting old is not for wimps." So very true! If your mom is still with you, give her a big hug and tell her how much she means to you. Three simple words will make her day complete and it doesn't cost a thing. Just tell her "I love you mom." It will mean more than any fancy gift! ★

## Nick the Greek looks to May Opening in Fair Oaks



Nick the Greek's Fair Oaks location at 5355 Sunrise Blvd., in the Quail Pointe shopping center.

Story and photo by Thomas J. Sullivan

**FAIR OAKS, CA (MPG)** - Interior construction on the new Fair Oaks location of Nick the Greek, a quick service restaurant which serves Greek street food is continuing, with an eye towards an early May opening, its owners say.

Nick the Greek's Fair Oaks location at 5355 Sunrise Blvd., in the Quail Pointe shopping center, fills a space formerly occupied by Starbucks before the coffee chain moved across the street to the Sunrise Village Shopping Center in Citrus Heights to occupy a larger space which includes a drive-thru.

Restaurant CEO Nick Tsigaris said the early May target opening for the Fair Oaks restaurant remains on track.

Nick the Greek restaurants were founded in 2014 by three cousins 'Big Nick,' 'Little Nick' and 'Baby Nick' who remarkably are all named Nick Tsigaris.

"We're excited to welcome the public to our grand opening, and to bring great Greek food to Fair Oaks," Tsigaris said. News of the upcoming opening date will be publicized through social media once a date is set.

Construction of a new kitchen and service counter is largely complete, with colorful wall décor trimmed out in the traditional blue and white national colors of Greece. ★

Interior demolition work began late last fall. Exterior banner signage announcing the upcoming restaurant opening is visible from Sunrise Boulevard.

Popular gyros and pitas start at \$11.95 according to a recently updated online menu. Protein choices include beef/lamb, chicken souvlaki, pork, pork belly, veggie or falafel. A one-third pound Greek burger with melted feta, lettuce, tomato, spicy onions and yogurt is also offered.

The restaurant also features a souvlaki or gyro plate priced from \$16.50. Customers will also have a choice of bowls, soups and a variety of Greek salads which round out the menu. A children's menu with a choice of meat or falafel, served with fries and pita bread is also offered.

Dishes can also be paired with Nick's Fries, dressed with feta cheese, garlic, spicy yogurt, choice of protein, and topped with green onions.

A choice of desserts includes traditional Greek baklava, frozen yogurt and loukoumades, traditional Greek beignets, dressed with nuts, and house-made syrup.

In June 2021, the San Jose-based franchise chain opened its first area location on Pleasant Grove Boulevard in Roseville. A second Roseville restaurant, located at the Fountains at Roseville, opened last Sept. 20. Two additional restaurants, one in Elk Grove and another in Davis have since opened. ★



By Marlys Johnsen Norris, Christian Author

As a Christian believer and follower of Jesus Christ we should be continually and constantly aware of the presence of God in our lives! This morning was one of those times for me. Much too often I do assume it is so, but sadly much like the world around us, we never really appreciate or think about it.

We pray often to be in God's will for our lives. Do we ask to be in His perfect will? Don't we want to hear His voice and to follow His guidance in all our affairs? We ask for His help in all the affairs of our lives to intercede and bless our lives.

No matter what we are

## Be Aware of God's Presence

doing then every moment of our daily lives, we must be aware of His loving presence always in and with us. Yes, regardless of what we are doing God's promises are there. Always there regardless of what we are doing or not doing.

It is a miraculous wonder to know every one of us can talk to Him about everything every moment of our day. Yes, because of His enormous greatness as our Creator, He loves and cares for every one of us! He hears and knows about all of our concerns.

Knowing all that God has accomplished on the Cross for us these thoughts came to me this morning as I was conversing with Him. How can I show God how much I deeply love and appreciate all He has done in my life? How can I help others to understand His intimate personal love

for them? How can I write something to spark their knowledge of His awesome love and presence in their lives and to understand His greatness?

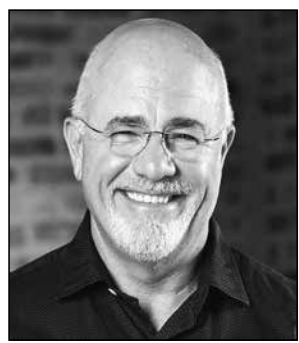
Thank you Heavenly Father for every word you bless me to write so as to help someone to surrender and to understand accepting your love! My prayer is: May they become "born-again" finding freedom from sins as your Holy Spirit draws them into experiencing your love – accepting your beloved Son Jesus as their personal Savior and Lord of their life today!

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## Dave Ramsey Says



Just Pile Up Money, And Go Do It

Dear Dave,

I plan to buy another investment property with cash in the next year or two. Currently, I have \$83,000 sitting in a high-yield savings account at 4% interest. My goal is to save another \$50,000 to \$70,000 in the upcoming months. Right now, 4% is good, but I want to make sure I'm maximizing my returns. Should I be doing something else with the money?

– Brett

Dear Brett,

I like the way you're doing things. Right now, you're simply parking the money short term for

a purchase a few months down the road. If you invest it, you might make a little more, but you're taking more risk too. If I'm you, I'm parking the cash.

Here's the deal: The money you'll have to purchase another property won't come from a return on the investment. It'll come from you putting money in the account. The investment isn't the secret sauce in this scenario — you are. If you invested the money and made 10% rather than 4% over two months, let's say, that amounts to about a 3% difference. That's nothing in your case. You're not within a couple thousand dollars of doing a deal at the moment. Your deal is a \$150,000 deal. Your return on investment isn't going to make this happen, or keep it from happening. See what I'm saying?

Just keep doing what

you've been doing and park the money. That's what I'd do. People who are math nerds, like us, always look for things to fix an investment. But sometimes the thing that fixes the investment is you. You are the one doing the investing. You are the one putting money in the account. So, in this case, don't try to fix it. Just pile up money and go do it.

Great question, Brett!

– Dave

Dave Ramsey is an eight-time national bestselling author, personal finance expert and host of "The Ramsey Show," heard by more than 18 million listeners. He has appeared on "Good Morning America," "CBS This Morning," "Today," Fox News, CNN, Fox Business and many more. Since 1992, He also serves as CEO of Ramsey Solutions. ★

## World-Class Canine Athletes to Perform Daily at the Sacramento County Fair

Sacramento County Fair News Release

**SACRAMENTO, CA (MPG)** - The Sacramento County Fair is right around the corner and North America's Premier Stunt Dog Show, The Extreme Dogs, returns. Free with Fair admission, guests will be able to watch a unique extreme sports production designed to excite and amaze pet-lovers from all walks of life.

Extreme Dogs tours the nation promoting animal rescue and pet adoption. The wickedly talented canine athletes have captured the hearts of hundreds of thousands coast-to-coast including at CFL, NBA and NFL halftime shows, theme parks, performing arts venues and festivals nationwide.

The show features world champion trainers leading their adopted companions through extreme dog sports such as dock diving, freestyle frisbee disc, flyball racing, high jumping, and dog agility. Featuring multiple breeds and mixes of only dogs who have been rescued or adopted from shelters, fairgoers will not be able to look away!

"These dogs are true world-class champions. The Extreme Dogs are going bring such a fun and exciting energy to the Fair, and the fact that all these dogs have been rescued or come from shelters really promotes a positive message to our community," says Matt Cranford, CEO of the Sacramento County Fair.

"We usually look for dogs nobody wants," said dog rescuer and trainer Deirani Collazo. "The annoying, high energy, couch chewing, won't leave me alone dogs and then we just take all that energy and channel it into all these sports. These dogs go from a brutal, homeless life to best canine lives ever since all they do every day is run, jump and swim

all day. Plus, have a lot treats.

More than just the entertainment value of the show, attendees also get "people tips" on what to do with their rescue dogs. Trainer Calazzo hopes families attending the Fair take away valuable knowledge. "If people come out and see you can have this kind of relationship and interaction with your dogs, it inspires people to go out and adopt a dog and turn their life around," she adds.

Calazzo and the other trainers mix it up for every show. "We have different dogs doing different behaviors," she says. "We change up the games we're playing and the things that we're showcasing, so you can see two or three shows a day and see something different every time."

If you want to watch how the best of the best do it, this high-energy stunt dog show is one that you can't miss! The Extreme Dogs have multiple performances every day of the Fair and fairgoers can attend as often as they like all included with their daily Fair admission.

Established in 1937, the Sacramento County Fair is dedicated to the safe and fun education of the greater Sacramento community and its youth in agriculture, business, and technology. A value-driven family event, Fair guests enjoy the friendly atmosphere, traditional county fair competitions, agricultural displays, hands-on activities, carnival, specialty food and festival-style entertainment. Close to 10,000 school children take advantage of free educational school tours and over 5,000 compete for awards in the livestock and competitive exhibit programs. The theme of 2023 Fair is: *Where Tradition Meets Tomorrow*.

For more information, please visit [www.sacfair.com](http://www.sacfair.com). ★



# Teacher Pension Fund Betrays Its Mission



**Commentary**  
by Ted Gaines

If you think that CalSTRS, the behemoth pension system that supports California's retired teachers, is focused on pensions, you are wrong. The largest teacher-focused pension system in the country is abandoning its core fiduciary role to chase left-wing political goals. Its mission creep will hurt teachers, taxpayers, and students alike.

In April, CalSTRS issued an extraordinary press release stating their priorities for the companies they invest in, including corporate greenhouse gas disclosures. CalSTRS is interested in achieving a "net zero" emissions portfolio. Of course, CalSTRS is also interested in corporate diversity, and states: "CalSTRS will vote against an entire board of directors that does not include at least one woman and against a board's nominating and governance committee if at least 30% of its board members are not women. Furthermore, CalSTRS will vote against the nominating and governance committees of Russell 3000 companies that do not disclose their

board members' diversity characteristics."

CalSTRS' Board has morphed into Alexandria Ocasio-Cortez with a \$300-billion billy club to swing at businesses that aren't sufficiently Progressive.

If you were scouring the news for a few words about supporting corporate boards trying to grow profits, entering or creating new markets, utilizing innovation, expanding geographically, then CalSTRS is not the investment entity for you.

Who has time for the actual business of business when you can be leading a social revolution?

CalSTRS might want to check out the work of Bjorn Lomborg, who shows that the climate catastrophists claims about global warming deaths, costs, hurricanes, polar bears, forest fires, etc. are routinely contorted to further the policy agenda of the anti-fossil fuel crowd.

They might want to ask teachers if they themselves are willing to pay out of their own pockets for these political goals.

They might want to ask parents if they are willing to take dollars out of their children's classrooms to diversify corporate boards.

Because the problem with CalSTRS lifting its leftist political banner above all others is that the organization has an actual role, which is fiduciary. Its job isn't to be in the political vanguard but to caretake and grow its investments to meet its payout obligations.

CalSTRS pension payments are funded by payments from the state, from teachers and school districts. If investment gains fall short, contributions need to increase.

The system was already facing a serious insolvency threat in 2040, which is a blink of an eye for a pension system. In 2014, the legislature crafted a plan to stave off the problem and mandated increased contributions from all parties.

California has seen an explosion of education spending in the past decade. Parents hope and assume that their taxpayer dollars go towards classroom enrichment, student activities, training that increases student performance, and so on. Some of it surely has.

But when investments fall short, school spending will go to backfilling pension obligations. That has also been the case. What good is that increased school spending if it doesn't benefit students?

Women and minorities should, of course, be welcome on every corporate board without a discriminatory roadblock. But their presence should indicate merit, not government fiat or race-and-gender box checking. Diversity itself should not be the goal for corporate governance.

Every single California government activity should not be Progressive activism. CalSTRS should honor the teachers, parents, taxpayers and students who are all affected by its decisions and stick to its fiduciary job. ★

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

By Tim Coughlin



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

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

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

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

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

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



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## Support San Juan Education Foundation in the Fair Oaks Chicken Run

### SJUSD News Release

**SACRAMENTO REGION, CA (MPG)** - On Sunday, May 7, the Fair Oaks Chicken Run will be taking runners down the scenic streets and pathways of Old Fair Oaks for the 42nd time! Racers can feel good knowing that their hard work will benefit the community, as a portion of the proceeds will go towards supporting

the San Juan Education Foundation.

Whether you want to participate in their competitive five-mile race, run or walk in their non-competitive two-mile course or enroll your child in the Chicken Chase Kids Race, this event has something for everyone. For more information about the event and how to register, please visit the Fair Oaks Chicken Run website. ★

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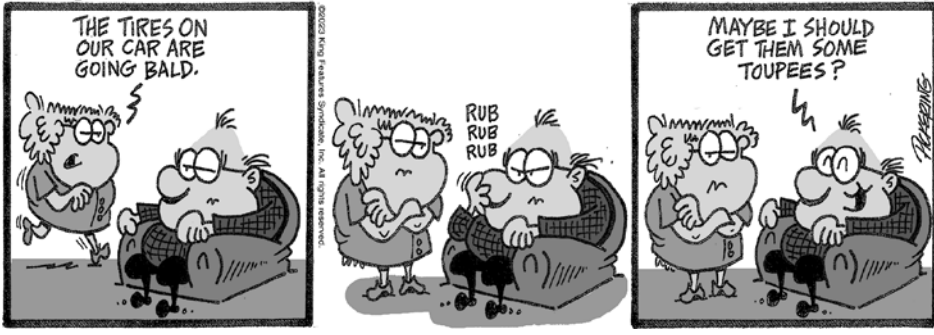
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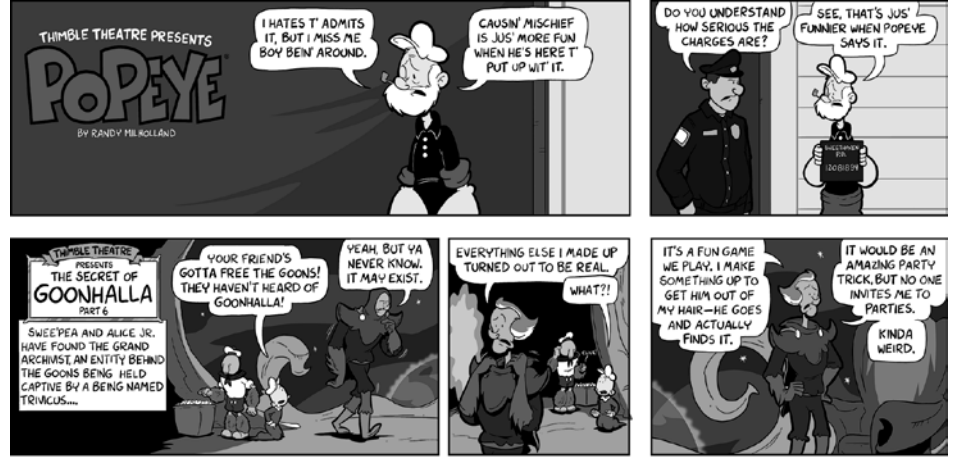


# COMICS & PUZZLES

## The Spats



by Jeff Pickering



## Amber Waves



by Dave T. Phipps

## Out on a Limb



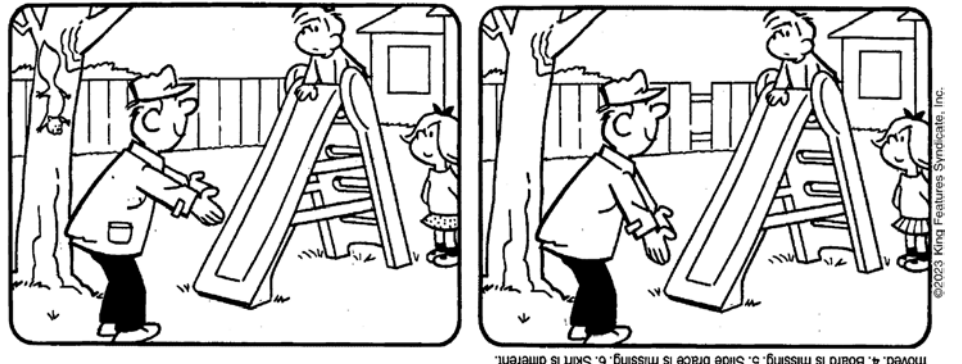
by Gary Kopervas

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Just Like Cats & Dogs

by Dave T. Phipps

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**ACROSS**

- Rodeo garb
- Roman numeral 7
- Spring occurrence
- Like Corgi
- Get a sum
- Garlic mayo
- Poet's concern
- Mail-back request, acr.
- Handrail post
- "Lionel Jefferson's mom"
- "Keith and Laurie Partridge's mom"
- Watson's, Crick's and Franklin's concern, acr.
- Big-ticket
- #38 Down follower
- Potter's oven
- Get by
- Wyatt Earp's card game
- Wooden pegs
- Measuring tool with a bubble
- Copycat
- All-season
- Like certain people's glasses
- The Great Muppet
- 1 year older than frosh
- Treat without respect
- "Samantha Stephens' mom"
- Four Corners state
- Unidentified Jane
- Summit location
- Like tuna tartare
- "Rory Gilmore's mom"
- "Hilary and Carlton Banks' mom"
- Motionless
- Actress Thompson
- Island off Manhattan
- Skeleton, archaic
- Lt.'s subordinate
- Yemen's neighbor
- Marines' toy recipients
- Banned insecticide, acr.
- Nostrils

**DOWN**

- Basin, without vowels
- Last piece of a loaf
- Lowest female singing voice
- Evis's blue shoes
- Harrison Ford or Jason Segel in "Shrinking"
- Bud holder
- \*Rhoda Morgenstern's mom
- "That is" in Latin
- Wedding cake layer
- Famous Allen Ginsberg poem
- Away from wind
- Skilled in deception
- G. Orwell's "Farm"
- Valentine, e.g.
- Bottom line?
- Inner circle
- Old enough (2 words)
- Neutered rooster
- Influencer's creation
- \*Meg, Chris and Stewie Griffin's mom
- Egghead
- "like the plague"
- Canvas primer
- \*Alex and Mallory Keaton's mom
- Pasta option
- Virgo and Libra mo.
- Lewis, Lamb Chop puppeteer
- By word of mouth
- What catastrophe and ratatouille have in common
- Wear (2 words)
- Treated with EV00
- \*Pebbles Flintstone's mom
- Law school entry requirement, acr.
- First name palindrome
- Civil disorder
- They're on Freddy's street
- Widespread
- Relating to armpit
- 3 squared
- Tight one in football
- Bro's counterpart

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**Rental**

Property is under construction and will soon have 1,2,3, & 4 bedroom units for rent!

The Housing Authority of the County of Butte is currently accepting applications for its Farm Labor Housing property in Gridley, CA. We have 2 Bd. units available at this time. Rental assistance is available and provided by USDA Rural Development for those that meet USDA Rural Development guidelines. For more information contact our office at (530) 895-4474 or TDD 1-800-735-2929.

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## Has Anyone Seen My Marbles?

Dr. James L. Snyder

Whenever a week goes by without any hitches, I have learned that something somewhere is wrong.

I have lived long enough to realize that problems are a part of life. Most of my were created by me.

Whenever I screw something up, she always responds, "Have you lost your marbles?"

Life has ups and downs, and I'm unsure which is better or worse. But throughout my life, I have never been helped in any situation by my marbles. How do my marbles help me in my everyday life? After all, my life has not changed much during these years of losing my marbles.

If I had more appreciation for my marbles, maybe, just maybe, I would not be getting in as much trouble with The Gracious Mistress of the Parsonage. Her obsession with marbles is beyond my ability to comprehend.

If I still have one or two marbles left maybe I could figure out how I can get back at her.

We had a doctor's appointment last week, so she drove her Sissy Van, and I sat over on the passenger side.

As we were going down the street, I looked at her and said, "Have you lost your marbles? You missed the street we were supposed to turn on."

Inside I was laughing hilariously, but she did not share in that. She just looked at me and flashed one of her quirky smiles.

I sure do like it when a plan comes together.

One morning this week, I got up rather late and walked out to the living room in my pajamas. The Gracious Mistress of the Parsonage looked at me and said, "Have you lost your marbles? We have a breakfast appointment in about 10 minutes across town."

The other day as she was coming in the front door from a shopping trip I said to her, "Have you lost your marbles?"

Looking at me strangely, she said, "What are you talking about?"

Smiling back at her, I said, "Nothing, I just wanted to know if you had all your marbles together."

If anybody has marbles, I think she does. So my question is simply, what is she doing with all those marbles?

I think I have one or two marbles left, and I was thinking of a plan for her birthday.

I was in Wal-Mart the other day, and walking down one of the aisles, I saw something that got my attention. There on the shelf were bags of marbles. It was the first time I ever saw marbles for sale. When I saw them, it gave me an idea. So I bought a bag of marbles.

This year I plan to give her a special birthday gift. It will be a box filled with marbles, wrapped in red paper with a lovely bow on the top.

When she opens it, I expect she will say, "Have you lost your marbles?"

I will respond, "No, my dear, I found your marbles."

I could not help but think of a Bible verse in Isaiah 55:8-9, "For my thoughts are not your thoughts, neither are your ways my ways, saith the Lord. For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts."

God has never lost His "marbles." God shares His thoughts with us in the word of God.

Dr. James L. Snyder lives with the Gracious Mistress of the Parsonage in Ocala, FL. Call him at 1-352-216-3025 or e-mail jamesnyder51@gmail.com. His website is www.jamesnyderministries.com. ★

## Social Security Matters About Social Security Benefits for My Minor Children



By Russell Gloor,  
AMAC Certified Social  
Security Advisor

**Dear Rusty:** I will be 62 in 2024 and am considering starting benefits at that time. I will have two children under the age of 18. One of them will be 10 and the other 15. Will they be able to draw benefits in addition to my benefits? **Signed: Father of Two**

**Dear Father of Two:** Yes, if you claim your Social Security retirement benefits at 62, your minor children will be able to get benefits from you until they are 18 years old (or up to 19 if still in high school). You will likely be designated as Representative Payee for those benefits and will be obligated to use them only for your children's behalf (which could include simply saving the money for their future). But there's more to consider.

Normally, a minor child is eligible for 50% of the parent's full retirement age (FRA) entitlement (even if you claim at 62), but Social Security's Family Maximum will likely restrict each child's benefit to make it less than 50%. Then, once the 15 year old ages-out of eligibility at 18 (or 19), the younger child's benefit will increase to the full

50% of your FRA amount. That is - unless you are married and your wife will also be collecting a spousal benefit on your record. In that case the Family Maximum will limit payments for all of the dependents receiving payments based on your SS record (both your children and your wife). Generally, the Family Maximum is between 150% and 188% of your FRA entitlement, from which your own FRA entitlement is subtracted, leaving 50% to 88% of the Family Maximum for your dependents.

It's important to remember that by claiming your own SS retirement benefit at age 62 your monthly payment will be cut by 30% (you'll get 70% of your FRA entitlement), and that is a permanent reduction. So, you may wish to evaluate whether the money your children will get until they are 18 will offset the lifetime reduction to your own benefit payment. Your life expectancy is important when making that decision, and if you wish to estimate your potential longevity I suggest using this tool: <https://socialsecurityreport.org/tools/life-expectancy-calculator/>.

It's also important to remember that claiming benefits before your full retirement age will mean that, if you work, you'll be subject to Social Security's "earnings test" which limits how much you can earn before some of your benefits are taken away. The earnings limit changes annually (it's \$21,240 for 2023) and, if the limit is exceeded, SS will withhold \$1 in benefits for every \$2 you are

over the limit. They will withhold future benefits to recover anything you owe for exceeding the earnings limit and, if your benefits are withheld for this reason, your dependents' benefits will also be withheld for those same months. So, your plans for working should be weighed carefully in deciding whether to claim your Social Security benefits early.

To summarize: If you won't work full time after age 62 and you're comfortable with 70% of your FRA benefit entitlement for the rest of your life, then claiming at 62 will also entitle your children (and possibly your wife) to dependent benefits (restricted by the Family Maximum). But, if you continue to work full time, Social Security's earnings test will likely mean neither you nor your dependents can receive full Social Security benefits at this time. And for clarity, the earnings limit no longer applies after you reach your full retirement age.

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## CBEST Now at Sunrise Adult School

By Thomas J. Sullivan

**SACRAMENTO REGION, CA (MPG)** - Are you interested in becoming a guest substitute teacher in the San Juan Unified School District for the upcoming 2023-24 school year?

The most critical first step, if you already have either a Bachelor of arts or science degree, is to take the required California Basic Educational Skills Test (CBEST).

Passing the CBEST test isn't as easy as it looks if you haven't fully prepared for its mathematics and language components.

Outside of writing for the Messenger, I also substitute/guest teach, and honestly, it took me two attempts to pass the CBEST exam.

The San Juan School for Adults will again offer a five-session class designed to help prepare students for the CBEST test, which is one of the requirements for becoming a guest teacher in California, said Richard S. Judge, principal of the San Juan School of Adults, part of the San Juan Unified School District (SJUSD).

Candidates who pass the California Basic Educational Skills Test (CBEST) can help address the shortage of qualified substitute/guest teachers in the San Juan Unified School District, he said.

The free online CBEST course, taught by Megan White, an 18-year teaching veteran, is offered in weekly Zoom sessions over a five-week period from May 23rd until June 20th from 4:30 to 6:30 pm. White is a full-time teacher in another school district as well as an instructor at Sacramento State University.

"This five-session class is a refresher of each major section of the CBEST test: Math, Reading, and Writing to help bring back the specifics that are tested," she said. "We break down the major components of the test, practice the skills, and then review some CBEST practice problems."

The test can definitely be tricky, especially for those that have not been in a school setting for a while, White acknowledges.

"One great aspect of this class is it builds confidence. Students walk away knowing what they already feel comfortable with, and with tools to study the parts they will need more practice with," White said.

In each week Zoom session, White leads course participants through a different test section, including strategies for breaking down problems, extra practice problems and helpful hints for the test, Judge said. The

course pre-requisite is a bachelor's degree.

Registration for the CBEST course will close on May 31st, after the second class takes place, unless the class fills up before that, Judge said. "In that case, we will start a waiting list."

The link to register for the CBEST workshop class is: <https://www.sanjuan.edu/Page/53113>.

"Last fall's free online CBEST preparatory class was a pilot, a first-time course for us, and was very successful," he said. "We decided to offer it again this spring."

Fifteen students attended a fall CBEST workshop offered by the San Juan School for Adults, from start to finish, Judge said.

"In fact, our fall CBEST prep class filled up so quickly, we had to create a waiting list. Since the students later take the test on their own, we do not yet know the test results of this first cohort," Judge said.

"We plan to eventually become an authorized California CBEST testing center, in which case we will be better able to track students who take the test, and if they are willing to share, their pass rates," Judge said.

As one of the largest California school districts, the San Juan Unified School District serves more than 45,000 preschool, TK-12 and adult learners in the communities of Citrus Heights, Orangevale, Fair Oaks, Gold River, Carmichael and Arden-Arcade in eastern Sacramento County.

All new candidates interested in guest/substitute teaching in the San Juan Unified School District must either hold a teaching credential based on a degree and student teaching or be eligible to apply for an Emergency 30-Day Substitute Teaching Permit.

To be eligible to apply for an Emergency 30-day permit in the San Juan Unified School District, candidates must possess a bachelor's degree or higher, and meet the basic skills requirement by passing the CBEST exam.

New guest teachers in the San Juan Unified School District are also required to pass a criminal background check, have LiveScan fingerprints taken, obtain a clear tuberculosis (TB) test and attend an orientation.

Visited [join.org/Home/DistrictJobPosting/1597011](http://join.org/Home/DistrictJobPosting/1597011) to learn more about the specific requirements for substitute/guest teaching in the San Juan Unified School District.

The link to register for the free online CBEST class offered through the San Juan School of Adults starting on May 23rd is [www.sanjuan.edu/Page/53113](http://www.sanjuan.edu/Page/53113). ★

## Dare to Live Without Limits

by Bryan Golden



**Are You the Captain  
or the Passenger?**



*"I find the great thing in this world is not so much where we stand, as in what direction we are moving -- we must sail sometimes with the wind and sometimes against it -- but we must sail, and not drift, nor lie at anchor."*

Oliver Wendell Holmes Jr.

Time passes. Life moves on. You will get older. You are on a journey, an adventure. The route traveled, the course set, is up to you. Whether you are active or passive is your choice. Either way, the journey will continue.

Captains have greater responsibilities and benefits than passengers. Although it may be more work to be a captain, it also generates greater rewards. Captains plot their own journeys while passengers are just along for the ride.

Let's compare job descriptions for a captain and a passenger. The following are analogies. The ship represents life and ports are goals.

### Job title: Captain

#### Responsibilities:

The captain is in charge of evaluating various ports and selecting the most appealing destinations. He plots a course to each objective. The captain weathers storms. He/she must be able to adjust course in response to known or unknown obstacles.

The captain handles any and all emergencies that arise. He makes repairs as needed. When necessary, he improvises while utilizing whatever tools and materials are at hand. He must be considerate of crew and passengers. The captain encourages the crew to realize their potential. He helps others who are in need.

The captain maintains the ship in good working order. He fixes any leaks that occur. He is prepared for the unexpected. The captain keeps abreast of changes in the weather while making sure all charts are updated.

#### Personal Characteristics:

Someone who is positive and motivated. The captain needs to be innovative. He must be immune to negative criticism. The captain persists until destinations are reached. He has to understand that giving up is never an option. The captain is optimistic and willing to find the solution for every problem. He is considerate, treating others with

kindness and respect. The captain is a self-starter and works well without supervision.

#### Benefits:

The captain determines his own destiny. He picks his destinations. The captain controls the ship and can change course as needed or desired. He can leave undesirable ports at will. The captain gets the most from his ship.

#### Job Title: Passenger

#### Responsibilities:

The passenger has to take care of only himself. He has to show up for meals and stay occupied. He has to keep out of the captain or crew's way. The passenger stays in his cabin during bad weather. He trusts the captain and crew's competency.

The passenger visits whatever ports the ship docks at. If he doesn't like a particular destination, the passenger waits for the ship to leave, hoping the next destination is more desirable. The passenger goes wherever the ship takes him. He is just along for the ride.

#### Personal Characteristics:

The passenger requires little or no drive or motivation. He is content to put his fate into the hands of others. He is not too particular about where the ship travels. The passenger is comfortable having no say over the journey of the ship. He's willing to let the captain make all of the decisions.

#### Benefits:

The passenger has no need to make many decisions. He is happy with a consistent daily routine.

You are either a captain or a passenger. If you don't take steps to become a captain, you will remain a passenger by default. Captains tend to be more satisfied. Anyone can be the captain of their life. It makes no difference what your occupation, education, or financial situation is. All that's required is a willingness to do whatever it takes. If you are not already there, why not promote yourself to captain today?

**NOW AVAILABLE:** "Dare to Live Without Limits," the book. Visit [www.BryanGolden.com](http://www.BryanGolden.com) or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at [bryan@columnist.com](mailto:bryan@columnist.com) or write him c/o this paper. © 2023 Bryan Golden ★

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# The Beat Goes on at this Year's Sacramento County Fair!

**Sacramento County Fair News Release**

**SACRAMENTO, CA (MPG)** - Can you hear those sweet sounds? It's the FREE featured artists playing at the 2023 Sacramento County Fair!

On Thursday, May 25th, **FAN HALEN**, known as "The World's Most Authentic Tribute to Van Halen", kicks it all off. Join Dave, Eddie, Alex and Michael for a true-to-life tribute to not only the band, but the spirit of an era!

On Friday, May 26th, hip-hop sensation **BANDED FUTURE** takes the stage. Banded Future is musical duo Jericho Law and Zap Rath. Popular for their clean, fun music that all ages can enjoy, the duo has an unconventional approach that goes against the grain of modern hip hop and ropes in all in attendance!

On Saturday, May 27th, **THE FABULOUS YACHTSMEN** take the stage. After navigating through tumultuous seas of tribute bands and sub-par cover acts, Captain Doc spent painstaking hours putting together a top-notch crew of musicians the likes of seven seas have never seen. And thus, The Fabulous Yachtsmen were born! "Friends, it's time



we yacht rock!" That's what Captain Doc said in 2020. And when The Captain speaks, his crew listens! Don't miss your chance to cruise right along with them.

On Sunday, May 28th, **MAYA LATIN ROOTS BAND** performs. Maya is a Latin Tribute Band presenting the most popular cross over hits from well-known artists that everybody knows and loves, including a special movie soundtrack from Selena & La Bamba. Plus, tributes by Santana, Mark Anthony, Gloria Estefan, Celia Cruz, La Sonora Dinamita and classic Latin Old School hits.

"We are thrilled to offer live musical acts with such talent and variety at no charge," said Matt Cranford, Sacramento County Fair CEO. "We can't wait for our guests to experience all the fun and excitement that the fair has to offer."

In addition to these exciting performances, the Sacramento County Fair offers a fun, affordable and

safe outing for the whole family. Adult Admission is only \$12 and kids under-12 are FREE every day of the Fair! And don't forget Fair favorites like the agriculture and livestock displays, carnival rides and games, and of course, all the delicious fair foods everyone loves.

For more information and showtimes, visit us online at [www.SacFair.com](http://www.SacFair.com)! And don't forget to save time and buy online now for pre-sale discounts! Don't miss out on all the fun at this year's Sacramento County Fair!

Over 100,000 guests will enjoy the Sacramento County Fair Memorial Day Weekend, May 25-29, 2023, at Cal Expo. Nearly 10,000 school children will enjoy educational school tours. 5,000 local Sacramento residents will compete for awards in the livestock and competitive exhibit programs. This year's fair theme is "Where Tradition Meets Tomorrow." ★

# Evergreen Cleaning Services: Cleaning with Compassion!

By MaryAnne Povey

**ORANGEVALE, CA (MPG)** - How's your carpet looking these days? What about your upholstery? Do they look and smell like you have kids and pets? Or has it been a long time since you've had them cleaned? Now that the weather is warm, there's no excuse to get your spring cleaning done, so what are you waiting for? I knew we couldn't wait and when I met Brody Zimprich, owner of Evergreen Cleaning we put him to the test! Our sectional couch was way overdue as well as carpet in the bedroom. Brody came in and in less than two hours, restored both couch and carpet back to looking new and smelling fresh!

Brody, a long-time Orangevale resident and father of eight, should really have "Mr. Clean" on his business card because he has a calling to clean! He not only does carpet and upholstery, but also specializes in "cleaning things that other people don't want to clean". He is certified in biohazard cleaning, does hoard cleanups, trauma and unexpected death cleanups too.

His truck is loaded and ready to go at any time, with all the right tools including eco-friendly cleaning products that are safe for people and pets. Inside, a high pressure, truck mounted cleaning machine that uses super-hot water and mega suction power, pulls the dirty water out fast so everything dries quickly.

"You wouldn't believe how many people ask to see the dirty water after I clean," he laughed.

"There's something very gratifying about seeing how much dirt and grime is removed!"

After working for nearly ten years for a local carpet cleaning business and learning all the aspects of the industry, Brody set out on his own to start a full-service cleaning business of his own.

"There came a day when I finally asked myself, if I'm working this hard, why aren't I doing this for myself?" Then a dream prompted him to "go for it" and take it a step further, taking on the additional



Brody Zimprich, owner of Evergreen Clean, loves to make things new again! Photo courtesy of MaryAnne Povey



Brody and MaryAnne (a satisfied customer) by the mean "green" cleaning machine! Photo courtesy of MaryAnne Povey

responsibility of handling crime scenes, unattended death cleanups and biohazards.

"I do the cleanup jobs that others don't want to do, and I don't mind it one bit," said Brody, "I feel like it's a calling for me and I really like to help others in difficult situations."

Brody is extremely passionate about hoard cleanups. "I can take a dirty canvas and make it like new. Like a piece of art," he said, "I see firsthand how I'm helping people feel like their life is back in control."

When it comes to unusual circumstances like unexpected death, trauma or biohazardous cleaning, people may not know where to turn. This is where Brody stands out as the guy to call.

"I feel comfortable knowing I'm there to help, just like an EMT or doctor. I'm compassionate about what family members are going

through. I'm not just doing the job, but listening too. So often people need to vent, and I'm there to lend an ear."

On a recent job, a parent was feeling overwhelmed by their son who was suffering from stage four cancer. That alone was enough for the parent to cope with but having a clean environment for their son was very important to him. He called Brody to clean the home knowing it would feel so much better when their son was released to come home for his final days.

"The parent was so obviously overwhelmed," Brody shared, "I told him, not to worry, I've got you covered."

To schedule a free estimate for any of your residential or commercial cleaning needs, give Brody a call at 916.765.9603. He loves to clean and loves to serve people too! ★

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<b>Beef Rump/Bottom Round Roast - Bnls</b> Pulpa Contra en Trozo sin Hueso <b>\$3.99</b> /lb	<b>Beef T-Bone Steak</b> Filete Chuletón de Ternera <b>\$4.99</b> /lb	<b>Beef Porterhouse Steak</b> Filete Bistec de Ternera <b>\$5.49</b> /lb
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**FRESH PRODUCE**

<b>Fuji Apple</b> <b>69¢/lb</b>	<b>Mexican Papaya</b> <b>79¢/lb</b>	<b>Key Lime 2 LB</b> <b>\$2.99/bag</b>	<b>Mini Watermelon</b> <b>2/\$5.00</b>
<b>Avocado Bag 2 LB</b> <b>\$2.79/bag</b>	<b>Shitake Mushroom</b> <b>\$4.99/lb</b>	<b>Yellow Onion 3 LB</b> <b>2/\$3.00</b>	<b>Korean Singo Pear 3 CT</b> <b>\$6.99/ea</b>

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**ASIAN GROCERY**

<b>Super Q Corn Starch</b> REG. \$1.69 <b>\$1.69</b> /ea	<b>Banana Paste</b> REG. \$1.99 <b>\$1.99</b> /ea	<b>Honey Bee Young Coconut Juice</b> REG. \$2.99 <b>2/\$3.00</b>	<b>Dynasty Premium Sesame Oil</b> REG. \$7.99 <b>\$6.49</b> /ea	<b>Kopi Aji Instant White Coffee</b> REG. \$4.99 <b>\$3.99</b> /ea
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**EUROPEAN GROCERY**

<b>Lekker Water</b> REG. \$2.99 <b>\$2.99</b> /ea	<b>Biber Sport</b> REG. \$2.39 <b>\$2.39</b> /ea	<b>Vita Provenç</b> REG. \$3.19 <b>\$3.19</b> /ea	<b>Beaurefleur Tuna Fish</b> REG. \$2.99 <b>\$2.99</b> /ea	<b>Espe Gold</b> REG. \$3.29 <b>\$3.29</b> /ea
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**KOREAN/JAPANESE GROCERY**

<b>Coated White Rice</b> REG. \$13.99 <b>\$13.99</b> /ea	<b>Kang Chae Kim</b> REG. \$2.99 <b>\$2.99</b> /ea	<b>Porridge</b> REG. \$6.99 <b>\$6.99</b> /ea	<b>Namgung Taro Chips</b> REG. \$4.99 <b>\$4.99</b> /ea	<b>Pulgo Jalgam Men</b> REG. \$6.99 <b>\$6.99</b> /ea	<b>Samguk Key Sauce</b> REG. \$6.99 <b>\$6.99</b> /ea
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**FROZEN & FISH DEPT**

<b>Breaded Shrimp</b> 10 pcs REG. \$6.99/ea <b>\$3.99</b> /ea	<b>Belmont German Ham</b> REG. \$4.99 <b>\$5.49</b> /ea	<b>Village Style Ham</b> REG. \$5.69 <b>\$5.69</b> /ea	<b>Olive Medley</b> REG. \$4.09 <b>\$4.09</b> /ea	<b>Mixed Olive Salad</b> REG. \$4.69 <b>\$4.69</b> /ea
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