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# AMERICAN RIVER Messenger

VOLUME 17 • ISSUE 19

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OCTOBER 7, 2022

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## Aerospace Museum: We Did Do It!



Girls from the region's school districts attended the 2nd annual STEM (Science, Technology, Engineering, Math) 'We Can Do It' day on Saturday, September 24, 2022 at the Aerospace Museum. Photo courtesy of Karen Jones/Aerospace Museum

By Ruth N. Morse

**MCCLELLAN, CA (MPG)** - The Aerospace Museum hosted its second annual STEM (Science, Technology, Engineering, Math) 'We Can Do It' event on Saturday, September 24, 2022. The co-chairs Heidi Sanborn and Linda Martin put together an experience meant for girls in junior high and high school. The program encourages them to consider studies and careers in math, science and engineering. Specializing in aerospace technology from multiple eras, the Museum is uniquely situated to provide this.

Statistically, girls participate in STEM endeavors less than boys. Twenty-six percent of STEM participants are female. The program leads interests in such areas as robotics, space and many other

math-based careers. Also offered are the satisfaction of career choice as well as challenges in scientific and intellectual pursuits of all kinds. For the intellectually curious, these paths are not only personally rewarding but also beneficial to a technologically based society.

The Aerospace Museum called on Rosie the Riveter as a mascot for the Saturday event. During World War II, women became involved in assisting the Allies by working in factories. Iconic views of Rosie the Riveter appeared on t-shirts worn by volunteers, attendees and staff. They also sported red scarves with white dots following the female factory workers of the 1940s.

A story about women who broke ground laying the foundations for the U.S. space program became famous

recently in the movie Hidden Figures. The Museum is currently working on a mural featuring famous women in the history of aviation. Also prominent on the museum floor is a display highlighting women historical figures in science and math.

Spearheading the Saturday encounter were two co-chairs, both highly passionate about students becoming involved in STEM activities. Linda Martin is the Museum Board's President and was formerly an Assistant Supervisor of the San Juan Unified School District, one of the Sacramento area school districts and located nearby the museum. She feels strongly that girls should be exposed to science and math so that doors can open, and women can enter careers in the field.

*Continued on page 2*

## CDPH Warns Schools of 'Rainbow Fentanyl'



"Rainbow fentanyl can be found in many forms, including pills, powder, and blocks that can resemble sidewalk chalk or candy." Photo courtesy Drug Enforcement Administration

CDPH News Release

**SACRAMENTO, CA (MPG)** - The California Department of Public Health (CDPH) this week warned school leaders about a new and concerning "rainbow fentanyl" drug that may interest youth. In a letter to superintendents and charter school administrators, CDPH Director and State Public Health Officer Tomás J. Aragón warned that "rainbow fentanyl" is a potentially fatal drug found in pills and powders in a variety of bright colors, shapes and sizes that could attract young people.

"Rainbow fentanyl can be found in many forms, including pills, powder, and blocks that can resemble sidewalk chalk or candy," said Dr. Aragón. "Any pill, regardless of its color, shape, or size, that does not come from a health care provider or pharmacist can contain fentanyl and can be deadly," he said.

In its letter, CDPH points to a recent warning from the United States Drug Enforcement Agency that notes the highly addictive and potentially deadly "rainbow fentanyl" has been found in at least 18 states.

**Anyone who encounters fentanyl in any form should not handle it and should call 911 immediately.**

Recognizing the signs of opioid overdose can save a life. Here are some things to look for:

Small, constricted "pinpoint pupils"; Falling asleep or losing consciousness; Slow, weak, or no breathing; Choking or gurgling sounds; Limp body; Cold and/or clammy skin;

*Continued on page 3*

## Chicken Festival Fun for Everyone

Story and photo by Judy Andrews

**FAIR OAKS, CA (MPG)** - Everyone knows chickens have a long-time history in the community and on Sept. 17 they were celebrated at the 17th annual Fair Oaks Chicken Festival. Hosted by the Fair Oaks Recreation & Park District (FORPD), thousands of chicken-loving visitors turned out to enjoy the event at Fair Oaks Park.

"The festival is an opportunity to showcase community pride and provide free or low-cost entertainment for people of all ages," said Mary Stoakley, Recreation Coordinator, FORPD. Event highlights included a Cluck 'n Crow Contest, Cornhole



Elliot Gardner, seen here with Rocky the Rooster, beat out all the other contestants in the Cluck 'n Crow contest.

Tournament, and the GREAT Chicken Decorating Contest. Kids especially loved meeting

FORPD mascot Rocky the Rooster and having their pictures taken with him.

Todd Morgan & The Emblems and the band Cherrybomb provided music throughout the afternoon. Community groups and vendors were on-hand to showcase local goods and services.

FORPD would like to thank event sponsors: Raley's, SMUD, 99.5 K-Love, and River City Pavers. Event partners included the Fair Oaks Chamber of Commerce, Orangevale/Fair Oaks Grange #354, Fair Oaks Rotary Foundation, SactoMoFo, Kiwanis Club Orangevale-Fair Oaks, Shadow Glen Riding Stables, Bach to Rock Folsom, and the Sacramento Sheriff's Activities League. ★



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# Aerospace Museum: We Did Do It!

Continued from page 1

For this, role models and mentors are needed. Heidi Sanborn is the other co-chair of the event. She is an elected official on the SMUD Board. Her other passion is waste and recycling. She was instrumental in getting California State SB 54 passed which will aid in achieving zero carbon in packaging by 2030. As the daughter of a chemist, she was inspired to look into a STEM career herself and has been challenged and inspired by it. She wants the community to know that STEM activities at the museum are monthly and a strong focus of the facility.

San Juan Unified School District partners with the Aerospace Museum. As a great illustration of support, girls were bussed from various junior high and high schools to attend the event. The busses were packed with girls representative of the cultural diversity in the Sacramento region. They visited the planes, used program passports to show their viewing of various displays and connected with career mentors. On the lighter side, snacks were enjoyed, pictures with friends were taken, a few stepped into cultural dance steps as the disc jockey played lively and cultural tunes with a beat around and had pictures taken, generally enjoying themselves. The general atmosphere was both entertaining and educational

Volunteers and staff are an integral part of the venue on special days like 'We Can Do It'. Phyllis Caesar, a former principal in SJUSD, was enjoying her first volunteer event at the museum. Liz Stowell, a passionate STEM advocate, has been at the museum for quite some time. She began as an air traffic controller in New York and then went on to work with high voltage power grids. Her father was a pilot and bomber in World War II, so she has had an interest in aviation for a long time. Elliot Lopez entered into the spirit of the day by sporting the bandana and t-shirt. He has been part of the educational support staff at the museum for a few months and loves his job

there, as do many of the other enthusiastic staff. A panel of speakers took the stage in the afternoon to discuss their careers and interests in STEM and hopefully inspire others to participate in like pursuits. Since the museum does not receive local or state funding, it relies heavily on its support partners and Saturday was no exception. SJUSD paid for and provided the busses for enthusiastic junior high and high school students. SMUD brought giveaways and information. The Girl Scouts, a local robotic team, and volunteers from St. Francis High School in Sacramento also participated. ★

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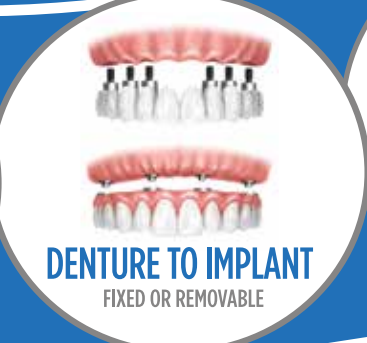


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# Rams Smash Mavericks



Casa Roble senior running back Josh Taylor breaks away for a touchdown during a 70-0 win at Mesa Verde on Friday, September 30 in Citrus Heights. Photo by Tim Engle



Casa Roble senior outside linebacker Alex McConnell (right), junior OLB Evan Combs (left) and sophomore defensive end Khaaliq Vaughn converge on Mesa Verde junior Ryan Jorgensen during a 70-0 win at the Mavericks on Friday, September 30 in Citrus Heights. Photo by Tim Engle

By Shaun Holkko, sports editor

**CITRUS HEIGHTS, CA (MPG)** - Casa Roble blasted into Golden Empire League (GEL) play Friday night, beating Mesa Verde 70-0 on the road at San Juan High School.

The Rams (5-1, 1-0 GEL) have now won five games in a row and outscored their opponents 170-13 combined over the past three games. The Mavericks (5-1, 0-1 GEL) were undefeated coming into the game.

Casa scored 21 points in the first quarter, 28 in the second, 14 in the third and seven in the fourth to ultimately win by 10 touchdowns.

“The boys came ready to play on Friday,” Casa coach Chris Horner told the Messenger Publishing Group. “Offense was firing on all cylinders and defense came out and swarmed the ball carriers and caused some turnovers. They put it out of reach early and everybody got to play. Those are always the best games when we get out healthy and everybody contributes.” Senior running back Josh Taylor led the

way on the ground for the Rams with five carries for 165 yards and three touchdowns. Junior wide receiver Cole Owens had a game-high seven receptions for 155 yards and three scores.

On defense, four Rams recorded tackles in the double-digits. Junior outside linebacker Evan Combs tallied a game-high 15 tackles with five of them being solo and four for a loss. Senior defensive end Garrett Cavalli, junior safety Dylan Richards and junior OLB Daniel Renner had 11 tackles each.

Casa got after Mesa Verde senior quarterback Samuel Perez all night, sacking him 19 times. Combs led the way once again, with four. 10 Rams recorded at least one sack. Renner and Cavalli each forced and recovered a fumble, respectively. On special teams, junior kicker Kevin Curry nailed all 10 of his point after attempts.

Next up, Casa returns home this Friday, October 7, for homecoming against Rio Linda (2-4, 0-1 GEL) at 7 p.m. ★ *Additional reporting by MaryAnne Povey*

# Low-Cost Clinic Keeps Pets Healthy and Home

**Sacramento County News Release**

**SACRAMENTO COUNTY, CA (MPG)** - Pet owners whose animals venture outdoors can be keenly aware of the possible dangers to their animals, such as rabies and other illnesses as well as pets becoming lost. However, indoor animals may occasionally get out and face the same risks. In partnership with VIP Pet Care, the Sacramento County Bradshaw Animal Shelter offers low-cost vaccination and microchip clinics every third Thursday of the month, 3 - 5 p.m. at 3839 Bradshaw Road, Sacramento, CA 95827.

In addition to keeping pets healthy, the clinic focuses on making sure pets can safely find their way home. Most pets who get lost and find their way to the shelter have no identification tags and no microchip, making reunification difficult.

For only \$30, pet owners can buy the extra security that has proven to reunite many owners and their pets. Though visible tags are the first line of identification for animals, they may wear off, fall off or get lost. Unlike traditional ID tags, permanent microchips can contain owner contact information, pet information and Bradshaw Animal Shelter’s contact information, and most vets and shelters can easily scan them.

“A microchip greatly increases the chances your pet will be returned to you when lost,” said Annette Bedsworth, Director of the Bradshaw Animal Shelter.



Vaccinations, microchipping and licensing cost a small fee that proves priceless when owners have safe, healthy pets at home where they belong. Image by J.C. from Pixabay

“It just takes a moment to scan, and then we can quickly reunite pets with their families. Sadly, most pets who enter our shelter are not microchipped, and we have seen many beloved pets stay for several months before their owners finally tracked down where they were. It’s heartbreaking.”

Pet owners can take advantage of the clinic’s affordable microchipping services on the third Thursday of every month, as well as prevent illness. Pets with up-to-date vaccinations and preventive care are protected from illnesses including heartworm, kennel cough, Bordetella, parvo and Lyme disease. If unvaccinated animals contract illnesses, an owner may face costly treatments and surgeries for these preventable diseases. And when pets receive rabies vaccinations, it not only helps to prevent them from contracting the disease from bats, skunks,

and raccoons, but it also protects residents from contracting the virus if bitten by an infected animal.

Licensing can be done at the same time as vaccinations and microchips for as little as \$15. Owners may also conveniently purchase a license online. This inexpensive service proves a pet’s ownership and home address, and animals found by County animal officers can be returned immediately to the home, saving the stress of a shelter stay for the animal and the owners.

Vaccinations, microchipping and licensing cost a small fee that proves priceless when owners have safe, healthy pets at home where they belong.

Don’t have a pet? The Bradshaw Animal Shelter has many available pets for adoption looking for loving homes. Adoptions include spay/neuter surgery, vaccines and microchipping. Visit the Bradshaw Animal Shelter’s website to view a list of adoptable pets. ★

## CDPH Warns Schools of ‘Rainbow Fentanyl’

*Continued from page 1*

Discolored skin (especially in lips and nails).

It may be hard to tell if a person is high or experiencing an overdose. If you aren’t sure, treat it like an overdose. Here are the steps that could save a life: 1) Call 911 immediately; 2) Administer naloxone, if available; 3) Try to keep the person awake and breathing; 4) Lay the person on their side to prevent choking; 5) Stay with the person until emergency help arrives.

Get more facts about Fentanyl from the Centers for Disease Control and Prevention (CDC).

Some California schools have created naloxone policies in response to increases in opioid overdoses among youth. Naloxone is a life-saving medication used to reverse an opioid overdose. CDPH encourages schools that are interested in developing these policies and receiving free naloxone to review relevant regulations and apply for a Statewide Standing Order for Naloxone.

The California Department of Health Care Services (DHCS) Naloxone Distribution Project offers free naloxone to qualified organizations, including schools and universities. ★



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# Del Campo Forfeits Win Against Bella Vista

**Story and photos**  
by Shaun Holkko, sports editor

**CARMICHAEL, CA (MPG)** - The Del Campo varsity football team's 19th straight win against bitter rivals Bella Vista on September 2 has been forfeited due to a CIF Sac-Joquin Section rule violation.

According to The Sacramento Bee, the case involved the suspension of a player from last season who played in the Cougars' first three games of this season. The player had his junior season cut short in 2021 when he was ejected from the first round of a Division IV CIF SJS playoff game. Del Campo lost 51-7 at East Union of Manteca.

The player should've sat out for the first game of 2022. However, the ineligible senior's action didn't affect his team until the conclusion of the third game. That is because the Cougars lost their first two games, 28-20 at Golden Valley of Merced on August 19 and 35-7 at Del Oro of Loomis six days later.

Del Campo dominated the "Battle for Fair Oaks" in front of a large and rowdy crowd on both sidelines. The winless Cougars beat the undefeated Broncos 31-7. Bella Vista fans spent pregame and part of the first quarter chanting "BV due" to indicate this was their year to finally defeat Del Campo.

Alas, the Cougars defeated the Broncos for the 19th straight game dating back to 2003. At least for a couple weeks, that is. The rule violation was discovered following the win, forcing Del Campo to forfeit its first win of the season.

Matt Costa is in his first season as head coach for the Cougars and was unaware of the looming suspension entering a new campaign.

"I'm a new coach with new administration and no one told me or seemed to even know we had a player ejected," Costa told The Bee on September 21. "Why didn't Bella Vista tell us? Why wait? Even my player said he didn't know about the rule. Now we're (1-4) and we beat those guys handily. I think it's because we had a couple of Del Campo coaches who now coach at BV, and they waited because they didn't like that I fired them and didn't bring them back. That's not the way it should work.

"Shoot, man, had I known he wasn't supposed to play, I wouldn't have played



Del Campo senior running back Nas Jones high steps into the end zone during a 31-7 victory over Bella Vista on September 2 in Carmichael.



Bella Vista senior quarterback Ian James attempts to dive into the end zone during a 31-7 loss at Del Campo on September 2 in Carmichael.



Del Campo junior running back Jordan Wiley prepares to juke Bella Vista junior defensive end Damian Rickett during a 31-7 victory over the Broncos on September 2 in Carmichael.

him in the first game. That's not what we're about or what I'm about. I don't know if I want to even play BV next year if this is what we've got going on."

Bella Vista and Del Campo have been playing each other since 1963 when the latter was founded. The home of the Broncos had been built three years prior about four miles away. Bella Vista coach Jim Gray disagreed with Costa about his staff's knowledge of the suspension prior to the game.

"Had I known about (the player ejection), I would have told coach Costa before our game, so it didn't catch up to them because that's not how we want to win games," Gray said to The Bee. "But my point is, you're telling me no one at Del Campo remembers that player got ejected and has to sit out? And come on, man. You can't play him, by rule, and it's your fault, not mine."

The matchup between the Broncos and Cougars was widely attended by the Fair Oaks community. The actions in the stands by the fans is what has started to concern Gray.

"The game's going against Del Campo, and I'm trying to coach, and we've got parents from both sides fighting in the stands," Gray recalled to The Bee. "Maybe we need to settle this all down. Maybe it's become too heated in this rivalry. I don't remember a rivalry like this being so intense."

After the win, Costa was asked by the Messenger Publishing Group about whether the rivalry between Del Campo and Bella Vista still exists, considering one team has dominated the matchup for nearly two decades.

"It's always going to be a rivalry because it's close proximity," Costa said September 2. "We share a lot of kids and it's in the same neighborhood so yeah it is still a rivalry. I still want to keep them on the schedule because they bring in a great gate."

In response to the same question, Costa mentioned a matchup that started in 1976 but ended in 2015 due to tempers flaring amongst players and fans.

"Honestly the rivalry that I want to get back going again is Casa [Roble]," Costa said September 2. "I think that's one that interests me a little bit more right now."

Following the forfeit, the Cougars are now (2-4) overall and the Broncos are (4-2). ★

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### ABOUT KEN COOLEY



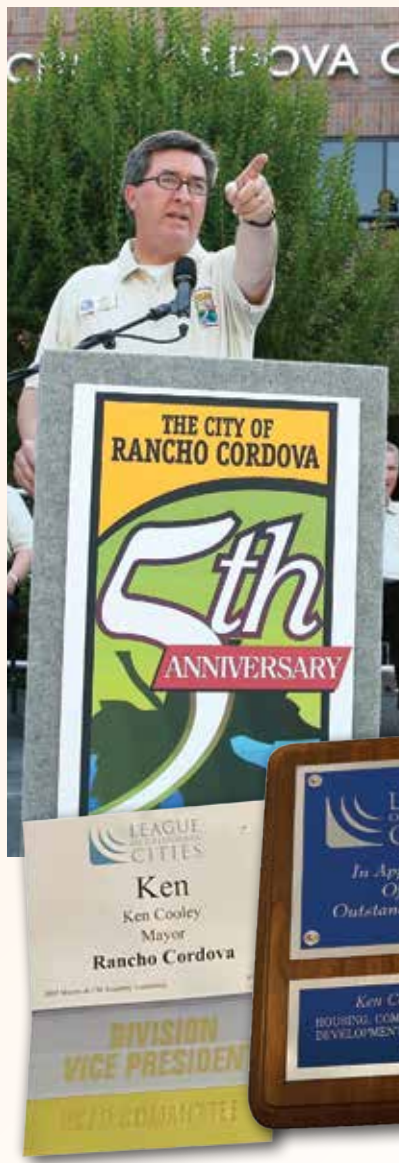
**Assemblyman Ken Cooley** and his wife of 47 years, Sydney, have made their home in eastern Sacramento County since 1977. They raised their sons here and passed their love of camping and hiking in California's mountains, rivers and lakes. As a young man, Ken worked in the Legislature and today he is the only sitting lawmaker who has run a multi-year program of active executive branch

oversight and also supported a successful veto override. Both are vital to fulfilling the Legislature's role as a co-equal branch of government.

Ken's experience and skill have earned him leadership duties in the State Capitol as Chair to both the Assembly Rules Committee and the Joint Senate and Assembly Rules Committee. As a strong advocate for the communities he represents, in recent budgets he helped local projects access about \$50 million dollars in state funds.

Ken believes the most uniquely "American method" in problem-solving – seen in churches, service clubs and PTA's – is based on listening, so that all are encouraged to speak up so a sense of the group can emerge, often reflecting parts of all the ideas shared. Ken thinks this "American method" is how all governments should make decisions.

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# California Refusing to Release School Test Results



By Dan Walters, CALMatters.org

California's Department of Education has finally acknowledged the obvious: It is arbitrarily delaying the release of results from this year's round of academic testing.

In years past, scores from the spring Smarter Balanced tests of academic achievement have been released in late summer or early fall, but this year, the department denied a request for statewide results even though it authorized individual districts to make their data available.

Why? Mary Nicely, chief deputy state superintendent for instruction, told EdSource, a website devoted to California education issues, which had requested the data, that the numbers would be released as part of a "dashboard" that includes other "metrics" on how schools are performing.

"We are on track to release the data as we did last year. If we can come out sooner, we will," she said. "We are not withholding anything; people are working hard to finalize the data."

That doesn't wash. There's absolutely no reason that data already given to school districts should not be made public now and included in the

"dashboard" later.

It's likely that the test results will show a sharp decline in the abilities of California's school children in basic skills, such as reading and math, due to the state's shutdowns of schools during the COVID-19 pandemic.

State officials probably want to sugarcoat the bad news by delaying it until after the Nov. 3 election and combining it with other material that would dilute its importance. Tony Thurmond, the state schools superintendent, will be on the ballot along with Gov. Gavin Newsom and other Democratic officeholders and while all are favored to win re-election, bad news on schools would be embarrassing.

We know that the post-pandemic test results are likely to be disappointing. That's been the pattern in other states. Los Angeles Unified has already released its quite negative test results, reversing about five years of gradual progress in the state's largest school system.

In LA Unified, about 72% of students did not meet state standards in math, five percentage points higher than pre-pandemic testing. In English, 58% were subpar, two points higher.

"The pandemic deeply impacted the performance of our students," said LA Unified Supt. Alberto Carvalho. "Particularly kids who were at risk, in a fragile condition, prior to the pandemic, as we expected, were the ones who have lost the most ground."

If LA Unified had

enough guts to tell its voters and parents the harsh truth, there's no valid rationale for Thurmond not to do so for the entire state.

After its request for statewide results was denied, EdSource pressed the issue with a letter from its attorney requesting reconsideration.

"EdSource considers delay tantamount to denial as it effectively robs the public of its vital role in overseeing the CDE (Department of Education) and individual districts and in holding both accountable to its students and the public. This is especially important during what continues to be one of the most challenging and impactful times to our educational system due to the COVID pandemic," EdSource attorney Duffy Carolan wrote.

EdSource's letter told the Department of Education that it "cannot identify any 'public' interest in non-disclosure that could justify its denial position, let alone an interest that 'clearly outweighs' the substantial public interest in access to this information."

This is not only a politically tinged education issue but a major test for the state's Public Records Act, which allows public agencies to withhold information only under extreme circumstances. If records can be withheld for obvious political purposes in this case, the Public Records Act might as well be junked entirely.

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



By Marlys Johnsen Norris, Christian Author

Approximately thirty years ago I was chosen along with one other person to be questioned as the wife of a popular western movie star "Robert Horton". Today he appears daily, on the "Wagon Train" T.V. series. If the person chose the right person they would win something special meeting Mr. Horton and his wife for lunch.

During those times this was something special in

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about the life of Jesus, plus the many wonderful people who lived in Bible times, will teach them about a great and mighty God who loves them. An Agape love that will never leave or forsake them for any reason and a God who is with them in every situation they must pass through. One where nothing is impossible! He is a God of miracles and whose presence is with us forever until the day we pass-over and live with Him in heaven forever and ever!

Marlys Johnsen Norris, Christian author of seven books; American River Messenger Columnist since 2006. Marlysjn@gmail.com. ★

# Kiley Responds to State Gas Prices \$2 above National Average

Office of Assemblyman Kevin Kiley

SACRAMENTO, CA (MPG) - September 26, 2022, Assemblyman Kevin Kiley (R-Rocklin) released the following statement in response to California's average gas price rising to \$5.80, over \$2.00 above the national average of \$3.73.

"California drivers are now paying \$2.07 more than the national average and we are only 20 cents away from \$6 per gallon," Kiley said. "This is what happens when the Legislature places relief for the people of our state at the bottom of their priority list. The politicians responsible for this must be held accountable."

In January, Kiley introduced AB 1638, an

urgency measure that would have immediately suspended the gas tax and saved Californian's over 50 cents per gallon at the pump. That bill was rejected in the Assembly on multiple occasions. Instead of providing relief, the Speaker of the Assembly created the Select Committee on Gasoline Supply and Pricing to study the issue. To date, the committee has held two hearings and has yet to produce anything actionable.

Assemblyman Kevin Kiley represents the 6th Assembly District, which includes the Sacramento, Placer, and El Dorado County communities of Cameron Park, El Dorado Hills, Fair Oaks, Folsom, Granite Bay, Lincoln, Loomis, Orangevale, Penryn, Rocklin, Roseville, and Sheridan. ★



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**Saturday, November 5th**  
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**SHARING THE BLESSINGS AND LOVE OF GOD**



**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.

In the general election this November, voters will have the opportunity to vote on "Measure A", a transportation sales tax that would impact not just the unincorporated areas of County of Sacramento, but the seven cities as well. This is on the ballot due to a citizen signature gathering effort, and in order to pass, the measure needs at least 50% of residents to vote in support of it. As the text of this measure is dozens of pages long, I wanted to use this opportunity to explain to you what this measure would actually do if it is passed in an easily understandable fashion.

First, let's go over the basics of what this measure would require of taxpayers. This tax would last until 2063 (40 years), and would be a 1/2 cent sales tax, raising around \$212,500,000 annually. This tax is in addition to the existing 1/2 cent transportation sales tax adopted in 2004, which is set to expire in 2039.

## Orangevale Community Update

### Details of the Local Transportation Tax Measure

The tax would not just be for Sacramento County residents, but for any person who happens to be in Sacramento County while buying something.

Now let's go over where the money will be spent: 1. 47.25% of the money will go to local street and road repair. This includes, among some other things, pavement maintenance, new/expanded streets, programs to promote walking/bicycling, and freeway interchanges. For the first five years, no less than 90% of this chunk of the money must be spent on "Fix it First" street, road, and bridge preventative maintenance. 2. 25.11% of the money will go to Sacramento Regional Transit District (SacRT) to be used for, among other things, light rail and bus vehicle replacement, operations and maintenance of existing services, and operations and maintenance for new services partially funded through this plan. 3. 22.43% of the money will go to construction of highway, transit, rail, increased bus and light rail service, and expressway expansion and widening projects. 4. 3.05% of the money will go to senior and disabled transportation services. 5. 2.16% of the money will go to the Sacramento Metropolitan Air Quality Management District to provide for monitoring, planning, emission

reduction, and future mobility programs.

Finally, let's go over specific projects in Orangevale where money will be spent: 1. Complete rehabilitation of Greenback Lane between Hazel and Madison. 2. Complete rehabilitation of Oak Ave between Hazel and the Folsom City Limit. 3. Road capacity expansion of Greenback Lane between Fair Oaks Blvd and Hazel. 4. Road capacity expansion of Hazel Avenue between Madison and the Placer County Line. 5. Road capacity expansion of Madison Avenue between Sunrise and Greenback Lane. 6. Improvements to Madison between Watt and Greenback.

This is just a snapshot of the much larger picture, but I hope this has been helpful in helping you understand what you are voting on. If you want to read the plan in its entirety, please feel free to e-mail my office and we can send it to you.

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.net.

*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.* ★



## Poppoff!

With Mary Jane Popp

### GPS To Happiness

Are you really distracted these days? I mean with the pandemic and the economy and inflation and on and on, how would you not be distracted? Wouldn't it be nice to get back to a real life and true happiness? It's a gift we certainly can use. So I had **Marina Shakour Haber** on my POPPOFF Radio show, and directly asked her to give us some tips on how to be happy. She coaches people to get out from all the negativity, and change their thinking to create a happier way of life in her book "**Your GPS To Happiness**" How to navigate from where you are to fulfillment, prosperity and the life of your dreams. **Marina** is known as the Happiness Guru. She actually co-founded her spiritual activism group in response to the covid pandemic. So here's her top ten tips to reach out for happiness.

**SMILE.** Even if it's a fake smile, it can have a positive impact on your mood. Smiling moves the muscles which message your brain that you are happy, thus increasing levels of happiness which induce hormones like dopamine and serotonin.

2. **Focus on better feeling thoughts and positive emotions.** You can feel the joy of past and future experiences in the present moment.

3. **Express gratitude for all the good in your life.** Your brain cannot hold two opposing thoughts like lack and abundance at the same time. Focus on abundance.

4. **Calm your thoughts through mindfulness and deep breathing.** Fear and frenzy constrict muscles and breathing, thus cutting off the life force. Inhale and exhale deeply. Go to your heart space, your sanctuary, and the eye of the storm, to calm your mind.

5. **Focus on what you want.** Visualize your future vividly, dare to dream big, and feel the joy as if it were already so. When feeling

HAPPY



down, pull that vision up, and experience the joy in the now

6. **Engage in something that brings you joy and gives meaning to your life.** Meaning is found in something that is greater than yourself.

7. **Relationships are fundamental to happiness.** Develop personal connections and physical and social interactions.

8. **Stop fantasizing negatively about what could go wrong.** This type of thinking leads to chronic worrying and distress.

9. **Become aware of what you think.** Then, you write it down, so that you know where you are mentally and emotionally.

10. **Set Your GPS.** When you know where you are, which is your mindset, and where you want to be, which is your future visions, you get clarity direction, and purpose which keeps you calm. That allows you guidance to come in with actionable steps so you can arrive at happiness successfully while avoiding failure.

Happiness has to come from within, so get ready for "**Your GPS to Happiness.**" You can check out what **Marina** does at [www.YourGPStoHappiness.com](http://www.YourGPStoHappiness.com). My favorite tip is to smile. You would be surprised how many people will smile back. Give it a try. And may HAPPINESS be your guide!!! ★

## Fall Fun in Fair Oaks



**Judy Andrews.** Photo courtesy of Chrysti Tovani

**By Judy Andrews, Fair Oaks Chamber of Commerce**

**FAIR OAKS, CA (MPG)** - Fall is a special time of year, especially in Fair Oaks! Take a look at all these activities happening in the community.

**Fall Membership Drive** – Join Before Dec. 21 for Special Offer

The Fair Oaks Chamber is hosting their Fall Membership Drive for new members. Join now and get the rest of this year, plus 2023, for the

cost of a single year! Visit [FairOaksChamber.com/join-the-chamber](http://FairOaksChamber.com/join-the-chamber).

#### Fair Oaks Farmers' Market, Oct. 11

Buy fresh and local! We hope you've enjoyed Farmers' Market Tuesdays in Fair Oaks Park (11549 Fair Oaks Blvd.) this summer. Don't miss the last event of the year on Oct. 11 from 8 a.m. to 1 p.m.

#### Honorary Mayor Reception, Oct. 13

Find out who will become the next Honorary Mayor of Fair Oaks at a special reception to be held Thursday, Oct. 13 at North Ridge Country Club. Attendees should pre-register now at [FairOaksChamber.com](http://FairOaksChamber.com).

#### Food Truck Mania & Classic Car Show, Nov. 3

Don't miss the final show of the year happening Thursday, Nov. 3 from 5-8 p.m. at Fair Oaks Park

(11549 Fair Oaks Blvd.). **Best of Fair Oaks Voting, Nov. 10-Dec. 22**

The Best of Fair Oaks is back! Voting for your favorite 2022 local business organization, school, restaurant, pub, etc. kicks off Nov. 10. Stay tuned for more information.

#### Christmas in Fair Oaks, Dec. 3

This annual Christmas celebration is a long-standing family favorite event. The fun starts at 1 p.m. on Saturday, Dec. 3 at Fair Oaks Park (11549 Fair Oaks Blvd.). Event highlights include music and stage performances, craft vendors, children's activities, community vendors, food trucks, and the Tree Lighting Ceremony.

For more information on these events and how you can become a chamber member, please visit [FairOaksChamber.com](http://FairOaksChamber.com) ★ See you in Fair Oaks!

## Social Security Matters Veteran Asks About Disability and Ex-Spouse Benefits



**By Russell Gloor, AMAC Certified Social Security Advisor**

**Dear Rusty:** I am a military veteran with a total & permanent disability. I was married for over ten years to a military man who has since honorably separated from military service. I was originally on Social Security disability, which automatically converted to regular Social Security retirement benefits when I turned 65 -- with the amount remaining at the "disabled" level instead of the "regular" rate based on my Social Security employment contribution record. Why wasn't my "regular" Social Security rate used when I turned 65? Also, I contacted Social Security regarding my ex-husband's Social Security since I was married to him for over 10 years but was told I am not entitled to a portion of his Social Security benefit. Why not? I was told the amount I would receive wouldn't subtract from his SS entitlement. **Signed: Disable Veteran**

**Dear Disabled Veteran:** First, I want to thank you for your service to our country. Your sacrifice is sincerely appreciated, and I'll be honored to answer

your Social Security questions.

Regarding your current Social Security amount versus your previous disability amount, the Social Security Disability Insurance (SSDI) benefit you were receiving was, in fact, the amount you were entitled to at your full retirement age, even though you claimed disability benefits earlier. Your SSDI benefit, when awarded, was computed using your entire lifetime earnings history up to the point that you became disabled, resulting in you getting your earned full amount as your disability benefit before you reached your full retirement age. And that is why the amount stayed the same when it automatically converted to your normal SS retirement benefit (at your full retirement age which, by the way, was 66 if you were born before 1955). Said simply, SSDI is the full Social Security amount you have earned up to the point you stopped earning, so it stays the same when you reach your full retirement age.

As for additional benefits from your ex-husband, although you meet the length of marriage rule for ex-spouse benefits, there are additional criteria as well - you must not have remarried and remained so, and your ex-husband must be already receiving his own Social Security benefit (unless you've been divorced at least two years, in which case your ex need only be eligible to collect).

But you can only get an additional benefit, known as a "spousal boost," if you meet all the other criteria and half (50%) of the benefit your ex-husband is/was entitled to at his full retirement age is more than your current Social Security benefit. Since Social Security said you aren't entitled to an ex-spouse benefit, you apparently do not meet all of the eligibility criteria mentioned above. And to address your last point, if you had met all criteria and been entitled to an ex-spouse benefit it, indeed, would not have affected your ex-husband's benefit in any way.

Again, please accept my sincere gratitude for your military service. You may wish to visit the "For Veterans" section at our [www.amacfoundation.org](http://www.amacfoundation.org) website.

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## Message Regarding FOWD and The Lakes at North Ridge

**By Tom Slagle, Lakes at North Ridge HOA**

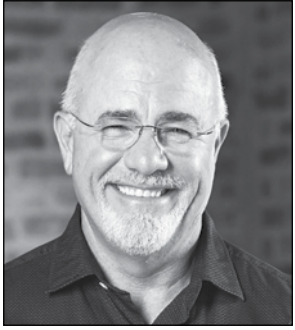
I have been involved in the management of our HOA, The Lakes at North Ridge for more than a decade. During that time, we have actively been managing our canopy to keep our trees healthy, removing turf, switching to drip and low flow irrigation to conserve water in our 48-home association.

In 2022 the Fair Oaks Water District highlighted a rebate program to encourage homeowners to replace their irrigation timers with newer generation smart controllers. Our HOA encouraged our homeowners to take advantage of

F.O.W.D.'s rebate program of up to \$500 and install the new controllers. We succeeded in converting 20 homes over to the smart controllers and have depleted F.O.W.D. 2022 funds and have a waiting list to move forward in 2023 when F.O.W.D. receives a new grant from the Water Authority Bd.

I am proud of the progress that we have made to protect our heritage oaks and convert much of our landscaping to adapt to our new normal hotter and dryer climate conditions. I am hoping that the Sacramento Bee would consent to report on the success of the joint effort between F.O.W.D. and The Lakes at North Ridge Homeowners association. ★

Thank A Veteran Today



## Dave Ramsey Says

### An Uncomfortable Situation

Dear Dave,

I need your advice. I just accepted a new job in a field I love three weeks ago. Yesterday, I was recruited and offered a position by a huge company for the same kind of position, and they pay more than twice what I'm making now. I did not send in a resume, or fill out an application for the job that was just offered. They came directly to me, and it was a huge surprise. I don't have a contract with my current employer, but they are good people and I want to handle things well and do the right thing. Can you help?

– Jenny

Dear Jenny,

Long story short, I think you take the new job. Now, how do you handle this with your present employer? With total honesty, respect and a lot of gratitude. Walk

into your boss's office, and lay out the whole situation truthfully. Let them know what has happened, how it happened, and while you feel awful about how things worked out, you had no intention of misleading them or causing problems. On top of all that, promise to do everything possible to make the transition as easy as you can.

In uncomfortable scenarios, it's always a good idea to try to put yourself in the other person's shoes. Let's pretend you own a business, and you just hired a young lady. A few weeks later, someone comes in, completely out of the blue, and offers her more than double what she's making with you. I can tell you what would happen at my company. I'd tell her to take it. I'm serious. I mean, as an employer I'm certainly not going to double her income that quickly. And while I'd be surprised, and a little disappointed, I'd be happy she has the chance to take such a big step up.

If an organization cares about its people, and one of those team

members has the opportunity to significantly increase their income – and they're not breaking a contract or promise in the process – this type of scenario is perfectly reasonable, even if it's a little inconvenient for the current employer in the short term. I know it'll be uncomfortable for you, Jenny, but they can't realistically expect you to pass up a chance to do what you love at double-plus what you're making now. Congratulations!

– Dave

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

## Flood Insurance Industry Undergoing Massive Regulatory Change

Commentary by Mac Armstrong

In this age of extreme weather and worsening natural disasters, it is crucial that we refresh and modernize our approach to disaster mitigation and recovery. A good place to start would be floods, which cost our nation approximately \$17 billion in damages each year.

Californians who live in a 'mandatory' flood zone as defined by FEMA are required by lenders to obtain flood insurance before purchasing their home. Residents in such zones must acquire flood insurance as a condition of the home purchase, and they have historically purchased insurance from the federal government through the National Flood Insurance Program (NFIP). Pending regulatory changes would allow private insurers to better compete with government insurance, but for the moment the NFIP enjoys an effective monopoly in mandatory zones. However, it's important to understand that damaging floods occur outside these 'mandatory' zones every year. Approximately 20% of NFIP claims, for example, come from flood events in FEMA's 'moderate' and 'low' risk zones, where residents are not required to purchase flood insurance. According to the NFIP's own flood calculator, just one inch of standing water due to flooding can cause \$25,000 dollars of damage to a home.

Consumers deserve choice, especially considering government-mandated changes to NFIP that will dramatically increase the cost of government flood insurance to cover program losses. How big a change? According to analysis by Redfin, 81% of the NFIP flood policyholders are seeing an increase in their premium as of April 1 of this year. In California, 79% of NFIP policyholders are now paying more for their government insurance. The NFIP price hike impacts all types of communities but is most pronounced in majority-Hispanic neighborhoods, where 84% of residents have seen their premiums increase.

The combination of under-insurance and price hikes raises troubling questions about our collective resilience to flood damage. According to the First

Street Foundation, our country's annual losses from flood – currently at \$17 billion – could grow to \$32 billion by the year 2051. Of course, this figure does not include the cumulative cost of tornadoes, hurricanes and other wind events, fires, and earthquakes. Over the past five years, the average annual cost for all natural disasters in the United States was \$51 billion. If policyholders facing premium hikes discontinue NFIP coverage, the costs of uninsured losses will be borne by American communities and threaten the ability of government entities at all levels to finance needed repairs and recovery efforts.

In short, we need to stop depending solely on government to restore our communities after disaster strikes. We envision a chain of community resilience where government, NGOs, community leaders and insurers work seamlessly to maximize available resources in support of Americans in need. A property that lacks adequate protection against flood or other events creates costs that are shifted to other links in the chain of resilience – government aid, or NGOs and philanthropies. In an era of tightening budgets and worsening weather, this is not sustainable.

The urgent order of business is to ensure that Californians are aware of their risk from flood damage and have multiple affordable options to protect their families. Private flood insurance is now an even more attractive alternative for California families and businesses, especially in an age of higher prices for everything from gasoline to housing. It's crucial that Californians educate themselves about their options and potential alternatives to the NFIP. Above all, it's crucial that vulnerable homes and businesses obtain coverage so that costs of recovery are not transferred to the federal government or to NGOs. The time to update our approach to disaster response is here, and we must seize the moment.

Mac Armstrong is Chairman and CEO of Palomar Holdings, a specialty insurer active in metro Sacramento and throughout California. For more information please visit Plmr.com ★

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  - Type of patrol
  - You are
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  - "Winged symbol of Zeus"
  - Copied
  - Give or take
  - Indian Lilac tree
  - Close by
  - Inexperienced newcomer
  - Beaks
  - Genetic info carrier, acr.
  - Swamp stuff
  - Bo Peep's follower
  - "She opened an infamous box"
  - "Poseidon's spear"
  - Distant
  - Bit of sun
  - Tea variety
  - Font embellishment
  - Econ. indicator
  - Make improvements or corrections
  - Email folder
  - Hurry
  - Carpentry grooves
- DOWN**
- "Beowulf," e.g.
  - Buffalo Bill's last name
  - Petroleum exporters' org.
  - Type of cotton thread
  - Chant
  - Pharaohs' vipers
  - Reggae's cousin
  - Indic vernacular
  - Actress Spelling
  - Like undecided jury
  - Approximately (2 words)
  - Retired, shortened
  - Saudi's southern neighbor
  - Peas, in Middle English
  - Adam's biblical partner
  - Chemical agent in a reaction
  - "Cronus or Oceanus"
  - Hacienda brick
  - Under
  - "One of Zeus' disguises"
  - Arabian Peninsula country
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# Regional San Recognized again as a Utility of the Future Today

## Regional San News Release

**SACRAMENTO REGION, CA (MPG)** - For a third time, the Sacramento Regional County Sanitation District (Regional San) has been recognized as a Utility of the Future Today. Along with 34 other forward-thinking utilities worldwide, Regional San was acknowledged as a utility that is recovering resources from wastewater, engaging communities, forming unique partnerships, and building an internal culture of innovation.

“At Regional San, we’re committed to incorporating sustainable principles and effective resource management into our daily business practices,” said Christoph Dobson, Regional San’s General Manager. “We’re honored to be recognized once again as a Utility of the Future Today, which speaks to how we’re supporting the social, economic, and environmental sustainability of the communities we’re privileged to serve.”

Regional San’s landmark recycled water program—Harvest Water—demonstrates our ongoing commitment to environmental stewardship by increasing the use of recycled water in the Sacramento region. Harvest Water will be one of the largest water recycling projects in California and will deliver up to 16.2 billion gallons per year of recycled water to an estimated 16,000 acres of farm and habitat lands in southern Sacramento County. The program will also increase groundwater levels and groundwater storage capacity, support habitat improvement efforts, and advance regional water sustainability.

The Utility of the Future Today

Recognition Program was launched in 2016 by a partnership of water sector organizations, including the National Association of Clean Water Agencies, the Water Environment Federation, the Water Research Foundation, and the WaterReuse Association. Input was also provided from the U.S. Environmental Protection Agency. The goal of the program is to guide utilities of all sizes toward smarter, more efficient operations and resource recovery.

The program applauds the achievements of utilities that focus on resource recovery such as energy, nutrients, and recycled water; community partnering; and leadership in social, economic, and environmental sustainability. Applications for the program are reviewed by a selection committee consisting of peer utility general managers and executives. Since its inception, the program has honored 228 utilities from across the U.S. and in Australia, Canada, Denmark, and New Zealand.

To learn more about Regional San’s environmental and sustainability programs, visit [regionalsan.com/sustainability-innovation](http://regionalsan.com/sustainability-innovation). To learn more about the Utility of the Future Today Recognition Program, visit [wef.org/utility-of-the-future](http://wef.org/utility-of-the-future).

*Regional San owns and operates the regional wastewater conveyance system and the Sacramento Regional Wastewater Treatment Plant located near Elk Grove. We provide wastewater conveyance, treatment, and disposal service to about 1.4 million people throughout the Sacramento region. Learn more at [regionalsan.com](http://regionalsan.com). ★*

# Small Business PAC Endorses Roger Niello for State Senate

## NFIB California News Release

**SACRAMENTO, CA (MPG)** - The political action committee for California’s largest and leading small-business association announced its endorsement of Roger Niello for State Senate.

“There was no question or guess work in our PAC board’s unanimous endorsement of Roger Niello for State Senate,” said John Kabateck, California state director for the National Federation of Independent Business (NFIB), speaking for the NFIB CA PAC, which made the endorsement. “Roger Niello proved himself a champion of small business all six years he served in the State Assembly. We have no doubt he’ll be again in the State Senate. Roger Niello will also bring to the Senate the same success he had in bringing disparate groups together for the common purpose of serving all Californians. His achievements and style are what are sorely lacking in the State Capitol. Roger Niello is small businesses’ choice for State Senate.”

The 6th State Senate District includes parts of Sacramento and Placer counties.


NFIB’s national membership spans the spectrum of business operations, ranging from sole proprietor enterprises to firms with hundreds of employees. While there is no standard definition of a small business, the typical NFIB member employs 10 people and reports gross sales of about \$500,000 a year. The NFIB membership is a reflection of American small business. Small-business owners are also a potent political force.

Keep up with the latest on California small-business news at [www.nfib.com/ca](http://www.nfib.com/ca)

For nearly 80 years, NFIB has been advocating on behalf of America’s small and independent business owners, both in Washington, D.C., and in all 50 state capitals. NFIB is a nonprofit, nonpartisan, and member-driven association. Since its founding in 1943, NFIB has been exclusively dedicated to small and independent businesses and remains so today. For more information, please visit [nfib.com](http://nfib.com). ★

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## Scammers Use Every Trick to Steal Your Identity, Financial Information

### IRS News Release

**WASHINGTON, CA (MPG)** - Suspicious communications in all its forms designed to either trick, surprise or scare someone into responding before thinking is No. 7 on the 2022 “Dirty Dozen” scams warning list, the Internal Revenue Service announced today, warning everyone to be on the lookout for bogus calls, texts, emails and posts online to gain trust or steal.

Criminals have used these methods for years and they persist because these tricks work enough times to keep the scammers at it. Victims are tricked into providing sensitive personal financial information, money or other information. This can be used to file false tax returns and tap into financial accounts, among other schemes.

As part of the Security Summit effort with the states and the nation’s tax industry, the IRS has made great strides in preventing and reducing tax-related identity theft. But it remains a serious threat to taxpayers and tax professionals who don’t adequately protect Social Security numbers (SSN) and other personal information.

For example, criminals can quickly file a fake tax return using a stolen SSN in the hope that it has not already appeared on another filed return. People frequently don’t know they are a victim of identity theft until they are notified by the IRS of a possible issue with their tax return or their return is rejected because the SSN appears on a return already filed.

Here are some common scams the IRS continues to see. Taxpayers should take extra caution with these schemes, which continue to evolve and change:

**Text message scams:** These scams are sent to taxpayers’ smartphones and can reference things like COVID-19 and/or “stimulus payments.” These messages often contain bogus links claiming to be IRS websites or other online tools. Other than IRS Secure Access, the IRS does not use text messages to discuss personal tax issues, such as those involving bills or refunds. The IRS also will not send taxpayers messages via social media platforms.

If a taxpayer receives an unsolicited SMS/text that appears to be from either the IRS or a program closely linked to the IRS, the taxpayer should take a screenshot of the text message and include the screenshot in an email to phishing@irs.gov with the following information:

Date, time and time zone they received the text message; Phone number that received the text message; The IRS reminds everyone NOT to click links or open attachments in unsolicited, suspicious or unexpected text messages whether from the IRS, state tax agencies or others in the tax community.

**Email phishing scams:** The IRS does not initiate contact with taxpayers by email to request personal or financial information. The IRS initiates most contacts through regular mail. If a taxpayer receives an unsolicited fraudulent email that appears to be from either the IRS or a program closely linked to the IRS, report it by sending the email as an attachment to phishing@irs.gov. The Report Phishing and Online Scams page at IRS.gov provides complete details.

**Phone scams:** The IRS does not leave pre-recorded, urgent or threatening messages. In many variations of the phone scam, victims are told if they do not call back, a warrant will be issued for their arrest. Other verbal threats include law-enforcement agency intervention, deportation or revocation of licenses.

Criminals can fake or “spoof” caller ID numbers to appear to be anywhere in the country, including from an IRS office. This prevents taxpayers from being able to verify the caller’s true number. Fraudsters also have spoofed local sheriff’s offices, state departments of motor vehicles, federal agencies and others, to convince taxpayers the call is legitimate.

The IRS (and its authorized private collection agencies) will never:

Call to demand immediate payment using a specific payment method such as a pre-paid debit card, gift card or wire transfer. The IRS does not use these methods for tax payments; Threaten to immediately bring in local police or other law-enforcement groups to have the taxpayer arrested for not paying; Demand that taxes be paid without giving the taxpayer the opportunity to question or appeal the amount owed; Ask for credit or debit card numbers over the phone.

Generally, the IRS will first mail a bill to any taxpayer who owes taxes. All tax payments should only be made payable to the U.S. Treasury and checks should never be made payable to third parties. For anyone who doesn’t owe taxes and has no reason to think they do: Do not give out any information. Hang up immediately. For more information, see IR-2022-25. ★

## Bera: Bipartisan Bill Protects Physicians from Medicare Pay Cuts



Office of Congressman  
Ami Bera, M.D.

### WASHINGTON, DC (MPG)

**U.S. Representatives Ami Bera, M.D. (D-CA) and Larry Bucshon, M.D. (R-IN), introduced on September 13, 2022, bipartisan legislation to provide critical relief to physicians who are scheduled to receive Medicare payment cuts. The Supporting Medicare Providers Act of 2022 would ensure payments to these providers are kept stable and extend certain increases in payments for physicians’ services under the Medicare program through 2023.**

“As an internal medicine doctor by training, I know that cutting payments for physicians further strains our health care system and the ability for health care professionals to provide the best care

for their patients,” said Representative Bera. “It’s time Congress reforms Medicare provider payments to ensure that we have a stable Medicare payment system so that we can transition move towards value, not volume.”

Reps. Bera and Bucshon have been long standing champions and have led successful efforts to mitigate proposed cuts in health care payments. Last week, they issued a Request for Information regarding the implementation of the Medicare Access and CHIP Reauthorization Act of 2015 to identify steps Congress should take to stabilize the Medicare payment system, without dramatic increases in Medicare spending, while ensuring successful value-based care incentives are in place.

In 2023, physicians face more than 8.42% payment cuts, this bill would stop the 4.42% cuts in Medicare payments providers will face on January 1st.

“The Centers for Medicare and Medicaid Services’ 2023 Medicare Physician Fee Schedule

proposed rule, if implemented, will result in untenable Medicare payment cuts for physicians and jeopardize patients’ timely access to primary care. That’s why the American Academy of Family Physicians endorses the Supporting Medicare Providers Act of 2022, which will avert these cuts and ensure physicians can continue serving Medicare patients for another year. Importantly, this legislation signals that more administrative and legislative action is needed to ensure sustainable Medicare physician payment, transition to value-based care, and address health disparities. The AAFP continues to advocate for payment reforms that appropriately invest in primary care and ensure physicians have the resources and flexibility they need to care for all their patients. Only then can we truly move the needle on health equity, better population health, and health care expenditures,” said Sterling N. Ransone, Jr., MD, FFAFP, President, American Academy of Family Physicians. ★

## Vote No on Prop. 31 and Let Adults Make their Choices



Commentary  
by Jon Coupal

California has a lot of problems and not all of them are directly taxpayer related. But, as noted in last week’s column, they all interconnect in one important way: Control. Our state’s government and its boosters think they know better than you. They know better how to spend your money. They know better how to use your land. They know what’s best for you. And, if you disagree, the nanny state will just make it illegal.

Look no further than Proposition 31 on this November’s ballot. It’s a referendum on Senate Bill 793, the state’s total ban on the sale of flavored tobacco products. SB 793 was passed by the Legislature and signed into law by the governor in 2020. It prohibits “a tobacco retailer, or any of the tobacco retailer’s agents or employees, from selling, offering for sale, or possessing with the intent to sell or offer for sale, a flavored tobacco product or a tobacco product flavor enhancer” and

imposes a fine of \$250 for each violation of the ban.

Although the law bans the sale of flavored tobacco products to all customers regardless of age, lawmakers named it the “Stop Tobacco Access to Kids Enforcement Act.” They claimed it was needed to stop underage tobacco use – because only kids, apparently, like flavor. To be sure, no one wants children smoking or vaping, but it’s already illegal in California to sell or give tobacco and vapor products to anyone under the age of 21. If prohibition worked, then we wouldn’t have a problem.

It’s also immensely hypocritical. At the same time California is lowering taxes on marijuana and debating bills in the Legislature to decriminalize psychedelic drugs, it is placing bans on menthol cigarettes, flavored smokeless tobacco, and other flavored nicotine vaping products that don’t even contain tobacco. Those non-tobacco vaping products, mind you, were determined by an “expert independent evidence review” published by England’s public health agency to be “95% safer” than smoking.

Plus, Californians are smart enough to make this decision for themselves. Our state already has one of the lowest smoking rates in the country. In fact, California has lower cigarette use among adults than any state other than Utah – where the state’s predominant religion frowns

on smoking. Only the fear of God can get you to smoke less than we do in California.

Youth vaping was down 59% before the ban and youth smoking rates are at 1.9% – an all-time low.

Also, while the issue, as I stated, isn’t directly taxpayer related (and why HJTA hasn’t taken a formal position on the proposition), a legislative analysis of a ban on these products found that it would lead to “significant revenue losses” (revenue is government-speak for tax money) that will exceed \$1 billion in the next four years. I’m sure the Legislature won’t take that sitting down and will try to find more “revenue” in higher taxes elsewhere.

It’s all about control and it’s why voters should just say no to Proposition 31.

Why no? Because this measure is a referendum, which is one of the direct democracy powers that Californians have had since 1911, along with the power of initiative and recall. A referendum empowers voters to approve or reject at the polls any act or section or part of any act of the Legislature.

On Proposition 31, California voters will be deciding whether to approve (“yes”) or reject (“no”) the law that bans flavored tobacco products. I’ll be voting no – and I don’t even smoke.

Jon Coupal is president of the Howard Jarvis Taxpayers Association. ★

## California Gets Green Light for EV Charging Network

### Caltrans and CEC Joint News Release

**SACRAMENTO, CA (MPG)** - California has the green light to start using federal infrastructure funding to expand electric vehicle (EV) charging stations along the state’s interstates and highways following the recent federal approval of a joint plan by Caltrans and California Energy Commission.

The U.S. Joint Office of Energy and Transportation’s signoff on the California Deployment Plan for the National Electric Vehicle Infrastructure (NEVI) Program makes an initial \$56 million in funding available to install charging stations throughout the state. Funded by the federal Infrastructure Investment and Jobs Act of 2021 (IIJA), California expects to receive a total of \$384 million for the program over the next five years. The federal funding will build on California’s historic \$10 billion, multiyear investment to accelerate the transition to zero-emission vehicles by improving affordability and expanding charging infrastructure.

“Thanks to the Biden-Harris Administration’s approval of California’s NEVI plan, we can start putting historic levels of federal infrastructure funding to work to close gaps in our state highway system’s evolving EV charging network and improve availability and reliability for low-income and rural residents,” said California Transportation Secretary Toks Omishakin. “Coupled with unprecedented levels of state investments in zero-emission vehicles, this funding will help supercharge California’s nation-leading efforts to drastically cut climate-changing pollution from the transportation sector.”

The IIJA funds will add to efforts to complete a 6,600-mile statewide charging network and deploy 1.2 million chargers by 2030 to

meet the anticipated charging needs of the state’s EV fleet.

“With this unprecedented federal investment, California can advance our vision of a unified network of charging stations along the state’s busiest corridors,” said California Energy Commission Commissioner Patty Monahan. “This new network will increase charging access, particularly in the rural areas of our state, and help EV drivers charge up on long trips.”

The state’s NEVI plan focuses on construction of fast-charging stations near interstates, U.S. routes and state routes throughout California. These charging stations will increase the availability of charging options, improve the reliability of the charging network and remove barriers to accessing EVs. NEVI funding will also support upgrades to existing infrastructure, charging stations’ operation and maintenance costs, community and stakeholder engagement, workforce development, and related mapping and signage.

California surpassed one million zero-emission vehicles (ZEV) sold in 2021 and leads the country in all ZEV market metrics including the highest level of public funding, the largest EV market share percentage, and the most extensive public charging infrastructure. The success of the state’s programs has led to ZEVs becoming a top export and has spurred major advances in manufacturing and job creation.

For more information on the NEVI Formula program, visit FHWA’s NEVI website and DriveElectric.gov. For the latest developments on California’s deployment efforts under the NEVI program, please visit the CEC’s NEVI website.

For more information on the state’s progress, explore CEC’s Zero Emission Vehicle and Infrastructure Statistics dashboards. ★

## Pair Convicted of Arson in Insurance Scheme

### Sac County DA News Release

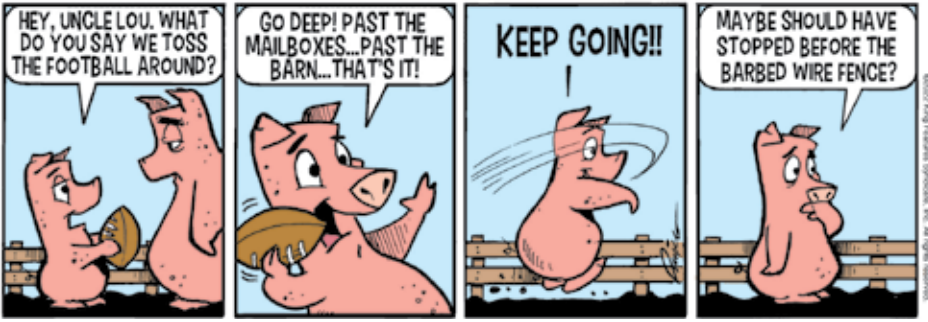
**SACRAMENTO COUNTY, CA (MPG)** - On August 31, 2022, David Bailey pled no contest to felony arson and was sentenced by the Honorable Ken Brody to 280 days in county jail, 2 years formal probation and a restitution order to the Sacramento Fire Department (SFD). Co-defendant Rajdeep Singh previously pled no contest to felony arson on February 1, 2022 and was previously sentenced to 310 days in county jail, 2 years probation and ordered to pay restitution to the insurance carrier. Bailey and Singh must register as a

convicted arsonist for life.

On June 24, 2019, the SFD responded to a vehicle on fire. SFD was able to extinguish the fire and prevent it from spreading. SFD investigators determined the fire started in the passenger compartment of the vehicle, and that it was set intentionally. A joint investigation was conducted by SFD and the California Department of Insurance. Investigators determined the arson was part of an insurance fraud scheme in which Singh offered to pay Bailey to set the vehicle on fire. Singh then filed a fraudulent insurance claim on the vehicle. ★

# WEEKLY COMICS

## Amber Waves



by Dave T. Phipps

## The Spats



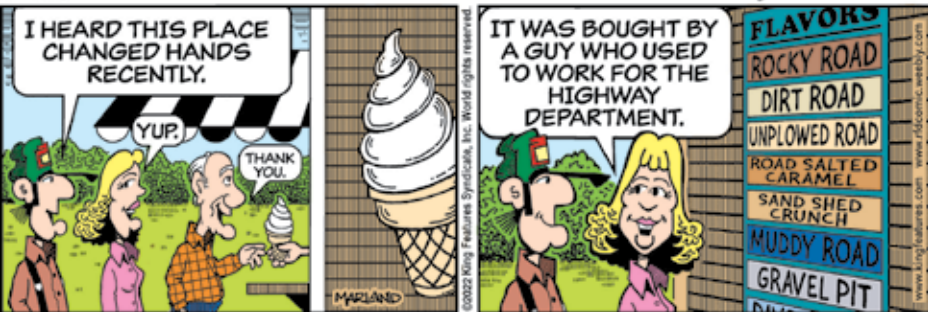
by Jeff Pickering

## Out on a Limb



by Gary Kopervas

## R.F.D.



by Mike Marland

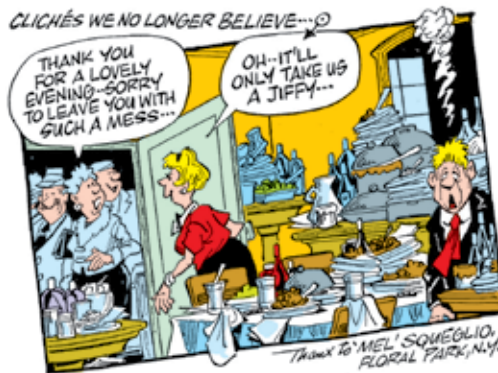
## GRIN and BEAR IT



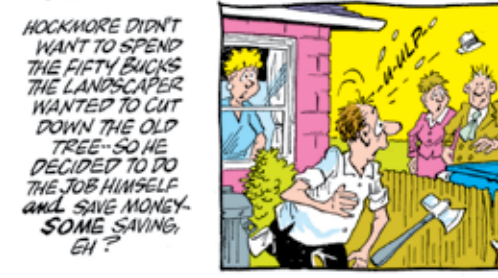
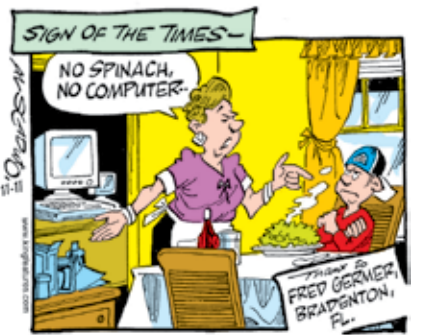
## LAFF-A-DAY



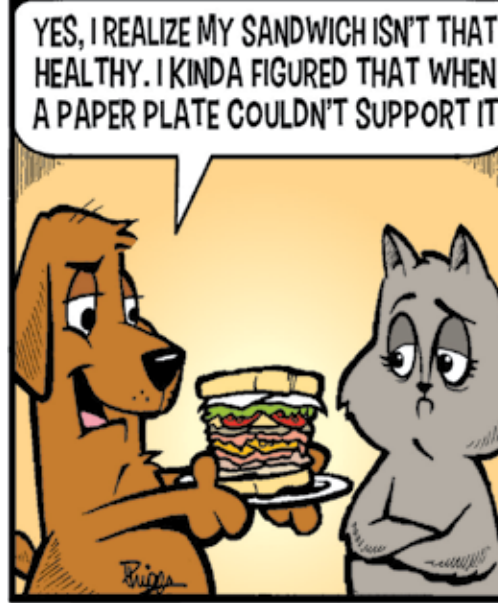
## THEY'LL DO IT EVERY TIME



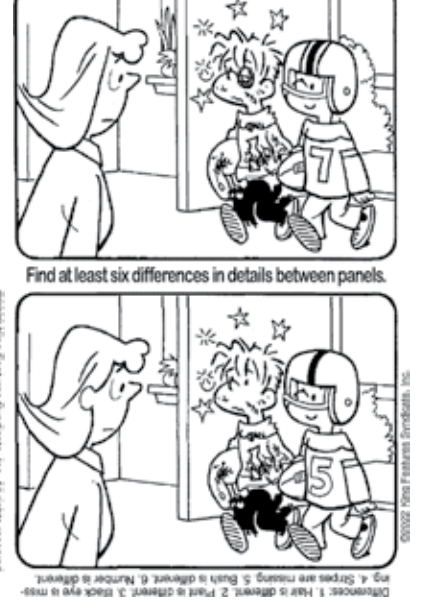
## BY AL SCADUTO



## Just Like Cats & Dogs



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Including Blue Buffalo, Chicken Soup, Earth Born, Diamond Naturals, Pinnacle, Taste of the Wild, & Royal Canin.

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EVERYDAY LOW PRICES  
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COUPON  
**\$200 OFF** ANY 26 LBS OR MORE PREMIUM DRY DOG FOOD PLU #336  
**\$100 OFF** ANY 14 LBS OR MORE PREMIUM DRY CAT FOOD PLU #337  
Nutro, Science Diet, Eukanuba, Avoderm, IAMS, Nature's Recipe, Natural Balance, Wellness, Pro Plan. Limit 1 Bag.  
(Cannot be used in conjunction with similar dollar off, percentage off coupons, or advertised sale items)  
Limit: 1 Coupon Per Family CHM  
Effective 10/5/22 - 10/11/22

COUPON  
**2 FREE CANS OF PREMIUM FUSSIE CAT FOOD**  
2.8 Oz Tin Black Label Only  
With Any Purchase of Pet, Fish Food, or Supply PLU 349  
Limit: 1 Coupon Per Family CHM  
Effective 10/5/22 - 10/11/22

Look for Advertised Sale Items Everyweek at [www.petclubstores.com](http://www.petclubstores.com)

**NATURAL BALANCE DRY DOG FOOD**  
22-24 Lb Bag  
Lamb Meal & Rice (Reg & Lrg Brd) • Sweet Potato & Salmon • Sweet Potato & Chicken • Sweet Potato & Venison • Sweet Potato & Bison  
Limit 2 Bags Per Family  
**\$5 OFF**  
Our Regular Price  
Effective 10/5/22 - 10/11/22

**AVODERM NATURAL DRY DOG FOOD**  
26-30 Lb Bag Limit 2 Bags Per Family  
Lamb Meal & Rice • Chicken Meal & Rice • Lite • Senior • Large Breed  
**\$4 OFF** OUR DISCOUNT PRICE!  
Effective 10/5/22 - 10/11/22

**NUTRO WHOLESOME ESSENTIALS DRY DOG FOOD**  
Lamb Meal & Rice 30 Lb Bag  
Small Bites (•Adult •Large Breed) \$42.99  
Limit 2 Bags Per Family  
**\$41.99**  
Effective 10/5/22 - 10/11/22

**FRISKIES DRY CAT FOOD**  
16 Lb Bag  
Tender Crunchy Combo  
Limit 2 Bags per Family  
**\$12.99**  
Effective 10/5/22 - 10/11/22

**FRISKIES BUFFET CANNED CAT FOOD**  
5.5 Oz All Varieties  
Limit 2 Cases Per Family  
**ON SALE Everyday**  
Effective 10/5/22 - 10/11/22

**FUSSIE CAT PREMIUM CANNED CAT FOOD**  
Black Label Gold Label 2.8 Oz.  
Limit 2 Cases Per Family  
**ON SALE**  
Effective 10/5/22 - 10/11/22

**ARM & HAMMER SUPER SCOOP CLUMPING CAT LITTER**  
20 Lb Box • Unscented • Double Duty  
Clump n Seal 19 lb  
Slide 19 lb  
Absorbx 15 lb  
Limit 2 Boxes Per Family  
**ON SALE**  
Effective 10/5/22 - 10/11/22

**SCOOPAWAY CLUMPING CAT LITTER**  
42 Lb Bag  
Multi-Cat Formula  
Limit 2 Bags Per Family  
**\$13.99**  
Effective 10/5/22 - 10/11/22

**PURINA PRO-PLAN CANNED CAT FOOD**  
Selected Varieties 3 Oz (Focus & Selected Varieties \$1.25) Limit 1 Case  
Limit 2 Cases  
**EARTH BORN HOLISTIC CANNED CAT FOOD**  
Catalina Catch • Harbor Harvest • Monterey Medley • Chicken Calcatzori 3 Oz. 5.5 Oz.  
**\$1.25 \$1.79**  
**MEOW MIX CAT FOOD**  
Market Select 2.75 Oz Cup Limit 1 Case  
**69¢**  
**CORE GRAIN FREE DRY DOG FOOD**  
Original • Reduced Fat • Ocean 22-24 Lb Bag  
**\$6 OFF** OUR REGULAR PRICES

**NATURE'S MIRACLE PREMIUM ORGANIC CORN COB LITTER**  
Bio-Enzymatic Formula 10 Lb Bag Limit 2 Bags  
**\$7.49**  
**FANCY FEAST CLASSIC BROTH**  
1.4 oz. All Varieties Limit 2 Pkgs  
**\$1.19**  
**9 LIVES DRY CAT FOOD**  
Grilled Tuna & Egg 12 Lb Bag Limit 2 Bags Per Family  
**\$10.99**  
**GRAVY TRAIN DRY DOG FOOD**  
35 Lb Bag Limit 2 Bags  
**\$19.99**

**EARTH BORN HOLISTIC DRY DOG FOOD**  
Natural Grain-Free  
Primitive Feast • Great Plains Feast • Meadow Feast • Coastal Catch • Weight Control • Large Breed 25 Lb Bag  
Limit 2 Bags Per Family  
**\$43.99**  
**NATURALLY FRESH CAT LITTER**  
100% Natural Walnut-based  
10 Lb Pellets \$7.49 (S2 Off) Clumping \$12.99 (S3 Off) Multi-Cat \$13.99 (S3 Off) Clumping  
**CHICKEN SOUP FOR THE SOUL DRY CAT FOOD**  
As Marked  
Adult (Chicken) • Indoor/Hairball • Weight/Mature Care • Kitten 13.5 Lb Bag Limit 2 Bags  
**10% OFF** OUR REGULAR PRICES  
**BOXIE CAT CAT LITTER**  
Veterinarian Recommended Limit 2 Bags  
16 Lb \$2.00 OFF 28 Lb \$3.00 OFF

**GREENIES DOG TREATS**  
12 Oz Pkg Value Pack  
Chewy Texture • Easy to Digest  
Regular • Grain Free 12 oz \$15.99  
Limit 2 Bags Per Family  
Teeny (42 Ct) • Reg (12 Ct) • Petite (20 Ct) • Large (8 Ct)  
**\$13.99**  
**ROSY'S ORGANICALLY GROWN KITTEN GRASS**  
Single Tub  
**\$2.99**  
**CHUCK IT FETCH GAMES**  
Ball Launchers • Flying Squirrel • Tennis Balls • Glow Balls • Fetch Toys All Varieties  
**20% OFF** OUR SUPER LOW PRICES  
**EVERCARE PET PLUS NEVERHAIR**  
Lint Rollers 60 Sheets  
Regular Size  
**\$2.99** (Refills 60 sheets \$2.29)

**BOXED GLASS TANK WITH STARTER KIT**  
10 Gal Tetra LED Deluxe... \$66.99  
20 Gal Tetra LED Deluxe... \$113.99  
29 Gal Tetra LED Deluxe... \$136.99  
55 Gal Tetra LED Deluxe... \$224.99  
**AQUEON BOXED 10 GALLON TANK With Economy Kit**  
Just add Heater For Tropical Fish  
**\$48.99** Limit 1 Per Family  
**KENT MARINE WATER SUPPLEMENTS**  
**20% OFF** OUR SUPER LOW PRICES  
**REEF CRYSTALS**  
50 Gal. Salt Mix  
**\$19.99**

**BONUS COUPON**  
**FANCY FEAST GOURMET CANNED CAT FOOD**  
3 Oz - All Varieties Except Elegant Medley  
Limit 1 Case Per Family  
Limit One Coupon Per Family  
Price Valid Only With Coupon  
Effective 10/5/22 - 10/11/22  
**ON SALE Everyday** CHM PLU 361

**BONUS COUPON**  
**FRISKIES PARTY MIX CAT TREATS**  
2.1 Oz • Selected Varieties  
Limit 2 Pkgs with Coupon  
Limit One Coupon Per Family  
Price Valid Only With Coupon  
Effective 10/5/22 - 10/11/22  
**\$1.49** CHM PLU 573

**BONUS COUPON**  
**JONNY CAT PREMIUM CAT LITTER**  
20 Lb Bag  
Limit 1 Bag With Coupon  
Limit One Coupon Per Family  
Price Valid Only With Coupon  
Effective 10/5/22 - 10/11/22  
**\$5.39** CHM PLU 362

# Playmakers Goes National

Story by Shauna Boyd

**SACRAMENTO REGION, CA (MPG)**

- Local non-profit organization The Playmakers has been teaching character and leadership through sports since the founding in 2009. The Playmakers founder Greg Roeszler, known as Coach Roz, saw the need for at-risk kids, such as foster youth and kids with developmental differences, to have real opportunities to be included and build relationships through team sports.

Playmakers has reached thousands of local kids through their summer football camps and after-school programs, all of which are free to students and their families. And Playmakers is expanding their reach by taking the football camps national: This summer, in addition to the local Sacramento camp, Playmakers hosted camps in Ohio, Iowa, and Florida.

It costs about \$10,000 to host a camp, and they are completely free for the students and their families. The camps are funded through private and corporate donations, various fundraising events, and with support from local civic groups, schools, and churches.

The camps are facilitated by athletes from the local high schools, who oversee the activities and participate along with the kids. Coach Roz said, "It's been encouraging to see high school kids want and be willing to serve. ... A lot of kids are craving that."

And next summer, in addition to the existing camps, Playmakers will be expanding to Washington D.C.—hosting a camp at Gallaudet University for the deaf and hearing impaired. And the high school students who help out locally at the Sacramento camp will have the opportunity to travel with Playmakers to Washington D.C.



High school athletes volunteer as leaders at The Playmakers camps, which offer a day of fun activities for at-risk kids and those with developmental differences as they learn about the importance of character while building relationships through team sports. Photo courtesy of The Playmakers.

to help at that camp, allowing them to further practice their leadership skills in a new venue.

"There are kids everywhere that need this opportunity," said Coach Roz. "We can expand anywhere there is an interest."

For many of the kids who attend these camps, it's the first time they've had a chance to play a sport with other people and be included this way — and Coach Roz said it means so much to both the kids and their families. "It's a great experience for everyone

involved," he said.

"It all just revolves around relationships," explained Coach Roz. "We're learning so much, spending time with them." And these lessons are expanding into a new avenue for Playmakers, as they give the high school athletes the opportunity to become leaders of inclusiveness on their own campuses. Just launched this school year is a calendar of events, a playbook for the athletes to follow as they take the initiative and build relationships with the special education

classes at their schools. The Playmakers' calendar of events includes activities such as painting pumpkins for Halloween and decorating ornaments for Christmas. Coach Roz said these activities keep the kids involved and the relationships connected throughout the school year.

So, in multiple states across the country, as this new school year is getting started, high school athletes are taking those lessons of connection and inclusion to heart, and forging

relationships with special education students to make them an integral part of the social life on campus.

As Playmakers is growing and expanding, these high school students are serving as delegates, bringing that message into the schools, serving as role models to other students on how to lead with character and compassion and make a difference for those who need it most.

To donate, volunteer, or find out more about The Playmakers, visit <https://theplaymakers.org/>. ★

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Korean/Mex/Viet: 7:30pm last call  
Chinese/Japanese: 7:00pm last call

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FROZEN & FISH DEPT

**Mussel Meat (Cooked)**  
14 oz  
REG. \$4.99/EA  
**\$2.99** /ea

**Abalone Style Shellfish**  
340 g  
REG. \$13.99/EA  
**\$7.99** /ea

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WEEKLY MEAT SPECIALS

**BONUS BUY**

**Beef Cross Rib/Shoulder Roast**  
REG. \$4.99/lb  
**\$3.99** /lb

**USDA CHOICE**

**Chicken Drumsticks**  
REG. \$2.99/lb  
**\$1.79** /lb

**40 lb Box**

**Pork Baby Back Ribs**  
REG. \$2.99/lb  
**\$2.99** /lb

**Beef T-Bone Steak**  
Filet de T-Bone  
**\$5.49** /lb

**Shoulder Steak - Bala**  
**\$3.99** /lb

**Pork Loin Chops Bone In**  
Chisquetas de Cerdo con Hueso  
**\$1.79** /lb

**Beef Porterhouse Steak**  
Filet de Porterhouse  
**\$5.99** /lb

**Pork Neck Bones**  
Huesos del Cerdo de Cerdo  
**\$1.59** /lb

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE OCTOBER 05 - OCTOBER 11, 2022.

FRESH PRODUCE

**Bartlett Pear**  
2 lb  
**\$3.99** /ea

**Yellow Onion**  
2 lb  
**\$1.79** /ea

**Saba (Burro) Banana**  
**79¢** /lb

**Squash Italian**  
**99¢** /lb

**Japanese Yam**  
**\$1.29** /lb

**Peanut Raw**  
**\$1.99** /lb

**King Oyster Mushroom**  
**\$2.29** /lb

**Russet Potato**  
10 lb  
**\$3.99** /bag

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AMERICAN/HISPANIC GROCERY

**\$4.99** /ea

**\$2.99** /ea

**\$39.99** /ea

**\$1.99** /ea

**\$6.99** /ea

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ASIAN GROCERY

**\$2.99** /ea

**\$1.99** /ea

**89¢** /ea

**\$5.99** /ea

**\$1.29** /ea

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EUROPEAN GROCERY

**\$9.99** /ea

**\$7.99** /ea

**\$2.29** /ea

**\$2.49** /ea

**\$1.69** /ea

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KOREAN/JAPANESE GROCERY

HOUSEWARES

**\$13.99** /ea

**\$12.99** /ea

**\$2.99** /ea

**\$3.99** /ea

**99¢** /ea

**\$4.99** /ea

**\$59.99** /ea

**\$6.99** /ea

**\$1.59** /ea

**\$5.99** /ea

**\$19.99** /ea

**\$2.49** /ea

**99¢** /ea

FROZEN & FISH DEPT

EUROPEAN DELI

**Dried Cod Fish**  
500 g  
**\$12.99** /ea

**\$7.19** /ea

**\$4.09** /ea

**\$7.99** /ea

**\$4.09** /ea

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HAPPY HOURS

Draft Beer

\$2.50 & UP

**Mon-Thu 4PM-9PM**  
**Fri-Sat 2PM-9PM**

**KP KARAOKE SPECIAL** Sun-Thu Come before 6pm (Valid Time)  
Fri-Sat Come before 9pm (Valid Time)

**For 6 people \$85.00**

3 Hours Karaoke + 2 Pizzas + Pitcher Soda + 2 Main Dishes (10 items)

**For 12 people \$185.00**

3 Hours Karaoke + 2 Pizzas + Pitcher Soda + 4 Main Dishes (18 items)

**For 14 people \$210.00**

3 Hours Karaoke + 2 Pizzas + Pitcher Soda + 5 Main Dishes (18 items)

**For 18 people \$275.00**

3 Hours Karaoke + 3 Pizzas + Pitcher Soda + 7 Main Dishes (22 items)

**For 28 people \$350.00**

3 Hours Karaoke + 3 Pizzas + Pitcher Soda + 8 Main Dishes (22 items)

9 Dishes To Choose From