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Fallen Soldiers Recalled



BSA Troop 380 Scouts and adult Scouters who volunteered at the Fair Oaks Cemetery's Memorial Day event directing traffic, handing out programs, performing the flag and wreath ceremony and taking down the chairs and awnings after the event.

Story and photo by Elise Spleiss

FAIR OAKS, CA (MPG) - At 10:30 AM on Saturday, May 28, 2022 the 24th traditional Memorial Day service was held at the Fair Oaks Cemetery off of Sunset and New York Avenue in Fair Oaks.

Each year the Fair Oaks community, including the American Legion (AL) and American Legion Auxiliary (ALA), American Legion Riders, Veterans of Foreign Wars (VFW), Scout Troop 380, Fair Oaks Rotary, cemetery staff, and volunteers gather on the Saturday before Memorial Day for a somber but uplifting morning.

The work of the Scout Troop

380 was visible throughout the day. According to District Manager Guillermo Barron, Elizabeth Ruygt, a Gold Star Mom, and her scouts have been helping at the Veterans Memorial Wall, located in the new cemetery since 2007, for 15 years. Every year, just before Memorial Day the names of the new Veterans laid to rest there are added to the wall. Even during 2020 and 2021 when there was no audience, they still did the wreath laying and flag ceremony. In 2020 they put flags on graves stones, masked and with a parent. At today's service they carried out the traditional flag and wreath ceremonies without a flaw. The new flag for the ceremony was donated by family of a veteran buried there. The wreath was

donated by Warren McWilliams and the Fair Oaks Rotary Club.

In her speech Ruygt urged the audience to remember the families of service members. "When a veteran serves, the family serves. When a veteran is lost, the family suffers the loss. When a veteran is honored and remembered, the family is also." She also emphasized the difference between the three big holidays recognizing our veterans: Armed Forces Day on the 3rd Saturday in May which honors current active military in uniform, Memorial Day honors who have died in service of their country, or later on as a result of their service. Veterans Day is for those who have 'hung up their uniform'

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Sac County Introduces Social Host Ordinance

By Kim Nava, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - The Board of Supervisors, at its May 11 meeting, introduced an ordinance amending Sacramento County Code Chapter 4.54 to add host liability and penalties for violations of county code relating to fireworks. The ordinance will be continued to the May 24 Board meeting for adoption and will go into effect June 24, 2022.

Strategies to help address fireworks safety concerns in the past have focused on education and mitigation, including press releases, informational handouts and fireworks inspections.

Enforcement efforts have also included illegal fireworks buy-busts, confiscation and citations, arson investigations and proper disposal of illegal fireworks.

However, a public safety tool that has been increasingly used successfully in other jurisdictions is a "host ordinance" that places accountability for sales and/or use of illegal fireworks on property owners.

"Host," as it relates to this ordinance, means a person who knowingly permits or allows fireworks to be lit, exploded or sold on private property owned or controlled by the person, and the person knows or reasonably should have known that the fireworks would have been lit, exploded or sold.

Amending Sacramento County Code Chapter 4.54 creates new host responsibilities that include liability and penalties with increased fines for violations of the county code relating to Fireworks and provides an additional tool for reducing harm caused by use of illegal fireworks. Penalties for violations are as follows:

\$1,000 for the first violation; \$2,500 for the second violation within one year of the first violation; \$5,000 for each additional violation within one year of the first violation; \$10,000 for each violation that occurs within the American River Parkway

The ordinance to add host liability for illegal fireworks allows fire, law enforcement (including park rangers) and code enforcement agencies to hold the owner or person in charge of real property or conducting an illegal fireworks event responsible for costs of response associated with the presence of emergency personnel, the discharge of illegal fireworks on private property or the American

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County's Response to Homelessness

Sac County News Release

SACRAMENTO COUNTY, CA (MPG) - Sacramento County is actively engaged in multiple strategies to provide services that unsheltered residents need to transition into safe, stable housing.

In Fiscal Year 2021/2022 alone, we have invested nearly \$50 million in homeless specific programs, services, shelter, re-housing and data infrastructure to serve our community, with funding from the American Rescue Plan Act (ARPA), the Mental Health Services Act (MHSA) and the County's General Fund, among others.

Notable projects this year include:

Safe Stay community developments - providing on-site services, security and re-housing to move people from unsheltered homelessness into housing and other supportive services while providing much needed respite to the neighborhoods through a reduction in trash, tents, violence and blight.

Encampment Service teams: Comprised of Outreach navigators, re-housing staff and clinical staff to provide behavioral health assessments and referrals for those living in encampments.



Sacramento County is actively engaged in multiple strategies to provide services that unsheltered residents need to transition into safe, stable housing. MPG file photo

Additional investment of the construction of Marisol Village - an affordable housing project slated to add an additional 116 units to the final project.

Invested three years of funding to greatly expand Coordinated Access (CAS), a powerful collaboration designed to ensure that homeless persons and persons at risk of homelessness are matched, as quickly as possible, with the services that will most effectively end their homelessness.

This funding provides for increased coverage at 211, and new field-based staff to assist households into crisis support services and rehousing.

Landlord Engagement and Re-Housing Supports: conducting outreach and educational events to recruit landlords and expand the availability of rental units; investment in incentives such as sign-on bonuses, move-in assistance, vacancy loss payments, etc. to support landlord retention; and

increasing flexible rental subsidies to improve the efficacy of voucher and homeless housing subsidy programs.

Funding 60 beds through December 2024 to support the Parkway Navigation team, prioritizing those exiting the portion of the Parkway between Interstate 5 and Highway 160. The Salvation Army will provide 24/7 staffing, food, laundry, case management and re-housing supports, with an

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'The Greatest DC Team in History'

Story and photo
by Shaun Holkko,
sports editor

SACRAMENTO, CA (MPG) - Following one swing of the bat, the Del Campo High School varsity baseball team found itself trailing 2-0 to top-seeded Vanden in the CIF Sac-Joaquin Section Division III Championship game.

For the Cougars (29-5, 13-2 Capital Athletic League), this was just another day at the office. Nearly all season long, DC responded each time its opponents' scored, including Wednesday night at Sacramento City College's Union Stadium. The "Cardiac" Cougars scored two runs in the fourth and eighth innings, respectively, en route to the team's first section title since 2018, winning 4-2 in eight innings.

"This is the greatest DC team in history," said coach Kevin Dawidczik. "I know there's a lot of teams maybe that would contest that because of the great teams we've had. I'm not saying the greatest talented team ever in DC. But we're 29-5, we're the Division III section champions and we're going to the NorCal Finals."

DC came into the final series of the regular season against Christian Brothers (8-18, 6-9) on May 2 needing a sweep to clinch the Capital Athletic League (CAL) Championship, and the team did exactly that.

Led by Dawidczik, the Cougars parlayed a 3-2 walk-off win in the first game into a dominant series sweep of the Falcons, concluding on May 6. Trailing by one run with three outs remaining and a league title essentially on the line, the "Cardiac" Cougars answered as they have all season, scoring twice in the last half inning to secure the series opener. DC won game two 11-1 and game three 11-4 to clinch the CAL title.

The No. 2 seeded Cougars rolled through the first two rounds of single-elimination postseason play at home, defeating No. 15 Florin (17-11, 11-4 Greater Sacramento) 11-1 on May 10 and No. 10 Ponderosa (18-13, 11-7 Foothill Valley) 11-4 two days later.

The semifinals of the 2022 CIF SJS D3 Baseball Playoffs are where tempers began to flare, and not between players. DC faced



The DC varsity baseball team poses for a photo after a 4-2 extra innings win against Vanden to win the CIF Sac-Joaquin Section Division III Baseball Championship on Wednesday, May 25 at Union Stadium at Sacramento City College.

off against No. 6 Buhach Colony (24-9, 9-3 Central California) of Atwater in a best of three series. Game one was played at DC on May 16.

Both teams scored once in the fourth inning. The Thunder thought they retook the lead on a solo home run in the top of the fifth. However, the base runner failed to step on first base. Dawidczik noticed the mistake and had his defense tag first base before bringing it to the umpires' attention. Buhach Colony was called out, subsequently angering the team's coach Joseph Medeiros and fans that traveled over 120 miles to attend the game.

Frustrations temporarily subsided as the game continued. Each team scored one run in the sixth, keeping the game deadlocked. DC won the game in the bottom of the seventh inning on a walk off hit by senior infielder Tyler Moore to score junior outfielder Luke Tuter. The call at the plate was close, but umpire A.J. Spina ruled Tuter safe, immediately drawing Medeiros out of his dugout to contest the call.

The decision was upheld and the Cougars were victorious in game one, 3-2. Unfortunately, tempers began to flare in the parking lot postgame between the game's officials and Buhach Colony fans. In a video obtained by The Sacramento Bee, one of the fans is seen attempting to hit an umpire, leading to a brief physical altercation.

Following the incident, the CIF SJS initially ruled that DC had to forfeit game one and the two remaining games would be played at neutral sites, rather than at Buhach Colony for game two and back in Fair Oaks

for a potential third game. The CIF SJS made this ruling due to the Cougars having an "extra" batting practice session during school hours, as most of the team has physical education as their last class of the day. However, Dawidczik said he offered Medeiros and his team the same opportunity, therefore it was not an unfair advantage.

Following peaceful protests and appeals from the DC community, the initial decision was overruled by the CIF. Subsequently, the Cougar's game one win was restored, and the remaining two games were set to be played at the team's home ballparks. The Thunder stormed back in game two, winning decisively 8-0 behind a no-hitter from senior pitcher Cooper Lanz.

It all came down to game three on Friday, May 20 with a spot in the section title game on the line. DC opened the scoring with two runs in the bottom of the third inning and then added on one more in the fourth to get out to a 3-0 lead. Buhach Colony hit a two-run homer in the fifth inning, but their comeback attempt fell just short. DC held on for the 3-2 win to advance to the CIF SJS D3 Baseball Championship game.

The Cougars took on No. 1 Vanden (29-5, 13-2 Monticello Empire) of Fairfield on Wednesday, May 25 at Sac City in the section title game. The Vikings, who were attempting to complete the rare 3-peat by winning section titles in football, basketball and baseball all the same year, took a 2-0 lead after the first inning. Senior designated hitter Jake Tranchina blasted a two-run bomb to right field to give

his team the early lead.

"We didn't make the pitch we wanted to, I'll tell you that much," Dawidczik said. "But we turned the page and just made sure that we didn't give up any more runs."

Wednesday's game shaped up to be a pitcher's duel between DC senior Hayden Hughes and Vanden senior Erick Diez. Each team had runners in scoring position in the next two innings but failed to bring the runners home. In the fourth inning, the Cougars got on the scoreboard.

With two outs, DC got consecutive hits from seniors, catcher Logan McCord and third baseman Thomas Martinez. McCord scored on the double hit by Martinez. Junior infielder Robbie Perry tied the game with a single over Vanden third baseman Tyler James' glove into left field, to score pinch runner, junior outfielder Tyler Walton.

Things appeared to be extremely grim for DC in the bottom of the seventh inning as the first two Vanden hitters reached base on an error and a fielder's choice, respectively, leading to Hughes being pulled from the game. With their season on the line, Dawidczik called upon senior and Sacramento State commit Jordan Jacobson to pitch and attempt to keep the game knotted at two.

"Jordan has been our guy for four years. He's played in a section title game in 2019 so he knows what it takes to get the ball in certain tough situations," Dawidczik said. "We just wanted to make sure that if we were going to lose, we were going to lose knowing that we had our next best guy out on the mound."

Jacobson recorded the first out on a fielder's choice, getting the lead runner at third base. The next batter popped out. The third and final out came on an emphatic punchout, as Jacobson got James to strike out swinging, leading to the large crowd of DC fans erupting with excitement as the game headed to extra innings. The Vikings were 90 feet from victory, as they left runners stranded on second and third base.

"Honestly, my mind was blank," Jacobson said. "I had so much adrenaline going through my body. I was just so pumped up I literally had no thoughts in my head. The only thing I was thinking of is just find my spot and throw it as hard as I can. I had no doubt within myself. I had full confidence within myself and my defense."

The "Cardiac" Cougars didn't take long to score in the top of the eighth. After one out, McCord singled to left field and nearly advanced to second base after a Vanden error. In the next at bat, Martinez singled to right field as McCord advanced into scoring position. The Vikings attempted to throw McCord out at third, but the ball went out of play, allowing the runners to advance one base.

Senior outfielder Surreal Haro stepped up to the plate next and hit a double down the left field line to score the pinch runner Tuter and give his team an insurance run with a 4-2 lead.

"I had a lot of adrenaline going, I had to slow it down, so I did our little thing we do and just take a deep breath and slow it down," Haro said. "I knew they were throwing me outside every

time I went up so that's what I had (with) my approach. They threw me an outside fastball (and I) drove it down the line to score that extra run."

Martinez came on to pitch for Jacobson in the bottom half of the inning to close the game, and that's exactly what he did. In the biggest game of the season, Dawidczik relied on three seniors to make or break it on the mound. It's safe to say they made it.

Hughes pitched 6+ innings and allowed five hits, two earned runs, one walk and one stolen base with five strikeouts on 94 pitches. Jacobson earned the win by tossing one inning and allowing one walk with one strikeout. Martinez earned the save by allowing one hit in one inning pitched.

DC was led to the win offensively by its seniors as well. Martinez and McCord were each perfect at the plate, reaching base in all four appearances. Martinez recorded three hits (one double), one run scored, one RBI and one walk. McCord tallied two hits and two runs.

Following all the adversity the team has faced this season, on and off the field, the Cougars were able to rejoice and rush the field. For the first time since 2018 and the second time under Dawidczik, DC is the CIF SJS D3 Champions.

"Me and the other seniors, we've been talking about this day since freshman year," Jacobson said. "For this to finally happen, it's just so surreal. (It) just puts a cherry on top to my high school career going into Sac State so that's huge. Our season, we're 29-5, we had a great season. We battled every game and we competed."


For the fifth time in school history, the Cougars are section champions along with the teams from 1985, 1995, 2013 and 2018. The icing on the cake is that with the win, DC was able to avenge its 9-8 loss to Vanden on March 8 in the third game of the season, which was the Cougars' first loss. DC has also won 16 of its last 17 games and gone 25-2 since beginning the season 4-3 overall.

"I've been talking about this since eighth grade when they won it last," Haro said. "I've been dreaming of this since I came to this school, so it's exciting." ★




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‘A High School Experience Like No Other’

By Shaun Holkko, assistant editor

FAIR OAKS, CA (MPG) - For the first time since 2019, Bella Vista High School held an in-person graduation ceremony on Thursday, June 2 at the school’s football stadium.

The ceremony was held Thursday morning bright and early at 8 a.m. The graduation began with the Bella Vista band playing a tune. Students in the Class of 2022 then began to take the field wearing their black cap and gowns to traditional graduation music played by the Bella Vista band.

Bella Vista Student Body President Kathleen Huynh officially opened the ceremony with a speech.

“High school has been a wild ride, but I believe it taught us all many things,” Huynh said. “To encourage each other, be kind to all, how to overcome a failure and how to enjoy life in the moment. I can certainly say high school felt like the blink of an eye, but this experience was like no other.

“It’s amazing to think that we came on to this campus as nervous freshman and now we are leaving as proud seniors. But remember, life is just beginning. We have so much ahead of us to look forward to and to experience.”

Huynh congratulated the graduates who planned to attend four-year universities, community college, vocational school or were going straight into the workforce for becoming a productive member of society. Huynh then gave a special thank you to her fellow graduates who will be enlisting in the military.

“We then want to thank our teachers who put up with tardies, and attitudes and late work,” Huynh said with a smile.



Six Bella Vista seniors pose for a photo during the Bella Vista graduate parade on Wednesday, June 1 in Fair Oaks. Photo by MaryAnne Povey



Bella Vista seniors stand in the bed of a jungle-themed pickup truck during the Bella Vista graduate parade. Photo by MaryAnne Povey

Huynh closed her speech with a quote from actress Jodie Foster. A female graduate then took the stage and sang “Chasing Pavements” by Adele. The next speaker was Senior Class Vice President Nohemi Vela Guevara.

“I told myself I would not be nervous, but I feel a little nervous right now,” Guevara said with a chuckle. “We had a high school experience very out of the ordinary. We began with a freshman year that united us on the Bella Vista campus. Abruptly, our sophomore year was cut short due to COVID-19. Our junior year was spent at home online. And finally, we came back for senior year but with most of us feeling rusty socially, mentally and physically.

“We quite literally had a high school experience like no other,” Guevara continued. “We spent a year and a half in online school where phrases such as, ‘Can you hear me?’ and ‘Let me share my screen,’ became the norm along with frantically checking to make sure we were muted coming into a zoom room. And not to forget that we lived through various historical events such as the Black Lives Matter movement, the Stop Asian Hate movement and numerous crazy wildfires. We saw the world evolve and together we pushed for change, for our voices to be heard.”

Bella Vista Principal Virgil Kitchen made a speech and invited the select students with outstanding grade point averages to take the stage for recognition. Graduates then individually took the stage and heard their names called for their friends and family in attendance to cheer on.

The ceremony concluded as graduates moved their tassels from the right to left side and tossed their caps into the air. Congratulations to the Class of 2022!

A full stream of the graduation can be found on the Orangevale Live YouTube page. ★

‘Anyone Who Keeps Learning Stays Young’

By Shaun Holkko, assistant editor

ORANGEVALE, CA (MPG) - For the first time since 2019, Casa Roble Fundamental High School held an in-person graduation ceremony on Friday, June 3 at the school’s football stadium.

Graduates were expected to arrive on campus no later than 7 a.m. The ceremony was held Friday morning bright and early and started promptly at 8:35 a.m. As students began to line up in their navy-blue cap and gowns outside the gates surround the Rams’ football field, record messages from various seniors played over the speakers. Faculty wore all gray gowns with white sashes.

The ceremonial graduation music began and the seniors began entering the stadium in groups of four. The graduates walked across the 50-yard-line of the football field to get to their seats. Casa Roble art teacher Mike Jones was the MC for the ceremony and later made a speech after the first two student speakers.

Senior Alex Rojo gave the opening address.

“As we hold this celebration, let us recognize the people, the qualities and values that brought us here today,” Rojo

said. “Our friends and family as well as our teachers were there for us every step of the way. In fact, one of the most memorable aspects of this lovely school is how friendly and supportive our teachers are. Teachers who go above and beyond to help their students succeed, even if it means sacrificing personal time and working after school hours.

“We assume we have finished learning but we do not realize the lifelong process,” Rojo continued. “Our lives of independence and humility have only just now begun. Henry Ford once said, ‘Anyone who stops learning is old, whether at 20 or 80. Anyone who keeps learning stays young.’”

The next student speaker was Ashton Vance.

“As we all sit here today, we had no idea what to expect four years ago,” Vance said. “We all thought we would have that typical high school experience we all heard from (our) parents and saw in movies as children. But unexpectedly, our whole world was hit by the coronavirus, changing our lives in all aspects.”

Vance later spoke about the several historic events that took place in the world over the last four years while her and her fellow graduates were high

school students.

“We have endured not only COVID-19 but also raging protests, one of the most controversial elections in our history, mass shootings, global political issues and problems in other countries,” Vance said. “But in the end, we made it out and are sitting at our graduation that we are so fortunate to be getting. This is cliché to say but everything does happen for a reason as we all faced many hardships this past few years.”

After Jones spoke, he welcomed San Juan Unified School District Board President and Casa alumnus, Dr. Michael McKibbin, to the stage to make brief remarks. SJUSD Superintendent Kent Kern then certified the Class of 2022. Graduates then individually took the stage and heard their names called for their friends and family in attendance to cheer on.

Senior Ryan Payton made the ceremony’s closing speech. Senior Dylan Tinton made the changing of the tassel remarks before graduates moved their tassels from the right to left side and tossed their caps into the air. Congratulations to the Class of 2022!

A full stream of the graduation can be found on the Orangevale Live YouTube page. ★



Casa Roble senior Jack Dexter dons his Rams football jersey and waves an American flag during the Casa Roble graduation parade. Photo courtesy of Heidi Lettau



Casa Roble seniors ride in a boat during the Casa Roble graduation parade. Photo courtesy of Heidi Lettau

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Drought Requires Changes



The new regulation bans irrigating turf at commercial, industrial, and institutional properties, such as grass in front of or next to large industrial or commercial buildings. Photo courtesy of Diana Ivanova | Dreamstime.com

California Water Boards News Release

SACRAMENTO, CA (MPG) - In response to Governor Gavin Newsom's March 28 Executive Order the State Water Resources Control Board adopted an emergency water conservation regulation that will ensure more aggressive conservation by local water agencies across the state.

The new regulation bans irrigating turf at commercial, industrial, and institutional properties, such as grass in front of or next to large industrial or commercial buildings. The ban does not include watering turf that is used for recreation or other community purposes, water used at residences or water to maintain trees. The regulation also requires all urban water suppliers to implement conservation actions under Level 2 of their Water Shortage Contingency Plans.

In March 2022, the state's urban retail water suppliers reported average water use statewide that was nearly 19% greater than in March 2020, lowering the state's cumulative water savings since July 2021 to 3.7%. On May 23, 2022, Governor Newsom convened leaders from the state's largest urban water suppliers imploring them to take more aggressive action to combat drought.

"The severity of this drought requires all Californians to save water in every possible way," said Joaquin Esquivel, chair of the State Water Board. "The regulation compels water systems and local authorities to implement a range of additional critical conservation measures as we enter the hot and dry summer months."

Level 2 water shortage contingency plans are meant to address up to a 20% shortage of water supplies. In addition to implementing Level 2 actions, the regulation requires urban water suppliers to fast-track supply and demand assessments to plan for potential

extended dry conditions.

Level 2 actions often include things such as: Limiting outdoor irrigation to certain days or hours; Increasing patrolling to identify water waste; Enforcing water-use prohibitions; Increasing communication about the importance of water conservation.

Some water suppliers already have imposed strong new restrictions on customers' water use in accordance with their drought management plans. However, about half of the state's 436 water suppliers (both urban water retailers and wholesalers) have not yet activated Level 2, and 36 have not submitted drought plans. The emergency regulation will require suppliers without drought plans to take certain conservation actions, such as conducting outreach to customers about conservation, restricting outdoor irrigation to two days a week and enforcing against wasteful water practices.

The approved regulation will be submitted to the Office of Administrative Law (OAL) for approval, which typically occurs within 10 calendar days. The ban on non-functional turf becomes effective upon OAL approval and the Level 2 requirements for urban water suppliers are proposed to take effect on June 10, 2022.

The regulation will give suppliers new options to reduce water waste if they choose to use them. A violation of the non-functional turf irrigation provision, for example, would be an infraction and subject to a fine of up to \$500.

People who see water waste should report it at savewater.ca.gov.

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

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As Drought Persists, Water Rights on Agenda



By Dan Walters
CALMatters.org

As a third year of drought continues, California officialdom is increasing pressure for more water conservation.

Last week, the state Water Resources Control Board imposed a statewide ban on watering of “non-functional” turf, such as grass around commercial buildings, and directed local water agencies to implement water use restrictions.

“California is facing a drought crisis and every local water agency and Californian needs to step up on conservation efforts,” Gov. Gavin Newsom said in a supportive statement.

Despite the official baloney, last week’s actions were tepid at best, stopping well short of the mandatory reductions that Newsom’s predecessor, Jerry Brown, imposed during a previous drought.

It appears that Newsom, running for re-election, does not want to be the guy who tells Californians they can’t water their lawns as much as they would like. He’d rather leave it to local water officials to crack down.

However, no matter how they are framed, the new directives are highly unlikely to have more than a marginal impact on California’s increasingly dire water shortage for the

simple reason that residential use is a relatively tiny factor in the water equation. California’s largest-in-the-nation agricultural industry is by far the largest user of developed and managed water supplies.

The larger question is whether the state is doing anything to confront the longer-term gap between water supply and water demand as climate change alters precipitation patterns. Conservation will help, particularly more efficient use of agricultural water, but we need more storage, such as the long-delayed Sites Reservoir, to take advantage of wet years.

Newsom’s latest budget proposal claims to make big investments in improving water security, but most of the money would go to small-scale projects that tinker on the margins. It proposes just a half-billion additional dollars for water storage while dumping several billion more dollars into the state’s ill-conceived and ill-managed bullet train project.

If we’re serious about dealing with semi-permanent drought conditions, the most important – and the most controversial – step would be to reconsider how limited supplies are allocated among agriculture, urban users and flows needed to support endangered species such as salmon.

By necessity, such a comprehensive approach – more or less starting with a clean sheet of paper – would require a fresh look at the state’s bewilderingly complex water rights.

Those who hold such rights consider them to be sacrosanct. But drought is so severe that even senior rights

holders are feeling the pinch, as CalMatters writer Rachel Becker details in a recent article on drought’s impacts in the Sacramento Valley.

Reconsideration of water rights seems to be gaining momentum in water policy circles.

A water policy paper issued by the state Senate leadership this month proposes that the state purchase rights from agricultural holders to provide more water for habitat improvement as part of a \$7.5 billion plan “to build a climate resilient water system.”

As the state water board was pushing for more conservation last week, a coalition of Indian tribes and environmental groups demanded that it become more aggressive about enforcing water quality standards in the Sacramento-San Joaquin Delta “and restructure water rights as necessary to implement these standards.”

The demand cites the history of white settlers appropriating water supplies from native peoples in the 19th century and suggests that water rights can be reconfigured under the state constitution’s provision that only “reasonable use” of water is legal.

The water board had been considering such direct action, but put it on hold while the Newsom administration has attempted to forge so-called “voluntary agreements” that would divert more water from agriculture to enhance river flows.

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

Allergies or COVID? Emergency Physicians Explain How to Tell the Difference

Commentary
by Steve Arnoff, ACEP

WASHINGTON, D.C. (MPG) - The springtime sniffles are here, and it can be tricky to determine whether common symptoms are due to COVID-19 or seasonal allergies. The American College of Emergency Physicians (ACEP) offers tips to distinguish between the two and determine when symptoms become an emergency.

“It can be confusing to figure out whether your symptoms are allergies or something worse,” said Gillian Schmitz, MD, FACEP, president of ACEP. “Some symptoms of COVID and allergies overlap, but there are a few clear signs that indicate a COVID infection.”

A quick quiz can help you determine whether you have COVID-19 or seasonal allergies:

Do you have a fever? Seasonal allergies do not typically include a fever. It is possible to get COVID without a fever. But, when the body temperature is unusually high, it’s often a sign of illness rather than allergy.

Do you typically have allergies? It’s understandable to be concerned about COVID, but if the season reliably brings familiar symptoms like an itchy or runny nose, sneezing, or watery eyes, it’s likely allergies flaring up again. COVID symptoms can overlap but often include additional signs of concern. The duration of symptoms is important, too. COVID symptoms last about a week but could have longer-term effects, while allergies tend to stick around for months.

Are your symptoms more than coughing or sneezing? Some of the

most common COVID symptoms are consistent with allergies or a cold and can include a sore throat or runny nose. A likely sign of COVID is the addition of one or more symptoms, including body aches, fatigue, nausea, stomach problems or diarrhea, or loss of taste or smell.

People with COVID may feel short of breath or have difficulty breathing, but seasonal allergies don’t usually cause breathing issues unless there’s an underlying respiratory condition, such as asthma, according to the Centers for Disease Control and Prevention (CDC).

Are you taking avoidable risks? Even without symptoms, it is helpful to continue to wear a mask, social distance, and get vaccinated to decrease the chances of getting sick and slow the spread of COVID.

Stay home if you are sick, whether it is with COVID or another illness and contact a primary care physician when symptoms are mild to discuss treatment options. It is time to visit the closest emergency department or call 911 for any medical emergency, such as trouble breathing or shortness of breath, when illness become severe, or there is a high risk of illness or complications due to age or preexisting conditions.

To stay safe, visit a testing site or take an at-home COVID test when symptoms start. Free at-home tests are available to order from the government on COVID.gov or they can be purchased at retailers or pharmacies.

“We should all continue to take every precaution to prevent the spread of COVID,” said Dr. Schmitz. “The best way to clear up doubt is to get tested for COVID when worrisome symptoms appear.” ★

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By Marlys Johnsen Norris,
Christian Author

You are Worthy!

of being alone in this world. God understands completely because He felt much the same before He made the decision and created mankind and all things. God created mankind to have an intimate personal relationship with us. When a person accepts the ways of God and seeks His divine will for their life, God provides an “abundant life” all of their years on this planet.

God is not just one big God, He is much more. You are a person, with a name given to you, by your parents. Yet possibly today you are called other names as well. Like Father or Mother, Daughter or Son, Sister or Brother, Friend and possibly even some kind of professional name! God also is called many names in the Holy Bible.

God’s most significant

and important names are: Creator/Father, Holy Spirit/Teacher/ and Son/Jesus Christ. Just like you, each part of Him plays a significant role in all our lives to teach us about His love, His laws, His guidance, His powers, His inspiration, His direction, His Divine will for all our lives to become His child and have our Names scribed in His “Lambs Book of Life” when we accept His Divine provision! It happened when His beloved Son, Jesus Christ died for us on a Cross and shed every ounce of His blood to save believers from all our sins.

Marlys Johnsen Norris
Christian Author
of 7 Books
ARM Columnist
since 2006
Marlysjn@gmail.com ★

Fallen Soldiers Recalled

Continued from page 1

and are no longer in active service. More than 300 cookies were provided by various community organizations for refreshments following the service.

Every year millions of red crepe poppies – all handmade by veterans at VA hospitals as part of their therapeutic rehabilitation – are distributed across the country for donations. Funds raised go to assist disabled and hospitalized veterans, active duty servicemembers and their families. The veterans are

paid for each poppy. American Legion Auxiliary 383 set up a Poppy Table at the cemetery where they distributed the paper poppies and educated those stopping by on the history and importance of the project.

The Fair Oaks Cemetery was founded on October 21, 1902, on ½ acre of land. The cemetery facilities now cover 12 acres. Approximately 200 burials is performed each year. About a dozen of the veterans buried served in the Civil War. ★



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Judy Andrews. Photo courtesy of Chrysti Tovani

Summer Fun in Fair Oaks

By Judy Andrews,
Fair Oaks Chamber of Commerce

FAIR OAKS, CA (MPG) - Looking for fun things to do this summer? There's plenty to do right here in Fair Oaks! Take a look at these new and returning events and be sure to mark your calendar.

Concerts in the Park June 23, July 28, Aug. 25

Concerts in the Park are back for three dates! Shows will be held from 8-10 PM at the Fair Oaks Park Softball Field located at 11549 Fair Oaks Blvd. (near Madison Ave). This event is free for the whole family. For more information on band line-up and park rules, visit FairOaksChamber.com.

Comedy Under the Stars June 24, July 29, Aug. 26

The Fair Oaks Recreation and Park District has teamed up with Laughs Unlimited for three nights of comedy at Fair Oaks Park, 11549 Fair Oaks Blvd. Tickets are \$15 per person (adults 18+ only) and must be purchased in advance. Food trucks and wine/beer will be available onsite for an additional charge. For more information and to purchase tickets, visit FairOaksChamber.com.

Fair Oaks Village Progressive Dinners July 6, Aug. 3

Support your favorite Fair Oaks Village restaurants and come have some fun with your friends and neighbors as you enjoy a cocktail, an appetizer, main course, and dessert at a different restaurant each evening. For more information and to purchase tickets, visit FairOaksChamber.com.

Food Truck Mania & Classic Car Show July 7, August 4

Don't miss the final two nights of this popular family-fun event happening from 5-8 p.m. at Fair Oaks Park, 11549 Fair Oaks Blvd. Grab some delicious food for purchase while enjoying a classic car show.

Fair Oaks Farmers Market Tuesdays

Support your local farmers and craft vendors at the Fair Oaks Farmers Market going on every Tuesday (through July 19) from 8 a.m. to 1 p.m. at Fair Oaks Park, 11549 Fair Oaks Blvd. It's a great place to meet local farmers while shopping for fresh seasonal fruits and vegetables, as well as many other fresh food items and baked goods.

For more information on these events and others, and how you can become a chamber member, please visit FairOaksChamber.com. ★

See you in Fair Oaks!

51st Annual Optimist High School Baseball All-Star Games on Sunday

Optimist Sacramento
News Release

SACRAMENTO, CA (MPG) - The 51st Annual Optimist High School Baseball All Star games are set for Sunday, June 12, 2022.

The games will be held at Army Depot Park, 8411 Okinawa Street, Sacramento, CA 95828. Game 1 (Small Schools Teams) will start at 4:00p.m. Game 2 (Large Schools Teams) will start at 5:00p.m. General admission is \$10.00; Seniors (65+) \$8.00; Students \$5.00; kids under 12 \$3.00; and kids under 5 are free.

The North Small Schools Team is coached by Jeff Wise from Center High School, and assisted by Dave Watson from Western Sierra Collegiate Academy, Matt Johanson, Tanner Wise, and Mike Manrique from Center High School. Some notable players on the team include outfielder Joey Gauldin, pitcher Roman James, third baseman/pitcher Jace Jones and first baseman Aidan Nielsen from Casa Roble. Other players include center fielder Jaxon Finley, right fielder Matthew Haggard, second baseman Elijah Marin and shortstop Cole Tyler from Marysville.

The South Small Schools Team is coached by Jason Adversalo from Liberty Ranch High School and assisted by Dean Kunze from Liberty Ranch High School. Some notable players on the team include pitchers Troy Combs and Matthew Jernigan from Cordova and Cade Jacobson from Dixon.

The North Large Schools Team is coached Pat Esposito from Granite

Bay High School, and assisted by Jim Barr, Joe Swope, Tom Gallagher, Doug Herrenschmidt, Mike Musolino, and Brian Boyan from Granite Bay High School. Some notable players on the team include second baseman/pitcher Hayden Hughes and left fielder/pitcher Jordan Jacobson from Del Campo, shortstop Brandon Forrester and catcher Andrew Sloan from Jesuit, El Camino center fielder David Henry, Rio Americano catcher Jake Marr and Yuba City third baseman Matt Hernandez.

The South Large Schools Team is coached by Michael DeNecochea from CK McClatchy High School, and assisted by Briant Flint, Randy Davis, and Bob Crowl from CK McClatchy High School. A notable player on the team is River City utility player Alfredo Rodriguez who is coached by Robert Martinez.

At this time, we must be prepared for new COVID guidelines so spectators are asked to bring their masks and follow other public health guidelines if mandated.

These Optimist All Star games provide the top Senior athletes of Sacramento and Greater Sacramento the venue to showcase their skills and prowess. Their selection is to honor them and their schools, and reflects the culmination of their hard work, diligence, and excellence in this sport and school, as well as their coach's commitment towards their player's endeavors. The proceeds from this event will solely be used for youth programs and projects in the Sacramento and Greater Sacramento Areas. ★

National Study of Pregnant Women Finds Increase in Chemical Exposure

UC Davis Health
News Release

SACRAMENTO, CA (MPG) - A national 12-year study that enrolled a highly diverse group of pregnant women, including women in the Sacramento region, found rising exposure to chemicals from plastics and pesticides that may be harmful to development.

"This is the first time we've been able to measure the amounts of chemicals in such a large and diverse group of pregnant women – not just identify chemicals," said Tracey J. Woodruff, senior author of the paper. Woodruff is a professor and director of the UC San Francisco Program on Reproductive Health and the Environment and co-director of the UCSF EaRTH Center.

The results of the study, which included co-authors from UC Davis Health, were published May 10, 2022, in *Environmental Science & Technology*.

Prenatal exposure to industrial chemicals can come from air, food, water, plastics, and other industrial and consumer products. Although these chemicals could be harmful to pregnancy and child development, few of these chemicals are routinely monitored in people.

All Participants had Chemical Exposure

To determine exposure, researchers measured 103 chemicals, mostly from pesticides, plastics, and "replacement chemicals," new forms of chemicals that were banned or phased out, like bisphenol A (BPA) and phthalates. Certain phthalates have been identified as neurotoxic chemicals that can harm child brain development and increase children's risks for learning, attention, and behavioral disorders.

All participants had chemical exposure, and several compounds were detected in all 171 participants. More than 80% of the chemicals were found in at least one of the women in the study, and more than a third of the chemicals were found in a majority of the participants. The study also found that some of these chemicals were present in higher amounts than seen in earlier studies.

The multi-institutional study included 171 women from California, Georgia, Illinois, New Hampshire, New York, and Puerto Rico who are part of the National Institutes of Health Environmental Influences on Child Health Outcomes program. About one-third (34%) were white, 40% were Latina, 20% were Black, and the remaining 6% were from other or multiple groups.

Latinas had Higher Levels of Exposure

The study found higher exposures for non-white women, those with lower educational attainment, or who were single or had been exposed to tobacco. Latinas had especially high levels of parabens, which are used as preservatives, as well as phthalates and bisphenols, which are used in plastics.

"While pesticides and replacement chemicals were prevalent in all women, we were surprised to find that Latinas had substantially higher levels of parabens, phthalates and bisphenols," said Jessie Buckley, associate professor of environmental health and engineering, as well as of epidemiology, at Johns Hopkins Bloomberg School of Public Health and first author of the study.



A group of pregnant women, including women in the Sacramento region, found rising exposure to chemicals from plastics and pesticides that may be harmful to development. Photo courtesy of Image by r P from Pixabay

"This could be the result of higher exposures to products with chemicals, such as processed foods or personal care products," Buckley said. "Our findings make clear that the number and scope of chemicals in pregnant women are increasing during a very vulnerable time of development for both the pregnant person and the fetus."

Many of the chemicals the women had been exposed to were replacement chemicals, which may turn out to be just as harmful as the ones they replaced. The study also found many women had been exposed to neonicotinoids, a widely used insecticide that is toxic to bees.

"Exposure to chemicals in the environment is inevitable because they are used widely. We know some of the chemicals cause harm, but for some of the ones being measured for the first time, all we can say with certainty is that exposure to these compounds is occurring. More work needs to be done to determine potential risks," explained Deborah Bennett, a co-author of the study. Bennett is a professor of environmental health in the UC Davis School of Medicine Department of Public Health Sciences. She helped identify which chemicals to track.

"Exposures are generally low, so pregnant moms should continue to live their lives and not be too concerned," Bennett said. According to Bennett, there are steps people can take to help limit chemical exposures.

"Cook at home using fresh or frozen ingredients – rather than processed or packaged foods – when possible," Bennett said. She also recommends avoiding pesticides and controlling household pests without chemicals. "People can also learn which personal care products have fewer harmful chemicals by checking with organizations such as the Environmental Working Group."

Many of the children in this study will be followed as part of the Environmental Influences on NIH Child Health Outcomes (ECHO) program study.

Bennett is leading a separate study funded by the Environmental Protection Agency that is looking at children's exposure to chemicals in household dust. Bennett and her team will track more than 80 chemicals in dust collected from participating homes, including many plasticizers, flame retardants and environmental phenols. ★

Capitol Democrats Again Reject Lower Gas Prices

Assembly Republicans
News Release

SACRAMENTO, CA (MPG) - On May 25, 2022, Assembly Republicans gathered in front of a local gas station ahead of a pivotal vote to suspend the gas tax. For the third time this year, Democrats struck down any efforts to lower gas prices as they continue to escalate. Ahead of Memorial Day weekend travel, Republicans wanted to put forward a bipartisan solution that would have passed on savings to consumers at the pump, though Democrats continued to play party politics and were not in favor of hearing this legislation on the floor.

Assembly Republican Leader James Gallagher (R-Yuba City) was joined by colleagues Assemblyman Kevin Kiley (R-Rocklin), Assemblywoman Laurie Davies (R-Laguna Niguel), Assemblyman Steven Choi (R-Irvine), and Assemblyman Thurston Smith (R-Apple Valley) in front of a Sacramento gas station to discuss bipartisan proposal AB 2547 ahead of a vote on the Assembly floor that took place this morning. This legislation would have suspended the gas tax for one year and require that all revenue generated by the tax be passed on directly to the consumer.

Assembly Members of the Republican Caucus released the following statements:

"This morning we are here to talk about the gas prices and much-needed relief California families need. As Republicans, we have been pushing for a gas tax suspension since the beginning, when we introduced a bill in January and pushed for a vote and brought a vote to the floor... we need to provide this relief. People have waited far too long... we are now on day 77 of the Governor promising to provide gas tax relief. The good news is, there's been a bipartisan measure that's been introduced, AB 2457, which has both Democrats and Republicans who have signed on. We are going to bring it to the floor and vote on it now. We are not going to wait any longer." -Assembly

Republican Leader James Gallagher
"Yesterday, Joe Biden celebrated high gas prices as we make our 'incredible transition'. Apparently, it's more incredible here in California than anywhere else as our gas prices climb to astronomic levels... our caucus is fighting to reverse the tide. We are fighting to make sure people can stay and build a career, raise a family, and retire. We are ready to meet our colleagues on the other side of the aisle when they are ready to work on real solutions. That starts today, this morning, when we will give them another chance to vote on suspending the gas tax." -Assemblyman Kevin Kiley

"When Republicans first proposed suspending the gas tax on January 12, gas prices were just \$4.58 on average in California according to AAA... if you tally up how much Californians would have saved since then if we had enacted the gas tax suspension, that number comes to about \$2,400 dollars per person. If you are looking at a family, that number nearly doubles. That's a far cry from the small checks the Governor has been proposing to send. Californians deserve better. In some parts of the state, gas is nearly \$8 a gallon. That is unacceptable and unsustainable for our communities... enough is enough." -Assemblywoman Laurie Davies

"Legislative Democrats continue to delay while Californians struggle to pay. Why hide behind process, deadlines, and blame, when we can take action today by using a small portion of the Governor's nearly 100 billion dollars of budget surplus to temporarily suspend the gas tax and lower gas prices by over 50 cents immediately? How many more gas price records does California have to break before Legislative Democrats take action? How much longer can we ask hard-working families to choose between filling up their gas tank or buying groceries? I emphatically urge the Legislature to suspend the gas tax and give these families a 50 cent break now. Today is the time to pass AB 2457." - Assemblyman Steven Choi, Ph.D. ★

Sac County Introduces Social Host Ordinance

Continued from page 1

River Parkway, and any aiding and abetting the discharge of illegal fireworks.

How to identify legal and illegal fireworks:

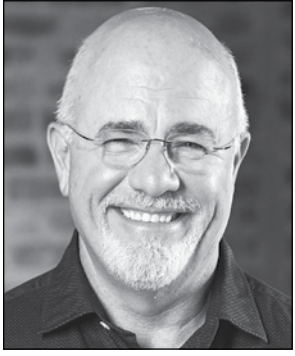
All legal fireworks are called Safe and Sane; All legal fireworks bear the state fire marshal's seal; Anything that goes up in the air, travels or explodes is illegal and dangerous.

Residents should report illegal fireworks

sales and usage at the following phone numbers/emails:

Unincorporated County: 916-874-5115 or reportfireworks@saccounty.net
Sacramento: 916-808-FIRE Rancho Cordova: 916-362-5115 Citrus Heights: 916-727-5500

Aren't sure who or how to report? Call 3-1-1 to be connected to the right place. ★



Dave Ramsey Says

What Do You Want To Do?

Dear Dave,

My husband and I are in our mid-twenties, and we are expecting our first baby this year. We are also debt-free, except for our mortgage, and we expect to have it paid off in about four years. It has always been our dream for me to stay home with our kids, and maybe even homeschool them, when the time was right. My husband makes more than enough for us to live on, so we have always put the paychecks from my human resources job toward paying off the house. What do you think, Dave? I kind of hate to give up the income, but I want to do what is best for my family.

— Ann

Dear Ann,

First, congratulations on expecting a new baby! I know it's an exciting time in your lives. It sounds like you two have been killing it financially as well. You've both worked hard

to set yourselves up for a great future.

Honestly, there's no wrong answer here. Under the circumstances, the big question is what do you want to do? Of course, the final decision should be made by you and your husband together, but you're doing the smart thing by analyzing the trade-off. By that, I mean comparing the ideas of continuing to bring extra cash to the household or being at home with your baby.

If you love your job and want to continue those duties full-time, it doesn't make you a bad mom. It just makes you a working mom. But if you're in a season of life where you don't need a career income or workplace identity to be fulfilled, or if you just want to be home with your child, that's a really cool thing, too. And hey, if you like your job, there's no reason you couldn't perform some HR functions from home on a contract basis, like 20 to 25 hours a week while the little one's napping, with minimal strain on motherhood.

Even if you quit today and it takes a couple more years for you guys to pay off your house, so what? It's still not a bad choice. The bad thing

is, lots of ladies end up with mom-guilt no matter what they do. They feel guilty if they're not staying home with the little one, and they feel guilty if they aren't generating an income. Society wants you to be everything, and when you choose to be one or the other, it doesn't know what to do with you — and lots of times becomes really judgey.

You're blessed to be in a unique financial situation, Ann. So, do what you and your husband feel in your hearts is best for you and your family. Sit down together and talk about it, then make a plan and don't worry about what the world thinks. God bless you guys!

— 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. ★



Round 2: Sacramento County Microbusiness Grant Program

Sacramento County Microbusiness Grant Program is here to help supply funding to our local microbusinesses throughout Sacramento County to aid in the recovery from the effects of the COVID-19 pandemic to the microbusiness community. The program will provide grants up to \$2,500 to small businesses who qualify.

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- ☑ Made less than \$50,000 in gross revenues in 2019
- ☑ More eligibility criteria at sac4micro.org/eligibility.

Application Deadline

June 14, 2022 at 5pm PST

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CLUES

ACROSS

- Fountain treat
- Pharaoh's cobra
- "...the Woods," movie
- Gulf V.I.P.
- Native American tent
- Rapper Dogg
- Hindu princess
- *Used to alert when driving
- "...me, then who?"
- *Corvette, e.g.
- Cambodian money
- *Like Stephen King's Christine
- "Some Nights" (2012) band
- *Aston follower
- State legislature's home
- 7th letter of Greek alphabet
- *What I used to step on the gas
- Lowest brass
- Salon offerings
- Exclamation of surprise
- Fathered
- Do like phoenix
- Underarm
- The Jackson 5's "___ Be There"
- 3 or 6 in 3+6-9
- Knit cap
- Shed tears
- Winter Olympics participant
- Embarkation location
- *Earth traveler (2 words)
- 2-time NBA Champion Rajon
- Double-read instrument
- Muscovite or biotite
- Lopsided
- Undesirable dwelling
- Causing pain
- Like certain military tent
- Between "ready" and "go"
- #63 Across, pl.

DOWN

- J. Lo's ex
- Wet nurse
- *Don't cross it when driving
- Hot dish stand
- Garlicky mayonnaise
- Shopping ___
- Pub offering
- *Car name that sounds like "unending" synonym
- Opposite of all
- Hammer or sickle
- Choose or select
- Like a rosebush
- Maple goo, alt. sp.
- French city, popular coronation location
- Like a certain Tuesday
- First "M" in MGM
- Awkward
- Turn toddler into an adult
- Chicken house
- Home of famous shroud
- Obelus, pl.
- Soup server
- *Car company founded by a Henry
- Unit of electrical resistance
- *German luxury car
- *Driving maneuver
- Take your pick
- In the same place, in a footnote
- Cupid's ammo
- Smells
- Expensive fur
- Type of whip
- Do like a model
- Squid's defense, pl.
- Death, to some
- Kamala Harris, e.g.
- Not counterfeited
- Dose of sunshine, pl.
- *Car name that also means Aries

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County's Response to Homelessness

Continued from page 1

annual goal of rehousing 180 people who previously lived on the Parkway.

Mental Health Services Act (MHSA) Housing Program adding 60 units that provide a continuum of interventions including homelessness prevention, flexible housing funds, rapid rehousing, and permanent supportive housing for persons experiencing both homelessness and mental health issues. These units are on top of a recent \$27.3 million in No Place Like Home (NPLH) funding to build/renovate 137 additional dedicated apartments. Another \$9.5 million in NPLH funding is currently under State review to build an additional 37 dedicated apartments.

Additionally, working with our partners in all our cities is crucial to address the issue. Sacramento County and the City of Sacramento in particular must remain focused on addressing issues together, taking into account our responsibility to constituents, stakeholders and our homeless neighbors.

The County and City of Sacramento have collaborated for the past several years to identify and pursue opportunities to partner on projects that will serve the homeless population in the most efficient and effective way possible. While there are many good ideas to address the immediate and long-term needs around homelessness, not every project is feasible.

For example, the City and County were recently exploring a large site to potentially purchase and renovate as shelter with on-site wrap around services for people experiencing homelessness. After careful consideration, the County decided

not to pursue the project for multiple reasons, including the cost of the real estate, the limitations imposed by the property owner that would interfere with provision of critical services and the relatively small number of people who would be served for such a large investment. The County has multiple sheltering projects under consideration for a similar or lesser amount of funding that will serve greater numbers of people over the long term and result in permanent exits from homelessness.

Critical to our success is the ability to partner with the City of Sacramento – and the other six cities in our jurisdiction – but also weighing the benefits and drawbacks of every dollar spent with the end goal of reaching every person experiencing homelessness. The County is ready to support projects and programs that are aligned with evidence-based approaches to addressing homelessness.

Sacramento is facing an unprecedented crisis of homelessness in our community. This crisis cannot be pinpointed to one specific cause, rather a myriad of complicated issues including a housing affordability gap, the impacts of COVID-19 and the overwhelming need for mental health and drug and alcohol rehabilitation services.

The Point-in-Time count results will likely show a significant increase in unhoused residents in Sacramento County. Now more than ever, the County and cities can work side by side to address this crisis. Together we are stronger, more effective and more capable of success.

For more information on the County's response to homelessness, visit our website. ★

California Expands Infant Formula Options for WIC Families

CDPH Press Release

SACRAMENTO, CA (MPG) -

To further support California families while supplies of infant formula remain limited, the California Department of Public Health (CDPH) is adding a new flexibility by expanding purchasing options for the WIC (Women, Infants and Children) program. Effective immediately, families with WIC benefits have eight additional formulas, and a total of 13 options, they can purchase for their infants.

WIC families can find the latest updates at MyFamily.WIC.ca.gov or the California WIC App and should contact their local WIC office with questions on how these options work for infants. General information on the infant formula shortage is available at cdph.ca.gov/formula.

"We are quickly doing what we can to provide our WIC families with as many infant formula options as possible during this challenging time," said CDPH Director and State Public Health Officer Dr. Tomás J. Aragón. "In the coming days we will also add more formulas to this list."



Many California families are feeling the effects of the formula shortage. Safe formula preparation is vital to ensure infant safety. Photo courtesy by Ben Kerckx from Pixabay

The state's action temporarily expands the existing (WIC) authorized product list to include additional infant formula options. These newer options will be removed once infant formulas are widely available again.

Safety Information for Families in Need of Formula
Many California families are feeling the effects of the formula shortage. Safe formula preparation is vital to ensure infant safety.

Non-WIC parents and caregivers who face a shortage should call their health care providers first to help them navigate infant formula options when supplies are scarce. Parents and caregivers are advised to NOT dilute formula or use homemade recipes for substitution as this can seriously harm a baby's health. Babies usually tolerate alternative formula products except in the case of special therapeutic formula, and that's why it's important to consult with your healthcare provider first to get help or to discuss alternatives. Visit cdph.ca.gov/formula for more information. ★

Local Classified

Announcement

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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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LEGAL ADS FOR SACRAMENTO COUNTY?

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We Support Our Military

Stay Comfortable and Save Money

SMUD News Release

SACRAMENTO, CA (MPG) - As the mercury rises in Sacramento, residents are seeking ways to stay comfortable in their homes without breaking their budget. While SMUD customers enjoy some of the lowest rates in California, air conditioning needs can drive customer usage and bills during these hot summer months, so SMUD is offering tips on how to stay comfortable in your home while also saving money.

Summer rates start June 1, but it's easy to keep energy use in check without giving up cooling comfort. One of the easiest ways to save is to pay attention to when you are using energy. Energy rates are cheapest during off-peak hours before 5 p.m. and after 8 p.m. That means customers can save by minimizing energy use during the week between 5 p.m. to 8 p.m.

Another easy step is to prevent your home from heating up, which can reduce immediate cooling costs and help save on long-term costs from wear and tear on cooling equipment. SMUD has also

partnered with the Sacramento Tree Foundation to provide free trees to shade and cool your home.

SMUD has more energy-saving solutions on its website and offers additional tips to save:

- In the summer, use fans and close blinds on windows that get direct sun.
- Swap out light bulbs for LEDs.
- Change your air filter and clean your HVAC unit.
- Use a programmable/smart thermostat to help control HVAC use.
- For every 2 degrees that you turn up your thermostat, you can save 5-10 percent on cooling costs.
- Avoid using multiple large appliances at the same time, especially during peak hours.
- On hot days BBQ outside or use small cooking appliances like crock pots and microwaves to help keep your house cool.
- Customers can also get customized tips, manage their bills and set up alerts on the website. ★



Letter to Dad

It's hard to believe you left us so long ago Dad. But I can tell you that I still think of you more in my actions than in words. You taught me so much about strength of character and dedication to what you believe in, and following through to the end if you make a commitment. That came from your strength as you came across on a steamer from Romania because you wanted to be an American...at only 14 years old. You were born in America, but your parents returned to Romania, and at 14, you had to make a decision to stay in Romania or come to the America where you were born. I'm so glad you chose the latter. But how difficult it must have been to be a kid alone in a new land. That never deterred you as you lied about your age, got a job and never looked back. From training to be a furrier, you worked for MGM in Hollywood designing fur coats for the stars to becoming a full-fledged Ironworker. From your influence I have never said I can't. It was always just show me how.

I am so grateful for your devotion to family because you had to make it on your own. You did all you could to be with us for every event we had. When Johnny (my brother) and I would perform together you were always there. You would record our performances with a smile that would light up the room with pride. When you had a terrible accident and were in the hospital, they could not keep you from driving me to the state championships to compete in song, playing violin and drama. It was in a blinding snow storm and I know it must have been so painful and against all doctors orders. But that was you dear Dad.

Did we always agree? Nope! We had our differences, but to this day, I remember it was like you were arguing with your mirror image. We were so much alike. I valued your opinion and still remember when you sat Rick and I down when we got engaged and asked us if we liked each other. I was startled because we LOVED each other. But you was so right that if you want a long and happy marriage, you



Above: Dad in Hollywood when he worked for MGM. Below: Later years but still going strong. Photos courtesy Mary Jane Popp



need to love and like each other. After 52 years, Rick and I realize how important that question was. There is so much we have had to face from Rick's deployment to Vietnam to times of serious illness and so much more, and it meant the world to know we cared enough to make it through the good and the bad times. You had a temper, and it was in my DNA, but I also learned not to hold grudges (for the most part) and move on with my life. To say I miss you would be putting it mildly. Thank you for all you taught me with love. I will always love you Dad! ★

HAPPY FATHER'S DAY!!!

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Sutter Health Park

Ask Toni

What Are 'Patient Rights' for Original Medicare?



Toni King

Toni

I need your help regarding my husband's parents who are in their late 80s. My mother-in-law has been sick for the past 3 years and my father-in-law has been her caretaker.

He now has health issues and was just released from the hospital. Now he cannot be her caregiver.

They do not have a Long-Term Care plan and discussing having live-in help or living in an Assisted Living facility is out of the question. Their big worry is that they will outlive their retirement money and be unable to provide for themselves.

Our major concern is that we know they cannot properly take care of themselves, and the family is concerned that something serious can happen with them living on their own.

What rights does one on Medicare have with choosing their care at home and what will Medicare pay for?

~ Sandy in Phoenix, AZ

Hi Sandy:

Do not feel like you are alone because many baby-boomers are experiencing just what you are facing. Elderly parents can be quite trying because they do not want to lose their independence but cannot care of themselves. Many in this age bracket do not have a Long-Term Care Policy and are very conservative when it comes to spending extra money.

I have experienced the same type of issue with my own mother and other elderly relatives. We talked with a home health agency who explained how to maximize our elderly family members Medicare dollars with home healthcare benefits. There is not a co-pay or deductible for home healthcare. "Original" Medicare will pay 100% for any medical services provided by a home healthcare agency.

Those on "Original" Medicare not Medicare Advantage plans have "Patient's Rights" with the "right" to choose which home healthcare agency to use. Those who are enrolled in a Medicare Advantage plan must use network providers and may be limited to how much

home healthcare one can receive. Be sure which way your elderly family members are receiving their Medicare benefits.

To receive home health care services from Original Medicare:

1. There must be a medical need to receive home health services.
2. The Doctor must order the home healthcare services.
3. You must need intermittent skilled nursing care, physical, speech or occupational therapy. Medicare must certify the home health agency.
4. You must be homebound. Homebound means that leaving home takes considerable and taxing effort. Someone can be homebound and still go to the beauty shop or go to church.

Once these conditions above are met, Original Medicare will cover the types of care listed below:

- Skilled nursing care which can only be performed by a licensed caregiver.
- Home health aide that can assist in bathing, dressing and other personal care that must be part of the health care for the illness or injury.
- Physical, speech or occupational therapy can be ordered.
- Durable medical equipment such as wheelchair, walker, crutches, hospital bed.

Remember that Home Healthcare is limited to how much time is spent at home and does not help with taking care of the elderly once the medical need is taken care of.

Home Healthcare is a Medicare option to help when one needs medical help at home, limited in care and paid by Medicare. "At home care" is not a Medicare option and is paid for with personal dollars not Medicare dollars and can help to build a Long-Term Care needs plan which can be a few hours a day, 8-10 hours a day or 24-hour care per day. Email info@tonisays.com or call 832/519-8664 with your Medicare questions.

Toni King, author of the 2022 Medicare Survival Guide® Advanced edition is giving a \$5 discount on the Medicare Survival Guide® Advanced book at www.tonisays.com. ★

WEEKLY COMICS

Amber Waves

by Dave T. Phipps

WELL, NO BITES SO FAR, BUT NO WORRIES...
A TRUE FISHERMAN HAS PLENTY OF PATIENCE.
SO WHY DON'T YOU EVER GO ANTIQUING WITH MOM?
WELL... BECAUSE I'M A FISHERMAN, NOT A SAINT.

The Spats

by Jeff Pickering

JEFFY, I ONCE GAVE UP MY SEAT ON THE BUS TO A BLIND PERSON.
THAT'S HOW HE LOST HIS JOB AS A BUS DRIVER.

Out on a Limb

by Gary Kopervas

ALTERNATE NAMES FOR POPULAR TV SHOWS
BETTER CALL SAUL...
BETTER TEXT TYRESSE...
BETTER FAX TEX...
BETTER PING STINGS...
BETTER DM DENNIS...
PLEASE DON'T

THEY'LL DO IT EVERY TIME

BY AL SCADUTO

SIGNS OF GETTING OLD...
DOG SAID I SHOULD WALK A BIT... I THINK I'LL GO TO THE SUPERMARKET WITH MOM TODAY...
THAT'D BE GOOD! BUT YOU TAKE THE CART, DADDY--YOU CAN LEAN ON IT...
GUESS WHO SPENT THE WHOLE DAY PREPARING THE BUFFET FOR HER PARTY--AND... WHAT'S SHE ALWAYS SAY?
LOVELY FOOD, LULA...
THE VERY BEST I'VE EVER TASTED...
REALLY? I JUST THREW IT TOGETHER IN A HURRY...
THANK YOU...
YU-UMM! THIS MEATLOAF IS MAH-VELOUS! IT'S EVEN BETTER THAN YOURS, CATASTRA-- YOU OUGHTA GET HER RECIPE FOR THIS--IT'S REALLY U-UM GO-O-O-O...
OH-- THANK YOU...
THE URGE TO BASTE AND SCORCH HIS HIDE!

R.E.D.

by Mike Marland

I'M TRYIN' TO DECIDE IF I WANNA GET SOME CHICKENS.
YOU COULD BORROW A FEW OF MINE... USE 'EM AS A TRIAL RUN TO SEE IF IT'S REALLY SOMETHING YOU WANNA DO, TINKER.
OH, I'M ALREADY DOIN' THAT, SIM.
WOW, UM... OKAY, BUT WOULDN'T YOU RATHER TRY IT WITH REAL CHICKENS INSTEAD' A THESE RUBBER ONES.

Grounds for You-Know-What

by Shirley A. Walker

DINNER AT DAUGHTER-IN-LAW'S AND DAD HAS THIS TO SAY ABOUT HER COOKING...
YU-UMM! THIS MEATLOAF IS MAH-VELOUS! IT'S EVEN BETTER THAN YOURS, CATASTRA-- YOU OUGHTA GET HER RECIPE FOR THIS--IT'S REALLY U-UM GO-O-O-O...
OH-- THANK YOU...
THE URGE TO BASTE AND SCORCH HIS HIDE!

GRIN and BEAR IT

"It didn't get along with its previous owner, but I think it likes you."

LAFF-A-DAY

"I'm confused — what are we fighting now, inflation or recession?"

Just Like Cats & Dogs

by Dave T. Phipps

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HOCUS-FOCUS

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Casa Roble Loses Nailbiter to Dixon in Playoffs Quarterfinals

By Shaun Holkko, sports editor

DIXON, CA (MPG) - The 2022 Casa Roble High School varsity softball season came to an end on May 19 with a 6-5 loss at Dixon in the quarterfinals of the CIF Sac-Joaquin Section Division IV Softball Playoffs.

The No. 8 seeded Rams (14-11, 6-4 Golden Empire League) emphatically won their first round matchup at home, defeating No. 9 Sonora (17-11-1, 11-4 Mother Lode League) by a score of 11-1. Casa Roble scored two runs in the first and third innings, respectively, then dropped the hammer in the bottom of the fifth inning, scoring seven runs to end the game.

Sonora scored its only run of the game in the top of the fifth inning, only to be answered with seven Rams' runs. The Rams were victorious 11-1 and the game concluded after five innings due to the 10-run mercy rule. Casa Roble had 14 total hits as seven out of nine batters in the starting lineup recorded at least one hit. Seven out of nine batters also had at least one RBI.

Juniors, third baseman Tabitha Olsen and catcher Savannah Hanes, tallied two RBI each. Hanes and

freshman outfielder Jayla Stuart tied for the game-high in hits with three each. Sophomore pitcher Elise Bous earned the win on the mound for the Rams. Bous pitched five innings and allowed four hits, one unearned run and one walk with one strikeout on 77 pitches.

Dixon earned a first round bye as the No. 1 seed in the postseason tournament. Dixon's first playoff game was against a familiar foe, the Casa Roble Rams. The Rams from Dixon and Casa Roble clashed twice in the regular season during Golden Empire League play. Dixon was victorious in both matchups, winning 10-0 in six innings on April 7 in Dixon and 6-1 on May 10 in Orangevale, spoiling Casa Roble's senior night.

Dixon may have dominated the two regular season meetings against Casa Roble, however, that was not the case in the playoffs. Casa Roble scored more runs in the top of the first inning than the Rams had in the previous two games combined, plating three. Dixon responded with one run in the bottom half of the inning and one in the second to cut the Casa Roble lead to one at 3-2.

Casa Roble scored one



Casa Roble sophomore outfielder Sophia Newcomb (6) and her teammates exchange high-fives with their opponents after the Rams lost to Dixon 6-5 in the quarterfinals of the CIF Sac-Joaquin Section Division IV Softball Playoffs on May 19 in Dixon. Photo courtesy of Wendi Hendershot

run in the fourth inning to increase its lead to two. Then in the bottom of the fifth, Dixon scored three runs to take its first lead of the game at 5-4, a lead that Casa Roble never got back. Casa Roble tied the game at five in the top of the sixth inning with one run. In a battle of the Rams, Dixon prevailed once again, this time on a walk off hit as Dixon scored one run in the bottom of the seventh to win a nailbiter, 6-5.

Two Dixon players, senior Madi West and sophomore Aemonn Rosenberger, had two runs batted in each. West recorded two RBI, two hits, two stolen bases, one run scored and one hit by

pitch in four plate appearances. Rosenberger tallied two RBI, two hits (one double) and one run in four plate appearances. Dixon senior pitcher Lexi Coyle earned another win on the mound. Coyle pitched a complete game tossing seven innings and allowed seven hits, five runs (four earned) and three walks with nine strikeouts on 108 pitches.

Casa Roble statistics from the 6-5 loss to Dixon were unavailable as of press time. Dixon went on to win the CIF SJS D4 title, defeating No. 2 Marysville 10-8 in the championship game played at Sacramento City College on May 28. ★



Casa Roble freshman infielder Lilly Leslie runs to first base before being called out during a 6-5 loss to Dixon in the quarterfinals of the CIF Sac-Joaquin Section Division IV Softball Playoffs on May 19 in Dixon. Photo courtesy of Wendi Hendershot

Rams' Season Ends in First Round of Playoffs

By Shaun Holkko, sports editor

ORANGEVALE, CA (MPG) - The 2022 season for the Casa Roble High School varsity baseball team came to an end on May 10 with a 5-0 loss at home to Galt in the CIF Sac-Joaquin Section Division IV Baseball Playoffs.

The Rams (15-12, 7-5 Golden Empire League) were the No. 6

seed in the tournament, matched up against the No. 11 seeded Galt Warriors (16-15-1, 7-8 Sierra Valley Conference). Casa Roble was limited to only one hit, a double coming from senior pitcher Jace Jones, in the 6-0 loss to Galt. Jones, along with three other teammates, each walked once. Jones also had one stolen base.

The Warriors scored two runs in the top of the third inning, two in the fourth and one in the sixth. Senior

third baseman Chris Pamplona had a perfect day at the plate for Galt with two hits (one double), two runs scored and one walk in three plate appearances. Seniors, second baseman Enrique Hernandez and utility players Hunter Henke and Joe Ortiz, along with junior catcher Mason Tassano had one run batted in each for the Warriors.

Galt senior pitcher Sebastian Soto earned the win with a complete

game, pitching seven shutout innings and allowing four walks, two hit by pitch, one hit and one stolen bag with nine strikeouts on 102 pitches. Jones suffered the loss on the mound for the Rams. The senior pitched 4.1 innings and allowed six hits, four earned runs, four walks and one stolen base with four Ks on 86 pitches.

The Warriors won their next game on May 12 as well, upsetting No. 3 Placer (18-12, 13-5 Foothill Valley

League) on the road 12-4 in eight innings. However, Galt's season came to an end on May 19 in the tournament semifinals, losing a best of three series to eventual D4 champion, No. 2 Calaveras (28-4, 14-1 Mother Lode League) of San Andreas. The Warriors were victorious in the first game 5-1 in eight innings. Calaveras won game two 1-0 and game three 8-4. ★

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