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Hometown Hero Welcomed!

Neighbors Help Marine Vet Who Gets a 'Home for our Troops'



David Field can't help but smile after a great day of celebration at his new home courtesy of Home for our Troops. Here he is with sister Christine Jones, Sue Field, mom, Larry Field, dad and middle kid in the family Teri (Field) Rickett! Photo: Cathy Kurtz photography

By MaryAnne Povey

ORANGEVALE, CA (MPG) - Friends, family and the community of Orangevale celebrated the much anticipated homecoming for retired Marine Chief Warrant Officer 3, David Field, in a big way! First responders from Sacramento, Folsom, and a large contingent of Combat Veterans on their Harleys, escorted Fields from Dairy Queen in Orangevale to his newly built home near Casa Roble High School.

O3 Field arrived home to over 150 attendees including elected officials Congressman Ami Bera, M.D., Assemblyman Kevin Kiley, and Supervisor Sue Frost who all thanked David for his service of 22 years in the Marine Corps. His service included two conflicts in Desert Storm and deployments to Iraq and



Volunteers and community members put their heart, soul and name into the work welcoming retired Marine Chief Warrant Officer 3, David Field. Photo: Cathy Kurtz

Afghanistan with Marine Light Attack Helicopter Squadrons. "We're so very grateful for your courage and dedication to our nation," said Supervisor Sue Frost. "I want to say God bless 'Homes for our Troops' for the work they're

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Construction in the Village Expected to Start Next Month

Story by Shaunna Boyd

FAIR OAKS, CA (MPG) - At the March meeting of the Measure J Bond Oversight Committee (BOC), Fair Oaks Recreation and Park District (FORPD) Administrator Mike Aho provided an update about the upcoming projects funded by the bond.

Staff organized a Bid Walk on March 3 for six pre-qualified general contractors to view the Village project site—which includes improvements at Village Park, Plaza Park, and the Community Clubhouse, as well as the renovation of the Veterans Memorial Amphitheatre. Interested contractors will have until March 23 to request any additional information before submitting their bids on the project. All submitted bids will be reviewed by staff

on April 12, and the recommended contract will go before the FORPD Board of Directors on April 20 for a vote. If approved by the Board, the construction phase would begin on April 22, with the installation of construction fencing around the site and equipment mobilization.

Construction in the Village is expected to take approximately 18 months, with the work completed by October 14, 2023. To ensure the project is completed on time, the construction contract will include a penalty of \$2,000 per day for each day of work beyond the completion deadline—barring "acts of God," said Aho, which would include issues beyond the control of the contractors and sub-contractors, like material

shortages or another pandemic.

Aho also gave an update about plans to build softball fields on surplus property at the La Vista School site. San Juan Unified School District (SJUSD) submitted a draft agreement to FORPD, but Aho said that the terms need to be adjusted. SJUSD offered a lease period of just 25 years and specified that they would handle the maintenance and reservation services for the fields. FORPD wants to handle the maintenance and the reservations and wants a lease of at least 75 years—to protect what would likely be an investment of millions of dollars into the site.

The BOC concluded their annual Expenditure Review to ensure that all costs associated with

Measure J projects are supported by the bond language. The review was continued from the December meeting, with some additional information requested on specific costs for the new PG&E gas service to the site of the Amphitheatre. The overall cost "to put the trench lines in, is just over \$16,000. We will get \$9,000 of it back immediately," said Aho, because the District is selecting the 10-year advanced refundable option. This option also ensures that rather than having to meet projected usage costs, and potentially pay substantial additional costs due to periods of usage deficits, the District will only pay actual usage costs. While there were other options in which they might save money, those options

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Green Energy Mania Threatens Grid Reliability



Commentary by Ted Gaines

California is failing at the government basics. Public safety, homelessness, roads, and water storage are all in shambles. But as long as that shameful list is, it's about to get longer. With summer around the corner, when demand is at its zenith, our energy supply will not be up to the task.

California's headlong rush towards zero-carbon power will cost consumers through wildly expensive electricity rates and lower grid reliability. That's a lose-lose for California families and businesses who want to avoid blackouts and avoid energy poverty.

Golden State politicians and Progressives – groups with an almost total overlap – live in dread fear of possible changes in weather decades in the future. Instead of planning for localized mitigations to deal with changing climate, they've decided to remake our entire energy sector, replacing affordable, dependable sources with their opposites.

A case in point is the closing of the Diablo Canyon nuclear power plant, scheduled to stop operations in 2025. Despite disingenuous claims that PG&E is choosing to close this facility, they are being forced into closure by California regulators who can make relicensing extraordinarily time consuming and expensive.

How important is Diablo Canyon? It currently produces about as much power as all the rooftop solar in the entire state. And unlike solar and wind, this power is available on-demand, 24/7. PG&E, the plant's owner, alleges it will replace all the lost power with so-called green, renewable resources, but what if it can't?

The North American Electric Reliability Corporation (NERC), a non-profit dedicated to promoting grid reliability, thinks it won't. NERC notes that California already has insufficient reserve power to meet demand during a

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Shelter Dog Goes from Rescued to Rescuer

By Allison Harris,
Sacramento County

SACRAMENTO COUNTY, CA (MPG) - Sacramento County's Bradshaw Animal Shelter intakes thousands of pets in the community each year. Most of these pets are reunited with their owners or are able to find loving forever homes to be adopted into. However, some shelter pets have a difficult time finding a normal adoptive home which is where the shelter's foster and rescue program comes in. The foster and rescue program works with local foster and rescue providers in the community to help shelter pets that need a little extra assistance on the

way to their happy ending. Foster care providers provide temporary care outside of the shelter to animals such as those too young for adoption, needing to recover from an illness or injury, for behavior modification, or just because they need a break from the stresses of shelter life. Rescue group partners are also a huge help as they pull shelter animals who otherwise have a difficult time being adopted due to age, medical condition or the need for behavioral modification that cannot be resolved in a foster home.

Shelter dog Dora, who arrived as a stray in 2016, was having a difficult time finding a forever home.



Shelter dog Dora now serves in the National Disaster Search Dog Foundation (NDSDF). Photo credit: National Disaster Search Dog Foundation

Fortunately, shelter staff was so impressed by her high-toy drive that they contacted the National Disaster Search Dog Foundation (NDSDF). The

NDSDF is an organization based in Santa Paula, California that strengthens disaster response across America by rescuing and recruiting dogs

and partnering them with firefighters and other first responders to find people buried alive in the wreckage of disasters. They have been a long-time rescue partner of the Sacramento County's Bradshaw Animal Shelter.

"Groups such as NDSDF give dogs that have no chance of placement in a normal pet home an opportunity for a great outcome and a chance to truly thrive in the world," said Shasta Stratton-Quirk, who works on the shelter's foster and rescue team. "Because some dogs are not able to be adopted out through normal routes, it is the job of the foster and rescue team to find an outlet

where they can reach their true potential.

Dora's natural abilities made it clear that the NDSDF made the right choice in bringing her on the team. Six years later, the rescue partner is happy to report Dora is working diligently with the San Diego Fire Department and California Task Force 8 alongside her handler, Joe Zakar, and has truly gone from rescued to rescuer.

To learn more about the shelter's foster and rescue program or become a foster care provider or rescue partner, visit the fostering & rescue webpage at animalcare.saccounty.gov/HelptheAnimals/Pages/Fostering.aspx ★

Gifts from the Heart Brings Joy to Thousands

Sacramento County
News Release

SACRAMENTO COUNTY, CA (MPG) - For more than 30 years, thousands of lives have been touched by Sacramento County's Gifts from the Heart program, an annual holiday gift-giving initiative that runs from October until mid-December and serves those within the Child Protective Services and Senior and Adult Services divisions of the Sacramento County Department of Child, Family and Adult Services.

In 2021, the program provided gifts to more than 2,500 youth, adults and seniors at an estimated cash value of \$152,040.

They got Nerf balls, art supplies, scented candles, Disney princess toys, basketballs, Bluetooth speakers and more! The youngest recipient, Karl, age 1, received finger puppets, wooden puzzles, and a Lego train. The oldest, Quang, age 91, received



In 2021, the program provided gifts to more than 2,500 youth, adults and seniors at an estimated cash value of \$152,040. And the look on gift recipients' faces? Priceless. Photo credit Sacramento County

queen bedsheets, postage stamps and a gift card to Wal-Mart.

Best of all, these foster youth, disabled adults and homebound seniors got a reminder over the winter holidays that they were not forgotten.

More than 80 individuals and corporate sponsors from

businesses, government agencies, service groups and families donate gifts that allow the program to continue.

A team of 57 volunteers managed the pick-up, distribution, and delivery of gifts from community and private sponsors. The volunteers, many of whom return year

after year, spend three weeks in the warehouse organizing toys and gifts. In 2021, volunteers logged in almost 10,000 hours.

Donations come in other forms, too. Jackson Properties donated warehouse space; and Sourdough & Co., Roma 2 Pizza, Pizza Guys and Subway provided

lunches to hungry volunteers.

"This was our second year of taking precautions due to COVID-19, but we didn't let it stop us," said Tonja Edelman, Volunteer and Student Intern Services Coordinator. "We required volunteers to be fully vaccinated and we wore masks, and we got it done. We are so thankful for our volunteers and for the contributions from local community partners that make the program possible."

The total cash value of the program - volunteers, donations, gifts - is estimated to be \$476,612.

And the look on gift recipients' faces? Priceless.

Gifts from the Heart welcomes everyone who is interested in participating by sponsoring gifts, becoming a community partner and volunteering time during the season. All donations are tax deductible. To learn more email Tonja Edelman or call her at 916-875-2027. ★

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Bera Supports Ukrainian President Volodymyr Zelensky



I met with Ukrainian President Volodymyr Zelensky in February to reaffirm the United States strong commitment to the Ukrainian people in the wake of Russia's unprovoked invasion. Photo provided by Office of Congressman Ami Bera, MD.

From the Office of Congressman Ami Bera, M.D.

It has been a busy few weeks in Sacramento County and in Washington, DC. That's why I wanted to send you a quick update on how I'm serving you in Congress.

Russian Invasion of Ukraine

I join Americans across the country in expressing outrage and horror at Vladimir Putin's unprovoked and deadly invasion of Ukraine. This invasion is not only an attack on Ukraine's sovereignty and independence, but also an assault on global peace, international law, and the values and freedoms we cherish as Americans.

As the world's longest-standing democracy, the United States must stand up for freedom and democracy worldwide. The Ukrainian people have now lived in a democracy for 30 years and have shown that they will not accept authoritarian leaders who seek to destroy and reverse the important progress they have made.

I was proud to visit Kyiv, Ukraine with a bipartisan Congressional Delegation in

February. During my visit, it was clear to me that the people of Ukraine want a future of freedom, sovereignty, and the ability to choose their own path forward. I spoke on the House floor about my visit to Ukraine—I encourage you to listen.

As Chairman of the House Foreign Affairs Subcommittee on Asia, I'm closely following the situation in Ukraine and am receiving regular briefings from U.S. officials.

I fully support the Biden Administration's decision to implement strong and severe sanctions on Russia, including on the country's oligarchs and financial institutions which have already isolated Putin from the world stage. We must also continue to support the Ukrainian people with humanitarian aid and military assistance.

Sacramento County is the proud home to one of the largest populations of Ukrainian Americans in the entire country. My office has been working around the clock to assist Americans trapped in Ukraine.

If you or someone you know needs help leaving Ukraine, or assistance with an immigration application, please email my team. We are here to assist. ★

Green Energy Mania Threatens Grid Reliability

Continued from page 1

heat wave. Closing Diablo Canyon will only contribute to declining reserve margins, according to NERC.

All of that is to say that blackouts are coming when it gets hot in California, as it does every summer. Don't be surprised when your AC won't click on, or you're burning candles for light in this supposedly advanced state. The blackouts are entirely predictable and a direct result of California energy policy making our grid unreliable by replacing on-demand resources with intermittent ones.

And remember, California is pushing people into electric cars through incentives and government decrees. Many people will be charging up those EVs when they get home from work, right after solar energy production peaks. We are creating dreadful imbalances that will lead to energy rationing in one of

the wealthiest areas in the world.

Venture capitalist Marc Andreessen recently tweeted about the Ukrainian crisis and its effect on our energy markets and independence, "Build 1,000 new state of the art nuclear power plants in the US and Europe, right now. We won't, but we should." He's right all the way around regarding energy independence and reliance on aggressive rogue states such as Russia for our energy.

But it's the last line that hits closest to home in California. We need to reverse our green energy mania that prices electricity like a luxury good and guarantees blackouts. Dependable, affordable energy is within our grasp if we commit to predictable, on-demand resources such as nuclear and natural gas. We won't, but we should.

For more information, visit www.boe.ca.gov/Gaines. ★

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By Marlys Johnsen Norris, Christian Author

UNDER ATTACK??

The enemy of God hates those who believe in God! Even more so those who follow the precepts and laws God has given to the world He created. His enemy comes as a snake (see Genesis) or a roaring lion to steal and destroy all God has birthed and created in this world. Every Christian has a “bulls eye” on their back. His enemy hates those of us who are Christians who do our best to exemplify the love of God in our world as a Jesus follower. He

attempts to destroy even those family members we love most! He wants to destroy us.

The loving provision of God's hand is with us. God's sovereign power reigns over our lives. The hand of God moves to protect us and keep us in His loving plan for our future. God will make a way when there seems no way to protect and save us from any difficulty. God has miracle working power to move every mountain in our lives.

Do not be reluctant to admit Satan's attacks! Recognize and deal with them. In the process of learning you will understand that you need to deal with these attacks by “pleading the blood

power of Jesus Christ”! Satan is stopped immediately and he will leave you alone!

God loves every single person He created and no matter where you are in your personal journey to know and love Him, He is there for you. You will be amazed how much God loves you personally. Learn to know more about Him and you will be healed, transformed, delivered and gifted to help others in their journey of love to experience His personal love for them too!

Marlys Johnsen Norris
Christian Author
of 7 Books
ARM Columnist since
2006 Stephen's Minister
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Feinstein Now Must Decide Whether to Retire



By Dan Walters
CALMatters.org

Whither Dianne Feinstein? California's senior U.S. senator, a California political fixture for more than a half-century, was facing a turning point even before her husband, financier and philanthropist Richard Blum, died on Sunday of cancer.

The Senate's oldest member at 88 and the state's longest serving senator has clearly fallen out of favor with voters, even her fellow Democrats.

A new poll by UC-Berkeley's Institute of Governmental Studies found that after years of steadily eroding popularity, just 30% of the state's registered voters now approve of her, including just 45% of Democrats. Meanwhile, 49% said they disapproved.

“The five-term senator now receives more negative than positive job ratings from strong liberals, women, voters of color, younger voters, as well as voters in Los Angeles County or the San Francisco Bay Area,” the poll noted.

Feinstein has been a senator for nearly 30 years, following two decades of public service in San Francisco, including a stint as mayor. She was once one of the state's most popular politicians due to her centrist, pragmatic approach,

and was the go-to person for California's interest groups with issues in Washington.

However, political polarization has left her drifting in political no-man's land, reflexively despised by Republicans because she's a Democrat and increasingly alienated from a leftward-drifting Democratic Party.

As Donald Trump's presidency widened the ideological divide, Feinstein' centrism, particularly her willingness to cross the Senate aisle and do business with Republicans, made her a pariah to the Berniecrat wing of her party. Four years ago, as she was seeking another Senate term, the state party endorsed rival Kevin de León.

Feinstein easily defeated de León in 2018 but her popularity continued its downward course, not only because she's out of step with her party but due to her age and media reports that she may be suffering the cognition effects of old age. She must now – and soon – decide whether to seek still another term in 2024.

Feinstein has said she's running again, but she would say that under any circumstances because that's what politicians do. Were she to announce retirement, her clout in the Senate, which already has waned somewhat, would vanish and there would be a feeding frenzy among California's ambitious Democratic politicians.

That said, it was at least a 50-50 bet that Feinstein wouldn't seek another term in 2024 even before the

devastating poll and her husband's death. There's now a strong probability she won't run, approaching near-certainty.

As that probability sinks in, those ambitious politicians will be maneuvering to become her successor and all eyes will be on Gov. Gavin Newsom.

Newsom won't have any trouble winning re-election this year, barring some cataclysmic x-factor, but what then?

Had Trump won a second term in 2020, the door would have been open for Newsom to make a run for the White House in 2024. But with Joe Biden's victory – and more pointedly, Californian Kamala Harris' elevation from the Senate into the vice presidency – a 2024 presidential run by Newsom seems highly unlikely.

Newsom wears ambition on his sleeve and if he wants to extend his political career, the next logical move would be into the Senate, and there's no better springboard than a landslide re-election as governor this year.

Newsom is certainly not the only California politician who might want to succeed Feinstein. There are probably several dozen Democratic members of Congress who see a senator staring back when they look in the mirror, plus some other statewide officials and big city mayors.

It all hinges on whether Feinstein is ready for a well-earned political retirement.

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

What a Crazy World We Live In

Dr. James L. Snyder

Driving home from an appointment across town, my wife and I encountered some crazy driver weaving in and out on the road in front of us. The fact that there was not an accident was somewhat surprising.

“What,” The Gracious Mistress of the Parsonage exclaimed, “is wrong with people?”

Looking at her and laughing, I said, “People today are crazy!”

Together we laughed, knowing it was true. If there ever has been a time that people were crazy, it is today.

What a crazy world we live in these days. Just when you think it can't get any crazier, it does.

It seems to me that each generation has its own definition of crazy. Each generation gets crazier with their definition probably to out-crazy the former generation.

Someone told me, “One's crazy is another person's laughter.” The crazy people out there in the world cause so much laughter.

I'm not sure how you would define crazy. Each person has a different strain of craziness. The best way to define crazy is something that looks and sounds odd to the person watching and listening.

Someone may be looking at me, thinking I'm crazy. But, of course, to a certain degree, they are correct. Everybody is crazy in their own right. So we have a right to be crazy.

As long as my crazy doesn't adversely affect someone else, what's the harm?

I learned a long time ago not to be offended when someone refers to me as crazy. Most of my relatives refer to me as crazy, but I'm never offended.

Just the other day, The Gracious Mistress of the Parsonage suggested that crazy was inherited. Therefore, it's not my fault that I'm crazy. I can think of several uncles and cousins that are as crazy as crazy can be.

Growing up with these relatives around me, I did not know or understand that their craziness would rub off on me. I just laughed at them and walked away, thinking I was okay.

As I studied my family heritage, I realized that although crazy is inherited through family links, I have an opportunity to choose my crazy. I never thought about that before. But, I am as crazy as I choose to be.

There is somebody out there in the world who needs to experience me and

my crazy to feel good about themselves. They can look at me and think, “I may be crazy, but at least I'm not that crazy.” If I can do that each day, I'm doing an incredible amount of work for the human population.

So, the last few years, I've been trying to hone my crazy to have at least some positive results with the people around me.

Thinking about this and looking back over the last few years some of my encouragement has come from people who I first thought were just being crazy. Sometimes crazy does have a purpose.

I thought about a special versus Scripture that addresses this. “Wherefore comfort yourselves together, and edify one another, even as also ye do” (1 Thessalonians 5:11).

I don't have to know who I'm encouraging but sometimes my crazy activities do in fact encourage somebody along the way. Only in heaven will I realize how many people I have encouraged this way.

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

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STATEPOINT CROSSWORD • THE OSCARS

CLUES

ACROSS

1. "In the Hall of the Mountain King" composer Edvard _____
6. Marlboro debris
9. *Academy Award ceremony audience sound
13. Botch
14. Sigma _____ fraternity
15. Ten million, in India
16. Embryo sacs
17. Literary "even"
18. Tax evader's fear
19. *Most nominated streamer in this year's Oscars
21. *Most-nominated Black actor in Oscar history
23. Opposite of yang
24. Lard cousin
25. *Milk _____ movie snack
28. Poetic source of Norse mythology
30. 2020 demographic event
35. Arrival times, acronym
37. Baseball points
39. Camelot to King Arthur
40. Actress Campbell
41. *Where Oscar-winner "Stumdog Millionaire" was set
43. Not in favor
44. *What Halle Berry did when she won an Oscar in 2002
46. Jet black
47. Lively
48. Paid killers (2 words)
50. Upon
52. Rally repeater
53. Sweet-talk
55. Not outs
57. *Total Oscar nominations for "The Power of the Dog"
60. *One of this year's Oscar hosts
64. Exotic juice flavor
65. *Jamie Foxx won an Oscar in 2005 for this flick
67. Bizet's "Carmen," e.g.
68. Off kilter
69. *1942's "Holiday" _____ Oscar winner
70. Admit (2 words)
71. Afterward
72. And so on acronym
73. Took the Kool-Aid

DOWN

1. J. Edgar Hoover's man
2. Ice on a window
3. Antonym of "is"
4. Enlighten
5. Puck stopper
6. Kilimanjaro top, e.g.
7. Pronoun
8. Hinduism follower
9. *"Parallel Mothers" nominee Penelope
10. Prospector's mother
11. Seed coat
12. Lassie, e.g.
15. Type of horse gait
20. Lemur from Madagascar
22. European Economic Community
24. Playground attraction
25. *"Belfast" nominee, "Shakespeare in Love" winner
26. First cradles
27. Lifeboat support
29. *Denis Villeneuve's sci-fi nominee
31. Type of tide
32. Not so crazy
33. Extremist
34. *"King Richard" nominee, once a fresh prince
36. Give an impression
38. Land of Israel
42. Shenanigan
45. Remove claws
49. Presidential election mo.
51. Waiting on the phone (2 words)
54. Eagle's nest
56. Like the Incredibles
57. Backside
58. Boat track
59. Not odd
60. Update, as in a FitBit
61. Formerly Facebook
62. *Julia Robert's 2001 Oscar-winning role
63. Colonel or captain
64. Gangster's gun
66. _____ eater or _____ hill

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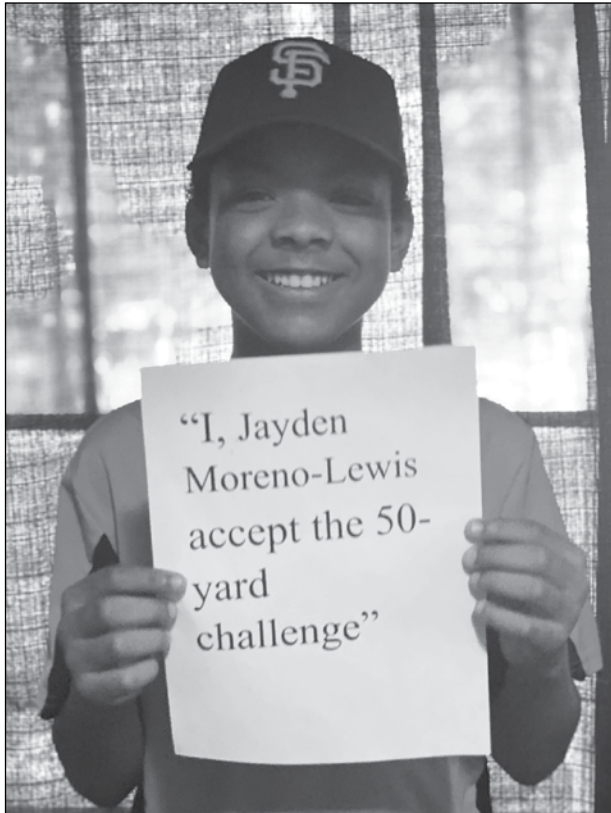
50-Yard Challenge Gone Worldwide

By Michele Townsend

SACRAMENTO REGION, CA (MPG) - Rodney Smith Jr. is a 32-year-old man that lives in Alabama. Rodney doesn't have any children of his own, but he believes that it is important for children to learn that helping people and giving back to your community is an important part of becoming a good person as an adult. Rodney has a lawn service, based in Alabama, called Raising Men Lawn Care Service.

Raising Men Lawn Care Service is a free service for people that do not have the ability or the funds to take care of their yard. Therefore, this free service is for the elderly, the disabled, veterans and single parents. So in 2016, Rodney decided to put the challenge out there into the world and he created the 50-Yard Challenge. He was looking for a way to channel the energy that kids have, in a positive way.

The 50-Yard Challenge is for girls and boys to mow 50 yards, for free, for someone that can use the help. This also includes raking leaves and shoveling snow. While the kids



Sacramento area 12-year-old Jayden Moreno-Lewis accepted the 50-Yard Challenge. Photo provided by Aleecia Gutierrez



Julian Gutierrez, a 12-year-old, posted his acceptance of the 50-Yard Challenge. Photo provided by Aleecia Gutierrez

that accept the challenge follow a positive path, they learn their importance to society. The challenge has not only taken off across the country, but has gone worldwide.

It begins by a child logging onto weareraisingmen.com and sending a picture of themselves holding a sign that says, "I

accept the 50-Yard challenge". They will then receive a white Raising Men t-shirt, along with sunglasses and ear protection in the mail. The child is to take a picture of each yard that they care for, for free. They are to submit those pictures.

For every 10 yards, the kids get another color of

t-shirt. When 50 yards have been completed, Rodney travels to where you are to deliver to you your final t-shirt, hat and a brand new lawn mower, weed eater and or leaf blower. Rodney has traveled to every state in our country and has now gone to 8 other countries to deliver the equipment to children that have

completed the challenge. He makes all deliveries himself.

"Even though we are called Raising Men, we are Raising Women too", Rodney says, "Three years ago I realized that there were not as many girls signing up for the challenge and that those that did were wearing Raising

Men t-shirts. That did not sit well with me, so we created Raising Women Lawn Care Service". Now young ladies receive Raising Women t-shirts.

Raising Men is a 501(c)3 and relies completely on the generosity of supporters for the equipment, the shirts, hats and travel expenses. You can donate and learn all about the group on weareraisingmen.com. You can also purchase adult sized shirts and hats in support of your kids and the program. In addition, you can see video testimony from the kids and view news stories that have been done.

This program really is putting the care back into lawn care, and your kids can meet some interesting people. One mother said, "Sometimes people insisted on paying, so we just didn't count those lawns". It is left to the kids and their parents to determine who could use their help. Summer is coming up on us fast. If your kids have energy to burn, and don't know where to burn it off, consider this challenge. It's a great way for your kids to learn about their community. ★

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Your Miraculous Life

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- 1. OPEN UP TO BELIEVE MIRACLES ARE POSSIBLE.** This is a critical step. As you begin believing more, noticing more, you will draw more miracles into your life.
- 2. MIRACLES ARE EVERYWHERE.** Open your eyes, look around. What can you identify as miraculous? How did that flower bloom? How is your heart beating and working so hard 24/7? How did you become the parent for your child? Miracles happen every day. As you identify the miracles in your life, you will draw in more.
- 3. WHAT IS YOUR DEEPEST DESIRE?** What is the one thing that, if it happens, will feel it's completely miraculous? More money, love, health?
- 4. WHAT IS ONE STEP TOWARD MATERIALIZING THE MIRACLE YOU WANT?** As important as believing your miraculous desire is possible, taking steps, even tiny ones, makes it possible to attract more miracles.
- 5. REACH OUT AND GET SUPPORT.** If you are resistant or skeptical, reach out to a practitioner to find out what's getting in the way and release it.
- 6. DO SOMETHING THAT NOURISHES YOU.** That could be a

- bath, talk with a friend, get a message, take a walk, eat good foods, or get good rest. Nothing big, but when you feel nourished, it's much easier to attract what you desire.
- 7. WHAT CAN YOU DO TO FEEL HAPPIER?** The energy and vibration of happiness acts like a magnet to other experiences of happiness, making it easier for you to know what your next step may be and draw you closer to experiencing that #1 miraculous desire.
 - 8. FIND OR CREATE AN IMAGE BOARD THAT REPRESENTS YOUR MIRACULOUS DESIRE.** Having an image in front of you helps to program your brain. Don't be attached to the exact image, but how it represents your life. The true purpose of this assists you FEELING, right now, what it's like having this person, living a certain way etc.
 - 9. WHAT CAN YOU BE GRATEFUL FOR NOW?** Gratitude is another powerful tool. Each day identify five things you are grateful for. Before you sleep, identify five more things you are grateful for and what you appreciate most in your life.
 - 10. ACKNOWLEDGE YOUR PROGRESS.** For every step you take, acknowledge that step. You may feel your miracle is far in the future, but that is just an illusion. The more you can FEEL your miracle now, the faster you can bring it into your life.

There's no time like the present to make miracles happen. You can check out **Wendy Darling** at www.WendyDarling.com. Let's go for it! ★

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Toni King

Toni:

I turn 65 in May and am covered by my wife's employer group health insurance. I am fighting stage 3 kidney cancer and the prognosis is good since I am participating in a clinical trial for a new cancer medication which costs over \$20,000 per month. With this clinical trial, I am paying \$0 for a medication which is curing my cancer.

I am not planning to enroll in Medicare until my wife retires when she turns 65 in 2 years. I am concerned about Medicare's famous donut hole and if this new prescription called Sutent is covered by Medicare's Part D prescription drug plan. How long will it take me to get into the donut hole or will I even get in it?

Please explain Medicare and clinical trials and what I should do?

~ Thanks, Matthew

Matthew:

You are incredibly wise to remain on your wife's employer benefits because you both can enroll in Medicare Parts A and B when your wife retires in 2 years when she turns 65. At that time, you will be eligible for a SEP (Special Enrollment Period) avoiding the Medicare Part B penalty and be able to enroll in a Medicare Part D prescription drug plan.

Let's discuss your expensive clinical trial prescription and if you will go in the "famous Donut Hole." Prescriptions are the most important option discussed when a Toni Says® Medicare consultation is performed.

Yes, Matthew...you go in the "Donut Hole" the very second you order the prescription Sutent. For that reason, the Toni Says® Medicare team will search the Medicare.gov Part D prescription drug website for which Medicare Part D plan will best meet your Medicare and financial needs. Always enroll in the Medicare Part

D plan which covers all your prescriptions even though the most expensive prescription is covered by a clinical trial program and costs you \$0. There may be a time when that expensive prescription is no longer covered by the clinical trial, and you will have the expensive "Donut Hole" experience.

Your Medicare Part D prescription drug monthly cost is outrageous for the cancer medication Sutent. This is a tier 5 specialty drug and for the first month your copay is \$5612 with you going in and out of the Donut Hole and into Catastrophic coverage immediately with \$1,122.41 cost the second month to the end of the year. If one is not enrolled in a Part D plan that covers the expensive prescription, then you will pay 100% for any expensive prescription out of your pocket.

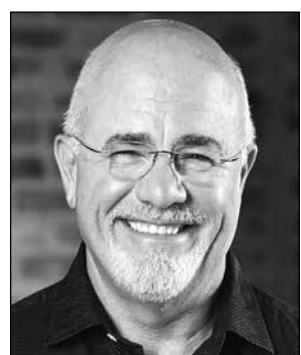
Enrolling in Medicare Part B for the first time when your wife retires is a good option. Both you and your wife will qualify for the Medigap/Medicare Supplement 6-month open enrollment period to start the month your Medicare Part B begins without having to answer health questions.

Original Medicare and your Medicare Supplement will work together with your clinical trial program to cover your medical needs. Original Medicare covers the routine costs of qualifying clinical trials. Your Medicare Supplement plans will pay the out of pocket that Original Medicare does not pay that meets Medicare qualifications.

When one chooses a Medicare Advantage plan with a clinical trial for a health issue, the Medicare Advantage plans is required to reimburse beneficiaries for the difference in out-of-pocket cost sharing between Fee for Service and their Medicare Advantage plan.

Matthew, take your time and search which Medicare option meets your needs. Email info@tonisays.com or call 832/519-8664 for Medicare help.

March's Confused about Medicare Workshop in Katy is "Live" Thursday, March 31st at 6:00PM-8:00PM at Spring Creek BBQ-Katy 21000 Katy Frwy, Katy, TX 77449. Workshop is free with seating limited and dinner not included. Please RSVP 832/519-8664 or visit www.tonisays.com ★



Dave Ramsey Says

make \$150,000 a year, I'd say go have a great time. But with your income, and a lot of debt on top, I'd put the brakes on that amount. It sounds like he's looking for an outlet to unwind and have a little fun, without giving a lot of thought to the big picture. The good thing, though, is you're working together and beginning to take this personal finance thing seriously.

My advice would be to lower the date night amount to about \$50 right now. That's plenty for a reasonable dinner and a babysitter for a couple of hours. You might not have to figure babysitting expenses into the equation at all if you have family or friends nearby.

Going out on a date doesn't have to mean spending a lot of money. Years ago, when my wife and I were broke, we did tons of stuff that didn't cost a dime. Things like

hiking and picnics are great ways to spend quality time together, while keeping your pocketbook in your pocket. Just be creative, talk about it together and make sure you find ways to have a little us time on a regular basis.

I think you're right on this one, Carolyne!

— 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. ★

Date Night can be Inexpensive and Fun

Dear Dave,

We're trying to get control of our finances by living on a budget. We also have about \$18,000 in debt we are trying to pay off. My husband brings home \$3,400 a month, and I am currently taking care of our eight-month-old baby. We would like to have a date night once a month, and he thinks we should set aside \$200 for this. Under the current circumstances, I feel like this is too much. What do you think?

— Carolyne

Dear Carolyne,

If you'd told me you guys

LET'S RIDE Bike Around the Buttes



April 23, 2022

Ride this extraordinary route around Sutter Buttes. This ride benefits Lions Health Foundation's effort to support local diabetes screening and treatment.

Call (530) 941-9977 for more information

Visit: www.BikeAroundTheButtes.com

DON'T FLUSH YOUR MEDS

Help prevent medication misuse and keep them from entering our waterways.



Please dispose of unused prescription and over-the-counter medications responsibly.

Proper disposal is as easy as 1-2-3!

1. Remove pills from containers and put them in a clear zipper bag. Keep medicated liquids and creams in original containers.
2. Recycle your empty containers, but first scratch off or black out personal information.
3. Find a medication collection bin near you, and place the zipper pill bags, liquids, and creams in the bin.

To locate a bin near you, visit www.takebackdrugs.org

Only household prescription, over-the-counter, and pet medications are accepted. Controlled medications are accepted at select locations. Sharps and business waste are not accepted in the bins.

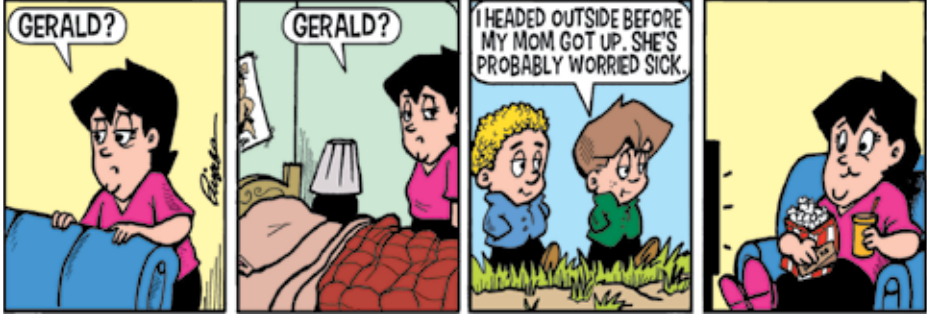


dontflushyourmeds.com

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WEEKLY COMICS

Amber Waves



by Dave T. Phipps

The Spats



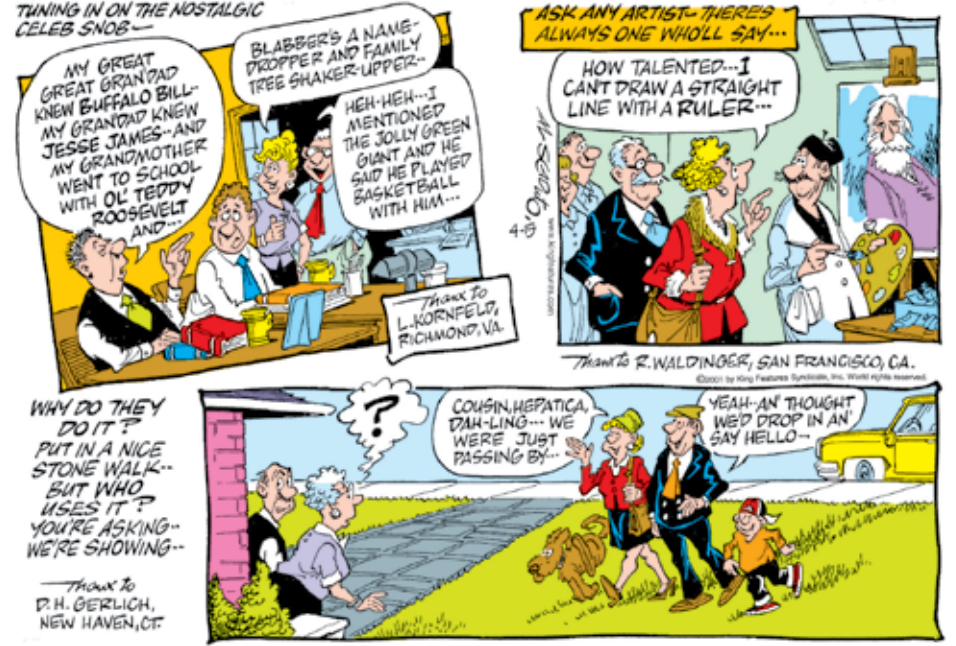
by Jeff Pickering

Out on a Limb



by Gary Kopervas

THEY'LL DO IT EVERY TIME



BY AL SCADUTO

R.F.D.



by Mike Marland

Just Like Cats & Dogs



by Dave T. Phipps

HOCUS-FOCUS



BY HENRY BOLTZHOFF

GRIN and BEAR IT



LAFF-A-DAY

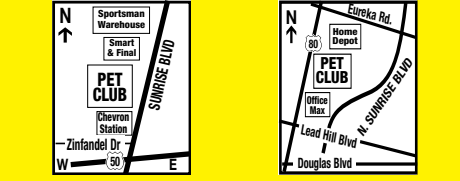


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\$200 OFF ANY 26 LBS OR MORE PREMIUM DRY DOG FOOD PLU #336
\$100 OFF ANY 14 LBS OR MORE PREMIUM DRY CAT FOOD PLU #337
Nutra, Science Diet, Eukanuba, Avoderm, IAMS, Nature's Recipe, Natural Balance, Wellness, Pro Plan. Limit 1 Bag.
(Cannot be used in conjunction with similar dollar off, percentage off coupons, or advertised sale items)
Limit: 1 Coupon Per Family CHM Effective 3/9/22 - 3/15/22

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 3/9/22 - 3/15/22

Look for Advertised Sale Items Everyweek at www.petclubstores.com

BLUE BUFFALO DRY DOG FOOD
30 Lb Bag Limit 2 Bags
•Chicken (Regular & Large Breed)
•Fish & Oatmeal (Reg & Lrg Breed)
•Puppy (Reg & Large Breed)
•Senior (Reg & Lrg Breed)
•Lamb & Rice
•Healthy Weight
\$5 OFF
Our Regular Low Prices!
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PRO-PLAN DRY DOG FOOD
•Chicken & Rice 30-35 Lb Bag
•Beef & Rice •Lamb & Rice
•Sensitive Skin & Stomach
•Lite •Performance
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•Bison/Beef/Sweet Potato •Samon/Sweet Potato
•Texas Beef/Sweet Potato
22 Lb Bag
Limit 2 Bags per Family
\$10 OFF
OUR REGULAR LOW PRICE!
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PURINA KIT N' KABOODLE DRY CAT FOOD
16 Lb Bag
Limit 2 Bags Per Family
\$9.99
Effective 3/9/22 - 3/15/22

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5.5 Oz All Varieties
Limit 2 Cases Per Family
ON SALE Everyday
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Limit 2 Cases Per Family
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Audubon Friends, 20 Lbs - \$8.99
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\$8.99
Effective 3/9/22 - 3/15/22

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\$6.99

ÖKOCAT CLUMPING WOOD LITTER
•Regular 11-13 Lb \$13.99 16.7 Lb \$19.99 19.8 Lb \$17.99
Dust Free 12.3 Lb \$17.99

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•ES Unscented •US Ever Fresh
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PESTELL CLUMPING CAT LITTER
40 Lb. Bag Limit 2 Bags
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•Original •Indor •Turkey Grain Free 11-12 Lb Bag 3 FREE Core or Wellness Cat Cans 5.3 Oz With each purchase
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Made with Recycled Paper
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Limit 2 Cases
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•Chewy Texture • Easy to Digest
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2 - 4 Lb Pkg Selected Varieties
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3 Oz - All Varieties Except Elegant Medley
Limit 2 Cases Per Family
Limit One Coupon Per Family
Price Valid Only With Coupon
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ON SALE Everyday
CHM PLU 361

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JONNY CAT JONNY CAT LITTER
10 Lb Bag
Limit 2 Bags Per Family
Limit One Coupon Per Family
Price Valid Only With Coupon
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CHM PLU 365

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WHISKAS TEMPTATIONS CAT TREATS
•All Varieties 3 Oz.
Limit 2 Pkgs with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 3/9/22 - 3/15/22
\$1.49
CHM PLU 569

Hometown Hero Welcomed!

Continued from page 1

doing to improve the quality of life for our veterans. We know this home was carefully designed to make the quality of life for CWO3 Fields better. I want to challenge us all to support Homes for our Troops, who improve the quality of life for veterans one at a time!"

Homes for our Troops representatives became endeared to David when he reached out for assistance after being diagnosed with service-related ALS five years ago. The team worked tirelessly building David's custom 2800 square foot home with specially adapted equipment and furnishings. The homecoming ceremony was a day many were looking forward to, especially David who gave a touching speech of what this has meant to him.

"I send a huge loving thank you to the staff and everyone," said David in a pre-recorded message. "Veterans like myself who have received this type of gift are forever indebted to you. You have created a safe home for me and my caregivers. There are no words I can think of to describe how Homes for our Troops is changing lives. I have a disease called ALS. It has taught me to live each day to its fullest. I would like to say to everyone, try to live your best day today and everyday, make it the best."

A special thanks was given to representatives from the community (to name a few) who assisted in fundraising, volunteering, and the day's festivities. This included Dairy Queen, Casa Roble Jr ROTC presenting the flag, Action Day

Learning Center shuttling guests to and from the ceremony, Darren Lang from Easystumps for displaying the giant American flag outside the home, Cathy Kurtz for taking photos, Sherwood Florist for donating a beautiful floral arrangement and the team from Orangevale Live for video support and live streaming the event.

This home is the 41st built in California, in addition they have built 328 across the nation since 2004. They rely on private donations from the public.

For information on how to support "Homes for our Troops", go to www.hfotusa.org. And know that, ninety cents of each dollar goes directly to veterans assistance. To see the livestream of CWO3 Field's homecoming go to Orangevale Live on Facebook or Youtube. ★



Friends and family pause for a break during "Landscape Day" at David Field's new home! Brooke Lumbus, Kris Schwedler, Larry Field, Sue Field, Teri (Field) Rickett, and David Field! Photo: Cathy Kurtz photography



Volunteers and 'Homes for our Troops' workers spent a previous week landscaping the house as the final touches were made to the marine's new home. Photo: Cathy Kurtz photography



District 4 Sacramento Supervisor Sue Frost told those present, "I want to challenge us all to support 'Homes for our Troops.'" Photo: Cathy Kurtz photography

The Exciting New World of Snap On Dentures!

There are millions of people... in the US who struggle daily with dentures. A majority suffer from discomfort as a result of loose or ill-fitting dentures. Many prosthetic wearers simply withdraw from any type of social engagement as a result of having to wear their dentures.

Now there is a solution to these issues: Implants with "Snap On" Dentures!

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If you are interested in learning more about improving your quality of life with an implant retained snap on denture or partial, please contact us for a FREE CONSULTATION today!

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