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# AMERICAN RIVER Messenger

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Serving Fair Oaks, Orangevale & Sacramento County

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## Parkway Activists Confront County



Above: Camper possessions in a Parkway glade. Right: Wildlife has no voice in the deterioration of Parkway habitat. Photos Susan Maxwell Skinner

Story by Susan Maxwell Skinner

**SACRAMENTO REGION, CA (MPG)** - Fed up with illegal parkland camping, the American River Parkway Foundation has addressed a three-page scold to Sacramento City and County. Following the widely-publicized communication, Foundation leaders have achieved meetings with elected policymakers. “We hope to start a conversation that will result in solutions,” says Foundation executive Dianna Poggetto.

The non-profit last year got vocal about Parkway deterioration. At a public forum, more than 200 citizens learned the beloved County gem was more imperiled than at any time in its 60-year history. Experts revealed that 15 percent of the Parkway’s 4800 acres burned in 2021; that river water was polluted; wildlife habitat was suffering; recreational trail users were intimidated; garbage accumulated faster than clean-ups could counter; rampant drug abuse has created further hazards.

The Foundation’s letter demanded that Sacramento County agencies

and Sacramento City pull their weight and “take action” to stop river and parkland abuse.

In an interview with Messenger Publications, District 3 Supervisor Rich Desmond acknowledged the crisis. “I welcome the Foundation’s advocacy and criticism,” he said. “As a kid, I kayaked from Carmichael to Discovery Park and didn’t see a single camper... I never expected what we have now. I’m ashamed our children have to experience nature with this backdrop.”

“The Foundation should be relentless in educating policy makers on the harm being done to our beloved Parkway.” Asked what the County was doing to counter damage by the (estimated) 1000-strong camper population, Desmond cited a recent \$2 million increase in budget to supply more ranger patrols, fire fuel reduction, a new Environmental Impact Team (to assess restoration needs) and more

social workers to connect the homeless to assistance. “What’s missing is alternative shelters, transitional housing and treatment options,” he admitted. “The County and City are working closely to acquire more shelter locations.”

The Foundation letter’s must-do list for policymakers includes:

Formulating plans for removal of illegal Parkway campers; Providing funding to repair environmental damage; Maintaining healthy water for wildlife and humans; Increasing Parkway safety to benefit nearby neighborhoods; Removing refuse to reduce fire risk and contamination.

Despite assurances of County commitment to the Parkway, Foundation activists won’t turn down the heat: “We elect people

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## Sacramento Rescinds Local Health Orders



Sacramento County  
News Release

**SACRAMENTO COUNTY, CA (MPG)** - In alignment with the State, effective immediately Sacramento County is rescinding the July 26 health order requiring all individuals to wear face coverings indoors and the Jan. 6 health order directing all public meetings be held virtually.

As per the California Department of Public Health (CDPH) order, all unvaccinated individuals will continue to be required to wear face-coverings in all indoor public settings. Statewide indoor masking requirements regardless of vaccination status will remain in effect for public transportation; healthcare settings; congregate settings like correctional facilities and homeless shelters; long-term care facilities; and in K-12 schools and childcare settings.

Public Health continues to recommend the use of masks in public settings as an effective tool to prevent the spread of the virus, especially in crowded settings. Continuing to mask indoors remains the safest way to protect those who are unable to be vaccinated.

Please remember some individuals may continue to wear masks in public spaces for a variety of reasons, even if they are vaccinated, and as mandates or advisories fade. Someone may be immunocompromised, prefer to wear a mask, or have a family member who is immunocompromised or too young to be vaccinated. Please be kind and conscientious of your fellow community members and the decisions they make to protect themselves.

Vaccinations continue to be the most effective tool in slowing the rate of spread and mitigating severe symptoms of COVID-19. For a list of vaccination clinics, visit the Sacramento County Public Health Vaccination website, call 2-1-1 or visit [MyTurn.ca.gov](http://MyTurn.ca.gov). Homebound residents can contact 2-1-1 to request in-home vaccination services. ★

## Kids in Need This Easter



Helping Hands of Orangevale is ready to hop into Easter serving Orangevale/Fair Oaks families this year. Photo: HHOV

By Sydnie Anderson,  
Helping Hands OV

**ORANGEVALE, CA (MPG)** - Putting a little “hop in the step” of kids in need this Easter season, Helping Hands OV is at it again

for their second year. Are you in need of a little help, or wanting to help kids in need this spring? This is the perfect opportunity to bring a little cheer. Last year, this program allowed over 150 children to

receive Easter baskets and you can help with the goal of 200 for this year.

Helping Hands OV’s Valentine’s for Seniors program was a great success, collecting over 4,900 cards this year thanks to YOU in

our community, and now they are also continuing to put a little “HOP” in the step of a child in need this Easter.

HHOV is asking the community to make  
*Continued on page 3*

# Some Residents Will Move to a Time-of-Use Rate in April

**PG&E Press Release**

**SACRAMENTO, CA (MPG)** - As part of a multi-year, statewide energy policy to create a cleaner energy future for California, Pacific Gas and Electric Company (PG&E), East Bay Community Energy (EBCE) and Valley Clean Energy (VCE) will move approximately 142,662 eligible residential electric customers currently on a tiered rate plan called E-1 to a Time-of-Use (TOU) rate plan in April 2022. On the Time-of-Use (Peak Pricing 4-9 p.m. Every Day) rate plan when customers use energy is as important as how much they use.

The transition to this Time-of-Use rate plan will occur by geographical region and affect approximately 2.5 million customers in PG&E's service area in stages. 38,648 customers in San Joaquin, 30,337 in Placer, 20,552 in El Dorado, 19,771 in Yolo, 10,941 in Tuolumne, 10,165 in Calaveras, 6,479 in Amador, 4,380 in Stanislaus, 606 in Sacramento, 568 in Sierra and 215 in Alpine counties will receive a series of notifications by mail that started in December 2021 to allow them ample time to make a choice if they prefer another rate plan.

Customers can choose another rate plan at any time and are encouraged to update their contact information to ensure they receive important program updates. To view a customized rate plan comparison, customers can visit their account online at [www.pge.com/TOUchoice](http://www.pge.com/TOUchoice). PG&E does not profit from this change.

All California investor-owned electric utilities are required to automatically

transition customers to the Time-of-Use rate plan to support a cleaner, healthier, and more reliable energy grid. Some customers will not automatically move to the Time-of-Use rate plan including those enrolled in the Medical Baseline program.

"To ensure our customers are fully aware of the transition to the Time-of-Use rate and how the program works, we're communicating this change more than 90 days ahead, and we'll continue to share information before each regional transition takes place," said Marlene Santos, PG&E's Chief Customer Officer. "And customers can choose the rate plan that best fits their needs and lives at any time."

Customers who automatically transition to this Time-of-Use rate plan will receive risk-free Bill Protection for the first 12 months on the delivery portion of the bill. If a customer pays more on the Time-of-Use (Peak Pricing 4-9 p.m. Every Day) rate plan than they would have on their current rate plan, PG&E will automatically credit the customer the difference for the first year.

**More About Time-of-Use Rate Plans**

Customers on these rate plans can choose to shift and reduce some energy use to lower-cost time periods (19 hours) every day, including weekends and holidays. The hours of 4 to 9 p.m. are higher priced (peak times). All other times are lower priced (off-peak). Environmental advocacy groups such as the Natural Resources Defense Council (NRDC) support the transition to TOU rates as the plans help build healthier communities. ★

# State Senator Jim Nielsen Endorses Sheriff Jones for Congress



**Scott Jones**

**Sheriff Scott Jones for Congress**

**SACRAMENTO, CA (MPG)** - Sacramento County Sheriff Scott Jones announced that he has secured the endorsement of State Senator Jim Nielsen in his race for California's 3rd Congressional District. Senator Jim Nielsen represents California's 4th State Senate District, which contains the CA-03 counties of Placer and Sacramento.

Senator Jim Nielsen is known as a tough-on-crime conservative and champion of lower taxes and controlled government spending. Senator Jim Nielsen was first elected to the State Senate in 1978 where he served until 1990 and has also served in the State Assembly from

2009-2012. He then returned to the Senate in a 2013 special election. Senator Nielsen has also served as the Chairman of the California Board of Parole and Prison Terms.

"Sheriff Scott Jones has distinguished himself as a courageous law enforcement leader, always putting the interests of the community and crime victims first. I trust Scott Jones to stand against the 'woke' politics that fuels the agenda to 'defund police' and release dangerous criminals early. Scott possesses both the unique experience and sound judgement to help restore our nation's law and order as our member of congress for the third district. Sheriff Scott Jones has my strongest endorsement." - State Senator Jim Nielsen, former chairman of the California Board of Prison Terms and co-author of California's Crime Victims Bill of Rights

Sheriff Jones accomplished a strong record of leadership at the Sacramento County Sheriff's Office, stewarding the Department's recovery from the worst financial crisis of its history, becoming a regional

leader in the fight against gangs, and hiring a record number of women, minorities, and veterans. As one of the foremost experts on law enforcement in California, Sheriff Jones is an advocate for investing in public safety and a vocal opponent of the 'Defund the Police' movement. In Congress, Jones will be an advocate for fiscal accountability, border security, and restoring criminal justice to America's communities. A nationally recognized law enforcement leader, Jones has testified before congress, and has presented at two white house conferences on law enforcement, immigration, and safety issues.

California's 3rd Congressional District includes the Counties of Placer, Nevada, Mono, Sierra, Inyo, Plumas and Alpine and portions of Sacramento, El Dorado, and Yuba Counties. It is an open seat and Republicans hold a 7-point registration advantage.

To learn more about Sheriff Scott Jones and his campaign for Congress, visit: [scottjonesforcongress.com](http://scottjonesforcongress.com). ★

# Defendant Charged for Murder of Emma Roark w/Special Circumstances

**Sacramento County District Attorney**

**SACRAMENTO COUNTY, CA (MPG)** - District Attorney Anne Marie Schubert has announced the filing of criminal charges in the tragic death of Emma Roark. Mikilo Rawls has been charged with murder along

with several special circumstances, making this a capital case. Rawls is also charged with kidnap, rape, sodomy, and an allegation that the victim was bound or tied in the course of the sexual assault. It is also alleged that Rawls has previously been convicted of a first-degree burglary,

which is a strike offense under California law.

Criminalists from the Sacramento County District Attorney's Crime Lab responded with the Sheriff's Department and assisted in processing the crime scene. Evidence obtained from the victim matched a known

profile of Rawls and detectives from the Sheriff's Department obtained an arrest warrant for Rawls, which was executed Friday, February 11. That warrant is a document on file with the court and available for public inspection within the rules of the Sacramento Superior Court.

"The circumstances of this murder are horrific, and our sympathies go out to Emma Roark's family," said DA Schubert. "I am incredibly proud of our Crime Lab criminalists who responded to the scene and dedicated every available resource to identify a responsible party." ★

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# Kids in Need This Easter

*Continued from page 1*  
personalized Easter basket(s) for one child or more and to present them as if they came from the Easter Bunny. More information can be found on Helping Hands OV's Facebook page at facebook.com/HelpingHandsOV or Instagram @helpinghands\_ov. Whether you are in need or want to donate, both options are there. Be sure to click or scan the appropriate link and fill the form out to completion. Last day to sign up to either give or receive is March 20th.

Drop off and pick up of baskets will be occurring on Saturday, April 9th at the Orangevale-Fair Oaks Food Bank where HHOV will also be holding a food drive from 9am to 12pm. Donors and recipients of baskets will be told separate times. Whether you are participating in the Easter Basket drive or not, please feel free to stop by and bring your donation of non-perishable foods

to help those in need in special surprises. So stop



**HHOV asks the community to make personalized Easter basket(s) for one child or more and to present them from the Easter Bunny.** Photo: HHOV

our community Last year HHOV collected over 2,300lbs of food and this year have a goal of 2,500. Every can counts! Day of April 9th there will be festivities to enjoy including some extra

on by, bring a donation or sign up whether you are in need or want to give back. This is a great opportunity to "hop" into spring! If you have any questions, please email helpinghandsov@yahoo.com ★

# New County Animal Care Director

**By Kim Nava, Sacramento County**

**SACRAMENTO COUNTY, CA (MPG)** - Sacramento County has a new Director of Animal Care and Regulation.

The Board of Supervisors, at its Jan. 25 meeting, concurred with the County Executive's appointment of Annette Bedsworth as Director, effective Feb. 14. Bedsworth will replace Michael Doane, who had been the department's Acting Director since June 2020.

"Ms. Bedsworth has a distinguished record of significant achievements during her tenure as Executive Director for Animal Services in Stanislaus County. Sacramento County will benefit greatly from her leadership and expertise, and we look forward to welcoming her to the organization," said Mike Penrose, Interim Deputy County Executive, Community Services. "I would also like to thank Michael Doane for his willingness to provide leadership to the department as we searched for a permanent director."

Bedsworth has more than 30 years of public service, including more than 20 years in management and director level positions. Since 2008, she has served



**Annette Bedsworth, Director of Animal Care and Regulation.** Photo provided by Sac County

as the Executive Director for Animal Services for Stanislaus County. In that position, she led the agency to achieve significant improvements, including increasing the life-saving rate from 9 percent to more than 90 percent for both cats and dogs.

Her noteworthy program implementations include the Community Cat Program, which reduced euthanasia by 40 percent in its first year, and the Dog License Amnesty program, which generated 8,000 new licenses in the first 30 days of the program.

Bedsworth has a Bachelor of Arts degree

in Family and Consumer Sciences from California State University, Fresno and is a Southern University Utah Animal Services Executive Leadership graduate. She is Vice President for the National Committee for International Public Management Association (IPMA) for Human Resources and is associated with the Marketing Committee for Cal Animals, the National Committee for Human Animal Support Services, Stanislaus Scholarship Committee, and serves as a mentor for the Stanislaus County Student Program.★

# Celebrating 10 Years of the Mental Illness Project

**By Laurie Slothower, Sacramento County**

**SACRAMENTO COUNTY, CA (MPG)** - It has been 10 years since the launch of the Sacramento County Department of Health Services Division of Behavioral Health Services "Mental Illness: It's Not Always What You Think" project, and in that time, the project has made significant progress in creating partnerships to reduce stigma and discrimination surrounding mental illness.

Funded by Mental Health Services Act, the project aims to reduce stigma and discrimination by providing mental health information, resources and support to individuals and families in Sacramento County. By educating the community, the project aims to eliminate barriers for people living with mental illness and provide a



**Nearly 355,000 Sacramento County residents live with a mental illness, but only a third will seek professional help due to stigma and discrimination.** Photo courtesy Pixabay

deeper understanding of mental health.

When the project launched in 2012, only four community members were willing to be spokespeople. Fast forward to today, the Stop Stigma Speakers Bureau has almost 200 members who share

their experiences living with mental illness, and countless community members have volunteered to be the public face of the campaign on billboards, in media interviews or at events.

The project has more than 11,000 followers

# Parkway Activists Confront County

*Continued from page 1*

to shape our community, and we should hold them accountable," Dianna Poggetto said. "The Foundation has waited for them to address this crisis. They've made announcements but not followed through. Our Parkway's being destroyed, and no one seems to be doing anything to save it. We need plans for services and shelter options. Beyond that, we want the Parkway restored. We've placed (early 2022) deadlines for action. We're fortunate to have this treasure.

People shouldn't be afraid to use it."

Agrees Supervisor Desmond: "Parkway encampments need to be removed. But unless we have alternative shelters, they'll just pop up somewhere else. The Foundation's deadlines are challenging, but I'm working with Board colleagues and County staff to identify plans that will continue to provide support the Parkway needs." Learn more about the American River Parkway Foundation at [www.arpf.org](http://www.arpf.org) ★

on its social media channels and more than 120 community-based organizations have collaborated with the project since it launched.

The project is constantly evolving to ensure it reaches every community in Sacramento County –especially in light of the impacts of COVID-19 and mounting

social justice issues on the mental health of community members. As of December 2021, the project launched an updated website that includes materials tailored for unique audiences.

"We estimate that nearly 355,000 Sacramento County residents live with a mental illness, but only a third will seek professional

help due to stigma and discrimination," said Ryan Quist, Ph.D., Director of Behavioral Health Services. "Mental illness is a treatable and manageable condition that is unfairly stigmatized."

For more information about the project, please visit [StopStigmaSacramento.org](http://StopStigmaSacramento.org) ★

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# Board of Supervisors Declares a Shelter Crisis



By Janna Haynes, Sacramento County

## SACRAMENTO COUNTY, CA (MPG)

The Sacramento County Board of Supervisors voted on February 15th, to declare a shelter crisis in Sacramento County as an important step towards implementing the Board's directions to open and operate sanctioned encampments (called "Safe Stay Communities").

While adoption of the proposed declaration will allow staff to move with expediency on site selection and development for proposed Safe Stay Communities and most sites will not require additional legal review by the Board, staff will bring all sites to the Board for input on site appropriateness before initiating construction.

In addition, staff will work with the Supervisor in whose district the site(s) are located in to develop a community engagement plan for each site.

In the FY 21/22 County Budget, the Board directed staff to pursue non-traditional options for providing sheltering, including use of sleeping cabins, creation of safe parking opportunities, and use of other shelter options. The benefits of such options include:

- They offer non-congregate sheltering, which is not only more private for the occupants but is easier to prevent the spread of disease, including COVID-19; They allow for sheltering of diverse populations as they present, including couples and those with pets; They are quicker and less expensive to build than traditionally built facilities; They are less permanent than traditionally built facilities, allowing a short-term solution in one community and relocation/re-use of the facilities at other sites as needed.

Staff is working on development of construction and operational plans for multiple potential sites for Safe Stay

Communities that could consist of temporary sleeping cabins, safe parking spaces or other emergency facilities. Each community will include on-site security, sanitation services and supportive services aimed at transitioning people out of unsheltered homelessness.

Additionally, the County is continuing to enhance the breadth and depth of outreach and services offered in encampments throughout the County, including the development of Encampment Services Teams that reach out directly to people living unsheltered. These Teams will also serve as outreach points to bring unsheltered into the safe stay communities and provide them with deeper connections to County behavioral health services, connection to benefits like CalFresh, CalWORKs, Medi-Cal, etc., linkages to longer-term shelters, and flexible funding to help support individuals' transition into permanent housing.

Ultimately, all sites should be considered as a stepping stone to stabilize and support individuals on a pathway to permanent housing.

While stable and affordable housing with appropriate services and support are ultimately what ends homelessness, safe stay communities afford the opportunity to provide immediate safe and hygienic locations for people experiencing homelessness to live and access services. They also provide a consistent location for service providers and outreach workers to engage on a more regular basis with occupants.

Additionally, by targeting those living unsheltered in the immediate vicinity of the communities, it is anticipated that the communities will create broader community benefits including a reduction in trash and debris, the mitigation of environmental and health hazards, and the ability to restore land previously occupied by unsanctioned encampments to its intended use.

Read more about the County's response to homelessness on our website. ★



By County Supervisor Sue Frost

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

It may be hard to realize this, but we are already well into 2022. I say this because I find myself reading headlines that make me feel like I am still living in late 2020. As has been the case throughout the COVID-19 pandemic, the rules are made up and the data does not matter. After months of a reinstated, statewide mask mandate, Governor Newsom announced the mandate would be lifted on February 15th. Shortly after, I was elated to see the county's public health officer would follow the state's lead and lift our mask mandate as well. The vexing thing about these decisions however, is that the originally stated thresholds for freedom from such mandates have again been irrelevant to the process.

I think it is great that the requirement of masks indoors is being lifted ahead of schedule but it just goes to show how subjective all of the benchmarks are. At the time the county's mask mandate was reinstated, we were told that it would be lifted when we dropped below a case

## Orangevale Community Update

### A Pattern of Inconsistency

rate of five per 100,000. When the announcement came that the mask mandate would be lifted, we sat at 63.8 cases per 100,000 which is obviously significantly higher than the previous goal. Again, these guidelines and benchmarks are clearly subjective, and it makes me wonder why any of these false goal lines have continued to be identified – especially when the science we are all supposed to be following continues to change.

Case in point, Sacramento County's most recent mask mandate was put in place to help slow the spread as cases spiked. While the mask mandate was in place however, we saw our highest case rates of the entire pandemic. At the same time, the death rate remained far below what we saw at its peak. With numbers like those, it would seem the mask mandate achieved essentially nothing.

On March 8, 2020, Dr. Fauci made a comment on 60 Minutes, "There's no reason to be walking around with a mask..." – then on April 3, 2020, he and the CDC directed us to wear a mask. As time progressed, we were told to wear 2 masks, that children must mask while playing sports outdoors, and that cloth masks don't work but N95 masks do. We were told that if we get the shot, we can take off the mask and travel, then we were told to put back the mask because it turns out the vaccine does not prevent contracting or transmitting the disease. We've been told we must wear a

mask indoors, but if we are sitting at a table in a restaurant, we can take the mask off. Children who are not at-risk are required to wear a mask, while adults who are at-risk can go without a mask.

We clearly have a long way to go to regaining common sense and normalcy. Lifting mask mandates only for the vaccinated did not work last time but that is what we are doing again. As the virus changes and we watch case rates of both the vaccinated and unvaccinated rise and fall together, it is becoming more evident that the need for emergency declarations and knee jerk mandates need to be left behind. Instead, we need to do as we have with all other viruses that mutate too often to be eradicated – we must learn to live with the virus while minimizing its impact on society.

At this point, the only things we should be hearing about mask mandates is when we are discussing studies of how they have impacted our health, the total well-being of students, and how we can better respond to similar outbreaks in the future.

Thank you for reading – and as always, if you want to contact me, call me at 916-874-5491, or e-mail me at SupervisorFrost@accounty.net.

Sacramento County Supervisor Sue Frost represents the 4th District, which includes the communities of Citrus Heights, Folsom, Orangevale, Antelope, North Highlands, Rio Linda, Elverta, and Rancho Murieta. ★

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By Marlys Johnsen Norris, Christian Author

## Have You Discovered Your "Family Legacy"?

nice kind things?

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Marlys Johnsen Norris  
Christian Author  
of 7 Books  
ARM Columnist since 2006  
Stephen's Minister  
Marlysjn@gmail.com  
PO Box 114,  
Orangevale, CA 95662 ★

Everyone of has a legacy birthed for us to find and discover, then to later in life to enjoy beyond our expectations.

Discover them when you take your first take a genuine look at those old family photos you have had stored away for years. Do you know who the people are? Why were they significant to save and keep all these years?

Now, make note about the ones in your memory. Write something you remember about them in a special tablet. Were they people who were good to you in some way and did they say loving

# Crime, Homelessness Drag Down Newsom's Approval



By Dan Walters CALMatters

Gov. Gavin Newsom's administration is very gingerly lifting the restrictions on personal behavior that were imposed to counter the omicron surge of COVID-19 – particularly the requirement to wear masks inside public places.

It's the latest wrinkle in two years of Newsom decrees alternatively tightening and then loosening behavioral controls to deal with the pandemic and comes as the governor focuses on getting himself re-elected to a second term this year.

His re-election prospects are high, given the lack – so far – of a viable Republican opponent, the state's very blue political orientation and his easy defeat of a recall attempt last year.

That said, Newsom's overall popularity is less than impressive, as two recent statewide polls found, with crime and homelessness the most erosive factors in his public standing.

The first poll, conducted by the Public Policy Institute of California in January, gave Newsom a 56% approval rating among all adults, markedly lower than his high water mark of 65% in May 2020 but also markedly higher than his low of 44% in September 2019.

The second, conducted in February and released on Tuesday by the Institute of Governmental Studies at UC-Berkeley, puts Newsom's approval rating among registered voters at 48%, just slightly higher than his lowest rating of 46% a year ago. Significantly, 47% of voters disapprove of how he has performed as governor.

"Contributing to voters' more mixed assessment of the governor are growing concerns of how Newsom is handling several festering problems, such as homelessness and crime, that are now plaguing the state," Mark DiCamillo, director of the Berkeley-IGS poll, said in an analysis.

"For example, two in three voters (66%) now rate Newsom as doing a 'poor' or 'very poor' job in his handling of the issue of homelessness. This is up 12 percentage points from 2020, the last time the poll made an assessment. In addition, a 51% majority of voters also downrates the Governor's performance on crime and public safety issues, up 16 percentage points from 2020."

The poll confirms that Californians are increasingly worried about a recent uptick in crime, both violent and property offenses, and are increasingly fed up with the inability of Newsom and other politicians to deal effectively with homelessness that has manifested itself in squalid encampments throughout the state.

Two recent crimes in the Sacramento area even indicate that the two issues

could be joined in the minds of voters. A young woman was kidnapped in suburban Sacramento and brutally murdered, allegedly by a homeless man living in the American River Parkway. A young mother was placing her two children in the car after they had visited a park in East Sacramento when she was attacked and beaten, allegedly by a man living in a nearby homeless camp.

Newsom knows that these two issues are big downers for him and has uttered many recent denunciations of criminal activities, particularly smash-and-grab robberies, and promises to clean up urban blight.

Again, Newsom is no danger of being unseated this year. But if crime and homelessness continue to be seen as failures, they will stain his gubernatorial legacy. Moreover, they could adversely affect his fellow Democrats in down-ballot contests.

Both of the Sacramento crimes will be prosecuted by Sacramento County District Attorney Anne Marie Schubert, who is challenging Attorney General Rob Bonta, a Newsom appointee, and calling for a tougher attitude toward crime.

Republicans intend to make crime a centerpiece of their campaign to regain control of Congress and with several California seats up in the air, it could be a decisive factor.

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

## Wherever They Are I Will Find Them

Dr. James L. Snyder

Recently, The Gracious Mistress of the Parsonage and her spouse took a short vacation that was long overdue. Vacations are very hard to organize and schedule when you have a busy life. But, thanks to the ingenuity of my wife, we were able to plan out a vacation.

The motel we stay in is owned by our friends who give us a family/friend discount. Any discount, in my mind or pocketbook, is a great blessing. We love staying there and enjoy the surroundings.

As we were signing in, the motel lady said to my wife, "There are about ten new thrift stores in town. Would you like me to show you where they are?" Both of them laughed, then my wife said, "No, because wherever they are, I will find them for sure." The laughter continued.

The only one not laughing at this point was me because I knew the outcome of this sort of thing and it wasn't one I was happy about.

My long history with the Gracious Mistress of the Parsonage has brought me to the conclusion that thrift

stores are in her blood. The strange thing is, all the thrift stores know her by name. As soon as she walked into a thrift store, they smile and greet her enthusiastically. They know that they have a "customer" on the premises.

As I was settling down in the motel room, my wife was out looking for these new thrift stores. Then, for the next several days, she spent her time looking for any new thrift store she could find.

It was a Friday afternoon when she came back to the motel room smiling and said to me, "Didn't our friend say there were ten new thrift stores in the area? Well, I found 15." And with that, she laughed most heartily.

Sometimes I wish I had her instinctive gift in finding things. My gift is in losing things. I can lose things right in front of me and not find them for days on end. If I could find what I'm looking for as successful as my wife finds thrift stores, I'd be a happy old gentleman for sure.

She is great to have around. No matter what I lose, she can come up most of the time and find

it for me. All I have to do is say, "I can't find my red pen. Have you seen it?"

Before I can clear my throat, she finds it and brings it back to me. It seems that her fascination is with the word "lost," and she could retrieve everything I lost.

I lost my mind once, which was the only thing she could never find. I don't know what I will do if she ever does find my mind.

When I think of the word "find," I think of a wonderful verse in the Bible. "Whoso findeth a wife findeth a good thing, and obtaineth favour of the Lord" (Proverbs 18:22).

The Gracious Mistress of the Parsonage was the only thing I ever found that has made a big difference in my life. I wish I knew how I was able to find such a treasure. If I knew that, I probably would have a lot of things in my life that I don't have now.

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 jamesnsnyder51@gmail.com. His web site is www.james-snyderministries.com. ★

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  - 1940s author George
  - "Best-selling pop artist Bing
  - Writer \_\_\_ Monk Kidd
  - Genghis or Kubla
  - Cranberry habitat
  - Not nice
  - Saddle holders
  - \*Boris Karloff's movie "The \_\_\_" pl.
  - Actress Barrymore
  - Asian goat antelope
  - Supernatural life force
  - Seethes
  - South African antelope
  - Cook from above
  - Rotisserie part
  - Not odd
  - Italy in Italian
  - What snob puts on
  - .000001 joule
  - Sound of a dropped tome
  - Beer acronym
  - \* \_\_\_ Doctrine, U.S. foreign policy
  - \*How Green Was My \_\_\_
- DOWN**
- Emergency acronym
  - 1949 international org.
  - Copycat
  - Chicken feet
  - Christian hymn (2 words)
  - Gravestone sound
  - Gone by
  - TV's Yellowstone, e.g.
  - Uses a Singer
  - Underwater hermit
  - Ethereal
  - Gridiron official, for short
  - Apollo Creed's son
  - City in northern England
  - Old towel, e.g.
  - Rollerskater's protector (2 words)
  - \*Disney's 1942 orphan
  - Abstractionism using optical illusion
  - Kind of salami
  - Crafts' companion
  - Network of nerves
  - Treasure collection
  - Dreamer?
  - \*Popular music style
  - Ship canvas
  - \*1939-1945
  - Parallel grooves
  - Acid turns it red
  - "Bingo!"
  - Daryl Hannah's 1984 movie
  - Open up
  - In spite of the fact, arch.
  - Church sound

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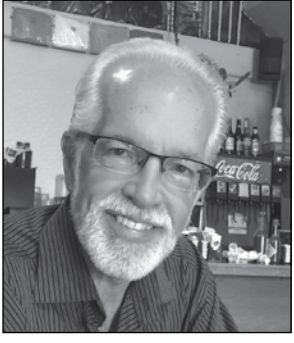
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# The Rates Keep Rising



### Commentary by Bruce Lee

Heads up! Those rates (garbage rates in this case) are rising – now in Folsom, but coming soon to a community near you!

And, what a rise! In mid December Folsom approved a 74% increase over four years. The typical residential bill is currently \$34.50 per month and will rise to \$60 by 2025. The rates will rise “gradually” to \$46.25 in 2022; \$56 in 2023; \$58 in

2024; and then finally to \$60. It will be like cooking a frog to death, starting it in room-temperature water while slowly raising the heat to a boil.

The rationale for the increase is a state mandate pushed down upon local government – in this case Senate Bill 1383 of 2016, which is attempting to reduce greenhouse gas emissions. Folsom could face fines up to \$10,000 per day for noncompliance. According to the city, they issued public notices and held required hearings, but there was no majority objection to the fees.

SB 1383 is a statewide effort to reduce “short-lived” climate pollutants and applies to all residents and businesses. Using 2014 levels as the standard, the intent is to reduce disposal of organic waste by 50% by January 1, 2020

(they missed that goal), and by 75% by the end of 2024! Plus, the state wants to “rescue” at least 20% of currently disposed, edible food for human consumption.

(I’m not sure what they plan to do with all of that “rescued” food. Remember the Seinfeld television show debate when George took a pastry out of the garbage – but it was “just below” the lid line! It might be worthwhile to catch that rerun.) And, “short-lived” means pollutants that have a relatively short life in the atmosphere. (Hmmm ... so why worry about them? Well, I’m not a “scientist” and nobody argues with a scientist now-a-days!)

Now, there is a logic. When food scraps and compostable materials (such as paper products) are put into a landfill without

access to oxygen, they break down and produce methane (CH4), which is a greenhouse gas in the atmosphere. (This is akin to cow flatulence.) And, we do have a lot of organic waste – 71% of all San Mateo County’s landfill waste is organic. And, evidently food waste tallies up to about 17% of all landfill disposal in California.

Maybe we just need a mandate to buy less food or that we are required to consume all that we cook?

Now, while some of this may seem a bit humorous, there are four serious lessons for us:

- 1) Who thought in 2016 when the well-intended SB 1383 passed that garbage rates would skyrocket! Policy decisions are often made based on general big-picture ideas that sound good, but are

made out of context. The impact trickles down.

- 2) Rates are just as important as taxes – so keep an eye on them!

3) Folsom purportedly had little public comment or objection, so shame on us for being indifferent.

- 4) Once you pay higher rates or higher taxes, there is often little guarantee on how the money will be used. These types of things can also be good rationales for higher wages and the like.

And, starting last January 1st, per SB 1383, Californians are required to recycle their food scraps and other leftovers. Your organic waste can be combined with your green waste; or maybe there will be a new “brown waste” can. Confused yet?

Meanwhile, watch out for your rates! Folsom is a harbinger for all other local governments, and the City of Sacramento City is currently working on their wastewater fees in earnest.

W. Bruce Lee is an educator and speaker (WBruceLee.com) with a career in government as an elected official and fiscal advisor, who has worked at the local, state, and federal levels. He authors the “We the Government” column as a community service. He is president of the Sacramento Taxpayers Association (SacTax) - promoting efficient, economical government; fair and equitable taxation which permits a strong, healthy economy; as well as sensible balance and rational control of government expenditures.. His private message telephone is 916-624-6476. Copyright W. Bruce Lee, 2022 ★

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Winter Yard Cleanups, Complete Landscape Design/Installation, Sprinkler System Installs/Repairs, All Types Concrete Work, Fence Installation, Retaining Walls-All Types, Drainage Systems-all types, Landscape Lighting, Residential/commercial  
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[Steve@steveestabrook.com](mailto:Steve@steveestabrook.com)  
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**Guitar Lessons** – Beginner to Advanced. \$15/half hour. \$25/hour. [freddiebbalbert@gmail.com](mailto:freddiebbalbert@gmail.com). 916-507-6658 (MPG 12-31-22)

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California law requires that contractors taking jobs that total \$500 or more (labor and/or materials) be licensed by the Contractors State License Board. State law also requires that contractors include their license numbers on all advertising. Check your contractor's status at [www.cslb.ca.gov](http://www.cslb.ca.gov) or 800-321-CSLB (2752). Unlicensed persons taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors State License Board.  
**DISCLAIMER**  
Be wary of out of area companies. Check with the local Better Business Bureau before you send any money for fees or services. Read and understand any contracts before you sign. Shop around for rates.

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# Poppoff!

With Mary Jane Popp

## Happy At Work

Would you like to say take this job and shove it? Want to get unstuck and out of the rut? Maybe you're just burned out. But **Beverly Jones** says you can move past boredom and find fulfillment in her book "Find Your Happy at Work." Beverly is a Master of Career Reinvention. From a TV and Radio writer to leading university programs for women, getting her MBA and going to law school, now she's an author, speaker, Podcaster and coach. She's got 50 ways to get unstuck in her book, but here are ten that kind of sums it all up.

- 1. YOU CAN GROW.** You have tremendous power to change, develop, and create a work life and long-term career filled with joy, meaning, and success.
- 2. WORK CAN FEEL MORE LIKE PLAY.** Sometimes the difference between work and play is attitude. Both are more satisfying if you approach them with a positive mindset and considerable effort.
- 3. CARE FOR YOURSELF.** It's difficult to thrive at work if you're exhausted, unhealthy, or trapped in negativity.
- 4. FOCUS ON PURPOSE, PEOPLE, AND PERFORMANCE.** When you are bogged down at work, when you don't know what to do, think about the three Ps of the Engagement Triangle... take small action steps that reflect your purpose and values, positively impact other people, and support the kind of performance that meets your standards and gets the job well done.
- 5. TINY STEPS CAN TAKE YOU FAR.** You can accomplish big things and create sweeping change if you commit yourself to moving forward "one sugar grain at a time."

- 6. SUCCESS FOLLOWS HAPPINESS.** You don't have to choose between a meaningful, happy life and a successful career. You're more likely to succeed if you have a positive attitude and feel happy.
- 7. CHOOSE POSITIVITY.** You can become more optimistic and upbeat, even if times are hard and you were born a pessimist. One useful technique is to reject the negative voice in your head and replace repetitive internal comments with more optimistic language.
- 8. RELATIONSHIPS MATTER.** Humans are hardwired to need connections to other humans. To be well and perform at your best, you need relationships with others.
- 9. CHANGE YOUR HABITS TO BOOST PERFORMANCE.** Much of your life is shaped by learned routines you follow mindlessly. Your automatic habits save time and limit the pressure of making decisions, but some keep you stuck in patterns that aren't fulfilling or effective. Tweak old habits and consciously build new ones. You can gradually reshape your work life.
- 10. MEDITATE.** When you are mindful, you're consciously paying attention to what's happening now. You're in the moment, and you're not bored or judgmental. By practicing mindfulness exercises, you can reduce stress, support stronger social relationships, better control your emotions, lower blood pressure, spark creativity, and enhance your ability to pay attention and make decisions.

Now you can "Find Your Happy at Work" if you really want it. You can follow her on Twitter. **Love being HAPPY always!!!!** ★

## Nielsen and Borgeas Introduce Bill to Fund Critical Water Infrastructure Projects



Jim Nielsen

By **Jan Taber**,  
California Senate  
Republicans

**SACRAMENTO, CA (MPG)** - Senators Jim Nielsen (R-Red Bluff) and Andreas Borgeas (R-Fresno) announced they have introduced Senate Bill 890 to ensure millions of acre-feet of water is stored during wet years instead of being flushed out to sea.

"In 2014, California voters approved funding to build large, aboveground water storage," said Senator Nielsen. "Because of bureaucratic red tape and a lack of sufficient funds due to increasing costs, we haven't even turned a shovel on Sites Reservoir. That's unconscionable. We have the money to fully fund that reservoir and now's the time to do it."

SB 890 advances the goals of Proposition 1 (2014) by making significant investments in California's aboveground water storage and conveyance infrastructure. Specifically, SB 890 will establish the Water Storage and Conveyance

Fund that will provide:

\$2.6 billion to complete the funding of Sites Reservoir in Colusa County; and \$685 million to repair the Friant-Kern/Delta-Mendota Canals and the San Luis Field/San Joaquin Divisions of the California Aqueduct.

"California's water storage and conveyance challenges transcend partisan divides and have been exacerbated due to the recent drought," said Senator Borgeas, who chairs the Senate Agriculture Committee. "Clean, reliable water in California is not only critical to our country's economy and food supply, but also our national security. Without proper storage and conveyance investments, California cannot continue to lead the nation in food production."

Completion of Sites Reservoir would ensure an additional 1.5 million acre-feet of water is stored during wet years and made available to cities, farms and the environment during times of drought.

California's Central Valley canals are in severe need of repair. Canal diversion and conveyance capacity have degraded due to substantial land subsidence caused by regional groundwater overdraft.

For example, the southernmost third of the Friant-Kern Canal has lost 60 percent of its ability to carry water. As a

result, farms, cities and rural communities that rely on the canal are losing up to 300,000 acre-feet of water per year in deliveries. Similarly, the diversion capacity of the Delta-Mendota Canal has decreased from 4,600 cubic feet per second to 3,211 cubic feet per second at the terminus.

The Legislature has the opportunity to fund these critical water infrastructure projects using taxpayer revenue that has already been collected. This is because under state law, infrastructure projects may be financed using revenue from the General Fund when it exceeds the State Appropriations Limit, or Gann limit.

The need for reliable and dependable water storage infrastructure and conveyance is vital. The completion of Sites Reservoir and repairs on the Central Valley canals would go a long way toward preserving public health, protecting the environment and maintaining economic viability.

State Sen. Jim Nielsen represents California's 4th senate district, which spans from Sacramento to Tehama County.

State Sen. *Andreas Borgeas* represents California's 8th Senate District, which encompasses all or portions of *Amador, Calaveras, Fresno, Inyo, Madera, Mariposa, Mono, Sacramento, Stanislaus, Tulare, and Tuolumne.* ★

## CSRMF Names Tim Schroepfer as President & CEO



The California State Railroad Museum Foundation has named **Tim Schroepfer** as President & CEO. Photo courtesy of the California State Railroad Museum Foundation

### CSRMF Press Release

**SACRAMENTO, CA (MPG)** - The California State Railroad Museum Foundation has named **Tim Schroepfer** as President & CEO, effective immediately. The Foundation works in collaboration with and provides fundraising support for the California State Railroad Museum located in Old Sacramento State Historic Park and Railtown 1897 State Historic Park in Jamestown. Schroepfer was first hired by the Foundation in 2019 as Director of Events & Marketing then assumed the role of Interim Chief Operating Officer in 2021 before his recent promotion to President & CEO. Schroepfer replaces Cheryl Marcell who left the Foundation in 2021.

"Tim demonstrated his leadership prowess as our Chief Operating Officer and earned the right to step in as President and CEO," said Jim Houpt, Chair of the California State Railroad Museum Foundation Board of Directors. "Even as the pandemic still ruled much or our lives, Tim engineered the return of a sold-out Polar Express train after a

two-year hiatus and quickly mastered the demands of running a fundraising and support organization for a world-class museum. Our board of directors expressed unanimous support for Tim's advancement to his new role."

In his multi-faceted new role as President & CEO, Schroepfer will manage a staff of 26, oversee fundraising, sponsorship, and membership efforts, drive all marketing, social media, and public relations initiatives, and direct the production of the Foundation's high profile community events and activations.

A natural train enthusiast, Schroepfer was born and raised in Sacramento and was a frequent visitor and member of the Museum prior to moving away from the area. Said Schroepfer, "With the Museum entering its 41st year, and Railtown entering its 51st year as a tourist railway, it is an incredibly exciting time to be with the Foundation. It is an absolute honor and privilege to return home and help support our Parks partners."

Schroepfer has an impressive background in management and the orchestration of large-scale event and theatrical productions for prestigious organizations across the country. Before joining the California State Railroad Museum Foundation, Schroepfer worked as Director of Production & Preservation for Mahaiwe Performing Arts Center in Great Barrington, Massachusetts. Prior to that, he worked as Director of Production for Utah Shakespeare Festival at Southern Utah University

in Cedar City, Utah and as Production Manager for the University California at Los Angeles, School of Theater, Film and Television. Schroepfer earned a Bachelor of Arts degree in Musical Theater from University of Stockton (UOP), a Master of Fine Arts in Producing from the California Institute of the Arts, and a Master of Business Administration from the University of Massachusetts, Amherst Isenberg School of Management.

"As the Foundation moves toward the new normal, Tim has provided the passion and direction to re-engage our membership through operations and events," added Thomas Gilbert, Past Chair of the California State Railroad Museum Foundation. "He's the right person at the right time."

Schroepfer is civic minded and involved in a variety of community organizations and causes, including as Cub Master for Cub Scouts Pack 118 and as an active participant in the Leadership Sacramento Class of 21. Schroepfer is a resident of Elk Grove where he resides with his wife Erica and two active young boys.

The mission of the California State Railroad Museum Foundation (CSRMF) is to generate revenue and awareness on behalf of its destinations, while supporting the preservation, interpretation, and promotion of our railroad heritage. For more information, please visit [www.californiarailroadmuseum.org](http://www.californiarailroadmuseum.org). ★

## DA Schubert Announces 2022 Virtual Citizens Academy

From the Office  
of **DA Anne Marie Schubert**

**SACRAMENTO COUNTY, CA (MPG)** - Learn about the criminal justice system! Discuss issues related to race relations, gang and hate crimes and sensitive current events! And, engage in open discussions with top administrators!

The Sacramento County District Attorney's Office, the Sacramento Police Department, the Sacramento County Sheriff's Office, and the Sacramento County Probation Department are proud to announce the 22nd Annual Citizens Academy. This is the second year the program is being offered virtually.

The academy was created to improve communication, foster a better understanding and develop relationships between members of the criminal justice system and our citizens, including those from different ethnic, cultural and faith-based communities. Since the start of the academy in 2002, there have been 21 graduating classes with approximately 1,190 participants.

The program provides an overview of the criminal justice system (law enforcement roles, responsibilities and challenges) and engages citizens from all backgrounds in discussion, participation and mutual learning about issues within the criminal justice system. Topics include a panel discussion on sensitive current events and "outside the box" approaches to the justice system.

Representatives from the District Attorney's Office, Probation Department, Public Defender's Office, law enforcement, the judiciary, and community organizations will provide information, answer questions and address community concerns.

There is NO cost to participants. The 10-week course is held Tuesday evenings starting April 5, 2022 to June 14, 2022, from 6:00 p.m. to 8:00 p.m. via Zoom.

The deadline for submitting applications is March 22, 2022

Application Forms: [sacda.org](http://sacda.org) - on the Homepage and under the "Community Relations" tab

Program Contact: **Kristy Lao** at 916.874.5251, [LaoK@sacda.org](mailto:LaoK@sacda.org). ★

## Revised Final Climate Action Plan Draft Released

By **Ken Casparis**,  
Sacramento County

**SACRAMENTO COUNTY, CA (MPG)** - The Planning and Environmental Review Division of the Department of Community Development has released a Revised Final Draft of the Sacramento County Climate Action Plan (CAP). The draft released today revises and replaces the draft released in September 2021.

The CAP is Sacramento County's plan to reduce its contribution to climate change while addressing the impact climate change has already had on the area.

Public comments will be accepted through Wednesday, March 23, 2022. Comments can be sent by email to [ClimateActionPlan@sacounty.gov](mailto:ClimateActionPlan@sacounty.gov).

A Board of Supervisors workshop on

the CAP will be held in March 2022.

"We have made changes based on valuable community feedback, and in response to the Board of Supervisors' resolution declaring a climate emergency," said Todd Smith, Principal Planner. "The changes are important, implementable and will help Sacramento County meet its ambitious climate neutrality goal."

- Notable work on the CAP includes:
- Incorporated Board of Supervisors' goal of carbon neutrality by 2030.
  - Identified steps the County will take within a year to set the 2030 carbon neutrality target.
  - Continued coordination with SMUD to ensure that electrification goals can be implemented and are feasible.

To learn more about the CAP, visit the County's Climate Action Plan webpage. ★

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# WEEKLY COMICS

## Amber Waves



by Dave T. Phipps

## The Spats



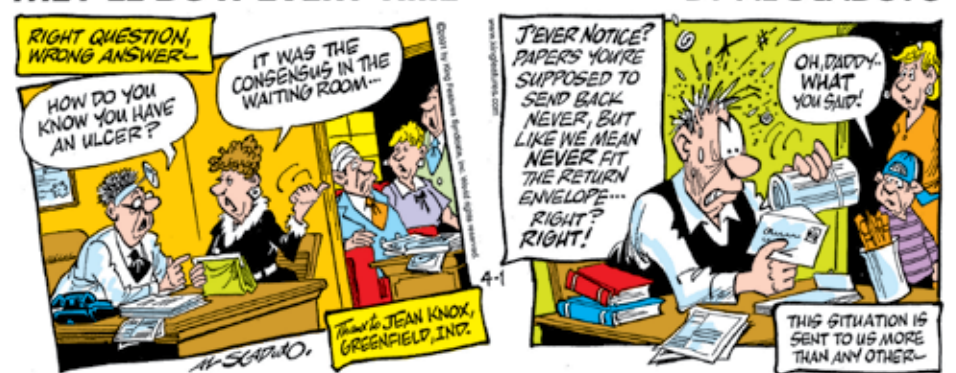
by Jeff Pickering

## Out on a Limb



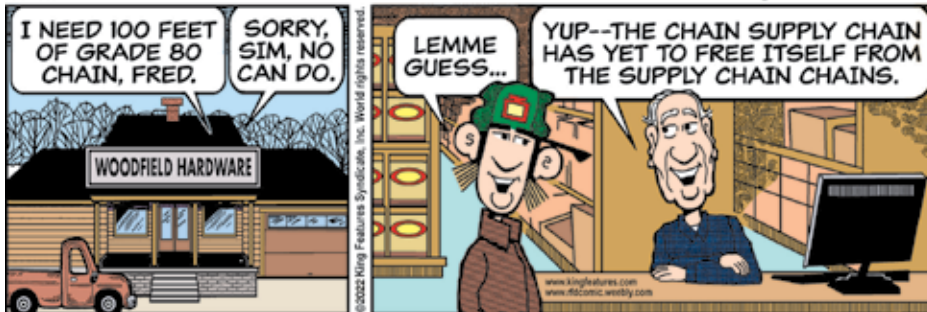
by Gary Kopervas

## THEY'LL DO IT EVERY TIME



BY AL SCADUTO

## R.F.D.



by Mike Marland



## GRIN and BEAR IT



## LAFF-A-DAY



## Just Like Cats & Dogs



## HOCUS-FOCUS

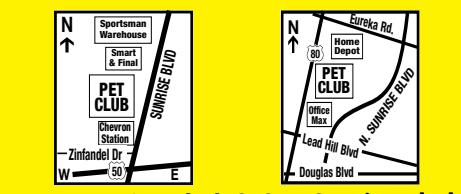


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# New Biz Helping Moms - Infant Instincts



Board Certified Lactation Consultant Jessica Hopp is the owner of Infant Instincts in Orangevale providing prenatal breastfeeding education and postnatal support. Photo by MaryAnne Povey

By MaryAnne Povey

**ORANGEVALE, CA (MPG)** - We all know how important it is to have a healthy immune system, so how important is it for infants to get a good start from the beginning? Those early days can be challenging for new moms, but thanks to Jessica Hopp, the owner of Infant Instincts in Orangevale, soon-to-be moms and new moms can rest assured that there is an expert who can help them with their prenatal breastfeeding education and postnatal challenges too!

"Growing up, I always loved babies," said Jessica Hopp, Board Certified Lactation Consultant, "I was a nanny for over 12 years and after hearing all about breastfeeding challenges, I wanted to know more, which is what prompted me to change my major in college and pursue becoming a specialist in lactation education. It's my passion!"

After working as an outpatient lactation consultant for UC Davis, Jessica wanted to go out on her own and provide a broader range of services, including holistic approaches to many

of the issues facing mothers. She wanted to focus on "adding the nurturing touch to the clinical services", via natural remedies. Her dream was to live and work in her community and fill the void, helping moms with their new infant care needs.

"It was important to me to do this in my community and offer services to help all moms who need support. I wanted them to feel that they are not alone," Jessica shared, "Having problems after childbirth can be so stressful and intensified due to hormones making the situation seem worse. I want to be there for them, with tried-and-true solutions to their postnatal problems. They need to know that there is someone to help with their fears and concerns."

The methods that Jessica uses are clinically-tested, and she's had fantastic results helping moms with adjustments that make a big difference. One of her most gratifying moments is when she fixes a problem like "latching on correctly," and the mom breathes a sigh of relief and says, "Oh, this is how it's supposed to feel!"

Part of Jessica's success is that she can spend the amount of time needed to address each individual's situation. Typically, an appointment with her is about 90 minutes long—in comparison to just a few minutes working with a nurse after delivery.

For those out of the loop on what's "in" these days, the CDC and WHO recommend breastfeeding beyond the early weeks and urge exclusively breastfeeding for 6 months and then up to 12 months. The

good news is that thanks to the Affordable Care Act of 2012, insurance companies are now required to cover lactation support including supplying a breast pump, providing lactation consultations, and prenatal education. This includes Jessica's services!

"I help working moms by discussing their goals and making a plan," said Jessica, "Returning to work can be a stressful thing. I try to break it down and make it achievable."

Some of the most common problems new moms experience are stress, anxiety, and pain. "There shouldn't be pain when nursing," Jessica shared, "The two most common causes are a shallow latch or infant oral issues like tongue ties or suck coordination."

Another common issue is the infant having tension or stress, which can be relieved with techniques as simple as infant massage and stretches.

"I get a good mix of first-time moms who don't know what to expect. I also get moms who have had a difficult time previously and want to get ahead of the curve on their next pregnancy," Jessica said, "Although you may be successful with one baby, each birth and nursing situation is different and that's where I come in to help."

In addition to lactation consultation, Jessica also sells home grown organic baby food, offers breastfeeding support groups and is planning future education classes. For more information about all the services offered at Infant Instincts, go to [www.infantinstincts.com](http://www.infantinstincts.com) or call 916.827.5571. ★



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