

New Chapter Begins for Old Schoolhouse

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Honoring Fair Oaks' Best



An amazing group of winners topped the list for the Best of Fair Oaks this year. See more photos on page 10. All photos by Paul Scholl, MPG

By Judy Andrews

FAIR OAKS, CA (MPG) - The 6th annual Best of Fair Oaks Award Gala was held on Feb. 3 at the Northridge Country Club where the Best of Fair Oaks 2021 winners were announced. Each year this fun event grows by nominees and votes, and 2021 drew the most votes achieved for the Fair Oaks community.

Overall, more than 304 nominees competed in 55 different categories. The winners were determined upon tallying a total 10,805 online votes at BestofFairOaks.com. The website was designed in 2018 by Ryan Griffith, owner of Averik and creator of VoterFly.

"All businesses in the Fair Oaks community qualify for voting," said Kimberley Pitillo, executive director of the Fair Oaks Chamber of Commerce (FOCC). "To receive votes, nominated businesses must either be a member of the chamber or reside within the boundaries of Fair Oaks."

This year's celebration was organized and presented by the FOCC's Fair Oaks Youth Outreach (FOYO)

ambassadors led by Noah Wright, Jake Wright, and Emma Ford – along with some recruits from Bella Vista High School. Proceeds from the event, which also included a raffle and dessert auction, benefit the FOYO Scholarship Fund.

The Best of Fair Oaks is sponsored by the FOCC in partnership with the American River Messenger and VoterFly.

Other event sponsors included the Fair Oaks Brew Pub, The Recognition Group, Senior Care Solutions, Shadow Glen Family Stables, and Sunrise Senior Living.

Award Winner Highlights

Some notable 2021 category winners included: Best Bakery (O Café Bakery Bistro); Best Bar/Brew Pup (Fair Oaks Brew Pub); Best Event of the Year (Fair Oaks Chicken Festival); Best High School (Bella Vista); Best Pizza in Town (Del's Family Pizza); Best Restaurant (Dad's Kitchen); Best Sandwich Shop (Fair Oaks Coffee House & Deli); Best Senior Care Services (Dot Boyd); Best Specialty Shop

(French in the Village); Best Youth Activities/Sports (Del Campo Junior Cougars Football).

And for the 6th year in a row, the Orangevale-Fair Oaks Food Bank won for Best Non-profit.

"Congratulations to all nominees and winners," said Kimberley. "It's great to be able to recognize you and your achievements during challenging times."

Special Award Recipients

Special FOCC awards were also presented to five deserving business and community leaders for their outstanding support in 2021. They included: Volunteer of the Year (John Oldham); Business of the Year (New Life Community Center); Business Person of the Year (Rose Erickson, French in the Village); Citizen of the Year (Vanessa Grenyion, PharmD., HealthQuest Medical Supply); and a Special Recognition award went to Katie Yount, State Farm Insurance.

For a complete list of winners, please visit the BestofFairOaks.com or FairOaksChamber.com. ★

State Officials Announce Latest COVID-19 Stats

CDPH Press Release

SACRAMENTO, CA (MPG) - The California Department of Public Health (CDPH) released the most recent statistics on COVID-19 and updates on the state's pandemic response. The most up to date data is available on the state's COVID-19 data dashboard.

Update on ICU Capacity

While statewide case rates continue to drop and hospitalization rates are stabilizing, ICUs in the San Joaquin Valley are at or near capacity activating surge protocols which allows flexibility to transfer patients to hospitals with additional ICU capacity. Counties within the region include: Calaveras, Fresno, Kern, Kings, Madera, Mariposa, Merced, San Benito, San Joaquin, Stanislaus, Tulare, and Tuolumne.

More information about the surge protocols can be found here. These surge protocols have been in place since August 2021 to ensure hospitals can provide all Californians the care they need.

"California has measures in place to respond to the surge and changing dynamics of the pandemic," said Dr. Mark Ghaly, Secretary of the California Health & Human Services Agency. "ICUs in the San Joaquin Valley, where vaccination rates are lower, are nearing capacity. Californians will get through this latest surge by continuing to follow the science, including by getting vaccinated and boosted, which is the safest way to protect yourself from the virus."

Statewide COVID-19 Data

Rates of cases, hospitalizations and deaths are highest among unvaccinated individuals and lowest among boosted individuals. This is true for all age groups. See additional data for unvaccinated and vaccinated cases, hospitalizations and deaths.

Vaccinations

69,152,754 total vaccines administered; 81.7% of the eligible population (5+) has been vaccinated with at least one dose; 122,422 people a day are receiving COVID-19 vaccination (average daily dose count over 7 days).

Cases

California has 7,706,395 confirmed cases to date; Today's average case count is 82,997 (average daily

Continued on page 8

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



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

a 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 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 ★

Assemblyman Roger Niello Announces Campaign for State Senate



Roger Niello

Roger Niello for State Senate 2022 Press Release

SACRAMENTO, CA (MPG) - Assemblyman Roger Niello (fmr.) announced his campaign for the newly drawn State Senate District 6, currently represented by Senator Brian Dahle and Jim Nielsen.

"It is no secret that California faces significant challenges, unfortunately high rates of homelessness, increasing crime, and an abysmal climate for small business owners." Niello stated. "We need leaders who are willing to put politics aside and do the hard work of crafting solutions that improve life for California's working families."

Niello enters the race

for Senate District 6 with wide-reaching support, with endorsements from over twenty-five local elected officials, including Placer County Supervisors Bonnie Gore, Robert Weygandt, and Jim Holmes, as well as Sacramento District Attorney Anne Marie Shubert and Supervisor Rich Desmond.

"Roger Niello has been a longtime advocate for our region and been steadfast in creating new business and job opportunities for Sacramento and Placer County residents." said Placer County Supervisor Bonnie Gore. "He did it as a business leader, he did it as an Assemblyman, and I firmly believe he will do it again as our representative in the State Senate."

Senator Jim Nielsen also added his early support for Roger, stating "Roger Niello is uniquely qualified to serve Placer and Sacramento Counties in the State Senate. After more than four decades representing these communities in the State Legislature, there is no one I trust more to serve with

knowledge, experience, and real-world compassion than Roger Niello."

Roger Niello is a successful small business owner, having owned and operated The Niello Company auto dealer group with his brothers David and Rick.

Roger is a CPA and formerly served as a member of the Sacramento County Board of Supervisors, the California State Assembly, and President & CEO of the Sacramento Metropolitan Chamber of Commerce. In addition, Roger served as Interim Director of the El Dorado County Community Services Agency.

Roger is running for California Senate District Six, an open seat that is comprised of large portions of Placer and Sacramento Counties, including the communities of Galt, Rancho Murieta, Rancho Cordova, Arden-Arcade, Carmichael, Fair Oaks, Folsom, Citrus heights, Antelope, Roseville, Rocklin, Granite Bay, Loomis, and Lincoln.

Roger lives with his wife, Mary, in Fair Oaks. Together, they have five adult children and six grandchildren. ★

Jones Campaigning for California's 3rd Congressional District



Scott Jones

Sheriff Scott Jones for US Congress

SACRAMENTO, CA (MPG) - Sacramento County Sheriff Scott Jones announced he is joining the Republican primary for California's newly drawn 3rd Congressional District.

Starting with the Sacramento County Sheriff's Office in 1989, Sheriff Jones rose through the ranks, earning the respect of his peers and the community alike. He was first elected Sheriff by the people of Sacramento County in 2010 and was subsequently re-elected in 2014 and 2018.

"We are at a pivotal moment in America's history. Our people have an infinite amount of patriotism, passion, ingenuity and drive. Unfortunately,

the failed policies and politics of liberal Washington politicians are dividing us, making us less safe, and stifling opportunity.

I've spent 33 years on the front line of law enforcement. I think everyone knows I'm not always politically correct, and that I 'call it like I see it.' Crime and lawlessness are growing. Nothing is being done to secure the border and stop illegal immigration.

That is why this election is all about who has the leadership and experience to make a difference, and who will restore law and order in America. I am the law and order candidate - I'll stand up against the 'woke' liberals like Nancy Pelosi. I have and will stand up against the 'Defund the Police' movement to help make our communities safe again. I have and will stand up to demand we secure our border.

Today, I am declaring, with my wife of 27 years and my 4 children at my side, that I am a candidate for Congress. I will put the safety of America and Americans first again." 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 will be an advocate for investing in public safety and a vocal opponent of the 'Defund the Police' movement. Jones will be an advocate for fiscal accountability, border security, and restoring criminal justice to America's communities.

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. ★

Sacramento Metropolitan Chamber PAC Endorses Pat Hume for Supervisor

Pat Hume News Release

SACRAMENTO, CA (MPG) - The Sacramento Metropolitan Chamber Political Action Committee (Metro-PAC) endorsed Pat Hume for the Sacramento County Board of Supervisors in District 5.

"Pat Hume is a proven regional leader through his work to drive

economic development and create coalitions across geographic and political lines to tackle real issues," said Metro-PAC Board Chair Chelsea Minor. "Pat has been a champion for the business community, especially our small businesses. It is because of Pat's understanding of the important role public policy plays in creating jobs

and driving inclusive economic prosperity that the Metro-PAC has endorsed him for Sacramento County Supervisor."

The Sacramento Metropolitan Chamber Political Action Committee is joined by other area business groups including Region Business, Sacramento Association of Realtors, California Apartment

Association, and the Builders Exchange in supporting Pat Hume.

Hume has already been endorsed by the Sacramento County Deputy Sheriff's, Sacramento County Probation Association, State Coalition of Probation Organizations, as well as the Elk Grove and Sacramento Police Officers Associations.

Pat Hume was elected to the Elk Grove City Council in 2006, and overwhelmingly re-elected three times, most recently in 2018 when he earned nearly 60% of the vote. District 5 includes the cities of Elk Grove, Galt and Isleton, and Rancho Cordova; along with the unincorporated communities of Rosemont, Wilton, and the Delta. ★

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State Senator Brian Dahle Announces His Run for Governor



Senator Brian Dahle

pony and get a workhorse for California.”

Brian Dahle began his career in public service when his neighbors recruited him to serve on the regional Farm Service Agency board. His community elected him to the Lassen County Board of Supervisors, and after four terms he ran for a seat in the state Legislature, where he has represented northeastern California since 2012.

He continues to operate his family's farm and seed business back home in Bieber, where he and his wife, Megan Dahle, have raised their three children – Chase, Reagan and Roslyn.

“As a small-business owner, I live the effects of bad policies made in Sacramento every day,” Dahle said. “The high cost of living is a huge burden for families and for businesses alike, and it is pushing a shocking number of both to simply flee for the state line.

“California is an amazing and beautiful state, but it is being run into the ground by Sacramento politicians. I am dedicated to restoring the California promise for ordinary families.”

Senator Brian Dahle represents California's 1st Senate District, which contains all or portions of 11 counties, including Alpine, El Dorado, Lassen, Modoc, Nevada, Placer, Plumas, Sacramento, Shasta, Sierra, and Siskiyou. ★

From the office of Brian Dahle

SACRAMENTO, CA (MPG) - California State Senator and Farmer Brian Dahle announced his run for Governor of California.

“California isn't a failed state; we have a failure of leadership. Our state is overtaxed, over-regulated and underperforming in all critical services sectors. As parents feel deep anxiety over their children falling further behind, this administration adopted the

strategy of dispute, half-truths, and finger-pointing. People want to believe again in the California Dream. The consequences of failure are too great,” Dahle said.

“We often hear that politicians cannot be trusted. That is a sentiment earned by lawmakers who say one thing and do another. I commit to telling you the TRUTH about why the government is failing and what can be done to fix it and turn this state around. It is time to retire the show

SAFE Credit Union to Award \$10,000 in Scholarships

Public Relations and Communications Specialist Press Release

FOLSOM, CA (MPG) - SAFE Credit Union will award \$10,000 in scholarships to high school seniors this Spring. The 2022 Scholarship Program in its 22nd year will provide 10 outstanding college-bound seniors each with a \$1,000 scholarship.

With SAFE's commitment to student achievement in mind, the Scholarship Committee will select awardees based on their exceptional grade point average, financial need, letters of recommendation and a personal statement.

Applicants, or a parent or guardian, must be an active member of the credit union and live or attend school in counties SAFE serves: Alameda, Amador, Butte, Contra Costa, El Dorado, Nevada, Placer, Sacramento, San Joaquin,

Solano, Sutter, Yuba, and Yolo.

The 2022 application package is available online at safecu.org/2022Scholarship or call (916) 979-7233 or (800) SEE-SAFE for more information. Applications must be emailed to scholarships@safecu.org or postmarked no later than Feb. 28, 2022, and addressed to:

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ATTN: SAFE Scholarship Committee
2295 Iron Point Road, Suite 100
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4H Member Readies for State Fair Horse Competition

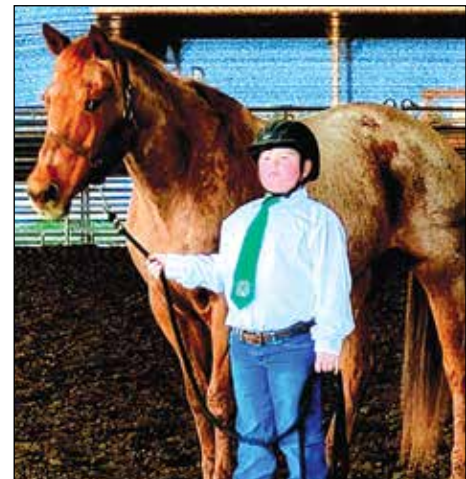
Family of Wyatt Bartley

SACRAMENTO REGION, CA (MPG) - Wyatt Bartley is a 9-year-old and a member of the Range View 4H Club in Wilton, California. Fair Oaks is his second home, as he visits many times each week to spend time with his grandma, Mardella Rothschild.

Wyatt has his heart set on competing with his horse at the CA State Fair this year.

The ruling is all youth must complete and pass a certification process on each horse they want to compete with at any 4H sponsored event.

That means passing a Performance Test which included the following: grooming, showmanship, mounting, unmounting, saddling, unsaddling, tying knots, untying knots, bridling, unbridling, riding test, and controlling their horse. That is a very difficult test for young people, and many



Wyatt Bartley passes the certification for the upcoming horse competition at 2022 California State Fair. Photo provided by the family of Wyatt Bartley

don't pass the test. On January 8th, 2022 at a testing event in Lincoln. Wyatt indeed passed the tests with “flying colors”.

Congratulations, Wyatt! ★



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New Chapter Begins for Citrus Heights' Old Schoolhouse

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - It is appropriate that the latest transformation of the old Citrus Heights one-room schoolhouse built in 1862 take place the year of its 160th anniversary. It has been the home to the Citrus Heights Veterans Community Center since 2013.

A new chapter in its long history began this year, in 2022. This date also continues the legacy of Jim Rounsevell who purchased the property at 6921 Sylvan Road with his wife Jeanne in 2013 to create a safe place for veterans. Rounsevell passed away March 4, 2021. At his Celebration of Life at the Center on July 17, then Mayor Steve Miller said of him, "If these walls could talk, they would say, 'thank you Jim for mending us, and creating a welcoming place for our veterans. Jim has joined a long, esteemed and notable line of city pioneers, and will be missed by all; his impact on our community will be eternal.'" This chapter continues with his dream.



The old Citrus Heights schoolhouse was built in 1862; this year is its 160th anniversary. Photo provided by Betty Jo Miyashiro

reopening mid-January. This latest renovation created a much more open, brighter and inviting feeling in the large

room, thanks to a new paint job, new ceiling tiles and bright LED lighting. The stage area is the next project to be tackled. In 1862 Abraham Lincoln was president and the Civil War was being fought throughout the east. According to the history of Citrus Heights on its website, "Gold Rush seekers had poured into California seeking fortune, but by the late 1850s many were raising families and working the land. As more families put down roots in the fertile soil, the need for a schoolhouse soon arose. The original location the schoolhouse was on five acres of land on the northwest portion of Sylvan Corners," before it became Citrus Heights.

A much older city pioneer, John Cross, of the Crosswood's neighborhood, was a carpenter who helped build the first schoolhouse. His wife, Sarah, served as the first teacher. He called the center a "temple of learning." Cross's daughter Lilian describes the history of the school in a 1943 document titled "Sylvan Recollections." She says, "It had become the civic, social and religious center," as there was no television or radio, and residents had to

create their own entertainment. In its day the one room met the needs of the community. However, Center Vice President Michelle Grant explained in an email that despite community interest in renting the building for functions, its use will remain private. Its purpose is outlined in their Articles of Incorporation as a nonprofit which prohibits rentals or other uses.

Improvements to the original schoolhouse were made over the years, with pillars and a cupola added in 1903. A second building was added in the early 1920s to accommodate the growing student population. When a third building was added in 1927, the old schoolhouse was sold as surplus property and purchased by the Citrus Heights Community Club, which moved the building a quarter-mile south from its original location onto land owned by the Van Maren family on Sylvan Road. As costs

to maintain the aging building became prohibitive, it was put up for sale. When the Rounsevells saw the 'For Sale' sign, they knew this was the answer to Jim's dream of creating a home away from home "for our veterans." One of the walls in the Center contains Cross family memorabilia, including the creation of the Crossword communities on Auburn Boulevard near Sylvan Road.

The next decade in the history of the schoolhouse began in 2013 as the Citrus Heights Veterans Community Center was created. With it came a "village" of community members, businesses and many others eager to donate their time, energy and expertise to see Jim's dream come to fruition. Many improvements including new bathrooms and major outdoor improvements have been made since then.

Vet Center board member Vince Robles thanks Hewlett Packard Enterprises for referring the Center to the Sacramento Veterans Employer Resource Group (SacVERG). SacVERG board members Liliana Bernal and Justin Iodence, a veteran, worked together with Bullard Construction to provide the services of BM Painting, Inc., Sacramento, Valley Electric, and Pat Baird Acoustics Inc. (Rocklin) at no cost to the Center. IDD Flooring replaced all the flooring in the main hall and kitchen. Bernal also made a generous financial contribution to the Center.

The bright modern look is also thanks to the new Community Relations director Betty Jo (BJ) Miyashiro who coordinated the interior design and front and back landscaping. She donated her time and the supplies for the project.

For more information or to volunteer or donate items m.grant@veteranscommunityctr.org ★



Community volunteer Carol Dana, Vet Center board member Vince Robles, and community volunteer Perry Montalvano look over the stage for future improvements to the remodeled Citrus Heights Veterans Community Center. Photo provided by Betty Jo Miyashiro

Work inside and out at the location has been ongoing since 2013. The present complete interior makeover began two weeks prior to Christmas and was completed just before Christmas, with the Center

room, thanks to a new paint job, new ceiling tiles and bright LED lighting. The stage area is the next project to be tackled.

In 1862 Abraham Lincoln was president and the Civil War was being fought throughout

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By Marlys Johnsen Norris, Christian Author

The "Anointing of God" on your Head with Oil!

and that death will come, but that the anointing oil of the Lord is upon those of us who believe and follow God's teachings in the congregation of believers. There is God's power and protection in God's anointing. "Thou prepared a table before me in the presence of mine enemies; thou anointed by head with oil; my cup runs over. Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of he Lord forever." Psalm 23:5-6 "The Lord is their strength, and he is the saving strength of his anointed." (Psalm 28:8)

God warns those who want to harm a believer. "Saying, Touch not mine anointed, and do my prophets not harm." (Psalm 10:15) The Lord saves and delivers those who belong to Him and when someone comes against them they recognize that they are God's precious anointed one. (see I Samuel 24:10)

When we have accepted

Jesus as our personal Lord and Savior, we are called to be like Him and minister God's love to the world around us. We become like His Tabernacle or a house of God to be anointed, cleansed and empowered when we are anointed with oil.

Matthew 6 records the Lord's Prayer and tells us to enter into our own prayer closet and pray to the Father who sees in secret and shall reward thee openly. Nothing comes as a surprise to Almighty God, He knows everything and He does His best to teach us about His Never-ending love, His gifts, His Son, His Salvation, His Power, His Deliverance, His Path and His Destiny for our lives, His will, His way, His Truth and His Life given for each of us.

Marlys Johnsen Norris
Christian Author
of 7 Books
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Newsom in the Middle of Solar Panel Battle



By Dan Walters CALMatters

High-octane battles over major policy issues are nothing new in the state Legislature. Every legislative session has at least one such clash that draws intense public and media interest.

Although the 2022 legislative session has just begun, it already has high-profile battles underway over whether public school students should be required to have COVID-19 vaccinations and whether the state should embrace single-payer medical care.

We sometimes forget that there are dozens of other, less public, venues where conflicts over important policy issues play out — like state regulatory agencies. With all of them directly or indirectly controlled by the governor or other political figures, they make decisions that can have multi-billion-dollar consequences and affect the lives of millions of Californians.

The California Public Utilities Commission, whose members are appointed by the governor, is arguably the state's most influential regulatory agency. Originally created more than a century ago to regulate railroad freight rates, the PUC's portfolio expanded to include utilities supplying electric power,

natural gas and water.

With that broad franchise, PUC decrees affect the finances of virtually every household and business in the state. It now faces one of the most heated conflicts in its history — a utility-backed proposal to reduce the financial incentives for installing rooftop solar panels, primarily the right to sell excess solar energy back to utilities, dubbed Net Energy Metering or NEM.

In December, the PUC released a 204-page proposal to reduce the payments to solar panel owners, largely embracing what the utilities and their unions had been seeking, but angering advocates of rooftop generation. The factions have been waging a fierce battle, mostly in the media, ever since.

The utilities contend that NEM amounts to a subsidy for Californians affluent enough to afford solar arrays that manifests itself in higher power rates for everyone else, particularly the poor, and has assembled a coalition of politicians, consumer advocates and environmentalists.

The opposition, funded mostly by solar panel manufacturers and sellers, contends that it's a grab by utilities that will retard the growth of solar power and make it more difficult for the state to meet its greenhouse gas reduction goals.

Fundamentally, it's an existential issue for both. Utilities fear that widespread self-generation will damage their financial viability while the solar industry sees reducing NEM's incentives as discouraging potential customers.

The PUC's draft was a big tactical win for the utility faction, but its rival redoubled its effort to maintain the status quo, gaining support from such high-profile figures as Sen. Dianne Feinstein and former Gov. Arnold Schwarzenegger.

As with so many big issues these days, Gov. Gavin Newsom is the man in the middle. The opposition was buoyed, therefore, when Newsom indicated this month that he wants changes in the PUC's draft.

Asked about NEM at his budget news conference, Newsom replied: "That draft plan that was recently released, I just had a chance to review, and I'll say this about the plan: We still have some work to do."

When asked again later in the news conference about the PUC proposal, Newsom said, "Do I think changes need to be made? Yes I do."

The PUC got the message and delayed a vote on whether to adopt the draft, moving everything behind closed doors. Newsom hasn't specified the changes he seeks but presumably wants to make the NEM overhaul at least marginally acceptable to the solar faction without alienating the utilities or, more importantly, their influential unions.

Whatever happens, it is another reminder about the important role played by regulatory agencies and about the power that politicians have over what those agencies decree.

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

It was a Murphy's Law Kind of Week

Dr. James L. Snyder

My past week was an open commentary on "Murphy's Law." Offhand I am not quite sure who come up with this concept, but they must have had a week somewhat like my week this past week.

I had to go across town and endure all that traffic. It is not my favorite place to drive. Just as I turned onto a street, my engine sputtered a little bit. Then, much to my chagrin, the engine stopped completely. I hate when that happens.

I turned the key several times and then, I do not know why I did it, but I glanced at the gas gauge and the arrow was pointing way beyond the E. It is bad to run out of gas, but the worst thing for me about running out of gas is calling the Gracious Mistress of the Parsonage and asking her for help.

Thursday also had its issues. My wife wanted me to go to the store and pick up something and for some reason, I cannot remember it now, I used her car. Maybe it was because I did not want to run out of gas!

I got to the store, paid for my purchase, came out and tried finding my truck. I walked up and down and my truck was nowhere in sight. The only thing I could think of at the time was that somebody had stolen my truck.

I thought about calling the police, and then I thought better and decided I would call my wife first.

"I can't find my truck," I said trying to keep my voice as calm as possible not to get her upset, "I think somebody stole it. Should I call the police?"

Silence on the phone. Then I heard her say in a very calm voice, "Whoever stole your truck parked it in our driveway."

It was such a horrific week and I was so deep in trouble with my Better Half, I decided to take her out Friday night for a nice meal on the town. I took her to her favorite restaurant and we ordered our supper, then set back and kind of sighed the week away. Maybe all that could go wrong has gone wrong and the week was about to turn around.

We chatted; I tried to

skew the conversation away from running out of gas and misplacing my truck. Then the waitress came with our meal. I was ready to settle down, enjoy a scrumptious meal and end the week on a happy note.

The waitress set my wife's plate in front of her and she smiled. Then the waitress set my plate in front of me and I freaked out. For some reason the waitress got my order mixed up with somebody else's order and right in the middle of my plate was a pile of broccoli.

The only hope I have is that it cannot get any worse than this. I think David, the psalmist, understood this when he wrote, "... weeping may endure for a night, but joy cometh in the morning" (Psalm 30:5 KJV).

As bad as it gets, as a Christian I have some great things to look forward to in Jesus Christ.

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.james-snyderministries.com. ★

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STATEPOINT CROSSWORD • VALENTINE'S DAY

- CLUES**
- ACROSS**
- Fantasy sports data
 - Accounting acronym
 - Stark daughter on "Game of Thrones"
 - Branch of economics
 - All talk, no action type of service
 - Relating to symmetry, in geometry
 - Base-8 numeral system
 - ... the land of the free...
 - Lots and lots
 - *Actor Ryan of "Blue Valentine"
 - *Desdemona's suspicious husband
 - Big fuss
 - Nose-in-the-air type
 - Uber alternative
 - One on a pedestal
 - Moderately wide
 - Eye layer
 - Twelfth month of Jewish year
 - Cheese-covered chip
 - Popped relief?
 - *"Love, ____" movie
 - Splints site
 - Muhammad's teachings
 - Orchestra instrument
 - Past of heave
 - Avoids work, in British slang
 - Give off
 - Dose of sunshine
 - Back seat
 - Hair-raising product
 - *... valentine, an opposite of love note
 - English author perhaps best known for "The Canterbury Tales"
 - Like Mary-Kate and Ashley
 - Pooh's "wise" friend
 - Bring to an end
 - Potassium nitrate
 - Farm sound
 - Arm bones
 - Back talk
 - Uniting conjunction
 - Imposter
- DOWN**
- Smoke plus fog
 - Comes in hard or soft shell
 - Parts of a play
 - ...-la
 - Plural of solidus
 - Heidi's shoe
 - *Sweetie follower
 - Cook's cover
 - Wheel holder
 - Cambodian money
 - Two-masted vessel
 - "The Sun ____ Rises"
 - Trash can for fireplace (2 words)
 - Source of lymphocytes, pl.
 - Pull along
 - Dormant state
 - *Famous archer
 - Dispatch boat
 - *... and whistles"
 - Hodgepodge
 - Mr. and Mrs. Incredible's son
 - Blood of the gods, Greek mythology
 - Seven days postmortem
 - *Hive-related endearment
 - Unfortunately, exclamation
 - Rumpelstiltskin machine

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New Low-Floor Light Rail Vehicles in Production

SacRT Press Release

SACRAMENTO, CA (MPG) - Congresswoman Doris Matsui (CA-06), Sacramento Regional Transit District (SacRT) and Siemens Mobility, Inc. announced significant mobility improvements benefitting the Sacramento region during a press conference at the Siemens Mobility manufacturing facility in south Sacramento, thanks to the new federal bipartisan Infrastructure Investment and Jobs Act.

The Infrastructure Investment and Jobs Act is the largest long-term investment in infrastructure and the economy in our nation's history and provides more than \$108 billion for public transit. This bold investment in public transportation will help Sacramento and the nation tackle climate change, advance equity, meet growing and evolving mobility demands and create jobs.

"The Bipartisan Infrastructure Law is delivering for Sacramento, bringing critical funding that will act as a catalyst to further our region's leadership in innovative public transportation programs," said Congresswoman Matsui. "Here in Sacramento, we have projects that are ready to go, with local leaders like SacRT and Siemens Mobility that have the ability to have a tremendous impact in our community. This is an exciting time to look to our future, and I am committed to continue fighting in Congress for the resources our region deserves."

The law provides more than \$10 billion in transit funding for California, assisting SacRT with its Light Rail Modernization Project, including the purchase of low-floor light rail vehicles, which are being manufactured by Siemens Mobility's Rolling Stock



Siemens Mobility built SacRT's original light rail fleet, which started operating in revenue service in 1987. Photo courtesy SacRT

division in south Sacramento. In December 2021, SacRT and Siemens Mobility executed a contract for the purchase of an additional eight vehicles, on top of the 20 currently being manufactured. SacRT's contract with Siemens includes options for the purchase of up to 72 vehicles.

"This federal investment is helping SacRT expedite our light rail modernization and expansion programs, and conversion to accessible low-floor light rail vehicles," said SacRT General Manager/CEO Henry Li. "With the new federal investment, SacRT will be able to shift all of our light rail vehicles to low-floor in the near future, delivering on SacRT's commitment to operating a world-class transit system."

"Siemens Mobility has been manufacturing American-made light rail vehicles in Sacramento for more than 30 years. We delivered our first vehicles to SacRT in the

1980s and are looking forward to delivering the new low-floor S700 vehicles," said Michael Cahill, president of Siemens Mobility Rolling Stock in North America. "SacRT is a prime example of the bipartisan Infrastructure Investment and Jobs Act's ability to transform our communities. From new LRVs to digital solutions and alternative power sources, such as battery-hybrid technology, transit agencies around the country have a once-in-a-lifetime opportunity to provide more efficient and sustainable transit options."

Siemens Mobility built SacRT's original light rail fleet, which started operating in revenue service in 1987. Many of those vehicles are still in operation today; however, they are at, or past their useful life benchmark. New Low-Floor Light Rail Vehicles in Production as Federal Infrastructure Law Benefits Mobility in the Sacramento Region.

The new low-floor vehicles will have low level boarding at every doorway, a spacious seating design, and large windows for better light and views. They will feature improved accessibility with wider aisles and areas for bicycles. The new low-floor vehicles will increase overall operational flexibility by providing more access to passengers with disabilities and others boarding with strollers, bicycles, and other mobility devices. The first low-floor vehicles are scheduled to be ready for SacRT service by fall 2023. Learn more about the project at sacrt.com/modernization.

"I have watched SacRT make major mobility improvements over the last few years, but this federal infrastructure investment will truly bring our transportation network into the 21st century," said SacRT Board Chair and Citrus Heights Councilmember Steve Miller.

"SacRT's contract with Siemens Mobility is a win-win for our region. We are upgrading our transit system while supporting hundreds of high-skilled manufacturing jobs at Siemens in South Sacramento," said SacRT Board Vice-Chair and Sacramento County Supervisor Patrick Kennedy.

About Sacramento Regional Transit District (SacRT)

SacRT is the 2021 national APTA Outstanding Public Transportation System of the Year award recipient for accomplishment and innovations in public transportation, the 2021 and 2020 national APTA Rail Safety Gold Award recipient for its multi-faceted and innovative approach to reducing crime and fare evasion, and the 2019 national TSA Gold Standard Security Award recipient for the highest standard of excellence. Learn more at sacrt.com ★

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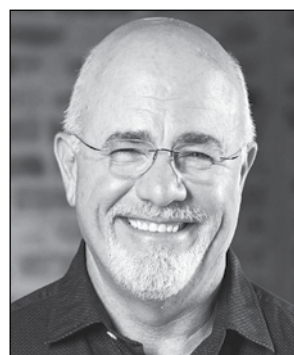
Getting Through

Haven't had a chance to tell you all that I had a really BAD fall on January 17 and fractured my upper arm just below the socket. Suffice to say it has been a rough road as my whole arm down to my hand turned black and blue and range of motion is like non-existent right now. I have been off from my radio show three weeks now and probably more to come. Of course it had to be my dominant arm too. I know I will get through this trauma and pain physically, but psychologically, it has been a nightmare. I am not one to sit around like a slug. I want to go at lightning speed, and this break has put a halt to that. So I called good friend **Dr. Susan Smith-Jones** for some advice when you are hit with this kind of distress.

Dr. Jones has made extraordinary contributions in the fields of holistic healing, supreme well-being and balanced living. Author of some 27 books with her latest **"Wired For High-Level Wellness,"** she shared these 12 powerful ways to achieve peace of mind and inner calm. They are simple things you can do to calm your thoughts and to live more simply and peacefully. So I hope they can help you and me when chaos strikes.

- 1. LISTEN TO MUSIC.** Music is food for the soul and an instant way to gain peace of mind.
- 2. SLOW DEEP BREATHING.** This is a quick and easy way to instantly feel calm.
- 3. GO FOR A WALK.** Getting out in the fresh air can do you a world of good and promote peace of mind.

- 4. ENJOY NATURE.** Too much concrete is never a good thing, so listen to the birds singing and enjoy the peace and tranquility.
- 5. PLAY WITH A PET.** Having a pet to play with is a great way to de-stress.
- 6. DE-CLUTTER.** Clutter can add to feelings of tension and a clean, clear home allows for a more peaceful mind.
- 7. MINDFULNESS.** When we are mindful, we are fully present in the moment, less stressed and acutely aware of our five senses: touch, taste, sight, hearing and smell.
- 8. SENSE OF HUMOR.** The world is instantly a better place when you can see the funny side of life.
- 9. LIVE IN THE MOMENT.** When we live in the present, the concerns of the past and future can't worry us.
- 10. WORRY LESS.** Learn to "shelve" worrying by reminding yourself that most of your worries are unproductive and remove any chance of peace of mind.
- 11. ENJOY "ME-TIME."** A little bit of selfish time to treat yourself or do exactly as you please sets you up for taking on the constant demands of life.
- 12. CULTIVATE AN ATTITUDE OF GRATITUDE.** Focusing on all the things in our lives for which we are grateful, promotes inner calm and reminds us that there are always positives if we seek them out. Hope this helps, and keep the **faith**. Will keep you posted! ★



Dave Ramsey Says

a heart for helping people. That's a great thing. But I've got to believe there are ways to expand his options. Social work is one path, but there are probably several paths he could follow to get involved in what he loves about the idea of social work.

I'm guessing he has a passion for counseling and advocating, too. Finishing a four-year degree would put him in a position where he could potentially move into a guidance counselor role or something along those lines, considering his background. But taking out loans isn't necessary. He just needs to be patient, and wait a little bit while you two buckle down on the Baby Steps and get out of debt. He could get a second job for a while nights or weekends, and then you'd be able to pay off your debt faster and avoid those stupid loans thanks to the cash you set aside. Plus, there are millions of dollars in scholarships out there for traditional and non-traditional students.

Sometimes when people feel stuck in a job, they automatically default to the idea they need a degree. What your husband really needs right now is a clear idea and direction. Then, you determine if a degree

is necessary to get there. Don't misunderstand me. I'm not against social work. But I've talked to so many people who went six-figures into debt, only to wind up making \$38,000 as a social worker for the state. That's crazy!

You two need to sit down together, and talk all this out. Tell him why you're worried, and point out that borrowing a bunch of money isn't the only way – and definitely isn't the smart way – to make this happen. If you really want to support him, Britney, you need to help him see there are steps he can take to pursue his dream without it turning into a financial nightmare for both of you.

– 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. ★

Blocking A Million Cyber Threats Each Day

Sacramento County Press Release

SACRAMENTO, CA (MPG) - What if every person in the United States, about 333,000,000 people had tried to hack into Sacramento County government information systems in 2021?

The reality is that the amount would still be shy by roughly 27 million. Last year, there were a whopping 360 million unauthorized attempts to connect to Sacramento County information systems, and each of them was successfully blocked by network filters. At the same time, email filters were successfully blocking 145 million malicious email messages.

In 2021, Sacramento County Successfully Blocked Cyber Threats:
360,000,000 Unauthorized Network Attempts
145,000,000 Malicious Email Message Attempts

Network and email filters are just two of the ways Sacramento County's Department of Technology (DTech) is working vigorously to protect the confidentiality, integrity and accessibility of the County's information systems and the data within them.

Some other ways:

Every day, cybercriminals try to trick Sacramento County employees into clicking malicious links. Thanks to DTech's ongoing Security Awareness training required for the entire workforce, employees are becoming more sophisticated about these persistent "phishing" attempts. In the fourth quarter of 2021, employee and contractor phishing

susceptibility was only 6.6 percent, compared to 17.6 percent in the fourth quarter of 2020, and compared to the overall government susceptibility rate of 26 percent.

To prevent cybercriminal takeovers of County accounts, DTech has implemented two-factor authentication, which requires users to verify their sign-in to County systems, webmail, and other external-facing web services.

Whenever a vulnerability is discovered in systems or workstations, DTech takes quick and thorough action to implement a software patch. Today, 99 percent of critical and important security patching is being completed within 30 days.

"The fact is, we are so focused on cybersecurity that most of our 14,000+ Sacramento County employees have no idea of the millions of malicious attacks we are blocking and intercepting on our network and email systems every single day. It is now our reality that all U.S. government agencies, big or small, are a target for cybercriminals from all over the globe. We make every effort to be one step ahead of the millions who try to break in," said, CIO and DTech Director Rami Zakaria.

Each workday, County workforce members go about their tasks knowing that although there is an army of cybercriminals constantly seeking to steal County data or disrupt operations, only a very tiny fraction of these attempts will succeed. DTech's mission is to keep shrinking that tiny fraction. ★

State Officials Announce Latest COVID-19 Stats

Continued from page 1

case count over 7 days); Unvaccinated people are 8 times more likely to get COVID-19 than boosted individuals (week of Jan 16).

Testing

The testing positivity rate is 18.8% (average rate over 7 days).

Hospitalizations

There are 14,674 hospitalizations statewide; There are 2,585 ICU patients statewide; Unvaccinated people are 13 times more likely to be hospitalized than boosted individuals (week of Jan 9).

Deaths

There have been 78,825 COVID-19 deaths since the start of the pandemic; COVID-19 claims the lives of 64 Californians each day (average daily death count over 7 days).

Health Care Workers

As of January 27, local health departments have reported 142,738 confirmed

positive cases in health care workers and 550 deaths statewide.

Testing Turnaround Time

The testing turnaround time dashboard reports how long California patients are waiting for COVID-19 test results. During the week of January 16 to January 22, the average time patients waited for test results was 1.8 days. During this same time period, 58% of patients received test results in one day and 75% received them within two days.

Multisystem Inflammatory Syndrome in Children (MIS-C)

As of January 24, there have been 790 cases of Multisystem Inflammatory Syndrome in Children (MIS-C) reported statewide. MIS-C is a rare inflammatory condition associated with COVID-19 that can damage multiple organ systems. MIS-C can require hospitalization and be life threatening. ★

Self Employed with Retiree Benefits... Why Do I Need Part B??



Toni King

Toni:

We saw your answer about Medicare Part B in an article online and our situation is different. My wife and I will turn 65, me in March and Carol in May. I have signed up

for Medicare Part A only and Carol will enroll for Part A soon.

I retired 2 years ago with fantastic retiree benefits for both me and my wife. Currently, I am self-employed and paid as a 1099 contract worker, but I do not have health benefits from that company.

We do not see a need to sign up for Medicare Part B because we are covered under an existing employer retiree plan. Are we correct in this assumption of not enrolling in Part B? Neither the HR department nor Medicare can give us a straight answer.

When do you advise us to sign up for Part B? Thanks,

~ Richard and Carol from Alexander, VA
Hello Richard and Carol:

Great Medicare question ... I would advise you to enroll in Part B **NOW** because both you and Carol are in your Medicare Initial Enrollment period. Not enrolling in Medicare Part B can cause you to experience a "Medicare nightmare."

I did a Medicare consultation for a person that is also self-employed, but was given wrong advice from a well-meaning friend about delaying his Part B. His Medicare nightmare is now starting...

Medicare recognizes "true" company and union health plans with the Medicare recipient **working full-time for that company** for the working employee and non-working covered spouse to be able delay Part B without receiving the famous Medicare Part B penalty.

The Medicare and You Handbook states "COBRA and retiree health coverage does not count as **current**

employer coverage." Individual health plans also are not considered a **current employer coverage** for those that are self-employed.

The self-employed person that I consulted with is now 66 and will receive a 10% penalty for each year due to not enrolling in Part B at the right time. His penalty will be 20% (2 years 65 and 66) each month for as long as he is on Medicare. The 20% penalty will increase in cost as the Part B premium increases.

As I said earlier in the article that **NOW** is you and Carol's "Medicare Initial Enrollment Period" which is a 7-month period that begins when you turn 65. You and your wife have 3 months before turning 65, the month you turn 65 and 3 months after to enroll in Parts A and B; keeping you and Carol from receiving the Part B 10% penalty for each 12-month period which you could have had Part B but failed to enroll.

I advise anyone who contacts the Toni Says® Medicare team for a personalized Medicare consultation to enroll in Medicare Parts A and B when you are **"not working full-time" for a company** with true employer benefits. Not working full-time with employer insurance benefits is what Medicare looks for to keep for giving the famous Medicare Part B penalty.

Enroll in Medicare the correct way when you are turning 65 or after 65 retiring from your company because you do not get a second chance. **"I didn't know?"** is not a good excuse for Medicare and Medicare will give you a penalty!

February's Confused about Medicare Workshop in Katy is "Live" Thursday, February 24th 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.

New 2022 Medicare Survival Guide®, which is a simple guide that puts Medicare in "people" terms, is on sale at www.tonisays.com Email questions at info@tonisays.com ★

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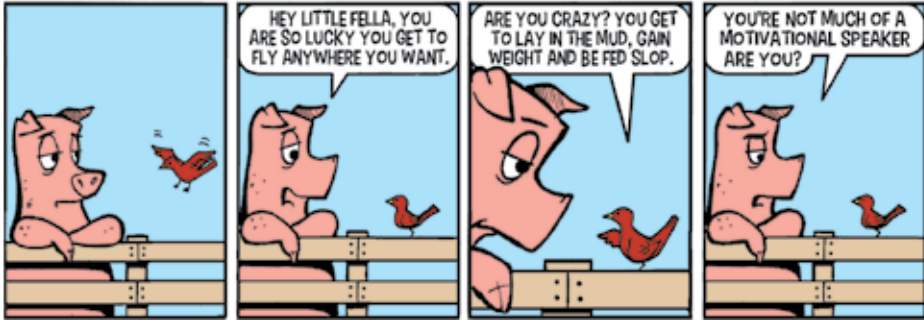


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WEEKLY COMICS

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by Dave T. Phipps



The Spats

by Jeff Pickering



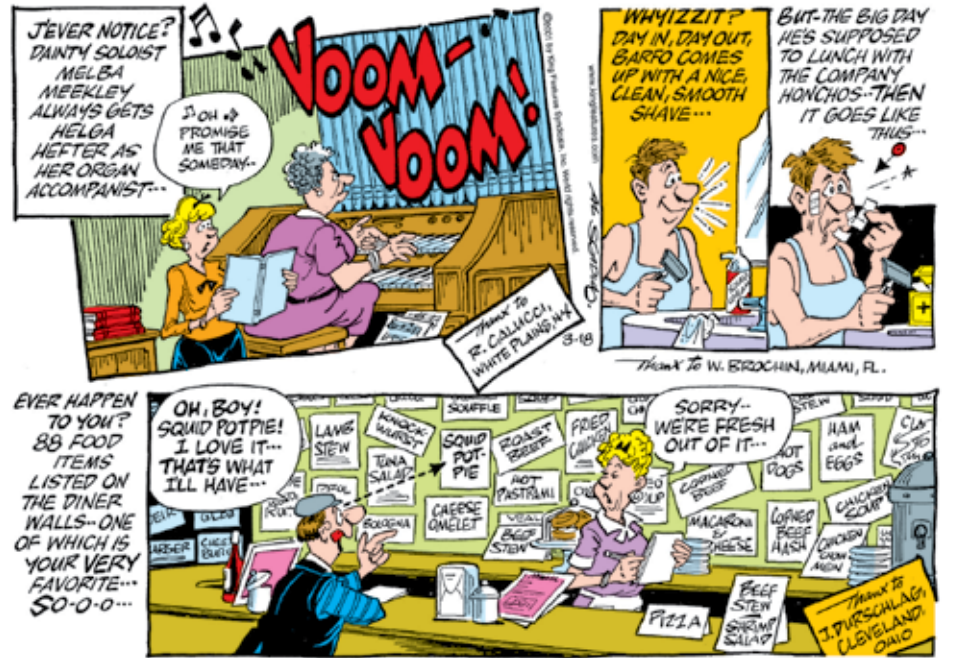
Out on a Limb

by Gary Kopervas



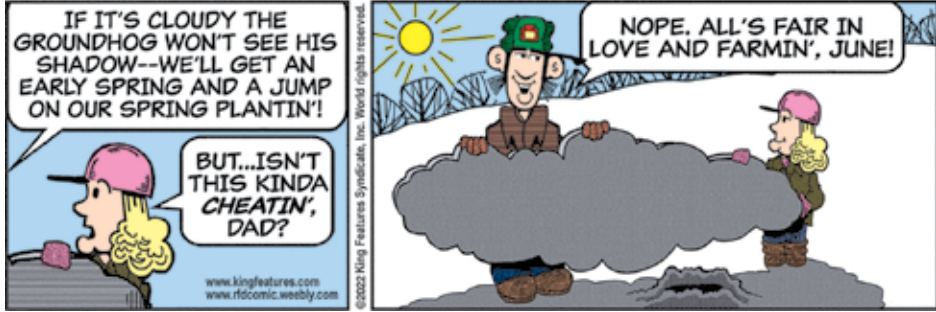
THEY'LL DO IT EVERY TIME

BY AL SCADUTO



R.F.D.

by Mike Marland



GRIN and BEAR IT

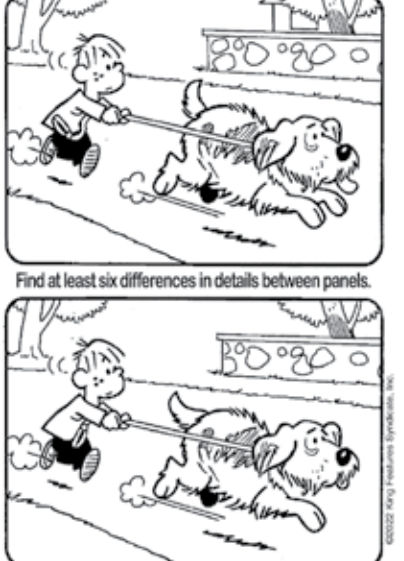
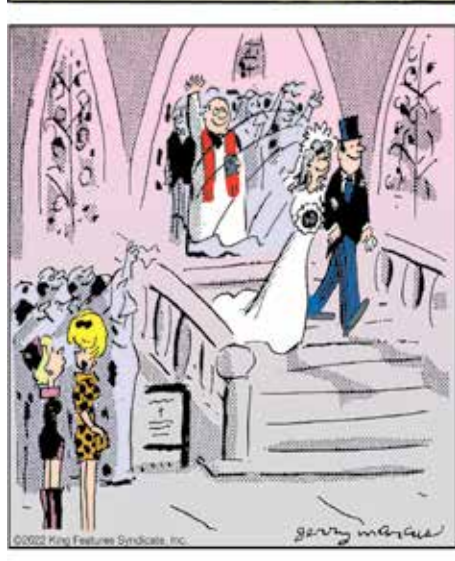
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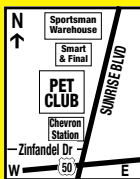
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Honoring Fair Oaks' Best



Voted Best Service Club, Rotary Club of Fair Oaks took home this year's award.



Fair Oaks Youth Outreach (FOYO) ambassadors led by Noah Wright, Jake Wright, and Emma Ford, along with some recruits from Bella Vista High School.



Honored for her hard work within the community was Business Person of the Year, Rose Erickson, of French in the Village (at right), presented by Kim Pitillo, Chamber of Commerce Executive Director.



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