



Winner, Winner,
Turkey Dinner!

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AMERICAN RIVER Messenger

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Serving Fair Oaks, Orangevale & Sacramento County

NOVEMBER 19, 2021

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Park Honors Jim Streng



Above: Fair Oaks resident Jim Streng cut the ribbon to officially open the new park named in his honor. Right: Kids swarmed the playground at the new Jim Streng Park in Fair Oaks, which offers a variety of play features to accommodate all ages.

Story and photos
by Shauna Boyd

FAIR OAKS, CA (MPG) - The Fair Oaks Recreation and Park District (FORPD) hosted a ribbon-cutting ceremony on November 4, to celebrate the opening of Jim Streng Park, located on Swallow Way off of Hazel Ave.

The new park is named for respected Fair Oaks resident Jim Streng. He and his brother Bill started Streng Brothers Homes in the 1950s, constructing thousands of mid-century modern homes throughout the Sacramento Region. Streng homes are characterized by their open floor plans, low-pitched roofs, and

bountiful natural lighting. "Today Streng homes remain iconic, and they remain highly prized," said FORPD Director Ralph Carhart.

In addition to his successful career, Jim Streng also served on the Sacramento County Board of Supervisors from 1986 until 1992. And his unwavering dedication to improving the community and working on bipartisan issues earned him respect and admiration from both constituents and colleagues. "He's been an advocate and activist

for bicycling, sports for persons with disabilities, clean air, anti-smoking, local transportation improvements, the American River Parkway Foundation, and the UC Davis health system," said Carhart. "Moreover, Jim is highly respected as a kind, Continued on page 5

Bids Requested Soon for Major Village Renovations

Story by Shauna Boyd

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

Last month the theatre building and the adjacent salon building in the Village were demolished in the first major step toward the construction of a new interconnected park complex - to be called Village Park, which will be home to various facilities, like the improved Amphitheatre, Community Clubhouse, plaza, and playground. Aho explained that purchasing the salon property was crucial because it ensured that the District owns all contiguous land in that area, and the salon space will become a more open entrance to the theatre as well as a social seating area.

Bids for construction on the Amphitheatre, Community Clubhouse, and Village/Plaza park improvements could be requested in late November or early December, with work possibly starting in late January. But Aho cautioned that this schedule "is still tentative; there's a lot of challenges here still, with the design review and approval for the design review from the County." Aho also explained that it could be difficult to get a diverse selection of bids over the holidays, so the District is considering pushing the schedule by a month - because with more bid options, they might be able to save more money on the project.

The plan for leasing the surplus La Vista School property from the San Juan Unified School District (SJUSD) is moving forward as well. An initial agreement was drafted, and now SJUSD attorneys are finalizing the agreement with standard SJUSD format and language. If all goes as planned, the agreement could be officially approved by February, at which time the District can pursue final design and budget estimates on the softball field project. In addition to the fields, seating, parking, and restrooms, Aho also plans to recommend a playground on the site to serve the surrounding community. Construction could start by next fall, with completion expected in late summer 2023.

And although the softball Continued on page 5

Sheriff's Hero Joins Park Honorees



Supporters of the Verhoeven family unite for a ceremony to induct Corporal Bruce Verhoeven to the Wall of Honor at Patriots Park.

Story and photos
by Susan Maxwell
Skinner

CARMICHAEL, CA (MPG) - Forty-eight years have not dimmed memories of Sheriff's Corporal Bruce Verhoeven, who died in 1973 Sacramento shooting

incident. The Sheriff's Academy in Carmichael boasts a museum and a street named for him; a foundation established in his name assists police families in times of need.

The corporal's name last weekend joined 14 other heroes on the Wall

of Honor at Patriots Park (Fair Oaks). "It's a proud day for my family," said Verhoeven's daughter Tracey. "Growing up without dad was tough for our family but we always knew he died doing what he believed in -- protecting other people. That was his

life's purpose."

The popular warrant officer was La Sierra High School graduate and Foothill farms resident. Ten years into his police career, he responded to a robbery-in-progress call from the Gemco store on Continued on page 3

Restoring the Past

By Thomas J. Sullivan

SACRAMENTO REGION, CA (MPG) - Many local residents still fondly remember warm summer nights spent at the Sunrise Drive-In Theater which was located at 8149 Greenback Lane in Fair Oaks and owned by Fred Gabriel and June Cranor.

The Sunrise Drive-In which opened with great public fanfare on July 3, 1963, and parking capacity for 1,258 cars, with a showing of "The Greatest Show on Earth," starring James Stewart and Elizabeth Taylor, closed to the public in 2004 to make way for a residential development.

Another popular local drive-in had also met the same fate. The Citrus Heights Drive-In, which opened on August 3, 1950, with Randolph Scott in "The Cariboo Trail" & Arthur Singleton in "Beware of Blondie," closed in the fall of 1979, according to Larry Fritz, president of the Citrus Heights Historical Society. Its entrance was directly across Auburn Blvd. from Twin Oaks Avenue, right behind Harris Welding. The site is now the home of Auburn Oaks Apartments.

Bulldozers soon cleared the lot where a busy Sunrise Drive-In snack bar once stood. The once bright orange neon marquee sign which welcomed theatre goers at the gate, was taken down by workers of Western Sign Company of Sacramento where it sat for 16 years outside, exposed to the elements in their back storage lot in Diamond Springs.

Brought into the workshop for some much-needed attention, work on the historic Sunrise Drive-In sign helped keep workers of Western Sign Company busy for much of 2020 during the pandemic, said Todd Johnston, sales and marketing representative for the company.



Orangevale artist and historian BJ Nartker produced a one-hour video documentary about the history of the old drive-in. Photo provided by BJ Nartker

"The sign had been there so long we'd almost forgotten about it," Johnston said. He turned to the internet to research the history of the Sunrise Drive-In Theatre and soon got in touch by telephone with Orangevale artist and historian BJ Nartker, who had produced a one-hour video documentary about the history of the old drive-in on YouTube.

"Johnston gave me a call that he had the original Sunrise Drive-In sign and had watched the documentary which my company (BJ Nartker Productions) had made. I was floored and went over to Western Sign as soon as I could to see it," Nartker said.

The second documentary which BJ Nartker Productions recently produced at the start of the restoration project can be seen on YouTube at: https://www.youtube.com/watch?v=KYM_Cq5BnMc

Nartker and his wife Cindy had interviewed the original owners Fred and June Gabriel for the original documentary and had created a painting depicting

classic cars at sunset in the parking lot of the Sunrise Drive-In.

The couple developed a friendship with the Gabriels who had owned the Sunrise Drive-In through the years before his family moved to Washington State in 2011. When he returned to Orangevale, he sadly learned that both the Gabriels had passed away.

"They were great people," Nartker said. "They recognized that times were changing when fewer and fewer people wanted to go to the drive-in for entertainment."

Nartker has a few keepsakes from the old drive-in including a car speaker given to him by Fred Gabriel, which has the name Sunrise Drive-In engraved on it. He furnished several photos for use with this article, including photos of the snack bar, a ticket stub, and of the parking lot at sunset.

"I'm delighted that the sign has been preserved. Seeing it restored brought back a lot of memories for me. I'm proud of the work

Todd and Western Sign put into restoring the sign."

Nartker said he remembered going to the Sunrise Drive-In with his family when it first opened. "We were regular customers through the years. I had a chance to buy the snack bar's original pizza ovens when it closed, and I still regret not doing that."

He remembered the sound of owner Fred Gabriel's booming voice coming through the loudspeaker encouraging customers to visit the snack bar and as a young adult, introduced himself to him.

Nartker's own 8 mm home movies form a behind-the-scenes glimpse of the original Sunrise Drive-In snack bar as attendants busily pour fountain drinks and fill orders for customers eager to get back to the latest movie feature.

Once Johnston watched Nartker's original 2019 documentary and learned the drive-in's history, he grew eager for Western Sign to take the time and effort to thoroughly restore the vintage sign to its original glory. Workers

soon discovered that much of the sign's original metal was very badly rusted and needed replacement, Johnston said.

"I think our shop put about 300-400 hours in fabrication and metal work on that sign to get it back in shape," he said. Once it was sandblasted, the refurbished Sunrise Drive-In sign received a new coat of bright orange paint closely matching the original color. New lettering was hand applied.

"The original globe was in pieces, so we had to source that from a supplier in Reno, Nevada," Johnston said. New neon was supplied by Bo Hooks, owner of TN Hooks in Rancho Cordova, a specialty sign shop which put eight hours into its lighting fabrication. Hooks, which has been in business for over 22 years, also did neon work for most of the Mel's Diners in the Sacramento area and specializes in the restoration of antique neon signs.

"It was an honor to work on it," Hooks said. "It now looks great."

"We kept much of its original character of the sign intact," Johnston said. "We discovered a bullet-hole in the metal and left that in."

For now, the newly restored Sunrise Drive-In sign is on display at Western Sign Company in Diamond Springs, Johnston said. It's available to be seen for interested groups by appointment.

Take a walk back in time to remember the Sunrise Drive-In in Fair Oaks on YouTube at <https://www.youtube.com/watch?v=yEWgY8Z7RF0&t=22s>.

Interviews with the owners and operators of the drive-in are mixed with old snack bar commercials as you relive that excitement of being at the Sunrise Drive-In. And as always, please replace your speakers on their post prior to exiting the theatre. ★

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Sheriff's Hero Joins Park Honorees



Tracey Verhoeven (left) and brother Lou join mom Betty at Patriots Park. The siblings were 9 and 6 years old respectively when their father died in a shooting incident in Sacramento.

Continued from page 1
 Fulton Avenue. An armed suspect had fled the store to hide in a nearby apartment complex. Verhoeven cordoned off an area to contain the suspect but, fearing bystanders might be injured, he broke cover and ordered the suspect to drop his gun. The suspect opened fire and Verhoeven was shot. He was awarded a posthumous Sheriff's Department Medal of Valor for the act of bravery that cost his life.
 Public response to the tragedy was overwhelming. Thousands of donations poured in for the officer's wife Betty and her two children. After family needs were met, Betty directed surplus funds to a foundation established in her husband's name. "Bruce was a wonderful husband and father," she said. "I miss him every day. His death was a huge tragedy for us

but it's comforting that his foundation has been able to help so many other families. It means his memory will never die." Among speakers at Patriots Park, Sheriff Department veteran Sharon Telles – now a Bruce Verhoeven Foundation trustee – recalled how the pre-Christmas tragedy devastated the Sheriff's downtown office where she worked. "Bruce was the happiest guy you'd ever know," she said. "We always knew when he was in the building – we could hear him laughing and joking. He loved his job. We'd been one big, happy family and our family was suddenly very silent."
 Assemblyman Ken Cooley recalled President Abraham Lincoln's reference to "mystic chords of memory" that stretch from patriots' graves. "In honoring Bruce Verhoeven, we connect

with those who have gone before," said Cooley. "He put on his uniform and went out to risk his life for people he'd never met. He should never be forgotten." CHP veteran Rich Desmond suggested the Wall of Honor served to remind the community of sacrifices made by many law officers and their families. "We are all united by the patriots we remember today," said the District 3 Supervisor. Sheriff Chief Deputy Jim Barnes noted that police officers sign up with the understanding that tragedies happen in their ranks. "In our profession, we say never forget," he said. "We never do. Knowing that people gather here today to celebrate officers who gave their lives brings us comfort. It tells us our community needs us. We'll always do our very best for them." ★

Operation: HOT SPOTS Nails MoreBad Guys

Office of Sacramento County District Attorney

SACRAMENTO COUNTY, CA (MPG) - District Attorney Anne Marie Schubert has announced the results from the 5th annual "Operation: Hot Spots," a coordinated countywide sting operation aimed at reducing the demand side of human trafficking by targeting sex buyers and sex exploiters.



District Attorney Anne Marie Schubert

Community-based organizations from the Sacramento Together Against Human Trafficking coalition voiced the need to crack down on sex buyers who fund and sustain the sex trafficking trade. In response, DA Anne Marie Schubert led the effort to organize this countywide operation, with a commitment from local law enforcement agencies to conduct operations throughout the year to reduce sex trafficking.

The District Attorney's Office created training videos for law enforcement agencies featuring experts on human trafficking victims (adults and juveniles), suspect tactics/manipulations, conducting trafficking investigations, and insights on evidence collection for prosecutions. Education was also provided on our community resources and the services available to victims of human trafficking. Victim advocates are involved in the sting operations to assist with intervention and service referrals for individuals victimized by human

traffickers.

In October 2021, the Sacramento County Sheriff's Office, Sacramento Police Department, Folsom Police Department, Parole, Probation, District Attorney's Office, California Highway Patrol and FBI worked collaboratively to conduct street and hotel operations targeting sex buyers. The operation included law enforcement postings of fake decoy prostitution ads.

The results were: 261 sex buyer responses to fake decoy ads; 22 citations of sex buyers for soliciting for prostitution – court dates are in January 2022; 1 charged with human trafficking of a minor; 1 charged with pandering; 2 opened investigations into pimping and pandering; 2 arrests for carrying a loaded firearm registered to another.

Those convicted of soliciting another for the purpose of buying sex or agreeing to engage in an act of buying a person to engage in an act of prostitution, face a maximum

penalty of 180 days in county jail, will be subject to search and seizure, and may be ordered to stay away from the involved locations or known "stroll" areas.

"Human traffickers and sex buyers have remained a significant public safety threat throughout the COVID-19 pandemic," said DA Anne Marie Schubert. "We are committed to continuing sting operations through the Sacramento Together coalition to target sex traffickers and buyers as well as maximize our efforts to protect and serve victims of sexual exploitation."

Sacramento Together is a coalition of more than 30 community-based organizations, law enforcement, state and local public agencies, meeting regularly and working together to combat human trafficking and exploitation in our community.

The coalition works to combat human trafficking and exploitation by working together to treat, educate and remove children and young adults from life threatening situations. Working collaboratively, the coalition coordinates and maximizes community response efforts as well as all of our regional assets to better serve victims of sexual and labor exploitation. The collaboration also increases public awareness about human trafficking. For more information, visit <http://sacramentotogether.org/>. ★

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Turkey Dinner Winner! Something to Bark About



Tristan Dudder, of Palmer Real Estate Team "Palmer Poultry Pummelers" tosses a turkey down the frozen food aisle at Grocery Outlet as his competitors watch closely. Photo by Patrick Povey Photography

By MaryAnne Povey

ORANGEVALE, CA (MPG) - Roll the drum sticks please! For the second year in a row, 32 community leaders and business owners came together to compete in the OV Grocery Outlet 2nd Annual Turkey Bowl, throwing frozen turkeys down the frozen food aisle in hopes of winning the grand title of "Turkey Bowl Champion 2021!" The fun-filled fundraising event was coordinated to provide holiday meals for 500 local families through the Orangevale-Fair Oaks Food bank.

"What better way to help others, than to have fun doing it," said Chris and Jenifer Daniels, owners of the local Grocery Outlet, "It's great to see the enthusiasm and generosity of our participants coming together to help others in need."

This year's event brought in \$6000, which goes directly to the OV-FO Foodbank, who will be providing 500 families in need with meals, up 100 families from last year.

"The demand for food is

defending champs Casa Roble King Pins came out strong, but finished 4th in the end.

A big shout out to our wonderful breakfast sponsors Badfish Coffee & Tea, Chick-fil-A Granite Bay and Taco Bell for providing treats for the festivities, and to all the competitors who so generously supported the cause including: Palmer Real Estate "Poultry Pummelers", Lyons Real Estate "The Frozen Chosen", Palm Tree Brewing Co. "Strutting our Stuffing", Scotty's Hideaway "Turkey Baggers, Les Schwab, "Team Les Squab", OV Water Co. "Cheese Ballers", OV Parks "Team Tryptophan", Moore's Garage "Gravy Train", Fix Auto & True Blue Auto Care "Trash Talkin' Turkey Tossers", OV/FO Kiwanis Club "Where all thighs are welcome", Casa Roble High School "King Pins", OV Fruit Co. "Do Turkeys Grow on Trees?", Lyons Real Estate Leg or Breast, DQ Blizzard, and LPL Financial/Rose Sr. Placement Team "Turkey Jerkies" and New Life Community Church team "Holy Rollers".

Special thanks to all our raffle sponsors: Les Schwab, La Placita, Carol Kellogg, Coldwell Banker, Touchstone Jewelry, the Duncan family, Orangevale Women's Club, Palmer Real Estate, Palm Tree Brewing Co, Moore's Garage, Luxury Nails & Spa, Raley's, Chick-fil-A Granite Bay, Luz Johnson, LPL Financial, Salon J & J, Rebel Rhythm, Erasing Pain, Texas Roadhouse, Starbucks, O'Reilly Auto Parts and Grocery Outlet! Also, our other generous donors including Supervisor Sue Frost, Easy Stumps, State Farm and a host of other donations from generous donors throughout the community!

Our thanks and appreciation to all! Wishing everyone a very happy Thanksgiving! ★

CHP Graduates New Canine Teams



The graduating canine teams represent the following CHP Divisions: Valley, Golden Gate, Central, Southern, Border, and Inland. Photo: CHP/Senior Photographer Michael Wong

CHP Special Release

SACRAMENTO, CA (MPG) - The California Highway Patrol (CHP) recently announced the graduation and deployment of its 10 newest canine teams. The ceremony at the CHP Academy in West Sacramento is the culmination of 400 to 600 hours of intense training for each officer and their canine partner.

"After weeks of rigorous training, these new teams are ready to assist in the CHP's mission of protecting and serving the State of California," said CHP Commissioner Amanda Ray. "Our canines are a tremendous asset to the Department, and the addition of these 10 teams to our existing resources will supplement the already highly effective canine program."

The CHP uses its canines to perform a variety of functions, including detecting human scent, contraband, and explosives. A canine team can improve the safety and effectiveness of officers as well as saving time and money. The CHP canines are also used to assist allied agencies in apprehending criminals, detecting explosives or drugs, and in locating "at-risk" missing persons.

This is the only graduation in 2021 for CHP canine teams trained in handler protection and narcotics detection or handler



K9 Tyson, a Dutch Shepherd, is assigned to the Southern Division, wearing a protective vest. Photo: CHP/Senior Photographer Michael Wong

protection and explosive detection. The canine teams completed between 11 and 15 weeks of intensive training at the CHP Academy, depending on their specialty.

All handlers are CHP officers with departmental experience ranging from 4 to 15 years. The graduating canine teams represent the following CHP Divisions: Valley, Golden Gate, Central, Southern, Border, and Inland. Following this graduation, the CHP now has 48 canine teams deployed throughout the state.

The mission of the CHP is to provide the highest level of Safety, Service, and Security. ★

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Park Honors Jim Streng

Continued from page 1

honest, and compassionate gentleman. When we built this park, it was clear that naming it for Jim Streng was just the thing to do.”

District 3 County Supervisor Rich Desmond spoke at the ribbon cutting event and acknowledged the challenge of building a new park in such a well-established neighborhood. “This is something so wonderful, something to be proud of,” said Desmond. “What a great place for this neighborhood. And to honor such a wonderful gentleman.”

Supervisor Desmond complimented Streng as a “throwback to an era of a lot more collegiality and decency in politics.” He said naming the new park after Streng is “just wonderful for the community, and it’s so appropriate.”

Jim Streng addressed the crowd at the ceremony: “I thank the Fair Oaks Recreation and Park District for all that they do for Fair Oaks, and I’m extremely honored and pleased to have the name Streng associated with this beautiful park.”

Attendees filled the new park to celebrate Jim Streng and enjoy the new playground, which offers a variety of climbing features and a natural play area. Aho said the District didn’t want to build a typical pocket park in this space, so they “decided to do something

a little different.” They worked with students from Meraki High School in Fair Oaks, who conducted a community planning process and came up with a variety of ideas that led to the final design.

“It’s very exciting to open an opportunity for people to play, especially for the kids. And it’s really fun to be able to see the opportunity for all ages to play in a park, and that’s how this park was designed. It really is designed for the kids, but yet for those adults that are a little more adventurous, it still has that element of fun or play,” said District Administrator Mike Aho.

The budget for the park totaled \$881,904, with \$200,000 coming from Measure J funds, \$250,000 from California Prop. 68 funding, and the rest coming from the District’s Park Impact Fees.

John O’Farrell, Chair of the FORPD Board of Directors, said, “It’s amazing how many people came out here today to support the opening of the park and to recognize Jim Streng. ... He is truly a gentleman.” O’Farrell also acknowledged the opportunities created by the Measure J bond, which residents approved back in the 2018 election: “Now we are investing in the future of all these little ones that are enjoying the park.” ★



Poppoff!

With Mary Jane Popp

Thanks

It’s Turkey Day filled with being grateful for every day. Here are special people in my grateful life and their grateful thoughts!

Had to kick off with mentalist...the Amazing Kreskin who has become a special friend over the years. “I’ve been blessed with my family, who supported me with love, and encouraged me in my ambitions and career. My teachers, who through the years, taught me and encouraged me to develop my talent. The librarians at my town library who saw my passion for reading and would call me when a new book arrived at the library that they felt would be of interest. My personal library now consists of over 8,000 books. Some of the public figures who influenced me including the legendary Arthur Godfrey. My enthusiasm for the piano thanks to an aunt of mine. I began playing as a teen and that resulted in my playing at my shows and appearing with symphonies. Some family members thought I was going to become a priest, but my real interest was in amazing the world with my mental abilities. Yet, I will never forget the influences of priests in my parish and those public ones I idolized, especially Bishop Fulton J. Sheen. And there are many areas to be thankful for that I hope to share in the future.”

Another dear friend is internationally known psychic...Mary T. Browne. “First and foremost I am grateful for my psychic gift.



Mary Jane with Rick Sprunger and beloved dogs. Photo courtesy Mary Jane Popp

I love my work and love all the people who I am able to connect with because of it. I am blessed with wonderful supportive friends. I’ve been given a healthy body and a strong mind which I deeply appreciate. I am beyond grateful to have been born in the United States of America. Each day when I wake up, I spend a few minutes thinking about gratitude. This small exercise sets the tone for the day and makes everything that needs to be done easier and more harmonious.”

Then there’s the man who has made life the best, my dear husband Rick Sprunger. “I am grateful for the love, devotion, strength and caring of my wonderful wife for 50+ years. The thoughts, prayers and concern of family members, friends and neighbors in supporting me as I battle

some acute medical issues. Waking up every day and seeing the wonderful beauty of nature in all its forms of colorful flora and fauna. Having had wonderful animal companions over the years including our two current dogs and feral cats. They live in the moment and make me laugh.”

“When it comes to my being thankful, where do I begin? How about the special man in my life, who has put up with me for over 50 years...Rick. I’ve been able to continue my Radio and TV work with his encouragement and patience. Like Rick, I have loved every animal we’ve ever had. They do live in the moment sharing their love. Every day is special and filled with love.” That said, Blessings to you and yours and **HAPPY THANKSGIVING!!!** ★

Bids Requested Soon for Major Village Renovations

Continued from page 1

field plans are moving to La Vista from the original planned site at Phoenix Park, the District has still earmarked Measure J funds for expanding parking at Phoenix.

Aho said much of the budget for upcoming projects is going to depend on the bids that come in for the work in the Village, so he is anxious to see where the bids come in. The District is also still waiting on various state and federal grant applications, with over \$10 million requested, so if any of those are awarded, they “could subsidize some of those expenditures for Village/Plaza park,” said Aho.

Measure J bond expenditures are reviewed annually through an independent audit that is filed with the Secretary of State. BOC members also conduct their own annual review of bond expenditures, reviewing invoices and other documents associated with project expenses. This review is to ensure that all payments with bond money are supporting projects that were specified

in the bond. At the November meeting, members made their review selections, choosing some of the largest line items for review as well as some smaller, random line items. Members will each review their selected items ahead of a committee discussion at a future meeting. BOC Chair Gary Juels said, “Our job as Bond Oversight Committee is to make sure that the items being spent are within the bond language.”

BOC members also discussed whether future meetings should continue to be held virtually or if they should resume in-person meetings. Most said they could go either way, with some leaning slightly more toward virtual meetings for the convenience and others toward in-person meetings for the sense of community they can provide. The consensus was to continue the item for discussion at a future meeting when more members would be in attendance and could share their opinions.

The next BOC meeting is scheduled for December 7. ★

Dahle: CA Must Focus on Supply Chain Crisis

Office of Senator Brian Dahle


SACRAMENTO, CA (MPG) - In response to the Senate Select Committee on Ports and Movement hearing Wednesday, November 3, Senator Brian Dahle (R-Bieber) issued the following statement:

“The current port crisis will take time to resolve, but with the holiday season fast approaching, we need to focus our efforts on it more intensely. I’m calling for a single, lead point of contact to keep all stakeholders on track and bring all parties to the table for new ideas and solutions. Secondly, the California Air Resources Board (CARB) and the local air districts haven’t stopped, delayed, or paused their regulations that are in direct conflict with the reality of resolving our port crisis. These regulations are failing to recognize the gravity of this situation and the reality that the supply chain is fully

interrupted. Without the necessary materials, goods, and infrastructure it is impossible for California companies to meet the fast approaching deadlines. Without CARB publicly stating their cooperation, I am certain that we will see excessive fines and penalties on all companies and ports involved in this current goods movement crises. Lastly, we need to ensure the safety of our truckers, dock workers, ship crews, and everyone else who are working tirelessly to tackle the Mount Everest of containers awaiting them on the more than 70 ships currently parked offshore to unload products for all Americans.”

A video of the Senator’s comments in Committee is linked at his website dahle.cssrc.us/news.

Senator Brian Dahle represents California’s 1st Senate District, which contains all or portions of 11 counties. ★



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By Marlys Johnsen Norris, Christian Author

Are You Worthy??

There is a God who has an abundant supply of special “love” just for you. The love He pours into our lives will never end. He is there for us with every struggle and decision we need to make in our entire lifetime. Plus no matter how many sinful and wrong things we have done in our lives He has a plan of redemption and forgiveness to transform and heal our lives.

God is the Creator of everything and everyone who exists. Maybe you have experienced feelings of being alone or even unloved? God understands completely because He felt much the same before He created mankind in His image. God created mankind to have an “intimate personal relationship”

with us and when a person respects and accepts the ways of God in their life His blessings are the result and He provides an abundant life all of our years on this planet.

God is more than just one big God, He is much more! You are a person, with a name given to you by your parents. Yet possibly today you are called by several other names as well. Like a Husband or Wife, Father or Mother, Daughter or Son, Sister or Brother, Friend, and possibly even some kind of Professional Name!

Our Heavenly Father/God is also referred to and called by many names in the Holy Bible.

Most associated with something He was teaching them. God’s most significant and important names are: Creator, Heavenly Father, Holy Spirit, Teacher and Son/ Jesus Christ. Just like all of us, each name is a part of Him and plays a

significant role in all our lives to teach us about His Agape love, His laws, His guidance, His sovereign powers, His forgiveness, His inspiration, His direction to live on His Divine Path through life.

And His divine will for all our lives is to become part of His huge family throughout the world having our names scribed in His Lamb’s Book of Life. The day we accept His Divine provision by accepting His Son Jesus shed blood (every ounce was given) and death on the Cross to purchase forgiveness we receive His gift of eternal life. TO GOD BE THE GLORY FOR ALL HE HAS DONE FOR HIS CREATION!

Marlys Johnsen Norris
Christian Author of 7 Books
ARM Columnist since 2006
Stephen’s Minister
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Orangevale, CA 95662 ★

California’s Messier, but Fairer, Redistricting Process



By Dan Walters CALMatters

For many decades, the decennial chore of redrawing California’s congressional and legislative districts was relatively simple.

Every 10 years, following the census, legislative and congressional leaders would hire some knowledgeable number-crunchers and privately divvy up the districts for purely political purposes.

If one party controlled both the Legislature and the governorship, it would maximize its ability to remain in power. The maps that the dominant Democrats drew up after the 1980 census was the last time California saw a blatantly partisan gerrymander.

Republicans howled and persuaded voters to overturn the plan via a referendum, but the state Supreme Court ordered that the rejected maps be used anyway for the 1982 elections, in which Democrats retained their control of the Legislature and the congressional delegation.

Assembly Speaker Willie Brown publicly thanked “Sister Rose and the Supremes” for helping his party overcome the referendum, referring to Chief Justice Rose Bird. It fueled a successful drive to oust Bird and two other justices when they stood for re-election four years later.

Get a veteran journalist’s take on what’s going on in

California with a weekly round-up of Dan’s column every Friday.

After the 1982 election, Democrats enacted a slightly altered version of the gerrymander and then-Gov. Jerry Brown signed it just before leaving office. The congressional map was particularly slanted toward Democrats and its primary creator, San Francisco Congressman Phil Burton, laconically called it “my contribution to modern art.”

Control of redistricting was the primary, if unspoken, issue of the 1990 campaign for governor and after Republican Pete Wilson won he vetoed a new set of maps drawn by Democrats, throwing the issue into the state Supreme Court. The court generated maps of its own that allowed the Republicans to make some gains in the 1992 and 1994 elections.

Democrats once again controlled the Legislature and the governorship after the 2000 census, but a partisan gerrymander was blunted by other factors, including an implicit threat of intervention by the U.S. Department of Justice under President George W. Bush.

The upshot was a bipartisan gerrymander aimed at protecting all incumbents and preserving the partisan status quo in both the Legislature and Congress, while ignoring dramatic demographic shifts, including a big surge in Latino population.

Overt gerrymandering ended a decade later, after voters approved two initiatives – hated by leaders of both parties – to shift the decennial mapmaking to an independent commission that would ignore partisan considerations,

draw districts to follow, where possible, city and county boundaries and preserve “communities of interest.”

On the whole, the commission was faithful to its mission, but nevertheless, Democrats made big gains in congressional and legislative seats – eventually winning three-fourths of both as GOP voter strength plummeted.

With data from a new census – much delayed due to the COVID-19 pandemic – a new commission is working on new maps under a very tight deadline and it’s been a rather messy process – a “hot mess” in the recent words of one commission member. Drafts of the new maps were released last week and it’s apparent that they are likely to change quite a bit before the Dec. 27 deadline.

That said, it’s obvious that Democrats will retain their overwhelming legislative and congressional supermajorities and could gain a few more seats simply because demographic trends continue to run their way.

Most of the uncertainty is in the 52 congressional districts – one fewer than before due to California’s slow population growth. Democrats are struggling to retain their paper-thin control of Congress and a handful of toss-up seats in California could be the difference.

However, until the final maps are filed, no one can truly predict who will survive and whose careers will end. The process is messier than before, but also fairer.

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

I Can Never Have Too Much Ice Cream

Dr. James L. Snyder

It was one of those hectic weeks that flew by, and I didn’t know it until the end of the week.

I had come to the point where I had enough. Enough is enough; let’s get on with life.

You can’t get enough of some things in life, and then there are other things that you can have too much. If only we could choose one at our discretion.

That evening supper was quite good, and I had, like always, stuffed myself. I don’t blame my over-eating on myself, rather on the Gracious Mistress of the Parsonage. If she were not such an excellent cook, I wouldn’t eat so much. All the blame rests upon her.

The marvelous supper was behind us, and we had just settled down to watch something on television.

About halfway into the mystery movie, there was a commercial time, and my wife got up and said, “Would you have any room for ice cream?”

Would I have any room for ice cream? I can never have too much ice cream, and I am never too full for one more bowl of ice cream.

So, when my wife asked

me if I would like some ice cream. “I’ll have as much ice cream as you can stuff into that bowl.”

Not long ago, it was such a long weary day, and I was thinking about the ice cream I would reward myself with at the end of the day. Nothing calms me down better than a nice bowl of ice cream.

Supper was over; I settled down into my easy chair and then asked, “Honey, I really could use some ice cream tonight. It’s been such a long weary day.”

I didn’t hear anything from her, so I said, “Can I have some ice cream?”

Then I heard from the Gracious Mistress of the Parsonage.

“I’m sorry, my dear,” she said as disparagingly as possible, “we’ve run out of ice cream.”

Those words are the worst words ever uttered in our parsonage. To be out of ice cream is the most stressful time of the week. How is it possible to run out of ice cream?

I sat there thinking how in the world can I survive any day without ending it with a bowl of ice cream?

There’s a lot of things in this world that I can do without. Number one on

that list is broccoli. I don’t even like the sight of that so-called vegetable.

I have a long list of what I can do without, and nowhere on that list is ice cream.

How I would get through the night without my ice cream is a mystery that only the Gracious Mistress of the Parsonage can solve.

They only know what you like and what’s important to you when it’s not available. Then you begin to appreciate the value of that item.

I thought of the Bible verse in the Old Testament that sort of focus is on this idea. “Yea, they are greedy dogs which can never have enough, and they are shepherds that cannot understand: they all look to their own way, every one for his gain, from his quarter” (Isaiah 56:11).

Whenever greed takes over, we never can have enough. Then we become a slave to our greed.

Dr. James L. Snyder is pastor of the Family of God Fellowship, 1471 Pine Road, Ocala, FL 34472. He lives with his wife in Silver Springs Shores. Call him at 352-687-4240 or e-mail jamessnyder2@att.net. The church web site is www.whataffellowship.com. ★

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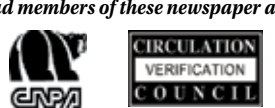
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- CLUES**
- ACROSS**
- "If all ___ fails..."
 - Male Thanksgiving bird
 - Yoko's last name
 - Indian restaurant bread
 - Carhop's carrier
 - "Kiss the Cook" garment
 - Homer's "The Odyssey", e.g.
 - Grandpa or Grandma, often
 - Moolah or dough
 - Pilgrim's colony
 - Allah's cleric
 - Arranges into categories
 - Chance's genre
 - "Plains, Trains and Automobiles" star
 - Woven containers
 - Kimono sash
 - Aristotle's school
 - Part of ideal
 - Hurricane feature, pl.
 - Comedian Schumer
 - Teen worry
 - Side of a ruler
 - Left over
 - "When will the guests be here? acr.
 - Rejuvenate
 - Expression of agreement (2 words)
 - "What Turkey Trot participants did
 - Outdoor entertainment area
 - Messy substances
 - "It makes Thanksgiving wishes come true?"
 - Half of diameter, pl.
 - Flu symptom
 - Accompanies relief
 - Leaves out
 - More than a talker?
 - Isaac's firstborn
 - Skin cyst
 - "___ my party, and I'll cry if I want too..."
 - Confederate or Union, e.g.
- DOWN**
- Compass dir.
 - Arctic native
 - Go yachting
 - Become enclosed in a cyst
 - Freshwater fish
 - Hop-drying kilns
 - *Pumpkin pie at the first Thanksgiving, e.g.
 - Sea World's performer
 - "Cheers" regular
 - Top seed
 - Like a rosebush
 - Spy name
 - *Kind of squash
 - Toils
 - Truck brand motto: "Guts. Glory. ___"
 - Lawn trimmer
 - Toe the line
 - Designs on lemur's tail
 - Purchases
 - #39 Across, pl.
 - T in Ferrari TR
 - Thai restaurant chicken staple
 - Elder's support
 - Flightless bird
 - *Thanksgiving football game host city since 1934
 - Impromptu
 - Big coffee holder
 - Choice word
 - Desert mirage
 - Makes less tight
 - Lace loop
 - "Angela's ___," memoir
 - *Raiders vs. Cowboys, e.g.
 - Scandinavian war god
 - Dry riverbed
 - Not final or absolute
 - Exclamation of surprise, archaic
 - Propel your boat!
 - Color wheel feature

Crossword Puzzle Solutions on Page 7

1	2	3	4	5	6	7	8	9	10	
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62				63			64			

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8		9	3					
9	1							3
		4	3		1	6		
3						8	5	
		7	4					9
		1	2	6				
4						3		

Solutions on Page 7

Find Puzzles on Page 7

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Sudoku Puzzle on Page 7

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3	6	7	4	9	2	8	1	5
6	1	8	7	3	4	5	2	9
5	9	3	1	2	6	7	8	4
4	7	2	5	8	9	3	6	1

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Fair Oaks Chamber Corner into the Holidays!



By Dot Boyd, Fair Oaks Chamber of Commerce

FAIR OAKS, CA (MPG) - Sometimes it's hard for me to know where to start when I write this column, because there are so many events going on in Fair Oaks! Everything seems to be on hyper-drive now that businesses are continually open for business. In fact, Fair Oaks Chamber has been growing with at least a half a dozen new business members in the last few months. Your local Chamber of Commerce still matters, even in this digital age. Check out our totally remodeled website www.fairoakschamber.com and see what's new.

If holiday shopping is on your to-do list, stop there first when you're making your list and checking it twice. Supporting our neighborhood businesses helps everyone in our community.

Here are some dates to remember:

November 27th
Small Business Saturday in Fair Oaks – shop locally!

Visit Christmas in Fair Oaks on Facebook for the launch of the FO December Calendar, a collaboration of FOCC, FORPD, and other partners for something to do in Fair Oaks every day in December!

December 1st
FO Village Progressive Dinner – Jingle all the way through the Village

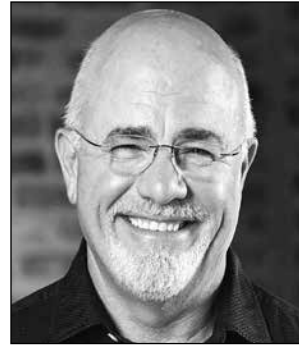
December 4th
Tree lighting ceremony at Fair Oaks Park (note the venue change)

December 10th
FO Jingle Bowl – bowling fundraiser for FOCC

December 16th
FOCC Holiday luncheon and swearing in of new FOCC Directors

Don't forget to vote for your favorites in our 6th Annual BoFO contest at <https://www.bestoffair-oaks.com/>. Last year we had 55 categories and 9300 votes. Very impressive for our little town, don't you think? For a business to qualify for a nomination, it must be in the 95628–zip code or be a member in good standing with Fair Oaks Chamber of Commerce. This event is sponsored by FOCC, Voterfly, and American River Messenger. Our Fair Oaks Youth Outreach "FOYO", will host the gala event at North Ridge Country Club on January 13th, 2022. All proceeds go toward the FOYO scholarship program. It's one more way you can support your local businesses. All of us at FOCC "give thanks" to you for your support, including to all our community partners. Happy Thanksgiving!

See you in Fair Oaks! ★



Dave Ramsey Says

Friend Want to be a Tenant

Dear Dave,

I own a duplex that has an opening for a tenant, and an old college buddy wants to rent the apartment. He has always been a good friend, but I'm a little worried about the possible effects on our friendship if business is brought into the picture. Do you have any advice?

– Justin

Dear Justin,
You can make this work, but you'll both need to be careful. It's going to take a lot of honesty and maturity from you both.

Doing business with friends always comes with the risk of running into a situation that can damage the relationship. Am I saying never do business with friends? Of course, not. I

do a lot of business with friends. I just make sure all the specific requirements and expectations of the business relationship are laid out in clear detail, in writing, and fully understood by both parties before a deal is struck.

Sometimes friends have unrealistic expectations when it comes to doing business together. The friend who's renting may think the friend who is the landlord will give him a pass if the rent is late, and on a dozen other things. The friend who is the landlord may think the renter will be a perfect tenant, because they're friends, and find out the hard way his buddy's a slob who doesn't respect and take care of the property. All these things should be ironed out ahead of time and before the agreement is signed.

You might want to make sure, too, he understands the need to come talk to you if a situation arises where he may be late with a payment, or not be able to pay the rent one month.

Most issues like this can be worked out, but he needs to understand – and it's your job to tell him ahead of time, in a kind-but-firm manner – you're not running a charity.

Just be friendly, straightforward and businesslike. If you have to enforce the rules, do it consistently and with fairness. Likewise, if a situation pops up where a little grace and understanding are appropriate, provide those as well.

– 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. ★

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Ask Toni

What Happens If I Chose the Wrong Medicare Advantage Plan?



Toni King

Hello Toni:

I recently attended a Medicare Advantage meeting because my Medicare Supplement Plan F is costing me \$220 a month and was going to join. A friend introduced me to your articles explaining the various Parts and Plans of Medicare. Now I am having second thoughts.

My question is if I change to an Advantage plan and find out it is not working for me after January 1st... #1) Can I return to regular Medicare and apply for a new Medicare supplement? #2) Will I be able to enroll in a Medicare Part D plan for prescriptions.

~ Thanks, Stephanie from Denver

Hi there, Stephanie:

#1 Question: Yes, Stephanie you can return to Original Medicare, but your window of time is small. The time to change you MAPD plan (for those that have second thoughts) is from January 1 to March 31 and is known as Medicare Advantage Open Enrollment Period. Whether you are approved by a new Medicare Supplement is another issue because you now may have to answer medical underwriting questions to qualify.

#2 Question: Enrolling in a Medicare Part D plan disenrolls you from your Medicare Advantage plan. During Medicare Advantage Open Enrollment Period, you can only disenroll from your current Medicare Advantage Plan and enroll in another Medicare Advantage plan or return to Original Medicare only by enrolling in a **standalone Part D Medicare Prescription Drug plan**. That answers your question about enrolling in a new Part D plan when you leave your Medicare Advantage plan after January 1st. Remember, you may have to answer medical underwriting questions when applying for a new Medicare Supplement.

You would think that Medicare would give you time to tryout a new Medicare

Advantage plan...but is 3 months enough time to discover whether you made a good choice enrolling in your new Medicare Advantage plan, but Medicare does not give you more time!

Stephanie since you currently have a Medicare Supplement, you may consider not cancelling your Medicare Supplement until after March 31st to be sure you are satisfied with your new Medicare Advantage plan, especially if you have a health issue.

To get out or disenroll from a Medicare Advantage plan after March 31st you cannot because you are **“locked in”** and will have to wait until the next Medicare enrollment period, which should be October 15 of that year. You can then disenroll and make a change with January 1st of the next year as your effective date.

At the Toni Says® office, we always advise a Toni Says® Medicare clients to call all their doctors to see which Medicare Advantage plans the healthcare professional or medical facility accepts.

One thing to be aware of is that the doctor can also stop taking a Medicare Advantage plan in the middle of the year. If you find a Medicare Advantage plan that you like, and your doctor is not in the plan, then you might have to change doctors to use that plan.

Since you are spending about \$220 on a Medicare Supplement and want something less expensive with the same access to doctors that accept “Original Medicare”, there may be a less expensive option. You might consider shopping for a different, less expensive Medicare supplements such as Plan G or even Plan N.

Call the Toni Says Medicare Hotline at 832/519-8664 to have your Medicare questions or concerns answered or email info@tonisays.com.

Register for November’s Toni Says® Medicare Annual Enrollment Zoom webinar on Wednesday, November 17 at 4:00 PM which explains the ABC and D of Medicare at www.tonisays.com.

Medicare Open Enrollment Special: \$10 discount to the Toni Says® readers on the 2021 Medicare Survival Guide® Advanced book at www.tonisays.com. ★

Here's What “Everyday Low Prices” Can Teach Us About Health Care



Commentary by Sally C. Pipes

“Everyday low prices” are coming to health care. Walmart recently launched its own analog insulin, a synthetic form of the hormone that’s genetically modified to be released rapidly or slowly, depending on a person’s needs. It will be manufactured by pharmaceutical giant Novo Nordisk – but cost 75% less than brand-name analog insulin.

The deal stands out as proof that markets can deliver outcomes that work for producers and consumers alike – if we let them.

Generally speaking, the “market” for medicines is dysfunctional. It bears little resemblance to the markets for groceries or electronics, where consumers can compare prices and product reviews, shop around for the best deal, and purchase what they want.

Instead, patients typically pay for prescription drugs through their insurance plans.

They may be responsible for a co-pay or co-insurance – a set percentage of a drug’s nominal price – and their insurer pays the rest.

The exact co-pays and co-insurance are determined by entities called pharmacy benefit managers – middlemen hired by insurers to administer drug plans and negotiate drug prices with pharmaceutical companies.

Because PBMs decide which medicines are, and aren’t, available through a given plan, they have immense leverage over pharmaceutical companies. Three PBMs handle more than 70 percent of prescriptions filled in the United States.

That leverage allows them to extract deep discounts from drug manufacturers. If drug makers want to have their products included on an insurer’s formulary, they have to pay up. If they don’t, the PBM will simply go with a drug maker that will.

In the market for insulin, PBMs routinely extract discounts exceeding 70%. They pocket some of that money and pass the bulk along to insurers.

Patients, meanwhile, pay a percentage of the insulin’s full list price, which is many times higher than what the PBM negotiated with the manufacturer.

Consider the insulin made by Sanofi. From 2012 to 2019, its list price increased

140%, from about \$150 to more than \$350 per vial. But the amount of net revenue that Sanofi received, after paying discounts to insurers and PBMs, declined 41% during that time period.

Those insurers and PBMs didn’t share those rebates directly with the people buying insulin. Instead, consumers had to cover for co-pays and co-insurance based on the escalating list price.

A patient with a 25% co-insurance requirement on a \$350 drug got a bill for \$87.50 at the pharmacy. That co-pay is greater than Sanofi actually received in total.

By cutting out these middlemen and selling directly to retailers like Walmart, drug makers can maintain or even increase their profit margins. The retailers charge a small mark-up, just as they do for everything they sell.

And in this case, patients save money, too.

Middlemen siphon billions of dollars out of the healthcare system each year – while providing questionable value to consumers. As the deal between Walmart and Novo Nordisk shows, market principles offer a better way.

Sally C. Pipes is President, CEO, and Thomas W. Smith Fellow in Health Care Policy at the Pacific Research Institute. Follow her on Twitter @sallypipes. ★

Joint Statement from Agencies Regarding Pfizer Vaccine for Children

CDPH Press Release

SACRAMENTO, CA (MPG) - The California Health and Human Services Agency Secretary Dr. Mark Ghaly, and Director of the California Department of Public Health and State Public Health Officer Dr. Tomás J. Aragón, issued a joint statement on the Western States Scientific Safety Review Workgroup’s recommendation to administer Pfizer-BioNTech COVID-19 vaccines for children ages 5-11.

“Vaccines are how we end this pandemic, and the ability to vaccinate more children who have remained vulnerable to COVID-19 strengthens our fight against this deadly virus. Californians ages 5-11 can now get the same robust protection that has helped save countless lives. The vaccine has been administered safely to millions of people ages 12 and up, and federal and state medical experts agree that the clinical trials have been rigorous in demonstrating that the vaccine is safe and effective for children ages 5-11. Last year’s winter surge was devastating in our state, and it is critically important that all eligible Californians supercharge their protection against COVID-19 ahead of the winter months. By getting more family members including children ages 5-11 vaccinated, we can celebrate the holidays safely and help avoid preventable hospitalizations and deaths.”

California will begin vaccinating children ages 5-11 today with 500 organizations across the state receiving their first shipments through next Monday. The state was allocated 1.2 million pediatric doses from the federal government with adequate supply to vaccinate all newly eligible Californians becoming available in the coming weeks. The state has more than 4,000 locations ready to vaccinate children ages 5-11 as supply increases and is leveraging existing infrastructure and partnerships used to administer vaccines to teens and young adults. This includes working closely with medical providers, local health departments, schools, community partners and others to administer vaccines safely and equitably through mobile clinics and vaccine pop-ups in the hardest-hit communities across the state.

Parents are encouraged to call their child’s health care provider to schedule a COVID-19 vaccine appointment. Parents can also visit MyTurn.ca.gov or call the hotline at 833-422-4255 beginning tomorrow to find a nearby vaccination site. The COVID-19 vaccine is free for all Californians regardless of insurance and immigration status. All Californians are strongly encouraged to get vaccinated or complete their vaccination series, get a booster when eligible, and get a flu vaccine, which can be administered at the same time.

www.cdph.ca.gov ★

Social Security Matters

Why Is My Medicare Part B Premium So High?



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: Social Security is deducting \$297 per month for my Medicare Part B coverage. I have what’s called a “Windfall Elimination Provision” because I receive a pension from my former State employer. Prior to my 65th Birthday in July of this year, Social Security was paying me \$764 per month, but when I turned 65 they reduced my amount to \$467 per month. I read that the Part B premiums for 2021 are \$148.50, so I wonder why I’m paying double that amount? Could it be that I never enrolled in Medicare Part B and they just automatically started deducting that amount? Some sort of penalty? If so, it seems kind of high. Can you explain why I’m paying so much for Medicare Part B? **Signed: Curious About Medicare**

Dear Curious: Your Part B premium of \$297/month has nothing to do with the Windfall Elimination Provision (WEP). WEP affects (reduces) your Social Security retirement benefit amount but doesn’t affect your Medicare premium. Your Medicare Part B premium is \$297/month because of a different Medicare rule

known as “IRMAA,” which is the “Income Related Medicare Adjustment Amount.” Here’s how IRMAA works:

Medicare determines your Part B premium amount each year using your combined income (from all sources) from 2 years prior, so your 2021 Part B premium is based upon your 2019 income. The income amount is used to set your Part B premium is called your Modified Adjusted Gross Income (MAGI), which is your normal Adjusted Gross Income on your tax return plus any other non-taxable income you may have had (including half of your SS benefits, non-taxable interest, etc.). If your MAGI is over a certain threshold, your Part B premium is more than the standard \$148.50.

The IRMAA thresholds at which you pay a higher Part B premium depend upon your tax filing status. A married couple filing jointly with MAGI under \$176,001 pays the standard premium (\$148.50 for 2021), and a single tax filer whose MAGI is under \$88,001 also pays the standard Part B premium, but income exceeding those thresholds means a higher Part B premium. How much higher depends upon how much your MAGI exceeds the base amounts above. The Part B IRMAA premium increases on a scale relative to how much your MAGI exceeds the base threshold and, from what you’ve shared, it appears that your 2019 MAGI resulted in a 2021 Part B premium of \$297/month.

Since you were already collecting Social Security when you turned 65, you were automatically enrolled in Medicare Part A (which is free) and Medicare Part B (for which you pay a premium), which is why your Medicare premium increased at that time. If you also have “creditable” healthcare from either your or your wife’s employer (“creditable” is a group plan with at least 20 participants), you can disenroll from Medicare Part B by filing form CMS-1763 and having an interview with Social Security. That way you could save that \$297 monthly Part B premium for as long as you have other “creditable” employer coverage, and then re-enroll in Part B during the Special Enrollment Period which starts when your employer coverage ends (or shortly before to avoid a gap in healthcare coverage).

If you have retired from working and your combined income in 2020 was much lower than in 2019, Social Security will automatically adjust your 2022 Medicare Part B premium as appropriate for your combined income reported to the IRS on your 2020 tax return. If you retired in 2020, you might also wish to submit form SSA-44 (www.ssa.gov/forms/ssa-44-ext.pdf) to claim a “life changing event,” which may result in a smaller Part B premium for 2021 as well.

This article is intended for information purposes only and does not represent legal or financial guidance. Visit our website (amac-foundation.org/programs/social-security-advisory) ★

Distracted Driving: Is It Worth It?

CHP Release

SACRAMENTO REGION, CA (MPG) - Every year, thousands of people are seriously injured or killed statewide in vehicle crashes caused by distracted drivers. To combat this issue, the California Highway Patrol (CHP) received the Adult Distracted Drivers (ADD) XII grant to keep California roads safe through education and enforcement.

“Distracted driving is a serious issue that is 100 percent preventable,” said CHP Commissioner Amanda Ray. “We are encouraging drivers to make a conscious choice to not drive distracted. This simple decision can have a tremendous positive impact on the safety of California’s roadways.”

Drivers who choose to drive distracted exponentially increase the odds of being involved in a vehicle crash. According to data from the CHP’s Statewide Integrated Traffic Records System, in 2019 there were nearly 19,000 crashes where driver inattention played a role. Of the 9,371 drivers involved in a fatal or injury distracted driving

crash that year, nearly 10 percent cited cell phone use as the source of inattention.

Though there are numerous distractions for a driver, cell phones are the most prevalent. Handheld cell phone use while driving is not only illegal in California, it is an unsafe activity behind the wheel. In California, drivers under the age of 18 are prohibited from using a cell phone while driving for any reason, including hands-free devices.

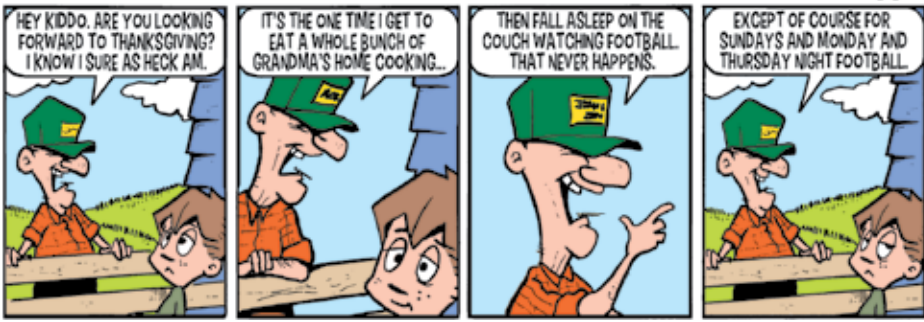
“Driving safely requires complete attention, so it is best to stay focused on the road. Distraction behind the wheel jeopardizes your safety, your passengers’ safety, and the well-being of those around you,” Commissioner Ray added.

Funds from the ADD grant will help support the CHP’s completion of at least 400 traffic safety presentations statewide and a minimum of 80 distracted driving enforcement operations between October 1, 2021, and September 30, 2022.

Funding for this program is provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration. ★

WEEKLY COMICS

Amber Waves



by Dave T. Phipps

The Spats



by Jeff Pickering

Out on a Limb



by Gary Kopervas



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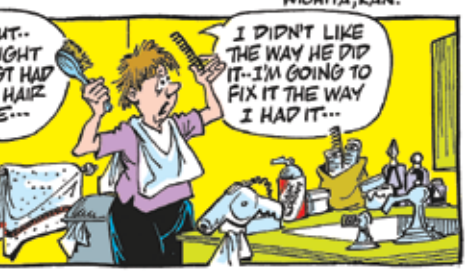
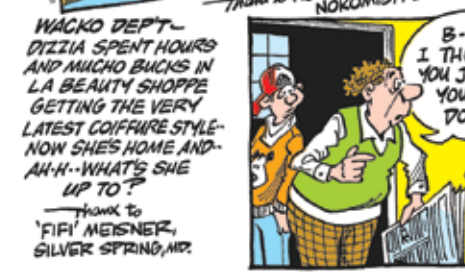
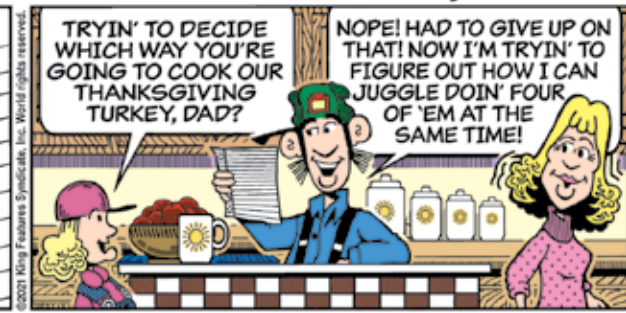
BY AL SCADUTO



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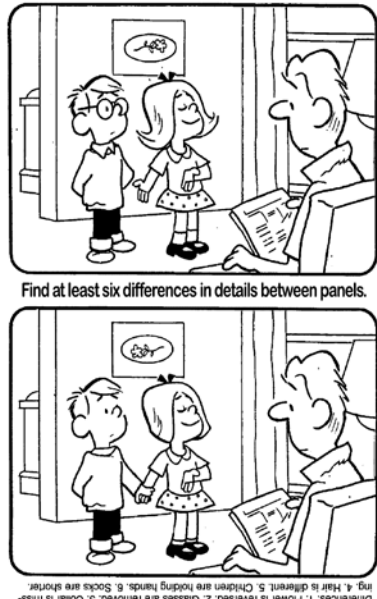
Just Like Cats & Dogs

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FUSSIE CAT PREMIUM CANNED CAT FOOD
Black Label Gold Label 2.8 Oz.
Limit 2 Cases Per Family
ON SALE
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TIDY CATS SCOOPABLE CAT LITTER
20 Lb Jug
• Regular • Unscented
Limit 2 Jugs Per Family
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HI-COUNTRY WILD BIRD SEED
20 Lb Bag (Kaytee, 20 Lbs - \$9.99) (Audubon Friends, 20 Lbs - \$7.99)
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NATURAL BALANCE DRY DOG FOOD
• Ultra Fresh 24 Lb • Potato & Duck 24 Lb • Fat Dog 28 Lb • Vegetarian 28 Lb • Chicken & Brown Rice 26 Lb • Ultra Original (Regular & Large Breed) 30 Lb Limit 2 Bags per Family
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EVERCLEAN PREMIUM CAT LITTER
• ES Unscented • US Ever Fresh
25 Lb. Box Limit 2 Boxes
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MERRICK'S GOURMET CANNED DOG FOOD
13.2 Oz All Varieties Limit 1 case
On Sale

PRO-PLAN CANNED DOG FOOD
13 Oz Cans Limit 1 Case Reg Price \$1.65 **\$1.49** Reg. Price \$1.75 **\$1.59**

PESTELL CLUMPING CAT LITTER
40 Lb. Bag Limit 2 Bags
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IAMS DRY DOG FOOD
30 Lb Bag
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NATURE'S MIRACLE PREMIUM ORGANIC CORN COB LITTER
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• Original • Indoor • Turkey Grain Free 11-12 Lb Bag • Adult (Wellness Grain Free Dry Cat Food 11.5 Lb • Adult Chicken • Healthy Weight • Indoor Salmon **\$29.99**)
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• Selected Varieties
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• White & Multi-Colors
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Everyday
CHM PLU 361

BONUS COUPON
PREMIUM CAT LITTER
10 Lb Bag
Limit 2 Bags Per Family
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 11/17/21 - 11/23/21
\$2.09
CHM PLU 365

BONUS COUPON
WHISKAS TEMPTATIONS CAT TREATS
• All Varieties 3 Oz.
Limit 2 Pkgs with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 11/17/21 - 11/23/21
\$1.49
CHM PLU 569

DAR Funds Sacramento City College Nursing Scholarships

Daughters of the American Revolution

SACRAMENTO, CA (MPG) - On November 1, 2021, the Sacramento Chapter Daughters of the American Revolution (DAR), presented Sacramento City College with a check to fund nursing scholarships, in honor of Past Regent Jacqueline Coffroth. This gift is the first of three to the Sacramento region, inaugurating the Chapter's centennial anniversary celebration.

Sacramento City College nursing students who are residents of either Sacramento or Yolo County and meet further eligibility criteria may apply for these scholarships. One will be awarded to a Registered Nursing student and the second to a Vocational Nursing student. Mrs. Coffroth, who bequeathed funds for these scholarships, was a nurse.

"The Sacramento Chapter is delighted to help two Sacramento City College students achieve success in nursing. Education is one of DAR's three, overarching pillars," said Janet Fulton, Sacramento Chapter DAR Regent. "Mrs. Coffroth would be especially pleased to know that this gift will help two students become nurses at a time when nursing is so critically needed," she added.

If you are interested in learning more about DAR membership, visit <https://sacto.californiadar.org/> or contact corresponding@sacto.californiadar.org.

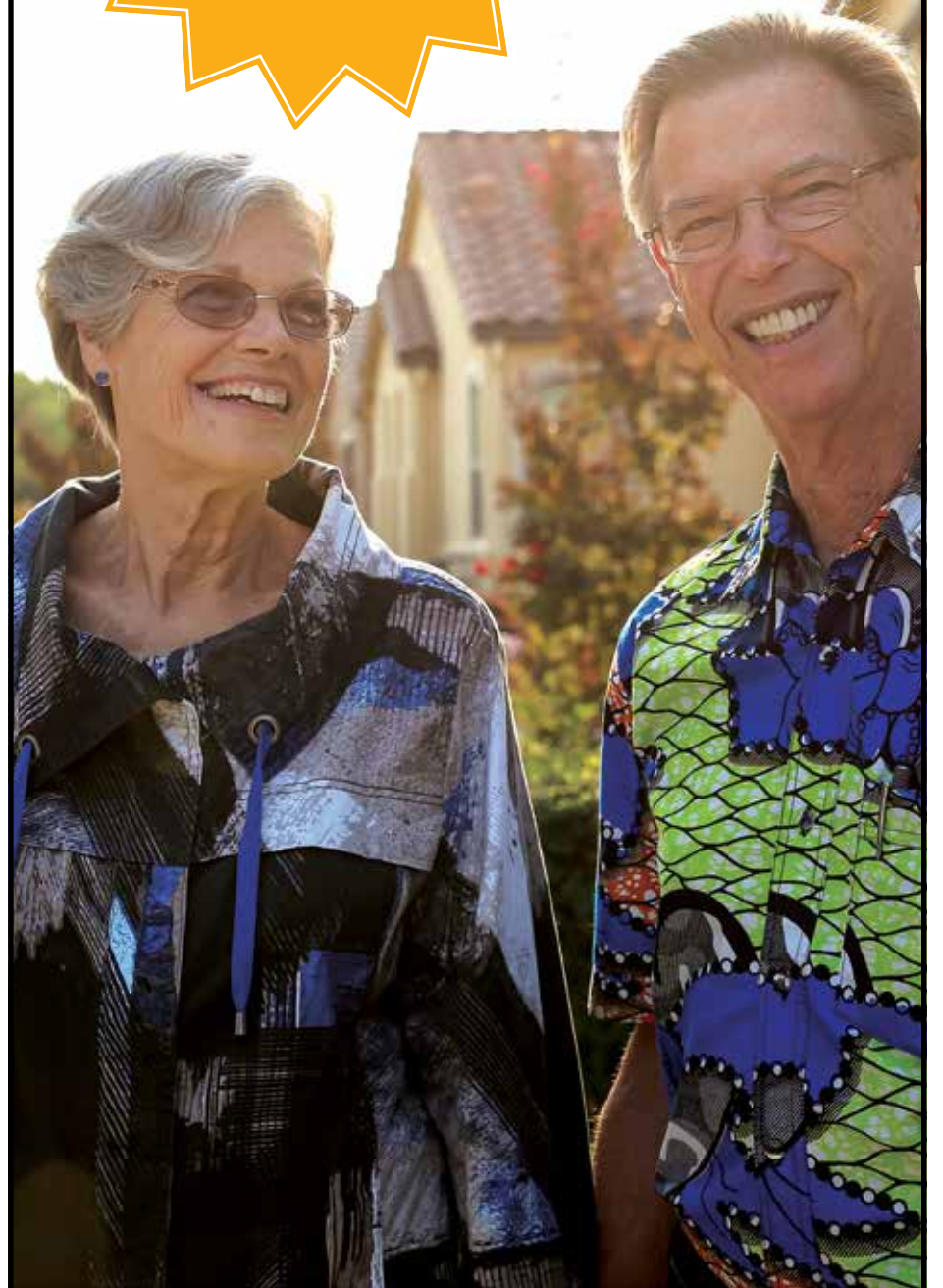


Pictured, left to right: Chapter Chaplain, Sharon Flath; Sacramento City College President, Michael Gutierrez; Chapter Regent, Janet Fulton; Chapter Registrar, Vicki Klein. Photo: SCDAR

sacto.californiadar.org. If you would like more information about Sacramento City College Scholarships, visit sec.losrios.edu/admissions/financial-aid-and-fees/types-of-financial-aid/scholarships.

The National Society Daughters of the American Revolution (DAR) is a women's service organization whose members can trace their lineage to an individual who contributed to securing American independence during the

Revolutionary War. Today's DAR is dynamic and diverse, with over 185,000 members in 3,000 chapters in the United States and abroad. DAR members annually provide millions of hours of volunteer service to their local communities across the country and world. DAR chapters participate in projects to promote historic preservation, education, and patriotism. Over one million members have joined the organization since its founding in 1890. ★



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Saving Calaveras

Story and photos by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG)

The efforts of 30 people recently saved a single bird's life. Early this summer, Fair Oaks-based animal rescue partners Ben Nuckolls and Laura Morin responded to reports of a grounded bald eagle at New Hogan Lake (Calaveras County). The pair searched the lake shore and at nightfall, found the small male. He was near death: scored all over with raptor-fight wounds and unable to fly.

His worst injury was a crater that extended almost the breadth of his skull. After days on the ground, the raptor was being eaten alive by maggots. He was also starving and dehydrated but according to Ben Nuckolls, our national bird still had fighting spirit left. "When I flung the net over him, he resisted," explained Nuckolls. "Laura and I got him into a kennel and drove 45 miles to Acorn Hills Animal Center (Sutter Creek). The vet, Alison Pillsbury, came in after hours. We saw the fight still in him and that gave us hope."

Sheer fight saw eagle "Calaveras" through four months of healing, courtesy of Tri County Wildlife Care in Jackson. The raptor's head wound was so deep that a quarter-size chunk of skull was exposed. Though fish-skin graft was considered, the eagle was deemed too stressed for surgery. Tri County founder Susan Manning and fellow volunteers eventually healed the wound with Silver Sulfadiazine cream. As skin regenerated over exposed skull, Manning wondered if his beautiful white pompadour could return. "I feared he might always be a truly 'bald' eagle," she considered. "But at last, tiny quills pimpled the new skin. White feathers began to fill in. They have such an amazing capacity to heal."

Eagle Calaveras was soon winging powerfully around a 100-foot



Above: Animal rescuers Laura Morin and Ben Nuckolls captured injured bald eagle "Calaveras" at Lake New Hogan, near Jackson. Right: The survivor swoops in liberated flight.

flight chamber loaned by bird rehabilitator Pat Benik. Angler Wally Gallagher caught fish and delivered them live to nourish the survivor. With returning health came feist; born free, the captive was going nuts in captivity. He crashed at chamber walls. He damaged wings and face in efforts to escape. "We didn't want to release him while his head was still healing," explained Manning. "But we feared he'd do terrible damage to himself. We had to let him go." On a recent Saturday, Calaveras was driven back to his beloved home shores.

And not a moment too soon: parole glittered in the warrior's yellow eyes. As Morin and Park Ranger Sam Schutz unclashed his cage, a powerful talon rammed the

door wide open and out shot a bat from hell. Calaveras rocketed along a gully and clamped yellow feet on a high pine branch, 250 yards from his release site.

This photographer found him minutes into blessed freedom; poised with furrowed head down in hunting mode. As an Air Force poet once described, the warrior had "slipped the surly bonds of earth and danced the skies on laughter-silvered wings."

Who can project this eagle's fate? Suffice to say the effort of 30 human angels had saved a noble icon from death. "His recovery was touch-and-go," said rescuer Laura Morin. "His big wound took ages to heal, and dozens of people worked hard to help him. Ben and I are involved in

many animal rescues; we don't always see happy endings."

At the lakeside release site, Susan Manning regarded his transporter. "An empty cage is a good thing," she considered. "Without Ben and Laura, this guy would not have survived another day. He left us, flying free – the majestic eagle he was meant to be."

Non-profit Tri County Wildlife Care and self-funded rescuers Ben Nuckolls and Laura Morin save hundreds of injured wild animals every year. Supporters may assist the Tri County agency at pawspartners.org. Donate to help Ben Nuckolls' rescues via Wildlife Rescue by Ben Nuckolls at GO FUND ME. ★

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