

Women's **Empowerment** Receives Grant

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Serving Fair Oaks, Orangevale & Sacramento County

NOVEMBER 5, **2021**

COMPASSION MERCY AND GIVING



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CELEBRATING 90 YEARS OF **LOVING THIS COUNTRY**



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HOOP TO FEED





direct link to our online edition!



Wall of Honor Sees 15th Hero



Patriots Park's Wall of Honor recalls heroes who died in service to community and nation during the history of Carmichael Park District.The reserve is located on the Carmichael and Fair Oaks border at 6827 Palm Avenue

Story and photo by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) Carmichael and Fair Oaks comdeath, Corporal Bruce Verhoeven old officer. will be inducted for the act of courage that cost his life.

ress in a Gemco store on Fulton Avenue and Alta Arden Wav. Fleeing the store, an armed suspect joined memorials to other fallen hid in a nearby apartment buildmunities will this Saturday ing. Verhoeven cordoned off an to Patriots Park. Built in 2008, the (November 6) recall fallen heroes area to prevent his escape but, fear-monument is dedicated to military, ing bystanders might be injured, event will this year add a 15th he left cover and ordered the sus- erans who died serving nation or name to Patriots Park Wall of pect to drop his gun. The suspect neighborhood during Carmichael Honor. Almost 48 years after his opened fire and killed the 32-year- Park District's existence.

Sheriff's Department veteran ery. He is recalled with a street Fair Oaks.

responded to a robbery-in-prog- named in his honor in the Sheriff's

Academy grounds, Carmichael. A plaque honoring him has heroes on the stone wall central police, CHP and fire-fighting vet

The community pays tribute to Corporal Verhoeven was awarded the heroes each November. Anyone a posthumous Sheriff's Department may attend the ceremony at In December 1973, the 10-year Medal of Valor for this act of brav- 10 AM, at 6827 Palm Avenue,

New Child Safety Seat **Program Grant**

California Highway Patrol News Release

SACRAMENTO, CA (MPG)

- The California Highway Patrol's (CHP) received the California Restraint Safety Education and Training (CARSEAT) V grant to support its ongoing effort to improve child passenger safety. The CHP will use the grant funds to conduct public awareness campaigns, training courses, and enhanced-enforcement patrols through September 30, 2022.

The CARSEAT V campaign will focus on reducing the number of children killed and injured in traffic crashes throughout California. To accomplish this goal, the CHP will offer educational seminars, new parent classes, and appointments at local Area offices for child safety seat inspections and assistance with installations. These efforts will highlight the importance of safety seats and seat belts and provide information on the proper installation of child passenger safety seats.

"We are raising public awareness of the dangers of traveling with children in a vehicle who are not securely buckled into the appropriate child passenger safety seat," CHP Commissioner Amanda Ray said. "As a parent or caregiver, it is your responsibility to protect these vulnerable passengers."

California law requires a child to be properly restrained in an appropriate child safety seat in the rear seat of a vehicle until they are at least 8 years old. Children aged 8 and older, who are at least

4 feet 9 inches, may ride in the rear seat of a vehicle in a properly fitted seat belt. Children under the age of 2 must ride in a rear-facing car seat until they reach 40 pounds or 40 inches in height. For the best protection, all children should ride rear facing, if possible, until they reach the upper weight and height limits of their car seat. For more information on child safety seats or current California law, visit https:// www.chp.ca.gov/Programs-Services/Programs/

Child-Safety-Seats. In addition to educational efforts, the CHP will be conducting enforcement operations concentrating on seat belt and safety seat violations throughout the year with a special emphasis during the "Click It or Ticket" campaign May 23 through June 5, 2022, and during Child Passenger Safety Week September 18

through 24, 2022. Funding for this program was provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration.

Best of Fair Oaks Voting to Begin

Fair Oaks Chamber of Commerce

FAIR OAKS, CA (MPG) - The Fair Oaks Chamber of Commerce is getting ready to launch the 6th anniversary event of the Best of Fair Oaks. This event has recognized the Best of the Best in Fair Oaks in the past, and this year, the voting process will be online beginning on Nov 11th through Dec 23rd. Anyone can vote for their favorite places and events in our community.

It has been a tough year for small businesses in our community to get back on their feet, and especially after a pandemic year, small businesses are still feeling the effects a year later. This year we are looking to bring back the excitement and recognize our small businesses in our community. We need your help by voting; It's FREE and it's easy to do. This voting process is hosted by our Chamber member VOTERFLY. Starting Nov 11th visit www.BestofFairOaks. com to pick your favorites, you will have until Dec 23rd to place your votes. Winners for 2021 will be announced at our Hosted Gala event in January of 2022. More details to come in the next few weeks.

The event is hosted by the Fair Oaks Chamber of Commerce in partnership with VOTERFLY and American River Messenger. The event is presented by "FOYO" our Fair Oaks Youth Outreach group of teens from ages 12-19. In the beginning of this year, they did a fantastic job making a Virtual live event for all to watch. You can see a video clip on the Chamber website. The proceeds from this event will help fund our scholarship program for our youth in our

Rules to voting or being a part of the event:

Anyone can vote for their favorite places and or events in the Fair Oaks Community; Contenders MUST be a member of the Fair Oaks Chamber or a business in the 95628 zip code. *FOCC members may have a business outside of Fair Oaks and they would qualify as long as they are in good standing in their membership; We encourage



Rim's Deli owner David Trowbridge was voted Best Sandwich Shop in last year's Best of Fair Oaks event. The deli is located on 5241 Hazel Ave. Fair Oaks, CA 95628. Photo provided by Fair Oaks

all businesses small and large to join in on the Best of Fair Oaks, this is a great way to get your business advertised. We also have Sponsorships available. Businesses are asked to log in and update their profiles to be accepted for voting.

A few winners from last year:

Best Sports Retailer – Bob's Cycle Center Best Sandwich Shop – Rim's Deli Best Bakery – O'Cafe Bistro Best Specialty Shop – French in the Village

Get Ready, Set, Vote

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Women's Empowerment Receives \$20,000 Grant



Graduates of Women's Empowerment's first Banking Academy, a paid training program to become bank tellers, celebrate their graduation in October. Photo provided by Thébaud Communication

By Kristin Thébaud, **Thébaud Communications**

SACRAMENTO REGION, CA (MPG) -Women's Empowerment recently received a \$20,000 grant from Arata Brothers Trust to educate and empower women experiencing homelessness with the skills and confidence necessary to secure a job, create a healthy lifestyle, and regain a home for

"Our partnership with Arata Brothers Trust over the last several years has helped hundreds of women and children break the cycle of homelessness amidst

during the pandemic and housing

crisis.

here in Sacramento," said Lisa Culp, executive director, Women's Empowerment. "We are grateful for the steadfast funding we receive from Arata Brothers Trust as we face another tumultuous year ahead."

The grant from Arata Brothers Trust will help Women's Empowerment offer its nineweek program that targets the barriers women face while expethemselves and their children riencing homelessness, as well as paid job training for women who have graduated from the program. Women's Empowerment's paid job training programs include its Get A Job Kit training program for graduates hardest to hire, as well as its paid training in propwildly changing circumstances erty management, a career that

usually includes housing on the managed property. Women's Empowerment also offers paid training to become a security guard or bank teller, as well as training in green energy.

"For the trustees of the Arata Brothers Trust, 2020 and 2021 revealed the most nimble and effective nonprofits in the Sacramento region," said Matson Sewell, co-trustee, Arata Brothers Trust. "Women's Empowerment led the way in this landscape, continuing to deliver highly impactful programs to such an under-resourced population, adapting to public health requirements for both mothers and children, and moving forward despite the new challenges. These

challenges are not behind us yet, and Women's Empowerment has earned the support of anyone looking to make a huge difference in the lives of homeless women and children."

The mission of Arata Brothers Trust is to enhance the quality of life in the Sacramento area by supporting systemic change through innovative and effective educational programs. ArataBrothersTrust.org.

Celebrating its 20th anniversary this year, Women's Empowerment provides a full nine-week employment-readiness and empowerment program, paid job training, childcare and support services so all women Empowerment.org.

and their children can break the cycle of homelessness. Women's Empowerment offers the most comprehensive job-readiness program in the Sacramento area designed specifically for women experiencing homelessness, and their children. Eighty-two percent of graduates secure a job or enroll in school. Despite the housing crisis, 75 percent regain a safe home for them-For more information, visit selves and their children. The award-winning organization has graduated 1,719 women and their 3,842 children. Women's Empowerment is funded through private donations from the community and grants. To make a donation, visit Womens-

SALES FOR PRODUCE WILL BEGIN ON WEDNESDAYS @ 12:00PM



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PRICES EFFECTIVE NOVEMBER 3 - NOVEMBER 9, 2021.



NOVEMBER 5, **2021**AMERICAN RIVER **MESSENGER • 3**

Kindergarten Project is Now Underway for Winter



SBSK delivers a double-fleece blanket and a Beanie Baby in a fleece pouch to EVERY kindergartener in the last week of school before winter break. Photo provided by SBSK

SBSK Press Release

SACRAMENTO REGION, CA (MPG) - This wintertime, you can help local kids stay warm and join the efforts of Sacramento Blankets for Sacramento Kids in "Kindergarten Project" by making handmade blankets for children to be given out this December 13th.

Every December, we choose the lowest income Title 1 schools and find out in October how many kindergarteners they have. Then the last week of school before winter break, we deliver a double-fleece blanket and a Beanie Baby in a fleece pouch to EVERY kindergartener! Some of these kids sleep in their cars! For most, this is all they get for the holidays and our volunteers want to ensure kids have a beautiful experience for the holidays.

SBSK has been doing Kindergarten Project for 9 years now and has been expanding its reach to low income schools in the Sacramento Region every winter. The first year we were able to reach 6 schools. This year, we can reach 27 schools – over 1,800 blankets and Beanie Babies! We always hope to add more schools each year.

Now that the holiday season is here, retailers, such as Joann's, offer huge discount on their Blankets for Sacramento Kids kits, which you can put together with no sewing or specialized skills. We have people of all ages contributing from girl scouts to seniors.

If you have a Beanie Baby or have a huge



Kindergarten kids can stay warm this winter with a blanket and a Beanie Baby. Photo provided by SBSK

collection of Beanie Babies and wish to do something meaningful for others, especially for kids, now is your opportunity. If anyone would like to donate Beanie Babies to this project or join us in making blankets for this special Kindergarten Project, they can email Claire Gliddon at claire@sacblankets4kids.com.

The Kindergarten Project is wildly popular and the more low-income kindergarteners we can reach, the better chance of realizing school is a cool place!

Sacramento Blankets for Sacramento Kids (SBSK) is a nonprofit organization that makes handmade blankets all year round for children in need in Sacramento and Placer Counties, as well as for State emergencies (fires, floods) and National emergencies (9/11, Katrina).

Compassion, Mercy and Giving, What a Gift to Give!

By MaryAnne Povey

ORANGEVALE, CA (MPG) - As the holidays are fast approaching, we often try our best to think of others in need and to give what we can. How wonderful and inspiring it is to hear about young people who dedicate their life in service to others not just now, but year round-especially when it's one from our own community! One such person is Rachael Beilgard, a Bella Vista Class of 2015 graduate. Rachel, 24, daughter of Jim and Sarah Beilgard, grew up in Orangevale, and attended Folsom Lake College before transferring to Salve Regina University in Rhode Island to pursue a degree in social work. It was during those years she felt a calling to dedicate her life in service to others. She learned about the "Mercy Tradition" and about the Sisters of Mercy and knew this was what she wanted to do. From there she started her journey as a volunteer with the Mercy Volunteer Corps.

"What I found unique about the Sisters of Mercy was their vow of service and vows of poverty, chastity and obedience," said Rachel, "The sisters take action by going out into the community to create change focusing on social justice issues surrounding their five Critical Concerns of Mercy; Women, Non-violence, Immigration, Racism, and the Earth."

As a Mercy Volunteer, Rachel is working with an organization called Project HOME doing homeless outreach. This organization offers many services for individuals in Philadelphia who are experiencing homelessness. Rachel works in



Rachel, (at Right) and her Mercy Volunteer roommates! Printed

the Outreach Coordination Center with their 24-hour homeless services hotline.

During her time at Project HOME, Rachel had a few opportunities to go out in the field where she was able to shadow different outreach workers.

"They truly are the ones that make a difference," she shared, "Its real boots-on-the-ground work. Homeless outreach workers meet people where they are, building relationships, to help individuals get placed into shelters and get the resources they need."

When asked what the best parts of being in the Mercy Volunteer Corps are, Rachel said, their core tenets of compassionate service, simple living, spiritual growth, and communal living are what she loves.

"I live with three other Mercy Volunteers," Rachel shared, "They are such great support to me-especially after a stressful day at work. We make dinner together most nights and just have a lot of fun together."

Volunteers not only work together but support each

other, and Rachel admits the simple living aspect is challenging. They all receive small stipends for food/household supplies, personal expenses, and transportation. Rachel and her roommates collaborate on best to spend their communal food stipend

Although there are challenges in living "a life of simplicity", Rachel believes she may have found a place to call home. Rachel is grateful for finding the Mercy Volunteer Corp and the work they do in making a difference in the world.

"It is the small acts that bring hope to the people I work with, being present, listening to their stories, and treating them as a fellow human being."

May we all follow this model of kindness, compassion and caring in our community in every small act that we do and with every person that we encounter. Happy Holidays!

If you'd like to make a donation to the Mercy Volunteer Corps, go to www. mercyvolunteers.org/rachelbeilgard/

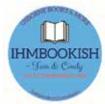






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To contact the Kiwanis Club of Orangevale-Fair Oaks email us at: kiwanisclubofOFO@gmail.com

www.facebook.com/KiwanisClubofOFO

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Hoop to Feed the Hungry for Thanksgiving Break



Kids from 4th to 12th grade are invited to Clutch City Academy's Hoop to Feed the Hungry basketball camp this Thanksgiving break. Photo provided by Clutch City Academy



Hoop to Feed the Hungry is an annual sports event which encourages the Attitude of Gratitude.

Clutch City Academy Press Release

ORANGEVALE, CA (MPG) - Clutch City Academy is excited to announce the 2nd annual Hoop to Feed the Hungry youth basketball camp taking place November 20th at Casa Roble High School from 9:00am to 12:00pm. Athletes grades 4th-12th from the Sacramento region are welcome to attend for free. Clutch City asks that each athlete bring one bag of non-perishable food to be donated to the Orangevale Food Bank. Space is limited to 50 athletes and we expect spots to fill up very quickly. Pre-registration is required at www.clutchcityacademy.com.

Last year's Hoop to Feed the Hungry had 50+ athletes attend and raised 600+lbs of groceries for local food banks! Clutch City Academy hosts this camp annually in the Orangevale community with the intention of teaching Clutch City Academy hosts this camp at Casa the next generation of athletes the virtue of gratitude and providing food and financial resources to local food banks to ensure needs are met in time for the to get outside and exercise and learn Thanksgiving Holiday.

Hoop to Feed the Hungry is an incredible opportunity for local youth during their Thanksgiving break from school



Roble High School during the school break to train the next generation of athletes. Photo provided by Clutch City Academy

about having an "Attitude of Gratitude" through every season of life and discovering things to be thankful for each and every day.

The Kiwanis Corner By Sal Arrigo, Jr.

Kiwanis Annual Pajama Drive Updates

By Sal Arrigo, Jr.

The Kiwanis Club of Orangevale-Fair Oaks is preparing for its 3rd annual Pajama Drive to help kids in need in our service area.

I can now give you all the important details. In Fair Oaks, you can drop off new pajamas at El Gallo Mexican restaurant, located at 11773 Fair Oaks Blvd., and the Fashion Rewind Trading Company, located at 10127 Fair Oaks Blvd.

In Orangevale, new pajamas can be dropped off at Bad Fish Coffee, Scotty's Hideaway, The Last Tangle Hair Salon and Dairy Queen, all located on Greenback Lane. In addition, Paisley Café located on the corner of Madison Ave. and Main Ave. is ready to welcome you with your donations. Donated pajamas will be distributed by About Kidz of Fair Oaks, our partner in this event,

an organization also dedicated to assisting children in our area. Donations will be accepted through November 30, 2021.

And don't forget the Classic Car Show will take place Saturday, November 13, 2021, from 9:00 a.m. – noon at the Dairy Queen on Greenback Lane. The Kiwanis Club will be hosting a drive-thru Food Drive at the nearby Orangevale-Fair Oaks Food Bank on Main Ave., also from 9:00 a.m.

- noon. No one needs a reminder that people in our community need more help than ever, so please consider a pajama donation, donating boxes of cereal, or making a small cash donation. Any kind assistance is certainly appreciated, and it will make you feel good knowing you are helping children at the holi-

Why would anyone sit 501 c (3) # 85-0549857. \bigstar

day season.

home when they can join a dynamic club that has members ranging in age from 25 to 73, who actively contribute to the club's activities? I urge you to come and visit Kiwanis at El Gallo Mexican Restaurant, located at 11773 Fair Oaks Blvd., on the 2nd Tuesday of every month. Meetings begin at 6:30 pm. We also have social gatherings on the 4th Tuesday of every month that begin at 6:30 pm. (the location varies). Find us at facebook. com/KiwanisclubofOFO or email us for more information at kiwanisclubofofo@ gmail.com.

Sal Arrigo, Jr., is a past president of the Kiwanis Club of Orangevale - Fair Oaks. The Kiwanis Corner is published monthly. The Kiwanis Club of Orangevale-Fair Oaks is a nonprofit corporation under section

Redistricting Draft Maps Now Available for Comment

Sacramento County Press Release

SACRAMENTO COUNTY, CA (MPG) -

Sacramento County is seeking community input on draft maps proposing new district lines in Sacramento County. The draft maps can be viewed on the County's Redistricting Webpage.

The Board of Supervisors will review, discuss and provide staff direction on possible revisions to the draft maps, taking into consideration the public's input in the process.

The County is encouraging all interested stakeholders to provide their input on these draft maps in any of the following ways:

Send written comments by email to redistricting@saccounty.net; Draw boundary line maps using these tools; Attend a Board of Supervisors meeting or virtual workshop and provide public testimony.

Upcoming Board Meetings/Workshops

November 2, 6:05 p.m., Board of Supervisors Meeting (First Round Draft Maps); November 6, 1 p.m., Public Virtual Workshop (First Round Draft Maps); November 16, 6:05 p.m. Board of Supervisors Meeting (Second Round Draft Maps); November 17, 2 p.m., Board of Supervisors Meeting (Second Round Draft Maps); December 7, 2 p.m., Board of Supervisors Meeting (Final Adoption of Map)

Visit Sacramento County's redistricting webpage for information about redistricting, including the redistricting process, written public testimony, a timeline and more.

Every ten years, following the Census count, the resulting census data is used to geographically define electoral districts, at all levels of government, through a process called redistricting. Redistricting ensures that each of the electoral district boundaries have about the same number of people and comply with the federal Voting Rights Act of 1965.

Redistricting is important because it determines which neighborhoods and communities will be grouped together for the purposes of electing a Board member.

Sacramento County residents are encouraged to participate in the redistricting process. Residents can sign up for Redistricting news stories, information and upcoming meetings via email or text. People can also view past and upcoming meetings at the Redistricting Meetings webpage and are encouraged to check-in for additional upcoming workshops and hearings.





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NOVEMBER 5, 2021 AMERICAN RIVER MESSENGER • 5



By County Supervisor Sue Frost

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

The rush to release prisoners from our jails and prisons was initially a response to court orders to reduce prison overcrowding, but lately it's become a radical effort to recast criminals as victims and abandoning actual victims and their families. Now we are facing the placement of sexually violent predators (SVPs) that some bureaucrats decided are fit to rejoin society.

Other than the primary risk of creating more victims to sexual violence, there are additional concerns that counties have no input in whether or not an SVP can be placed in their communities. Recently, the San Diego County Board of Supervisors took a definitive position on the state's policy for how SVPs are placed. Knowing that Sacramento County has faced its own battles to keep SVPs out, I intend to join San Diego's example and bring an item before the Sacramento County Board of Supervisors to demand more say in the dangerous practice of placing violent sexual predators in our neighborhoods.

Many Sacramento County communities have had to fight to keep an SVP out of their neighborhoods. In 2019, an SVP convicted of multiple sexual acts with that counties will provide Elverta, Gold River, minors was being considered for placement in Del for the placement of SVPs Highlands, Carmichael, Paso Heights. That same but it does not create a for- Foothill Farms and SVP was nearly relocated mal avenue for input on Fair Oaks.

Orangevale Community Update

The Predator Next Door

to Wilton earlier this year. That SVP had no connection to Sacramento County, but the courts were considering placing him here anyway. When such risky placements are proposed, community members can, and thankfully did, voice their opposition to having an SVP dropped in their neighborhood, but no formal avenue exists for the County to influence such decisions. What San Diego County proposed, and what I will be proposing, is a change in the state law that dictates how SVPs are placed that gives the counties a formal role in the process.

Currently, an SVP is a

person that has been convicted of one or more violent sex crimes, has a diagnosed mental disorder, and is likely to engage in violent, criminal behavior. At the discretion of the courts and California Department of State Hospitals, SVPs can qualify for conditional release (CONREP). CONREP allows SVPs to live in a community with supervising and treatment requirements dictated by the court. They have daily contact with a Liberty Healthcare regional coordinator and must wear a GPS bracelet at all times. After a year of CONREP, SVPs can then petition the court for unconditional release. While the protocols of CONREP seem thorough, and I am sure Liberty Healthcare and all involved agencies want to keep communities safe, how can any community or parent feel safe knowing that an SVP is down the street? How do the courts, especially courts in other counties, know which communities are best to locate their SVPs?

assistance and consultation Rancho Murieta, North

Celebrating 90 Years

of Loving This Country

their placement. There is also the perception that the courts tend to place SVPs in communities with high minority populations or in rural areas. In all things, the County leaders can make better decisions about their communities than someone from a completely different county. Especially when that decision is where to place an SVP with no ties to the area. For that reason, I am joining San Diego in asking our County Chief Executive Officer (CEO), to oppose the placement of any SVPs in Sacramento County until the welfare and institutions code (WIC) is amended to give local jurisdiction a formal role in release and placement of SVPs. That includes the authority to veto their placement in our county

entirely. It is unfair that any of our residents should have to fear the placement of known sexually violent, mentally ill criminals with no mechanism for their local officials to stop it. I will bring this before our board before the end of the year so that Sacramento County, and hopefully other counties to follow, can join the effort to formalize our authority in this process and we can protect our communities.

Rehabilitation and redemption are important values, but support for crime victims and protecting our communities should be our top priority.

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

Sue Frost represents the 4th District, which includes all or part of the communities of Citrus Heights, Folsom, Orangevale, The current code says Antelope, Rio Linda,



My Veteran Tribute

Veteran's Day is a special tribute to all veterans who have placed their lives on the line to keep our democracy viable. They selfishly do the job they are asked to do and do it with respect and great dignity. But let's be honest, unless you were in the military or are part of a military family, you cannot fathom what it's like to live day by day with the thought that he or she may not return. I know that happens with many other careers from police officers to firefighters and others too. But we ask these men and women to go around the world and try to understand how to get the job done in some really incredible circumstances.

I had a little of that experience too. Rick (my husband) and I were married about four months when he was deployed to Vietnam. It was a long time ago, but it still hits home every Veteran's Day. I can still feel the emotions he and felt as we said goodbye at the airport, not knowing if we would ever see each other again, hoping and praying that we would. It was not a popular war as if any war is, but this one was very difficult for those who returned and the names they were called. After several months, we met for R&R in Hawaii. The joy was there, but dread too, because he had to return to Vietnam after just a few days. But we were grateful.

Thank God my First Lieutenant returned to me with no injuries on the outside, but what about the inside? We never really talked about all that went on for quite a few years. I felt he would share when he was ready. Perhaps it was better that he was a little older...about 24...and he took on the job of looking after some of the



A special tribute to all veterans who have placed their lives on the line to keep our democracy viable. Image by Charles Thompson from

younger guys to keep them out of trouble. I remember the letters he sent, which I still cherish and the cassette tapes we sent back and forth just talking about stuff. I can still remember hearing the pouring monsoons in the background and how he tried to keep busy painting his room.

After Hawaii, it was some months before he came home. It was over the New Year holiday, and I can still feel the terror when I did not know where he was as Saigon was falling. I heard nothing for days and then the call came from him that he was in Seattle. I was at Indiana University working on my Phd, but no gift or degree could have given me such joy as when I heard his voice.

I can't even imagine what it would be like to have a chaplain and officer come to my door, or know that his wounds were so bad, he would never be whole again. But it's been 50 years and we are still together. Please think of those brave souls who do this job for us and bring them home safe! Thank you for your service! God Bless Them ALL!!!





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Members of SRWF join in the fun at their 90th anniversary celebration. Photo by Paul Scholl

MPG Staff

SACRAMENTO REGION, CA (MPG) - Showing a long-standing love for our country, the Sacramento Republican Women Federated celebrated their 90 year anniversary in September with a luncheon program at North Ridge Country Club in Fair Oaks.

The program was led by Ana Mendez, President and included guest speaker from California FRW President Sue Blair, who gave a history of the organization and its loyalty to forever build a stronger nation. The second speaker was John McGinnis,

former Sacramento County Sheriff and local talk show host. He discussed many of the current political issues of the day.

SRWF honored many members of more than ten years, including Bev Acker (36 years), Dolores O'Brien (41 years, Sharon Sanders (49 years) Patricia Ingoglia (54 years), Avalon Hahn (65 years).

If you want to join a great group of women who truly love our state and nation, contact them to attend a luncheon.

To find out more about the organization and their next gathering visit https://www. sacramentorwf.org.



Questions: craftsmessiah@gmail.com

SHARING THE BLESSINGS AND LOVE OF GOD



By Marlys Johnsen Norris, **Christian Author**

The only perfect truth you can give to children comes from Almighty God and Words in His Holy Bible. Every one of us were created a little different from each other and we all learn and accept things according to our understanding. It is when we look to the Holy Words of God and use them to guide and direct our lives - finding the adventure of real victory, peace and joy!.

It is not about attending a particular church! It is about reading, following, believing and being obedient to the rules and laws we learn from the Holy Bible! "Learning and knowing them actually make our lives worth living".

If you claim to believe in God" Is it the true Creator/

Parents! Stop Confusing Your Children!

your own making?

Do you realize that kind created by God's enemy Satan? He was a deceiver from the beginning of time because he wants to be god and worshipped. (Read Genesis 1-2) And it is his goal to find worshippers for himself and cheat human beings any way he can of the genuine TRUE AND LASTING love of God.

Jesus stated, "If God were your Father, you would love me; for I proceeded forth and came from God; neither came I of myself but He sent me. Why do you not understand His speech? And you cannot hear my words.

You are of your father the devil, and the lust (and evil) of your father you will do. He was a murderer from the beginning and abode not in the truth. Because I tell you there is no truth in him. When he speaks a lie, he speaks of Orangevale, CA 95662 ★

God of the Bible OR one of his own: for he is a liar, and the father of it. And because I tell you the of god may have been truth, you believe me not." (St John 8:42-45)

Parents open your eyes and heart! Stop listening to lies! Almighty God is deeply concerned about you and the future of your children. He knows all about you and longs for you to become His faithful child and write your names in the "Lambs Book of Life".

God longs to give you His blessings. Learn the story about His Son Jesus and what He was willing to do to purchase complete forgiveness and the gift of eternal life just for you! It is a magnificent adventure beyond your fondest dreams!

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

Farmers Lose Two Skirmishes in California Water War



By Dan Walters **CALMatters**

The most important battleground in California's perpetual war over water is the Sacramento-San Joaquin Delta.

Dozens of Northern California rivers and streams coalesce in the Sacramento and San Joaquin rivers, which join to form the Delta estuary and whose waters then flow into San Francisco Bay.

The state's massive water infrastructure was constructed on an assumption that water left to flow to the sea was wasted. The web of reservoirs and canals diverts river and Delta water to farms in the Sacramento and San Joaquin Valleys and domestic users as far south as San Diego.

However, in recent decades environmental groups and their allies, such as Indian tribes and fishermen, have demanded reductions in diversions, arguing that they severely damage habitat for fish, such as spawning salmon, and other wildlife.

The conflict has been played out in multiple arenas the Legislature, Congress, federal and state regulatory agencies and the courts. It's been trench warfare with long periods of stalemate, occasional gains by one side or the other and periodic objectives established by the

attempts at armistice.

A few years ago, the state Water Resources Control Board was poised to impose some limits on diversions that the agricultural industry saw as draconian particularly since the state was also beginning to regulate farmers' ability to pump groundwater to fill gaps in surface water supplies.

Govs. Jerry Brown and Gavin Newsom wanted to head off a full-fledged legal showdown by urging "voluntary agreements" on river flows acceptable to both farm water agencies and the water board and negotiations have been underway for several years.

One such agreement affecting the Sacramento River and its tributaries appears headed for adoption, but this month, the draft of a second affecting the San Joaquin River hit a huge roadblock. In a letter to the river's major diverters, the Newsom administration rejected their proposal and said it would urge the water board to resume direct regulation of San Joaquin flows.

Environmental Protection Secretary Jared Blumenfeld and Natural Resources Secretary Wade Crowfoot told the San Joaquin districts that "at this point it is clear that despite considerable efforts, proposed voluntary actions by water agencies on the San Joaquin River tributaries have fallen short of needed flow and habitat improvements, and viable proposals are not being offered at this time."

The two administration officials added, "We will ask the State Water Board to resume all activities necessary to implement the flow

2018 Bay-Delta Plan for the Lower San Joaquin River and its three major tributaries, the Stanislaus, Tuolumne, and Merced rivers."

Although Blumenfeld and Crowfoot said the San Joaquin agencies could reenter the process "if they propose necessary levels of additional water flows and habitat," their rejection letter sets the stage for political and legal warfare. San Joaquin Valley farmers see the water board's pending actions as severely damaging their ability to continue operations.

Dave Eggerton, executive director of the Association of California Water Agencies called the administration letter "very concerning" because of the potential for all-out legal war.

However, as news of the letter spread in the water community, environmental groups celebrated. They had long viewed the "voluntary agreement" process as a tool to subvert stricter regulation necessary to protect habitat.

They scored another win last week when Fresno Superior Court Judge D. Tyler Tharpe refused to validate a very controversial water supply contract that the huge Westlands Water District obtained from the Trump administration. In his ruling, Tharpe cited procedural irregularities, including violation of state open meeting laws.

Thus, as drought grips California, the battles over the state's very limited supply of water seem destined to intensify.

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

I Don't Believe In Karma

Dr. James L. Snyder

Some people believe in karma, but I don't. I do believe that everything you do does have consequences.

Recently, my truck was in the garage for about six weeks getting a new engine because the old engine had died. It was either get a new engine or a new truck. The engine was a lot cheaper.

While my truck was in the shop, I used the Gracious Mistress of the Parsonage's van. Believe challenge to drive that little van.

I had no choice. Either borrow my wife's van or

Then the day came when my truck was finished and ready to pick up. Oh boy, was I excited?

My wife drove me to the shop, and I was able to pick up my good old truck. Driving home was a very wonderful experience that I long shall cherish.

I did make one little blunder. I talked to someone about my experience driving my wife's van, and not knowing she was within earshot, I described her van as a "Sissy Van." I explained that that van was only for sissies.

me rather sternly with both hands on her hips, "as a sissy van?"

I never challenge what my wife hears; only explain by saying, "That's not exactly what I meant."

"All right," she said very seriously, "just remember that what you do always comes back on you."

I smiled and shrugged the comment off. I simply don't believe in karma.

Almost four weeks to the day, things began to happen.

I was driving my truck could use my email. me when I say it was a and on a Friday I drove to church to do some work at the office. Everything seemed to be going fine.

When done, I went to my truck to go home. I turned the key, and the engine did not start. It was at 4:15 in the afternoon, and the repair shop where I take my truck closes at 2 o'clock on Friday afternoons. So I was stuck until Monday.

The hardest thing I had to do was call the Gracious Mistress of the Parsonage and tell her I was stuck, the truck wouldn't start, and could you come and pick me up?

That Sunday, as I was setting up the sound system to record the Sunday service, I could not get "Did you just refer to it working. None of the com.

my van," my wife said to microphones worked, and there wasn't anything I could do to change it.

> That was Sunday. Then Monday came tiptoeing along, and somebody had hacked into my email, and I could not open up my email. I worked very hard to get it open and set a new password, but nothing worked. So finally, the email service locked me out for 24 hours because I had done it too many

It took several days to unlock my account, so I

I still don't believe in karma, but sometimes things come back on you because of some of your actions.

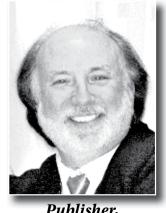
I read in the Scriptures that evening, "Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap" (Galatians 6:7).

I need to learn how to be careful in what I sow because that is exactly what I will reap.

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.whatafellowship.







Publisher, Paul V. Scholl

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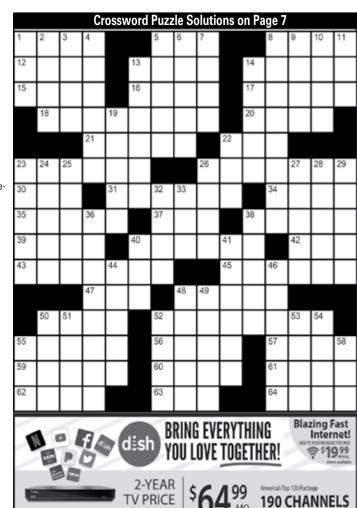
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- 1. Good earth 5. Pea soup bone
- 8. Transport, with a U 12. Top notch
- 13. Copenhagen native
- 14. Boggy 15. Who would 16. Play parts
- 17. "Sesame Street" roommate
- 18. *World's best-selling candy bar
- 20. Law school entry require-
- 21. Use a garrote 22. Homer Simpson's exclamation
- 23. *"Gimme a break" bar
- 26. Scrimmage line group 30. Dollar
- 31. Saltwater game fish 34. Hindu workout
- 35. 4 years for a U.S.
- President, pl. 37. *Hyde & _ _ Boutique
- candy 38. Seize a throne
- 39. Popular aquarium performer
- 40. Germany's National Socialism, for short
- 42. Ryder Cup peg 43 Excellent 45. Jet setters' vessels
- 47. Scientist's office 48. Game ragout
- 50. One from Glasgow 52. *Twizzlers competitor 55. There's none like home?
- 56. Vocal piece for one 57. Small ladies' handbag
- 59. Black cat crossing the
- street, e.g. 60. One with biggest share? 61. Actor Wahlberg
- 62. Secondary school 63. Follow ems

64. Sheltered, nautically

- DOWN 1. Order's partner?
- 2. Sounds of amazement 3. Any day now
- 4. a.k.a. hop clover or nonesuch 5. Certain consonant marker
- Cavern or cave hall, or dining room 8. *Who's Kisses?
- 9. Pavlova or Kournikova
- 10. Newton, e.g. 11. Caustic chemical
- 13. One of Fanning sisters 14. Cell dweller
- 19. Online conversations
- 22. Cacophony 23. Japanese string instrument, pl.
- 24. Apathetic 25. 9 a.m. prayer
- 26. Mischievous Norse deity 27. *Pop Rocks sizzle and pop in it 28. Kind of heron
- 29. Back of the neck, pl. 32. Back of military formation
- 33. *Short for Pfefferminz 36. *Chocolate-covered whipped
- marshmallow (2 words)
- 38. Savory taste sensation 40. Apprehend
- 41. Spirit of the woods
- 44 Not now 46. Auteur's art 48. European finch

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49. Goodbye, in Puerto Vallarta 50. Hurtful remark

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Solutions on Page 7

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Sudoku Puzzle on Page 7

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Synagogue Hate Crime Related **Vandalism and Intimidation**

By Sergeant Rod Grassmann, Sacramento County Sheriff's Department

SACRAMENTO COUNTY, CA (MPG) - At approximately 5:50 p.m. on October 20, 2021, the Sacramento County Sheriff's Office Communications Center received a call from a member of a synagogue in Carmichael adjacent to the Colony Neighborhood. The caller stated that someone had taped anti-Semitic leaflets to the menorah in front of the building.

Deputies responded to the location and conducted a neighborhood canvas for potential witnesses and video footage. CSI collected and processed evidence. Sacramento County Sheriff's Office Homeland Security and Hate Crime Detectives are investigating and following up on leads. No suspect or further information is available at

Sheriff's Office detectives are asking for anyone with information regarding this incident to contact us at 916-874-TIPS (8477), Communications Center 916-874-5115 or email us at Online Tip Form, you may remain anonymous. ★



Address the Deeper Issues

Dear Dave,

My boyfriend is not very good with money, and he is in a bad situation right now. He has a huge car payment every month, plus about \$30,000 in credit card debt. He also lives in a very expensive apartment. He recently quit a really good job because he doesn't like his boss anymore. He has talked about filing bankruptcy, and yesterday he asked if he could move in with me. I love him, but I'm also scared. I try to manage my money well by saving, investing for retirement and staying out of debt. What does this mean for our future together?

- Crislyn

Dave Ramsey Says

Dear Crislyn,

My guess is the guy's not really bankrupt, but it sounds like he has some maturity and character issues that need to be addressed. I'm not saying things can't change, but this is not someone to move in with or consider marrying anytime soon. You two would have a hard time as husband and wife unless he makes some real course corrections in his attitudes about money and life.

For starters, he needs to get another job, sell the expensive car and find a cheaper place to live. Leaving one position for another is okay, but deciding you just don't like something and walking away from it without another job waiting – especially when you've got bills and a bunch of debt is just plain irresponsible.

Lots of people identify too strongly with what they drive or where they live. They come to

believe those things are indications of their value or worth, and that's sad. It means something inside them is broken, and bankruptcy isn't going to fix

All this doesn't mean he isn't basically a decent guy, but it does mean he needs to get control of his finances – and that he's got some soul searching and growing up to do.

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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Sacramento County District Attorney's Office News Release

SACRAMENTO COUNTY, CA (MPG) - The Honorable Ernest Sawtelle sentenced Patricia Lane to 60 years to life in state prison. On August 19, 2021, a jury convicted Lane of four counts of child sexual assault and found true a multiple victim enhancement.

Lane sexually assaulted four young boys when they were between the ages of 4 and 11 years old. The victims were adults when they disclosed the sexual abuse. Their testimony was heart wrenching as were the victim impact statements made at sentencing.

As the Court stated, "The victims are now vindicated."

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NOVEMBER 5, 2021 AMERICAN RIVER MESSENGER • 9

Ask Joni

Medicare Part D Penalty Costs What??



Toni King

Hello Toni:

I made a terrible mistake last April when I was no longer covered by my employer group health plan due to retiring. I had a telemarketing agent help me find a Medicare

Supplement which

began April 1, 2021. No one told me that I had a specific amount of time to enroll in my Medicare Part D plan. I have a serious health issue with Crohn's disease and should have enrolled at that time for my Medicare Part D.

When I enrolled in July for a new Medicare Part D plan, I was denied because did I not apply on time. I take Stelara which is over \$2,000 a month that I now must pay on my own.

I now am 70 years old and was informed that my Part D penalty for not enrolling in a Medicare Part D prescription drug plan will be \$.3306 X 60 months since my Part A began 5 years ago. I cannot believe that I must pay an extra \$19.84 per month as a Part D penalty.

Please explain this ridiculous Medicare Part D penalty and please tell me I can enroll during this Medicare Annual Enrollment period. I have not purchased my Stelara in the last few months.

~ Thank You, Sydney from Atlanta, GA Sydney:

Good News!! You can enroll in your Medicare Part D plan that covers your expensive Stelara and other prescriptions that you are currently taking during Medicare's Annual Enrollment period from October 15-December 7. Your effective date will be January 1, 2022, and you can go purchase your Stelara on New Year's Day, if your pharmacy is open. If not, then January 2nd.

You are aware that you waited too long to apply for a Medicare Part D plan. Once you are past 65 and/or leaving creditable coverage, Medicare gives you 63, not 70

or 90, days to apply for a Medicare Part D or Medicare Advantage plan with prescription drug coverage.

Your late enrollment period (LEP) did not begin from the day you left your company health plan, BUT from the month your Medicare Part A began not when your Medicare Part B began.

The LEP (late enrollment period) penalty for Medicare Part D can be because:

- 1. You waited past 63 days without creditable prescription drug coverage when you are leaving company benefits and you are older than 65 years old and 90 days. **Don't** wait past **63 days** to get Part D when leaving company health plans!
- 2. Your company prescription drug benefits (not health benefits) are not creditable as Medicare declares.
- 3. You simply never enrolled in Medicare Part D when you were first eligible and want to enroll.

Sydney, you were denied Medicare Part D prescription coverage because you did not follow Medicare's LEP (late enrollment penalty) rule and will receive a Part D penalty when you enroll during Medicare's Annual Enrollment period.

Americans retiring after 65, that are leaving company health plans and applying for Medicare Parts A and B, must also prove they have "creditable coverage" when applying for a Medicare Part D prescription drug plan.

In Chapter 5 of the Toni Says® Medicare Survival Guide Advanced edition, it explains Medicare Part D and how to avoid the Part D penalties and what is the famous "Donut Hole."

Is the maze of Medicare confusing you? Call the Toni Says® Medicare hotline at 832-519-8664 or view the 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 2021Medicare Survival Guide® Advanced book at www.tonisays.com. ★

Lead Poisoning is Still an Issue in Area Houses

By Laurie Slothower, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - Did you know that more than half of all homes in Sacramento County were built before 1980? Houses built before 1978 are likely to have lead in the paint. Not to mention that lead can be found in numerous other items around the home including plumbing, dirt, traditional home/folk remedies, imported cosmetics like surma, imported herbs and spices, imported or antique ceramic pottery, some toys and costume jewelry.

Occupational sources that can bring lead exposure at home include being a construction worker, mechanic or electrician, or spending time at a shooting range.

Lead is dangerous to young children, as even low levels can cause behavioral problems and learning disabilities. The good news is that lead poisoning is 100 percent preventable. Learn how to prevent lead poisoning at the Sacramento County Childhood Lead Poisoning Prevention website or the California Department of Public Health Childhood Lead Poisoning Prevention Branch

If you think your child has been exposed to lead, ask your child's doctor for a lead test at their next visit. If you would like to receive a free information packet on how to protect your child from lead, call the Sacramento County Childhood Lead Poisoning Prevention Program at (916) 875-7151.

Families Now Receiving October Child Tax Credit Payments

IRS Media Relations

WASHINGTON, D.C. (MPG) - The Internal Revenue Service and the Treasury Department announced that millions of American families are now receiving their advance Child Tax Credit (CTC) payment for the month of October.

This fourth batch of advance monthly payments, totaling about \$15 billion, is reaching about 36 million families today across the country. The majority of payments will be issued by direct deposit.

Under the American Rescue Plan, most eligible families received payments dated July 15, Aug. 13 and Sept. 15. Future payments are scheduled for Nov. 15 and Dec. 15. For these families, each payment is up to \$300 per month for each child under age 6 and up to \$250 per month for each child ages 6 through 17. The vast majority will be issued by direct deposit.

Here are more details on those payments:

• Families will see the direct deposit payments in their accounts starting Oct. 15. Like the prior payments, the vast majority of families will receive them by direct deposit.

• For those receiving payments by paper check, be sure to allow extra time. through the end of October, for delivery by mail. Those wishing to receive future payments by direct deposit can make this change using the Child Tax Credit Update Portal, available only on IRS. gov. To access the portal or to get a new step-by-step guide for using it, visit IRS. gov/childtaxcredit2021.

• Payments went to eligible families who filed a 2019 or 2020 income tax return. Returns processed by Oct. 4 are reflected in these payments. This includes people who don't typically file a return but during 2020 successfully registered for Economic Impact Payments using the IRS Non-Filers tool on IRS.gov or in 2021 successfully used the Nonfiler Sign-up Tool for advance CTC, also available only on IRS.gov.

• Payments are automatic. Aside from filing a tax return, including a simplified return from the Non-filer Sign-up Tool, families don't have to do anything if they are eligible to receive monthly payments.

• Families who did not get a July, August or September payment and are getting their first monthly payment this month will still receive their total advance payment for the year. This means that the total payment will be spread over three months, rather than six, making each monthly payment larger.

The IRS is currently sending letters to some Americans reminding them it is not too late for families who haven't filed a 2020 income tax return - including those who are not normally required to file because their incomes are too low

 to sign up for advance CTC payments. Most low-income families can get these monthly payments. The IRS urges families who normally aren't required to file a tax return to visit IRS.gov for more information on how to file a return and receive their credit.

Update on Sept. advance Child Tax Credit payments

In September, the IRS successfully delivered a third monthly round of approximately 36 million Child Tax Credit payments, totaling more than \$15 billion. Given the new components of this program, the IRS continues to work hard to make improvements and deliver payments timely.

After the September payment was issued, the IRS resolved a technical issue, which the agency estimates caused fewer than 2% of CTC recipients not to receive their September payment on the scheduled payment date. Payments have since gone out to affected individuals.

The impacted group primarily included taxpayers who recently made an update to their bank account or address information using the IRS Child Tax Credit Update Portal. In particular, the issue affected payments to married taxpayers filing jointly where only one spouse made a bank account or address change, which usually results in payments being split into two (between the existing account or address and the new account or address).

In some of these cases, the split payment caused a delay in making payments, and further caused individuals to receive slightly more than the correct payment in September. To address this, the payment that each spouse receives in October, November and December will be reduced slightly to adjust for the overpayment. For each taxpayer receiving a payment, the typical overpayment was \$31.25 per child between 6 and 17 years old and \$37.50 per child under 6 years old. This will result in about a \$10 to \$13 reduction per child in the three remaining monthly payments.

The IRS will send letters to affected individuals with this information. The IRS continues to closely monitor this program and the agency appreciates the patience of those whose payments were

The IRS encourages partners and community groups to share information and use available online tools and toolkits to help non-filers, low-income families and other underserved groups sign up to receive these benefits.

Links to online tools, a step-by-step guide to using the Non-filer Sign-up Tool, answers to frequently asked questions and other helpful resources are available on the IRS' special advance CTC 2021 page. It's at IRS.gov/childtaxcredit2021.

"The Reluctant Candidate"



Commentary By Bruce Lee

Ever notice that we treat our elected officials very kindly? We call them the "Honorable." We stand when they walk in. We ask them to sit at the head table. We may curry favor with them for future gain. However, while we should absolutely treat people kindly and with respect, we may be planting the seeds of our own problems with this underlying deference!

Electeds begin to think "I'm all that, plus a bag of chips!" You see, they begin to believe their own public relations messaging. Within the State Capitol we call it "memberitis". Per Matthew 23:6, "They love the place of honor met bright and dim electat banquets and the most important seats in the synagogues." They think they are "hot stuff", rather than simply as our elected employees - which is how we should treat them. Respectfully, honestly, but as our employees who we hold accountable as their employers.

The result of this favorable treatment is we have people running for office for all the wrong reasons! Not everyone, but many seek fame, ego, power, or privilege, rather than run as a public servant. Asking candidates why they are seeking office, some have candidly admitted to

They know that it may be unlikely for them to win – but simply running brings exposure and notoriety. It's almost a game.

Then, if elected, do they know why they are there? It's unlikely they have any grounding in constitutional responsibilities or even basic managerial skills. They pursue whatever their imaginations conceive and frequently have NO sense of priorities. This explains recent laws from the State Capitol that makes it illegal to remove condoms during intercourse without mutual consent, or restaurants to offer small packets of condiments (e.g. mustard).

I recently relayed an observation to a reporter from my years as a local elected, "Being elected does not mean that you are necessarily intelligent!" He laughed and laughed in agreement ... almost as the child who declared that, "The emperor has no clothes!"

Of course, everything is on a continuum. I have eds. But, we pull our candidates from the general population. So, if the average person is just bumbling through life trying to figure it out, then our candidates and ultimately electeds are doing

the same thing! Hence, my "Thesis of the Reluctant Candidate": the most reluctant candidate out of a group of candidates may be the best candidate. Take ten people who are asked, "Who wants to be Mayor?" Nine shout, "Oh, me, please me, I really want to be Mayor!!" They jump up and down trying to be picked – and *is* 916-624-6476.

me, "I'm not sure why." this is not an unrealistic scenario. Now, I wonder why are they so eager to be in power? And, if so eager to gain power, won't they be eager to stay in power – to do whatever it takes to play the political games to win again and again? (I have been in the backrooms where electeds contrive to manipulate offices so as to stay in power.)

By contrast, the reluctant candidate may say, "Well, damn, I really have other things to do, but I guess I could serve for a term as a public service." I'd argue that may be the better candidate. They are not in it so much for ego or

personal gain. The lessons for citizens as owners of our government are as follows. We need to inspire the highest quality of candidates. We should look for the necessary qualifications in deciding for whom to vote. And, finally, we must treat our electeds with respect, but treat them as our employees!

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

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Keep Your Pets Safe During a Disaster

By Allison Harris, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - As pet parents, we all understand the importance of providing our pets with the proper nutrition, exercise and care in order to ensure their health and happiness. Often overlooked, however, is the significance of planning for your pet's safety and care in the event of an emergency.

Here in Sacramento, we know the threats and dangers associated with flooding, wildfires and earthquakes; and although many families are prepared for these events and may have detailed and practiced plans in place if a disaster were to strike, these plans frequently do not include specific instructions for making sure the family pet is looked after.

Pet parents should follow seven quick steps to ensure their pet's safety during an emergency:

(1) Ensure your pet can be identified by both a microchip and collar ID tag and that contact information is up-to-date; (2)

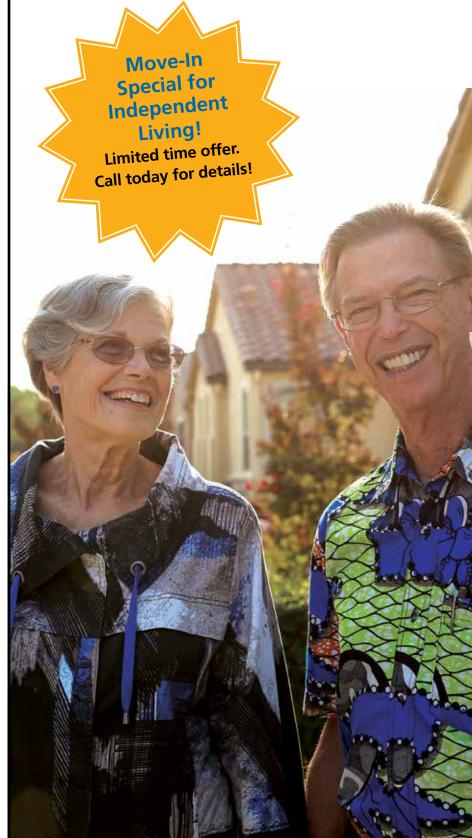


Being prepared is the best step families can take to ensure people, and their pets, are ready to face an emergency together. Image by Gerhard G. from Pixabay

Prepare a "Pet Emergency Go-Kit" of pet supplies that is readily accessible in an emergency; (3) Display a pet rescue decal on your front door or window to let first responders know there is a pet in the house. Include your veterinarian's contact information; (4) Learn where your pet likes to hide in your house when frightened. Finding your pet quickly will help you evacuate faster (5) Identify a location to take your pet if you need to leave your immediate area. Keep in mind that disaster shelters for people may not be open to pets. Scout hotels and

motels with pet-friendly policies in advance and ask relatives or friends if they could house you and your pet; (6) Carry a picture of your pet in the event of separation; (7) If you need to evacuate, consider taking a pet carrier or crate for transport and safe-keeping.

Being prepared is the best step families can take to ensure people, and their pets, are ready to face an emergency together. Families looking to learn more about disaster preparedness and safety for their families (including pets) can visit the Ready Campaign website.









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Sylvan Cemetery Service to Honor Veterans of Armed Forces



Sylvan Cemetery is planning a normal Veterans Day ceremony, including a march. Photo provided

Sylvan Cemetery District

CITRUS HEIGHTS, CA (MPG) - Veterans Day will be celebrated on Thursday, November 11, this year. Veterans Day, not to be confused with Memorial Day, is a day of remembering the men and women who served in the United States Armed Forces. Memorial Day on the other hand remembers those that 'Gave their all

Day, first called Armistice

Day in recognition of the

end of WWI, is now the day

that we remember all those

that have served our Country

in the past 245 years.

Every year, Sylvan Cemetery in Citrus Heights honors all those that have worn the uniform - U.S. Army, U.S. Navy, U.S. Marine, U.S. Air Force, U.S. Coast Guard, and U.S. National Guard - in the defense of America. We take time to salute the over 40 million men and women that have served defending our country since 1775.

This year the Veterans and did not return'. Veterans Day service is being planned to be held on Thursday, November 11, 2021, at 11:00 am at Sylvan Cemetery, 7401 Auburn Blvd., Citrus Heights.

We are planning on going in your prayers.

forward with our normal Veterans Day ceremony at Sylvan Cemetery. We are planning on doing the march through the cemetery and then doing about 1 hour in the gazebo. The Harmony Express will be in attendance as well as the CHPD honor guard.

Folding chairs will be provided for those that want to sit but there will be standing room as well. We would love to have you here, but if you are concerned about your health and do not want to attend, we understand.

Please always keep our veterans in your heart and



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