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Back-to-School
Backpacks**

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Fund Honors
Retiring Library
Director Rivkah**

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Messenger

AMERICAN RIVER

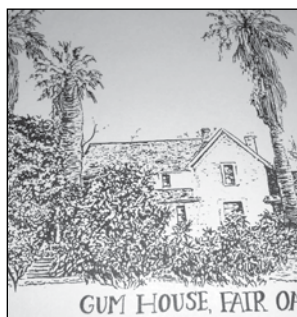
VOLUME 16 • ISSUE 19

Serving Fair Oaks, Orangevale & Sacramento County

OCTOBER 8, 2021

**SEE
INSIDE**

**GUM PAPERS
SHOW EARLY
LIFE IN
FAIR OAKS**



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**KILEY DEMANDS
ACCOUNTABILITY
FOR VACCINE
MANDATES**



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**THIS IS NOT
ABOUT FREEDOM
OR PERSONAL
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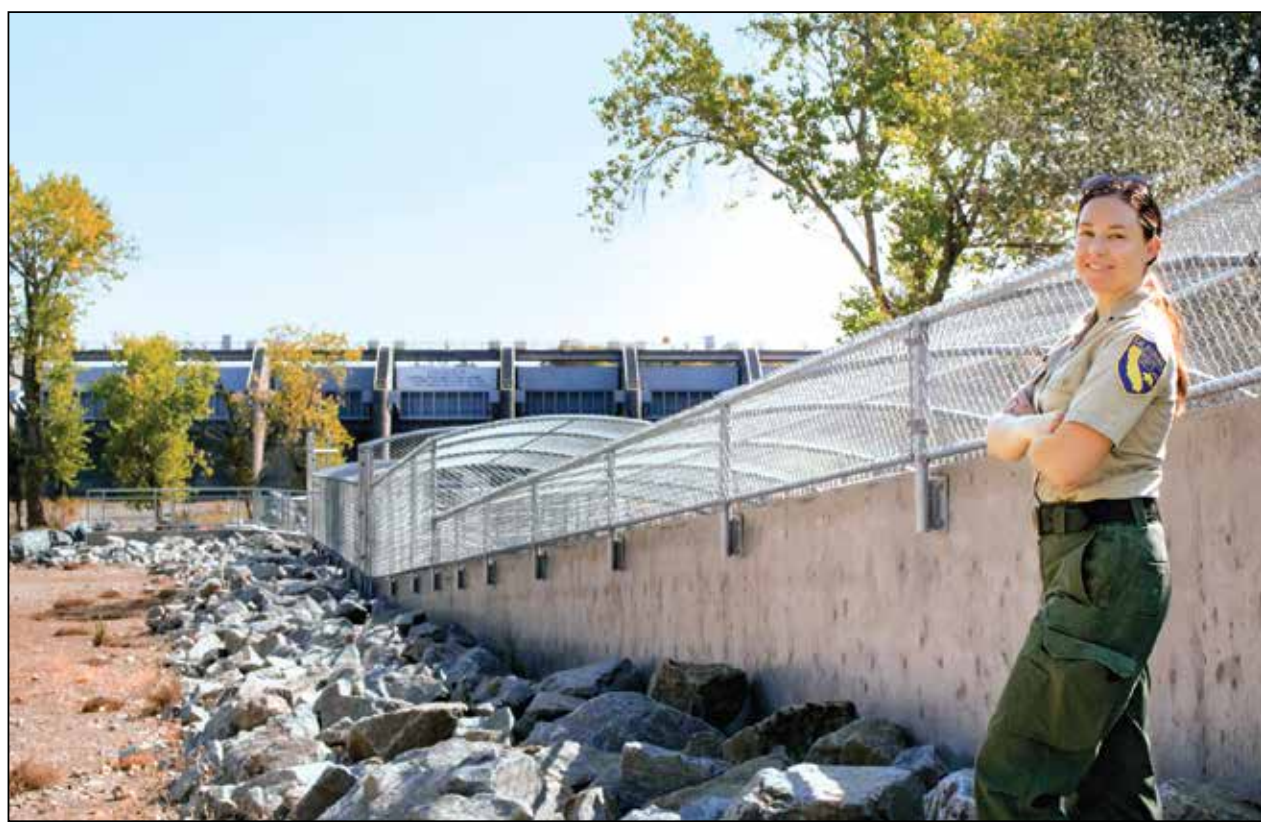
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Ready for Fall Run



Fish and Wildlife Department staffer Stephanie Ambrosia surveys fish ladder extensions built to conduct spawning salmon to hatchery processing beneath Nimbus Dam. Recently completed, the \$9.7 million flume begins operation in November.

**Story and photo
by Susan Maxwell Skinner**

SACRAMENTO REGION, CA (MPG) - A \$9.7 million project extending Nimbus Hatchery's famous fish ladder into Nimbus Basin is complete. The hatchery's outdated weir and ladder system last year served a final season. When the new passage is activated this November, salmon will take an elongated route to fishery processing. Their 1,900 ft climb will offer visitor viewing windows and a "Sam-Cam" to observe heroic Chinooks ending their lifecycles hundreds of miles from the Pacific Ocean.

Three years in construction, the ladder and its water-level flume are designed to lead those fish that have not spawned naturally to hatchery fertilization. Egg and milt harvesting began here in the 1950s, after

dam construction blocked migratory paths for American River salmon and steelhead. To divert returning fish, a picket weir previously spanned the American River below Hazel Bridge. The device was laboriously dismantled every January and though the weir operated adequately for 65 seasons, a better system has long been on Fish and Wildlife Department wish lists. "The new construction," predicts Bureau of Reclamation project engineer Mark Curney, "will increase the hatchery's operational flexibility and improve public and employee safety."

Many migrating fish breed and die before reaching the facility. Currently under construction, a gravel bed restoration project near Ancil Hoffman Park will increase mating chances by adding 16,000 yards of gravel to existing beds. The

altered American River nevertheless still offers insufficient nesting locations and to mitigate, the Nimbus facility must hatch and dispatch thousands of fry every spring. These reach maturity after several years in the ocean then instinctively head upstream to spawn new generations.

Though recent heatwaves have warned the American River, it is hoped that water temperatures cool to preferred breeding frigidities by November. Fish that reach Nimbus unfulfilled will be lured by churning water. Piped from Lake Natoma, this torrent will fill a 150-yard flume that precedes the final climb. The channel is entirely caged to protect salmonids from poaching and debris; nearby riverbanks are permanently closed to anglers. The new ladder parallels a realigned bike

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Be Prepared! Sign up for Sacramento Alert

**Ken Casparis,
Sacramento County**

SACRAMENTO COUNTY, CA (MPG) - Have you signed up for local emergency alerts through Sacramento Alert? September is National Preparedness Month, and a great way to prepare for disasters is by signing up for Sacramento Alert!

By signing up for Sacramento Alert, you will receive location-based emergency alerts quickly at work and at home by providing all your typical locations as well as your phone numbers, email addresses, and TTY device information. We recommend downloading the Everbridge app onto your smartphone to make receiving location-based notifications even easier while away from home or work. The Everbridge app can be downloaded from Google Play and Apple's App Store.

"Signing up for Sacramento Alert is a great way for you to help us help you in an emergency," said Mary Jo Flynn-Nevins, Sacramento County Chief of Emergency services. "When you sign up, it lets local officials, public safety and emergency personnel provide you with real-time information so you and your family will know what to do or where to go in the event of a flood, neighborhood evacuation, major road closure, severe weather or other dangerous situation."

All information in the Sacramento Alert Self-Registration Portal is kept strictly confidential and you will only receive alerts that are critical and time-sensitive, including severe weather, wildfires, flooding, unexpected road closures, missing persons, and evacuations of buildings or neighborhoods in specific geographic locations.

You can choose how you want to be contacted - by phone call, text, push notification or email, and you can sign up for multiple locations that mean the most to you by registering your home address, work address, your parent's address or your children's school location in the counties of Sacramento, Yolo and Placer.

Register now on the region's mass notification system: Sacramento-Alert.org, Yolo-Alert.org or Placer-Alert.org or by downloading the Everbridge app to your smartphone.

For additional information about how to prepare for emergencies, go to the Sacramento Ready website or the Sacramento County Emergency and Preparedness website. ★

Newly Renovated Orangevale Library Now Open!

By MaryAnne Povey

ORANGEVALE, CA (MPG) - Drum roll please! After years of anticipation, the new Orangevale Library is now officially open with more books, space, computers, not to mention a big, beautiful, fully equipped community room for future use too!

To commemorate the special day, the Orangevale Chamber of Commerce, community leaders, Library officials, and Supervisor Sue Frost came together to mark the occasion with an official ribbon cutting ceremony in front of an audience of community members.

"I am extremely honored to be part of the Grand Opening of the new Orangevale Library," said Supervisor Frost, "And to be joined with Supervisor Don Nottoli, and former



Mother and daughter Nina and Charlotte Santos attend the Grand Opening of the Orangevale Library. Photo by True Love Photo

Supervisors Roger Niello and Roberta MacGlashan."

The new library is almost double the size of the previous one and the \$950,000 renovation includes new features to better meet the community's needs with

spaces designed for teens, children, and study rooms too.

One of the bittersweet moments of the festivities was dedicating the new community room to Jane Wise, a longtime advocate

and community member who passed in 2020 and did not get to see the completion of her hard work. Her memory will live on by all those who use and enjoy the new spacious library

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Ready for Fall Run

Continued from page 1

trail that runs between Nimbus and Lake Natoma.

Hell-bent on reproduction, fish will encounter submerged barriers, a 10-foot deep pond and concrete steps. Visitor lookouts are positioned to enhance viewing. "We've wanted submerged windows for ages," says Nimbus interpretive specialist Stephanie Ambrosia. "It's a great way to show how fish group; how they rest between steps and the physiological changes that occur during their long journey from the ocean. Some have bones exposed and fins hanging off. These changes are more visible from underwater."

Some nature lovers might miss the autumn spectacle of massive Chinooks challenging the old hatchery weir. The barrier will nevertheless not be scrapped; its metal sections will remain

in storage for emergency service. Heralding a new age of California State Hatchery efficiency, a 60-foot mural was last week completed on the facility grounds. San Francisco-based artist Max Erhman's canvas spans the walls of silos that store fish food near the visitor center. The work was funded by Wide Open Walls, a street art nonprofit supported Sacramento Metropolitan Arts Commission. Central to Erhman's design, a steelhead bursts from the river to symbolize nature's leap of faith to the future.

Nimbus Hatchery is located at 2001 Nimbus Rd, Gold River. Facility parking is open and the completed fish ladder may be viewed from walking trails. The Salmon and steelhead spawning season runs from November to March. For more information, visit: www.wildlife.ca.gov/fishing/hatcheries/nimbus. ★

Young Readers Fund Honors Retiring Library Director Rivkah

Friends of the Sacramento Public Library

SACRAMENTO COUNTY, CA (MPG) - Rivkah K. Sass will retire as Director of the Sacramento Public Library at the end of 2021, but she will be leaving behind a legacy that will help early readers for many years to come. Friends of the Sacramento Public Library has launched a campaign to raise funds to endow the Young Readers Fund, honoring Rivkah Sass and nurturing early readers. Future Library Directors will be able to use income from the endowment to fund books, materials and innovative programs and technology for young readers.

The Friends' fundraising campaign kicked off on September 15 and will wrap up on December 31, with a goal of raising \$100,000. Find out more and donate at: saclibfriends.org.

"When we asked Rivkah how she wants to be remembered, she did not hesitate," said Friends President Karen Wilson. "For Rivkah, it's always been about the kids." The Friends are entering their sixth year of partnership with the Library on Book First, a program that provides a free book to kids in underserved schools, with 60,000 kids receiving books in the program so far. More than 180 schools will take part in Book First in the 2021-22 school year.

A former children's librarian, Rivkah has made Sacramento's library a national frontrunner in its work to support early learning. Her dedication to connect libraries with schools led to the creation of the Student Success card, which gives all



Retiring Library Director Rivkah Sass. Photo: Friends of the Sacramento Public Library

students in a school district full access to the library's digital resources. The library's Summer Reading Program has seen a 400% rise in participation, with more than 33,000 a year people taking part.

In recognition of her leadership, the American Library Association awarded Rivkah its 2020 Charlie Robinson Award, given to a public library director who has been a risk taker, an innovator, or a change agent. Sacramento Public Library is a regular recipient of national recognition.

During her 12 years of service as Library Director, Rivkah has been a determined advocate for library services. Some examples include:

Adding critical staffing to support youth; Responding to the public's request to expand library hours, reworking limited resources to add more than 169 access hours across 28 locations; More than doubling

funding for books and materials to meet community demand for a robust and diverse collection; Leading the effort to launch the Career Online High School initiative at SPL, providing adults the opportunity to earn an accredited high school diploma; Introducing the Library of Things, allowing library users to check out everything from a GoPro camera to a ukulele to a leaf blower; Introducing the I Street Press, making it possible for local writers to self-publish more than 34,000 books since 2011; Installing makers spaces, which are creative spaces equipped with technology like 3D printers and sound equipment.

"Rivkah has done so much for our whole community, especially our children," Wilson says. "The Young Readers Fund gives the community a chance to say thank you, and keep her good work going." ★

Kiley Demands Accountability for Vaccine Mandates



Kevin Kiley

Office of Assemblyman Kevin Kiley

SACRAMENTO, CA (MPG) - Governor Gavin Newsom announced a "first" in the nation vaccine mandate for K-12 students.

However, just days ago he actively tried to block a mandate for California corrections officers, whose union contributed \$1.75 million to his campaign against the Recall.

In explaining his opposition to the corrections mandate, Newsom's Administration said it is "working with those who remain unvaccinated with educational resources, access to clinicians and experts to answer questions, and ample access to the vaccine."

"There is no reason the Governor's policy of 'education' and 'access' cannot guide vaccination policy

in schools," Assemblyman Kiley (R-Rocklin) said. "At every turn, this Governor has let his top Special Interest donors dictate pandemic policy. It is an abuse of the public trust without precedent in our state's history."

Assemblyman Kevin Kiley represents the 6th Assembly District, which includes the Sacramento, Placer, and El Dorado County communities of Cameron Park, El Dorado Hills, Fair Oaks, Folsom, Granite Bay, Lincoln, Loomis, Orangevale, Penryn, Rocklin, Roseville, and Sheridan. ★



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Newly Renovated Orangevale Library Now Open!



The Orangevale Library welcomes kids with a well-stocked section for fun and learning. Photo by True Love Photo

Continued from page 1 community room.

“Jane Wise was always known as a fierce advocate for the Orangevale Library,” Supervisor Frost reflected, “And I have to smile when I think back on our first conversations. She asked me if I would “keep the dream alive” for a better library in Orangevale and I promised I would.”

If you haven't been to

a library in a while, you need to! It's not just about books anymore! Your library card (which anyone can sign up for) gives you access to so much. The library is full of free resources including online tutoring, test prep, and research material. You also can get free access to LinkedIn Learning videos and tutorials on just about anything! Connect with a librarian to get exactly

the books you need ready for pick up! And for all you gardeners, did you know they have a seed library to help you launch or enhance your own garden? The world is at your fingertips! Just go in to see the librarians and they'll be happy to help you! The new Orangevale library is located at 8820 Greenback Lane. They are open from 10am-6pm Tuesday-Saturday. ★



The September 25th Grand Opening of the Orangevale Library. Left to right: Roger Niello, Bruce Barber, Roberta MacGlashan, County Supervisor Sue Frost, Citrus Heights Councilmember Tim Schaefer, Anthony Uribe from the Office of Congressman Ami Bera, Sacramento County Supervisor Don Nottoli and Kathleen Eaton. Photo by True Love Photo

ShotSpotter Technology Coverage Expansion in Sacramento County

By Sergeant Rod Grassmann, Sacramento Sheriff's Department

SACRAMENTO COUNTY, CA (MPG) - The Sacramento County Sheriff's Office is excited to announce its ongoing and growing partnership with ShotSpotter. Since 2018, the ShotSpotter technology has been active within specific areas of south Sacramento County. An expansion of the coverage area has been deployed in two distinct areas of north Sacramento County, Watt and Roseville Road and the area around Howe Park in the north central part of the county; both communities have historically been plagued by gun violence.

The ShotSpotter technology detects gunfire, through a series of strategically placed microphones, and notifies dispatchers and deputies of the location in real-time. The real-time digital alerts include a precise geographical location such as the address, number of rounds fired and the type of gunfire. This technology significantly reduces the 9-1-1 notification time as it can be difficult for community members to differentiate the sound of gunfire as opposed to similar sounds. It also

alleviates the occurrence when a community member is either too afraid to call and report or doesn't call because they feel someone else has reported it.

This technology greatly improves emergency response times getting deputies to the area in a tactically safe manner to assist the affected community and/or victims of gun violence. It also increases the likelihood of preserving and collecting evidence as well as apprehending suspects.

During the system installation process occurring August 1, 2021 to September 22, 2021, the expansion system recorded 146 discharged rounds in 56 separate ShotSpotter gunfire incidents. The 56 activations included 12 incidents with single gunshots, 36 incidents with multiple gunshots, and eight events of probable gunfire. Citizens generated twenty-four 9-1-1 calls to the sheriff's office during this same time frame/location or less than half of the legitimate instances of gunfire. The ShotSpotter expansion will be a game changer for the Sacramento County Sheriff's Office and the community in holding those engaged in gun violence accountable. ★

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Newest HART Program Supplies Back-to-School Backpacks



HART of Orangevale & Fair Oaks volunteers sorting donations for the vulnerable students of San Juan Unified School District. Photo: SSHH

By Derek Corea

FAIR OAKS/ORANGEVALE, CA (MPG) - Fair Oaks/Orangevale HART, founded in 2021, is the newest homeless assistance resource team in the Sacramento Region. Their mission is to assist our at-risk neighbors and those experiencing homelessness to move toward self-sufficiency and greater independence.

Their values are as follows:

Individual Approach - The causes of homelessness are varied and solutions are unique to each individual; Compassion & Accountability - We will

apply equal amounts of compassion and accountability when working with our neighbors experiencing homelessness; Relationships Matter - The best path out of homelessness is through relationships and personal connection; Teamwork - As much as possible, we will invite our homeless neighbors to join us in developing solutions.

In the San Juan Unified School District there are close to 2,000 school age children who are in some type of housing transition. Students who lack a fixed, regular, and adequate nighttime residence are living in transition. These kids are living in a shelter, motel or

hotel, transitional housing, trailer park, campground, makeshift arrangements in someone's home or a place not designed for human accommodations.

These children needed our help 'today'...so Fair Oaks/Orangevale HART created a backpack drive. At the end of August, they delivered nearly 300 fully supplied backpacks to the San Juan Unified School District McKinney-Vento Office.

HART leadership wants to thank all of its donors and supporters for making this project happen. For more information or how you can help call 916-798-2435. ★

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www.facebook.com/KiwanisClubofOFO

Gum Papers Show Early Life in Fair Oaks

By Thomas J. Sullivan

FAIR OAKS, CA (MPG) - A collection of personal photos and historical papers of an early Fair Oaks founding family, Irving and Claudia Gum, former owners of 107 acres at the corner of Madison Avenue and Kenneth Drive offers a special look into what early life in Fair Oaks and Orangevale was like from the mid-1880s.

In its history, Gum's farm produced corn, strawberries, and hay. His pumpkin patch, called U-Pick Pumpkins, was a popular autumn destination. He remained an active farmer and rancher well into his 90s.

Irving Gum died in 2015, and his wife Claudia passed away in 2017. The couple had no children. Proceeds from the sale of the Gum Ranch property were given to the Shriner's Hospital for Children in Sacramento, per the couple's wishes.



Citrus Heights Historical Society receives material documents from Betty Reed. From left to right: Larry Fritz, president of the Citrus Heights Historical Society; Betty Reed, 83, a surviving niece of Irving Gum holding a folder with Wilma Aspholm's "My Yesterdays" and CHHS vice-president Teena Stern. Photo by Thomas J. Sullivan

Washington state with her second husband.

According to Larry

generous donation.

Reed said she donated the collection to the Citrus Heights Historical Society because she was very fond of her Uncle Irving and Aunt Claudia throughout their lives, and said she wanted to see that their family legacy be properly preserved.

Before Claudia Gum passed away in 2017, she gave Wilma's personal diary and four banker's boxes worth of family photos, and other material to Reed.

Reed said she enjoyed discovering memorable family stories and anecdotes about her Uncle Irving and their shared family history as she read Wilma's diary. The historic materials illustrate the broader family tree which connects the Gum and Rusch families.

The diary tells how Fred and Julia Volle, Wilma's maternal great grandparents originally came to Citrus Heights in the 1850s and how Perry and Lilly Gum, Irving and Wilma's parents, first arrived in Fair Oaks in 1895.

A black and white family photo likely taken in the 1920s shows Irving in the center with his father, Perry Gum and his mother, Lilly Rusch-Gum. Wilma and Irving also had a brother Glenn.

Herman and Amelia Rusch were Irving and Wilma's maternal grandparents. One of their daughters, Lilly, was the mother of Irving, Wilma and Glenn Gum.

When Herman married his second wife, Amelia Volle, he left his two

younger children, Fred and Julia, from his first wife, Julia Volle (another Volle daughter), to be raised by their namesake grandparents, Fred and Julia Volle which is how they later came to inherit

Today, the Murphy bed frame which once Wilma slept in, is still in the Rusch Home, exactly as Wilma described it as a child.

The four boxes which were donated by Reed

names inscribed on the back.

"Between the two groups, we've scanned about 120 to 130 items," Fritz said. "We still have a way to go."

The Heritage at Gum Ranch, a new housing community developed by Elliott Homes, is under construction on the south end of the Gum Ranch property, northeast of Bella Vista High School, adding 250 new homes to the area. The community's main entrance, off Kenneth Ave is named Gum Ranch Road.

Ralph Carhart, chairman of the Fair Oaks Recreation and Park District (FORPD) Board in an earlier news interview said as part of their development of The Heritage at Gum Ranch community, Elliott Homes will build Gum Ranch Park, which will be dedicated to the Fair Oaks Recreation and Park District (FORPD) upon its completion.

Acres of native oaks were saved in the area adjacent to Arcade Creek where the late Claudia



Irving Gum with parents Perry and Lilly circa 1927. Photo courtesy of Citrus Heights Historical Society

Known as the Gum Family Collection, the historic materials were officially donated to the Citrus Heights Historical Society (CHHS) in September which accepted them from Rio Linda resident Betty Reed, 83, a surviving niece of Irving Gum's first wife.

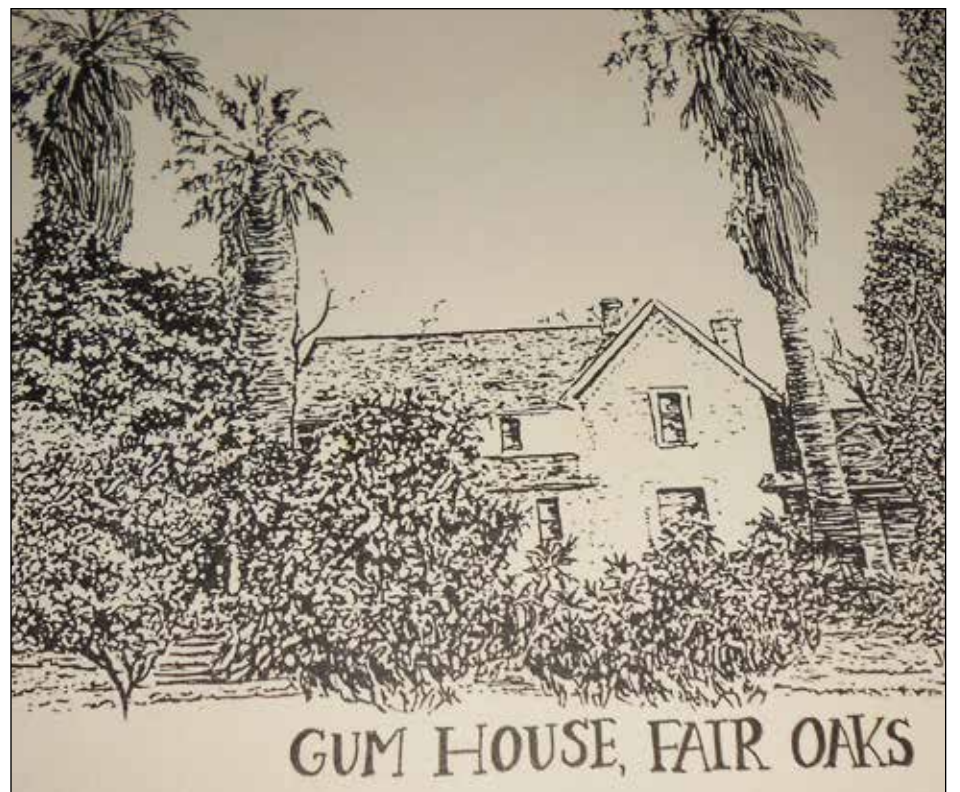
The highlight of the collection is a single-spaced, typed 237-page diary written by Irving Gum's older sister, Wilma.

Irving Gum was born in 1919 and his sister Wilma in 1922. Wilma married Al Aspholm, a close family friend of Irvings', and had one son, Tom. When she and Aspholm later divorced, Wilma married again, and moved to

Fritz, president of the Citrus Heights Historical Society, Wilma's son, Tom, has since passed away, leaving no family heirs. Wilma's diary remained with Irving and Claudia Gum until it was passed on to Betty Reed.

Reed and her family continued to be friends with the Gum family throughout their lives. "He was my Uncle Irving, and I loved him very much," she said.

Upon formal receipt of the Gum collection, CHHS president Fritz, and CHHS vice-president Teena Stern, a California state archivist, presented Reed with a copy of Wilma's original diary as a keepsake for her



A drawing done by a local artist of the 1903 Gum family home in Fair Oaks before they moved to their farm on Madison and Kenneth Avenue. Photo courtesy of the Citrus Heights Historical Society

the Volle Ranch, where Rusch Park in Citrus Heights is now.

Wilma writes about spending weekends with her aunt and uncle, Fred and Julia Rusch, at their home on Antelope Road—the historic Rusch family home that is now preserved as a museum in Citrus Heights. Wilma was fascinated by their electric refrigerator, which was very uncommon for the time, and describes eating homemade ice-cream at the Rusch home, a popular treat for many visitors to their home.

contained a "treasure of material," said Fritz.

The Citrus Heights Historical Society, working with the Fair Oaks Historical Society and the recently formed Orangevale History Project are working to identify people who are depicted in the historic photographs within the collection, Fritz said.

Several large, faded sepia tinted panorama photos taken outside the original wood-framed Orangevale School dating from the 1930s have a complete list of student

and Irving Gum formerly sold pumpkins and provided hayrides through the pumpkin patches. The protected oak woodland is incorporated as nature walk areas.

The new Gum Ranch Park will have numerous amenities, including an open turf play area, a toddler lot designed with rubber safety material, a spin merry-go-round, a water play area, a wooden climbing structure, an outdoor fitness complex, picnic pavilions with tables and BBQs, and various paths and benches. ★

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This Is Not about Freedom or Personal Choice



Commentary
by Jane M. Orient, M.D.

Today we have two contrasting quotations from world leaders. One said: “Mandatory vaccinations will never be allowed because [this] is a free country and its people are sovereign.” The other said: “This is not about freedom or personal choice.”

The first was by Vladimir Putin. Russia, a free country! The second was by Joe Biden. The U.S. is no longer a free country, and the people are not sovereign. Nor are the once-sovereign states. If state governors won’t cooperate with him, “I’ll use my power as president to get them out of the way.” It is not clear exactly how he would accomplish that. Invade the state and occupy its capitol and its courts? Arrest the governor and perhaps the legislature and throw them into prison without bail like some January 6 demonstrators? Already, many states are suing – perhaps we will learn whether the Tenth Amendment to the U.S. Constitution has any meaning.

Who would have believed that a U.S. President would ever say such things? Biden claims jurisdiction over 17 million healthcare workers, especially if they work in a facility that gets funding from Medicare or Medicaid. “If you’re seeking care at a health facility, you should be able to know that the people treating you are vaccinated – simple, straightforward, period.”

Never mind if the alternative may be having no qualified person to care for you. Never mind if the unvaccinated worker, who cared for people before there were vaccines, got

infected, recovered, and now has better immunity than vaccinated people. Never mind that workers with 20 years of dedicated service will have their careers and their livelihoods ruined if they don’t obey the dictator. Never mind that some of the obedient servants die – just coincidentally? – a few days after the shot. Or that some experience heart damage or paralysis. The government with its sovereign immunity does not have to compensate them, and neither do the vaccine makers or administrators, who are protected under the mantle of government.

“This is a pandemic of the unvaccinated,” states Biden. This non-evidence-based assertion is false. The most vaccinated countries in the world, including Israel and Gibraltar, are having the worst outbreaks. Both vaccinated and nonvaccinated persons shed virus, get hospitalized, and die. In the UK, a majority of the COVID-19 deaths last month were among vaccinated people, with a death rate dramatically higher than a year ago, when there was no vaccine.

Why, besides vaccine failure, would public health officials be pushing for continued masking, distancing, and a “booster” injection a few months after a person is “fully vaccinated”?

Can we blame it on the Delta variant? Did unvaccinated persons make it? Or did the vaccine, with its narrowly targeted immunity, actually select out this variant, creating or worsening the problem? Dr. Robert Malone, an inventor of mRNA vaccines, talks about “escape mutants.” Could we be creating a “monoculture” immunity, which like monoculture agriculture, is disastrously vulnerable if a resistant pathogen comes along?

Not content with owning the bodies of healthcare workers and federal employees and contractors, Biden appeals to the private sector, such as employers of 100 or more persons, to exert his will on other Americans. “To those of you running large entertainment venues from sports arenas to concert venues to movie

theaters, please require folks to get vaccinated or show a negative test as a condition of entry.”

To “protect” children under the age of 12, who are at very low risk, Biden wants everybody around them to get the vax – teenage siblings, parents, caregivers. Children over 12, that magic threshold, should get vaccinated, Biden says, and he “strongly supports independent scientific review for vaccine uses for children under 12.” He adds: “We can’t take shortcuts of that scientific work.” So far, the scientific process has been anything but independent. Moreover, studies are not scheduled to be complete before the end of 2022, and studies on myocarditis, to which teenage boys may be most vulnerable, until 2027. Any shortcutting there? And how long would fertility effects take to show up in a child who is 11 when vaccinated?

The satirical *Babylon Bee* has dubbed the program: “Your body, my choice.” Are you pregnant, worried about a miscarriage? Hoping to be pregnant? Aspiring to an athletic career? Do you have a history of allergies, but have not yet had anaphylactic shock from polyethylene glycol (PEG) or Polysorb 80?

The choice of what risks you have to take will be Biden’s. But the consequences will be all yours.

Jane M. Orient, M.D. obtained her undergraduate degrees in chemistry and mathematics from the University of Arizona in Tucson, and her M.D. from Columbia University College of Physicians and Surgeons in 1974. She completed an internal medicine residency at Parkland Memorial Hospital and University of Arizona Affiliated Hospitals and then became an Instructor at the University of Arizona College of Medicine and a staff physician at the Tucson Veterans Administration Hospital. She is the editor of *AAPS News, the Doctors for Disaster Preparedness Newsletter, and Civil Defense Perspectives, and is the managing editor of the Journal of American Physicians and Surgeons.* ★



By Sal Arrigo, Jr.

Once again, the Kiwanis Club of Orangevale – Fair Oaks, is teaming with About Kidz, to provide new pajamas to kids in need in our service area. In the last two years, we have successfully collected more than 1,100 brand-new pairs of pajamas. If you have had kids, you know how fast children outgrow their clothing, so items like PJ’s are a necessity for families.

The kickoff to collecting pajamas starts October 18th and runs through November 30th. As of this writing, our drop spots are still being determined, but those looking to contribute immediately can bring the pajamas to Bad Fish Coffee or Scotty’s Hideaway on Greenback Lane or contact the Kiwanis Club by

The Kiwanis Corner

By Sal Arrigo, Jr.

Ready for the Kiwanis Pajama Drive?

sending an email to kiwanisclubofifo@gmail.com. Arrangements will be made to pick up your donation.

In past years, we have also had a car club participate in collecting pajamas while displaying their classic cars as part of our festivities. As of now, a location in the Orangevale area has not been secured, but the final details will be announced in this column and elsewhere in the local media. If I know my club, they will also sponsor a food drive for the Orangevale – Fair Oaks Food Bank located on Main Ave. in Orangevale. Stay tuned for updates!

Why would anyone sit 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](https://www.facebook.com/KiwanisclubofOFO) or email us for more information at kiwanisclubofifo@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 501 c (3) # 85-0549857. ★



Positive Attitude

We have been faced with some major issues for nearly two years now from the economy collapse to the tragic loss of life and the fear that we may be next to suffer from this terrible coronavirus...covid-19. Now come all the Greek letters of the variants. I call them mutations, from delta to lambda and on and on. We really don’t know when or if it will stop. It is quite possible from the research doctors and scientists I have spoken with that we will have to face dealing with this virus for a very long time, and we may just have to learn to live with it. So how do we handle these challenges and learn to survive. Perhaps **Dr. Michael Broder**, psychologist, best-selling author, and coach can help us out. He told me on my POPPOFF Radio Show that we can be unshakeable optimists, but not too much of a Pollyanna either! His latest book is **Positive Attitude Training ... How to be an Unshakeable Optimist**. He shared some ten tips to get us started!

- 1. UNDERSTAND THAT YOUR ATTITUDES ARE TOTALLY UNDER YOUR CONTROL.** Nothing outside your skin is required.
- 2. STOP TELLING YOURSELF THAT YOU “CAN’T STAND IT.”** Whenever it is that you think you can’t stand it (and you know what that is), in fact, you are standing it. You may not like it, but you are standing it.
- 3. REMEMBER THAT STRESS IS JUST ANOTHER WORD FOR FEAR.** When you are stressed or distressed, ask yourself, “what is it that I am afraid of?” Then face that head on.
- 4. NEVER LET ANYTHING INTERFERE WITH YOUR SELF-CONFIDENCE.** This is your secret

sauce for success with anything you’d like to attempt or achieve.

- 5. DON’T CONFUSE PERFECTIONISM WITH DOING YOUR BEST.** Perfectionism is an impossible standard that you put on yourself, while doing your best, is the most proven assurance of getting the results you want.
- 6. PROCRASTINATION, ON THE OTHER HAND, IS THE BEST RECIPE FOR FAILURE.**
- 7. EXPECTATIONS ARE PRE-MEDITATED DISAPPOINTMENTS.** They do little more than fuel anger and destroy relationships.
- 8. LET GO OF THE PAST.** Put your energy into the present moment. That’s where the action is.
- 9. POSITIVE ATTITUDES ARE MERELY THINKING HABITS.** And habits can be learned and unlearned. This is where your power lies.
- 10. NEVER PUT YOURSELF DOWN.** Whenever you do that, you are joining the team of enemies or opponents who wish you the worst.

We all want to have a positive outlook on life despite what the cosmos throws at us, but it all begins with each one of us. If you want more information on **Dr. Michael Broder**, you can go to www.DrMichaelBroder.com.

As he says in his book **Positive Attitude Training**, get the “should” out of your life and release the disturbing emotions they create. According to the good doc, you can master the power of positive thinking and become an inspiration to others too. Try it. You CAN make it! ★

Traffic Closure on Northbound Prairie City Road

City of Folsom

FOLSOM, CA (MPG) - Beginning Monday, September 27, northbound Prairie City Road - between White Rock Road and Highway 50 – will be temporarily closed for work on the Capital SouthEast Connector project.

Motorists are encouraged to take East Bidwell Street to access Highway 50 from White Rock Road and Scott Road during the northbound Prairie City Road closure. Southbound Prairie City Road from Highway 50 to White Rock Road will remain open.

The city has installed message signs to alert

motorists about the closure, and flaggers will direct traffic as needed. The city does not anticipate significant traffic delays.

Crews will complete construction on a four-lane bridge over Alder Creek and complete the realignment and widening of White Rock Road. Northbound Prairie City Road will be closed between four to eight weeks.

The Capital SouthEast Connector project is a 34-mile expressway that will link I-5 and Highway 99 south of Elk Grove to Highway 50 east of El Dorado Hills. When complete, the long-planned

project will serve as a commute alternative to Highways 50 and 99, relieve traffic congestion, promote economic development, preserve Sacramento County open spaces, and improve roadway safety. Work on the Capital SouthEast Connector project has been divided into segments, which will be completed as funding is available.

Learn more about the Capital SouthEast Connector project at www.connectorjpa.net. For more information about the project, contact Senior Civil Engineer Brian Reed at 916-461-6707 or breed@folsom.ca.us. ★

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By Marlys Johnsen Norris, Christian Author

Just One Decision!

Just one decision will affect your whole life and can bring you healing, deliverance, transformation, freedom, peace and happiness beyond your fondest imagination!

The proof of that statement is found in the evidence of thousands or trillions of lives throughout the whole world. Those people are called the "Family of God".

Some of those people were at the darkest place in their lives and didn't really know what to do. Prior to this one decision they did not know that there is a God who loves and cares about them. They were depressed, lonely, fearful and afraid.

Then, God provided an unexpected opportunity to learn about Him. It possibly might have been another person who had made this special decision, or a television or radio program, a missionary worker or just a neighbor or stranger. They saw the pain in the persons eyes and face and asked the question, "Can I help you?". Tears began to flow and the answer was "yes".

The person asked them "Do you know about Jesus?" They answered "No". God wants you to know that He loves you.

The person then told them the Bible story about Father God sending His Only Beloved Son to die and shed every ounce of His Blood on a Cross, to cleanse and wash away every wrong thing they

every did. (John 3:16-17) (Surprised, the person shook their head) Then, more words of affirmation were said, "All they needed to do is "make one decision" to accept God's Beloved Son Jesus, as their Lord and Savior and live in obedience to walk in the Holy Words of the Bible the rest of their lives.

And that was "Just One Decision" they made receiving blessing after blessings in the rest of their life's journey! They were healed by the power of God's love and were granted the gift of eternal life in heaven one day.

It is true my friend, it happened to me in 1968! **Marlys Johnsen Norris** Christian Author of 7 Books ARM Columnist since 2006 Stephen's Minister Marlysjn@gmail.com PO Box 114, Orangevale, CA 95662 ★

California Experiments with Social Democracy



By Dan Walters CALMatters

California, as everyone should know by now, has the nation's highest rate of poverty as determined by the Census Bureau when the cost-of-living is included in the calculation.

While family incomes in California are not particularly low vis-à-vis those in other states, our extremely high living costs, especially for housing, mean those incomes do not stretch as far as they would elsewhere.

The Public Policy Institute of California takes the issue a bit further by calculating how many Californians are living in near-poverty, using methodology similar to that of the Census Bureau.

Altogether, more than a third of the state's nearly 40 million residents experience severe economic distress. They are, for the most part, workers in low-pay jobs and their families, and their plight has been exacerbated by the nearly two-year-long COVID-19 pandemic, which has hit them the hardest both medically and economically.

Backed by unions, Gov. Gavin Newsom and his fellow Democrats have vowed to reduce the state's high levels of poverty and income disparity and this year generated a bushel basket of legislation they contend will narrow the gaps.

California is, in effect, testing long-held beliefs of those on the political left that America should move closer to the European model of "social democracy" by expanding supportive public services and empowering workers in their dealings with employers.

The former include increasing eligibility for Medi-Cal, the state's health care system for the poor which already covers more than a third of California's residents, expanding early childhood education to both improve learning outcomes and free more parents to work, and increasing spending on housing for low- and moderate-income families.

The latter is a variety of bills that impose new workplace and compensation standards on industries that employ large numbers of low-paid workers, most notably garment production, agriculture and the ever-increasing distribution centers operated by Amazon and other big corporations.

"We cannot allow corporations to put profit over people," Newsom said as he signed legislation to ease production quotas in Amazon's massive "fulfillment centers."

"The hardworking warehouse employees who have helped sustain us during these unprecedented times should not have to risk injury or face punishment as a result of exploitative quotas that violate basic health and safety," Newsom added.

"California is holding corporations accountable and recognizing the dignity and humanity of our workers, who have helped build the fifth-largest economy in the world," Newsom said later

as he signed a bill banning piecework pay in the Los Angeles-centered garment industry.

Newsom also signed bills to expand protections for household domestic workers, raise minimum pay for disabled workers, increase criminal penalties for "wage theft" by employers, and provide farm workers with protective gear for wildfire smoke.

It has not been, however, a 100% sweep for union-backed legislation. Newsom vetoed a bill to allow mail ballots in elections for union organization of farm workers and another that would have expanded paid family leave.

Expanding government services will, of course, cost the state billions of dollars, which it can afford now as income taxes pour into its treasury, but whether it can be sustained is questionable. California is inordinately dependent on high-income taxpayers, which means its revenues plummet during economic downturns.

New benefits for workers, meanwhile, will increase employers' costs, which could drive some to shift operations and jobs to lower-cost locales. The garment industry is particularly competitive, which is why so much of it has already gone overseas.

Higher public and private costs are the flip side of California's experiment in social democracy. Ultimately, Newsom and the Legislature cannot repeal the laws of economics.

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

The Epitome Of Boredom

Dr. James L. Snyder

I have never considered myself to be boring. I may be boring to other people but not to myself.

Being a husband for over 50 years, I don't know what being bored is all about.

If, for example, I don't have anything to do and the Gracious Mistress of the Parsonage finds out, believe me, I have plenty to do.

Not many things bore me, but there are times that I do get bored.

What bores me more than anything else are committee meetings. I know some people live by these committee meetings. Whether it's politics, education, or religion, meetings are their top priority.

I can't think of anything more boring than committee meetings. I try my best to keep an upper chin, but it's tough to do with so many chins on my face.

For many years, I have gone to church committee meetings. But, unfortunately, the older I get, the more bored I am with this kind of activity.

When I'm in person at some of these committee meetings, I have to go to the bathroom if I'm not falling asleep. I remember one

committee meeting I went to the bathroom probably close to 10 times. After the meeting, someone asked me how I was feeling. I didn't tell him because I didn't want to offend him.

Then something changed. During all of this health dilemma that we are facing in the lockdowns, one positive thing emerged.

That positive thing is that we don't gather together in committee, instead, we do it virtually.

A meeting virtually means that you're not in person, instead, you're on the computer with the group. So, some of the committee meetings have been virtual.

At first, I was a little excited about this. After all, I don't have to travel a hundred miles to attend the committee meeting.

Instead, I can go to my computer and join the committee online.

I was pretty anxious to get this experience, so I set up my computer on my easy chair at home and got a nice hot cup of coffee. Then, when the time came for the meeting to begin, I did several clicks on my computer, and voilà, I was at the committee meeting.

At first something was interesting about it, but then, that boring element began to develop right

there in front of me.

Watching it for 30 minutes, my head began to nod but not in agreement with anything they were proposing. Then, finally, my head began to nod, my eyes began to fade, and soon, I was sleeping.

Just then, the Gracious Mistress of the Parsonage came in and saw that I was sleeping.

She tapped my shoulder and said, "You're not bored, are you?"

I opened my eyes, looked around a little bit, cleared my throat and looking at her said, "Of course not. I was having a time of prayer for the committee meeting."

I'm not sure when I heard her laugh so much as I did at that moment.

Later that day I remembered a verse of Scripture. "Slothfulness casteth into a deep sleep; and an idle soul shall suffer hunger" (Proverbs 19:15).

If I'm bored it's my fault. I need to live a proactive life in serving God in a way that pleases Him.

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 jamesnyder2@att.net. The church web site is www.whatafellowship.com. ★

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Beware of Price Gouging During and After Fire Evacuations

Better Business Bureau Press Release

OAKLAND, CA (MPG) - The Better Business Bureau (BBB) is reminding businesses and consumers of the California law prohibiting excessive price hikes during a state of emergency following California State Governor, Gavin Newsom's declaration on August 18, 2021 in response to the Caldor Fire. According to CalFire, the Caldor Fire is 20% contained, has burned over 200,000 thousand acres, and has destroyed close to three thousand structures in its way causing mandatory evacuations in and around the South Lake Tahoe area.

"Local businesses may be overwhelmed with the influx of customers following recent evacuations in the South Lake Tahoe area and other communities experiencing these wildfires. We want to help businesses avoid potential problems as our

community comes together to help one another in a time of need," said Lori Wilson, President of the Golden Gate Better Business Bureau.

Industries affected by the consumer protection laws during a state of emergency include, but are not limited to, hotels and other lodging accommodations, gas stations, grocery stores, and rebuilding industries.

If you need to make preparations to stay at a hotel:

Know that according to California law, under Penal Code 396, 30 days after a state of emergency is declared, it is illegal for a business or other entity to sell their goods or services for more than ten percent of their regular rate. This includes hotels, motels, the sale of food items, gasoline, and any goods or services used for emergency cleanup, emergency supplies, and building materials.

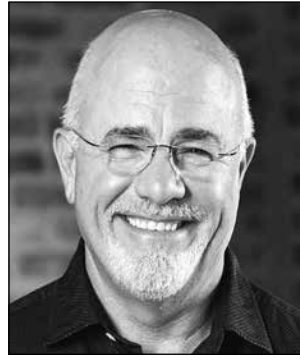
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otherwise should file a complaint with their local Better Business Bureau, the California Attorney General and their local District Attorney's Office.

There is a penalty up to \$2,500, one year of jail time, or both per violation; To file a citation please visit www.oag.ca.gov or call 800-952-5225.

For more information on this and other tips please visit BBB.org.

For more than 100 years, the Better Business Bureau has been helping people find businesses, brands, and charities they can trust. In 2020, people turned to BBB more than 220 million times for BBB Business Profiles on 6.2 million businesses and Charity Reports on 11,000 charities, all available for free at BBB.org. The International Association of Better Business Bureaus is the umbrella organization for the local, independent BBBs in the United States, Canada, and Mexico. ★



Dave Ramsey Says

find places where you can cut spending, if you're living on a written, monthly budget. If you're noticing the prices of things like food and gas rising in your area, you'll need to adjust your budget to account for this. That way, you'll know exactly what you're working with, and it will help you avoid any nasty surprises.

If you're really feeling the pinch and want to save even more, look for specific ways to lower your grocery bill or save money on gas. Maybe it's time you switched to generic brands, or started a carpool into work. If you find great deals on canned food and things you can stock your pantry with – I'm talking about stuff you'll actually use – go ahead and buy a little extra. Just make sure you've budgeted for it before heading to the grocery store. You'll want to already know exactly what you're going to spend, so you don't get swept up into impulse buying.

Like it or not, inflation is a thing. If you plan on

retiring one day, it's pretty much guaranteed that the cost of a loaf of bread, a tank of gas and even a cup of coffee will have gone up by then. The best way to protect yourself against inflation that's bound to happen is to invest your money – and the sooner the better. But remember, if you still have debt other than your mortgage, and don't have an emergency fund of three to six months of expenses, you need to take care of those things first!

– Garret

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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Dare to Live Without Limits

by Bryan Golden

Competence vs. Confidence



Your competence is based on what you can do, along with how well you can do it. Your confidence is what you think you can do. Does competence lead to confidence, or does confidence lead to competence? Both can be true because the concepts are interconnected.

Confidence gives you the willpower to acquire new skills. With practice, your competence grows. Increased competence increases your confidence. Realizing you are capable of learning leads to a desire to learn more. Confidence grows with the acquisition of knowledge.

Competence is more than knowledge; it's being able to apply knowledge to reach a desired outcome. Understanding how a bike works doesn't automatically provide the ability to ride a bike. Therefore, competence requires knowledge, skills, and ability.

Overconfidence is detrimental because it stems from a disconnect between what someone believes they can accomplish and what they can actually do. Having an inflated perception of your skill and abilities gets you into trouble when you take on more than you can handle.

Confidence, without competence is bragging. You need confidence to learn whatever you require. But advertising that you can do something you can't, quickly ruins your reputation. Once you are labeled a talker, rather than a doer, rebuilding your reputation is very difficult.

Fear erodes confidence by causing you to doubt your ability to venture out beyond your comfort zone. Then when your knowledge, skills, and ability stagnate, your competence doesn't grow. You need to push past fear to maintain your confidence.

Competence is built over time through hard work, practice, and focus. There is no substitute for quality experience. Repetition is the key to learning. The more you do something, the better you get at it.

The appropriate mindset is essential for developing competence. You must be committed to doing an exceptional job. Having a standard of excellence enhances your competence. If good is good enough, your work will be mediocre. Those who have high standards stand out from the crowd.

Acquiring relevant knowledge enables you to understand how and why things are done the way they are. Knowing the basis for what you do empowers you to adapt as needed. Not knowing why you are doing something, makes you more likely to gloss over important tasks.

You develop a strong skill set by learning how to do what's needed through repetition. The more you do something, the better you become. However, you must have a competent teacher who can show you the right way to complete your task. Learning from someone who is incompetent is pointless.

Seek out teachers who are

already where you want to be. Look for teachers who are the best at what they do. You want a demanding teacher who has high standards. Learning from a poor teacher is more than a waste of time. You'll learn poor skills which have to be undone before learning the proper approach.

The way you excel at what you do is by having high standards. Continually look for ways to expand your knowledge and enhance your skills. Education is a life-long pursuit. Developing a reputation as being tops in your field will serve you for a lifetime.

Avoid joining the mediocre crowd by becoming outstanding at what you do. People who are at the top of their field are always in demand. Overdeliver by doing more than is expected.

Confidence and competence are interrelated. You need confidence to become competent. As your competence grows, so does your confidence. There are no shortcuts. You must be willing to put in the time and effort required to become competent. Doing so is well worth it.

NOW AVAILABLE: "Dare to Live Without Limits," the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnist.com or write him c/o this paper. © 2021 Bryan Golden ★



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.

One of my favorite things to do as a County Supervisor is support local organizations that give back to the community. Nonprofit organizations fill gaps left by government, providing services and supporting cultural growth in a way that is more personal and more direct. Every year that I have been on the Board of Supervisors, we have been able to support the invaluable work of nonprofits with funds generated by the Transient Occupancy Tax (TOT), which comes from guests staying in hotels/motels. Through the TOT Grant Program, the Board of Supervisors awards a million dollars to nonprofits every year to help them enhance their impact on the community. I am thrilled that we are yet again launching the TOT Grant Program for the 2021-2022 cycle and the applications are open! For that reason, I thought that I would use this as an opportunity to increase awareness of the program and encourage as much participation as possible.

Applications are located here: bdm.saccounty.net/TOTGrantProgram

Applying organizations are required to be based in Sacramento County and must have specific programs they are requesting to fund. Programs can be for

Orangevale Community Update

A TOT of Money Going to Nonprofits

training, events that support tourism, address community issues, or that reach underserved populations. Applications are reviewed and measured by subject area experts and are divided by the subject areas of arts and culture, community development, economic/workforce development, and health and human services. The more specific applicants can be, the better. The more information about how an organization and program have helped and will continue to help the community, the better. All applications must be submitted online and on time. I want to stress all of those points because we receive so many applications and I want every organization to maximize its chances of receiving funds.

While the total amount of grant funds available is one million dollars, no single organization can receive that much. Grants can be no smaller than \$5,000 and no larger than \$50,000. Additionally, half of the total grant funds is available for the community competitive pool. The other half is divided among each Supervisor to award to organizations in their district, meaning a minimum of \$100,000 is guaranteed to go to our Supervisorial District 4. I love seeing the organizations in our district submit their proposals and it is never easy to pick who gets funds, but we have always had great successes in each of the communities in our district.

For example, in the past we have been able to secure over \$40,000 for an Orangevale non-profit "AboutKidz", where the funding went to purchase supplies throughout the year to equip children with a fully stocked backpack, new outfit and shoes. We

also were able to secure \$10,000 to Community Meal Ministry, where the funds were used to increase the number of guests served at their weekly Orangevale Community Meals. The organization also purchased materials to add more garden beds in the community garden and commercial freezers/refrigerators to store additional food.

Applications for the TOT Grant Program are due no later than Monday, October 11th at 5:00 pm. As I mentioned, applications must be submitted online and no late applications will be accepted. The nonprofit organizations of Sacramento County do great work and enhance the quality of life for countless people. Whether your nonprofit organization is seeking to provide school supplies for children, organizing a community clean up, or expanding access to the arts, I encourage you to pull together your team and put together the best application possible. And if you know someone who has a local nonprofit, please send this information to them. The TOT Grant Program is a rare opportunity for us to directly support nonprofit organizations and I hope that many qualified organizations will jump on the opportunity.

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, Elverta, Gold River, Rancho Murietta, North Highlands, Carmichael, Foothill Farms and Fair Oaks. ★

Social Security Matters

Will My Social Security Be Reduced in the Future?



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: I started Social Security about 2 years ago and I thought that the monthly benefit amount stated to me by Social Security in their letter was guaranteed. That written amount was what I based my decision on to retire. Now I hear on the news that we may have to take a 24% reduction in the future. That will make me and millions of other seniors homeless. Was the original amount a guarantee of monthly income, and can the government reduce it whenever they want to?
Signed: Anxious Senior

Dear Anxious: The reason you're now hearing about the possibility of a future reduction in Social Security benefits is because the SS Trustees 2021 Report to Congress was just released. This report, usually published in April, recaps the program's financial status at the end of the preceding year and provides Congress with a very detailed analysis of Social Security's (and Medicare's) financial picture. The Trustees report that, beginning in 2021, Social Security income will be less than needed to pay benefits, with the gap to be made up from Trust Fund reserves. Unless Congress makes some changes to the SS program, that trend will eventually result

in the Trust Fund running dry, requiring an across-the-board cut in benefits.

This latest report predicts that the combined Trust Funds, which now hold nearly \$3 trillion in reserves, may be fully depleted by the year 2034 - one year earlier than last year's 2035 prediction. Although the 2034 date is new news this year, the mid-2030s potential depletion date has been reported for years, and it is not a new issue. Indeed, the 2019 report predicted 2034 as the possible depletion date and last year's report predicted an improvement to 2035. One obvious reason for the one-year acceleration in the new report is the economic effect of the COVID-19 pandemic. While it certainly isn't good news, the fact is that the bad news isn't as bad as many pundits predicted. Some were suggesting that the depletion date may be as early as 2029, but the economy rebounded faster than expected. Depending on how you look at things, the depletion date only changing by one year could be viewed as positive considering the economic impact of the pandemic. Rest assured that the matter will receive continued analysis in the months ahead.

But here's the bottom line: It is extremely doubtful that Congress will ever let the Social Security Trust Funds be fully depleted, necessitating a benefit cut to all recipients. To allow that to happen would be political suicide because over 64 million people rely on Social Security. Is your benefit guaranteed? Yes, but only within the boundaries of current law, which says that Social Security is allowed to only pay benefits using its own money

(from payroll tax income, interest income, income tax revenues and Trust Fund reserves). No benefits will be cut for as long as the Trust Fund can make up the difference between income received and benefits paid. But if there are no reserves to make up the difference, then (by law) Social Security can only pay out as much as it brings in.

Congress already knows how to fix this issue and avoid a cut in Social Security benefits. What is missing is the bipartisanship and the political will to accomplish it, because neither side currently appears receptive to solutions offered by the other side. Congress may continue to drag its feet on this issue, as has historically been done, until urgency demands action. But I believe you can rest assured that Congress will eventually find the fortitude to restore Social Security to long-term solvency before any benefit cuts are made. You can help by calling your Congressional Representative and demanding that they adopt a bipartisan attitude toward Social Security reform. A good place for Congress to start would be by adopting the reform proposed by the Association of Mature American Citizens, which can be found at www.amac.us/social-security.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). ★

Apply for the Cash for Grass Rebate

Sacramento County Board of Supervisors District 3

SACRAMENTO COUNTY, CA (MPG) - The Sacramento County Water Agency (SCWA) is providing rebates to qualifying residential and commercial customers for converting existing grass and sprinkler irrigation systems to a drip irrigation system with native and drought tolerant landscaping. SCWA residential customers may receive a rebate of \$1.00/square foot up to a maximum of \$2,000 per household or \$1.50/square foot up to a maximum of \$2,500 for commercial and industrial customers. Rebates

will be awarded on a "first come, first served" basis as projects are confirmed completed.

To apply and register for the Cash for Grass Rebate program, please visit the Sacramento Water Agency Cash for Grass Website.

Are you looking for ways to make your home look good while saving money and water? There are also landscape design resources available to help you find drought resistant landscaping.

Please call (916) 874-6851 during business hours or email them at SCWARebate@saccounty.net for additional questions. ★

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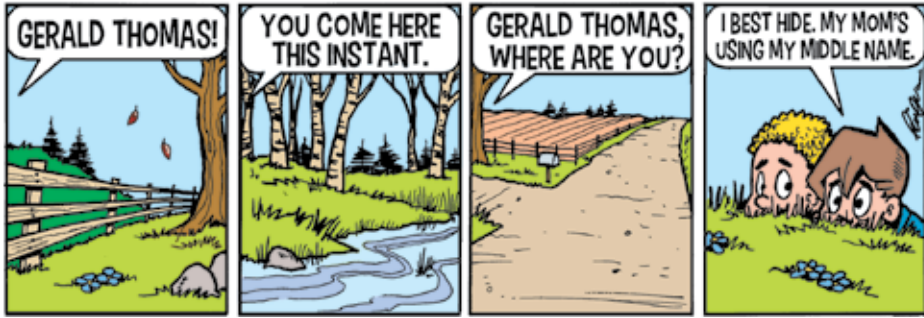


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WEEKLY COMICS

Amber Waves



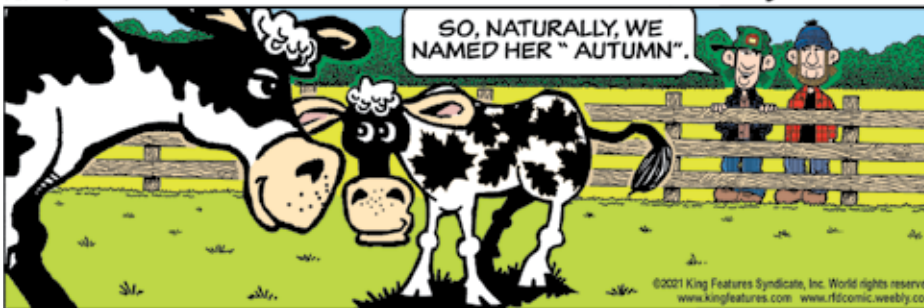
Out on a Limb

by Gary Kopervas



R.F.D.

by Mike Marland



GRIN and BEAR IT



"You guys can never be replaced. ... Nobody knows what you do."

LAFF-A-DAY

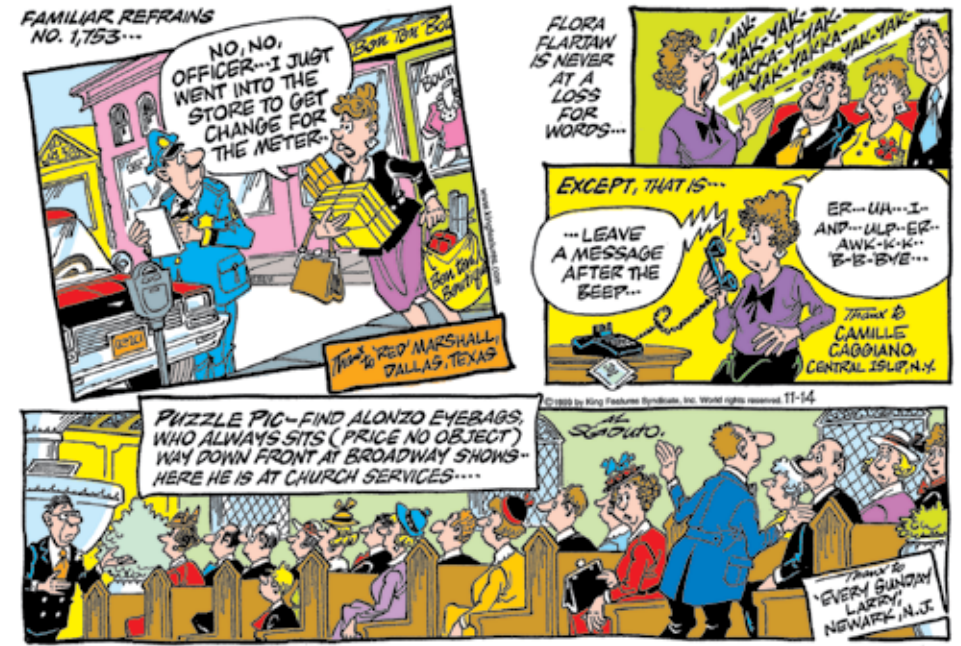


"Then one day I got smart and burned the steaks."

The Spats



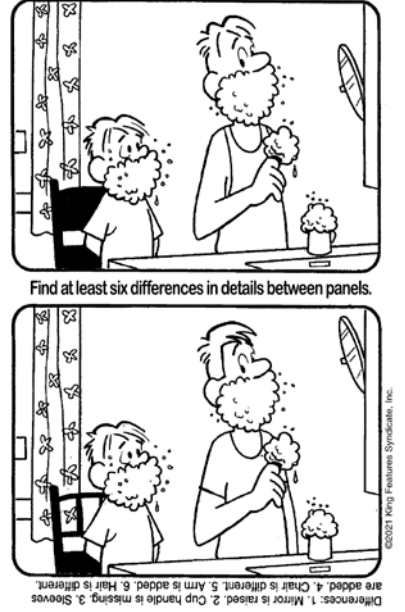
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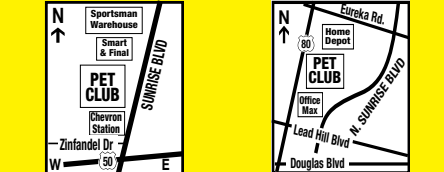
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Limit 1 Bag With Coupon
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Price Valid Only With Coupon
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Sunrise Rollerland Keeps Rolling Along



Ken Neutz, owner/general manager of Sunrise Rollerland, is the son of original owner Lloyd Neutz. Photo by Thomas J. Sullivan

By Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG) - Sunrise Rollerland, opened in 1973 at 6001 Sunrise Vista Drive in Citrus Heights, is welcoming skaters back to its high-gloss, Northern hard rock maple floor with a variety of youth and adult fall skating programs.

Inside, modern overhead lighting, still with a medieval theme, has replaced older fixtures. A large, wall-length original mural at the end of the skate floor remains just as bright and vibrant as it was when original owner Lloyd Neutz first opened Sunrise Rollerland 48 years ago.

Owner/manager Ken Neutz, son of the original owner, said Sunrise Rollerland is looking to hire additional part-time staff as the rink continues to welcome skaters back to a full program of day and evening skate sessions.

"It's a great first-time job for many high school and college students," Neutz said.

While masks are not required to be worn during skating sessions, Sunrise Rollerland has a designated "clean team" with designated staff members whose sole responsibility is to regularly clean and sanitize common surfaces. Skaters are reminded to practice proper social distancing, and hand sanitizing stations have been set up throughout the facility, Neutz said.

Sunrise Rollerland offers professional instruction, group rates, family night rates, catered birthday parties, class instruction, artistic and speed classes, special holiday sessions and "Super Kid's" sessions. Some 800 pairs of skates are stocked for rental, replaced regularly,

due to wear and tear. Before state restrictions were lifted earlier this spring, Neutz had to cut staff and used much of the time to paint and refresh the facility inside. He has added a t-shirt merchandise line targeted to younger skaters and plans to refresh its game arcade.

Years ago, Neutz and his wife Kathy bought the business from his parents. He's pleased to see long-time skaters now coming back to the polished maple floor he grew up with and enjoys welcoming new skaters discovering the facility for the first time.

While skating is at the customer's own risk, standards of dress and attire are expected of all skaters. Revealing clothing and bare midriff, frayed hems, bare feet, hats, headphones and laser pointers are prohibited, according to a customer brochure. Skaters are also reminded that toe stops, and toe plugs must be worn and all personal skates which are worn must have flush wheel hardware.

All pants must be hemmed, and a non-smoking and no gum-chewing rule is enforced throughout the facility to protect carpets and flooring.

The price of admission for a daily afternoon skate session is \$9.50. An evening session is \$10.00 and an extra session outside of regular time is \$3. The cost to rent regular skates is \$4 and inline skates are \$5. Children ages 12 and under can skate free, with two free admissions each week. Skate rental for children under age five is \$6. Discount specials are featured on Sunrise Rollerland's website.

Enjoy a morning adult skating session for \$8 on

Tuesday and Thursdays from 10 to noon which include rental and complimentary coffee. Beginning skating classes are offered on Wednesday mornings from 9:30 to 10 a.m., Thursday afternoon from 3:30 to 4 p.m. and Saturday mornings from 9:30 a.m. to 10 a.m. for just \$10 per session. A Christian Music Skate Night for Christian singles, youth groups or churches is held on Monday from 7 to 9:15 p.m.

The first and third Wednesday evening adult sessions turn back the clock to the '70s and '80s, considered the heyday of roller skating, Neutz said. "We see a great turnout on these evenings."

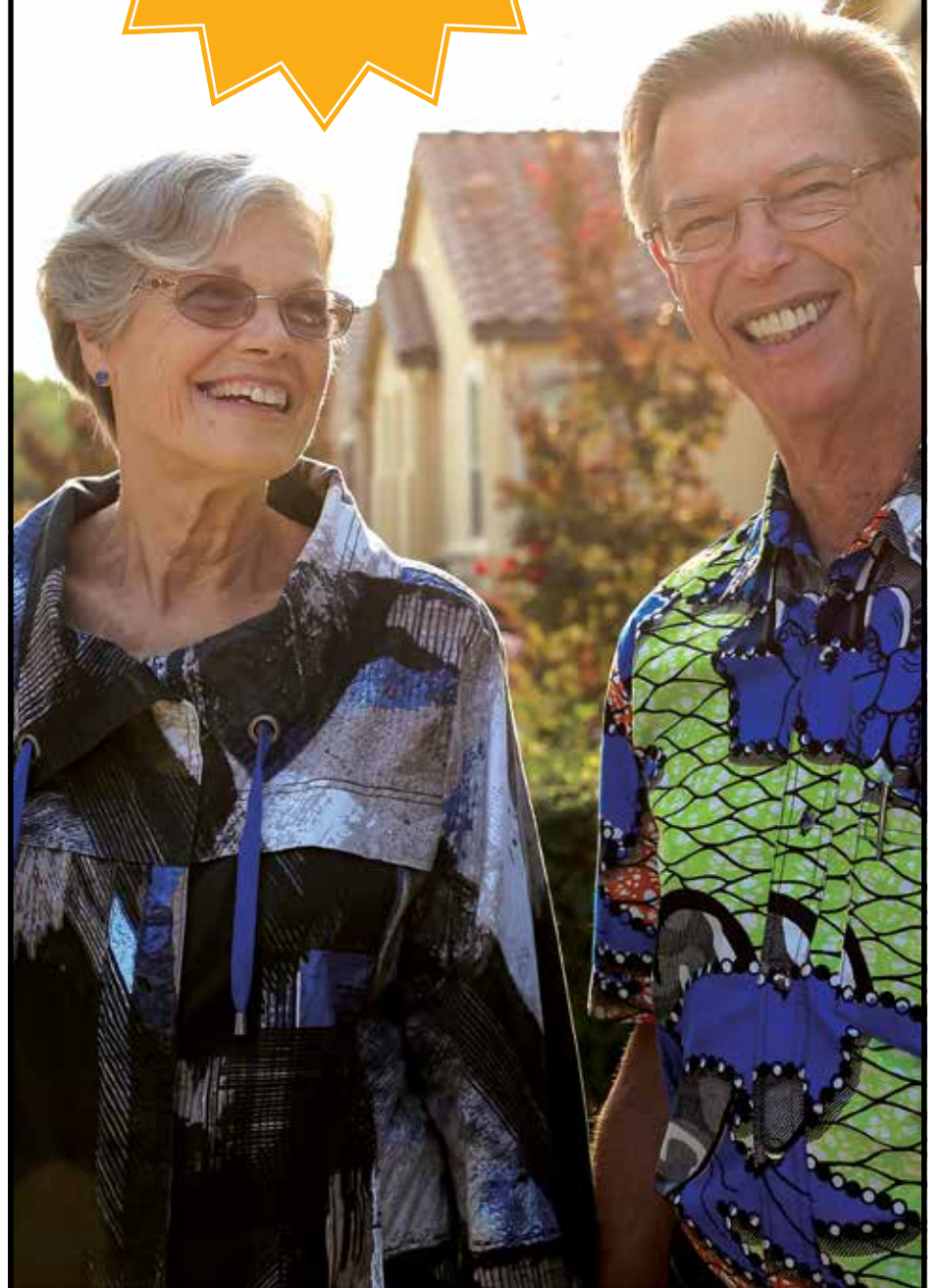
Saturday morning admission is from 10 a.m. to 12:30 p.m., Saturday afternoon admission is from 12 p.m. to 2:30 p.m. and 2 to 4 p.m. Friday or Saturday adult skating from 7 to 10 p.m. Sunday night family session is from 7:15 p.m. to 9:15 p.m. A late-night adult skating is hosted by 2Raw (2 Rhythm and Wheels) once a month.

"I remain just as dedicated to providing the Citrus Heights community with the finest facility in which to enjoy the spirit of roller skating as it did when my father first opened Sunrise Rollerland," Neutz said.

Sunrise Rollerland is located at 6001 Sunrise Vista Drive in Citrus Heights. For more information visit www.sunriserollerland.com or to view a fall skating schedule see <https://skate.sunriserollerland.com/sessions-fall-2021/> Call 916-961-3333 for more information or 916-961-3339 for reservations. Reservations can also be booked online for priority entrance. ★



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SMUD Holds Charge Up Change Video Contest

SMUD News Release

SACRAMENTO REGION, CA (MPG) - Calling all Sacramento-area middle school students! SMUD wants to see your videos about why electric vehicles are so cool. SMUD's Charge up Change video contest welcomes individual or team videos that are between one and two minutes in length. Full competition guidelines and contest application can be found at smud.org/ChargeUpChange.

This is the third year SMUD is offering this contest, which is designed to get students thinking about EV benefits and technology. SMUD's Community Education & Technology Center welcomes participants from all middle school students, including 6th graders, within the service area. The top five winning submissions will receive prizes for up to \$1,500. All applicants will receive a family pass to the California Auto Museum. ★



\$1.4 Million Dig to Aid Chinooks



Above: Giant earthmovers relocate gravel in river shallows near Ancil Hoffman Park. The project will recreate natural spawning riffles for endangered migratory fish. Right: Water Forum Program Manager Erica Bishop (left) and communications officer Christine Kohn inspect habitat restoration sites in Carmichael reaches of the American River.



Story and photos by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - In one of the largest movements of American River sediment since the Gold Rush, a Water Forum project is relocating nearly 16,000 cubic yards of gravel in shallows near Ancil Hoffman Park.

Huge excavators, dump trucks and bulldozers have worked against the clock to restore diminished fish spawning habitats before this fall's salmon run. By November, giant Chinooks will return—hell-bent on reproduction—by the thousands to home waters. Soon after, steelhead arrive for the same purpose. Because Nimbus and Folsom dams curtail migration, spawning must occur in river shallows before these obstacles—or be achieved artificially at the Nimbus Fish Hatchery. “We have a narrow work window, as specified

by the Endangered Species Act,” explains Water Forum Program manager Erica Bishop. “Our work is targeted over a time frame when it's least likely to affect resident fish.”

Forming a giant alcove upstream from the golf course, the augmented Ancil Hoffman riffle will provide fish increased gravel areas for redd (nest) building.

“Salmon and steelhead have traditionally spawned in this area,” Bishop explains. “Over time, rivers move sediment and these gravel beds have become degraded. Because of the dams, new sediment can't replace what's moved downstream. The lower American River is gravel-starved. Fish don't have sufficient breeding habitat. Some return to their home river and find nowhere to spawn.”

The \$1.4 million Water Forum project is one of many restoration programs that

support endangered anadromous species that begin and end lifecycles in the American River. Thousands of tons of gravel – sorted to exactly the size preferred by nesting fish – will create an 11-acre alcove at Ancil Hoffman. When temporary levees are bulldozed and water rises, new riffles will accommodate salmon and steelhead breeding. The development includes a rearing inlet to host growing juveniles before their spring swim to the Pacific Ocean. Planting of willows, cottonwood and other native vegetation will bring insects to feed fry. Riverside trails at the Effie Yeaw Nature Center will be improved to allow public observation.

Similar restorations have achieved success at Sailor Bar, River Bend Park,

Sacramento Bar and at Nimbus and Sunrise stretches of the American River. “Our surveys count the number of redds in the river and juvenile fish,” says Bishop. “We know restored habitats are being used. Although we have low water flows due to drought this year, our project is focused on long term improvement of river habitat.”

The Ancil Hoffman project is funded by the Bureau of Reclamation. Sacramento City, Sacramento County and local water agencies fund the Water Forum.

Construction areas are off limits for public access. Work-in-progress may be viewed from trails at Effie Yeaw Nature Center preserve. Learn about the Water Forum at www.waterforum.org ★

Senator Dahle's Measure to Expand the Sierra Nevada Conservancy Signed

Office of Senator Brian Dahle News Release



Senator Brian Dahle

SACRAMENTO, CA (MPG) - Senator Brian Dahle (R-Bieber) was pleased to see his measure to increase the pace and scale of forest and watershed restoration signed by the Governor. SB 208 will expand the boundaries of the Sierra Nevada Conservancy (SNC), ensuring the resilience of our natural resources and the communities that depend on them.

SB208 modifies the regional boundaries of the Sierra Nevada Conservancy, as defined in Section 33302 of the Public Resources Code. The modification will add a section of Siskiyou County to the Sierra Nevada Conservancy as well as increase the area of Shasta County already included in the SNC.

The Sierra Nevada Conservancy was created through bi-partisan legislation and signed into California law in 2004. At that time the definition of the region was established to include areas lying within 22 counties of California, including the counties of Alpine, Amador, Butte, Calaveras, El Dorado, Fresno, Inyo, Kern, Lassen, Madera, Mariposa, Modoc, Mono, Nevada, Placer, Plumas, Shasta, Sierra, Tehama, Tulare, Tuolumne, and Yuba. There have been no modifications since 2004 to the region's definition.

“I'm pleased to be adding portions of Siskiyou, Shasta and Trinity Counties under the Sierra Nevada Conservancy. The

conservancy has a superior reputation for thoughtful stewardship of one of California's most important resources, our headwaters,” said Senator Dahle. “By having all these headwaters under one local agency, it will give more opportunities to manage important forest management projects as well as meadow restoration projects to ensure that we continue to have healthy forests and a robust headwaters system, ensuring all Californian's have fresh clean water to drink and safe forests to visit.” The Sierra Nevada Conservancy initiates, encourages, and supports efforts that improve the environmental, economic and social well-being of the Sierra Nevada region, its communities and citizens of California.

SB 208 will become effective January 1, 2022.

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

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