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Food Drive Breaks Records!



Above: Several scout troops cooperated with football teams and volunteers for this year's food drive at Divine Savior Catholic Church in Orangevale. Right: This year's record-breaking food drive collected 19k pounds of food and over \$4,500 in monetary donations. Photos provided by Junie Baldonado

By **MaryAnne Povey**

ORANGEVALE, CA (MPG) - They did it again! This community comes together like no other when it comes to caring for others! On Saturday, October 9th, the 2nd Annual "Drive-Thru" Food Drive hosted at Divine Savior Catholic Church was off the hook in donations and community spirit bringing in a record 19k pounds of food and over \$4,500 in monetary donations! This comes at a time when the demand for food is still at an all-time high. The requests for services have increased 200% over the past 18 months.

"It could have been called the

Super Bowl of Food Drives," said Community Food Drive Coordinator and Divine Savior Parishioner Marcus Arnold, "I'm blown away by the tremendous giving and generosity of this community."

This year's record-breaking success was due to the collaboration of five churches, three football teams, an elementary school, three scout troops and a host of volunteers! The key players included Divine Savior, First Baptist OV, Redeemer Covenant, the Life Center and Fair Oaks Presbyterian. The

football teams from Casa Roble, Bella Vista and Del Campo competed to see who could collect the most food. The Casa Rams won handily bringing in over 12k items, weighing approximately 5k lbs! Trajan Elementary School also joined in the giving creating their own school competition. Along with that, local first responders from the

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Grant Helps CHP Focus on Aggressive Driving Behaviors

CHP News Release

SACRAMENTO, CA (MPG) - Excessive speed and aggressive driving are a major concern on California freeways. A federally funded grant will continue to help support the California Highway Patrol's (CHP) lifesaving grant campaign targeting dangerous driving behaviors.

The goal of the Regulate Aggressive Driving and Reduce Speed (RADARS) VI grant is to decrease traffic crashes attributed to speed and the number of people killed and injured in these crashes. In federal fiscal year 2018-2019, speed was a factor in approximately 45 percent of all fatal and injury-causing crashes in California. That year, 36,036 speed-related crashes killed 335 people and injured 53,060 others.

"Reckless driving behaviors are a significant threat to all who use California's roadways," said CHP Commissioner Amanda Ray. "The RADARS grant will provide for a focused education and enforcement campaign targeting speeding motorists and aggressive driving behaviors, including street racing and sideshow activities, to help prevent crashes resulting in death or injury."

Since the start of the COVID-19 pandemic in March 2020, CHP has noted a significant increase in incidents of unsafe driving behaviors: motorists exceeding 100 miles per hour on state highways, illicit street racing and sideshow activities, and speed-related crashes.

Between April 1, 2020, and September 30, 2021, the CHP issued more than 44,500 citations to motorists traveling in excess of 100 MPH. To address the issue, the CHP used federal grant funding to conduct enhanced speed enforcement operations on state routes with a history of speed-related incidents, collaborated with local law enforcement agencies to create street racing and sideshow task forces, and conducted social media campaigns to educate the public about the dangers of speeding, aggressive driving, and street racing. The RADARS grant will allow the CHP to conduct a comparable campaign from October 1, 2021, through September 30, 2022.

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

For more information please contact your local CHP Public Information Officer. ★

Making Space for Renovation

Story and photo by **Shaunna Boyd**

FAIR OAKS, CA (MPG) - The Fair Oaks Recreation and Park District (FORPD) recently launched the largest improvement project planned for the Measure J bond funds - renovation of the well-loved Veterans Memorial Amphitheatre. In early October, demolition started on the theatre and the nearby former salon building in the Village.

The outdoor amphitheatre seating remains intact, but the theater building and stage were reduced to rubble to make space for the planned renovation, estimated at \$7.9 million. This expansive project will include updated restrooms, changing rooms for cast members, a new stage that can be enclosed for use during colder months, and interior multiuse rooms that will serve as community center space.

This demolition work is the first step in an array of improvements to transform the various facilities in the Village into one large, integrated park - a complex



On October 7, the theatre building was demolished, making room for the planned renovation, which is funded by the Measure J bond.

the District plans to collectively call Village Park. In addition to the theatre renovation, \$3 million has been budgeted for upgrades to the Community Clubhouse, and \$7.4 million for improvements in the current Village and Plaza parks. Connected walkways throughout the area will create the feeling of a sprawling park housing

multiple recreation opportunities. Improvements will also include more parking spaces and many ADA upgrades to ensure the facilities are accessible to all visitors.

District Administrator Mike Aho explained that the renovation "will integrate the park and facilities into a central park type of facility that will be a

hub for the arts and entertainment." The District celebrated its 75th anniversary last year, and they are now looking to the future: Aho said the new complex "will serve the citizens and visitors of Fair Oaks for the next 75 years."

The District has been working through the design and review process to

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State Lawmakers Choose Style Over Security for Capitol Annex Project

Commentary
by Michael Leighton

If we've learned anything from the January 6 insurrection, it's that we can't take security for granted. Unfortunately, it seems state lawmakers do not share that same sentiment. Why? Because they're planning to build a new glass Capitol building with multiple weak spots, in stark contrast to all other state Capitols.

As a former Marine, current architect, and long-time Californian, I have concerns.

While there's quite some irony that the convoluted Capitol Annex Project is destined to end with a "crystal palace," that's not where my concerns lie. They lie in the fact that no legislator or architect involved in the project discussed how an all-glass exterior poses security risks for state employees.

In these turbulent times when we are routinely reading news reports of attacks on our schools and government buildings, many in the architectural profession choose to increase our facilities' security capacities to ensure the safety of our children and government workers. If it were up to us and security were the primary goal of the facility, we would put the buildings in an underground silo with only one entrance and exit. Considering most people would balk at all state facilities being built underground, we as architects must strike a balance between a fortress and a primarily glass structure with numerous access points, the latter of which is what is being proposed for the new Capitol Annex.

Short of cladding the structure in ballistic glazing, which is cost prohibitive, a glass exterior provides ample opportunity for foul play. Without any exterior walls, like the current granite



Proposed redesign of the Capitol Annex with an all-glass exterior. Image provided by Perry Communications Group, Inc.

and plaster walls of the Capitol and Annex buildings which block small arms rounds, the occupants near the exterior are unable to take cover from possible gun fire. In addition, all-glass walls would disclose the internal movement of law enforcement, such as escorting a high-ranking State leader to safety, as any efforts inside the building would be exposed to the attacker's view outside the building.

As we saw from the January 6 attack, the ability to immediately seek effective cover saves lives while law enforcement tries to get the situation in hand.

Outside of the all-glass concerns, lawmakers are also planning to wrap the proposed Annex basement with a parking garage on three sides. This, too, poses security risks. Not only from vehicular laden bombs, but from aerosol toxic agents which could be released into the building



The proposed Capitol Annex would include new glass features with multiple weak spots surrounding the Capitol building. Image provided by Perry Communications Group, Inc.

through the parking garage, agents such as those used in the 1995 Tokyo subway attacks.

If you look at State Capitols around the country, you'll find some similarities – they're sturdy, tough buildings made out of materials such as marble, sandstone, granite, or brick. Why? Because the architects involved in each Capitol's creation knew that a state's legislative hub needs to be regal, functional and, most importantly, safe. Even today, the California State Capitol stands firmly with its Neo-Classical style; why would we weaken her by attaching a delicate glass building to the back?

Clearly, our lawmakers have forgotten about the 2001 incident where a semi-truck rammed into the south steps of the Capitol causing a large fire and \$13.5 million in damages. And, we know that the cost of the repairs from the January 6 attack has already exceeded \$1 million, primarily from busted doors and smashed windows – could you imagine how bad the damage would have been if the U.S. Capitol were made of glass instead of stone, marble, and iron?

California's lawmakers are choosing a trendy design over the safety of staff and the millions of visitors who tour the Capitol each year.

It's time to stop this wasteful, and now, dangerous project.

Michael Leighton is a California architect, former Marine, and the third Marine in history selected to attend the Army Special Forces Qualification Course; graduating with specialties in weapons and demolitions. He also spent six years in Northern Virginia as the manager of a large, highly classified security contract for a government agency. ★

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Sir Francis Drake's Landing is Now a Historical Landmark

Orangevale-based Drake Navigators Guild Celebrates New Albion Site



Drake's Cove was altered shortly after WWII by William Hall, the rancher who owned the land. He bulldozed a dam across part of the Cove to make a stock pond for his cattle. It is fed by a spring. Photo provided by Drake Navigators Guild



Steve Wright is President of the Drake Navigators Guild, which submitted the nomination for the Drake's Bay Historic and Archaeological District National Historic Landmark awarded on October 17, 2012. Image provided by Drake Navigators Guild



Image of the estuary showing Drakes Estero view from Drake's Cove. Photo provided by Drake Navigators Guild

Drake Navigators Guild News Release

SACRAMENTO, CA (MPG) - On October 6, 2021, the California State Parks director Armando Quintero designated Francis Drake's 1579 California landing, Site of New Albion, as a California Historical Landmark, number 1061. This finalized the unanimous approval given by the seven-member State Historical Resources Commission in August 2020. Nominated by the Drake Navigators Guild, it had been presented to the Commission by historian State Historian William Burg and the State Historic Preservation Officer Julianne Polanco. The Drake Navigators Guild, a history research organization, is headquartered in Orangevale, California, with

Steve Wright as president. The landmark, located within the boundaries of Point Reyes National Seashore at Drake's Cove, is the landing site and encampment of Francis Drake and his crew on their journey to California in 1579. While Drake voyaged on his circumnavigating expedition aboard the Golden Hind, New Albion was the place where Drake and his crew interacted with the Coast Miwok people and made the first English territorial claim in what is now the United States. Drake's New Albion claim pre-dates later English claims at Roanoke (1585), Jamestown (1607), and Plymouth (1620). The site is recognized for many first events for California: First English claim to what would become the

United States. First interactions between native peoples and Europeans in northern California. Friendly, peaceful relations over five weeks; First use of the term Nova Albion (New England) for the USA. This refers to the white cliffs at Drakes Bay; First use of the English language in the future United States; First Protestant church service in the future United States; First use of the Book of Common Prayer in the future United States; First European contact in northern California; First Black persons in California; Black slaves freed from Spanish enslavement by Drake along South America and Mexico; First Hispanic person in northern California; Including de Moreno who chose to stay in California and walked, over four years, back to Mexico; First Chinese and Filipino trade goods brought to California. Wright said, "We are pleased to see California distinguish Drake's Cove as the site of Francis Drake's 1579 landing and New Albion claim. No Drake anchorage in the world has been as deeply researched as has this California landmark." The nomination, submitted by the DNG, received support from historians and archaeologists from Great Britain, Canada, California, and Oregon. The site is also related to a National Historic Landmark, Drakes Bay Archeological and Historic District, which was awarded on October 17, 2012.

Founded in 1949, the DNG, headquartered in Orangevale CA, is non-profit history research group which brings together persons from many fields of scholarship and nations to study the early exploration of the west coast of North America. Its members and associates have included practical seamen including Fleet Admiral Chester Nimitz, Sir Simon Cassels, Lord Louis Mountbatten, and Captain Adolph S. Oko, Jr. Additionally, award-winning historians Barry Gough, Edward Von der Porten, and Rear Admiral Samuel Eliot Morison have been members. The DNG continues to support research and education about Francis Drake's visit to the west coast of North America. Additionally, the Guild has researched and assisted study with numerous other related maritime explorations and events. ★

Food Drive Breaks Records!



Thanks to Fair Oaks and Orangevale community members, the 2nd Annual "Drive-Thru" Food Drive inspired many to this generous occasion, helping to alleviate the demand for food which remains at an all-time high. Photo provided by Junie Baldonado



The Casa Roble Rams football team was able to collect over 12k items for this year's food drive. Photo provided by Junie Baldonado

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California Highway Patrol, Sacramento County Police and Sacramento Metropolitan Fire District came to show their support as well!

"At the end of that long, exhausting but rewarding day, I cracked my adult beverage and literally cried tears of joy,"

Marcus reflected, "how wonderful to be part of something like this, to see such an outpouring of love and generosity is a gift in itself."

For anyone interested in volunteering or donating to the Orangevale-Fair Oaks Foodbank, go to their website at www.orangevalefoodbank.org ★

Making Space for Renovation

Continued from page 1

get final approval from Sacramento County, Sacramento Metro Fire, and SMUD. Reviews and resubmittals are expected to be completed by late November. Then the District can request construction bids for the Amphitheatre, Community Clubhouse,

and Village and Plaza parks.

Aho is hopeful that the District will award a contract for construction by mid-January, so the construction work could commence as early as February. Once the work begins, it is expected to take approximately 18 months for completion, assuming

all goes as planned.

While the project is ambitious and will certainly impact the Village during construction, these improvements will transform the area – creating a new, more dynamic space for recreation. Aho said, "Once completed, it will be a crown jewel for Fair Oaks for years to come." ★

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“Lest We Forget”

“We have come to dedicate a portion of that field, as a final resting place for those who here gave their lives that that nation might live.” – President Abraham Lincoln’s Gettysburg Address, November 1863.

By Sal Arrigo, Jr.

CHATTANOOGA, TN (MPG) - I cannot adequately describe my feelings as I entered the Chattanooga National Cemetery where I had come to pay my respects and dedicate this story to these veterans. It is located not too far from the heart of the city of Chattanooga, Tennessee. Visiting this cemetery, even if you had little or no understanding about the Civil War, you would come away with a new perspective on our nation’s history, and aren’t we supposed to have a grasp of history (both good and bad), before we are doomed to repeat it?

In 1863, General Order No. 296 was issued to create a national cemetery to commemorate the Battles of Chattanooga in November 1863. Major General George H. Thomas, known as “The Rock of Chickamauga,” issued this order, but it was not until 1867 that the cemetery gained a national designation. In all, there are 155 national cemeteries in 42 states and Puerto Rico; to find out where they are in your travels, go to www.cem.va.gov, for more information.

Why should you visit the Chattanooga National Cemetery? When you arrive at the cemetery and proceed to the administrative building for information, you may talk with Kevin Ritchey of Facilities Maintenance, who has a wealth of knowledge about the park. Kevin is also a U.S. Army combat veteran. The cemetery has many qualified volunteers to answer your questions and offer directions (all the volunteers are veterans), so if you want to visit the grave of Desmond Doss (the subject of the movie *Hacksaw Ridge*), they can get you there. You can visit the grave of an individual who has the unique distinction of being the only person buried here from the American Revolution.

The Chattanooga National Cemetery is 120 acres in size, and there are more than 41,000 veterans and their dependents resting here. Some of the highlights of cemetery include the Memorial Circle of Honor that was established in 1992. You can easily recognize the location by the American flag sitting atop the hill where it is said that



U.S. Army Corporal Desmond T. Doss is interred at Chattanooga National Cemetery. A combat medic serving with the US Army in World War II, he is credited with saving 75 men at Okinawa and is the only conscientious objector to receive the Medal of Honor. He was featured in the 2016 movie *Hacksaw Ridge*. Photo by Sal Arrigo, Jr.



The Chattanooga National Cemetery in Tennessee was created to commemorate the Battles of Chattanooga fought in November 1863. Photo by Sal Arrigo, Jr.

General Ulysses S. Grant had his headquarters while the Battle of Chattanooga was fought nearby. The Circle honors those from our nation’s conflicts, and organizations have erected memorials in recognition of the sacrifices that were made during the Vietnam War, Korean War, World War II and more.

The first thing you see when you arrive is the Andrew’s Raiders Monument. This monument is in honor of those individuals who aided the Union in the Civil War. The individuals honored here are among the first recipients of the Medal of Honor, our nation’s highest military tribute “for conspicuous gallantry and intrepidity at the risk of life above and beyond the call of duty.”

In addition to the individuals buried here from the Civil War, the cemetery also is the final resting place for German soldiers who were prisoners of war from World War I and World War II. Each November, the German government honors these soldiers with a laying of the wreath at the German monument.

The Chattanooga National Cemetery was placed on the National Register of Historic Places in 1996. As with historic places, one must take time to observe and “feel” the surroundings. For instance, every monument or memorial arch has a story, and usually there is an inscription, or plaque or headstone that tells why that warranted being placed in this cemetery of honor.

The Chattanooga National Cemetery is an inspirational place to visit. I found that there is so much more to discover through the veterans buried here. Charles H. Coolidge, who was one of the last surviving Medal of Honor recipients from World War II, is buried here. In fact, if you want to study up on Medal of Honor recipients, you can visit the Charles H. Coolidge National Medal of Honor Heritage Center right here in Chattanooga.

As I said, a visit to this cemetery is very enlightening and truly educational! The closest national cemetery we have to Sacramento is in Dixon at the Sacramento Valley National Cemetery. It is the seventh national cemetery built in California and the 124th in the national cemetery system. It’s a visit worth the time. Thank you, veterans! ★

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County Breastfeeding Program Receives USDA Award



Women, Infants and Children (WIC) program has received a WIC Breastfeeding Gold Award of Excellence 2021 award from the U.S. Department of Agriculture. Photo credit Sac County Media

By Laurie Slothower, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - The Sacramento County Women, Infants and Children (WIC) program has received a WIC Breastfeeding Gold Award of Excellence 2021 award from the U.S. Department of Agriculture. This award recognizes the WIC agencies that provide exceptional breastfeeding promotion and support activities. Awardees serve as a model for other WIC agencies who want to strengthen their breastfeeding promotion and support activities through their Breastfeeding Peer Counseling Program.

The Sacramento County WIC Program has a history of program excellence. The Breastfeeding Peer Counselor Program first received this award in 2016, which remained current for four years. In 2021, Sacramento County WIC was only one of four local WIC agencies to receive the award in the western region, which includes

Alaska, California, Hawaii, Idaho, Nevada, Oregon, Washington, Guam, Commonwealth of the Northern Mariana Islands and American Samoa.

The Sacramento County WIC Program was able to pivot quickly when the pandemic started in 2020, finding new ways to connect with families remotely by providing services by phone and video. One of the highlights of the BFPC Program is its virtual prenatal class, which gives participants an opportunity to meet their Peer Counselor and a Lactation Consultant who will be supporting them after delivery.

“Our Breastfeeding Peer Counselors have done a wonderful job being responsive to the changing needs of the families we serve throughout this pandemic, providing exemplary services while keeping families and kids safe and healthy,” said Chevon Kothari, Director of the Sacramento County Department of Health Services. “Their passion

and dedication to supporting our families is exemplary and is what made receiving this award possible.”

Breastfeeding is a practice that is proven to benefit both mothers and babies. It helps mothers recover more quickly from childbirth, reduces the risk of breast and ovarian cancers and may assist in losing weight after childbirth. Infants who are breastfed have a lower risk of developing asthma, ear infections, respiratory infections, gastrointestinal infections and other ailments. The long-term benefits of breastfeeding may lower the child’s risk of obesity, type 1 diabetes and childhood leukemia. Breastmilk contains all the nutrients babies need to grow and protects the baby’s immune system.

For information about WIC services and eligibility, visit the Sacramento County WIC webpage at dhs.saccounty.net/PRI/WIC/Pages/Women-Infants-and-Children-Home.aspx ★



Poppoff!

With Mary Jane Popp

BOO

So how far back does this BOO thing go? Halloween straddles fall and winter... life and death. It’s a time of celebration and superstition. It’s thought to have originated with the ancient Celtic festival of Samhain. People would light bonfires and wear costumes to ward off roaming ghosts. The Celts, who lived some 2,000 years ago in the area that is now Ireland, the United Kingdom, and Northern France celebrated the New Year on November 1. This day marked the end of summer and the harvest, and the beginning of the dark and cold winter, a time of year that was often associated with human death. Celts believed that on the night before the New Year, the boundary between the worlds of the living and the dead became blurred. That’s why on October 31, they celebrated Samhain. They thought these roaming ghosts would cause trouble and damage crops. They also thought the presence of other worldly spirits made it easier for the Druids, or Celtic priests, to make predictions about the future. Since this was a culture entirely dependent upon the volatile natural world, these prophecies were an important source of comfort and direction during the long, dark winter. Many cultures, including the Roman Empire that conquered the majority of the Celtic territory in 43 A.D. combined the festivals of the Celts.

Then Halloween came to America, but extremely limited in colonial England because of the rigid Protestants. It was much more common in Maryland and the southern colonies. Today’s tradition probably dates back to the early All Soul’s Day parades in England. During the festivities, poor citizens

would beg for food and families would give them pastries called “soul cakes” in return for their promise to pray for the family’s dead relatives. The soul cake was encouraged by the church as a way to replace the ancient practice of leaving wine and food for roaming spirits. Merging different ethnic groups and Native American Indians gave America its own Halloween. The first ones were party-driven and public events to celebrate the harvest. Neighbors would share stories of the dead, tell fortunes, dance and sing. Colonial Halloween festivals added ghost stories and mischief making. In the second half of the 19th century, America was flooded with new immigrants and millions of Irish fleeing Ireland’s potato famine of 1846. Taking from Irish and English traditions, America began dressing in costumes and going house to house asking for money for food. That’s when “trick or treat” was born. Young women believed they could divine the name or appearance of their future husband by doing tricks with yarn, apple parings and mirrors. By the late 1800s, there was a move to mold Halloween into a holiday more about community and neighborly get-togethers than about ghosts, pranks and witchcraft.

That’s some of the history and then all the candy and the spooky movies too. Yes, there’s always another “Halloween” movie out with all the blood and gore to go with it. Stock up on the treats and save some for your efforts!

**HAPPY HALLOWEEN
and Stay Safe!**

Secured Property Tax Bills Mailed

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Sacramento County will mail about 471,594 secured property tax bills which are payable beginning Nov. 1, 2021. These tax bills are mailed only once a year, however, property owners may pay their bills in two installment payments:

The first installment payment is due on Nov. 1, 2021. Payments will be accepted without penalty until 5 p.m. on Dec. 10, 2021; The second installment payment is due on Feb. 1, 2022. Payments will be accepted without penalty until 5 p.m. on April 11, 2022; Both installments may be paid when the first installment is due. A reminder notice will not be mailed for the second installment.

Taxpayers may sign up for online email notifications for annual secured property tax bills and reminders before delinquent dates. Choose “e-Subscribe for property tax payment notifications” to receive these notifications.

Payments can be made online via credit card or electronic check. Taxpayers may print tax bill installment payment stubs to mail in with their payments. Taxpayers may also pay by credit card or electronic check over the telephone at (844) 430-2823. There is a convenience fee for credit and debit cards. Electronic checks are free.

Payment can be made in person at the Sacramento County Tax Collector’s Office at 700 H Street, Room 1710, between 8 a.m. and 5 p.m. Monday through Friday. In person payments can be paid via cash, check, credit card, debit card or money order. A convenience fee will apply for credit card and debit card transactions.

Payments can be sent via mail to P.O. Box 508, Sacramento, CA 95812-0508. The Tax Collector accepts and processes payments based on the postmark date. Payments may not be credited to the tax bill for several business days dependent upon the volume of payments received, whether payments were submitted with the correct payment stubs, and/or whether envelopes were postmarked by the delinquent date.

Property tax law (Prop 8) requires that parcels be assessed at their factored Prop 13 value, or their fair market value (as of the Jan. 1, 2021 property tax lien date), whichever is less.

A rising real estate market can cause higher than expected increases in a parcel’s annual tax bill if that parcel was in Prop 8 status last year. However, the assessed value of any parcel cannot increase beyond that parcel’s factored Prop 13 level. The 2% inflation cap applies only to Prop 13 assessments. It does not apply to Prop 8 assessments, which by law must track the property’s market value until it reaches the Prop 13 factored value.

Find assessed values on the Assessor’s Website under “Assessed Value Lookup,” including this year’s value and the factored Prop 13 value for comparison. If a taxpayer has evidence that their assessed value as of January 1, 2021, was less than that shown on this year’s (2021-2022) tax bill, they should:

Visit the Assessor’s Website; Call the Assessor’s Office at (916) 875-0700; Email the Assessor’s Office at Assessor@SacCounty.net

Taxpayers may obtain current year tax bill information, copies of property tax bills, direct levy information, delinquent prior-year tax information

and amounts due through the Sacramento County Online Property Tax Bill Information System, searching by APN or address. Find a QR Code on your tax bill payment stub for use with smartphones to connect to our website.

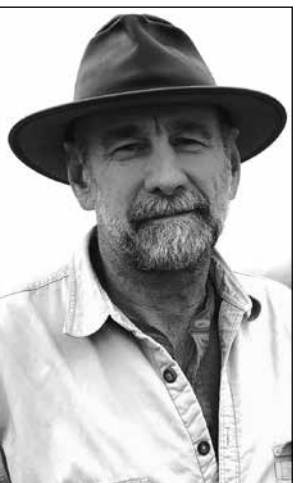
Sacramento County also has a 24-hour/7-day-a-week Automated Property Tax Information Line that provides information on tax subjects and access to detailed billing and payment information. Tax specialists are available 9 a.m. to 4 p.m. Monday through Friday. Reach the system and tax specialists by calling (916) 874-6622.

If you own property and do not receive a tax bill by October 15, 2021, you may obtain tax bill copies, property tax information, and payment stubs (coupons) on the Tax Collector’s website.

Revenue & Tax Code 2610.5 “Failure to receive a tax bill does not relieve the property owner of the liability to pay taxes in a timely manner or give the Tax Collector reason to cancel penalties imposed for late payment.”

Even if your tax bill is being paid by a lending institution (mortgage company), state law requires that a copy of the tax bill be sent to the property owner; all property owners should receive either the original tax bill or an “Owner’s Information Copy.” It is the responsibility of the property owner to keep their mailing address current with the Assessor’s Office. To update your mailing address, please contact the Assessor’s Office in writing at 3636 American River Drive, Suite 200, Sacramento, CA 95864 or via email at Assessor@saccounty.net. Please make sure you include a parcel number and phone number with all correspondence. ★

Sacramento Tall Club Rises to New Heights



Bob Huggett, president of Sacramento Tall Club. Courtesy photo

By Thomas J. Sullivan

SACRAMENTO REGION, CA (MPG) - Members of the Sacramento Tall Club (STC), a social club of men and women in Rancho Cordova who share a special common attribute are looking to grow their membership.

Club members are once again meeting socially for lunch, dinners and “TGIF” events, while following state and social pandemic protocols.

Open to singles and couples, the STC is an active group of people who are tall and love getting together and having fun,” said their president, Bob Huggett. “Anyone at least 21 years of age may join if they meet the club’s height requirements.”

Women must be at least 5’ 10” tall, and men must be at least 6’ 2” (measurements are taken barefoot). Huggett said if you are a spouse of a regular STC member, you may still be an associate member if you

don’t meet the height requirement.

Huggett, a 6-foot-7-inch chief engineer at the California Department of General Services, describes what it’s like to be vertically gifted and the camaraderie he’s found since joining the STC.

“Well, advantages are, of course, being above the others, [but] you’re always looked at a little bit differently when you’re tall. Not every place is built for tall people. Not every airplane I get in has enough headroom and legroom and all that stuff,” Huggett said.

Huggett said STC members are looking at new ways through MeetUp and social media to attract younger members to join the group as the base age of club members is climbing.

“We want to share the fun and fellowship we’ve enjoyed through the years as club members as we welcome new people, and begin building new friendships,” Huggett said.

The STC is a member of Tall Clubs International (TCI). Established in 1982, the STC lists some 80 active members in the greater Sacramento region, and a few members from as far away as Reno and Stockton.

Huggett said he is especially proud that one of STC’s own, Folsom resident Rusty Bloomquist was honored with the 2021 Tall Clubs International (TCI) Frank Winker Lifetime Achievement Award this summer.

Bloomquist, who has

served terms as STC treasurer, vice president and sergeant-at-arms, was cited for his work as national TCI vice president during the pandemic to encourage national membership and providing advice to those seeking to launch new local TCI chapters.

The STC awards scholarships to eligible graduating high school seniors.

“They must meet our height requirements and write an essay on “What Being Tall Means to Me,” Huggett said. Local scholarship winners can go on to compete for a second national scholarship award. “We put on all kinds of events which satisfy the variety of tastes of our club members. We try to have get-togethers at fun places such as bar and grills, interesting restaurants, night clubs, and whatever else we can think of that’s likely to be fun and enjoyable,” Huggett said.

“Without the height, we’re just normal people, and there’s nothing really different about us. In the club, that’s really the only common trait we have: We’re all tall,” Huggett said. “It costs nothing to attend one of our events and check us out.”

Upcoming events for the Sacramento Tall Club are posted on social media including Facebook and Meetup, Huggett said. Call 916-469-8255 to learn more about upcoming events or visit their web page at sacramento-tallclub.org. ★



By Marlys Johnsen Norris, Christian Author

Ancestral Roots Are Important

Today's world is far too materialistic and has been leading us in a wrong direction in so many areas. Our country was birthed with a positive direction, based on the laws and rules set by God! Those values have enriched lives, as well as, helped people all over the world in one way or another.

Years ago America was known as the "land of opportunity"! Those words breathed hope for people to bridge that gap in their lives. Hence, for various reasons they chose to come here to live their dream for a happy life.

Two generations back, my grandparents on both sides of our family came from the old country. They believed America had established some positive ideas about working for a

living to provide for all our needs as well as to help those who were unable to work for one reason or another.

The past year since our new president was placed in office. Today we observe many small businesses folding and vacant stores everywhere. Open borders now with thousands of people coming into our country with the Covid and no tests or vaccinations prior to entry. Even, some big businesses are folding as well. The Covid illness has not helped.

Today it is also evident some people have not been taught to provide for themselves! Some are lazy and expect the government or someone to shelter, feed and cloth them. The result is "spoiled lazy children!"

America keeps pouring out money (millions of dollars) into all the other countries and now don't we wonder why all our businesses are failing? It seems those needy countries have sent people

here and are now seriously influencing America's value system. Our people will soon be like all the other countries we have helped and we may well soon be very needy as well.

Something needs to be done and to change the course of events politically and socially and fighting about it is not a positive solution. Please join many of us to pray for God's Will to be Done in all our lives and in our country as well.

SCRIPTURE PUTS IT THIS WAY: GOD HAS OUR ONLY ANSWER!!!
"For IF my people who are called by My name will humble themselves and pray and seek my face, I (God) will answer and heal their land."

Marlys Johnsen Norris
 Christian Author of 7 Books
 ARM Columnist since 2006
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Newsom, Legislature Push the State Leftward



By Dan Walters CALMatters

Before celebrating his 54th birthday Sunday, Gov. Gavin Newsom closed out the landmark 2021 session of the California Legislature by signing the last of the 770 bills he decided should become law.

It was a remarkable session because a new wave of COVID-19 was hitting, Newsom was facing a recall election, he and legislators had many billions of dollars in federal pandemic aid and unanticipated tax revenues and, finally, because they spent much of that money on an array of new and expanded public services.

The new spending on health care, social services, public schools, early childhood education and increasing personal incomes of the poor makes California the national leader in advancing the European-style "social democracy" model that the Democrats' left wing wants the federal government to embrace.

Before this year's session began, for instance, 94% of Californians had some form of medical care coverage, thanks to Obamacare and a sharp expansion of the state's Medi-Cal program for the poor to more than a third of the state's population. This year's additions

push California very close to universal coverage, a long-sought goal of those on the left and Newsom's oft-expressed ambition.

The leftward tilt of the session is also evident in other ways that do not spend money, such as making ethnic studies a requirement for high school education, banning gasoline-powered lawn equipment, imposing new restrictions on guns, or compelling department stores to have gender-neutral toys and child care departments.

The Legislature and Newsom also continued to move the state's criminal justice system leftward, reducing punishment for some crimes and cracking down on police officers who misbehave by lifting the licenses, called "certifications," they need to be employed.

Interestingly, while Newsom endorsed 770 bills that the Legislature sent to his desk, he also vetoed 66 of them, in some cases because, he said, they went just a bit too far.

One of his more significant – and surprising – rejections was the latest of many years-long efforts by Democratic legislators to help the United Farm Workers Union expand its tiny foothold among the state's agricultural workers.

Assembly Bill 616 would have allowed pro-union workers to sign cards rather than having an election on whether the UFW should be recognized as a contract bargaining agent. It faced stiff opposition from farmers and Newsom said in his veto message that the bill contained "various inconsistencies and procedural issues

related to the collection and review of ballot cards."

The UFW had backed Newsom in his successful victory in a September 14 recall election, and he vetoed the union's bill eight days later, earning a denunciation from the union's leaders, who likened the measure to the all-mail state election process that Newsom and legislators have decreed.

AB 616 was just one of two bills on the California Chamber of Commerce "job killer" list to reach Newsom's desk intact. While he vetoed it, he signed the other, Assembly Bill 62, also a union-sponsored measure that bans piecework pay in the garment industry.

Legislative leaders tout this year's session as one of the most expansive in history, and they are correct. The state is now a beacon for the national progressive agenda that President Joe Biden is trying, so far unsuccessfully, to move through Congress.

There's every reason to expect that Newsom and the Legislature will continue to paddle California's canoe to the left. Republicans are powerless and the influence of Democratic moderates has waned. The only question is whether the economy will continue to churn out enough money to pay for the new benefits without tax increases.

calmatters.org/commentary/2021/10/newsom-legislature-push-the-state-leftward/

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

Green Thumb Versus Black and Blue Thumb

Dr. James L. Snyder

If you came to our parsonage, you would discover all over our property, plants and flowers. Just don't ask me to identify what they are. I can tell a plant from a flower, but that's as far as it goes with me.

That is not true with the Gracious Mistress of the Parsonage. She gets all the credit for all the plants and flowers on our property. She knows them all by name.

Walking up to our house, you will see right next to the door a pineapple plant. I never knew exactly what it was, but my wife kept telling me it was a pineapple. Then this year, the pineapple actually developed.

When she first planted it, she asked me, "Did you see my new plant out front?"

I did not, but I did not want to tell her that I did not.

"Yes, I saw it, and it looks wonderful." I smiled a very gregarious smile at her.

I thought I was off the hook with that, but guess what? I was not off the hook, because then she said, "What kind of a plant is it?"

"For your information," she said somewhat sarcastically, "it is a pineapple

plant. Why don't you go out front and look at it?"

I went out, and she followed me to the front to look at the pineapple plant. It was a very profitable session. First, she gave me a very detailed lecture on the pineapple plant, planting it and watering it through the year. Then she told me how long it takes a pineapple to grow to the point of harvesting.

I think she is the Martha Stewart of all things growing outside in our backyard.

The one secret to her plants and flowers is that she talks to them. I didn't know plants and flowers could hear, but obviously, they do.

Last week it hadn't rained for days, and I heard her out on the porch saying, "Don't worry, it will rain very soon. Be ready for it and be patient."

Evidently, talking to the plants and flowers is very much appreciated by those plants and flowers. I've been tempted to go out and talk to them myself, but I was fearful that they would shrink in fear. Then guess who would be in trouble?

It's pretty evident that I could not take care of plants and flowers as she does. Probably none of them

would survive. Those plants and flowers ought to be quite thankful that I am not the one taking care of them. They ought to be thankful for the expert with a wonderful green thumb and not the one with the black and blue thumb.

Even though I can't take care of them, I can appreciate them. Also, I can appreciate the one who does all the work to make them look as good as they do.

Sitting on the back porch drinking some coffee and looking at the flowers, I thought of the wonderful verse in the Bible. "Wherefore comfort yourselves together, and edify one another, even as also ye do" (1 Thessalonians 5:11).

Relationships are not built upon having the same qualities. Rather, it is appreciating our differences that pull us together and enable us to do what God wants us to do.

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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- CLUES**
- ACROSS**
- *Hitchcock's 1963 movie, with The
 - Bad-mouth
 - H or O in H2O, e.g.
 - France's longest river
 - Bauxite, e.g.
 - Opposite of adore
 - Proprietor
 - Quaker Man's cereal
 - Oozes
 - *Corpse
 - *Borbing for what?, pl.
 - One time around
 - Bébé's mother
 - General Post Office
 - Actuary's concern
 - Named, in bygone era
 - Not easy
 - Accepted behavior
 - Kitchen floor layer?
 - Northern European capital
 - *Overly consumed on Halloween?
 - Actress Spelling
 - Nature's rage
 - Bangladeshi currency
 - Colossal
 - Bowling prop
 - Famous Himalayan
 - Bugling ungulate
 - Valedictorian's spot
 - Possessive of "it"
 - *Pennywise and Joker, e.g.
 - *Traditional Halloween garb
 - Honolulu greeting
 - Costa del
 - Plant fungus
 - Mild and pleasant, weather-wise
 - E.T. transporter
 - Popular spring flower
 - Hole-making tools
 - Young newt
 - Country singer ____ Hill
- DOWN**
- Coalition
 - Corn Belt state
 - Drink garnish
 - Cheerlessness
 - Offered on a platter
 - *Door-to-____
 - George Gershwin's brother
 - Plural of seta
 - Cain's biblical brother
 - You, in bygone era
 - Uh-oh
 - Wife's title
 - Facet
 - Actress Linda of "Dynasty" fame
 - Be nosy
 - South American wild cats
 - *Bedsheet with holes?
 - Command that follows "cut"
 - Acrylic fiber
 - Show off
 - Low-cal
 - Skip the wedding hoopla
 - State of danger
 - *As opposed to treat
 - Small town or hamlet
 - Manufacture
 - 2,3, e.g.
 - Carnie's domain
 - Grandmother, for short
 - Reflexive of "it"
 - Question in dispute
 - Parallel grooves
 - *Raven's grabber

Crossword Puzzle Solutions on Page 7

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Solutions on Page 7

Find Puzzles on Page 7

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Sudoku Puzzle on Page 7

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Public-Service Workers Rejoice as Feds Forgive Student Debt

**By Suzanne Potter,
California News Service**

SACRAMENTO, CA (MPG) - Hundreds of thousands of teachers, nurses, social workers, military officers and others in public service can breathe a sigh of relief as the Biden administration announced major reforms to the public-service loan forgiveness program.

Miguel Cardona, U.S. Secretary of Education, said the program will be streamlined so about 550,000 more people will qualify.

“In 2007, Congress made a pledge to forgive loans if you serve the community for ten years, and we’re going to make that right,” Cardona remarked.

The program is supposed to pay off remaining loans for people who have made payments for ten years while working in a

qualifying profession, but you had to have a certain type of loan. Now, people can get a waiver and be able to count payments on other types of student loans toward the forgiveness program.

Merrie Wolf, a longtime math teacher from Tulsa, was told after a decade of payments that she would have to convert to a different type of loan and start the clock all over again.

“The student-loan process has been a nightmare, to say the least,” Wolf asserted. “I was led to believe a whole ten years that I was headed toward Public Service Loan Forgiveness.”

According to the Institute for College Access and Success, in 2018-19, the most recent year from which data is available, 48% of California college

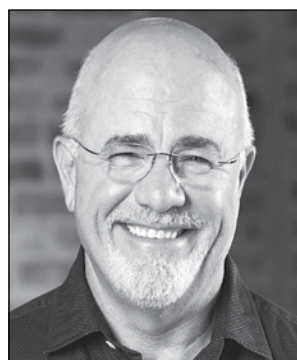
graduates had student loan debt, with an average debt load of more than \$21,000.

A GAO report found 99% of the people who apply for the Public Service Loan Forgiveness program are denied.

Jesse Yedinak Gray, research director and assistant professor at Brown University School of Public Health, said the changes are a light at the end of the tunnel after years of crushing debt.

“It’s a lot of money that you don’t get to use to save for retirement, or save for, say, my son’s education either,” Gray pointed out. “It’s ending up costing so much more than I ever thought it would.”

The changes mean more military officers will qualify, and the feds are going to review all applications that were previously denied. ★



Dave Ramsey Says

up as a business expense?

– Amber

Dear Amber,

You’re taking a risk here, from a business perspective, by playing around with \$4,000 in debt to make \$30 a pop. That’s inordinate. And you shouldn’t be paying for the clothes in the first place. These brands should be giving you clothes to review – that you keep – for the marketing exposure, but I’m not sure you’ve got enough eyeballs on you yet to justify them giving you the clothes for free.

Basically, it sounds like you’re trying to put yourself in a position to be an influencer. And the way influencers get paid is by monetizing eyeballs. Obviously, YouTube and other platforms will pay you if you can get the eyeballs. But 1,000 viewers really aren’t a lot these days. You’re getting there, though, and I’m glad you’re working at it and trying to make things happen.

You make good money, Amber. I want you to set aside \$2,000 or \$3,000 for this business, maybe out of the business income, and

prime the pump one time. By that, I mean open a separate checking account that’s for your clothing exchange process only. Here’s the thing, let’s say you bought \$1,000 worth of stuff from one of these companies, and they suddenly decide they’re not taking it back. You just ate that \$1,000. And guess what else? Now, you really have credit card debt.

There are three things you can always be sure of in business. One, it’s going to cost twice as much as you think it will. Two, it’s going to take twice as long as you think it will. And three, you are not the exception to these things. While we’re at it, add this to the list of stuff you can always be sure of – you’ll never find me advising or endorsing credit card debt!

– 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. Morning, He also serves as CEO for Ramsey Solutions. ★

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Society for the Blind in Sac Receives \$10K to Teach Braille



A student learns Braille at Society for the Blind. The organization just received a grant from Golden 1 to help youth with vision loss learn Braille. Photo: Thébaud Communications

By Kristin Thébaud, Thébaud Comm.

SACRAMENTO REGION, CA (MPG) - Society for the Blind recently received \$10,000 from Golden 1 Credit Union to provide Braille literacy for children in Sacramento and across Northern California who are blind or have vision loss.

"Today, less than 10 percent of children with vision loss are literate," said Shari Roeseler, executive director, Society for the Blind. "They are not learning Braille and are unable to read, write and comprehend. By third grade they are significantly behind their sighted peers, and 50 percent of high school students who are blind drop out before graduating. Literacy is key to improving academic outcomes and pointing these children toward college and careers. We are grateful to Golden 1 Credit Union for helping us fill this gap so children with vision loss can be

pandemic on our vulnerable populations, we know it is especially important to provide support to organizations that enrich the minds of future generations," said Erica Taylor, vice president of communications and community relations. "Golden 1 is inspired by the mission of Society for the Blind, and we are honored to help them continue to serve their community."

For 67 years, Society for the Blind has created innovative ways to empower individuals living with low vision or blindness to discover, develop and achieve their full potential. Society for the Blind has grown from a dedicated group of volunteers to a nationally recognized agency and the only comprehensive rehabilitative teaching center that provides services for a 27-county region of Northern California. The nonprofit provides low-vision eye care, life and job skills training, mentorship, and access to tools to maintain independence for nearly 6,000 youth, working-age adults and seniors experiencing vision loss each year. For more information or to donate, visit SocietyfortheBlind.org.

The Golden 1 Credit Union Community Grant Program funds nonprofits serving communities in the Sacramento and Central valleys that are working to address children's literacy and transition-age foster youth. In 2021, the program awarded grants to 33 nonprofits in California. For more information, visit Golden1.com. ★

successful and independent when they grow up."

The grant will allow Society for the Blind to provide Braille literacy classes, instruction materials and training in assistive devices for up to 100 new children who are blind or have low vision in elementary through high schools across the region. Through Society for the Blind's After-School Academy for children from first grade through high school, students will learn Grade 1 Braille, including the alphabet, spelling, numbers, reading and writing. Middle and high school students who pass Grade 1 Braille will learn Grade 2 Braille, which includes shortened or contracted words as well as the Nemeth Code-Braille for math and science. Students also will receive subject-based tutoring based on an initial assessment upon entering the program.

"As we continue to learn more about the short- and long-term educational impacts of the COVID-19

Ask Toni

Long Term Care Illness ...

Baby Boomers Biggest Retirement Expense



Toni King

Dear Toni:

I read your recent article about the cost of nursing homes nationwide and I am concerned that I may wipeout my 401K or savings if a long-term care need arises.

I am a 68-year-old retiree with a wife turning 65 in January. My 88-year-old mother has been living in an assisted living facility with Alzheimer's for 3 years, costing me and my siblings \$8,500 each month. Her health is good, but my mother's mind is slipping, and this situation could continue for years.

Can you please explain various long-term care options that we can apply for to help with LTC needs?

~ Thanks, Paul from Nashville, TN

Paul:

Baby Boomers are concerned about a prolonged illness or chronic condition being one of their biggest retirement expenses if not planned properly.

Medicare pays for a maximum of 100 days of skilled nursing care before retirees must absorb the remaining cost themselves, and you are seeing your mother's nursing home care of \$8,500 per month for the last 3 years with no end in sight.

Because Medicare is controlling healthcare costs, most Medicare beneficiaries are receiving \$0 co pays for days 1-20 in a skilled nursing event and over \$185 for days 21 to 100. But one must be improving to stay in the facility.

A long-term care or chronic illness conditions can be very costly with the average annual cost ranges from \$65,000 to \$90,000 per year for semi-private nursing home stay to \$84,000 to \$96,000 per year for private nursing home stay.

However, depending on the level of assistance that you need, there are inexpensive care options and ways to protect yourself from excessive long-term care costs.

Below are a few options for additional ways

to find affordable long-term care or email info@tonisays.com for more information:

- 1. Traditional Long-Term Care:** Many purchase a Long-Term care policy. The younger you are when you purchase a long-term care policy, the lower the premiums will be. Seek Long Term Care while you are younger and in good health...
- 2. Hybrid Life and Annuity Policies:** Many life/annuity insurance policies have a provision if you need Long Term Care; you can receive a certain amount of Long-Term Care with your life/annuity policy's face amount.
- 3. Aid and Attendance benefits:** The VA can help Veterans with Long Term Care issues. There is over \$20 Billion dollars available for long term care pension money just waiting for Veterans to apply for their Aid and Attendance benefits. You need to have a Long-Term Care issue to qualify. (Recently, I had my own mother qualified for this benefit and an at home care aid is assisting in my own mother's daily care so I, Toni, can help America understand Medicare. Thank You VA for this great service for our Veterans and spouses)
- 4. Medicaid:** Check to see if you can qualify for Medicaid. One must "spend down" to qualify. And do not forget the 5-year income/asset look back period and "MERP" the Medicaid Estate Recovery Program. Where the amount of money the state spends for healthcare can place a lien on the individual's estate for healthcare, at home aid or nursing home care paid for by the state.
- 5. New Short-Term Home Health Care:** Assists with paying for at home care for a maximum of a year. Allowing one to not drain their savings or 401K for an at home recovery.

If you have any Long-Term Care or Medicare questions, please feel free to reach out to Toni and the Toni Says® Medicare team at 832/519-8664 or send an email to info@tonisays.com.

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

Social Security Matters

The Basics of Applying for Social Security



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: I am planning to apply for Social Security in May of 2022 and would like to understand how to file. I will be taking it when I am 62. **Signed: Ready to Retire**

Dear Ready to Retire: Congratulations on your upcoming retirement! You should apply for your Social Security benefits about 3 months before you wish benefits to begin (you will tell them the month you want benefits to start when you apply). Since you plan to apply at age 62, be aware that you must be 62 for an entire month to be eligible for benefits – you cannot get benefits for the month you turn 62 (unless you were born on the 1st or 2nd of the month). Rather you become eligible the following month.

Your benefit payment date will be either the 2nd, 3rd, or 4th Wednesday of the month, depending on the day of the month you were born. Born between the 1st and 10th of the month your payment will be received on the 2nd Wednesday; born between the 11th and 20th of the month, payment will be made on the 3rd



Wednesday; born after the 20th of the month your payment will be received on the 4th Wednesday.

You can apply for benefits over the phone by calling Social Security at 1(800) 772-1213 (or by calling your local office) and requesting an appointment to apply. However, by far the most efficient way to apply is online at www.ssa.gov/applyforbenefits. Here's a link to a short video about applying online: https://www.ssa.gov/hlp/video/iclaim_r01.htm. To do the online application you will first need to create your personal "my Social Security" online account which is easy to do at www.ssa.gov/myaccount. When you have that online account set up, you will see your estimated benefit amounts at several ages. You'll see that if you claim at age 62 your benefit will be 30% less than it would be at your full retirement age (FRA) of 67 (a permanent reduction), and you'll also see that your benefit at age 70 would be about 75% more than your benefit at age 62.

Please also be aware that if you claim before your full retirement age and you continue to work, Social Security has a limit for how much you can earn before they take away some of your benefits. The 2022 earnings limit is not

yet known, but it will be something a bit more than the 2021 limit of \$18,960. If you exceed the annual limit, Social Security will take back benefits equal to \$1 for every \$2 you are over the limit (half of what you exceed the limit by). The earnings limit goes up by over 2.5 times in the year you reach your full retirement age and goes away entirely once FRA is attained.

Finally, your Social Security benefits may be subject to income tax if your combined income from all sources is high enough. The thresholds depend on your IRS filing status – if you file as "married/jointly" and your combined income (yours and your husband's) is more than \$32,000, then 50% of your SS benefits for the tax year becomes part of your taxable income. If your combined income as a married couple is more than \$44,000 then up to 85% of your SS benefits will be taxable. The thresholds are less if you file your taxes as a single – in that case income over \$25,000 means 50% of your SS benefits are taxable, and income over \$34,000 means up to 85% of your benefits will be taxed at whatever your normal IRS tax rate is.

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). ★

Office of California State Senator María Elena Durazo

SACRAMENTO, CA (MPG) - Governor Newsom has signed State Senator María Elena Durazo's (D-Los Angeles) SB 639 into law, which will phase out the use of the federal 14(c) certificate in California, and ultimately prohibit paying workers with disabilities less than the California minimum wage and transition workers with disabilities to competitive, integrated employment. California joins Alaska, Maryland, Nevada, New Hampshire, Oregon, and Texas, in outlawing paying workers with disabilities a subminimum wage. The bill is sponsored by Disability Rights California, the State Council on Developmental Disabilities, and Legal Aid at Work.

"California is ending the subminimum wage for people with disabilities," said Senator Durazo. "All work should be treated with dignity, and that means that nobody is paid less than the minimum wage. SB 639 develops a phaseout plan to ensure a path to competitive, integrated employment for these workers. I applaud Governor Newsom for recognizing the injustice that workers with disabilities are facing and remedying this clear violation of their civil rights."

Since 1938, Section 214 (c)(1)(A) of the Fair Labor Standards Act (FLSA) has given California employers the ability to apply for a certificate that allows them to pay employees with disabilities less than the federal minimum wage of \$7.25 an hour. This FLSA 14(c) certificate was intended to provide opportunities for employment for World War I veterans with disabilities, but instead created segregated workplaces, and the unemployment rate of persons with disabilities is twice as high as other workers.

What has actually materialized under FLSA is a pool of highly exploited labor.

Over 5,000 Californians with disabilities are currently working in sheltered workshops and are being paid as little as 2 dollars per hour.

Sheltered workshops were originally developed to provide employment opportunities for disabled World War I veterans returning from service. Since then, sheltered workshops have morphed into full-scale operations to primarily employ persons with intellectual or developmental disabilities in segregated settings. Beyond the FLSA, the federal Americans with Disabilities Act of 1990 made it illegal for employers to discriminate against workers who had disabilities. Yet, sheltered workshops remain in operation and the economic opportunities for people with disabilities continue to erode. SB 639 phases out sheltered workshops, develops a path to integrated employment, and ensures workers with disabilities earn no less than the California minimum wage.

"Today was a great day for Californians with disabilities who want to work in the competitive labor market," said Andy Imparato, executive director of Disability Rights California. "By ending the discriminatory practice of paying people with disabilities less than the federally-protected minimum wage, Governor Newsom has helped California reassert its role as a national leader in disability rights and worker rights."

"About 100 years ago, it was seen as compassionate to pay less to people with disabilities," said Aaron Carruthers, executive director of the State Council on Developmental Disabilities. "But times changed, views of what is possible for people with disabilities changed, and options changed. With the Governor's signature, people who were once trapped in sheltered workshops will now be able to design a truly meaningful day. This is the dignity the Governor spoke about when signing the bill." ★



WEEKLY COMICS

Amber Waves



by Dave T. Phipps

The Spats



by Jeff Pickering

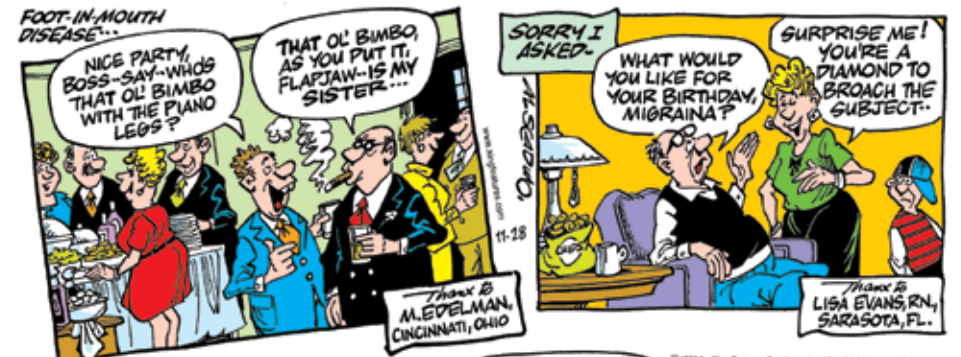
Out on a Limb



by Gary Kopervas

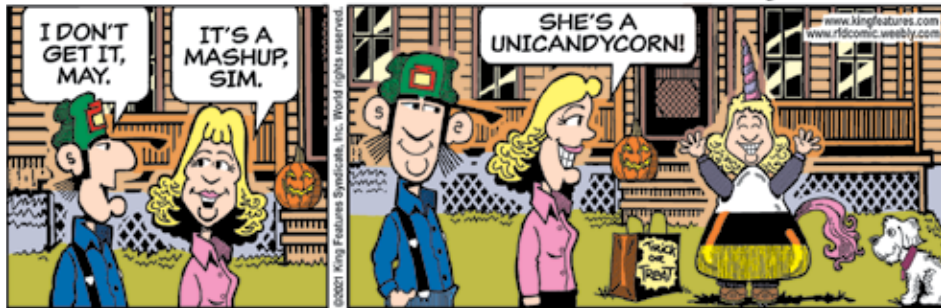


THEY'LL DO IT EVERY TIME



BY AL SCADUTO

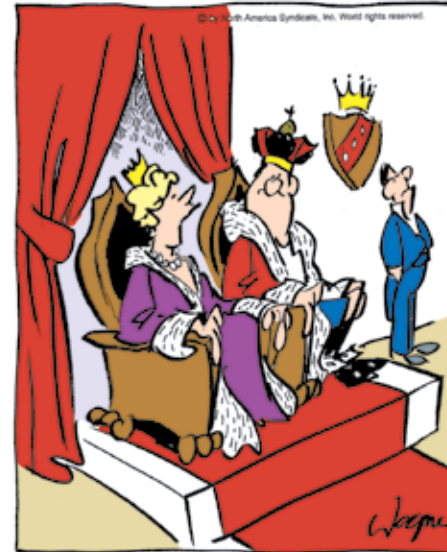
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by Mike Marland



GRIN AND BEAR IT



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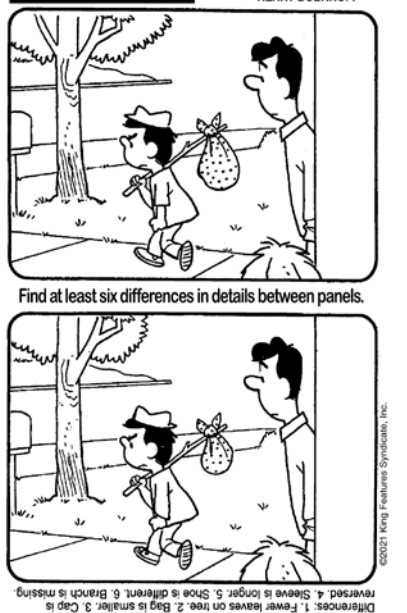


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by Dave T. Phipps

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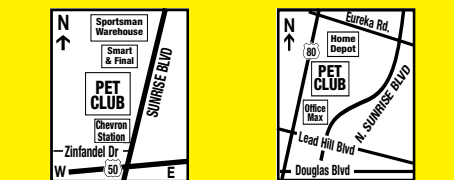
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Effective 10/20/21 - 10/26/21

FRISKIES BUFFET CANNED CAT FOOD
5.5 Oz All Varieties
ON SALE
Limit 2 Cases Per Family
Everyday
Effective 10/20/21 - 10/26/21

FUSSIE CAT PREMIUM CANNED CAT FOOD
Black Label 2.8 Oz.
ON SALE
Limit 2 Cases Per Family
Effective 10/20/21 - 10/26/21

TIDY CATS SCOOPABLE CAT LITTER
20 Lb Jug
• Regular
• Unscented
ON SALE
Limit 2 Jugs Per Family
Everyday
Effective 10/20/21 - 10/26/21

HI-COUNTRY WILD BIRD SEED
20 Lb Bag
(Kaytee, 20 Lbs - \$9.99)
(Audubon Friends, 20 Lbs - \$7.99)
\$8.99
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PRO-PLAN DRY DOG FOOD
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• Sensitive Skin & Stomach • Lite • Performance
30-35 Lb Bag Limit 2 Bags Per Family
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FANCY FEAST DRY CAT FOOD
3 Lb Bag
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\$6.49

NATURE'S MIRACLE PREMIUM ORGANIC CORN COB LITTER
Bio-Enzymatic Formula
10 Lb Bag Limit 2 Bags
\$6.99

MILK-BONE DOG BISCUITS
Large 10 Lb Box **\$10.99** Flavor Snacks 7 Lb Box **\$9.99**

EVERCLEAN PREMIUM CAT LITTER
• ES Unscented • US Ever Fresh
25 Lb. Box Limit 2 Boxes **\$13.99**

PESTELL CLUMPING CAT LITTER
40 Lb. Bag Limit 2 Bags **\$8.99**

IAMS DRY DOG FOOD
30 Lb Bag
• Mini-Chunk **\$27.99**
• Lamb Meal & Rice **\$28.99**
• Weight Control

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• Original • Indoor • Turkey Grain Free 11-12 Lb Bag
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3 FREE Core or Wellness Cat Cans 3.5 Oz With each purchase
Limit 2 Bags **\$37.99**

MERRICK'S GOURMET CANNED DOG FOOD
13.2 Oz All Varieties Limit 1 case **On Sale**

SCIENCE DIET DRY DOG FOOD
28.5-33 Lb Bag
Limit 2 Bags
• Life • Active Maturity **\$49.99** • Perfect Weight • Sensitive Stomach **\$53.99**

AVODERM DRY DOG & CAT FOOD
3.5 Lb - 7 Lb Bag Limit 2 bags
10% OFF
OUR SUPER DISCOUNT PRICE

ÖKOCAT CLUMPING WOOD LITTER
• Regular 11-13 Lb **\$13.99** 16.7 Lb **\$19.99**
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All Sizes **20% OFF**
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ALL VARIETIES
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20% OFF
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BONUS COUPON
GOURMET CANNED CAT FOOD
3 Oz - All Varieties Except Elegant Medley
Limit 1 Case Per Family
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 10/20/21 - 10/26/21
ON SALE
Everyday
CHM PLU 361

BONUS COUPON
JONNY CAT PREMIUM CAT LITTER
10 Lb Bag
Limit 2 Bags Per Family
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 10/20/21 - 10/26/21
\$2.09
CHM PLU 365

BONUS COUPON
WHISKOUN TEMPTATIONS CAT TREATS
All Varieties 3 Oz.
Limit 2 Pkgs with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 10/20/21 - 10/26/21
\$1.39
CHM PLU 569

Abbi Winslow WayBeyondMeasure.com



Parents: The Secret to Drug-Free Youth

By Abbi Winslow

On average, kids first try drugs between the ages of 13-15. Statistics like these can be terrifying to parents who are trying to keep their children drug-free in a world that glamorizes getting high. While statistics around teen drug abuse are troubling, there is one ray of hope that continues to bring adolescent drug use down: Parents. Research repeatedly shows that parents are the number one influence in their child's life. So armed with the knowledge that you really can make a difference, let's talk about the "how" of helping your child stay drug-free.

Set clear expectations

Help your child stay drug-free by setting clear rules and expectations. Talk to your child about family rules concerning drugs, marijuana, alcohol, inhalants, and other risky behaviors. Set clear consequences about what happens when those rules are broken. School-sponsored programs should NOT be the first time your child hears about or considers the consequences of drug use. Research shows that you should talk to your child about the harms and dangers of drugs as early as nine years old.

Come up with a plan

With your child or teen come up with a plan for when they will be confronted with the choice to participate in risky behaviors. Talk out and act out different scenarios with your child before they face these tense situations with peer pressure and emotional stress on their own. You might get some pushback from your older teens about role-playing. Share your personal experiences or other stories that will help your teen feel empowered to say "no" in high-pressure situations.

The plan to stay drug-free should also include steps for what to do if your child makes a mistake or finds themselves in a bad situation. Growing up my family had a code word that we could text to our parents

that meant "come get me right now!" When I would find myself in a tricky situation I would send off the code word in a text to my dad. Within a few seconds, my dad would call asking me to come home. That way I didn't have to come up with excuses of why I was leaving early--I just blamed my "uncool" parents.

Show you care

Lastly, be involved in your child's life. Every time your child or teen leaves the house you should be asking questions about who they will be with, what they are doing, and if parents will be present. When you know your child and are an active part of their life, having tough conversations becomes a lot easier. Building and maintaining trust between you and your child starts with becoming part of their world. Have fun together, talk together, and ask them questions about their day. When you show your child you care about every part of their life they are more likely to open up to you about the things that are troubling them.

Helping your child stay drug-free doesn't have to be overly complicated. As their parent, you have the power to influence their decisions now and in the future. Don't shy away from hard conversations about family rules and expectations, but instead see it as your chance to help shape your child's future.

Abbi Winslow is a certified life coach with Way Beyond Measure, a non-profit organization dedicated to teaching children and teens positive mental health skills and character development. To learn more visit waybeyondmeasure.com.

Sources:

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- www.addictioncenter.com/community/social-media-teen-drug-use/ ★

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.

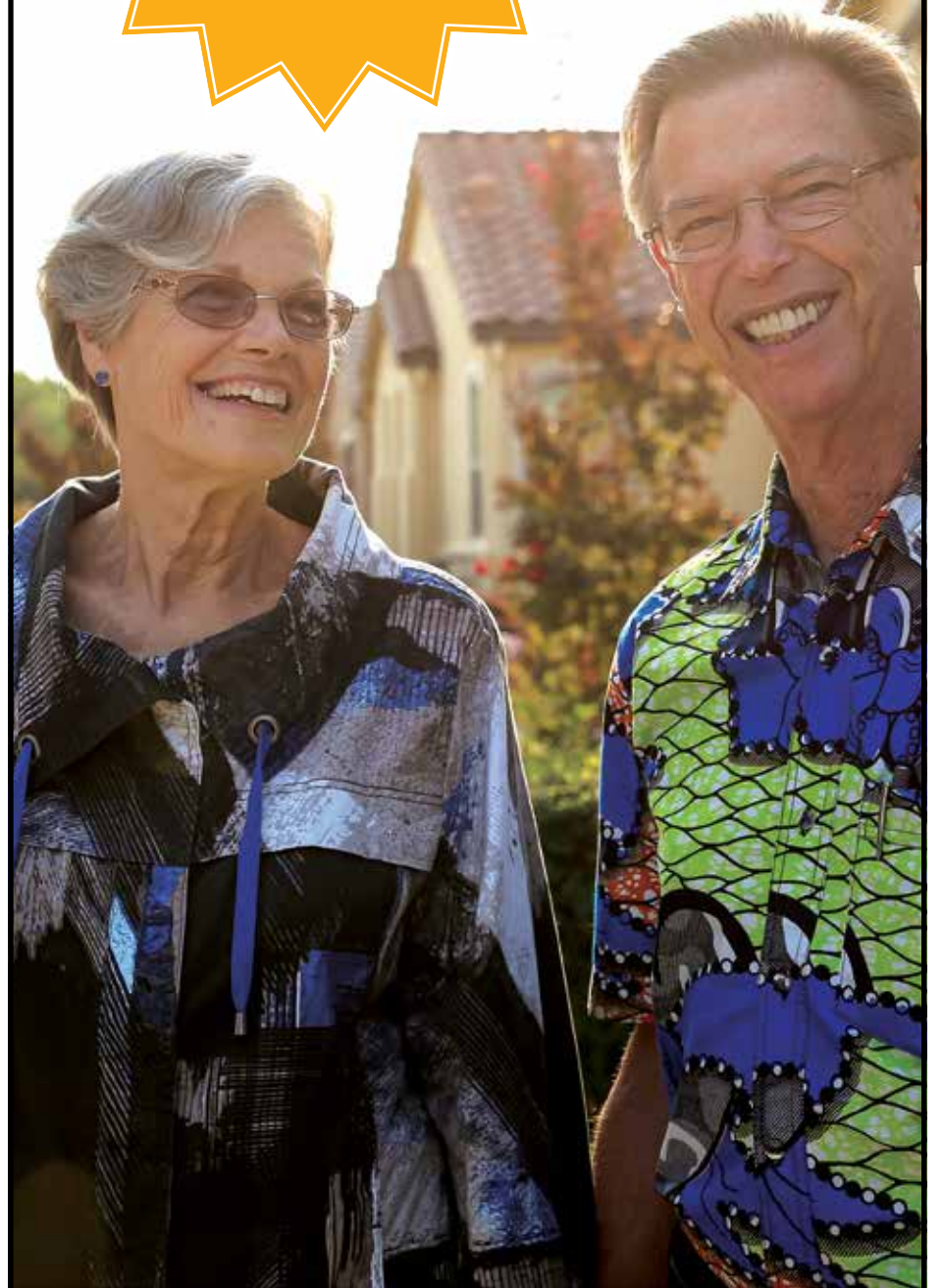
In recognition of her leadership, the American Library Association awarded Rivkah its 2020 Charlie Robinson Award, given to a public library director who has been a risk taker, an innovator, or a change agent. Sacramento Public Library is a regular recipient of national recognition.

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." ★



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Get Fit to the Beat at Rebel Rhythm Cycle!



Amy Schaffner is owner of new fitness center Rebel Rhythm Cycle, located at 9224 Greenback Lane. Photo by Tim Engle

By MaryAnne Povey

ORANGEVALE, CA (MPG) - Are you stressed? The world got you down? Feel like you're spinning your wheels and going nowhere? What if I told you that in 45 minutes you could go from stressed to blessed? Well, you can! And you don't have to go far to do it! Meet Amy Schaffner, fitness guru and owner/instructor of Rebel Rhythm Cycle, located at 9224 Greenback Lane. Amy's passion for fitness over the past 33 years has brought her to opening her very first indoor cycle business in Orangevale!

For years Amy worked in the surrounding communities like Folsom, Roseville, Rocklin and Downtown Sacramento and often pondered, "Why don't we have something closer? Besides a few yoga places, why aren't there any fitness boutiques in the area?"

Moved to fill that fitness void, Amy found a place to call her own in Orangevale (adjacent to La Placita) and opened her doors in April 2021. She joined the Orangevale Chamber of Commerce and quickly immersed herself into the community, participating in Food Truck Fridays, OV Farmer's Market and recently hosted a Chamber mixer hoping to get the word out about her new business.

"Cycling is one of those great low impact ways to get fit," Amy shared, "We serve people of all ages and fitness levels. Our youngest member is nine years old and our oldest is 70, and just celebrated her one year anniversary of having double hip

replacement! She's simply amazing!"

The class setting is unique in that it is cozy – the lights are candlelight dim, the music is fun and you ride to the rhythm of the beat. Amy or one of her other instructors will lead you to a place that changes your mood, lifts your spirits and gets those endorphins flowing.

It's a total body workout, where everyone works at their own pace with no monitors or competition. The secret to the class is the resistance—if you want to make it harder you turn the resistance up or if you are a beginner you turn it down.

Amy offers classes 7 days a week, with the earliest class starting at 5:45 am and the last class starting at 5:30 pm in the evening. There are classes in between too! For those weekend warriors, there's a Savage Sunday class for those seeking a more advanced level class. Although she has room for 20, most classes range from 4 to 12 participants.

If you've been putting off getting in shape, there's never a better time than now. Come discover the best version of yourself mentally and physically. Amy offers a FREE first class, and a variety of membership packages tailored to fit your budget and fitness needs. A single drop-in class is \$16, but if you buy a package, it works out to be about the same as getting a cup of coffee these days!

For information on about Rebel Rhythm, go to the website at www.https://rebel-rhythmcycle.com or call 916.790.8816. ★

COVID Booster Shot FAQs

Sacramento County Public Information Office

SACRAMENTO COUNTY, CA (MPG) - The Centers for Disease Control has recently released additional information regarding booster shots, outlining guidance for who should get a third vaccine dose and who can receive a booster. If you are confused, you're not alone. Here are some helpful FAQs to clear up the confusion around third doses and boosters.

Who can get a booster shot?

The only booster currently available is Pfizer. The CDC recommends individuals receive a booster if it has been at least 6 months since their second Pfizer dose AND they.....

Are 65 years or older; Are 18 to 64 and considered to work in high-risk environments (which include nursing homes, hospitals or healthcare settings, or school settings); Are 18 to 64 and have certain underlying medical conditions.

Can I get a Third Dose?

Let's start with the difference between a booster and a third vaccine dose. Individuals who are severely immunocompromised may

not achieve full immunity from the two-dose regimen. Third doses are available for persons who are moderate to severely immunocompromised. They are only available for those who receive Moderna or Pfizer vaccines and can be given at least 28 days after the second dose.

Can I get a booster if I received the Moderna or Johnson and Johnson vaccine?

Boosters for those who received the Moderna or Johnson and Johnson vaccine are not yet approved by the CDC. Additional information and guidance is expected in the near future.

Where can I get a booster or third dose?

Individuals who are immunocompromised and would like to get a third dose should contact their primary care provider. Healthcare providers, pharmacies and community clinics are currently administering Pfizer boosters for those who are eligible.

For questions or to find out more about vaccination clinics, contact the Sacramento County Immunization Assistance Program at 916-875-7468 or visit www.sacvax.com. ★

Former Soccer Coach Convicted

Sacramento County District Attorney's Office News Release

SACRAMENTO COUNTY, CA (MPG) - Miguel Hernandez Rivera was convicted by a jury of 17 counts of child sexual assault charges, one count of arranging a meeting with a minor with sexual intent and two counts of annoying a child with sexual intent. The jury also found true allegations that Rivera was out on bail when he abused a second victim and that he sexually assaulted multiple child victims.

Rivera was a soccer coach when he met the 13-year-old male victim. Rivera befriended the victim and his family, gaining their trust. Over the course of 10 months, Rivera sexually assaulted the

victim nearly every day and directed the victim text him explicit photos, which he did. When the victim's mother discovered the photos, she reported it to law enforcement. Rivera was arrested for these crimes and released from custody on bail. While out on bail, Rivera sexually assaulted the 12-year-old son of his long-time family friends. The second victim disclosed the abuse to his mother, who reported it to law enforcement. Rivera was arrested again and remained in custody throughout the trial.

Rivera faces a maximum sentence of 41 years in prison. Sentencing is set for October 28, 2021, at 9:00 a.m. in Department 10 before the Honorable Ernest Sawtelle. ★



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- Beef New York Roast - Boneless \$4.79/lb
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- Beef London Broil & Top Round Roast - Boneless \$3.99/lb
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- Boneless Pork Loin Roast \$1.99/lb
- Boneless Pork Loin Chops \$2.49/lb
- Pork Tenderloin \$3.49/lb

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

- Pineapples \$2.50
- Blackberries 6 oz \$2.29
- Organic Gala Apples 2 lb \$2.49
- Ginger \$2.39/lb
- Japanese Yam \$1.29/lb
- Big Taro \$6.99
- Yam Root \$9.99
- Peeled Jackfruit \$9.99
- Seafood Mushrooms 150 g \$2.99
- Kabocha \$6.99

AMERICAN/HISPANIC GROCERY

- Hunt's Tomato Ketchup 20 oz \$9.99
- Amor Clammy Sauce 1 Liter 2/\$3
- Bananas 5.5 oz \$9.99
- CRV Evian Pureit Drinks 1 Gallon \$2.39
- Mi Escondido Tortilla Chips 24 oz \$2.79

ASIAN GROCERY

- Spring Roll Sweet Chili Sauce 24 fl oz \$2.99
- Instant Coffee 5 in 1 Original 4.2 oz 2/\$3
- Parrot Brand Peanut Butter \$4.99
- Libe Flour 60 ml \$1.99
- Seamless Drink 11.5 fl oz \$9.99

EUROPEAN GROCERY

- Domat Tomato Paste 750 gr \$2.49
- Almond Earl Grey Tea w/ Bergamot 200 gr \$7.99
- Rubio Pickled Garlic Cloves 370 ml \$3.49
- Bonami Ladyfingers 500 gr \$4.29
- Zeps Farmers White Cheese 500 gr \$9.99

KOREAN/JAPANESE GROCERY

- Wing Noodles \$1.49
- Knorr Jelly & Eggs \$1.49
- Sonoma Ramen Noodle 5 oz \$2.99
- Roasted Sesame Oil 16 oz \$3.99
- Organic Wheat Flour 6.5 lb \$1.49
- Asst Crunchy Rice Nuts \$5.99
- Shichu Pure Sauce 16 oz \$16.99

HOUSEWARES

- HAMILTON BEACH KITCHENWARE \$9.99
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FROZEN & FISH DEPT

- Hot & Spicy Frozen Crawfish 26.5 oz \$7.99/ea

EUROPEAN DELI

- Columbus Appleswood Smoked Ham \$7.59
- Columbus Pin Roasted Turkey Breast \$7.79
- Belmont German Brat Ham \$5.19
- Kevichmar Oven Roasted Turkey Breast \$5.69

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