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The Last Tangle Celebrates Grand Re-Opening!



Above: The Last Tangle owner, Julie King, cuts the ribbon at the salon's Grand Re-Opening with Chamber of Commerce and community leaders at 8820 Greenback Lane Suite E. At right (from left to right) Rivkah, Library Director/CEO, Supervisor Sue Frost, Julie King, and Cathy Crosthwaite, Library Deputy Director. Photos by Tim Engle

By MaryAnne Povey

ORANGEVALE, CA (MPG) - After months of planning, enduring months of construction, in the midst of a pandemic, and making way for the new Orangevale Library, The Last Tangle celebrated its grand re-opening in style with a ribbon cutting ceremony surrounded by community leaders, chamber members, staff, family and friends coming together to commemorate the very special occasion.

Supervisor Sue Frost

presented Julie King, owner of The Last Tangle, with a proclamation from the County Board of Supervisors thanking her for “always willing to put the community first and did so when the new Orangevale Library expansion needed Julie to close and relocate her salon to make the new, larger Orangevale Library a reality for all of Orangevale.”

The special event, which was open to the public, included tours of the salon and the newly expanded

library located next door. Live music played by the Beard Picker & Collar Blues made for a fun evening along with food trucks and a raffle supporting the Orangevale Honorary Mayor campaign.

“I’m so happy to share my beautiful new salon with everyone,” beamed Julie

King. “The journey had its challenges, but was so worth it!”

Everyone is welcome to stop in to see the salon at 8820 Greenback Lane Suite E or the library, which is now open to the public. Julie is also looking for new stylists who are looking to join her team. For more information, call or text 916.988.7707. ★

Board of Supervisors Appoints County Executive



Ann Edwards is the new Sacramento County Executive

By Kim Nava, Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Following a Closed Session Board meeting, the Sacramento County Board of Supervisors unanimously agreed to appoint Interim County Executive Ann Edwards as County Executive. The appointment is effective Sep. 14, 2021.

Edwards is the first woman appointed to the County Executive position.

“I am pleased to announce that the Board of Supervisors voted unanimously to appoint Ann Edwards as County Executive,” said Board Chair and Fourth District Supervisor Sue Frost. “Ann has proven to be an outstanding Interim County Executive and has provided stability to the organization, improved communication and built trust within and outside of the organization.”

Edwards’ accomplishments in her seven month tenure as Acting/Interim County Executive include increasing transparency in the budget process, organizing a process for a spending plan to provide assistance to both the County and the community with the American Rescue Plan Act funds and increasing engagement with local government and community-based organizations.

“I appreciate and thank the Board for the trust and support they have shown me,” said Edwards. “I commit to looking at the County organization in new ways, to pursue a commitment to diversity, equity and inclusion, increase public transparency and engagement and enrich the County’s organizational culture.”

Edwards’ current and upcoming initiatives include the formation of a Public Safety and Justice Agency, increased public engagement in and a new budget process for FY 2022-23 and implementing implicit bias training countywide.

Edwards has served as Acting County Executive since December 2020 and Interim County Executive since February 2021.

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DA Announces Fentanyl Epidemic and Response



Office of District Attorney Anne Marie Schubert

SACRAMENTO, CA (MPG) - District Attorney Anne Marie Schubert announced the Sacramento District Attorney’s Office is taking efforts to address an epidemic increase in fentanyl related deaths, based in large part on counterfeit prescription pills which contain fentanyl.

The national fentanyl epidemic has hit the Sacramento community, and has increased during the pandemic. From January 2020 to July 21, 2021, there have been 140 fentanyl related deaths in Sacramento County. People in Sacramento are now dying from fentanyl

overdoses at virtually identical rates to homicides. These tragic deaths span all age groups from young kids to seniors.

The District Attorney’s Crime Lab, which tests all narcotics seized by local law enforcement agencies, found that 92% of oxycodone pills on the street are counterfeit. Of those pills, 75% are straight fentanyl. Counterfeit pills are virtually impossible to distinguish from a prescription pill. The Crime Lab is discovering an alarming rate of not only counterfeit oxycodone, but also counterfeit OxyContin, Percocet, Xanax and Adderall.

DA Schubert is leading the effort to respond to the fentanyl epidemic with an extensive public outreach campaign.

The main focus of the response will be countywide Public Service Announcements (PSAs) highlighting the theme of “1 Pill Can Kill.” Several of the fentanyl related deaths involve teens and young adults targeted on social media who ingested

a pill, or on occasion half a pill. Key messages of the PSAs include: 1) If you didn’t get it from a pharmacy – it’s fake; 2) A very small amount of fentanyl is deadly – one pill can kill; and 3) Fake pills are being pushed through social media.

DA Schubert has requested funding from the County Board of Supervisors as part of the federal American Rescue Plan Act to pay for guaranteed, premier PSA placements across social media, TV/Radio, billboards, public transit and print publications among other advertising platforms.

Until funding is secured, the DA’s Office will roll out the PSAs on the office social media sites and donated advertisement platforms. Clear Channel Outdoors supports the awareness campaign and will donate digital billboard space when available throughout the county. There are additional opportunities for free PSA placements on social media.

The Sacramento County

Office of Education and local school superintendents support the fentanyl awareness efforts and will distribute PSA materials to students, administrators, parents/guardians as well as student and parent groups. Other partnerships are being formed across the medical industry.

“I was alarmed as we watched the Coroner Office’s statistics on fentanyl related deaths rise and the corresponding rise in counterfeit pills containing fentanyl discovered at our Crime Lab,” said DA Anne Marie Schubert. “An epidemic of this magnitude requires a multi-disciplinary response involving schools, public health, community-based organizations, healthcare, the faith-based community and law enforcement. The most powerful tool we have is information, so our efforts are focused on awareness and prevention efforts to save lives.”

A website 1PillCanKillSac.com was created for information and resources to get help. ★

Airshow Ambassadors Needed for Aviation Festival



Volunteers don't need to have any prior experience, and you don't need to know anything about aviation. Photo by Mark Loper, courtesy CCA

Story by Shaunna Boyd

SACRAMENTO REGION, CA (MPG) - Volunteers are needed for the 2021 California Capital Airshow (CCA), which is presented by Sacramento County in partnership with the City of Rancho Cordova. The annual event, held at Mather Airport, is designed to honor the history of aviation while inspiring attendees with exciting in-air performances by talented pilots.

Volunteers will have behind-the-scenes access to all the excitement the festival has to offer, while playing a crucial role in ensuring the success of the airshow. Volunteers work in the performers chalet, where the pilots have lunch; pick up debris on the main show ramp as part of the Foreign Object Debris (FOD) Squad; and engage with attendees in a range of hospitality roles, such as greeting guests and helping them get autographs from their favorite performers.

Ronlyn Vasconcellos, CCA volunteer coordinator, said in a press release that the volunteers are referred to as "Airshow Ambassadors," and that "many have served for a decade or more, providing an opportunity to build a great sense of community around this event."

One such volunteer is Mark Crawford of Rocklin, CA, who has been volunteering at the airshow for approximately 13 years. He first started out years ago by getting a group of people from his office to volunteer with him, and after all their hard work, he said they saw the "direct benefit of our efforts and the success of the show."

Crawford is now a Hospitality Team Leader, and he has volunteers on his team who come back year after year – in addition to new recruits each year who are eager to get in on the action. "It is a lot of work, and several long days," Crawford said, "and it is all worth it. I've not only built relationships with the other

volunteers, I've also built relationships with many of our guests that have also been coming back year after year. It is so awesome to watch their kids grow and experience this special event every year." Crawford has even been getting his own son involved as an Airshow volunteer in recent years.

Volunteers don't need to have any prior experience, and you don't need to know anything about aviation. "We have many great volunteers that can tell you all kinds of information about every single plane they see, and we have volunteers that don't know anything about planes ... you don't need to be a plane expert to get involved," said Crawford. "Anyone with a heart to serve and a smile on their face will do an amazing job and have one of the best times at the airshow."

Crawford explained that volunteers are well taken care of during the airshow: "Caring for the volunteers is always a high

priority for the organizers, so we have plenty of water to drink during the day, opportunities to take breaks during the day to explore everything, and they provide a great lunch as well each day."

If you enjoy helping others, engaging in exceptional customer service, and working outdoors in a fun, fast-paced atmosphere, consider volunteering your time at the 2021 California Capital Airshow. Adults (18 and older) can volunteer either Friday, September 24 from 1:00 PM to 8:00 PM or Saturday, September 25 and Sunday, September 26 from 9:00 AM to 5:00 PM. Volunteers will receive an "Airshow Crew" t-shirt, and meals and water will be provided. Volunteers will also be required to comply with all state and local COVID-19 protocols during the airshow.

For more information or to sign up as an Airshow Ambassador, visit <https://californiacapitalairshow.com/become-a-volunteer/>. ★

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FROZEN & FISH DEPT

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Local Artists Recognized for Lifetime of Three-Dimensional Works

By Elise Spleiss

SACRAMENTO REGION, CA (MPG) - During the month of August Valley Sculpture Artists (VSA) has been partnering with Allied Ceramics Art Institute Studios and Gallery (ACAI) to offer a three-dimension sculpture art show, entitled "Sculptural Diversity" to the community.

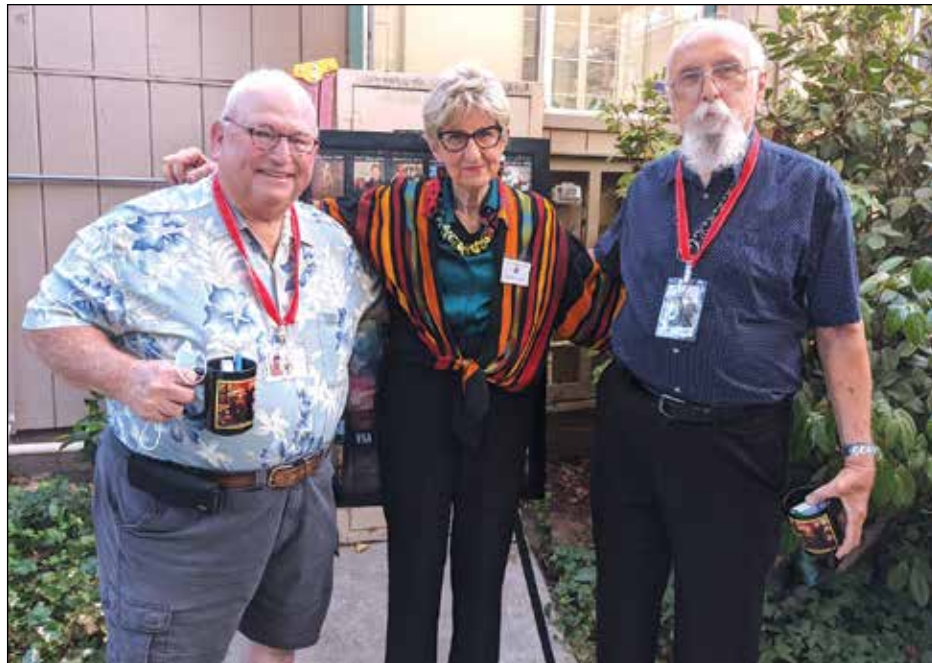
On Saturday, August 21, two Herberholz Awards for Sculpture were presented to two locally renowned artists, recognizing their body of work in three-dimensional (3D) art and service to the community. VSA president, Sue Anne Foster presented the awards at a reception with over 100 family, friends and fellow artists in attendance. Phill Evans received the award for 2020, as there were no art shows during that year, and Del Swanson was the 2021 recipient.

Don Herberholz was a prolific sculptor, instructor and author. A professor of Art at Sacramento State University, he created and taught Art for over 50 years. His sculptures can be found at many locations throughout Sacramento County including the Carmichael Library, and Crocker Art Museum. He and his wife Barbara, also a former Sacramento State professor, had resided in both Carmichael and Gold River. She said in a 2007 article in the Sacramento Bee, "He was just born inspired." Herberholz passed away in 2006 at the age of 83.

In 2004 VSA featured a retrospective of his work and set up an annual award to honor the life and work of this dedicated artist. Herberholz selected the first three recipients. Today former recipients and board members continue this legacy. The Herberholz award "acknowledges exemplary work and celebrates extraordinary contributions to our club or the community," according to Foster.

The 2020 award winner, **Phill Evans** says of his art, "I interpret people, places and things utilizing stone, metal, glass, wood and kinetic energy. Stones and rocks have shape, color and are tablets of geophysical history. Metal's malleability forms structures with a permanence. Wood has a broad spectrum of utility and beautiful versatility. Kinetics propelled by wind, electrical force or physical contact expands the visual experience and heightens the excitement developing weight and balance solutions.

Del Swanson, the 2021 award recipient was born in Stockton, California and grew up in North Sacramento. He says, "Art has been a passion since early childhood. From wood carving in Boy Scouts to model making and



The 2020 Herberholz Awards for Sculpture winner, Phill Evans (left), Sue Anne Foster President of Valley Sculpture Artists and 2021 award recipient Delbert Swanson stand in front of an image of prolific sculptor Don Herberholz and the recipients of the award since 2004. Photo by Elise Spleiss



The 2020 award winner, Phill Evans, was awarded this year since the event was canceled last year. Photo provided by VSA

sketching as a young child, it led me to graduate from Art Center College of Design with honors in 1968. From there it was on to designing cars for Ford Motor Company in Dearborn, Michigan and working on abstract painting for pleasure. After having

to relocate back to California and starting a business with my wife Carol, I started to use multiple mediums such as oil paint on canvas, foam wrapped with canvas and metal, sometimes mixing them."

As a collector of Hopi Native American

carvings (kachina dolls) Swanson wanted to make his own sculptures out of metal to honor these traditions. His first is *Crow Mother* and various others are on the way to being finished soon.

The gallery exhibition features more than a dozen artists, showing their 3D pieces in often-surprising combinations of wood, metal, pain, clay, fiber, stone, and bronze.

More and more sculptures are made out of 'found objects', and mechanical parts. One young artist in the show, PJ Kennedy, who does not see his art as work, creates his pieces from scrap metal of all sizes and shapes. Many of his pieces in the show are



2021 award recipient Delbert Swanson from Valley Sculpture Artists (VSA) honors Hopi Native American (kachina dolls) with his sculpture *Crow Mother*. Photo provided by VSA

welded from discarded car engine parts. In his YouTube video he challenges his viewer to try it, "just weld two pieces together, then weld another one on it, and someone will call that art. Anything can be art."

Sculptural Diversity, showing at the ACAI Studios and Gallery at 7425 Winding Way, Fair Oaks, will conclude on August 30. Hours: Thursday the 26th and Friday the 27th 1-4 p.m. and Saturday the 28th 11 a.m. to 3 p.m.

The art of Phill Evans and Maureen Gilli will be featured at ACAI in October. For ACAI art show schedule call 916-966-2453. For VSA contact Sue Anne Foster at 916-342-4293.

Sources: ACAI: acaistudios.com; Phill Evans website: phillevans.com; ACAI Gallery curator Sandee Hancock; VSA president Sue Anne Foster. ★

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Pounds Be Gone

So you piled on a few pounds or more during the pandemic, and you're tired of being frustrated every time you get on the scale. Join the club. All you need is some practical advice to say... "Pounds Be Gone." That's where **Christine Hronec** enters the picture to help us out with foods that are best for weight loss. **Christine** is an award-winning chemist and three-time champion fitness competitor as well as a nutrition and exercise expert. She is founder of **Gauge Life**, and has helped over 40,000 women transform their bodies to a body-positive image. So, you know when I interviewed her on POPPOF, I had to get down to the nitty gritty about what foods take those over-the-top pounds off. It can be so mind-blowing how simple it can be. Let's check them out.

FOODS THAT ARE HIGH IN PROTEIN AND FOODS THAT ARE HIGH IN FIBER. This includes things like lean proteins, eggs, and avocado. It also includes fish, nuts, high fiber veggies and leafy greens. Things of that nature which will fill you up and make you feel satiated faster. **FOODS THAT ARE HIGH IN VOLUME AND LOW IN CALORIES.** The next thing you want to look for when it comes to choosing foods that are going to help you lose weight is foods that are high in volume and low in calories. These foods allow your stomach volume to feel fuller by taking up a lot of space in the intestines, and, not allowing you to eat as much as you typically

would because you're already full. Foods that are excellent at this are leafy greens. This is why salads are common to weight loss foods. Spinach, kale, arugula are good. Things like cucumbers, zucchini, squash too. Anything in the squash family works. These types of foods are going to keep you very full. Because you can eat a very high volume of them at low caloric intake, those calories don't add up very high. **FOODS THAT BOOST YOUR ENERGY AND METABOLISM.** When you have more energy and your metabolism is functioning more rapidly, it's going to help you process that fat in your body and go through it faster. So, things like this would be green tea. Extracting green tea is called EGCG which is wonderful at boosting the metabolism. Chili peppers are great for the capsaicin in them. Coffee, ginger, turmeric and apple cider vinegar are all excellent foods that are going to help boost your energy as well as boost your metabolism. Now, last but not least, foods you want to avoid when you are looking to lose weight will be foods that are loaded with salts, preservatives, sugar and simple carbs.

You can check out some additional info at www.gaugegirltraining.com. So, let's stop the frustration and get back in fighting shape. Don't let the pandemic get you down! I know that some of it is mind over matter. The old saying...if you don't mind, it doesn't matter but it does. So think positive! We CAN do it! ★

OV Hometown Athlete Ali Aguilar Wins Silver!

By *MaryAnne Povey*

ORANGEVALE, CA (MPG) - Have you heard the news? Ali Aguilar, a Casa Roble 2013 graduate, won silver earlier this month in Tokyo!

Orangevale is beyond proud to have Ali Aguilar, represent Team USA in Women's softball. Ali started playing Orangevale girls softball back when she was seven years old and hasn't stopped! From Casa Roble High School playing both competitive and on the school team, to the University of Washington, Ali's passion and competitive spirit has taken her to the highest level of competition on the world stage.

"Watching her was awesome", said proud sister Jacquelyn Aguilar, "I love

her humility in everything that she accomplishes."

With a focus of giving glory to God in all that she does, Ali's list of accolades is impressive including: All American Seattle Sports Star of the Year, Two Time Pan American Championship Gold Medalist, First Team All-PAC 12 and Academic All-PAC 12 and playing professionally both in the US and Japan to name a few!

According to Jacquelyn the trip to Japan for the Olympics was even more special as their grandmother's family roots are from Japan making this "near and dear to Ali's heart".

If you watched the games, team USA played six games total, finishing

the final against Japan with a 2 - 0 loss in a mostly scoreless game until Japan took the lead.

If there's one thing we've learned about softball it is that "it's not over, until it's over," said Jacquelyn.

Like the game leading into the final against Japan, it could have gone either way and the family, friends and fans are proud of the team winning silver.

Besides being humbled and honored to represent team USA, Ali said this about softball, "You never have it. There's always something to improve on because the game is so hard. I love the team aspect."

Congratulations to Ali and her teammates for a job well done! ★

Board of Supervisors Appoints County Executive

Continued from page 1

Before that, she worked as Sacramento County's Director of Human Assistance since 2014 and worked as the Director for Social Services for Solano County. Prior to Solano County, she worked

for Sacramento County between 1998 and 2013, serving as Chief Deputy County Executive for Countywide Services, Director of Health and Human Services, Director of Mental Health Services, Division Manager for Adult

Mental Health and Program Manager for Child and Family Mental Health.

Edwards holds a Master's Degree in Counselor Education and a Bachelor's Degree in Social Work from California State University, Sacramento. ★

Social Security Matters

Does Paying SS Tax Now Increase My Benefit?



By *Russell Gloor*, AMAC Certified Social Security Advisor

Dear Rusty: I started drawing my benefits at age 62 due to being laid off from my job at age 60. I have continued working part time and been paying Social Security and Medicare taxes ever since. I am now 66. I have been told that even though I continue to pay these taxes, it will not help increase my monthly social security benefit. Is that true? **Signed: Working Beneficiary**

Dear Working Beneficiary: Paying into Social Security and Medicare through "FICA" taxes withheld from your paycheck doesn't change your Social Security (SS) benefit amount. Those taxes aren't held in a separate personal account for you; rather they are used to pay benefits to all those who currently collect SS benefits, and to help offset healthcare costs for current Medicare enrollees.

From its inception decades ago, Social Security has been a "pay as you go" system where all those working help pay for all those currently collecting benefits. And if you happen to work even after you start collecting Social Security benefits, the FICA tax you pay still goes to help pay benefits for you and for millions of others also collecting Social Security.



Of the 7.65% FICA tax you pay, 6.2% goes to Social Security and 1.45% helps fund Medicare (your employer pays the same amounts). The 6.2% SS tax you pay to Social Security isn't deposited into a personal account which determines your benefit payment. Instead, your benefit is determined using your earnings record for the 35 years over your lifetime in which you earned the most (with early years adjusted for inflation). Your average earnings in those 35 years are what determines your benefit amount, not how much you paid in FICA tax.

Thus, continuing to pay FICA taxes because you are still working won't affect your Social Security benefit amount. And because of the way the program is structured, you don't need to worry about how much you contributed to Social Security in taxes; you will continue to receive Social Security for as long as there are people working and contributing to the program (for the rest of your life) - those now working pay for Social Security benefits now being paid.

What could, however, affect your personal SS benefit amount now is your earnings level while working. Even after you start collecting Social Security benefits, if your current earnings from work are more than any of those in the 35 inflation-adjusted years used to originally

compute your benefit, that benefit will be recomputed and increased as appropriate. And just in case you're wondering, studies have shown that, on average, SS beneficiaries usually recover everything they paid into the system within about 5 years. Said another way, over your lifetime you'll almost certainly get back much more in benefits than you paid in FICA SS taxes. The payback time is more for those who are self-employed (because they must pay both employee and employer portions of FICA), but Social Security is, nevertheless, a pretty good deal which pays a guaranteed retirement benefit for as long as you live after benefits start.

So, what you were told is correct. Paying FICA taxes now won't help increase your monthly benefit amount. But high earnings now, which are more than any in those 35 inflation-adjusted years used to compute your SS benefit, will.

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Inferno Chicken Turns up the Fire



Civic and Chamber leaders accompanied Naz Muradyan, family and staff at the grand opening of Inferno Chicken in Citrus Heights, CA. Photo by Thomas J. Sullivan

By *Thomas J. Sullivan*

CITRUS HEIGHTS, CA (MPG) - There's a new fire-breathing chicken in Citrus Heights.

Inferno Chicken celebrated its grand opening Monday, August 16, replacing the former family owned Armenian Grillhouse at 5925 Birdcage Centre Ln Ste 109, which opened in 2017.

The Monday morning ribbon cutting ceremony included officers of the Citrus Heights Police Department, members of the Citrus Heights Chamber of Commerce, the Sunrise Marketplace (SMP) Property and Business Improvement District (PBID) and Meghan Huber, the city's economic development and communications manager.

"The decision to change the restaurant's theme and menu was a necessary business choice," said owner Naz Muradyan. "While the restaurant was very popular, our decision was driven by the rising costs of providing high-quality Mediterranean dishes which we were best known for."

Dishes had included lamb gyros, kebabs, soups and appetizers like Greek fries and falafel. Grilled lamb, tri-tips, chicken wraps, and a variety of Armenian flavors and salads were among the restaurant's popular favorites.

"We just couldn't raise prices any higher to cover our expenses and remain

competitive," Muradyan said.

The restaurant continued to remain open through the pandemic before shuttering this month for renovation.

"We made a decision to open a more American-style restaurant featuring Louisiana style chicken which is also my favorite style. All of our New Orleans-inspired sauces are made fresh daily."

"It's our first location in my hometown of Citrus Heights," he said. "In the future I'm looking to open another Inferno Chicken restaurant in Carmichael."

Customers are invited to choose their style, their preferred heat level, and a side dish. Heat levels range from a mild Buffalo, a teriyaki-inspired "Asian-Fury", and ascending steadily in intensity from "Hot Tickle", "Warming Up", "Feel the Heat", "Make Me Cry" to "Inferno", for which they will need a waiver to sign, Muradyan said.

Inferno Chicken is now open for dine-in with delivery and pick up service coming soon, Muradyan said. Customer traffic from the nearby Target store in Birdcage Centre will remain an important source of daily revenue for the restaurant, he said.

"We've kept our menu very family-friendly with choices all can enjoy," Muradyan said.

The menu offers four primary chicken choices, a

sandwich on a soft roll (\$4.99), two fresh tacos for \$6.99. A basket of six boneless chicken tenders for \$5.99 or two large chicken tenders at \$5.99 are featured.

French fries, macaroni and cheese or rice served "Inferno Style" at the spice level of customer choice are available at \$9.99. Smaller portions of macaroni and cheese, French fries, tater tots, rice, veggies, and coleslaw are \$2.99 each.

New outside metal fencing around for patio seating was added with help of the Sunrise Marketplace Property and Business Improvement District. Eight tables are inside. While overall seating capacity is 55, the owner said it will be adjusted as needed to maintain proper social distancing.

Inside, a colorful hand-painted mural depicts a fire-breathing mother chicken trying to rescue her chicks. The painting of the mural was a month-long family effort during the restaurant's refresh and features scenes of the state capital and the Sacramento River.

Inferno Chicken at 5925 Birdcage Centre Lane, Suite 109 in Citrus Heights is open Monday through Saturday, from 11 a.m. to 10 p.m. Closed Sundays. Masks are required to be worn for service and proper social distancing is observed. Call 916-967-7320 for more information or visit <https://www.infernochicken.com/> ★

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“To Newsom or Not to Newsom”



Commentary
by W. Bruce Lee

Governor Newsom's recall election concludes September 14, and the rhetoric is heating up, so it's important to carefully evaluate what's being said! We will see more political advertisements bombarding us!

The first ad I saw was the rapid-paced Newsom's "Roaring Back" blitzkrieg. It starts with, "Newsom is delivering money to your pocket!" It continues ... \$1,100 in your pocket, plus \$500 if you have children (Covid relief). It then proclaims he delivered \$4 billion in small business grants (again Covid). A couple projects by Newsom are mentioned and it ends with "Free Pre-K" for every child!!

Honestly, my first reaction was that Newsom is paying us to vote for him. Money for everyone! However, most of that money is federal money and all of that money is taxpayer money.

The other ad I viewed was US Senator Elizabeth Warren (D-Massachusetts) "Here's the Deal" declaration. "Republicans across the country are attacking the election results and the right to vote." And, she asserts, these same evil forces are attacking California in a power grab. This "Partisan Recall" is "abusing the recall process," Warren declares!

How so, I wonder? How

is the process being abused? The process was laid out in state law for anyone to use since 1911.

Since 1913, eleven recalls have qualified for the ballot (of 179 attempts) and six were successful per the Secretary of State. Of those six, three republicans and three democrats were recalled. That doesn't seem too partisan. And, if this is such a partisan power play, why is Warren from Massachusetts doing the ad and not one of our two US California Senators (both democrats)? Other Newsom ads speak of "anti-science republicans" and other guilt by association smears.

And, by the way, if you ask who is funding the Warren ad, it's Reed Hastings (Netflix founder/CEO) who was also on the board of Facebook; the Service Employees International Union #215 (state employees union); and the California Democratic Party.

Newsom blasts the \$276 million cost of the recall, which is a lot of money. However, that pales with other state expenditures, such as the proposed \$1 billion being foisted by the legislature to tear down and rebuild the Capitol annex so legislators can have new luxury offices! The recall is a legitimate expense of citizens exercising ownership over their government. The Annex is just the legislators padding their own chairs!

There are approximately 22 million registered voters in California. About 24.2% are republicans, 46.1% are democrats, and 24% have no party preference. To gather the 1.5 million signatures to qualify the recall (1.6 million were collected), I am confident that there were a few democrats mixed in the

petitions. And, last spring when Newsom touted the 30 day period when people could retract their signatures ... less than 50 did so. How embarrassing!

In an August 2-4, 2021 statewide poll for the San Diego Union, 51% favored recalling Newsom (up from 36% in May). Only 40% wanted to keep him (down from 47% in May).

Now, you may like or dislike Newsom, and I'll keep my opinion to myself, but I can confidently predict the recall is not about partisanship, but perceived performance by the voters.

If voters do recall Newsom, we have 46 replacement candidates, most of whom are useless, "vanity candidates" who clutter the names of the six or seven serious candidates. Yes, with \$4,200 and 65 friends, you, too, could have run for governor! Please don't waste your vote on a lost cause candidate, the issues are too important. Just be glad we don't have the 135 candidates as we did in 2003 with the Gray Davis recall.

Be skeptical of advertisements. Beware of what is promised but unproven! Come to events, such as our SacTax (Sacramento Taxpayers Association) interviews with Governor candidates this year. Be informed and intelligent. Exercise ownership over our governments. These recommendations will make each of us better citizens!

W. Bruce Lee is an educator and speaker (WBruceLee.com) with a career in government as an elected official and fiscal advisor, who has worked at the local, state, and federal levels. He authors the "We the Government" column as a community service. He is president of the Sacramento Taxpayers Association (SacTax). ★

Sen. Nielsen Responds to Hyatt Powerplant Shutdown



Office of Senator
Jim Nielsen

SACRAMENTO, CA (MPG) - Senator Jim Nielsen, R-Red Bluff, issued the following statement in response to the shuttering

of the Hyatt Powerplant at Lake Oroville for the first time because of record low water levels:

"Governor Newsom and the Democrats running this state should be ashamed.

"Rather than planning for the future, they kowtowed to environmental special interest groups and stalled the construction of Sites Reservoir.

"They fast track through environmental regulations to build sports stadiums, but refuse to do the same

when it comes to infrastructure projects that would protect the livelihoods, health and safety of Californians."

When there's adequate water in Lake Oroville, Hyatt can generate up to 900 megawatts of electricity. Typically, it produces 450 megawatts – enough to power 800,000 homes. However, due to the record low water levels, only 10 megawatts of electricity were being generated, which is why the decision was made to take it offline. ★

iVoterGuide Provides Key Information about Recall and Candidates

Hamilton Strategies Press Release

SACRAMENTO, CA (MPG) - The California gubernatorial recall election is underway and voters across the state are eager to make their voices heard. This special election is being held to answer two important questions: Should Gavin Newsom be recalled from the office of Governor? If so, who should replace him? How voters answer these two questions could transform the political landscape of both California and the U.S. for years.

For Debbie Wuthnow, president of iVoterGuide, this recall election provides a unique opportunity. "An opportunity like this hasn't occurred in California in years. Recent polls indicate that the state is evenly split over the effort to recall Governor Newsom, with the majority of California voters still undecided. This is exactly what iVoterGuide is for – equipping voters with facts about each candidate so they can cast an informed vote."

While Republican voters may have already decided whether Governor Newsom should be recalled, iVoterGuide provides the well-sourced facts that California voters can share with their family and neighbors who need a reminder of Governor Newsom's policies and actions that led to the recall effort. If the vote to recall exceeds 50%, then the candidate who receives the most votes will become California's governor until the November 2022 election. The toxic political climate and recent global events underscores the urgency for voters to choose the candidate most likely to respect personal freedoms

and govern with integrity.

Voters asked for iVoterGuide to cover this election and provide research to assist them in choosing between the dozens of contenders, and iVoterGuide quickly compiled all the necessary information about the current candidates. iVoterGuide gathered links to candidate websites and social media accounts, as well as listed important ideological donations either given to or by the candidates. For those who have held office, iVoterGuide lists any vote ratings earned. Additionally, each candidate received an issue questionnaire.

iVoterGuide is a one-stop resource for candidate ratings and election information. In 2020, iVoterGuide's expert researchers gave an in-depth analysis – and overall rating – from the perspective of unchanging truth for 8,000+ candidates in more than 3,300 races nationwide. Additionally, iVoterGuide offers election dates, registration deadlines, polling locations, and other information needed to help Americans vote wisely and identify candidates on the ballot who share their values. Related tools are also available to inform family, neighbors, and business associates about getting their own personalized ballots. iVoterGuide is helping to restore the principles of limited government, free enterprise, and traditional American values.

iVoterGuide also created Pray for Leaders, an easy way for voters to pray by name for the officials whom they personally have the authority to elect.

For more information on the iVoterGuide at hamiltonstrategies.com/ivoterguide/ ★

California Gubernatorial Recall Voter Guide Mailed



Registered voters can expect the CVIG to arrive in their mailboxes in the next week. It will include Ballot Drop Box and Vote Center locations. MPG file photo.

Sacramento County
Office of Registrar of Voters

SACRAMENTO COUNTY, CA (MPG) - The Voter Registration and Elections (VRE) Office has begun mailing the County Voter Information Guide (CVIG) for the September 14, 2021 California Gubernatorial Recall Election to Sacramento County registered voters. The VRE Office printed more than 800,000 Guides in English, Spanish and Chinese.

Registered voters can expect the CVIG to arrive in their mailboxes in the next week. It will include Ballot Drop Box and Vote Center locations. Voters that have 'opted out' of receiving a paper version of the CVIG may view it on the VRE website beginning August 16, 2021.

For more information about the Recall Election and voting in Sacramento County, visit the VRE website at www.elections.saccounty.gov, contact VRE at (916) 875-6451, email voterinfo@saccounty.net, or call the toll-free voter assistance hotline at (800) 762-8019. The hotline has the ability to connect voters with disabilities with TTY (Text Telephone).

Key Election Dates:

Monday, August 16 - Mailing of ballots to all registered voters begun; Voted ballots may be returned by mail (no postage needed) or in any of the Ballot Drop Boxes located throughout the County

Monday, August 30 - Close of voter registration for the September 14, 2021

California Gubernatorial Recall Election. Voter registration forms must be post-marked by this date or delivered to the VRE Office at 7000 65th Street, Suite A, Sacramento 95823 by 5:00 p.m. Online voter registration must be completed before midnight on this date at www.registerto-vote.ca.gov

Tuesday, August 31 - Conditional Voter Registration (CVR) begins

Saturday, September 4-11 Day Vote Centers open

Tuesday, September 7 - Last day a Vote by Mail (VBM) ballot can be mailed to you. After this date, VBM ballots are only available at the VRE Office or Vote Centers

Saturday, September 11 - All Vote Centers open throughout the County

Tuesday, September 14 - Election Day

Logic and Accuracy Testing on Tabulation Equipment

Voter Registration and Elections will begin logic and accuracy testing of ballot tabulation equipment on Monday, August 16, 2021 at 10:00 a.m. Testing will run continuously until completed. If you are interested in observing this process please contact our office at the number above to schedule an appointment.

For more information visit our website at elections.saccounty.gov, contact VRE at (916) 875-6451, email voterinfo@saccounty.net, or use the toll-free voter assistance hotline at (800) 762-8019. The hotline has the ability to connect voters with disabilities with TTY (Text Telephone). ★

Watch out for Airfare Scams When Booking Flights

Better Business Bureau
of Northeast California

SACRAMENTO, CA (MPG) - With the availability of COVID-19 vaccines, travel is coming back! That's great news for summer vacation plans... and scammers. BBB Scam Tracker is receiving reports of con artists creating fake airline ticket booking sites or customer service numbers. If you are buying airfare, use caution and double-check the URL or phone number before providing your credit card information.

How the Scam Works

While doing an online search for cheap flights, you come across what seems like a great deal with a major airline. You book the flight – either through the website or by calling a customer support number – and receive a confirmation message. However, when you look more closely at the email, you notice that you never actually received your ticket.

In another version of this scam, you book a flight on a travel website offering deals on airfare. You pay with your credit card like normal. But shortly after making the payment, you receive a call from the company saying that there's been a sudden price increase or an extra charge to finalize your booking. This is something a legitimate company would never do!

In either case, you call the airline to follow up about your flight. After talking to an agent, you find that they have no record of your booking. It turns out you accidentally purchased tickets through a scam website

or a phony customer service number. One victim told BBB Scam Tracker: "I received a phone call right after [I booked the flight] stating that they wanted \$100 per passenger to finalize my flight." Then, after calling the airline to complain, the victim discovered that "the flight wasn't available to begin with. The flight was never booked... this company just charged my card."

How to Avoid Travel Scams

Do your research. If you come across a company you haven't dealt with before, research it before making any purchases. Look on BBB.org for reviews and feedback from previous customers;

Double-check the URL before you enter personal and payment information. It can be easy to click on a sponsored ad or imposter website without noticing. Before you enter any sensitive information, double-check that you are on the right website and that the link is secure. Secure links start with "https://" and include a lock icon on the purchase page. Learn more at BBB.org/BBBSecure;

Be wary of third-party websites. Some websites appear to offer a legitimate service but are only fronts for a scam. Be suspicious of websites with no working customer service number and no physical address. Typos and grammatical errors can be indications of a scammer's handiwork, too;

Make online purchases with your credit card. Fraudulent charges made on a credit card can usually be disputed, whereas

that might not be the case with other payment methods. Unfortunately, there is no way to get back the personal information you may have shared.

To learn more about planning a getaway during COVID-19, check out this tip from BBB. For ways to protect yourself from travel scams, go to BBB.org/TravelScam. Read more about customer service number scams.

Stay one step ahead of scammers by subscribing to BBB's weekly Scam Alert emails.

If you've been a victim of an airline ticket or other travel scam, please report your experience at BBB.org/ScamTracker. By doing so you can help others to avoid falling prey to scammers.

The Better Business Bureau is a nonprofit, business-supported organization that sets and upholds high standards for fair and honest business behavior. For more than 100 years, the Better Business Bureau has been helping people find businesses, brands, and charities they can trust. BBB provides objective advice, free BBB Business Profiles on more than 5.3 million companies, 11,000 charity reviews, dispute resolution services, alerts, and educational information on topics affecting marketplace trust. There are over 100 local, independent BBBs across the United States, Canada, and Mexico. BBB of Northeast California was founded in 1937 and serves 24 counties throughout the region. Visit bbb.org for more information. ★



By Marlys Johnsen Norris, Christian Author

Many of our lives have been changed, healed and transformed by the power of God when we accepted Jesus Christ as our personal Lord and Savior. Regardless of when it happened that special day is now our "Spiritual Birthday".

The first time I made that decision was at a Presbyterian church at the age of 12 but I did not begin my sincere walk with God until I prayed that prayer understanding what I was doing, with the pastor at a Church of God when I was 34 years old. And I do remember that second date. (7/24/68) My parents were Methodist and Lutheran and later in 1990 my husband and

It Is No Secret - What God Has Done!

I joined Sunrise Baptist Church in Fair Oaks, California.

That decision at age 34 has changed and enriched and blessed my life over and over again. To me it is more important and significant than my natural birthday and more important to celebrate as well.

A few years ago, I invited about 20 friends to join me at a restaurant and celebrate that date. It was not about celebrating me, but celebrating the date God gave me a "new birthday". I had each person stand for a few minutes and share about the time they accepted Jesus as their Lord and Savior. If you contact me I will send you the flyer I created to help people who want to celebrate at a restaurant. It has a place to fill out the Name, Spiritual Birthday and return to you!

About a week ago God gave me an idea to "create a Spiritual Birthday Book" and include people in our family, friends, church and community. *Possibly you might want to do it too*

I have graciously learned that as we experience each new adventure of growth God delights in our choosing to believe and trust Him in all the areas of our walk of faith! It is no secret what God has done! It is time to share with the world around us, His love for them that they might enjoy having a "Spiritual Birthday" too!!

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ARM Columnist since 2006
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Larry Elder's Critics may be Helping Him Succeed



By Dan Walters CALMatters

"The enemy of my enemy is my friend" is an ancient proverb thought to date from a 4th century BC Sanskrit writing on statecraft.

The most graphic example of its application occurred in World War II, when Soviet Russia, which had a "nonaggression" pact with Nazi Germany, was suddenly attacked by its erstwhile ally.

Overnight, the Soviet Union's dictator, Joseph Stalin, was transformed from enemy to a partner of the U.S. and Great Britain in their war against Germany and its dictator, Adolf Hitler. Militarily, it was the best thing that could have happened for the Western allies because had it not happened, Hitler might easily have triumphed.

Something like that is happening in California as Gov. Gavin Newsom fights off a campaign to oust him from office via a September 14 recall election.

With voting underway, Newsom's campaign has shifted from defending his gubernatorial record to attacking the leading Republican candidate to succeed him, talk show host

Larry Elder. Pro-Newsom editorialists and the second place Republican, former San Diego Mayor Kevin Faulconer, have joined Newsom's assault on Elder.

The overall theme of the attacks is that Elder's extreme right-wing views make him unacceptable as an officeholder, and the drumbeat quickened last week when Elder's former girlfriend accused him of being verbally abusive and even, at one point, waving a gun at her.

"I, for one brief moment, believed that he intended to shoot me. I was in fear for my life," Alexandra Datig said, adding: "At the same time, I'm also very fearless and, having grown up around guns, I didn't take it seriously."

Elder, of course, denied the gun allegation, but immediately, his critics turned from saying he shouldn't be governor to demanding that he drop out of the contest.

The Sacramento Bee declared that Elder's "misogynistic attitudes toward women and the damning allegations revealed this week about how he treated his ex-fiancee Alexandra Datig are disqualifying, and make him wholly unfit to be California governor. Elder must drop out of the race immediately."

"Elder's backwards positions harm women's rights and the livelihoods of California families," Faulconer said in a late Friday afternoon statement. "Elder's lack of judgement and character flaws threaten the success and credibility of this historic recall

movement — Californians will not vote to recall one dysfunctional governor if it means replacing him with another."

So what effect will this barrage of criticism from Newsom, Faulconer and pro-Newsom media have on Elder and the recall drive?

Newsom obviously hopes that focusing on Elder and the supposedly terrible fate that would befall California should he become governor will not only change the subject but motivate Democrats to vote against the recall. Democratic voter apathy is, polls indicate, the prime reason Newsom is in danger of losing his office.

However, the focus on Elder could also make it more likely that he would, in fact, become governor should the recall succeed. Voters who favor the recall could easily conclude that if Newsom, the media and Faulconer are ganging up on Elder, perhaps he's just the man to lead the revolt against the political status quo.

That's what happened in 2016 when Donald Trump emerged from the Republican pack to become the GOP's presidential nominee. The more Trump was attacked for his many personal shortcomings, the more attractive he became to angry Republican voters. The rest, as they say, is history.

Elder may be, as his critics say, unfit to be governor. However, like Trump, he probably loves the attention because his enemies are making him more friends.

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

Is Being Sane Too Much to Ask?

Dr. James L. Snyder

When young, I remember my grandfather often saying to me, "the world wasn't like this when I was your age." Then he would go on a long rant about how things were much different when he was my age. Finally, he would conclude by saying, "It's an insane world out there, son."

Recently, I caught myself saying the same things to one of my grandchildren, and then it dawned on me, "Have I become my grandfather?"

Pondering this a little bit, I thought, is this generation just as insane as my generation? Or, where did this generation inherit their insanity?

Wanting to do some research on this, I went to the shopping mall, sat in the middle with some coffee, and watched people pass by.

So many people walked by wearing such clothes that it was rather embarrassing.

Young ladies were wearing trousers full of holes and rips and tears. It looked like they got them out of some trashcan.

When I thought I saw everything there walked past me about a half dozen young men, I think they were young, whose trousers were down almost to

their knees. How they could walk around like that without tripping was beyond the level of my sanity.

For a moment, I wanted to walk up and say, "Excuse me, but your pants are dropping off."

I would like to see them outside trying to run away from a barking dog.

As I sat there trying to wag my head and clear the clutter, I saw something that scared me at first.

Looking down one lane, I saw three young ladies coming, and I did not know what to do. It looked like they had painted their clothing on. I've never seen anything so crazy in all my life. I didn't know what to do. I didn't know if I should run, or just sit there and close my eyes?

As they walked by, I noticed they did have clothes on. But, for the life of me, I don't know how they got those clothes on, and I could not imagine how they would take them off.

A young guy was walking by, talking like he was on the radio. He talked and laughed and talked and laughed, and I thought maybe this guy had had a little too much "what-chamacallit" to drink.

I noticed an attachment to his ears with something coming down the side of

his chin. As he walked by, he continued talking. It was then I noticed something rather strange. This young man was talking on the telephone.

Oh, if only my grandpa could be sitting with me right now and saw what I saw, he would have had quite a few words to say about what he saw.

As I drove home, I thought about what sanity and insanity is all about. What is right in one generation doesn't seem to be right in the next.

A favorite verse of Scripture came to my mind as I was driving. "The thing that hath been, it is that which shall be; and that which is done is that which shall be done: and there is no new thing under the sun" (Ecclesiastes 1:9).

If anybody knew anything about this, it was King Solomon, the wisest man that ever lived. We may think what we're doing is new, but in all sanity, nothing is new.

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

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Citrus Heights Surgery Center Moves Towards Completion



The 16,000-square-foot center will feature three operating room beds, three treatment bays and 11 recovery unit beds for patients. Photo by Thomas J. Sullivan

By Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG)

Construction on a new Ambulatory Surgery Center (ASC) on the corner of Stock Ranch and Sylvan Roads in Citrus Heights continues to move towards a planned December opening.

“We are pleased to report that the project is on track for a December 2021 opening pending no unforeseen construction delays and final licensure,” said William Hodges, director of external communications for Dignity Health-Sacramento Region. “The new ambulatory surgical center will be a phased opening, with first procedures happening in December and will then ramp up in the months to follow,” he said.

The Dignity Health and United Surgical Partners International (USPI) joint venture features three operating room beds, three treatment bays and 11 recovery unit beds for

patients receiving same-day surgeries. When open, the center is expected to have approximately 70 physicians on its medical staff.

The new 16,000-square-foot center which will be the first of its kind in Citrus Heights, will join five other USPI centers in the region, including centers in Roseville and Folsom. Its location is not far from Dignity Health Medical Center at 7115 Greenback Lane, which offers its patients primary and specialty medical care.

According to Dignity Health, the new Citrus Heights surgical center will be utilized for general surgery, otolaryngology, orthopedics, gastroenterology, gynecology, ophthalmology, pain management, podiatry and urology procedures.

The project’s developer, Capital Partners Development Co., also built the Citrus Heights City Hall and the U.S. Small Business

Administration building. RCP Construction Inc. which is based in El Dorado Hills is the builder.

A patient drop-off and pickup location and covered decorative awnings, along with at least 70 parking spots and a new driveway is on Stock Ranch Road. An additional 4,800-square-foot second building, shown penciled-in on the site plan is included as a “projected need” for a future office building at the site, according to plans filed with city. At the present time, just the surgical center is being built.

“Dignity Health and United Surgical Partners International are proud of their long-standing partnership and we are excited to bring this center and its array of outpatient surgical services to Citrus Heights. We thank the city of Citrus Heights and the community for their continued support,” Hodges said. ★

Updated Computer Models Released for Key Water Projects

Department of Water Resources
Press Release

SACRAMENTO, CA (MPG) - The Bureau of Reclamation and the California Department of Water Resources (DWR) released the next versions of two computer models that simulate operations of the State Water Project (SWP) and the Central Valley Project (CVP). Water managers use the models – CalSim II and CalSim 3 – to examine project operations under various assumptions for hydrologic conditions, project facilities and regulatory requirements.

“Having the ability to model events in a virtual world is a tremendous help in drought planning and improving sustainability of our water resources,” said Erik Reyes, DWR’s Supervising Engineer. “These highly complex and extensive models allow for studying a number of key changed conditions, including climate change.”

A beta version of CalSim 3 was originally released in 2017 for public comment. Since then several changes have been made to the model, including the full incorporation of the San Joaquin River, updated integration of groundwater and surface water interaction and new areas of simulation coverage in upstream watersheds. Both CalSim 3 and CalSim II, which are being updated from the last public release in October 2019, include refinements to the depiction of many regulatory criteria.

“The inclusion of enhanced physical modeling in CalSim 3, particularly the implementation of stream-groundwater interaction, represents a great stride forward in analytical capabilities for Central Valley Project and State Water Project planning studies,” stated Derya Sumer, Reclamation’s Water Supply and Operations Analysis Branch Chief.

These and other improvements enhance the ability to model the ever-changing conditions that dynamically affect the projects, including impacts to infrastructure, operating or regulatory criteria, land uses and climate change.

The models and preliminary documentation are available here. Full documentation is expected to be made available in November 2021.

For more information about these benchmark studies or to provide comments, you may contact Erik Reyes, California Department of Water Resources, erik.reyes@water.ca.gov, (916) 653-5569; or Derya Sumer, U.S. Bureau of Reclamation, dsumer@usbr.gov, (916) 978-5188.

The Bureau of Reclamation is a federal agency under the U.S. Department of the Interior and is the nation’s largest wholesale water supplier and second largest producer of hydroelectric power. Its facilities also provide substantial flood control, recreation opportunities, and environmental benefits. Visit our website at www.usbr.gov and follow us on Twitter @USBR and @ReclamationCVP. ★

Medi-Cal Members Can Get Help with Internet Costs

Sacramento County
Press Release

SACRAMENTO COUNTY, CA (MPG)

Registration is now open for an emergency broadband program that will help Medi-Cal members and other low-income residents receive up to \$50 a month to cover their internet costs. All Medi-Cal members qualify, and it will not affect their health coverage. Funds are limited, so act quickly.

The Emergency Broadband Benefit Program is a Federal Communications Commission (FCC) program that provides a temporary discount on

monthly broadband bills during the COVID-19 pandemic for qualifying low-income households.

To qualify you must have:

An income that is at or below 135% of the Federal Poverty Guidelines or participate in certain assistance programs, such as SNAP, Medi-Cal, or Lifeline;

Been approved to receive benefits under the free and reduced-price school lunch program or the school breakfast program, including through the USDA Community Eligibility Provision in the 2019-2020 or 2020-2021 school year;

Received a Federal Pell

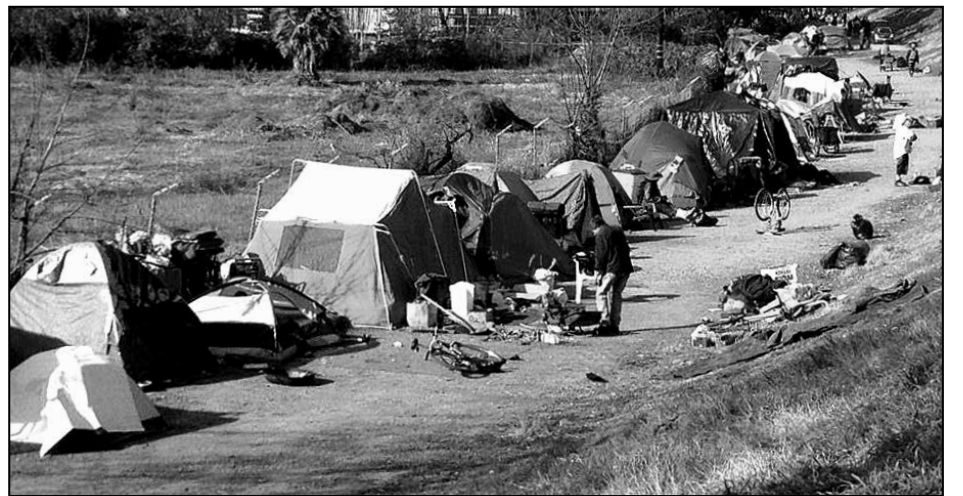
Grant during the current award year;

Experienced a substantial loss of income due to job loss or furlough since February 29, 2020 and the household had a total income in 2020 at or below \$99,000 for single filers and \$198,000 for joint filers; or

Met the eligibility criteria for a participating provider’s existing low-income or COVID-19 program.

The program will end once the program funds are exhausted, or six months after the Department of Health and Human Services declares an end to the pandemic, whichever comes first. ★

How to End California’s Homelessness Crisis



California has spent more than \$13 billion in the last three years. Tragically, its “housing first” approach is a colossal failure. MPG file photo

Commentary
by Kerry Jackson and
Wayne Winegarden

Homelessness is a growing problem in virtually every state. Nowhere is it more pressing than in California, which in the past three years spent more than \$13 billion, roughly \$30,000 annually for each homeless person, to address it. Tragically, its “housing first” approach is a colossal failure. Overall, says the state auditor’s office, California’s homelessness programs are disjointed and poorly managed.

Despite little progress, policymakers keep throwing more money at the problem. Rather than adopting California’s current government-centric approach, other states should learn from its mistakes by embracing reforms that directly tackle the core issues.

Many homeless suffer from mental illness and substance abuse struggles that require creating a pathway to recovery. Unfortunately, the legal precedent of *Martin v. City of Boise* is creating a “right to live on the streets.” Policy changes such as California’s voter-approved Proposition 47 have effectively discouraged the enforcement of shoplifting items up to \$950, creating a means for the addicted or mentally ill homeless to support their habits.

Instead of enabling homelessness, states should ensure appropriate punishment for those who violate the law. However, interactions with law enforcement should be viewed as opportunities to connect homeless individuals with the help and resources they need.

One innovative approach is homeless courts that “sentence” offenders to

treatment, then expunging their records once successfully completed, as proposed in the California’s Compassionate Intervention Act. At the same time, the developing “right to sleep on the street” needs to be challenged through legal channels.

To complement these efforts, states should partner with private nonprofits that have successfully helped many transition off the streets. Even President Barack Obama has acknowledged that “the private and philanthropic sectors are responsible for some of the best thinking, innovation, and evidence-based approaches to ending homelessness.”

Shelters to Shutters represents exactly what he was talking about. The Vienna, Virginia, nonprofit emphasizes job placement and housing based on the mantra that “the solution truly needs to be about both.” Another strategy initiates contact with the homeless by providing necessities, including bag storage, transportation, Internet access, and a sitting room. While offering these services, the Crossroads Welcome Center in Tennessee determines each client’s needs and tries to direct them to institutions for further care.

Given the severity of today’s crisis, the homeless need to be relocated with an urgency. San Diego’s use of large tents that serve as transitional housing for about 700 a night and cost roughly \$11.3 million shows how this can be done.

California’s infamous unaffordability problems are also a causal driver of homelessness. Policymakers nationwide should implement regulatory reforms that lessen excessive living costs to

alleviate the economic pressures driving too many people into the streets.

The California Environmental Quality Act, the biggest barrier to homebuilding, increases costs, and causes extended construction delays. It, as well as similar laws elsewhere, is overdue for reform.

States should pursue zoning regulatory reform to simplify multi-layered restrictions, speed up the building-permit process, and ease restrictions on building duplexes, triplexes, and granny flats in order to expand the stock of affordable housing. Eliminating rent control would also meaningfully expand the supply of housing and reduce costs, particularly in cities where housing is the most expensive.

Sustainably addressing the homelessness crisis in California and every state is a moral imperative and an economic necessity. Current conditions are the unintended consequence of policies implemented by state and local governments. Though the situation is dire in California, the good news is states can make a meaningful difference if they reject the Golden State’s ill-advised policies. Adopting the right policies should be at the top of every state’s legislative to-do list.

Kerry Jackson is a fellow with the Center for California Reform at the Pacific Research Institute. Wayne Winegarden, Ph.D. is a Sr. Fellow in Business and Economics at the Pacific Research Institute. They are the authors, with Joseph Tartakovsky and Christopher Ruffo, of “No Way Home: The Crisis of Homelessness and How to Fix It with Intelligence and Humanity” (Encounter Books, 2021). ★

Regional San Project to Receive Grant Funding for Harvest Water

By Sharon Sargeant,
Regional San

SACRAMENTO, CA (MPG)

The United States Bureau of Reclamation (USBR) recently announced that Regional San will receive \$1.7 million to help fund Regional San’s Harvest Water Program. This additional funding adds to the previous \$4.2 million received from USBR and \$287.5 million in Proposition 1 funding. Harvest Water was established to meet Regional San’s goal of increasing the use of recycled water by providing tertiary-treated wastewater for farmers—demonstrating Regional San’s ongoing commitment to environmental stewardship.

Harvest Water represents one of the largest agricultural

water reuse projects in the United States. Once complete, it will provide up to 50,000 acre-feet per year of drought-resistant, Title 22 water to irrigate up to 16,000 acres of permanent agriculture and habitat conservation lands near the Cosumnes River and Stone Lakes National Wildlife Refuge in Sacramento County.

“Securing these funds helps Regional San in our efforts to increase recycled water use in the Sacramento region,” said Prabhakar Somavarapu, Regional San’s General Manager. “Recycled wastewater provides a safe and sustainable water supply for agriculture, irrigation and habitat restoration. It also reduces the need for groundwater pumping.”

Next steps include continued planning efforts with

local farmers and development of designs for pumping, transmission and distribution systems to convey recycled water from the wastewater treatment plant near Elk Grove to farmers in southern Sacramento County. The first phase of the recycled water delivery system is expected to be operational by late 2024.

Learn more about Harvest Water at regionalsan.com/harvestwater.

Regional San owns the regional wastewater conveyance system and the Sacramento Regional Wastewater Treatment Plant located near Elk Grove. We provide wastewater conveyance, treatment and disposal service to about 1.6 million people throughout the Sacramento region. Learn more at regionalsan.com. ★

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- CLUES**
- CROSS**
- *Emmy Awards attendees or celestial bodies
 - He ____ and drank the precious words...
 - Skier's transport
 - Move like ivy
 - What Alex and Lexington have in common
 - Power glitch
 - White condiment
 - Schiller's "____ to Joy"
 - Movie "The ____ of the Chicago 7"
 - "Last Week ____ with John Oliver"
 - "Lovecraft ____"
 - Excessively
 - Invitation request
 - Part of graduate's ensemble
 - South American indigenous people
 - Lung pouch (2 words)
 - Giannis Antetokounmpo's target
 - Stain on Santa
 - Take exception to
 - Highland tongue
 - Bar, legally
 - Tropical tuber
 - Time on the job
 - Grey tea
 - Make a picture
 - Satellite Navigation System, for short
 - Mr. Eugene Krabs, e.g.
 - X
 - *Compilation of nominees, e.g.
 - Uh-huh
 - "Swingers" actor turned "The Mandalorian" director
 - Ewan McGregor's role
 - Soviet entity
 - Flightless bird
 - Princess of #34 Down
 - Type of weasel
 - Lady or Tramp, e.g.
 - Improvise
 - Young herring
 - Printing unit, pl.
 - '90s TV sitcom "Boy ____ World"
- DOWN**
- Sing like Ella Fitzgerald
 - Jack, Janet and Chrissy from "Three's Company," e.g.
 - Long time
 - Rekindled
 - Faucet
 - Loads (2 words)
 - Jason Sudeikis' role
 - Golden parachute recipients
 - U, on the road
 - One from Great Britain
 - Culture-growing turf
 - Bank on
 - Like an ignoramus
 - *Hugh Laurie's medical drama, nominated 25 times, that ended in 2012
 - Egg cells
 - Janet's anti-mob law (2 words)
 - "The Queen's Gambit" game
 - Blood carrier
 - Suggest
 - *Drag ball culture drama
 - Retired, shortened
 - "Get ____," Outstanding Comedy Series winner in 1988 and 69

Crossword Puzzle Solutions on Page 9

1	2	3	4	5	6	7	8	9	10	11	12
13					14			15			
16					17			18			
19				20		21	22				
23					24						
25	26	27		28	29		30	31	32	33	34
35		36		37		38		39			
40				41		42		43			
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48				49		50		51		52	
53				54		55		56			
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65					66	67		68			
69					70			71			
72					73			74			

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

Solutions on Page 9

Find Puzzles on Page 9

S	T	A	R	S	A	T	E	T	B	A	R		
C	R	E	E	P	L	E	X	S	U	R	G	E	
A	I	O	L	I	O	D	E	T	R	I	A	L	
T	O	N	I	G	H	T	C	O	U	N	T	R	Y
	T	O	O	R	S	V	P						
C	A	P	T	U	P	I	A	I	R	S	A	C	
H	O	O	P	S	O	O	T	D	E	M	U	R	
E	R	S	E	E	S	T	O	P	T	A	R	O	
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Sudoku Puzzle on Page 9

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

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Dare to Live Without Limits

by Bryan Golden

Why You Should Never Give Up



Giving up may seem tempting when things aren't going well. If you are feeling tired, frustrated, worn out, or disheartened, giving up on a goal is appealing. Regardless of how drained you are, you should never give up because you only fail when you give up.

There are numerous reasons to persist. You never want to regret that you gave up on pursuing a goal you really wanted. Anything worthwhile takes effort. Taking the path of least resistance doesn't provide the elation goal achievement provides. Success feels great. The more difficult the goal, the better it feels once reached.

You never know how close you are to achieving your objective. More often than not, you are closer than you realize. Persistence is essential in order to reach your objective. Utilize the principle of the slight edge: A small amount of extra effort produces results far in excess of the effort required. Giving up guarantees you won't make it.

You learn and discover. Setbacks are a normal part of the road to success. Setbacks are a learning experience. They are never justification for giving up. Setbacks identify areas which need to be adjusted. Setbacks may also indicate an alteration in your course is warranted.

Fears are overcome through persistence. Giving up reinforces fears. Breaking through fears opens up more possibilities. It's amazing how much

more can be accomplished once your fears are no longer limitations.

You become more creative. Creativity is essential for solving problems. By refusing to give up, you use your creativity to overcome obstacles. There is always a way to reach your objective.

You have to adapt, adjust, and improvise as needed. Purge the concept of impossibility from your self-talk. Your confidence level increases. Being successful builds confidence. Solving problems builds confidence. When you persist, it becomes a way of life. Giving up creates self-doubt and insecurity. People who give up will do so in response to the slightest adversity.

You connect with your inner strength as you realize that you already have within you what you need to be successful. This self-reliance is a tremendous asset which is often overlooked. Too many people look instead to external factors they erroneously believe are responsible for their success or failure.

You also realize how much you are capable of accomplishing. You go through life being told what you can't do by all of the naysayers. Ignoring them in order to follow your own path enables you to reach amazing destinations.

You develop a can-do, will-do attitude which enables you to get things done. There's a big difference between making a commitment to do something versus saying you'll give something a try. Trying

is a back door to failure. If something isn't successful, people who try say, "Well, at least I tried," as they give up.

With each successful accomplishment, you realize how many possibilities are open to you. You start thinking about all you can do and stop worrying about what you can't do. Conversely, when someone gives up, they add another item to their growing list of things that won't work.

You discover that things not working out as planned is not failure, but rather an incentive to change strategy or direction. Since you never fail unless you give up, you always look for a way to move forward. If you fall, you get right back up and keep going.

You keep learning. As you persist, you discover effective strategies to repeat, along with ineffectual approaches to avoid. You learn from your own experiences as well as from those who have gone before you.

Never give up. Regardless of how tough your circumstances are, keep going forward. Giving up is a dead end without possibility. Perseverance and determination get you to where you want to be.

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@columbianist.com or write him c/o this paper. © 2021 Bryan Golden ★

Ask Toni

Husband Passed Away...

Why Is My Medicare Monthly Premium \$545?



Toni King

Toni:

I have been reading your articles regarding COVID-19, being laid off and enrolling in Medicare properly but I have not read an article on how to lower the Medicare monthly premium if you are not making

that amount of income due to a life event such as your spouse passing away.

I turn 65 in September and have enrolled in Medicare. I received a letter from Social Security stating that I must pay \$475.20 for Part B and \$70.70 for Part D, totaling over \$545.90 monthly because the IRS states that my income was \$345,000 in 2019.

Since my husband passed away this February, I only have my Social Security check of \$2400 a month to pay bills, not my husband's income anymore.

How do I inform Social Security that I am no longer making this amount of income and bring my Medicare premium to a lower, affordable amount?

Thanks ... Gwen from Destin, FL

Gwen:

Do you want to wait 2 years for the IRS to inform Medicare that your income has decreased due a "Life Changing Event" such as death of a spouse, being laid off/working part-time or recently divorced or do you want to let Medicare know now that you have had a "Life Changing Event, because you or your spouse are no longer earning that amount of income?

During a Toni Says® Medicare consultation, we hear about the Medicare Part B and D premium problems from those on Medicare who have had various types of "Life Changing Events" mentioned above or have decided to retire. People believe that everyone pays the same amount for their Medicare Parts B and D premium. Those days are long gone!

If your income as an individual is over \$88,000 or married is over \$176,000; your Medicare Parts B and D premiums will be more. Social Security explains in the letter

that is mailed to you, how they arrived at the Part B and D premiums based on your "Modified Adjusted Gross Income" (MAGI) from your last filed tax return.

Your MAGI was over \$330,000 and the table used in the letter you received from Social Security shows what the Part B and Part D premium adjustment (*nice way of saying it's going to cost you more*) will be, whether you are filing single or married.

Most retirees do not realize that they have **special situations** also known as "**Life Changing Events**" that can lower your "income related monthly adjusted amount" (IRMAA).

Below are a few of the life changing events that can make your income go down:

- You have gotten married or **divorced**, or your **spouse has died**.
- You or your spouse have **stopped working** or have reduced your hours.
- You have lost property that you were making money from due to a disaster or other event beyond your control; or
- You or your spouse's benefits from an insured pension plan stopped or went down

Use form SSA-44 titled "Medicare Income-Related Monthly Adjusted Amount - Life-Changing Event" and attach the original documents or certified copies to verify your change in income. Call your local Social Security office to discuss the filing of this form.

Once Social Security is satisfied with the evidence, it will update its records and correct Part B and Part D premiums to what your current income is.

**Social Security reviews your income each year and will adjust your Part B and D premiums to your new income level the next year and again you will want to keep filing SSA-44 form until that year's income is to the lower amount.

For information about specific Medicare options, email info@tonisays.com or call 1/888-TONI-SAY (888-866-4729) to have your Medicare questions answered.

Toni King, author of the Medicare Survival Guide® Advanced edition is giving a \$5 discount to the Toni Says® readers on the Medicare Survival Guide® Advanced book at www.tonisays.com. ★

The Working from Home or Return-To-Office Debate

Commentary
by Cathy Hayes

Many Americans have been working from home full-time for a year now since COVID-19 hit the U.S. And many prefer that arrangement to a traditional office. In a survey, 65% said they want to work remotely full-time after the pandemic.

That could pose a problem for them and their employers.

Given the availability of vaccines, many companies are planning to ask their employees to return to the office. But a sizable number of workers might balk – or even walk. In a survey by LiveCareer, 29% of working professionals said they would quit if they couldn't continue working remotely.

"The reality is that some jobs just don't work remotely and some people don't work well remotely," says Cynthia Spraggs (www.virtira.com), a veteran of working remotely, author of *How To Work From Home And Actually Get SH*T Done*, and CEO of Virtira, a completely virtual company that helps other businesses work virtually. "Companies have time to plan for both – and so do employees.

"Many employees now expect to be able to work flexibly. Some companies will use a hybrid approach, and others will go back to full-time in the office. But if employees are not given the choice to work from home, some will look for other employers that do offer that. Companies need to assess which jobs are best done remotely and assess their employees to understand which ones benefit the company most by either working from home or returning to the office."

Spraggs offers these thoughts for workers, business owners and managers to consider in the WFH vs. return-to-office debate:

The WFH type. "At this point, it should be relatively easy to assess who is thriving and who



"Many employees now expect to be able to work flexibly. Some companies will use a hybrid approach, and others will go back to full-time in the office. But if employees are not given the choice to work from home, some will look for other employers that do offer that. Photo by Andrea Piacquadro from Pexels

is miserable in a WFH setting," Spraggs says. "What we've found is, regardless if you're an introvert or an extrovert, the perfect WFH employee is someone who embraces life and who has passions and interests outside of work. They work efficiently and are strong performers because they see work as a means to fund their life."

The traditional office type. Spraggs draws a stark contrast between people who thrive working from home and those who are much happier commuting to a traditional brick-and-mortar office environment. "These individuals have strong social relationships through work and require the camaraderie that an in-office environment provides," she says.

"For many, especially those focused on the corner office, work is their life. These are the ones who pull down 80-hour weeks to move up the ladder. They stay glued to their boss, and likely are the ones who just won't function well at home. Sadly, they are also likely your VP."

Weigh how your company thinks of you. "Although we all like to think that companies care about employees," Spraggs says, "the harsh reality is that employees are a unit of production and companies will migrate to the setup that senior executives mandate. Do you really want to work for a company that isn't prepared to accommodate what makes you most productive and happy? Better sharpen that CV and get

ready. Plan now and work your networks."

Management realities. For many companies, even with the environmental, health and productivity advantages that remote work brings, Spraggs thinks some simply aren't going to embrace WFH as an opportunity to streamline operations. "They are going to want to return to the 'old normal,'" she says. "A good number of senior management people didn't do well with the WFH environment because they view WFH through a lens of slacking-off employees, lower productivity and lower ROI. So it's likely these companies are not going to make the investments in training, home-based bandwidth, VPNs and tools to make it work."

"There's coming tension in many companies between what will work best for management and what will work best for the employees," Spraggs says. "We may see a big migration in workers going to fully virtual companies."

Cynthia Spraggs (www.virtira.com) is the author of *How To Work From Home And Actually Get SH*T Done: 50 Tips for Leaders and Professionals to Work Remotely and Outperform the Office*. She is CEO of Virtira, a completely virtual company that focuses on remote team performance. Before taking leadership of the company in 2011, Spraggs worked with large consulting and tech companies while completing her MBA and research into telecommuting. ★

WEEKLY COMICS

Amber Waves

by Dave T. Phipps



The Spats

by Jeff Pickering



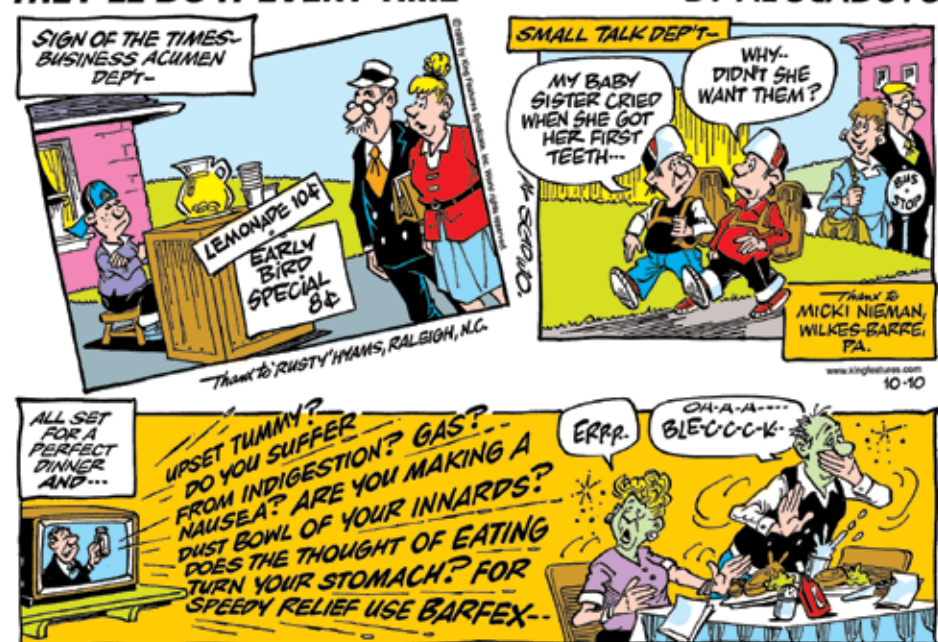
Out on a Limb

by Gary Kopervas



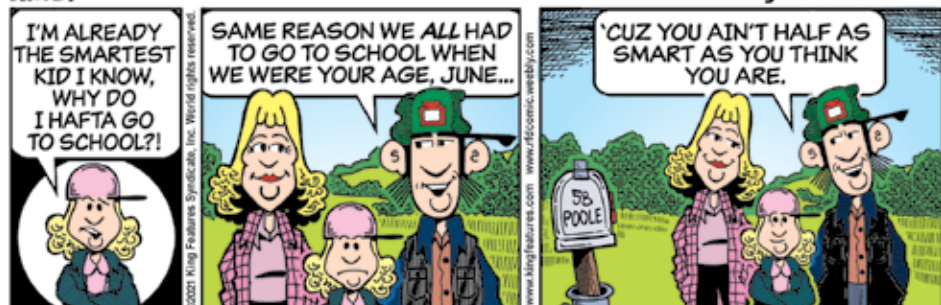
THEY'LL DO IT EVERY TIME

BY AL SCADUTO



R.F.D.

by Mike Marland



GRIN and BEAR IT

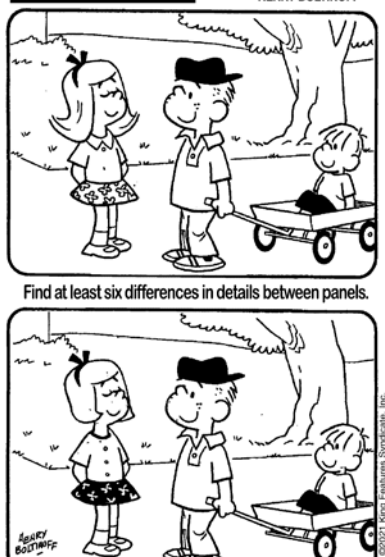
LAFF-A-DAY

Just Like Cats & Dogs

by Dave T. Phipps

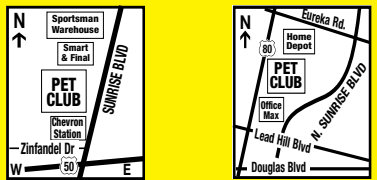
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15 Lb Bag **SCIENCE DIET SMALL BITES DRY DOG FOOD**
•Adult •Light •Mature (Puppy Small Bites \$25.99) (Sensitive Stomach \$29.99) (Lamb & Rice Small Bites \$30.99) Limit 2 Bags **\$24.99**
Limit 2 Bags **CAT COUNTRY PREMIUM ORGANIC CAT LITTER**
20 Lb **\$7.99** 40 Lb **\$14.99**
Limit 2 Bags **WELLNESS DRY DOG FOOD**
24-30 Lb Bag
•Chicken •Senior •Grain Free Lamb •Healthy Weight •Grain Free •Soft Pet Toys •Grain Free Adult •White Fish **\$53.99** •White Fish **\$56.99**

PRECIOUS CAT CAT LITTER
20 Lb Box Limit 2 Boxes Cat Attract **\$12.99** Touch of Outdoors **\$8.49**
SWHEAT SCOOP NATURAL WHEAT LITTER
(12 Lb Bag - Original \$10.99 Multi Cat \$11.99) 36 Lb Bag Limit 2 Bags Original **\$29.99** Multi-Cat **\$31.99**
CHICKEN SOUP FOR THE SOUL CANNED FOOD SALE As Marked
Dog Cans 13.2 Oz (Reg & Grain Free) All Varieties **10% OFF**
Cat Cans (3 Oz Grain Free & 5.5 Oz) Limit 1 Case **OUR REGULAR LOW PRICES**
MEOW MIX CAT FOOD
Market Select 2.75 Oz Cup Limit 1 Case **53¢**

WELLNESS CANNED CAT FOOD Full Case
•Pate •Gravy Selected Varieties Also •Signature Select •Core 5.3 Oz Limit 1 Case **20% OFF** **REGULAR LOW PRICES**
CHICKEN SOUP FOR THE SOUL DRY DOG FOOD As Marked
Limit 2 Bags **10% OFF** **OUR REGULAR LOW PRICES**
•Adult (including Beef) •Large Breed (including Beef) •Mature •Weight Care •Puppy (Reg & Lrg Breed) 28 Lb Bag **OUR REGULAR LOW PRICES**
CAREFRESH PET BEDDING
60 Liter (Ultra Not Included) **\$16.49**
MERRICK'S WHOLE EARTH FARMS DRY DOG FOOD
•Grain Free Chicken/Turkey •Grain Free Pork, Beef & Lamb 25 Lb Bag Limit 2 Bags per Family **\$7 OFF** **OUR REGULAR LOW PRICES**

ADVANTAGE FLEA CONTROL & TREATMENT
Dog Small (Green) Dog Extra Large (Blue) Dog Medium (Teal) Cat Large (Orange) Dog Large (Red) Cat Small (Purple) Limit 2 Per Family. Cannot be combined with any other offer. **OUR REGULAR LOW PRICES**
REDBARN NATURAL DOG TREATS
•Bully Treats •Filler Bones •Bully Nuggets All Varieties except Mammoth Bone \$7.99 **20% OFF** **OUR SUPER LOW PRICES**
PETSAFE GENTLE LEADER
•Head Collars •Easy Walk Harnesses •Come With Me Kitty **20% OFF** **OUR SUPER LOW PRICES**
PET AG ESIBILAC
Puppy Milk Replacer Weaning Food **KMR** Kitten Milk Replacer Weaning Food **20% OFF** **OUR SUPER LOW PRICES**

HAGEN FLUVAL FILTER SALE
MODEL TANK PET CLUB SALE MODEL TANK PET CLUB SALE
107 ... 25 GAL **\$87.99** 307 ... 70 GAL **\$131.99**
207 ... 40 GAL **\$99.99** 407 ... 100 GALL **\$169.99**
AQUEON BOXED 10 GALLON TANK
With Economy Kit Just add Heater For Tropical Fish **\$44.99** Limit 1 Per Family
TETRA FISH FOOD SALE
Tetrafin Goldfish 7.06 oz. **\$9.49**
Tetrafin Staple 7.06 oz. **\$12.99**
Tetra Color 7.06 oz. **\$12.99**
KORDON CORAL SEA 50 GAL SALT MIX WITH AMQUEL
\$14.99

BONUS COUPON FRISKIES BUFFET CANNED CAT FOOD
5.5 Oz All Varieties Limit 1 Case With Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 9/1/21 - 9/7/21 **ON SALE Everyday** CHM PLU 367

BONUS COUPON WHISKAS TEMPTATIONS CAT TREATS
•Selected Varieties - 3 Oz Limit 2 Pkgs with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 9/1/21 - 9/7/21 **\$1.39** CHM PLU 569

BONUS COUPON JONNY CAT CAT LINERS
Jumbo Drawstring - 5 Ct Limit 1 Box with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 9/1/21 - 9/7/21 **\$2.09** CHM PLU 449

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BEST OF CARMICHAEL 2021



Ram's Epic Season Opener



Casa Roble Rams wide receiver Cole Owens #11 overcoming the Placer Hillmen defense. By Tim Engle of Engle Photography



A Placer Hillmen defense player holds running back Josh Taylor #8 of the Casa Roble Rams near the score line. By Tim Engle of Engle Photography

By MaryAnne Povey

ORANGEVALE, CA (MPG) - Under clear skies, the Casa Rams kicked off the season in a big way against the highly ranked Placer Hillmen in the first game of the pre-season held at Newman field in front of an energized crowd of Ram fans!

According to spectators, "The atmosphere was electric" and "the feeling of normalcy in the stands from the community was contagious" (no pun intended!) The spontaneous cheering from the Blue Crew student section also infused energy throughout the stadium.

The Rams and Hillmen scored back and forth until Casa took the lead in the 4th quarter and didn't give it back, finishing with a thrilling 40-33 victory over Placer. "I couldn't be more proud of my guys for pulling this off against a very formidable opponent," said Coach Horner, "This is a fantastic start to what I hope will be an amazing season."

The Rams are scheduled to play at home on September 3rd. For those who cannot attend the game, please tune in through Orangevale Live on Facebook or YouTube to see the JV and Varsity games streamed live. Go Rams! ★

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