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AUGUST 6, 2021

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Airshow Cleared for Take-Off

Limited Tickets Available to this Year's Event



Above: The Snowbirds will be sporting their Canadair CT-144 Tutors at this year's California Capital Airshow. Left: Kids learn to dream and adults get some real entertainment in the skies of Sacramento. Photos by Mark Loper

By Nancy Mallory, California Capital Airshow

SACRAMENTO REGION, CA (MPG) - The California Capital Airshow (CCA), presented by Sacramento County

long-awaited ticket release is preparing to launch.

Returning to Sacramento County's Mather Airport for its 15th year, the Airshow offers more than four hours of thrilling flying performances on

Saturday (Sept. 25) and Sunday (Sept. 26). Additionally, massive military aircraft will be on display and interactive STEM (Science, Technology, Engineering, and Math) experiences for kids and families to enjoy from 9:00 a.m.-5:00 p.m. each day. But that's not all; buckle up for the addition of an all-new third day of Airshow excitement on Friday (Sept. 24)!

With limited capacity for this year and pent-up public demand, the CCA team developed an alternative to the more traditional event, a drive-in Airshow for Friday ONLY that will take place from 3:30-7:00 p.m. This unique event is likely the first and last of its kind. The performances, narration, and music will be different from Saturday and Sunday's events, and more than 25 military jets will soar above in just three hours.

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School Board Approves Expansion and New Election Map

Story by Shaunna Boyd

SACRAMENTO REGION, CA (MPG) - On July 27, the San Juan Unified School District (SJUSD) Board of Education moved toward compliance with the California Voting Rights Act (CVRA) by holding the final public hearings on the transition to trustee-area elections.

Many community members spoke in support of expanding the Board to seven seats, both at the July 27 public hearings and at multiple rounds of public hearings in recent weeks. Proponents of the expansion argued that more Board members would result in better representation, in particular for underrepresented areas with higher concentrations of minority voters, such as Arden Arcade and Citrus Heights.

After hearing all the comments from the community about the possible expansion, most Board members stated they could see the pros and cons of both options. While some community members preferred remaining at five seats, the Board acknowledged that the majority of public comments supported expansion. They voted 4-1 in favor of expanding the Board to seven, with Vice President Michael McKibbin dissenting.

McKibbin reasoned that the move to trustee-area elections would already provide more localized representation, and that a seven-member Board might have a more difficult time reaching consensus, thus making governance more difficult. "I do not believe that moving to seven trustees would be a triumph of good governance. I think it would be a triumph for politics," said McKibbin, echoing a community concern that the push for expansion is due to some residents' political ambitions.

After voting to expand, the Board next deliberated on whether to ask the State Board of Education for a waiver allowing SJUSD to bypass the legal requirements associated with that expansion. Without a waiver, the decision to expand would need to be taken to the voters of the district in a special election - and SJUSD would be responsible for the cost. If voters approved the expansion, the Board would then be required to appoint the new members, whose terms would then (due to outdated

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Muddy Mess No More!

By Alice Rowe, Rotary International of Fair Oaks

FAIR OAKS, CA (MPG) - The heavily travelled path between the A and B Buildings at Bella Vista High School used to have narrow concrete walkways and lots of grass; after a rain, the grassy area turned into a virtual mud pit. Fixing this problem had been on the minds of school administrators for a while, so when the school's Interact Club, which is sponsored by the Rotary Club of Fair Oaks, offered money and sweat to help solve it, the answer was YES. Then the question became who would oversee the whole thing. That was solved when Ben Rudd, a BV sophomore and Boy Scout, took it on as his Eagle Scout project. Ben soon became



Rotarian Bruce Vincent, Interact student Noah Wright and Interact Faculty Advisor Ms. Hawkins dig up area for the pavers. Photo provided by Rotary International of Fair Oaks

acquainted with all the facets of managing a job like this, from getting a qualified person to design it, to figuring out how to pay for it, to getting volunteers during summer vacation, to the vagaries of weather, to... well, you name it. The design part was solved by a

plan suggested by Rotarian Ralph Carhart, a retired landscape architect.

The money angle was

Continued on page 4

Animal Center Opens



Lead gift contributor, Zoe K. McCrea provides keynote remarks at the June 23rd event, along with Sacramento City Mayor Darrell Steinberg, Sacramento City Councilmember Katie Valenzuela, Allison Otto, Executive Vice President Otto Construction, and Sacramento SPCA CEO Kenn Altine. Photo by Yuki Lkhagvasuren

Sacramento SPCA Press Release

SACRAMENTO COUNTY, CA (MPG) - On June 23rd, 2021, the Sacramento SPCA celebrated the completion of the Zoe K. McCrea Animal Health Center – home to the state’s largest high-quality/high-volume spay neuter clinic.

During a special open house hosted in front of the new 10,000 square foot state-of-the-art animal hospital located at the Sacramento SPCA, state and local public officials joined Sacramento SPCA CEO Kenn Altine, staff and other special guests to commemorate this life-saving accomplishment and tour the new medical facility.

Although the new health center just opened in late January, The Sacramento SPCA’s commitment to providing extraordinary veterinary service on behalf of animals and celebrating the human-animal bond has already been recognized by the California Veterinary Medical Association (CVMA). Kenn Altine, Sacramento SPCA CEO, accepted the CVMA’s Meritorious Service Award at the organization’s virtual conference last week and was also recently featured in the California Veterinarian Magazine.

Opening the Zoe K. McCrea Animal Health Center has already increased surgery capacity at the Sacramento SPCA this year and positioned the organization to meet the growing needs of pets and the people who love them in our community by doubling surgery capacity over the next 5 years.

As of June 30, 2021, more than 8,100 animals have been altered in the new Zoe K. McCrea Animal Health Center, including animals waiting for a new home at the Sacramento SPCA, publicly owned animals, community cats, and animals from other local shelters and rescues.

Beginning Friday, July 2nd, the Sacramento SPCA is hosting a special



See who is available today for adoption at sspc.org/adoptable and help us spread the word! Photo courtesy Pixabay

adoption event to help large dogs and adult cats find new homes. For the month of July, the adoption fee for all dogs who weigh 50 lbs or more will be \$50 (normally \$110) and adult cats who are 7 months and older can be adopted for \$5 (normally \$45). In addition, the fee to adopt rabbits will also be reduced to \$5 (normally \$45).

See who is available for adoption at sspc.org/adoptable and help us spread the word! Sacramento SPCA is located at 6201 Florin Perkins Road, Sacramento. ★

15 Percent Water Reductions Urged throughout Region



Stress Your Lawn and Save Your Trees. Try reducing lawn watering times by two minutes. Image by Mrs G from Pixabay

Regional Water Authority Press Release

SACRAMENTO, CA (MPG) - The Regional Water Authority (RWA) Board of Directors unanimously adopted a resolution urging its 20 water provider members to take actions to voluntarily reduce water use by a minimum of 15 percent.

The action follows RWA’s call for 10 percent conservation in May and Gov. Gavin Newsom’s July 8 executive order that expanded the drought to 50 of the state’s 58 counties and asked residents to reduce water use by 15 percent.

“This is the worst drought since 1977,” said RWA Executive Director Jim Peifer. “Water providers are doing a good job of shifting to environmentally-friendly and sustainably-managed groundwater for water supplies, but continued dry weather into winter could pose a challenge.”

Folsom Lake levels are currently at 27 percent. Natural inflows into Folsom are zero and expected to remain that way through September. “For comparison, even in 2015 during California’s most recent drought, water was still naturally flowing into Folsom,” Peifer said.

Local water providers are asking customers to consider taking the following actions:

Stress Your Lawn and Save Your Trees. Try reducing lawn watering times by two minutes, but remember to take steps to protect your trees. Lawn can handle less water

and eventually recover while trees can be lost forever. You can find tips and videos for efficiently watering trees at BeWaterSmart.info/trees or sactree.com; **Check soil moisture** with a moisture meter before turning on sprinklers – *saves 80 gallons of water per day*; **Water plants early** in the morning to reduce evaporation – *saves 50 gallons of water each time you water*; Begin the **transition to a beautiful low-water garden** by removing half of your lawn this summer. You’ll be ready to add low-water native plants and drip irrigation this winter – *saves 90 gallons of water per day per 1,000 square feet of lawn removed each time you water*; **Contact your water provider about rebates** to replace older irrigation equipment, fixtures and appliances with high-efficiency models, including rebates on smart sprinkler timers, high-efficiency sprinklers, drip irrigation and more. Many have increased rebate amounts to help offset costs.

Information about how to implement these actions, additional water-saving tips and a continuously updated map with watering guidelines for each agency are available at BeWaterSmart.info.

The Regional Water Authority (RWA) is a joint powers authority representing 20 water providers serving 2 million people in the greater Sacramento region. Formed in 2001, its primary mission is to help its members protect and enhance the reliability, availability, affordability and quality of water resources. Learn more at rwah2o.org. ★

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Pitch & Fiddle Looking to Fall Opening in Fair Oaks



The popular Irish pub Pitch & Fiddle will be located in a 3,607-square-foot suite in Fair Oaks Pointe Shopping Center at 8525 Madison Avenue. Photo by Thomas J. Sullivan

By Thomas J. Sullivan

FAIR OAKS, CA (MPG) - Business partners of a popular Sacramento Irish pub Pitch & Fiddle, both of whom are Bella Vista High school grads, are looking forward to opening their new restaurant at 8525 Madison Avenue, Suite 126 in the Fair Oaks Pointe Shopping Center in Fair Oaks this fall.

Kyle Schubert, a co-partner in the venture had signed the lease with the broker, Ethan Conrad Properties, Inc. of Sacramento, to the 3,607-square-foot space over a year and a half ago.

Fair Oaks Pointe is located at the corner of Madison and Kenneth Avenues in Fair Oaks. Adjacent tenants in the recently remodeled plaza include Fidelity National Title, Coldwell Banker, Excel Fitness and Kaia Fit.

Schubert said by phone the start of construction was delayed by multiple factors, including the pandemic and the necessary administrative

time to review and then issue building permits from the city of Fair Oaks and Sacramento County.

"We're done with the necessary permitting and have selected a contractor," he said.

Schubert said the planned themed lunch and dinner menu and interior décor of the new Pitch & Fiddle Irish American pub restaurant in Fair Oaks will be similar to its restaurant at 8704 La Riviera Drive near Watt Avenue, open from 11 a.m. to 9 p.m.

The business name "Pitch" comes from the field which soccer and rugby is played on and "Fiddle" is a classic Irish musical instrument.

Pitch & Fiddle's Sacramento restaurant offers a variety of combination of big and small plates served pub style. In addition to appetizers, popular dishes include half-pound hamburgers served with Fiddle fries, chicken sandwiches, wings, Irish corned beef tacos, sliders, Dublin

fish and chips and a "Fiddle-phia" cheese steak served on a French-style roll.

An Irish inspired grilled cheese sandwich featuring melted Swiss and cheddar cheese with a choice of bacon or corned beef on sourdough bread. Other fare includes a "Lonely Shepherd's" pie, home style macaroni and cheese, linguini, buffalo chicken and Caesar salads.

Pitch and Fiddle's new Fair Oaks restaurant will be open to all ages and operate under a California type 47 liquor license from the California Alcoholic Beverage Control (ABC) as an on-sale general restaurant license, Schubert said.

Once open, Schubert said he looks forward to becoming an active supporter of sports teams in Fair Oaks including Bella Vista High School where he graduated from, and the surrounding Fair Oaks area.

"We're now looking to a late October opening if everything goes well," Schubert said. ★

Airshow Cleared for Take-Off

Continued from page 1

"We know how much the community loves the airshow, and wow, what a show we have planned this year – we can't wait 'til gates open!" said Darcy Brewer, executive director of the California Capital Airshow. "The flying performances, mighty jets, music, and narration will be epic -- you won't want to miss out on the high-flying fun! So get ready for an action-packed, one-of-a-kind event that will have fans on the edge of their seat!"

The public can score Airshow tickets, get the inside scoop, and get discounts by becoming an Airshow Insider. Sign up for free at CaliforniaCapitalAirshow.com. Ticket quantities have been significantly reduced (up to 50%) this year to provide ample space for all our attendees. Tickets go on sale to the general public beginning Monday, July 19 PDT via the Airshow website. With limited capacities for 2021, the Airshow expects an early sell-out, and

no tickets will be available onsite Airshow weekend.

The following sponsors and community partners have generously contributed to getting this year's Airshow off the ground: Sacramento County, City of Rancho Cordova, Sacramento Jet Center, Lasher Dodge, Keurig Dr. Pepper Snapple Group, Markstein Beverage, Atlas Disposal, Fox 40, and iHeart Media.

Established in 2004, the California Capital Airshow 501(c)3 plans and operates the exciting, family-friendly annual event designed to honor the Sacramento region's rich aviation heritage and veterans while using the power and magic of flight to inspire young people. CCA gives back to the community through scholarships, charitable group donations, and exciting educational youth programming throughout the year. For more information about the Airshow, performers, and discount tickets, please visit CaliforniaCapitalAirshow.com. ★

Muddy Mess No More!

Continued from page 1

partially helped by the Interact Club's healthy treasury, largely consisting of tips earned at the Rotary Club's past Crab Feeds, and Ben did the project a huge favor when Thompson Building Materials, after learning of the project from him, donated \$2,200 worth of pavers. The sweat came from Ben's fellow Scouts and their families, along with Interact Club members, and once Rotarians learned of the project, they showed up also. Remember the mention of the vagaries of weather? Well, the first two days of the project, which mainly consisted of a lot of shoveling, ended up occurring on the two hottest days of the mid-June heat wave.

All in all, it took about 450 volunteer hours to complete the job, about a



BV Student Jayha Buhs-Jackson got to use the tractor loader and do the heavy lifting! Photo provided by Rotary International of Fair Oaks

third of which came from Interactors and Rotarians. The cost of sand and gravel, equipment rentals, and food and water for volunteers (partly paid for using a gift card donated by Costco), came to \$2,445, all paid by the Interact Club. The general contractor volunteer who oversaw the job

estimated that the cost would have been \$10,000-\$15,000 if done by a commercial company. So, from any angle, this project added value... to the school, to Ben's practical and leadership skills, and to the sense of accomplishment of every volunteer. Job well done! ★

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Newly Renovated Orangevale Library to Open Soon



The Orangevale Public Library project doubled the building's footprint from 4,320 to 7,910 square feet, costing \$950,000. Photo: Sacramento Public Library

Sacramento Public Library News Release

ORANGEVALE, CA (MPG) - After a year of renovations, Sacramento Public Library reopened the newly expanded Orangevale Library to the public on August 5. A grand opening celebration for the community will take place on September 25.

"We are thrilled to welcome the public back to the Orangevale Library, which has nearly doubled in size," said Library Director and CEO Rivkah Sass. "This upgrade has been a long time in the making and we are grateful for the support from the County, Supervisor Frost, and especially our local community."

The \$950,000 renovation project makes the library fully ADA accessible, and doubles its footprint from 4,320 square feet to 7,910 square feet. The location includes new features to better meet the community's needs with spaces designed for teens and children, two new study rooms, more computers for public use and a new community room.

"A larger, more enhanced library has been on the Orangevale community's 'wish list' for decades," said Library Authority Board Member and County Supervisor Sue Frost. "The renovation designs were the result of a series of community meetings and focus groups in which residents consistently requested more space and more amenities to accommodate a multitude of uses and better meet community needs."

This is the second expansion of the library, which has been located at 8820 Greenback Lane since 2001. The Orangevale Library houses a collection of approximately 13,000 items while providing public-access computers, photocopiers, printers, early-learning stations, high-speed gigabit internet access, and other services commensurate with Sacramento Public Library service offerings.

This Orangevale Library is one of 28 locations in Sacramento Public Library's system and has been serving the Orangevale community since 1912. ★

School Board Approves Expansion and New Election Map

Continued from page 1

terms in the Education Code) end in odd-numbered years. This would cause major issues for future elections since SJUSD elects its Board members in even-numbered years. In a special election, it would also be possible for voters to reject the expansion altogether, leaving the SJUSD with a five-member board elected at-large, and therefore out of compliance with the CVRA.

The Board members all agreed it was preferable to have new Board members elected by voters rather than appointed. They also agreed that any money spent on a special election is money that is taken away from students and classrooms. The Board voted unanimously to seek the waiver to bypass the special election.

During public comment on the map selection, some community members stated that none of the maps were good enough. They argued that the maps combined low-income areas with nearby affluent neighborhoods, which they said would dilute the voting strength of the low-income voters. Some asked that the Board delay the decision so that other maps could be drafted and reviewed.

But the Board doesn't have the option to delay the map selection. Under the CVRA, if the agency completes the transition during the Safe Harbor timeline, it limits the amount of attorneys' fees (approximately \$30,000) they must pay to the plaintiffs' attorneys. According to the attorney for SJUSD, the Safe Harbor timeline was paused in April 2020 due to the Governor's emergency order during the pandemic, but the clock restarted with the expiration of that order on June 30, 2021. Meanwhile, plaintiffs' attorney, Scott Rafferty, brought a lawsuit against SJUSD in October 2020 after the district didn't implement trustee-area elections ahead of the 2020 election. Without an extension agreement from Mr. Rafferty, the SJUSD must continue on the accelerated timeline.

Plaintiffs in the lawsuit were among those asking for a delay in the decision, and Mr. Rafferty himself even spoke during public comment. He argued that the Board needs "to deal with us as partners, not adversaries. ... This map will not stand. None of these maps will stand. They all mix millionaires with refugees and working-class people and Latinos."

Board member Zima Creason stated, "Once

there's a lawsuit, you have to deal with the lawsuit. So, the idea that we're partners now, my position is: No, we're not. A lawsuit stopped that, and it's unfortunate." She shares the concern of low- and high-income neighborhoods combined in the same areas and acknowledged that none of the maps are perfect. Creason said she would have preferred a longer timeline to work toward the best possible map, but that isn't possible with the current time constraints.

While community members offered a variety of opinions about which map best represents the district, the majority preferred Map 3. President Paula Villescaz agreed that there is no perfect map that will satisfy everyone. In this process, "there are no good choices, just good decisions," she said. The Board voted 4-1 in favor of Map 3, with Vice President McKibbin dissenting, since he preferred Map 4.

The Board then voted on election sequencing. With the new seven trustee areas, there would be three open seats: Area 1, on the west side; Area 6, in the Fair Oaks/Gold River area; and Area 7, in part of Citrus Heights. Board members Paula Villescaz and Pam Costa would be in Area 2, Zima Creason in Area 3, Saul Hernandez in Area 4, and Michael McKibbin in Area 5. The transition process specifies that current Board members must be allowed to serve out their terms, so choosing election sequencing aligned with incumbents' terms would ensure open seats are filled as soon as possible.

The recommendation was that Areas 3 and 5 be up for election in 2022, which is when Creason and McKibbin would be up for reelection anyway. Two of the open areas would also be up for election in 2022. In 2024, Areas 2 and 4 would be up for reelection, which is when Villescaz, Costa, and Hernandez would be up for reelection. One of the open areas would also be up for election in 2024. The decision of which open areas would be up for election in those years would be determined by lottery by the Sacramento County Committee on School District Organization. The Board voted 4-1 to approve the sequencing, with McKibbin dissenting.

For more details about the transition or to find your trustee area, visit <https://www.sanjuan.edu/elections>. ★

Social Security Matters

Disability vs. Survivor Benefit



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: I have a question regarding Social Security. I'm 54 and applying for disability. I've had rheumatoid arthritis since I was 19. My son, 16 years old, receives survivor benefits from my deceased ex-husband. We were married for 20 years. I was told by Social Security that my monthly payments, if they found me eligible for disability, would be \$1418 a month. When would I be eligible to collect my ex-husband's Social Security benefit? He made considerably more income over the years and his benefit will be a good deal more than my projected \$1418. **Signed: Disabled Widow**

Dear Disabled Widow: Your Social Security Disability Insurance (SSDI) benefit is based upon your own lifetime work record up to the point you became disabled. If awarded, the \$1418 amount would be equal to the benefit you would have been entitled to on your own at your full retirement age (FRA) of 67. At your FRA,



your SSDI benefit will automatically convert to your SS retirement benefit at the same amount. However, if your SSDI is awarded you will be also eligible to apply for your survivor benefit at any time.

Normally, age 60 is the earliest a survivor benefit can be claimed, but those who are disabled can apply for survivor benefits as early as age 50. Whether to apply for your survivor benefit from your ex-husband this early is a question you should carefully consider, because the amount of your survivor benefit will be reduced by 28.5% if you claim it now. And to be clear, if you have remarried and remain married you are not eligible for a survivor benefit from your deceased ex-husband (even though your minor son is).

Your survivor benefit from your ex-husband will not reach maximum until you have reached your full retirement age. At your FRA you would be entitled to 100% of the benefit your ex-husband was receiving (or entitled to receive) when he died but taken at any age earlier than your FRA your

survivor benefit will be permanently reduced. The reduction is 4.75% for each full year earlier than your FRA that the survivor benefit is claimed to a maximum reduction of 28.5%.

So, if your SSDI is awarded you will have a choice - to take your smaller SSDI benefit and allow your survivor benefit to continue to grow, or to take your survivor benefit early and accept the permanent 28.5% reduction to that survivor benefit. You will need to compare those two benefit amounts to decide which course to take. For clarity, you can switch to your higher survivor benefit at any later time, but you shouldn't wait beyond your FRA (when the survivor benefit reaches maximum) to claim it.

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). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisor) or email us at ssadviser@amacfoundation.org. ★

LETTER TO THE EDITOR

Dear Editor,

I am concerned that San Juan Unified School District is requiring all K-12 students to wear masks.

For the past 18 months, school-aged children have been subjected to haphazard distance-learning without the benefit of social interaction, the consequences of which we have not yet fully seen.

Instead of following the science and creating an environment for unbridled classroom learning, SJUSD chose to blindly follow the singularly focused California Department of Public Health, which requires mask-wearing in class. Did the School Board even question their rationale? Do they not know that the chances of children contracting or spreading COVID-19 are slim to none? Did they look at the ramifications of extended mask-wearing in children? Many of these psychological

and physiological effects are still poorly understood. The benefits seem to outweigh the risks. I cannot imagine my 5 year old son learning his letter sounds wearing a mask. Or trying to have a private conversation with a new friend, wearing a mask. The majority of at-risk people are either vaccinated or accepting the risk. I do not think it is still necessary for children to wear masks at school to protect people who are already protected. Just driving to school carries more risk than being maskless there. Are we to avoid every ounce of risk? I hope not.

Instead of advocating on behalf of our children, the District chose to side with the powerful California Teachers Association and CDPH in their unnecessary mask mandates.

A concerned parent,
Ali Sampson

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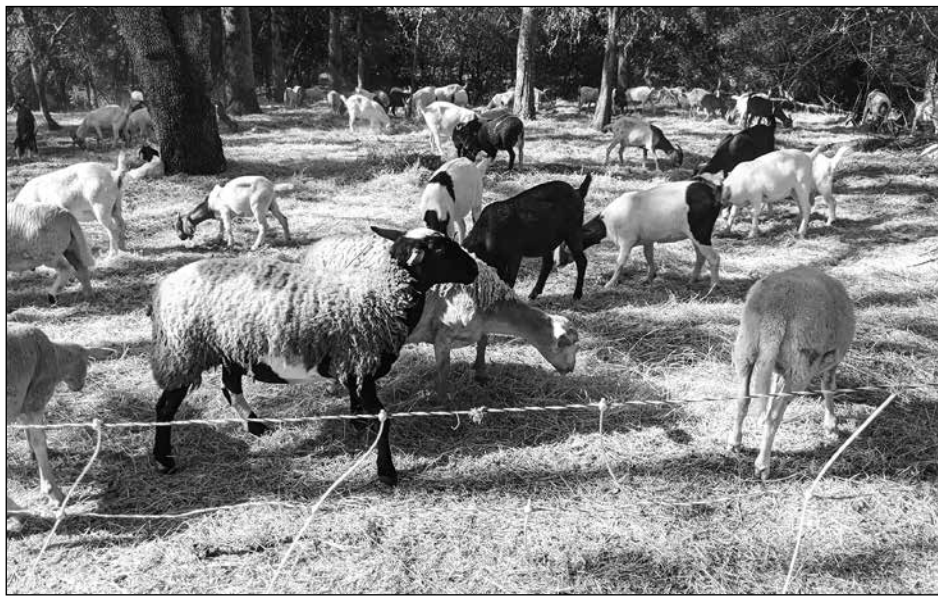
Grazing Goats Reduce Fire Risk in Fair Oaks

Story and photos by Shaunna Boyd

FAIR OAKS, CA (MPG) - A herd of 1,200 goats and sheep grazed the land around Bannister Park in Fair Oaks on July 17 and 18. The project was a fire-prevention demonstration, implemented in partnership between Fair Oaks Recreation and Park District (FORPD), Sacramento County, and private property owners in the area.

Lee Hazeltine, owner of Integrazers, said the herd can graze approximately 2.5 acres per day, reducing quick-burning weeds and brush to protect against catastrophic fire events. Hazeltine has 30 years of experience in vegetation management, fire science, forestry and timber, biology and ecology, and targeted grazing. Managing more than 7,000 total animals, Hazeltine and the crew of Integrazers shepherds take herds to various locations in California to create defensible space for homes, towns, forests, and conservation lands. The group of animals grazing in Fair Oaks just recently returned from working as part of the fire-recovery effort in Paradise, CA – which was devastated by the Camp Fire in 2018.

The goal of the Fair Oaks grazing project was to show the effect of the herd and how they can be used as part of the state's fire-management program. There are four main treatments used in fire prevention: hand clearing, mechanical mowing and pruning, herbicides, and control burns. "What we now are trying to bring forward is the use of the



A herd of goats and sheep can graze 2.5 acres per day, quickly reducing the weeds and brush that help wildfires spread.

critters within these fuel treatments," said Hazeltine. "When you look at the bigger, broader picture of things, burning in California, of any kind, adds to the air quality load." With extreme

"The state now has in place an ability to cost share fuel treatments with grazing. They didn't always have that tool. When Governor Newsome came into office, he pushed on the Board of

500,000 acres each year.

With wildfire prevention and mitigation a top priority for the state, Hazeltine wants to see an increase in the use of grazing herds. Grazing is a way to reduce weeds and brush, prevent fire danger, and optimize the existing ecosystems. Hazeltine said that grazed lands have "more vibrant soil life" and rainwater can soak more easily into grazed land, creating a more functional ecosystem. "There's a way to do things with a greater benefit," said Hazeltine.

Ralph Carhart of the FORPD Board of Directors also espoused the benefits of grazing: In addition to keeping additional carbon out of the air, Carhart said, "the goats are very efficient" and it is a "down to earth" process after the logistics of transport and fencing have been completed. "I think it's a major factor in the future of vegetation control," said Carhart.

To learn more about the advantages of grazing, visit <https://integrazers.com/>. -★



Integrazer owner Lee Hazeltine (left) and shepherd Cristian Casteon (right) managed a herd of 1,200 goats and sheep grazing the land around Bannister Park.

fire seasons, California already frequently suffers from poor air quality. While Hazeltine said control burns certainly have a place in fire management, he sees grazing as a beneficial alternative that won't put more pollutants in the air.

Forestry really hard to get this newer document" – the California Vegetation Treatment Program (CalVTP) – which streamlines the regulatory process in order to increase the level of fuel-treatment and forest restoration projects, with the goal of treating

Public Comments Requested on Local Hazard Mitigation Plan

Sacramento County Stormwater Utility

SACRAMENTO COUNTY, CA (MPG) - Sacramento County with its cities and numerous special districts is updating the Local Hazard Mitigation Plan (LHMP) looking at the risk of floods, drought, wildfires, severe weather, and other natural hazards of concern to the County. While hazards such as these cannot be prevented, a Hazard Mitigation Plan forms the foundation for a community's long-term strategy to reduce disaster losses. A FEMA-approved Hazard Mitigation Plan allows agencies to apply for pre- and post-disaster mitigation grant funding. In addition, this LHMP Update provides for lower costs of flood insurance premiums, through the National Flood Insurance Program's (NFIP) Community Rating System (CRS), to residents of Sacramento County and City of Sacramento, as the two CRS communities.

The process began in August 2020 with an initial planning and public meeting and the establishment of a Hazard Mitigation Planning Committee (HMPC) comprised of representatives from the County, incorporated communities, special districts, other key stakeholders, and the public. The 2021 LHMP Update is scheduled to be finalized and submitted to Cal OES and FEMA in September 2021.

Public Review Draft

The Public Review Draft of the 2021 LHMP Update is available online (pdf format).

It is also available (in printed copy) at the following location, starting July 23, 2021: Arcade Library, 2443 Marconi Avenue, Sacramento CA 95821, Hours: Tues – Sat 10am to 6pm (closed Sun and Mon).

Public and Planning Committee Meetings

We encourage attendance and participation from the general public at our upcoming public and planning committee meetings on the Draft LHMP. Please select the time and location that works best for you:

August 3, 2021 (Tuesday) Public Meeting 5:30 - 7:00 pm
Zoom Meeting

August 4, 2021 (Wednesday)

Planning Committee Meeting 9:00 - 11:00 am
Zoom Meeting

Comments on the Public Review Draft (Due by August 13, 2021)

There are a couple of options for providing input and comments on the Public Review Draft:

Email comments to foster@fostermorrison.com or boothg@sacounty.net.

Drop off written comments or send by mail to: Sacramento County Department of Water

Resources, Attn. George Booth, 827 7th, Room 301, Sacramento CA 95814

Online Survey

In addition, the public is invited to participate in an online survey on hazards and hazard mitigation in Sacramento County. Learn more at StormReady.org and take the 2021 Local Hazard Mitigation Plan Survey.

For more information and to obtain the Zoom link for the meetings, please visit our LHMP webpage at www.StormReady.org. If you have questions, feel free to reach out to George Booth at boothg@sacounty.net or call (916) 874-6484. ★

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California Educators Battle Over Woke Math



By Dan Walters
CALMatters

and filtering, rather than inclusion and welcoming.”
“There persists a mentality that some people are ‘bad in math’ (or otherwise do not belong), and this mentality pervades many sources and at many levels,” the draft continues. “Girls and Black and Brown children, notably, represent groups that more often receive messages that they are not capable of high-level mathematics, compared to their White and male counterparts.”

To counter that perceived shortcoming, the proposal would have students of all innate abilities remain together well into high school, essentially eliminating accelerated moves into higher-level mathematics, such as calculus, by those who exhibit desire and aptitude.

Moreover, math instruction would be reoriented from the linear manipulation of numbers into a tool for social justice.

“Mathematics educators have an imperative to impart upon their students the argument that mathematics is a tool that can be used to both understand and change the world,” the draft declares.

The draft generated a backlash from advocates of traditional math, including an open letter signed by hundreds of academics.

“California is on the verge of politicizing K-12 math in a potentially disastrous way,” the letter declared. “Its proposed Mathematics Curriculum Framework is presented as a step toward social justice and racial equity, but its effect would be the opposite – to rob all Californians, especially the poorest and most vulnerable, who always suffer most when schools fail to teach their students. As textbooks and other teaching materials approved by the state would have to follow this framework and since teachers are expected to use it as a guide, its potential to steal a promising future from our children is enormous.”

Rather than reframe math in social justice terms, the critics contend, California should do a better job of teaching math skills that students will need in the real world, particularly students from disadvantaged backgrounds.

The conflict mirrors a previous dustup over an ethnic studies curriculum as well as the current nationwide debate over whether “critical race theory” should be taught in school or banned.

Advocates of the new curriculum are playing with the lives of millions of children and the state’s economic and societal future. Implicitly they are shifting blame for the state’s embarrassingly low scores in nationwide math achievement tests from themselves to the traditional way math has been taught.

How, then, do they explain why kids in other states and nations are thriving with traditional math? Can they prove that their proposal will improve real world outcomes, or are they just indulging their ideological fantasies?

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

The modern world runs on mathematics.

From balancing a checkbook to calculating rocket trajectories, human beings rely on their ability to understand and use mathematical tools, and we expect our schools to develop those tools in their young charges.

But how and when? For the past eight months, a philosophical war has raged in California education circles over a plan to sharply, even radically, change math instruction at all grade levels.

In January, the state Instructional Quality Commission released a draft “mathematics framework” that would shift instruction from the traditional, and somewhat linear, approach to one steeped in race and culture, or “woke” in contemporary parlance.

The draft declares that traditional math instruction, in which students progress from counting and simple arithmetic into geometry, algebra, trigonometry and eventually calculus as they advance through the grades, “has much to correct (because) the subject and community of mathematics has a history of exclusion

The Golden Rule



By Marlys Johnsen Norris,
Christian Author

The words of the “Golden Rule” taught me as a child became one of the most significant things I learned and implemented into my own life. Possibly it is the “legacy” that I taught our own daughter that will possibly be carried on into future generations. It certainly is a teaching tool about how to treat other people that come into one’s life.

This is what it says: **“Do unto others – as you would like them to do - unto you.”**

Another-words be kind, forgiving and loving in all the areas of your life, even with those who do not treat you well. If you are familiar with the words Jesus spoke and the things He did while on this earth, you know He exemplified those words to the

fullest. Loving others is not always reacting like them, it is being an example of God’s love to them.

A parent is the first teacher every child learns from. What they see and hear develops who they will become in the future. Any kind of “abuse” will scar their life with pain they do not fully understand. Plus, it will change their personality as well. Becoming a parent and bearing a child is a huge responsibility and it is scary if there are no responsible guidelines and values in the new parent.

In years past the horrible law of Roe Vs Wade was passed to murder/kill unwanted unborn babies. What kind of a person would kill a darling little baby? Six Million per year are recorded murdered! Then another law passed to take those babies organs and use them. What kind of person is that to give away a live child for any reason? Certainly not a

real mother at all! These women never realized in the end – **they would never escape their decision and would suffer the rest of their lives for that decision!** In the end they will wish they had never made it. God refers to Sex before marriage as “SIN.” **Going against God’s laws and nature is a sin and God holds all mankind accountable!**

I was a child conceived out of wedlock. I am most grateful I had a chance to live my life and to know, love and accept God’s plan for my life. **Who knows who and what a little baby might become? A president or someone who would make this world a better place because they were allowed to live?**

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

Don't Judge a Person by Their Cover-up

Dr. James L. Snyder

Have you ever had one of those Déjà vu moments? The other week I was in the shopping mall to pick up some items for the Gracious Mistress of the Parsonage.

On this occasion, I was walking down the mall and stopped dead in my tracks. Coming at me was someone that looked like my old aunt Elsie. She had the same hairdo, wearing the same clothes, and I was shocked because aunt Elsie died over 20 years ago.

Aunt Elsie was one of the relatives in my family that goes way back. Once you met her, you would never forget her for shore.

What you thought of her the first time you met her was not who she really was.

She was always trying to bring everything to focus on her.

As soon as she would walk into a crowd, she would begin coughing and then blow her nose. That little act would draw attention to her, attention she wanted. It didn’t matter to her if the attention was good, bad, or indifferent. What mattered to her was the attention.

She wanted people to think she had some physical problems, and often she would walk very slowly with her distinctive limp.

When she was struggling along like that, people would open doors, smile at her, and give her a good greeting.

She would say, “Thank you so much. I really need all the help I can get.”

One day she asked if I could take her to the mall to do some shopping.

When she asked me this, I thought this was my opportunity to determine what was going on with her. “Oh,” I said enthusiastically, “I’d be glad to take you to the mall.”

We got to the mall, I said, “Aunt Elsie, can you take care of yourself? I need to go to the other end of the mall and pick up some items.”

She looked at me with one of her sad looks and said, “Okay, but don’t be long. I don’t have that much energy today.”

As we went our separate ways, I noticed that she was limping along as she usually did. So I thought I would follow her without notice.

I was hiding and watching her and noticed she stopped, looked back to see if I was anywhere in sight, and then strutted off like she was a teenager. No limping at all.

“Aha,” I said to myself. I was right. She’s been

playing us all these years and doing an excellent job of it.

When I met her, she was limping along carrying a bag, and when she saw me, she said, “Could you please carry my bag for me? It’s just too heavy for me to carry.”

I smiled and said, “Oh, aunt Elsie, I would be glad to carry that bag for you. I know it must be a great burden for you to carry in your condition.”

I’ve kept this secret all my life because I had something on and Elsie and she didn’t know it.

I thought of the Scripture that encourages me. “Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves” (Philippians 2:3).

Even though I know what I know, my job is to encourage someone like aunt Elsie and try to give them what they need at the time.

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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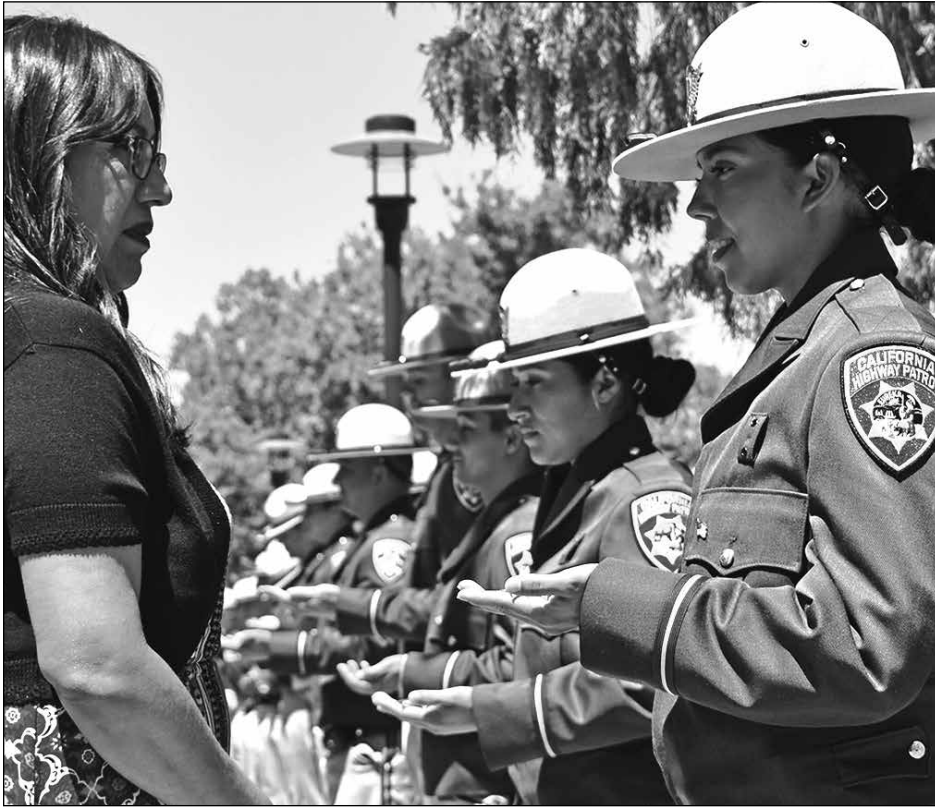
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We are proud members of these newspaper associations.

CHP Cadets Graduate ... Finally!



Cadet Vanessa Sanchez receives her badge to become a new California Highway Patrol Officer. Photo: CHP

By Jaime Coffee,
California Highway Patrol

SACRAMENTO REGION, CA (MPG)

The long-awaited graduation of California Highway Patrol (CHP) Cadet Training Class I-20 took place on Friday, July 16th at the CHP Academy. The CHP's 119 newest officers (18 women and 101 men) received their badges following a swearing-in ceremony 75 weeks after their training began.

Traditionally, cadet training at the CHP Academy takes place over 29 weeks. However, a little more than a month after arriving at the academy on February 10, 2020, safety precautions necessitated by the COVID-19 pandemic led to the closure of the live-in training facility in West Sacramento. While away from the academy, cadets

were assigned to CHP Area offices throughout the state to observe a wide variety of activities and tasks uniformed officers routinely perform, enhancing the knowledge they had gained in the classroom. Cadets also participated in online learning for the first time.

"To say these cadets have been well-trained would be an understatement," CHP Commissioner Amanda Ray said. "Today's graduates persevered through challenging circumstances over a lengthy period of time, demonstrating their commitment to serving the people of California."

At the CHP Academy, cadet training starts with nobility in policing, leadership, professionalism and ethics, and cultural diversity. Cadets also receive instruction on mental illness response and

crisis intervention techniques. The training also covers vehicle patrol, accident investigation, first aid, and the apprehension of suspected violators, including those who drive under the influence of alcohol or drugs. The cadets also receive training in traffic control, report writing, recovery of stolen vehicles, assisting the motoring public, issuing citations, emergency scene management, and knowledge of various codes including the California Vehicle Code, Penal Code, and Health and Safety Code.

Upon graduation, these uniquely trained cadets will be reporting for duty to CHP Area offices throughout the state.

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

CDFW Relocates Over One Million Hatchery Salmon from Klamath River

California Department of Fish and Wildlife

SACRAMENTO, CA (MPG)

Due to drought and poor water conditions in the Klamath River, the California Department of Fish and Wildlife (CDFW) successfully relocated 1.1 million juvenile, fall-run Chinook salmon from its Iron Gate Fish Hatchery in Siskiyou County. The fish were trucked to a nearby satellite facility and to the Trinity River Hatchery 122 miles away where the fish will remain until conditions in the Klamath River improve.

The baby salmon, about seven months old and about three inches in length, are normally released into the Klamath River in May and June. Due to warm water temperatures, low water flow and an exceedingly high probability of succumbing to disease in the river, CDFW decided to retain these salmon within its hatchery system over the summer until Klamath River conditions improve. The unprecedented relocation happened after extensive monitoring, discussion and close collaboration with federal partners, academic specialists and three Native American tribes in the lower Klamath Basin.

The temporary relocation marks the first time CDFW has not released salmon into the Klamath River since construction of the Iron Gate Fish Hatchery in 1962.

CDFW relocated the 1.1 million salmon to provide adequate water conditions over the summer and additional space to accommodate the growing fish. Another 1 million juvenile



The fish were trucked to a nearby satellite facility and to the Trinity River hatchery until Klamath River drought conditions improve. Photo: CDFW

Chinook salmon will remain at Iron Gate.

"It's extremely challenging to raise cold water fish species in a drought," said Dr. Mark Clifford, Hatchery Environmental Scientist for CDFW's Northern Region. "The reality is most of these fish would have died if we released them into the river. We need to maintain the integrity of the fall run on the Klamath River and we especially can't afford to lose this generation of fish."

Four Klamath River dams are slated for removal by 2024, the largest dam removal undertaking in U.S. history. The removal is expected to restore fish access to the entire river and the relocated Iron Gate fish could be the first salmon to return to a new Klamath River after their life in the ocean and find miles of additional spawning habitat and contribute to future generations of wild fish.

When conditions improve and before the fish are ultimately released to the Klamath River, the

relocated salmon will be returned to the Iron Gate Fish Hatchery for a number of weeks to allow the fish to further imprint on the Klamath River. All of the relocated salmon have been outfitted with unique coded wire tags to allow CDFW and other agencies to determine their origin and destination. All of their adipose fins have been removed to visibly identify them as hatchery reared fish.

CDFW thanks its partners for their time and expertise in working through this difficult situation. These partners include the Karuk Tribe, the Yurok Tribe, the Hoopa Valley Tribe, the U.S. Fish and Wildlife Service, the Bureau of Reclamation and NOAA Fisheries.

Video and photos of the salmon relocation along with comments from Dr. Clifford are available for download at the following link:

<https://filelib.wildlife.ca.gov/Public/OCEO/Iron%20Gate%20Hatchery%20Chinook%20Relocation/> ★

Motorists Cut Driving Nearly in Half

By Sergio Avila, AAA

WALNUT CREEK, CA (MPG) - New research from the AAA Foundation for Traffic Safety's New American Driving Survey (2020) showed the average number of all daily car trips at the start of the pandemic dropped by 45% as COVID-19 and associated restrictions led to a drastic drop in road travel. Daily trips rebounded in May and June but remained 20-25% below their 2019 levels during the remainder of 2020.

According to the research in April 2020: Trips by all modes of transportation plunged by 40 percent; The average number of daily trips for all modes of transportation fell from 3.7 trips per day (2019) to 2.2 trips.

Other key findings:

Daily Car trips: Fell from 3.2 pre-pandemic to 1.8 in April 2020, before rebounding slightly to 2.6 trips for the rest of 2020; **Travel by Urban Areas:** Daily trips dropped 42% (compared to 25% for those living in Suburban areas), before leveling off to a 20%-30% reduction; **Travel by transit, taxi, or rideshare:** The proportion of people who reported making any trips by transit, taxi, or rideshare plummeted from 5.5% pre-pandemic to 1.7% in April of 2020, before leveling off at approximately 2.4% for the remainder of the year; **Commuter Travel:** Work-related travel by all transportation modes dropped by 40% in April 2020, likely reflecting a mix of layoffs, job losses, and telecommuting. Commuting trips made by workers on days when they worked decreased by approximately 22%. For the remainder of the year, commuting trips were approximately 26% below pre-pandemic levels.

Car fatalities rise despite less travel in 2020

Despite fewer cars on the road and more people staying home, the National Highway Traffic Safety Administration (NHTSA) recently estimated that 38,680 people died in motor vehicle traffic crashes in 2020 — an increase of about 7.2% over 2019 and the largest projected number of fatalities since 2007.

The most recent AAA Foundation for Traffic Safety Traffic Safety Culture Index (TSCI) found that drivers perceive distracted, aggressive and impaired driving as



The average number of all daily car trips at the start of the pandemic dropped by 45% as COVID-19 and associated restrictions led to a drastic drop in road travel. Photo by Vincent Gerbounin

dangerous. Yet, many drivers admitted to engaging in at least one of these behaviors in the 30 days prior to the survey.

"As the U.S. climbs out of the COVID-19 pandemic, highway safety officials will need to double down on curbing speeding, substance-impaired driving, and failure to buckle up," said Sergio Avila, AAA Northern California spokesperson.

AAA urges drivers to keep everyone safe on the roads and warns drivers against falling back into bad driving habits.

Methodology: This study examined data from the AAA Foundation's New American Driving Survey (New ADS), which surveys a representative sample of U.S. residents ages 16 years or older to collect detailed information about all of the travel they did on the day before the interview. The current study examines the mean daily number of trips made by U.S. residents each month among 7,873 respondents who were interviewed between July 1, 2019 (start of data collection for the New ADS) and December 31, 2020. In the New ADS, a trip refers to any travel from one place to another.

About the AAA Foundation for Traffic Safety: Established in 1947 by AAA, the AAA Foundation for Traffic Safety is a nonprofit, publicly funded, 501(c)(3) charitable research and educational organization. The AAA Foundation's mission is to prevent traffic deaths and injuries by researching their causes and by educating the public about strategies to prevent crashes and reduce injuries when they do occur. ★

Child Tax Credits Coming, and so are Scammers

By Alma Galvan,
Sacramento Better Business Bureau

OAKLAND, CA (MPG) - As of July 15 and through December 15, if you qualify for payments through the American Rescue Plan Act, the Internal Revenue Service (IRS) announced it is sending monthly payments direct deposit, paper checks, or through debit cards. These payments are an advance on the child tax credit, which means eligible people will get up to half of their child tax credit in these monthly payments and the other half when they file their 2021 taxes. You can go to IRS.gov to see who qualifies, how much you may receive, and how to address any problems. You will also have the option of unenrolling from the Advance payments program.

According to the Federal Trade Commission, when it comes to the government being in the news, the scammers will likely use their standard playbook, meaning impostor scams may appear, with con artists pretending to "help" you get your

payments earlier, get more money, or commit identity theft.

BBB and the FTC share these tips:

Avoid Impostor scams - Government agencies like the IRS or Social Security Administration will not call, text, DM, or email you; Do not give out any personal information, like social security numbers, bank account information, or credit/debit card numbers; Eligibility requirements and payment disbursements are monitored by the IRS only; When someone is requiring payments by gift card, wire transfers, or cryptocurrency, it is likely a scam.

For More Information: Learn more tips on how to avoid scams by reading 10 Steps to avoid scams. If you have been the victim of this or another scam, make others aware by filing a report on BBB.org/ScamTracker.

You can also report scams to the FTC at ReportFraud.ftc.gov.

For more than 100 years, the Better Business Bureau has been helping people find businesses, brands, and charities they can trust. ★

Slight Improvement in Latest Optimism Index

National Federation of Independent Business

SACRAMENTO, CA (MPG) - The release of NFIB's monthly small business Optimism Index showed an improving national Main Street economy, something the California state director for the association that took the poll said Gov. Gavin Newsom could greatly enhance by signing the budget trailer bill that includes Assembly Bill 150, which contains a new elective tax for pass-through entities that is a way for smaller businesses to work around the State and Local Tax (SALT) caps slapped on them by the 2017 Tax Cuts and Jobs Act.

"We are still in very uncertain economic times, so messages are more important than they would be during calmer periods," said John Kabateck, California state director for the National Federation of Independent Business (NFIB), which conducts the monthly Small Business Optimism Trends report, also known as the Optimism Index. "Signing the budget trailer bill that includes AB 150 would send a strong signal to the Golden State's job-creating entrepreneurs that Sacramento is taking genuinely vital steps toward COVID recovery, and it would nicely

complement the governor's earlier signing of Assembly Bill 80, which partially conforms state tax law to the federal government's regarding the forgivability of PPP loans."

From NFIB Chief Economist

Bill Dunkelberg

"Small businesses optimism is rising as the economy opens up, yet a record number of employers continue to report that there are few or no qualified applicants for open positions. Owners are also having a hard time keeping their inventory stocks up with strong sales and supply chain problems."

Key findings include:

Owners expecting better business conditions over the next six months rose 14 points to a net negative 12%, an improvement but still in very negative territory; Earnings trends over the past three months improved six points to a net negative 5%; The net percent of owners raising average selling prices increased seven points to a net 47% (seasonally adjusted), the highest reading since January 1981.

Keep up with the latest on California small-business news at www.nfib.com/california, where this release can also be read, or by following NFIB on Twitter @NFIB_CA or on Facebook @NFIB.CA. ★



Dare to Live Without Limits

by Bryan Golden

Weeds Inhibit Your Growth



If your flower or vegetable garden becomes overrun with weeds, the plants you are trying to grow wither and die. This happens because the weeds take up space while competing for nutrients in the soil, water, and light. Desirable plants rarely grow in a weed choked garden.

Weeds grow without any care. They appear even though you don't plant them. They require no watering or feeding. They'll sprout in the worst growing conditions where it is impossible to get the plants you want started.

Cultivating a thriving garden requires the pulling of weeds as soon as they appear. This maintenance process is constant. It's just as important as watering and fertilizing. Without regular weeding, all of your other gardening efforts are wasted.

Your mind is like a garden. You want to cultivate good thoughts and positive energy. Just as in the garden, mental weeds interfere with your growth. You need to identify your mental weeds so they can be eliminated as soon as they emerge.

Negative thoughts, like garden weeds, grow uninvited. They pop up at the most inopportune times, crowding out positive thoughts. If not removed, they grow, and spread continuously. Negative thoughts prosper without any specific care.

You want to eliminate your mental weeds while caring for your positive thoughts. It's your positive thoughts which lead to positive

emotions and actions. Every aspect of your life is enhanced by growing a lush positive mental garden.

Negative self-talk is a frequent source of mental weeds. This is where you constantly tell yourself what you can't do and why, along with what won't work and why. Negative self-talk also includes incessant complaining about problems, situations, and people.

Eliminate negative self-talk by replacing it with positive self-talk. Continuously tell yourself about all of the good aspects of your life for which you are thankful. Tell yourself all you are capable of and what you will accomplish.

Being problem oriented creates mental weeds. Problem orientation is when you always look for problems in every situation. You then use the problems as excuses for inaction, or reasons for failure.

Replace a problem orientation with a solution orientation where you focus on finding solutions for each problem rather than complaining. Don't waste any energy whining. Once a problem is identified, all that matters is finding an effective solution.

Thoughts which harm you are mental weeds. Let go of anger, bitterness, and resentment because they fuel explosive mental weed growth. You have no control over other people or circumstances but you do have control over your response.

Worry is mental weed

fertilizer. Worry is like being in a rocking chair; it is a lot of activity which doesn't get you anywhere. Replace worry with action. Take positive action which improves situations you can influence, or have control over. Let go of circumstances which are beyond your control.

Negative information overload creates mental weeds. You are surrounded by negative news. The internet, T.V., social media, newspapers, magazines, and gossip, provide a constant source of negativity. Continuous exposure to a never-ending stream of negative news rapidly dampens your positivity.

Limit, or even eliminate your exposure to negative information by being very selective as to what information you follow. You can stay informed without becoming immersed in negativity. If you are upset by what you are watching, or reading, reduce the amount of time you spend taking in depressing information.

Take good care of your mental garden. Keep out the weeds by choosing happiness and positivity. Watch for any mental weeds which spring up. Eliminate them with positive thoughts and actions.

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

Ask Toni

Need Help Disenrolling from a Medicare Advantage Plan Mistake!



Toni King

Toni:

The first week, my wife and I moved to Houston from Oklahoma, I had a wonderful surprise in my front yard and there was your Medicare column discussing different Medicare

option for someone with health issues.

I am 70 years old and am seeking medical care from MD Anderson for colon cancer. I have been informed that MD Anderson does not accept the Medicare Advantage HMO plan I enrolled in when I was in Oklahoma and that I could transfer to a Houston doctor when I moved in May. Now that I have moved I find out that MD Anderson does not accept this Medicare HMO plan.

I did not realize I could have chosen a Medicare Supplement instead of a Medicare Advantage plan when my Medicare Part B began this May after losing my job with company benefits. Your article explained that a 6-month Medicare Supplement open enrollment period because I am new to Medicare and just enrolled in Part B.

I am confused on how to disenroll from this Medicare Advantage plan and return to Medicare with a Medicare supplement. Time is ticking because my cancer treatment needs to begin soon. I need to do this fast!!

Thanks, James from Spring Branch area
Hi there, James:

Thank you for the great compliment!! I know how overwhelming it can be to understand the rules of Medicare, especially when you are mentally stressed due to a serious illness.

Below is how the Toni Says® Medicare team help clients who contact the office and want to disenroll from their Medicare Advantage plan and return to Original also known as Traditional Medicare.

There is a "Special Enrollment Period or SEP" to help you qualify for a change from your Medicare Advantage plan. A Special Enrollment Period or SEP is a certain situation when you are able to join, switch and drop a Medicare Advantage Plan. The special situations are:

- **Moving Out of Area:** Is when you have moved out of your area such as when James moved from Oklahoma to the Houston, TX area. Qualified James for a SEP to disenroll from his Medicare Advantage Plan and return to Original Medicare
- Other SEPs are:
- Enrolled in Medicaid.
- Qualify for Extra Help for prescription drugs.
- Moving into a long-term care facility such as:
- Skilled nursing facility
- Assisted living facility,
- Personal care home
- Alzheimer's assisted living facilities
- Loss of creditable prescription drug coverage.(insurance through your employer)

The trick to disenrolling from a Medicare Advantage Plan when a SEP is granted is to enroll in a Stand-alone Part D plan and automatically you are disenrolled from your Advantage plan and back to Original Medicare. Returning to Original Medicare will be effective on the 1st of the next month.

Receiving Medigap/Medicare Supplement Open Enrollment: James because you enrolled in Part B this May and are within your 6-month Medigap/Medicare Supplement open enrollment period which ends on October 31 when your 6-month winds down and you can receive guaranteed issue. Medicare's definition for guaranteed issue is that your acceptance in any Medicare Supplement plan is guaranteed during your Medigap/Medicare supplement open enrollment period which lasts for 6 months beginning the first day of the month in which you are either age 65 or older and have enrolled in Medicare Part B.

Wait past 6 months from enrolling in Part B and you must qualify with having to answer medical underwriting questions.

For Medicare enrollment questions call the Toni Says Medicare hotline at 1/888-TONI-SAY (888-866-4729) and talk with the Toni Says® Medicare team or email info@tonisays.com for help.

Toni King, Medicare author/advocate is giving a \$5 discount to the Toni Says® readers on the new 2021 Medicare Survival Guide® Advanced book at www.tonisays.com. ★

Ted Gaines Announces Bid for California Governor



Ted Gaines

From Ted Gaines for Governor 2021

SACRAMENTO, CA (MPG) - Senator Ted Gaines (Ret.), Member of the State Board of Equalization (BOE), made the following announcement regarding his candidacy for Governor of California in the recall election.

My family came to California in 1853 and flourished in the rough-and-tumble Gold Rush economy. I'm forever thankful for this state and I'm fully committed to a future as bright as our past." But we are so far removed from the freewheeling environment that attracted the dreamers of '49. California could not have a Gold Rush today. Government would choke it off immediately, regulate and tax it out of existence.

California government micromanages our citizens. Sacramento thinks it knows best how to run everyone's lives and businesses and

it's not shy about exercising its power. But it's time to step back and look at the effects of the policies coming out of Sacramento, not just their intentions.

Has California government made the state more affordable? Safer? More livable? Has it lifted up our most vulnerable? Has it provided the basic infrastructure we need at a reasonable price? For someone who loves this state, who is a father of six children who all live here and six grandchildren, it breaks my heart to say the answer to those questions is, without a doubt, 'NO.'

I want a 'YES' California. A California where families can buy homes, take vacations, save for retirement and for their kids' educations. Where we can all be safe, free, and prosperous. A state that is confident and plans and builds for the future. We have the most beautiful state in the union, and we should match it with the best government.

I'm the highest-ranking Republican in California. I represent 10-million citizens in this state and I'm ready for more. I want to turn the Golden State into a low-tax, high-opportunity zone and for families to feel safe again. I want to reclaim our public spaces from the tent cities and get people the help they desperately need to stay off

the streets.

As Governor, I will be open to all ideas and committed to working with everyone sincere in their efforts to improve our state. Visit my website TedGaines for Governor 2021 to learn the basics on how I will restore the freedom and promise that made California an unrivaled destination for builders and creators from around the country and the world."

Senator Ted Gaines currently serves as an elected member of the State Board of Equalization, representing nearly ten million constituents in 30 counties of northern, eastern, and southern California. Prior to his election to the BOE in 2018, he served in the State Senate from 2011-2018, and the Assembly from 2006-2011. He began his public service in local government as a member of the City of Roseville's Planning Commission from 1997-1999. He was then elected to the Placer County Board of Supervisors in 2000 and re-elected in 2004. For more than 30 years, Senator Gaines has run a family insurance business. He and his wife, former Assembly member Beth Gaines, live in El Dorado County, and have six children and six grandchildren.

For more information, visit www.TedGaines.com. ★

IRS Refunds Nearly \$4 Million for Unemployment Compensation Overpayments

By David A. Tucker II, IRS Media Relation

WASHINGTON D.C. (MPG) - The Internal Revenue Service began another round of refunds to nearly 4 million taxpayers who overpaid their taxes on unemployment compensation received last year.

The American Rescue Plan Act of 2021, which became law in March, excluded up to \$10,200 in 2020 unemployment compensation from taxable income calculations. The exclusion applied to individuals and married couples whose modified adjusted gross income was less than \$150,000.

Refunds by direct deposit began the week of July 14 and refunds by paper check began on July 16. The IRS previously issued refunds related to unemployment compensation exclusion in May and June, and it will continue to issue refunds throughout the summer.

To ease the burden on taxpayers, the IRS has been reviewing the Forms 1040 and 1040SR that were filed prior to the law's enactment to identify those people who are due an adjustment. For taxpayers who overpaid, the IRS will either refund the overpayment, apply it to other outstanding taxes or other federal or state debts owed.

For this round, the IRS identified approximately 4.6 million taxpayers who may be due an adjustment. Of that number, approximately 4 million taxpayers are expected to receive a refund. The refund average is \$1,265, which means some will receive more and some will receive less.

Most taxpayers need not take any action and there is no need to call the IRS. However, if, as a result of the excluded unemployment compensation, taxpayers are now eligible for deductions or credits not claimed on the original return, they should file a Form 1040-X, Amended U.S.

Individual Income Tax Return.

Taxpayers should file an amended return if they:

Did not submit a Schedule 8812 with the original return to claim the Additional Child Tax Credit and are now eligible for the credit after the unemployment compensation exclusion;

Did not submit a Schedule EIC with the original return to claim the Earned Income Tax Credit (with qualifying dependents) and are now eligible for the credit after the unemployment compensation exclusion;

Are now eligible for any other credits and/or deductions not mentioned below. Make sure to include any required forms or schedules.

Taxpayers do not need to file an amended return if they:

Already filed a tax return and did not claim the unemployment exclusion; the IRS will determine the correct taxable amount of unemployment compensation and tax;

Have an adjustment, because of the exclusion, that will result in an increase in any non-refundable or refundable credits reported on the original return;

Did not claim the following credits on their tax return but are now eligible when the unemployment exclusion is applied: Recovery Rebate Credit, Earned Income Credit with no qualifying dependents or the Advance Premium Tax Credit. The IRS will calculate the credit and include it in any overpayment;

Filed a married filing joint return, live in a community property state, and entered a smaller exclusion amount than entitled on Schedule 1, line 8.

Taxpayers will generally receive letters from the IRS within 30 days of the adjustment, informing them of what kind of adjustment was made (such as refund, payment of IRS debt payment or payment offset for other authorized debts) and the amount of the adjustment. ★



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- ACROSS**
- Sail support
 - *Percentage of alcohol, acr.
 - Cheesy sandwich
 - Oil, in Italy
 - What refugees do
 - Noble one
 - *Moscow ____
 - Wrinkly fruit
 - Cereal killer
 - *Non-alcoholic cocktail
 - Elementary particle
 - Old and feeble
 - American cuckoo
 - ____ tunnel
 - Create a misnomer
 - *Tap choice
 - Tooth cover
 - A wedge in golf, e.g.
 - Wesley Snipes' 1998 movie
 - Notable time
 - Fancy neckwear
 - Denim innovator
 - *Beer ____, or biergarten
 - Before, archaic
 - Particular marking on a butterfly
 - Neuter in language, e.g.
 - Red Cross bed
 - Ile de la Cité river
 - Lump of stuff
 - *18th Amendment, a.k.a. ____ Act
 - Assemblage of members
 - D'Artagnan's weapon
 - Freight horse cart
 - *It's Always ____ in Philadelphia
 - Wooden pegs
 - *Margarita garnish
 - Lend a hand
 - *Not sweet
 - Sun rising direction
- DOWN**
- May honoree
 - Homecoming guest
 - Farmer's storage type
 - Steel on a work boot
 - Relating to aquarium scum
 - Misrepresent
 - Bride screen
 - *Often served dirty, pl.
 - Cogito ____ sum
 - Rumpelstiltskin's weaver
 - *Half whiskey, half absinthe cocktail
 - Pointless
 - Chili con carne legumes
 - Between 10 and Queen
 - Breathing matter
 - C in CNN
 - Stray cat's home
 - Plunder
 - *Fermented honey and water
 - Formed a curve
 - *Fahrenheit 9/11 documentary director
 - Go in
 - *Straight from the bottle
 - Make a blunder
 - *One appeal of happy hour
 - About or concerning, archaic
 - *____ Milk?
 - Knights' breastplates
 - Dorothy's sleeping aid
 - Conifer attribute
 - Deep sleep
 - Lament for the dead
 - ____ hub food takeout service
 - Solitary

Crossword Puzzle Solutions on Page 10

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	
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47				48		49				
50	51			52				53	54	
55				56				57		58
59				60				61		
62				63				64		

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

Solutions on Page 10

Find Puzzles on Page 10

M	A	S	T		A	B	V		M	E	L	T																	
O	L	I	O		F	L	E	E		B	A	R	O	N															
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Sudoku Puzzle on Page 10

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

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BARC is Back at SMF

By Scott Johnston, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - After an 18-month hiatus, the BARC team is back at Sacramento International Airport (SMF). These special pups' friendly faces and "Pet Me" vests are relieving the stress of travel for many passengers. The program was halted due to the pandemic, but as of July 7, the dogs are making a comeback.

RC - short for the Boarding Area Relaxation Corps - greets guests once they pass through security, with big smiles and wagging tails. Studies show spending time with dogs can reduce blood pressure and anxiety while boosting feelings of relaxation and well-being. Traveling can be stressful for some people - from a fear of flying to worrying about delays or cancellations - BARC dogs provide a furry dose of relief.

Rose Margolis and Sophie, a Cavalier King Charles Spaniel, have been

with the program since the beginning. She was looking for a fun activity to do with her dogs and wanted something interactive that gave them both a way to meet people. She knows Sophie helps those who are nervous about flying.

"A little girl was completely terrified and wouldn't stop crying until she laid down with Sophie," Margolis said. "She was so much more relaxed, and we love being able to see that."

Jennifer Baer-Riedhart and Logan, a Great Pyrenees with soulful eyes, is a big hit with even the littlest passengers - even though he's much bigger than they are.

"When he lays down the little one likes to lay on him," Jennifer said. "He is so happy to be here with all the people. I'm so glad we're back."

Colbert, a 14-year-old black Lab, was one of the first dogs in the program and is nearing retirement. He is happy to pose for photos and get in a few snuggles with adults and kids before they head off to their gate.

His handler, Jenniene Cheng says the BARC team helps create a sense of security.

"People stop to pet the dogs and then start up conversations and share stories about their dogs," she said. "It's a great way to put people at ease."

BARC dogs have been lifting spirits and calming nerves at SMF since 2015. There are now 27 BARC teams making travel a little less "ruff" in both Terminal A and B.

"The BARC teams make the airport experience less stressful and more fun," said Cindy Nichol, Director of Airports for Sacramento County. "Travel can be a hectic experience and with these friendly faces around, passengers can't help but stop, take a breath and relax before continuing their journey."

They'll be at SMF on Mondays, Wednesdays, and first and third Fridays. Each dog and its handler are part of the Lend A Heart Animals Assisted Therapy organization, a Sacramento-area non-profit, founded



With these friendly faces around, passengers can't help but stop, take a breath and relax before continuing their journey. Photo by Andrea Sandoval/Sac County

in 1987, provides animal-assisted therapy throughout the region. The organization

also has additional teams that visit hospitals, nursing homes and libraries.

"There's nothing better than seeing all these smiling faces," said Cheng. ★

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Attention: Are you looking for a Daylight Blue Lodge? BiCentennial Daylight Lodge is located at 5944 San Juan Ave; Citrus Heights, CA. For more information, contact davehughes32@aol.com or 916.803.3567

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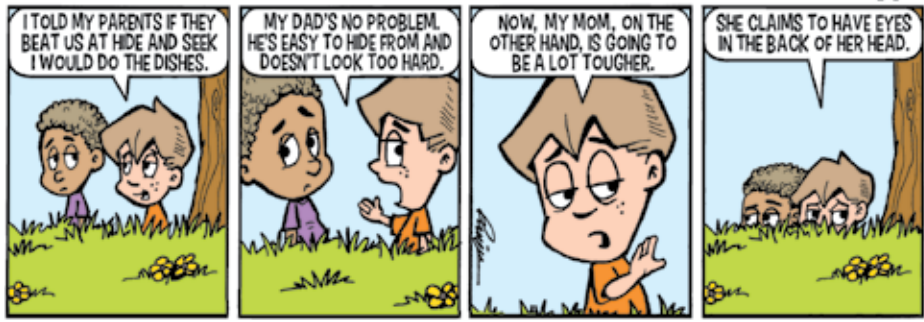
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WEEKLY COMICS

Amber Waves



by Dave T. Phipps

The Spats



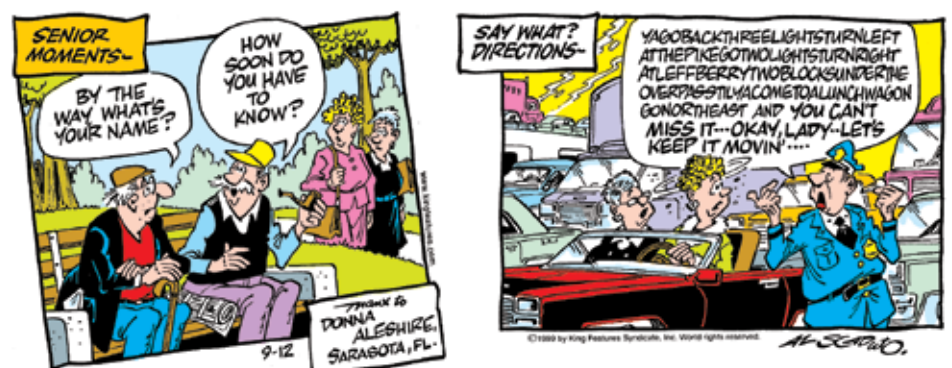
by Jeff Pickering

Out on a Limb



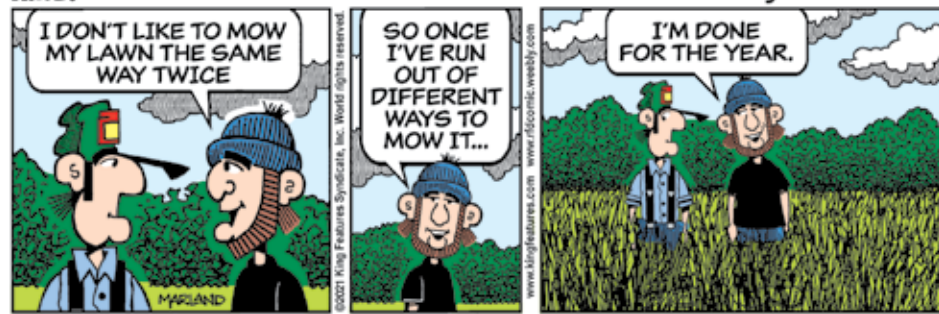
by Gary Kopervas

THEY'LL DO IT EVERY TIME



BY AL SCADUTO

R.F.D.



by Mike Marland



BEFORE THE "I DO'S"

AW, SWEETKAKES-- I'D GLADLY EXPOSE MYSELF TO BERIBERI JUST TO SMOOCH WITH YOU...

AFTER--

YOU GOT A COLD? STAND BACK! STAND BACK! I DON'T WANNA CATCH IT-- KEEP ACTIVE--SWITCH IT OUT--S'LONG!

Thank to DONNA ALESHIRE, SARASOTA, FL. 9-12

Thank to V. CAGGIANO, SANTA MONICA, CA.

Thank to V. CAGGIANO, SANTA MONICA, CA.

Thank to V. CAGGIANO, SANTA MONICA, CA.

CRIM and BEAR IT



LAFF-A-DAY



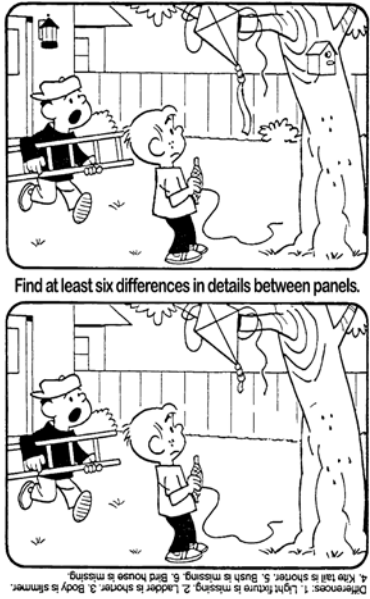
Just Like Cats & Dogs



by Dave T. Phipps

HOCUS-FOCUS

BY HENRY BOLTIKOFF

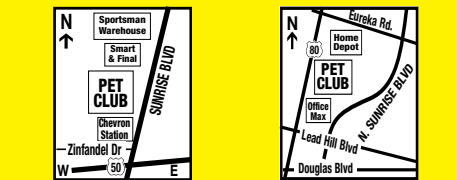


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•Multi-Protein •Chicken Meal & Rice •Large Breed 44 Lb
As Marked **\$10 OFF**
(Multi Protein Chicken Meal & Rice, Lamb & Rice, Less Active 30 Lb) Our Regular Low Prices!
Effective 8/4/21 - 8/10/21

BLUE BUFFALO WILDERNESS DRY DOG FOOD
•Chicken •Salmon •Duck •Large Breed •Healthy Weight
24 Lb Bag 100% Grain Free
Limit 2 Bags **\$10 OFF**
Our Regular Low Prices!
Effective 8/4/21 - 8/10/21

FRISKIES DRY CAT FOOD
16 Lb Bag
•Seafood •Indoor •Surfing & Turfing
Limit 2 Bags per Family **\$11.99**
Effective 8/4/21 - 8/10/21

9 LIVES CANNED CAT FOOD
5.5 Oz All Varieties
Limit 1 Case Per Family **39¢**
Effective 8/4/21 - 8/10/21

FANCY FEAST GOURMET CANNED CAT FOOD
All Varieties except Elegant Medley 3 Oz
Limit 2 Cases Per Family **ON SALE Everyday**
Effective 8/4/21 - 8/10/21

JONNY CAT PREMIUM CAT LITTER
20 Lb Bag
•Regular •Multiple Cat Formula
Limit 2 Bags Per Family **\$4.19**
Effective 8/4/21 - 8/10/21

FELINE PINE HEALTHY CAT LITTER
20 Lb Bag
Limit 2 Bag **\$7.99**
Effective 8/4/21 - 8/10/21

PURINA PRO-PLAN CANNED CAT FOOD
•Selected Varieties 3 Oz Can (Focus & Selected Varieties 99¢) Limit 2 Cases **89¢**
15 Lb Bag **SCIENCE DIET SMALL BITES DRY DOG FOOD**
•Adult •Light •Mature (Puppy Small Bites \$24.99) (Sensitive Stomach \$29.99) Limit 2 Bags **\$23.99**

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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
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Limit 2 Bags 20 Lb **\$7.99** 40 Lb **\$14.99**
WELLNESS DRY DOG FOOD
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Tetra Reptomix 10.56 Oz **\$9.99**

KORDON CORAL SEA 50 GAL SALT MIX WITH AMQUEL **\$14.99**

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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 8/4/21 - 8/10/21 **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 8/4/21 - 8/10/21 **\$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 8/4/21 - 8/10/21 **\$2.09** CHM PLU 449

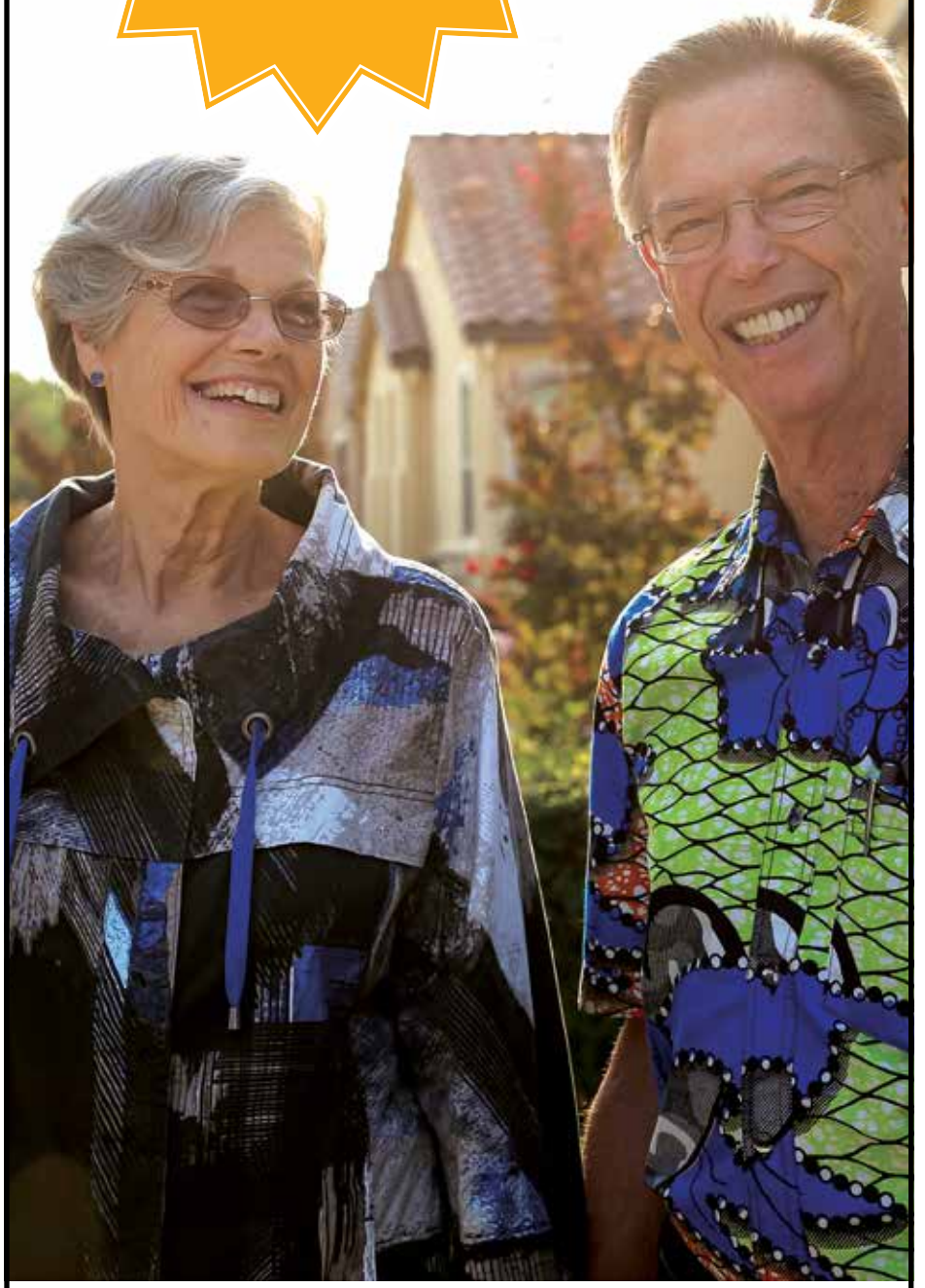


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Changes to Organics Recycling Law for Businesses Take Effect July 1



Effective July 1, 2021, all commercial waste generators in Sacramento that subscribe to 2 or more cubic yards of trash and recycling services combined per week are required to subscribe to organic material recycling services. This includes food waste and green waste. This law affects all business types, not just those that sell or make food.

The easiest way to become compliant is to contact your trash hauler and add organics recycling collection service. You may also be compliant if your business has alternative organic service. An Organic Material Recycling Compliance Form will need to be submitted if you recycle your organic material in an alternate way.

Waivers may be available to businesses that generate less than 20 gallons of organic material per week. Businesses who sell or produce food are ineligible to receive a 20-Gallon or Less Waiver. Ineligible businesses include restaurants, theaters, hotels, schools, gas stations, and coffee shops. A full list of ineligible business types can be found at WasteRightSac.com.

For more information or to complete the Organics Material Recycling Compliance Form for either alternative service or for a waiver please visit WasteRightSac.com.





The Kiwanis Corner

By Sal Arrigo, Jr.

Happy Anniversary!



The Kiwanis Club of Orangevale/Fair Oaks gathered for an Ice Cream Social during their monthly get-together. Photo: Kiwanis Club of Orangevale and Fair Oaks

By Sal Arrigo, Jr.

Two years and going strong! I have to say in the two years that the Kiwanis Club of Orangevale – Fair Oaks has been in existence, the club has worked tirelessly to better the community. Many individuals worked behind the scenes to establish Kiwanis in Orangevale and Fair Oaks, and recently they were recognized for their achievements.

Tom Ihm and MaryAnne Povey were both recently recognized by the Kiwanis Governor (representing the California-Nevada-Hawaii District) who presented them with the *Distinguished Service Award* “for the many hours of service rendered for Kiwanis and your community.”

Tom was recognized for his leadership ability (and will be the incoming president October 1), for his creativity when it comes to fundraising, and for consistently taking a project to the



Kiwanis Award Recipients MaryAnne Povey and Tom Ihm. Photo: Kiwanis Club of Orangevale and Fair Oaks

“next level.” MaryAnne is truly an individual who works behind the scenes to garner support for the various Kiwanis projects as well as promoting all our Kiwanis events via Facebook and Orangevale Live. MaryAnne also writes a column for this newspaper, titled “Out and About.”

The communities of Orangevale and Fair Oaks

will be hearing and seeing these two individuals in the future, along with the entire Kiwanis Club, as they gear up for the fall and winter projects. We are currently concluding a backpack drive to assist the About Kidz organization (our newest Kiwanis member) and will then prepare for the 3rd annual Pajama Drive and the Thanksgiving Food Drive. With the Kiwanis Club of Orangevale-Fair Oaks, you can count on additional community-worthy projects, too.

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

Sal Arrigo, Jr., is the immediate past president of the Kiwanis Club of Orangevale – Fair Oaks. The Kiwanis Corner is published monthly. The Kiwanis Club of Orangevale-Fair Oaks is a nonprofit corporation under section 501 c (3) # 85-0549857. ★

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