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AMERICAN RIVER Messenger

VOLUME 16 • ISSUE 16

Serving Fair Oaks, Orangevale & Sacramento County

AUGUST 20, 2021

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Sweeping the Pool



Jesuit “Rovotic” team members celebrate with adult mentors. Their ocean-cleaning invention took first prize at an international robotics contest in Tennessee.

Story and photos by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - Jesuit High School students recently beat 11 university-age teams to take top honors in an international science and engineering contest. The teenagers designed a remotely operated vehicle (ROV) that plunged, swooped and swept debris from underwater. The invention scooped major awards at a robo-clash convened by the Marine Advanced Technology Education – an organization supported by the National Science Foundation. This annual event aims to encourage future technicians to tackle

man-made oceanic problems. Staged at East Tennessee State University, the competition assembled teams from USA, China, Singapore, Macau, Turkey and Egypt. Facing collegiate-level rivals up to five years older than themselves barely daunted Jesuit’s 15 to 18-year-olds. “They didn’t worry about the other teams,” considers adult team coach Cheryl Kiyama. “They’d built a capable robot that met the expectations of the competition. It demonstrated the awesomeness of tools they created.” Prizes included Amazon gift vouchers, valuable robot parts (for next year’s team) and the honor of being published in a

major oceanography journal. The team calls itself the Rovotics. Dressed in Jesuit’s signature red shirts, the 12 techies are dubbed ‘Men in Red’ when competing. By whatever name, the kids returned from Tennessee – on the first day of fall semester – as champions. Though the Catholic school traditionally takes MATE honors, a near slam-dunk dazzled pupils, priests and principal. “I got to school and thought, wow,” says team captain Charlie Diaz, “I guess everybody’s heard the news. Kids I didn’t know were saying congratulations. I heard our win even sparked outside interest, for kids to come

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DQ Rallies Community for Hometown Hero

By MaryAnne Povey

ORANGEVALE, CA (MPG) - I’ve said it before, and I’ll say it again. The community of Orangevale is truly amazing! When word got out that CWO3 David Field, a retired Marine Veteran of 22 years, was coming home to Orangevale, after being diagnosed with service related ALS, people not only took notice but action too!

“When I read about David’s story on social media, I felt moved to help,” said Orangevale Dairy Queen owner Cynthia Ellering. “Joe and I decided to do something about it, so we dedicated the month of August to fundraise on David’s behalf.”

After connecting with Terri Rickett, David’s sister, plans quickly came together to hold a kickoff event on the first Saturday of August at Dairy Queen with all the bells and whistles!



In 2017, David Field was diagnosed with amyotrophic lateral sclerosis (ALS), also known as Lou Gehrig’s disease and VA determined it to be service related. Photo courtesy Fields Family

The festivities included thanked everyone for comming out and introduced the Citrus Heights Marching band who kicked off the

event with a heartwarming performance of the Star Spangled Banner. They performed a variety of patriotic and toe tapping songs, followed by the Casa Jr. Rams cheerleaders who wowed the crowd with their cheers and to top it off, a surprise performance from a local bagpipe player! Representatives from the Marines, Army and the ALS foundation, and a variety of vendors were there selling their wares and donating back to David’s fund. And, if you were driving by, you couldn’t miss seeing flags lining the parking lot and most notably the giant American flag, hoisted high in the air, thanks to Darren Lang of Easy Stumps.

“It was a beautiful display of patriotism and caring for one of our own, said County Supervisor Sue Frost, “I am so proud to be part of this special day.”

To add to the fun and

Continued on page 4

Sac County Comments on New Rumors Regarding Elections Staff

By Janna Haynes, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - It has come to the attention of the Sacramento County Department of Voter Registration and Elections that there are rumors circulating nationally and even internationally, that there are two employees of the Dominion technology company that are employed in our Registrar’s office.

These rumors are false. The genesis of these rumors is still unclear, but due to the prevalence of this rumor, our office is addressing this lie head-on:

No Dominion employees have ever been or ever will be employed by the Sacramento County Voter Registration & Elections Department;

Our Lead Support Technician from Dominion was on-site the first day of Logic & Accuracy testing (Monday, 8/9) and will be back next Monday (8/16) for the first day of Logic & Accuracy testing on the tabulation system;

The purpose of the limited on-site technician support is to provide subject matter expertise in the maintenance and/or repair of the voting equipment should any equipment fail during the Logic & Accuracy testing. On-site presence can expedite the RMA (Return Material Authorization) process to replace equipment in the event of failure.

Maintenance and/or repair processes are performed by Sacramento County Voter Registration & Elections staff. The vendor may only provide expertise and advice on how to best achieve the maintenance and/or repair of voting equipment;

On-site vendor support is required to be scheduled in advance, the vendor personnel must wear an identification badge and be escorted by Sacramento County Voter Registration & Elections Department staff at all times while on the premises. They are not allowed to touch voting equipment, election files, or ballots at any time. ★



Residents Rally for Parkway

Story and photos by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - A jewel of Sacramento life and leisure, the American River Parkway is closer to destruction than at any time since its establishment in the '60s. In recent months, more than 11 percent of its 4800 acres have burned. The river's flow - drinking water for millions -- is polluted. Wildlife is displaced and suffering. People who might otherwise enjoy the 23-mile stretch of public land are daunted by its increasing homeless population. Garbage accumulates at many tons per month. County and volunteer efforts cannot keep up with it.

An estimated 1000 campers live rough on the Parkway. A perfect storm of circumstances -- drug abuse; criminal justice "reforms," a scarcity of affordable housing and the COVID pandemic -- have caused record levels of homelessness. Displaced people flock to inhabit a once-pristine wildernesses and damage to riparian havens is incalculable. "As a kid, I kayaked from Carmichael to Discovery Park and didn't see a single camper," recalls District 3 Supervisor Rich Desmond. "I never expect to see long stretches of campsites and garbage, like we have now. We should be ashamed that our children have to experience nature with this backdrop."

Desmond spoke at a forum recently convened by the American River Parkway Foundation. Attended by more than 200 concerned citizens, the event offered a wake-up call documentary called "Parkway in Peril." Several volunteer Parkway stewards contributed voice-over.

"The Parkway gets more visitors per year than Yosemite," said Chris Balaan. "Imagine someone throwing a bottle into the Merced River. People don't seem to have a problem doing it to the American River."

Two hours of passionate discussion followed the presentation.



Photographed above William B. Pond Park, the American River flows through 23 miles and 4800 acres of public parkway. This regional treasure is endangered by fire, pollution and illegal camping.

Heading the forum, Supervisor Phil Serna related his experience of being stuck by a drug-user's needle during a volunteer river cleanup. He pledged himself and his District 3 colleague Rich Desmond to be "100 percent behind saving the Parkway. It bodes well that we're all sitting here," said the District 1 leader.

— from fire, to drug presence, garbage pollution, and fears for recreational safety -- resulted from unauthorized campers. Recent statutes, prevent Rangers from ousting Parkway dwellers if they have nowhere else to sleep. Other activities can nevertheless be prosecuted: littering is illegal; hunting

spots are illegal.

Deputy Metro Fire Chief Niko King confirmed that nearly all parkland conflagrations this year originated in encampments.

Trash and sewage dumping is another issue. Higher than acceptable E.coli readings are not all camper-related but much riverside

and tweekers (meth users) bringing things into parkway encampments that destroy aesthetics, sanitation and safety. We are the voice of the Parkway. We need to speak out on the issue of illegal camping... it can't be allowed to continue."

Volunteer Leigh Rutledge said formerly pristine river areas were now landfills. "We are so fortunate that a group of people had the foresight to save this land for all of us," she said. "We're going to let it become one giant garbage dump. And a burned garbage dump. We've got to do what it takes to stop this."

A nature-lover advocated for wildlife. "Imagine what losing 11 percent of your range means to animals" said the speaker. "Flood plain parks are not just for human leisure. Our Parkway was set aside as a habitat for hundreds of animal species. What protection do they have when we allow it to be burned, polluted and filled with garbage?"

Supervisor Serna said Sacramento County was resource-challenged but not guilty of letting grass grow under its feet. Sites were being considered for a triage center -- with support services -- for the homeless. When taxed to recommend how the public could help save the Parkway, Serna and fellow panelists urged:

Volunteer for trash clean ups; Report illegal fires; Write letters to officials; Attend Supervisorial meetings and call the County to task.

Explained Supervisor Rich Desmond: "Showing up and complaining achieves progress in our creating alternative places for homeless people to go. When we have these places, there will be no excuse for us not enforcing ordinances and stopping the destruction of our Parkway."

Volunteers may assist The Great American River Clean Up project on September 18.

Learn about this and other American River Parkway projects at www.arpf.org

Write to your County representative at: 700 H Street, Suite 1450, Sacramento, CA 95814. ★



Panelists fielding questions at the American River Parkway forum included broadcaster Kellie De Marco (left) as moderator, Regional Parks director Liz Bellas, PG&E representative John Costa, County Supervisor Phil Serna, Parkway Foundation executive Dianna Poggetto, Deputy Metro Fire Chief Niko King and Supervisor Rich Desmond.

The gathering fielded little argument that most Parkway problems

and threatening behavior is illegal. Fires outside designated picnic

garbage is. Said Parkway steward Don Hall: "We've got hoarders

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Local Executives Named to Leadership Roles in Heart Challenge

By Liz Faris,
American Heart Association

SACRAMENTO REGION, CA (MPG) - The American Heart Association, the world's leading nonprofit organization focused on ensuring longer, healthier lives for all, has named Eric Dvorak, Vice President of Human Resources for Centene Corporation and Health Net of California as its 2021 Heart Challenge Chair.

The American Heart Association's Heart Challenge® is a suite of activities and initiatives designed to help companies positively impact employee overall health and well-being. The program is anchored in a series of customizable workplace events that inspires employees to be more engaged, reconnect with colleagues, get in their physical activity, support a great cause and have a lot of fun doing it.

"As one of the state's longest serving and most experienced Medi-Cal partners, Health Net understand the importance of working with trusted voices in the community. When you support and participate in the Sacramento Heart and Stroke Walk, you are helping to ensure that more cardiovascular research is funded, more hospitals administer the highest standards of care, and that fewer people suffer and die from heart disease and stroke. With every step taken and every dollar raised, we are building a legacy that will save and improve lives," said Dvorak.

The Sacramento Heart Challenge culminates with the 209 Heart and Stroke Walk which will be held on September 25, 2021 at two different pop-up start lines across the city located at Heart Health Park at Cal Expo, 1600 Exposition Blvd, Sacramento, CA 95815 and Dignity Health Methodist Hospital of Sacramento, 7500 Hospital Dr, Sacramento, CA 95823. The Heart and Stroke Walks is supported by local Healthy for Good cause sponsors CVC, Dignity Health, Western Health Advantage and local signature sponsors HealthNet and Pacific Coast Building Products.

The Heart and Stroke Walk unites the community in celebrating health and honoring survivors. Dvorak will be joined by other likeminded city executives working to increase physical and mental health, combat burnout and promote community engagement. The

executive committee members include: **Dr. Khuram Arif**, Chief Medical Officer, Western Health Advantage; **Bob Clark**, Co-CEO, Clark Pacific; **Diane Dusseau**, Managing Director, Wells Fargo; **Dustin Vicari**, CRO, Sacramento Republic FC/ EVP, Elevate Sports Ventures; **Ryan Lucchetti**, President, PABCO; **Dr. Jeffrey Rosenberg**, Chief Medical Officer, Sierra Nevada Memorial Hospital; **Christopher Rouen**, Partner, Moss Adams; **Dr. Alan Shatzel**, Medical Director, Neurology, Mercy Medical Group; **Dan Staszak**, CEO and Founder, Staszak & Company; **Sreshta Wickramasinghe**, Managing Director, Deloitte; **Tim Wilbanks**, Purchasing Manager, Nor-Cal Beverage

Whether in the company office or home offices, employees participate in fun physical and mental challenges providing the opportunity for meaningful social connections and play breaks during the workday to help combat burnout and alleviate stress.

"Now, more than ever, it's important to find new ways to boost physical and emotional health. The Heart and Stroke Walk is a great way to keep up healthy habits, stay socially connected, and keep up with physical activity while making an impact in your community and saving lives," said Jessica Gordan-Lannom, Executive Director of the American Heart Association's Sacramento Division.

The funds raised at Heart Challenge events fund the mission of the American Heart Association to be a relentless force for a world of longer, healthier lives while supporting priority issues in Sacramento. Chronic disease management has been identified by the American Heart Association's local board of directors for 2021 to propel work to support the Association's 2024 Health Equity Impact Goal, reducing barriers to health care access and quality.

To learn more about engaging your workforce in Heart Challenge events, or to join Eric Dvorak and other area executives, visit www.sacramentoheartwalk.org or contact Heart and Stroke Walk Directors Kitty Hoffman at Kitty.Hoffman@heart.org or Costas Johnson at Costas.Johnson@heart.org for more information. ★

DQ Rallies Community



Participants get ready to chow down for a chance to win free Blizzards for one whole year! Photo by Cynthia Ellering

Continued from page 1
festivities, Dairy Queen hosted a 2021 Blizzard Challenge, with a rematch between last year's top contestants, Sean Palmer, of Palmer Real Estate, 2020 Blizzard Champ and NBA star Pete Chilcutt, founder of Clutch City Basketball Academy. This year, after weeks of grueling training and getting his brain freeze tolerance to a new level, Pete came back gang busters, and seized the title

from Palmer in "down to the hair" photo finish! In the kid's competition, Santino, a local 7th grader, won free blizzards for a year!

While the home for David, currently being built by Homes for our Troops, is expected to be complete by October, additional funds were needed to cover costs of equipment needed for David who is now confined to a wheelchair.

"The goal was set for

\$10K and has already surpassed that," beamed Terri Rickett, "I can't believe the generosity of the people of this community."

Special thanks to everyone who came out to the big event and those who have donated throughout the month. As of this writing over, nearly \$11k has been raised! Stay tuned for David's homecoming in the coming months when we will talk more about Home for our Troops! ★

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CDPH Launches New Campaign to Combat Teen Vaping

CDPH Press Release

SACRAMENTO, CA (MPG) - The California Department of Public Health (CDPH) launched a new advertising campaign called "Tell Your Story," in response to the latest high school vaping data from its 2019-20 California Student Tobacco Survey. California has made progress in combating the youth vaping epidemic, but with kids going back to in-person learning, it is crucial we continue making progress.

The survey, which includes data from September 2019 to March 2020, revealed that California's high school vaping rate is at its lowest in four years (8.2%) while the number of California teens trying to quit vaping more than doubled since 2018. During the same time, numerous youth and young adults were hospitalized due to the e-cigarette, or vaping product use-associated lung injury (EVALI) outbreak, sending a warning to young people across the state. California was the first state in the nation to respond to the deadly EVALI outbreak with a large-scale public awareness advertising campaign to protect young people, launched by Governor Gavin Newsom's Executive Order on September 16, 2019.

As California was responding to the EVALI epidemic, the COVID-19 pandemic created another public health crisis that attacks the lungs, reinforcing lung health as a top priority. Smoking and vaping harms the lungs, putting Californians who vape at greater risk from COVID-19. Research has shown teens who have tried vaping are five times more likely to test positive for COVID-19.

"By addressing the dangers of vaping as part of

our preparation for schools reopening, California is taking an even more proactive approach in protecting youth health," said Dr. Tomás J. Aragón, CDPH Director and State Public Health Officer. "Returning to in-person learning could mean a spike in teen vaping use at exactly the wrong time. It's critical young people know the facts about the dangers of vaping and have the support and resources they need to avoid use or quit."

The "Tell Your Story" campaign features real stories from young people and highlights their journey to quit vaping. The campaign educates youth and young adults about the harmful health effects of vapes and connects them with evidenced-based resources to quit, especially as they're exposed to increased social pressure in school environments.

"Seeing the impact vaping had on my health and my family, after I got out of the hospital, I knew I had to focus on living a healthier lifestyle, and that started with quitting vaping," said Blake Grey, a 20-year-old content creator and "Tell Your Story" campaign ambassador from Los Angeles. Grey underwent emergency surgery in 2019 when he was diagnosed with pneumomediastinum, caused by a vaping injury that burned a hole in his esophagus. "I'd tried quitting before, and it was easy to fall back into old habits. But with the support of friends and family, I was able to get into the best shape of my life and found myself in a much better place mentally as well without needing to vape."

The "Tell Your Story" campaign promotes the "I Can Quit" text message program, an evidenced-based quit vaping effort that helps support

the quitting process and emphasizes how to develop and successfully practice coping strategies. The program is centered on a desired quit date and then adjusts the content and timing of the texts, so they are relevant to the users' phase of quitting. The text program covers topics including motivation, planning, goal setting, seeking support, self-talk, withdrawal management, recovering from slips and much more.

The annual student tobacco survey conducted by CDPH, in partnership with University of California, San Diego, assessed the use of and attitudes toward tobacco products among middle and high school students along with social and environmental exposure to various tobacco products and advertisements. Additional key findings from the report include:

Overall tobacco use (9.7%) among high school students was mainly driven by the rate of vape use (8.2%). Vape products were the most used tobacco product among students across gender, race/ethnicity, and grade; In 2020, 11.6% of LGBTQ+ identifying high school students in California vaped, compared to the overall California high school vaping rate of 8.2 percent; High school students who rated their mental health as poor had higher current tobacco use prevalence (16.1%) compared to those who rated their mental health as good to excellent (7.9%); The vast majority of teens who vape use flavored vapes (96.2%).

Californians looking to quit can text "I Can Quit" to 66819 or visit NoVapes.org to join the free, confidential text message program. ★



Poppoff!

With Mary Jane Popp

Health History

We all think we know our own health issues right? But do we really remember everything? Is there something missing from our memory that could jeopardize our health? It may be something simple, something from long ago, and easily overlooked. Would you believe your health records? Retired Nurse Practitioner **Anne McAuley De-Luc** advocates for full and accurate record-keeping, even for an ordinary patient. And she has a warning that we need to heed. It's a warning that can really endanger your life. Here's the reasoning she shared with me on POPPOFF recently. "With today's fast-paced, complex health system, we need to advocate for ourselves and our loved ones for better and safer health care." I brought up the fact that most of our healthcare is in computers these days, but Anne set me straight. "Yes, this is the age of computers," she said, "So why do we need our own written record? All computers are not connected. We have a consultant doctor for each body system and new medications and diagnoses may be entered into your primary chart, yet, computer hacking does exist for medical records and information is changed or deleted. And what about human error?" Good points I had not really thought about. She added that we...you and me...are in the best position to keep our up-to-date medical information readily available. This one brought it home for me. "We don't leave our bank accounts to chance, so why would we leave our most valuable commodity, our health to chance?" Her point was well taken, so here are the top ten categories you should keep a written record for. These are your major health details and a guideline for you.

Take a look at these necessary items.

- 1. YOUR BIRTH INFORMATION.** Specifics may be necessary if you lose your birth certificate.
- 2. MEDICATIONS.** The med, the dose, and the frequency are all important.
- 3. ALLERGIES WITH REACTIONS.** For example, choices of antibiotics may be limited due to drug resistance. It's common today, and the degree of allergic reaction may be the deciding factor for treatment.
- 4. IMMUNIZATIONS.** Proof of immunizations can be required at any age.
- 5. FAMILY HISTORY.** This has become a key factor in early diagnosis and treatment. An example is colon cancer.
- 6. MEDICAL DIAGNOSIS, DETAILS, AND DATE OF ONSET.** This information is always asked for and details are easily forgotten.
- 7. SPECIAL ILLNESSES.** For example, cancer can involve additional treatments such as chemo, radiation, intravenous ports, transfusion etc.
- 8. LIST OF SURGERIES, DETAILS, AND DATES.** This information is always asked for and details are easily forgotten.
- 9. PREGNANCY INFORMATION.** Details of one pregnancy may be pertinent in subsequent pregnancies.
- 10. PERSONAL FINAL WISHES.** It is so important to have your wishes known.

Anne McAuley - LeDuc created the **Personal Health Organizer** that provides a life-saving snapshot for you and your kids for major medical and dental history. Covid-19 makes this issue even more important. You can check out her website at www.personal-health-organizer.com Better safe than sorry.

STAY WELL!!!

Chamber Corner



By Dot Boyd,
Fair Oaks
Chamber of Commerce

I'm writing this column on Friday the 13th, but there's nothing scary about all the events going on in Fair Oaks. Unless you don't enjoy laughter, dining out, live music and live theatre. Thank you to all of the community organizations and countless volunteers who have found creative ways to make these events happen in spite of limitations this year and last. The monthly progressive dinner nights in FO Village have sold out. If you want to attend on September 8th, it's time to buy your tickets before they're all gone!

Participating spots are FO Chamber members Wild Rooster, Brahma Bar & Grill, FO Brew Pub, and Stockman Club. Details here: <https://www.fairoakschamber.com/events>.

Speaking of dinners out, the Q3 Dinners on Us campaign has started again, made possible by the OV/FO Community Foundation. The Couch Food Truck at Liquid Therapy hosted on August 17th and Brahma Bar & Grill will host on August 31st. The last FO location for this quarter is yet to be determined for September 14th. It's a great program for everyone who participates. Details at: <https://ovfoc.org/dinners-on-us-1>

But wait, there's more! Three nights in a row in August, you can enjoy live music, laughter, and theatre. August 26th is the third free Concert in the Park with the popular band Wasted Space. August 27th is Comedy Under the Stars and August 28th is Theatre Under the Stars, all taking place on the softball field

at Fair Oaks Park. Visit FOCC's website or forpd.org for all the details and regulations and to purchase tickets for the non-concert events.

It was recently FOCC's turn to host the quarterly Sunrise Corridor Power Lunch which includes businesses from neighboring chambers Carmichael, Citrus Heights, Orangevale, and Rancho Cordova. It was a full patio at Brahma Bar & Grill! Everyone had a great time seeing each other again and hearing what each chamber is doing. Hats off to Brahma for serving us and creating an oasis under the misters on a very hot, smoky Friday.

It's not easy being a business owner these days, so on behalf of our members and all businesses in Fair Oaks, THANK YOU for doing business locally! We can't do it without your support. You can find our business directory at: <https://www.fairoakschamber.com>.

See you in Fair Oaks!

Social Security Matters

My Social Security Income Hurts When I File My Taxes



By Russell Gloor,
AMAC Certified Social
Security Advisor

Dear Rusty: I am getting hammered with taxes on my Social Security (SS). I am retired and draw a meager work pension and SS benefits. When my wife and I filed our joint tax return we owed the IRS a substantial amount of money - they took 85% of my SS in taxes. We are just barely over the minimal amount of income allowed for SS tax exemption. Is there anything I can do so I do not have to pay all this money at once at the end of the year? I didn't get any tax advice when I started drawing my SS and the guy who prepared our tax return couldn't have cared less. No one ever told me that I would get double-taxed on the SS that I worked so hard for. Any help or advice is appreciated, I cannot take another hit like this again. **Signed: Double-Taxed**

Dear Double-Taxed: Unfortunately, taxation of Social Security benefits has been law since 1983 when the law to allow 50% of benefits to be taxed was enacted. In 1993 they added another threshold to allow up to 85% of SS benefits to be taxable. Just to clarify the



way it works (not that it will soften the pain), they don't take 85% of your SS benefits away in taxes - but 85% of your SS benefits becomes part of your overall taxable income at whatever your normal IRS tax rate is for your income level. So, if your IRS tax rate is 10%, that percentage is applied to 85% of your SS benefits received during the tax year (at your income level).

As for whether there is anything you can do, short of lowering your overall income the answer is no. The IRS determines taxability of your SS benefits based upon something called your "Modified Adjusted Gross Income" or "MAGI" which is your normal Adjusted Gross Income (AGI) from your tax return, plus 50% of the Social Security benefits you received during the tax year, with any non-taxable interest you may have had added back in. With an IRS filing status of "married-filing jointly," if your MAGI was more than \$32,000 then 50% of your SS benefits are included in your taxable income; if your MAGI is more than \$44,000 then up to 85% of your SS benefits becomes part of your overall taxable income. And unfortunately, there's no way around that. FYI, the

thresholds for single filers are \$25,000 (above which 50% of SS is taxable) and \$34,000 (above which 85% of SS is taxable). Below those minimum thresholds for both single and married filers, Social Security benefits aren't taxable.

To soften the income tax burden when you file your taxes each year, you may want to consider having taxes withheld from your SS benefit payments. That's easy to do by submitting IRS form W-4V to your local Social Security office. Here's a link at which you can download and print that form: www.irs.gov/pub/irs-pdf/fw4v.pdf. You will see that you can choose to have any of the following percentages of your SS benefit withheld for Federal Income Tax purposes - 7%, 10%, 12% or 22%. To find the mailing address for your local Social Security office, go to www.ssa.gov/locator.

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By County Supervisor Sue Frost

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

Over the years, the main concerns of my constituents have remained fairly consistent, occasionally with one receiving more attention than others. At the current forefront is the issue of homelessness. It seems nearly impossible to go anywhere in the County these days without encountering at least one homeless person or going past an encampment. That is not surprising given a 19 percent rise in Sacramento County's homeless population from 2017 to 2019. We don't even know what that number has grown to since 2019 as the 2021 Point in Time count was cancelled due to COVID-19. The concerns around these encampments are numerous and legitimate. The number one question my office gets is: "why aren't you doing anything about them?" The truth is we are doing what we can, working our way upstream against a powerful legal current, and I am happy to share more on the realities of Sacramento County's response to homelessness.

Many people who have reached out seeking to have a homeless camp moved are undoubtedly familiar with the decision out of the 9th Circuit Court of Appeals in *Martin v. Boise*. Put simply, that decision made it unlawful to punish people for the act of being homeless when they do not have access to shelter. Because of this, we are unable to cite for illegal camping on public property. The challenges of the Boise decision were compounded during most of the pandemic as the public health order further restricted when and how homeless camps could be moved, even if that meant an illegally parked RV on a public street.

This is frustrating, because to me it is evident that the best way to work to

Orangevale Community Update

If We Build It, Will They Come?

improve the homeless situation is to focus on drug treatment and mental health treatment. But legally, the only way we can get back to cleaning up homeless camps is to add more housing.

While the COVID-19 restrictions on moving homeless camps were lifted on June 15th with the other restrictions, I am pleased to say that some of the resulting solutions are in place.

The Board of Supervisors approved the creation of the Homeless Response Team (HRT) in 2020 to combat the spread of COVID-19 among the homeless population. The HRT was a collaborative effort of county departments, Sacramento City, and non-profit organizations to get the homeless access to shelter, sanitation materials, and COVID-19 preventative measures. Still, even with the HRT actively deployed and public health order restrictions lifted, we still have a homeless population that seems to be growing faster than ever before. And still, my office hears the concerns about homeless camps contributing to fires, public disturbances, and negative environmental impacts and what more can be done to restore our communities to safe and clean environments. While my priority, and I think what will have the most impact, is increasing access to mental health services and drug treatment, the most simple and legal solution still remains as an increase in shelters and housing.

Some have pointed to Los Angeles as a beacon of hope as they have passed a new ordinance restricting where homeless people can and cannot camp overnight. When people ask how they can do it and Sacramento County cannot, there are many reasons why. 1.2 billion reasons, in fact. LA voters approved a \$1.2 billion bond initiative to fund a massive homeless housing project that is large enough to enable the enforcement of anti-camping ordinances. That is something I do not think Sacramento County residents are ready to take on, but we can and are working to expand our shelter space. As part of this year's budget cycle, we approved \$5.9 million to fund a new homeless camp initiative

(HCI). This initiative will fund two encampment sites serving 100 individuals each, three encampment teams to connect individuals with services, three scattered site shelters and increase nightly bed capacity by 15. Possibly most important, the initiative includes navigators to connect people with housing services and temporary financial assistance to get people into permanent housing.

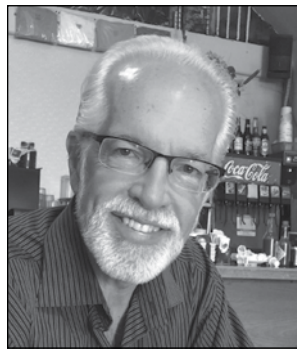
Permanent housing is, of course, the ultimate goal but we cannot simply create permanent housing. Getting homeless individuals into shelters and camps where professionals can make contact and try to connect them with services is how the process of getting them into permanent housing begins. The efforts of the HRT, the HCI, and the implementation of assisted outpatient treatments (aka Laura's Law), combined with the efforts of Sacramento City to expand shelters has us well on our way to making a noticeable impact on homelessness in Sacramento County. I anticipate that we will continue on this trend of expanding shelters and services and working with community organizations to make all types of housing more accessible to the point that we are no longer concerned about overnight camping.

Ultimately, this all depends on the willingness of the unhoused to come to the shelters and campsites being created and to accept whatever services they may be offered. And while I wish we could immediately address the underlying causes of homelessness directly, like mental illness and drug addiction, increasing the number of beds available is what is going to get us back sooner to cleaning up our neighborhoods.

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

Sue Frost represents the 4th District, which includes all or part of the communities of Citrus Heights, Folsom, Orangevale, Antelope, Rio Linda, Elverta, Gold River, Rancho Murieta, North Highlands, Carmichael, Foothill Farms and Fair Oaks. ★

“We the Government”



Commentary by W. Bruce Lee

“WE THE PEOPLE” begins the Preamble of the US Constitution ... signed September 17, 1787 and ratified June 21, 1788. The preamble is a brief introductory statement of the Constitution's core purposes and guiding principles.

Thanks to the vision and sacrifice of the founders who established our constitutional republic - we have a nation which is founded on ideals and not personalities. There was no king, no tribal chief, no dictator, no military general, it was “We the People” ruling ourselves.

However, many of us do not consider the obvious next step is that “We the People” also means “We the Government”.

For many of us in our daily lives, we think of the government as a “them”. They are telling us what to do. They are taking our money through taxes. They are being fair or unfair. They are not doing enough or doing too much!

But actually, the government is us! We have nothing to complain about ... unless we are complaining about ourselves. We get exactly the government we deserve. If we do not like our government, it is our own fault. Now that may sound harsh and blunt ... but ultimately it is true.

Therefore, we cannot simply treat our government as something to sneer at, but rather we must treat it as something we own! Because we do. We own our government. And, we

must exercise our ownership over our governments – local, state, federal, and otherwise.

However, as owners, many of us have delegated too much authority to our employees – those employees being our elected officials. And, that is precisely what elected officials are – our employees. They are accountable to us, the owners, the citizens. We owe them courtesy and respect, as we should do with all people. But, they are our employees.

Moreover, while some have delegated too much authority; worse yet, some of us have abdicated our authority to these employees! We become absentee owners who in our minds have let the employees become our masters and we the servants. (Remember, we call them “Public Servants”.) But abdication breeds an erosive attitude of, “I am not responsible for my community or my life; they (the government) are responsible.” Personal responsibility becomes diminished and government responsibility is enlarged. As an elected official, how many people came to me to complain about this or that ... but when I asked them if they voted in the last election, their reply would be, “No, I was too busy.”

In light of this collective complacency, this ongoing “We the Government” column is dedicated to empowering citizens to exercise healthy ownership over their governments. And, being a responsible owner ... a responsible citizen means that we must care, be informed, be good decision makers, and be involved! And, I know that sounds like a lot of work and that we are all busy, but remember what we have to lose – liberty, choice, freedoms. We have a unique, remarkable society – the envy of much of the world.

Remember, left to its

own, everything declines and dies. A rolling ball on the ground stops. A flourishing business goes idle. A marriage fails. A government morphs into something hideous. Energy must be invested to keep the ball rolling, the business fresh, a relationship full of love, a government on track to be the servant of its citizens.

The good news is that our forefathers paid the biggest price to start our constitutional republic, and we only have to keep it going. The ball on the ground must be kicked hard to make it roll, but once rolling only a little more energy is necessary to keep it moving in the correct direction. And, as Helen Keller observed, “The world is moved along, not only by the mighty shoves of its heroes, but also by the aggregate of tiny pushes of each honest worker.”

We do not have to be a hero to keep our community sound, but all of us must work together with each of our “tiny pushes”. If you are interested in learning more about how to preserve our freedoms and become “We the Government,” I look forward to continuing our conversation in upcoming articles for this column.

I'll be sharing information about local organizations, such as the Sacramento Taxpayers Association, that are empowering citizens locally; practical steps about how to hold our government leaders accountable; and lesser known political news that has major implications for our local freedoms. In the meantime, stay hopeful and keep carrying on our torch of liberty!

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 is president of the Sacramento Taxpayer Association. ★

Holistic Healthcare Center Brings Eating Disorder Treatment

By Haley Gibbs, The Abbi Agency

SACRAMENTO, CA (MPG) - Thrive Sacramento, an eating disorder treatment center, opens in Sacramento. Thrive offers specialized care in eating disorder treatment with family-based treatment influenced programming.

The holistic treatment center was created with a global perspective on mental healthcare in mind and scaled to serve clients on a local and personal level.

“We believe in a team approach at Thrive and that includes family members,” said Tony Paulson, Ph.D., Thrive Sacramento Clinical Director. “We build a community around each client that will support and allow for healing.”

Thrive treats adults and adolescents struggling with eating disorders and their family members through a family intensive outpatient

program. The family programs draw on principles from the Family-Based Treatment modality with individual and family therapy, and psychoeducation. The program aims to empower family members to help their loved ones heal from an eating disorder and reach recovery together.

The multidisciplinary team approach by Thrive is used to collaborate on treatment that fosters a well-rounded recovery. The team includes therapists, psychiatrists, primary care providers, nutritionists, and mindful movement specialists.

Thrive Sacramento is one of the newest locations for Thrive Wellness — a company dedicated to keeping the soul of behavioral healthcare alive while also bringing integrated care to individuals across the country. Other locations include Thrive Reno in Nevada and

Thrive Waco in Texas.

Thrive currently accepts many major health insurances and also does single case agreement payments. The newest Thrive location is at 601 University Ave. #280 Sacramento, CA 95825. To schedule your first intake, or to inquire further about the clinic's services, call 916-431-0860 or email sacramento@thrivehere.com.

Thrive Sacramento is a holistic, all-inclusive treatment center home with a dedicated team of specialists committed to the emotional, physical and behavioral health of each client. Thrive Wellness specializes in empowering and treating individuals struggling with eating disorders, anxiety, obsessive-compulsive disorders, depression and more. For more information on the clinic and its services, visit thrivehere.com/thrive-wellness-sacramento ★

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Who Are We?

By Marlys Johnsen Norris, Christian Author

No matter how we were raised by our parents, many basic rules from the Holy Bible teachings may have been instilled in us. We were taught some basic rules for living: to love others, forgive others, honor our father and our mother, to be honest and never to lie but to tell the truth, never to steal, never to kill anyone and basic to be a good person.

Today, do the words of the Ten Commandments of God live in our hearts?

And does our life represent them? If so, our lives are full of God's Wisdom! Our daily Prayer may be: "Create in me a clean heart God, and take not your Holy Spirit from me." (Psalm 52:10) Help me IN every way to live out and acknowledge your salvation in my life that others may seek your face.

When the Spirit of Jesus is "alive" in our lives "His Light shines" through our life to others? May the actions and words of our mouth bring honor to God's Holy Name. Rejoice, Praise and Thank God for every time God has done anything through

out your life so others may acknowledge and desire Him.

The Bible calls those who believe and follow as they should: Saints, Priests and Disciples. A loving God has power to "move a mountain" and help everyone on their personal journey to know and love Him. He blesses those who diligently and obediently follow His teachings with gifts of service and ministry.

Marlys Johnsen Norris Christian Author of 7 Books ARM Columnist since 2006 Stephen's Minister Marlysjn@gmail.com PO Box 114, Orangevale, CA 95662 ★

Sweeping the Pool

Continued from page 1 to Jesuit for its robotics program."

A technical program manager for the Intel Corporation, Cheryl Kiyama was one of four team mentors. "Everyone's very proud," she reports. "With COVID, the boys had to modify their meetings to work with ZOOM. It's hard to build a robot that way. Parts had to be sent home for students to work on. They had a lot to deal with, but they did everything possible to make it happen."

The Robotics include students from Fair Oaks, Carmichael, Sacramento, Rancho Cordova, Elk Grove, Roseville and Eldorado Hills. With mentors and many parent chaperones, the Jesuit contingent practically took over a Tennessee hotel, even commandeering a swimming pool for last-minute trials. Their robot - named Nautilus in honor of vessels conceived first by Robert Fulton and later by Jules Verne - arrived courtesy of Fed Ex. Team captain Charlie Diaz had sleepless pre-contest nights. "We were all anxious," he says. "We coped by focusing on our tasks and trusting the plan we'd created."

Contest challenges were not just underwater. Beyond proving their machine's capability, teams made technical and marketing presentations. The Men in Red spent weeks on their speeches. "We were nervous about talking in front of judges," says Diaz. "But we learned our presentations by heart, and we



Jesuit High School's robotic team captain Charlie Diaz (18) displays trophies awarded for performance, technical reporting and project marketing. The team's robot also took the all-round contest prize among college-age student teams.

really believed in what we had to say. That gave us confidence."

Neither did Nautilus let them down. The boys watched their creation dive 18 feet to the pool floor. At pilot commands, it grabbed plastic bags and fragments of simulated coral. "When we sent our mini-ROV down the drainage pipe to retrieve a sediment sample, we knew we had a chance," says Diaz. "We were the only team that did this task successfully. We didn't go to Tennessee thinking we were going to win, so everyone got super excited. We felt like all the work we'd done had paid off."

"I hope our victory inspires other students to get interested in robotics," says the technician. "Working for the MATE event has opened our eyes to ocean pollution. The program's emphasis on fixing man-made problems through technology has helped us grow in understanding. We're encouraged to try to find solutions."

Jesuit's team members are: Andrew Grindstaff, Luke Rosellini, Charlie Diaz, Nick Venegas, Taylor Vicente, Daniel Kriefels, Timothy Monroe, Michael Solis, Dylan Olsen, James Randall, Jonah Reynolds, Adon Sharp. ★

Temptation Is Oh So Tempting

Dr. James L. Snyder

At the beginning of the week, the Gracious Mistress of the Parsonage informed me that she and some of her friends would be going to a thrift store shopping on Thursday.

"Now," she said, "you will have to take care of your lunch. You think you can do that?"

I was smiling so hard on the inside I could hardly keep it from my face.

Thursday morning, the Gracious Mistress of the Parsonage said, "Do you remember what's going to happen today?"

Did I remember? How in the world could I ever forget?

I walked her to the door, waved very happily as she drove out of the driveway and disappeared into the sunset.

Just before lunch, I went to McDonald's and purchased my luxurious lunch, including two Apple Fritters.

I got home and set up the table for my lunch, and began the process of enjoying.

I got to most of my lunch and approached that wonderful point of delving into a delicious Apple Fritter.

Just as I went to pick one up, the telephone rang.

The person on the other end introduced themselves and began their sales pitch on my auto warranty. My auto warranty, according to them, had run out, and this was their "last" call for me to renew this warranty.

I jumped in and politely said, "No, thank you. I don't need your warranty." Then I hung up the phone.

I took a deep breath, went back to the table and looked at my Apple Fritters, and reveled in the delightful experience of eating them. Then, just as I was ready to pick up the first one, the telephone rang again.

This time it was a recorded message about a warrant that has been issued for my arrest somewhere in Texas. So all I needed to do was push number 1.

I hung up very angrily and went back to the table, sat down and took a deep breath, and once again looked at those wonderful Apple Fritters.

Before I could even clear my mind, the telephone rang again.

I answered the phone, someone introduced themselves and said they are sending me a diabetic machine according to my doctor. And, it was FREE.

Is it wrong to give someone a piece of your mind? And, which piece am I

going to give this person?

For someone to come between my Apple Fritter and me is a very dangerous place to be.

Then I heard the magical sound of "click." He was no longer on the phone.

Sitting back at the table, I looked at my Apple Fritters, and as I took my first bite, I thought of a verse of Scripture that means a lot to me.

"There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it" (1 Corinthians 10:13).

There is a hymn that says, "Yield not to temptation, for yielding is sin." Temptations are there all the time, but God can give me the strength not to yield to them. I can't control the temptation but I can the yielding part.

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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Subscriptions should be mailed to:
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(ISSN # 1948-1950) **MPG**

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Sacramento Motorcycling: A Capital City Tradition

By Elise Spleiss

SACRAMENTO REGION, CA (MPG) - “Zip, Speed, Sport, Thrills.” These four words describe a sport which came roaring into the Sacramento area in the early 1900s bringing with it ready-made participants, audiences, and prominent men and women ready to become involved in its success in Sacramento and beyond.

The quote, printed in the Sacramento Bee on May 16, 1929 is from Frank J. Murray, the first exclusive Harley Davidson dealer in Sacramento.

The newly released book, “Sacramento Motorcycling: A Capital City Tradition,” written by Kimberly Reed Edwards, a native Sacramentan, is a page turner, full of local cities and addresses, sports venues, places of business, and residents from many walks of life who helped put Northern California on the map as one of the biggest motorcycle hubs in California.

As the author explains, this distinction was bound to happen. Sacramento had always been a racing town and its residents had a love affair with spectator sports. Before this “motorized bike” arrived on the scene, bicycle races put on by the Capital City Wheelmen brought audiences for competitions at Agricultural Park at G and 22nd, eventually moving to the new State Fairgrounds Riverside and Stockton. There, Sacramentans were roused by exciting motorcycle races more thrilling than ever seen here.

A love of the sport quickly developed that crossed ages, jobs, education, occupations, and social standing.

In 1913 two clubs merged to become the Capital City Motorcycle Club. The Capital City Wheelmen, formed in 1886, was the second oldest bicycle club in Northern California. But as their membership aged and became more social, their sights turned to the Sacramento Motorcycle Club, holding races as early as 1910. Members from both clubs realized that the Wheelmen had the political connections while the new club would provide new blood.

Two decades later, the Fort Sutter Motorcycle Club was formed primarily for Indian riders, but welcoming bikes of all makes and models.

Group rides travelled to destinations including Elk Grove, Folsom, Auburn, and Delta towns. Hill climbs, races, and scrambles took place from Placerville to Stockton,



Gladys L. Murray and sister Irene Kaminsky at the 1924 Sacramento Hill Climb near Rancho Murrieta. Photo: Archive of Frank and Gladys Murray Collection

Murray’s sister-in-law Irene Kaminsky was one of three sisters who started the women’s motorcycle club, the Sacramento Cyclettes. She and her husband Julius loaned money to the Cyclettes and the Capital City Motorcycle Club to build their respective clubhouses. At age 45, she learned to golf after attending a driving range clinic on Auburn Boulevard, now known as Haggin Oaks Golf Course. With practice and determination, she became



Irene Kaminsky

a consistent golfer. In 1953, she was elected to the Sacramento Golf Council, where she served as treasurer. By some accounts, she was the first female council member. Elected as a charter member of the Sacramento Women’s Golf Club, she served as president for two years. She helped to organize tournaments and banquets for area golfers and became known as the “Mother of Junior Golf.” Edwards’ book has a myriad of photos of women riders, prim and proper when not competing.

Norris Rancourt, a well-known West Coast competitor who rode the famous Orrin-Hall built “Gadget” in the 1960s, later became Sacramento’s first Honda dealer and the 29th in the United States, located on Fair Oaks Boulevard.

One element of society that the motorcycle industry impacted a great deal was law enforcement. In preparation for World War II, police officers trained for a possible invasion with steel helmets, gas masks and machine guns on their eighteen-inch Harleys.

According to Edwards’ biography in the book, “Her father owned a small motorcycle shop near the railroad tracks in downtown Sacramento. She compiled this history to honor the Sacramentans who shaped the early motorcycle craze, beginning with the Capital City Wheelmen, early dealers, downtown merchants and a group of ardent riders.” Edwards says her favorite part of compiling the book was learning about the many heroes right here in Sacramento. ★



ABC television host Mark S. Allen emceed at Kimberly Reed Edwards’ new book release “Sacramento Motorcycling: A Capital City Tradition,” at the California Automobile Museum in Sacramento. Photo: Compliments of Champion Creations

Carmichael, Roseville and Orangevale and many others.

By December, 1919 Frank J. Murray had become Sacramento’s first exclusive Harley

dealer at 508 J Street. A rider himself, he brought credibility to his new business along with his many contacts which included the police department and newspaper reporters.

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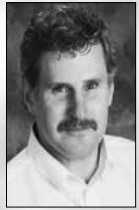
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Dare to Live Without Limits

by Bryan Golden

Keeping Your Life in Balance



Motion is required to maintain balance. In order to balance on a bicycle, you must be peddling forward. It's impossible to balance on a bike which is standing still. As soon as the bike stops, you have to get off, or put your foot down.

A spinning top appears to be perfectly still. But as it slows down it begins to wobble, ultimately coming to rest on its side. Spinning gyroscopes are used to keep ships and rockets stable. The faster they spin, the greater the stability.

While riding a bike, holding a heavy bag in one hand throws you off balance. Riding with your eyes closed ensures a crash. Facing backwards makes riding impossible. Letting go of the handle bars makes the bike hard to control.

Life is like riding a bicycle. If you don't keep moving forward, you'll fall. You can't sit still and expect to be balanced. At the very least, an unbalanced life leads to unpredictable gyrations, unexpected changes in direction, bumps, and falls.

There are some simple techniques you can use to maintain your balance. Keep your eyes open and focused on where you are headed. You are already past what's behind you. What lies in front of you is what matters.

Every aspect of your life is interconnected. Each component complements the others rather than being in competition. Work, personal time, family, social, and recreation are all intertwined. Balance is fluid, not

fixed. The amount of attention required by each element varies so you have to consider the overall balance.

Compartmentalization is essential for maintaining balance. When you're at work, focus on work. When at home, focus on your family. When you are resting, rest. Allowing the various aspects of your life to overlap interferes with each component receiving the proper attention. This results in everything being out of balance with nothing working right.

Get rid of any negative baggage which isn't contributing anything positive to your wellbeing. Worry, stress, anger, resentment, and bitterness all throw your life off balance. Negative baggage also taints every aspect of your life.

Eliminate activities which don't accomplish anything meaningful. Classify each task you are working on as either productive or just active. Productive behavior gets you closer to a specific objective. If you are just active, you are busy with nothing worthwhile to show for it. It's the equivalent of spinning your wheels without going anywhere.

Say "NO" to discretionary activities which don't add balance. Devoting time to anything which detracts from those things you should be doing throws you off. Declining an invitation without saying "NO" is very effective. For example you could say, "Thank you for asking, I'm glad you thought of me. Unfortunately, I can't

participate due to a prior commitment."

Take care of your physical and mental wellbeing. If you are off balance, everything around you will feel out of balance as well. Your perception, and therefore your reality, is skewed which negatively impacts your decisions.

Where possible, avoid toxic people. Complainers, whiners, and those with negative attitudes have an amazing ability to throw everything they touch off balance. Instead, look for and connect with others who are also striving for balance in their lives.

Observe all of the aspects of your life. Constantly monitor how balanced you feel. Balance must be continually maintained through positive action. Take immediate corrective action when a situation becomes unbalanced. A small issue can mushroom if left uncorrected.

Make a conscious decision to balance your life. Be willing to actively participate in maintaining that balance. Adjust your balance and rebalance as necessary. A balanced life takes less effort to maintain than one which is unbalanced.

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

George Hudson, Jr. was a Friend Indeed

By Sal Arrigo, Jr.

I met George at the Mather Airshow in September 2014 while I was covering the show for this newspaper. I had particular interest in knowing more about the Tuskegee Airmen and wandered over to their booth; I was told that "George will speak to you." To paraphrase a famous movie quote, "this was the start of a beautiful friendship."

It was more than a friendship; it became a bond between two individuals with very diverse backgrounds. Each get-together opened a new chapter in our lives. For George, part of his personal story was being a DOTA – "Designated Official Tuskegee Airman," a point of great pride, and deservedly so. For me, it was the opportunity to hear this history firsthand. Always humble, George brushed away praise when I men-



On the right: A Designated Official Tuskegee Airman, George Hudson, Jr., of the 332nd Fighter Group passed away at age 91. His rank was of Master Sergeant. On his left with a red blazer is fellow Tuskegee Airman, Judge Albert. Photo by Sal Arrigo, Jr.

restaurant in Rancho Cordova. We spoke about many subjects, and some were of a personal nature. He was interested in my family and how I came to California. I was interested in how George made his way to Chicago from his native Mississippi, and what was life like for his parents, George Sr. and

George though, I could ask his opinion on any subject that came to mind, and he would give me his best advice. I appreciated the fact I could share my inner thoughts, and George did the same. I hope the others in George's life took the opportunity to talk with this man. I am quite sure the City of Rancho Cordova and the individuals associated with the George S. "Spanky" Roberts Sacramento Chapter of the Tuskegee Airman, as well as all the school children with whom George shared his story, are truly the benefactors.

George Hudson, Jr., a member of the 332nd Fighter Group, military veteran for more than 24 years retiring with the rank of Master Sergeant, recently passed away at age 91. He will be laid to rest with full military honors. You deserve it, George, and thanks for your service and friendship! ★



This writer met George at the Mather Airshow in September 2014. Photo by Sal Arrigo, Jr.

tioned his military service, saying "I was just doing my job."

For several years, George and I had a standing breakfast date at Brookfield's

Johnnie Mae, during the early part of the 1900s.

No one will ever replace my Dad and the advice he gave me based on his wisdom and experience. With

Bunny Bonanza Helps Shelter Rabbits Find Adopters

By Allison Harris, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - Sacramento County's Bradshaw Animal Shelter intakes and cares for thousands of animals from the community all year round. This summer, they received an overwhelming number of rabbits after several came in pregnant. Many went to loving foster homes where they could nurse and raise their kits to a healthy weight and age, while others sat patiently waiting for adopters.

As the young rabbits and mothers came back from foster care, the population grew to more than 30 shelter rabbits. With little space to spare in an already overcrowded shelter, a local rescue group named Friends of Unwanted Rabbits (FUR) lent a hand to host the first-ever Bunny Bonanza adoption event.

The event was held at the shelter on Sunday, Aug. 8 and was sponsored by the shelter's non-profit affiliate – Teaching Everyone Animals Matter (TEAM). FUR and the shelter's staff and volunteers lead the event and provided adopters with helpful resources, adoption counseling and bunny speed dating so that each shelter rabbit would find the perfect home. This was the first time that the public and potential adopters were able to visit without an adoption appointment since the pandemic forced the closure of their public counter in early 2020.

Six rabbits were able to find loving forever homes during the event and many were adopted prior to Bunny Bonanza due to social media posts, which is a large number of rabbit adoptions in one month for the shelter. There are still several rabbits up for adoption and the public is welcome to make adoption appointments by calling the adoption line at 916-875-2287 Tuesday – Sunday between 9:30 a.m. and 3:30 p.m. FUR and the Bradshaw Animal Shelter plan to make this a recurring monthly event to help more shelter rabbits find their way home.

If you're interested in adopting a furry friend or two, the shelter is offering a 2-for-1 rabbit adoption special, as well as a 2-for-1 cat and kitten adoption special.



A local rescue group named Friends of Unwanted Rabbits (FUR) lent a hand to host the first-ever Bunny Bonanza adoption event. Photo courtesy Sac County



If you're interested in adopting a furry friend or two, the shelter is offering a 2-for-1 rabbit adoption special. Photo courtesy Sac County

You can view all of their adoptable pets at animalcare.sacounty.net.

Before adopting a rabbit, please consider visiting FUR's rabbit care webpage at www.friendsofunwantedrabbits.org/rabbit-care/ for a list of resources and information on rabbit ownership basics. ★

Back-to-School Vaccinations



Sacramento County Immunization Assistance Program helps by providing information about immunizations for school and in obtaining immunization services for children. Photo by Piyapong Thongcharoen Dreamstime

By Samantha Mott, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - Students are getting ready to go back to school, and whether it's via distance learning or in person, it is important children and teens are up-to-date on their vaccinations.

This year, Sacramento County Public Health recommends the addition of a COVID-19 vaccine for youth. The Pfizer-BioNTech vaccine has been approved by the CDC for children ages 12 and above. COVID-19 vaccine clinics are available at multiple locations throughout the county.

"Vaccines are always an important part of back-to-school time, and to even enroll in school, it is still required by law that you meet immunization requirements," said Dr. Olivia Kasirye, Sacramento County Public Health Officer. "Not getting your children vaccinated will make them more vulnerable to preventable diseases like whooping cough, the flu and measles."

Immunizations Required to Enter Kindergarten:

Polio; Diphtheria, Tetanus, and Pertussis (DTaP); Measles, Mumps and Rubella (MMR); Hepatitis B; Varicella (Chickenpox)

Immunizations required to enter 7th grade:

Tetanus, diphtheria and pertussis booster (Tdap); Varicella (Chickenpox)

If your child hasn't received one or more of these vaccines, make an appointment for them to get caught up today. The Sacramento County Immunization Assistance Program may be able to help by providing information about immunizations for school and provide assistance in obtaining immunization services for children and adults in Sacramento County. The program also provides referrals for clients to immunization resources, consultation services, and conducting flu vaccine clinics each fall, as well as providing state-supplied vaccines during vaccine-preventable disease outbreaks. You can reach the program from 8 a.m. - 5 p.m. weekdays at 916-875-7468.

If you don't have health insurance, or your insurance policy doesn't cover all recommended childhood vaccines, your child may be eligible for vaccines through the Vaccines for Children program.

You can find out what vaccines your child needs at all ages by reviewing the CDC's recommended Childhood Immunization Schedule at <https://www.cdc.gov/vaccines/schedules/easy-to-read/child-easyread.html>. ★

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 - Dashboard acronym
 - *Depth of an end zone, in yards
 - Fencing blade
 - Weight not charged for
 - Young hog
 - Witnessed
 - Aroma
 - Nary a soul
 - *Line of _____
 - Spanish earthen pot
 - Pinocchio and the like
 - Bean house
 - Antonym of descent
 - Cycle taxi
 - Greek "t"
 - 50-50
 - Not happening
 - Newbies
 - Bert Bobbsey's twin
 - Like a neon sign
 - "Clueless" catch phrase
 - Not a desktop
 - Metal-bearing mineral
 - "Chim Chim Cher-ee" setting
 - Relating to nose
 - Actors' group
 - Sink hole
 - Golf club handle
 - *3-point score
 - Make a canyon, e.g.
 - Not written
 - Racing sled
 - **Purple People _____
 - song, inspiration for Vikings defensive line name
 - Like H. C. Andersen's duckling
 - Poet Pound
 - *AFC counterpart
 - Dreaming stage of sleep
 - Daytime entertainment
- DOWN**
- Hodgepodge
 - Oil cartel
 - Palm reader, e.g.
 - Old and mentally infirm
 - Weather-related Doppler tool
 - Programs, for short
 - Insignificant
 - Hammer or sickle
 - Europe's highest volcano
 - Born, in bio
 - Marinara fruit
 - Ornamental hair net
 - *Grabbing penalty
 - Breath freshener
 - *Pre-game encouragement
 - Rose oil
 - One's assertion
 - Collectible in a cabinet
 - *Fourth down option
 - Colonoscopy tract
 - Ancient assembly area
 - B in IBS
 - *Start of a football play
 - Goo on a trunk
 - *Scrimmage-related penalty
 - Plant louse
 - Yule firewood
 - By word of mouth
 - Candle shape
 - English in Spanish
 - Mourner's song
 - Camelot, to Arthur
 - Tennis great Steffi
 - College officer-training prog.
 - *Number of downs to get a first

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		
35				36			37		38		
39				40			41		42		
43				44			45		46		
47							48	49			
50	51						52		53	54	55
56							57		58		
59							60		61		
62							63		64		

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

Solutions on Page 10

Find Puzzles on Page 10

M	O	S	S		R	P	M			T	E	N						
E	P	E	E		T	A	R	E		S	H	O	T	E				
S	E	E	N		O	D	O	R		N	O	O	N	E				
S	C	R	I	M	M	A	G	E		O	L	L	A					
			L	I	A	R	S			P	O	D						
A	S	C	E	N	T				P	E	D	I	C	A	B			
T	A	U			T	O	S	S	U	P		N	O	G	O			
T	Y	R	O	S		N	A	N		A	G	L	O	W				
A	S	I	F		L	A	P	T	O	P		O	R	E				
R	O	O	F	T	O	P				R	H	I	N	A	L			
					S	A	G			D	R	A	I	N				
					G	R	I	P		F	I	E	L	D	G	O	A	L
E	R	O	D	E		O	R	A	L		L	U	G	E				
E	A	T	E	R		U	G	L	Y		E	Z	R	A				
N	F	C				R	E	M			S	O	A	P				

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Sudoku Puzzle on Page 10

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

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Ford Driving Skills for Life Returns to California

California Office of Traffic Safety Press Release

SACRAMENTO REGION, CA (MPG)

The Governors Highway Safety Association (GHSA), Ford Motor Company Fund and California Office of Traffic Safety (OTS) are teaming up to provide free safe driving clinics for teens throughout August.

The hands-on Ford Driving Skills for Life (DSFL) program will launch in the Sacramento region Aug. 28-29. The program highlighting three key aspects:

Hands-on driving sessions focusing on critical factors influencing teen crashes: vehicle handling, hazard recognition, speed, space management, distraction and impairment; Ford Driving Skills for Life and the Governors Highway Safety Association have **invested more than \$1 million in 2021** to improve teen driving skills and reduce motor vehicle crashes, which are the leading cause of death for U.S. teens; During the pandemic, **traffic deaths surged reaching a 13-year high** even though there was a significant decline in driving. The Driving Skills for Life

event in Anaheim, which will include COVID-19 safety protocols, marks the first, in person hands-on training sessions since the pandemic began.

Driving Skills for Life will host 38 safe-driving training sessions as part of an eight-city tour, with other stops in Houston, Dallas, Atlanta, Nashville and Phoenix. Parents/guardians may register their teen(s) for a free training session at drivingskillsforlife.com.

Now in its 18th year, Ford Driving Skills for Life pairs newly licensed drivers with professional driving instructors for next-level instruction. The program addresses the critical factors responsible for most crashes, including vehicle handling, hazard recognition, speed and space management, distracted driving and impaired driving. The clinics focus on skills and information not currently offered in standard driver education courses.

"We know that motor vehicle crashes are the leading cause of death for U.S. teens," said Jonathan Adkins, GHSA Executive Director. "Each year,

more than 2,000 teen vehicle occupant deaths occur. Speeding and inexperience are often critical factors in these accidents."

The National Highway Traffic Safety Administration (NHTSA) reported that 38,680 people were killed on U.S. roadways in 2020, the highest number since 2007 and an increase of 7.2% from the year before. Alarming, traffic deaths surged in 2020, reaching a 13-year high even though there was a significant decline in driving during the COVID-19 pandemic. In addition, recent studies have revealed that parents are frustrated and concerned with the lack of in-car training offered to newly licensed teen drivers, especially during the pandemic.

"The lack of experience of newly licensed drivers remains a serious problem resulting in a disproportionate number of crashes for teens. We are grateful to be able to safely resume free, hands-on training that is so desperately needed," said Jim Graham, Global Manager, Ford Driving Skills for Life.

In California, drivers ages

16-19 are nearly three times as likely to be in a serious crash compared to other drivers. **In California**, 164 teens ages 16 to 19 were killed in crashes in 2019, with 354 drivers 20 and under involved in deadly crashes across the U.S. over the same time period.

"Experience and training make for better drivers, particularly newly licensed teens," OTS Director Barbara Rooney said. "We are thrilled to kick off this great program in California that puts parents at ease by providing teens with life-long safe driving skills."

Around the world, Ford Driving Skills for Life trainings are being resumed in many countries throughout North America, South America, Europe, Asia, Africa and the Middle East. Since 2008, the international Ford Driving Skills for Life program has grown and provided valuable insights into addressing road safety issues worldwide.

Ford Driving Skills for Life has invested more than \$60 million to provide free, advanced driver education to more than 1 million newly licensed teen

drivers in all 50 U.S. states and 46 countries worldwide since 2003.

For more information and updates on tour locations as well as COVID-19 safety protocols, visit drivingskillsforlife.com.

Register at: <https://tinyurl.com/FordDSFL-CA>

Ford Driving Skills for Life was established in 2003 by Ford Motor Company Fund, the Governors Highway Safety Association, and a panel of safety experts to teach newly licensed teens and parents the necessary skills for safe driving. Now in its fifteenth year, the premise behind Ford Driving Skills for Life is to provide a step in the learning process by providing new skills and information not currently shared with newly licensed drivers in the basic driver education courses. The program has trained more than 1 million individuals in safe driving practices. It is been offered in over 46 countries, and hands-on driving clinics have been conducted in all 50 U.S. states, Puerto Rico and the District of Columbia. For more information visit www.drivingskillsforlife.com. ★

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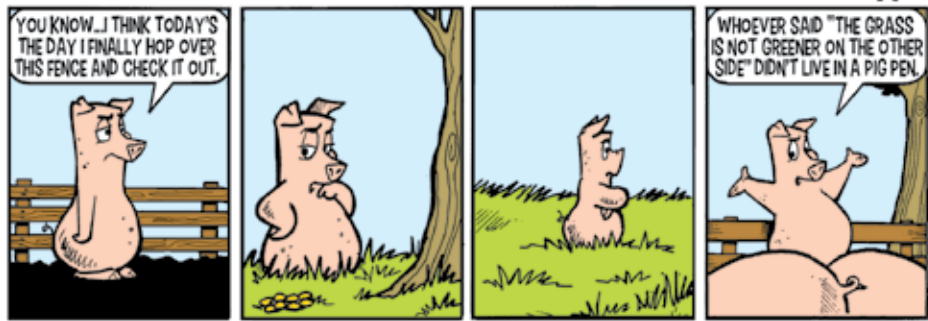
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WEEKLY COMICS

Amber Waves



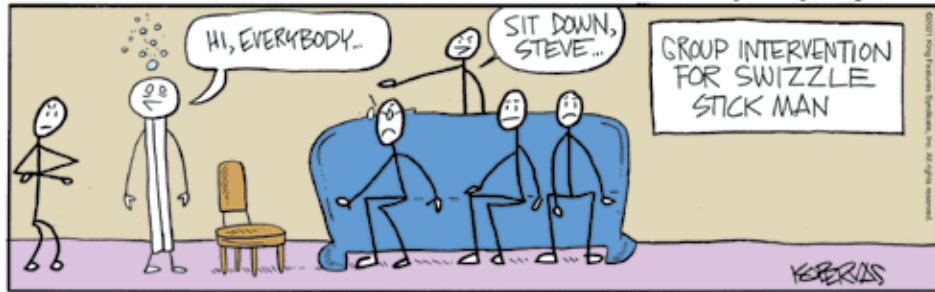
by Dave T. Phipps

The Spats



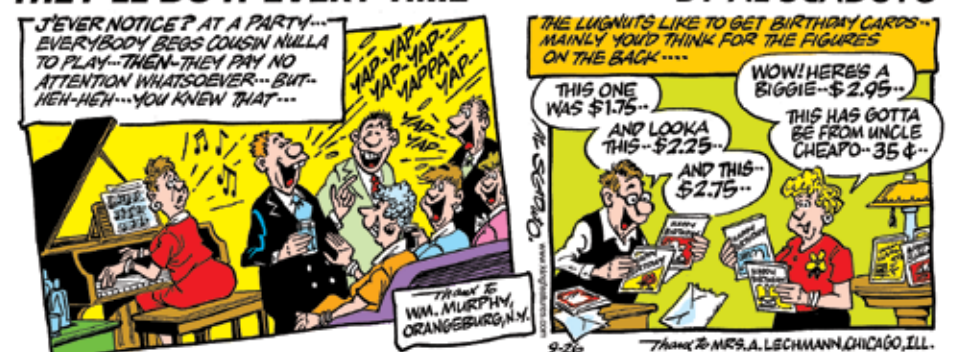
by Jeff Pickering

Out on a Limb



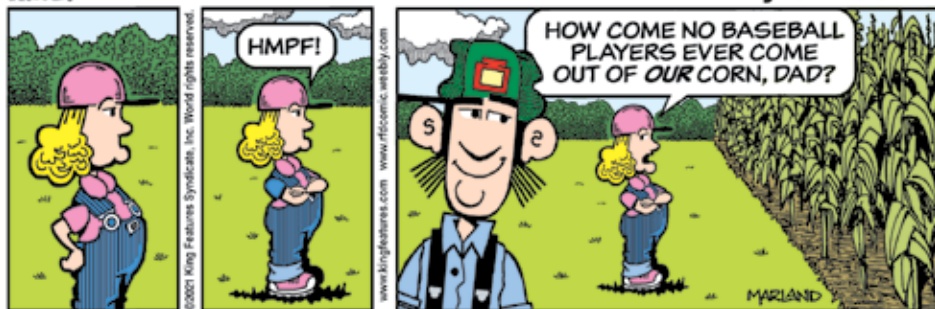
by Gary Kopervas

THEY'LL DO IT EVERY TIME



BY AL SCADUTO

R.F.D.



by Mike Marland



GRIN and BEAR IT



LAFF-A-DAY

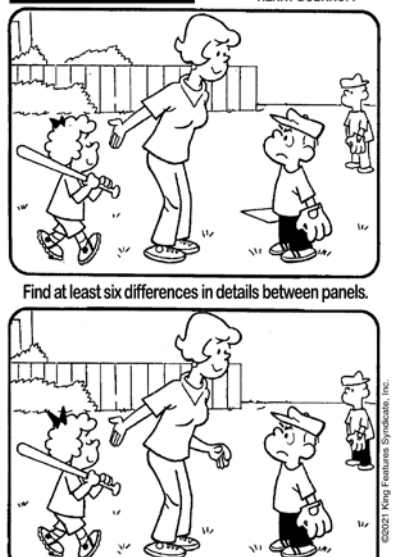


Just Like Cats & Dogs



by Dave T. Phipps

HOCUS-FOCUS



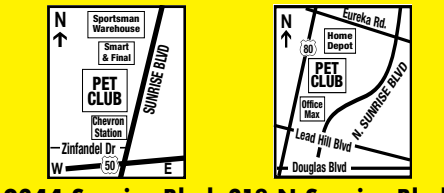
BY HENRY BOLTINOFF

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\$29.99
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Selected Varieties - 3 Oz
Limit 6 Cans with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
ON SALE EVERYDAY
Effective 8/18/21 - 8/24/21 CHM PLU 568

BONUS COUPON
FANCY FEAST CLASSIC BROTH
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Limit 2 Pkgs With Coupon
Limit One Coupon Per Family
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Effective 8/18/21 - 8/24/21
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CHM PLU 377

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CHM PLU 422

Strong Demand in Home Sales Begin Shift Towards Normalized Market



Area builders reported selling 501 homes during the month in the seven-county region. That was the lowest number reported so far this year. Image by Paul Brennan from Pixabay

NBSIA News Release

SACRAMENTO REGION, CA (MPG) - Sacramento-area new home sales continued moving toward more normal patterns in July but still reflect continued strong demand, the North State Building Industry Association reported.

Area builders reported selling 501 homes during the month in the seven-county region. That was the lowest number reported so far this year and appears to reflect that the market is continuing to shift into its normal pattern – sales peak in the spring, plateau during the summer and then continue drifting lower during the rest of the year.

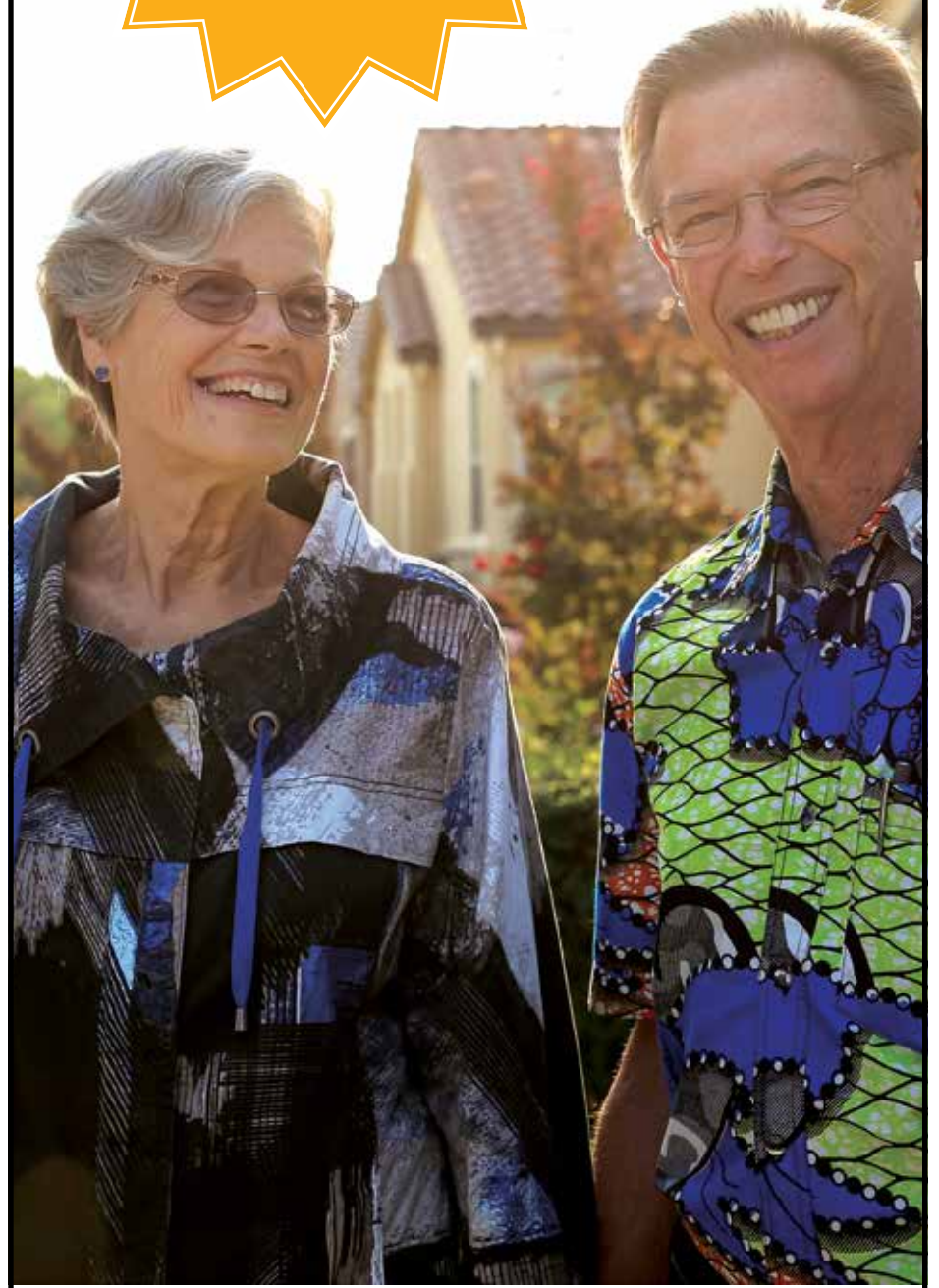
But sales are still robust compared to historical averages. The average number of sales during July since the BIA began keeping records in 1997 is just 366, and July's total was the second-highest recorded in the region since 2007. It was eclipsed only by the massive 888 sales that took place in July 2020 as the market rebounded from the huge drop-off in sales that spring due to the onset

of the COVID-19 restrictions. Michael Strech, the BIA's president and CEO, said the gradual movement towards a more normal market is welcome but that builders will continue working to meet the strong demand shown by area buyers.

"There continues to be a strong demand for new homes in the region as buyers look for homes that have been designed with today's needs for space and flexibility in mind," Strech said. "Despite serious supply chain issues that are causing construction delays, our members continue to work hard to find solutions and complete construction as quickly as possible."

"The continued strong market for new and existing homes also provides even more proof that the supply of housing in the region does not meet the demand. Local governments need to work with builders to reduce fees and other costs and to allow the construction of more new housing to begin closing the gap."

The report reflects sales in El Dorado, Nevada, Placer, Sacramento, Sutter, Yolo and Yuba counties. ★



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A Small City in Itself

Draft for Sunrise Mall Specific Plan is Released



The vision for redevelopment at Sunrise Mall centers on a 21st Century Main Street, with walkable streets, a variety of green spaces, and diverse retail, dining, and entertainment. Image courtesy of the City of Citrus Heights/Gensler.

Story by Shaunna Boyd

CITRUS HEIGHTS, CA (MPG) - After more than 18 months of community engagement, the draft of the Sunrise Mall Specific Plan has been released for review. The plan will guide future redevelopment of the 100-acre Sunrise Mall site, with the goal of revitalizing the property into a vibrant heart of Citrus Heights and a premier regional destination.

The draft plan was introduced at a virtual community meeting on August 5, with more than 60 community members logging in to attend. Interim City Manager Chris Boyd said, "I'm so proud of how our community as a whole has thought deeply, creatively on how to reimagine the heart of Citrus Heights." He praised Citrus Heights as "a community that has always taken a very active role when it comes to civic engagement. The efforts presented here tonight are a manifestation of our community's desire to steward in a brighter future."

The plan's development has been overseen by Gensler, an international architecture and planning firm. Midori Mizuhara, an urban planner with Gensler, said, "This is really a plan shaped by the community." A robust public engagement process revealed the community's priorities for the mall, resulting in the vision of a 21st Century Main Street: a mixed-use site with diverse shopping and dining options; interconnected plazas, green spaces, parks, and trails; office

spaces, residential neighborhoods, and hotels; and community event space.

In recent years there has been a shift toward online shopping, and traditional retail has suffered as a result—leading to a reduction in Citrus Heights' sales tax revenue. But the City was proactive in reacting to these changes, beginning the Specific Plan process back in 2019, well before the change in shopping trends was accelerated by the pandemic.

Gensler's Project Manager Nate Cherry said that the mall in its current form has "outlived its useful life" with a lot of excess surface parking and underutilized buildings. Cherry said that Citrus Heights' "strong sense of community is something that's always been a part of this effort, and so that creates a real opportunity to think about the future. And the City and the community has always been very results oriented, and so the result of that has really been co-authorship."

The mall was always an integral part of Citrus Heights' community and economy, and strategic redevelopment will allow it to become a new center of community life and an engine for economic growth. Redevelopment will create thousands of new jobs, through both the construction phase as well as new permanent jobs that will become available as new businesses thrive in the developed space. New office spaces will also attract growing industries like healthcare and technology.

The mixed use of retail, dining, offices, and events/entertainment will also activate

the site throughout the day, ensuring maximum use and engagement. Cherry said that a main street of retail and dining, connected by walkable streets and an abundance of green spaces, will turn the 100-acre site into a small city in itself—a destination for both local residents and regional visitors.

The Sunrise Mall Specific Plan creates a framework outlining the policies, development standards, infrastructure, and implementation and administration that will guide development of the site, ensuring that the community's vision becomes a reality. Because the mall site has a variety of owners, the plan splits the site into six planning areas, each with their own sub-areas. The plan outlines allowable uses for each area, as well as building height standards, setback requirements, street standards, utilities, and more.

The plan allows for flexible development that can respond to the city's changing needs in the coming decades, so development of the site can be phased over the next 20 years. Phase 1 includes the vacant Sears building and the parking areas along Sunrise Blvd. and the southern boundary of the property. These spaces are ready for immediate development to create new dining, retail, entertainment, open spaces, and some residential or hotel opportunities.

Phase 2 would encompass the area along Greenback Ln. and the eastern boundary of the property. This phase could include development of office spaces, a hotel, residential areas, a neighborhood

park, and more retail and dining. Phase 3 would focus on development of the mall itself, creating a main street with walkable streets and flexible-use spaces for retail, dining, and a central open space for community events. The mixed-use plan would also allow for more office, residential, or hotel opportunities in this phase. Phase 4 includes development opportunities for the current JC Penney and Macy's Women buildings to create more mixed-use for retail, offices, residential, and open spaces.

Casey Kempenaar, Citrus Heights planning manager, said, "The city is 98% built out, so what that means is we don't have a lot of land left, and what we do have we want to make sure it's planned in a really comprehensive manner. So, this site is the single biggest redevelopment opportunity in the city ... This is our biggest opportunity to change the community and create economic development opportunities for the city and the region."

The financial investment for the actual development will come from interested developers, and the approval of the Specific Plan is the first step in opening up the potential of the site. The Planning Commission and the City Council will both review the draft plan in depth later this year, along with more public hearings. If approved, the City could then begin marketing the site to developers by the new year.

To read the full plan and submit comments, visit <https://sunrisetomorrow.net/> ★

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