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VOLUME 16 • ISSUE 6

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MARCH 26, 2021

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Medical Reserve Corps Help Vaccinate



Sacramento Medical Reserve Corps volunteer Laura Hess prepares a dose of a COVID-19 vaccine for injection. Photo credit Sargent Gilberto Castro

By Andrea Sandoval, Sacramento County News

SACRAMENTO, CA (MPG) - Laura Hess, a recently retired Primary Care Nurse Practitioner has had a busy year. When the pandemic hit hard in March, Laura wanted to find a way to contribute. Inspired by the mission of the Sacramento Medical Reserve Corps (SMRC) she started to volunteer by staffing the Sacramento County Public Health COVID-19 Medical Hotline.

SMRC recruits, trains, deploys and retains volunteer health professionals, and supports volunteers who contribute their skills and expertise during an emergency.

Members of SMRC can be called upon in the event of a large-scale disaster, public health emergency, hospital surge, or to provide medical-related support to shelters. Throughout the year, the SMRC supports public health with flu clinics, participates in community disaster preparedness drills, staffs first aid stations at community events, provides health screenings at health fairs, and distributes health and emergency preparedness information at local events.

Since last June, Laura has worked weekly supporting the COVID-19 hotline answering questions from

the Sacramento County community. Laura educates callers about the medical aspects of COVID-19 and helps callers access community resources and walk them through their fears and anxieties. In recent months, she also started helping with medical chart review for contact tracing. When the vaccination clinics opened, Laura started helping with administering vaccinations and monitoring patients.

“My volunteer work with the SMRC and COVID-19 has been one of the most rewarding experiences of my career. The compassion, teamwork and commitment of our local Public Health Department has inspired me to give back to our community,” said Laura.

Since the pandemic began, hundreds of MRC units have deployed volunteers to help with the COVID-19 response and logged hundreds of thousands of volunteer hours.

SMRC volunteers like Laura are now supporting vaccination clinics for COVID-19. Volunteers work tirelessly to administer doses of vaccine as quickly as they can. At this time, vaccines are prioritized for essential worker groups working in Sacramento County that fall into Phase 1a Tier 1 - 3, and the County has begun vaccinating certain groups working in Sacramento County in Phase 1b

Tier 1, such as Emergency Services and Education/Child Care workers. Additionally SMRC volunteers are supporting vaccine clinics planned throughout Sacramento County for those who are at least 65 years old living in Sacramento County.

In February, Sacramento County began coordinating vaccinations at various sites for those who are living in Sacramento County and are 75 years old and older, and at other sites for those 65 years old and older. Sacramento County is also using the limited vaccine allocation to continue vaccinating Phase 1a Tier 1 - 3 priority list of workers - healthcare, first responders and congregate care setting staff as well as groups in Phase 1b Tiers 1 - 2.

View the SacCounty Coronavirus Vaccine page for the latest information on who can get the vaccine and register your interest in getting a vaccination appointment.

“SMRC volunteers have been such an important part of the Sacramento County Public Health COVID-19 response, they have dedicated thousands of hours to answering phones, working at our testing sites, contact tracing, vaccination clinics and more,” said Megan Sheffield, Sacramento County Public Health Volunteer

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Poor Salmon Forecast for Fishing Season

By John McManus, Golden State Salmon Association

SAN FRANCISCO, CA (MPG) - Officials forecast there are about 271,000 adult Sacramento Valley salmon now in the ocean off the West Coast. This compares to 473,183 forecast a year ago at this time and suggests some restrictions are likely to be enacted in the 2021 salmon fishing season. In the months ahead, officials with the Pacific Fisheries Management Council will use this forecast and other information to set times and areas open to both sport and commercial ocean salmon fishing for 2021. If restrictions are deemed necessary, we'll learn of them then.

Although 473,000 plus salmon were forecast last year, after the number caught was added to those that returned to spawn, the real number came out to be 370,000, about 22 percent fewer than forecast.

About 138,000 adult salmon returned to spawn in the Sacramento Basin during 2020, which is 105,000 fewer than the 233,000 salmon predicted to return to spawn. In addition, about 14,000 jacks, or two year old salmon, returned to spawn. The jack number in 2020 is used to forecast the number of adult salmon officials believe are now in the ocean.

One reason for the drop off in the 2021 salmon forecast is chronic over-diversion of Central Valley rivers. 2020 returns were also bolstered by added hatchery production in 2017 that contributed to the 2020 fishery. There was no additional hatchery production to aid 2021 fisheries and returns.

“It will be several more weeks before we begin to learn what kind of restrictions we might see on fishing this year, but the treatment of our salmon resource by freshwater managers as an afterthought is taking its toll,” said GSSA president John McManus.

Since baby salmon are considered one year old when they leave the Central Valley in the spring, and most return as three year old adults, you can usually count on good fishing two years after lots of rain and snow. Although there was decent rain and runoff in 2019, this year's forecast is poor, in part because of the severe decline of salmon in the last drought.

“Drought could revisit us almost anytime, including this year. We need to build and fortify in the good years so we don't get wiped out again in the bad,” said GSSA secretary Dick Pool. ★

Crews Begin Phase I of Sunrise Village

By Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG)

- Demolition has begun in two sections of the Sunrise Village shopping center located at the northwest corner of Madison Avenue along 5425 Sunrise Boulevard in Citrus Heights formerly occupied by the closed Benihana and Coco's restaurants.

Clearance of the 17,200-square-foot site formerly occupied by Benihana restaurant facing Uplands Avenue should be done March 31 and the former Coco's near the corner of Sunrise Boulevard and Madison Avenue by April 14, said Kevin Meyer, president of Level 5 Builders, Inc. of Folsom which is performing the demolition phase of the project.

“We should be on schedule to finish demolition by then,



The complete clearing of the 17,200-square-foot site formerly occupied by Benihana restaurant should be done by March 31. Photo by Thomas J. Sullivan

weather permitting,” Meyer said. The former Lyon's restaurant which is also located in the plaza will remain until the start of the second phase of the project in 2022 when it too will be demolished.

The first phase of a \$15-20 million remodel and expansion project of Sunrise Village owned by the San Francisco-based Merlone-Geier

investment company, calls for the addition of 18,000 square feet to the existing 150,000+ square foot plaza.

A separate new 5,500-square-foot building with a drive-thru will be built on the site of the former Coco's restaurant.

Meyer referred questions regarding the specifics of the project and the timeline

for completion to Merlone-Geier, which declined to comment.

Renovation of Sunrise Village Plaza was approved by the Citrus Heights City Council in February 2020, said Nichole Baxter, city communications officer.

“Merlone-Geier is completing the project in scheduled

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Thunder Valley Casino Resort Breaks Ground

By **Miranda Raulinaitis, Elmets Communications**

LINCOLN, CA (MPG) - Thunder Valley Casino Resort is proud to announce that construction is officially underway for The Venue at Thunder Valley.

Members of the United Auburn Indian Community Tribal Council, Thunder Valley Executives and local elected officials, chambers and community groups gathered for a groundbreaking ceremony to commemorate the property's new 150,000 square foot state-of-the-art entertainment venue.

"Today marks a momentous milestone for the United Auburn Indian Community and Thunder Valley Casino Resort," said Dawn Clayton, General Manager of Thunder Valley. "The Venue at Thunder Valley will allow us to expand our entertainment footprint in a big way as we continue to provide unparalleled experiences for our guests."

Once completed, The Venue will have 4,500 seats and host musical acts, comedic performances and sporting events, and will provide large event space for conferences and banquets.



Members of the United Auburn Indian Community Tribal Council, Thunder Valley Executives and local elected officials, chambers and community groups gathered for a groundbreaking ceremony to commemorate the property's new 150,000 square foot state-of-the-art entertainment venue. Photo courtesy Elmets Communications

The Venue's facilities have been designed with a vision that is both modern and sophisticated and will feature multi-level spaces and amenities, abundant concessions offering food, beer and wine, cutting edge sound and video systems and much more.

"The United Auburn Indian Community is proud to have the ability to continue to position Thunder Valley as Northern California's premier entertainment destination," said Gene Whitehouse, Chairman of the United Auburn Indian Community. "The Venue is the future of entertainment at Thunder Valley and we look forward to attracting big-name performers year-round."

The Venue will cost \$100

million and is anticipated to be completed by early 2023. The project's General Contractor is McCarthy Building Companies, and the Architectural Design Firm is OTJ Architects.

In total, the project will create over 200 construction jobs.

"Since opening in 2003, Thunder Valley has experienced tremendous growth and monumental success," said Clayton. "The accomplishments of our award-winning property are a true testament to our loyal guests and the hard work and dedication of our phenomenal team members. We plan to announce our opening acts soon and cannot wait to welcome you to The Venue at Thunder Valley." ★

Fundraiser to Benefit Joshua's House Hospice

By **Marlene von Friederichs-Fitzwater, Joshua's House**

SACRAMENTO, CA (MPG) - Danny Schneider is a longtime musician and songwriter. He's played big name clubs on the Sunset Strip in Los Angeles such as the Roxy and the Troubadour; he's self-produced 5 CD's and a vinyl EP; and he's performed with his band, The Neon Flamingos, at numerous venues. His latest project, an album titled "On the Other Side of the Window," has led Danny to delve into a new venture...fundraising for Sacramento nonprofit Joshua's House Hospice.

Joshua's House Hospice for the terminally ill homeless hopes to open its doors in Spring of 2021. Due to an increase in construction costs and the impact of COVID-19, the project is in need of more funding. With a building purchased at 1501 C Street in downtown Sacramento, the organization will provide shelter, care, and a variety of services to terminally ill homeless individuals - something that is desperately needed in Sacramento now as the numbers of homeless men and women increase. There is no other facility like this on the west coast and Joshua's House is committed to providing a place of compassion and a sense of dignity to those who would otherwise be on the streets or riverbanks of Sacramento during their dying days. The project has support from Mayor Darrel Steinberg, Congresswoman Doris Matsui, Sacramento City Council member Jeff Harris, and many other local dignitaries. And sponsors such as Kaiser

Permanente, Sutter Health, UC Davis Health and Dignity Health.

After working on an album for the past year, recording 9 new songs with original lyrics and music, it became clear to Danny Schneider that there was a real purpose behind his album project. While in the process of recording the album, Danny happened to see a TV segment about Joshua's House Hospice that gave him great inspiration. It was that exposure to the story behind Joshua's House Hospice, named for the grandson (who had experienced homelessness) of founder Marlene von Friederichs-Fitzwater, that prompted him to come up with the idea to use his music to fundraise and support Joshua's House. "I decided that I could press a special limited autographed vinyl edition of 100 copies of the album. Each copy will be sold for a gift donation of \$100.00. Our fundraising target would then be \$10,000 payable directly to Joshua's House Hospice." Needless to say, Joshua's House is thrilled to partner with Danny in this unique event. His website, <http://dannyschneider.com/>, is dedicated to the project. There, donors can read more about his story, the Joshua's House story, and order their copy of the LP by donating.

More information and ordering at: <http://dannyschneider.com/> \$100 donation to Joshua's House Hospice per order. All proceeds go directly to Joshua's House Hospice. Recent story on Danny Schneider in Family Beautiful online magazine at: <https://familybeautiful.com/danny-schneider-dignity-and-the-arts> ★

Food Literacy Center Launches Raising Kale Podcast

By **Jaime Wilson, Food Literacy Center**

SACRAMENTO, CA (MPG) - Food Literacy Center announced today the launch of the Raising Kale podcast in partnership with Entercom Communications. Raising Kale will be available nationwide via the RADIO.COM app and website, and everywhere else podcasts can be found beginning March 10.

Food Literacy Center seeks to serve local Sacramento families and educate students about nutrition, cooking, and gardening through active play

with the intention to improve their health, environment, and economy. The pandemic has shed light on our fractured food systems through empty grocery store shelves and families experiencing hunger amid an unstable economy. Because of this, Food Literacy Center is launching Raising Kale, a podcast on a mission to tell the stories of our food problems and the people bringing solutions.

Hosted by Amber Stott, Founder and Chief Food Genius, Food Literacy Center, and produced by Entercom Sacramento, Raising Kale is an educational call to action with

food. The podcast will welcome distinguished guests to explain the impact food has on various aspects of our lives and offer ways listeners can help in their local community.

"The Raising Kale podcast represents a long-time goal of mine for the nonprofit: to provide wider education to the public outside the walls of our elementary schools," said Stott. "I have enjoyed building this podcast with the talented team at Entercom Sacramento. I get to speak to my peers in food thought leadership across the nation and share their powerful stories. I hope listeners

will join me to learn more and to raise kale in their own community."

Stott added that the podcast guests - otherwise known as Kale Raisers - are involved with remarkable, action-oriented initiatives from improving school lunches to building local food economies in Haiti to ending hunger through culinary education in San Diego.

"This podcast proves that people can use food to make the world a better place," said Stacey Kauffman, Senior Vice President and Market Manager, Entercom Sacramento. "Sacramento is America's Farm to

Fork capital, so we see the intersects and impact first-hand that food has on our health, economy, environment and community. By sharing these powerful and engaging stories, we seek to educate and inspire our audience on how food can be a tool for good, and how they can make a difference in their own homes and communities."

The Raising Kale podcast is available nationwide on the RADIO.COM app and everywhere else podcasts can be found. Fans can also connect with the podcast on social media via Facebook, Instagram and Twitter. ★

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Crews Begin Phase I of Sunrise Village

Continued from page 1

phases and started Phase I with the demolition of the former Benihana restaurant along Uplands Ave,” Baxter said. The project will also include new landscaping and upgrade signage.

The overall project is expected to take a couple years to complete, Baxter said. Baxter encouraged the public to view the developer’s project brochure at: merlonegeier.propertycapsule.com/web/property/c6d9c248bac5c0bb2094a76f2f049a50-6755bdb8f49ffae94072e016addf0e14.

A leasing map on Merlone-Geier’s website shows the northern portion of the building where the former Benihana restaurant was located will be occupied by Jo-Ann fabrics, relocating to a new 28,400-square-foot building slated for construction during the first phase of the project.

Last year, Tuesday Morning closed its location in Sunrise Village and relocated to 7255 Greenback Lane, in the same shopping center as Sam’s Club.

Next to Jo-Ann’s will be a new 50,000-square-foot sports club, owned by an Irvine-based corporation which operates the LA Fitness chain of health clubs.

Redevelopment of Sunrise Village is being promoted actively on the Citrus Heights city website.

“While COVID-19 has had huge impacts on economies everywhere, there are still exciting developments and projects moving forward in Citrus Heights,” said Meghan Huber, Citrus Heights economic development and communications manager.

“The updates happening at the Sunrise Village shopping center are a great example of progress that is continuing despite the pandemic. This shopping center sits on a high-traffic corner along the Sunrise Blvd. retail corridor, and these planned improvements aim to revitalize the center. We’re honored that Merlone-Geier has chosen this opportunity to invest in our community, and we are excited that Phase I of the project is underway.”

The 20,000-square-foot commercial space between the existing Rite Aid and the new City Sports Club is shown on construction plans as a Home Goods or grocery store, but an official tenant has yet to be named by the developer.

“While we’ve seen some businesses close, we have also seen new businesses come to the District,” said Kathlynn Carpenter, executive director of Sunrise MarketPlace. “The renovation at Sunrise Village has been in the works for some time. “It’s a good sign for the District which is always reinventing new uses, and it’s a positive investment in the community,” she said. ★

Airport’s New Human Trafficking Detection Program Announced

Samantha Mott, Sacramento County News

SACRAMENTO, CA (MPG) - Every year traffickers use trains, buses, planes and ships to transport thousands of victims, hiding them in plain sight while traveling to destinations around the world. As the eyes and ears in airports and global transportation systems, airport employees are uniquely positioned to help combat the issue of human trafficking.

January was National Slavery and Human Trafficking Prevention Month, and in recognition of that, the Sacramento County Department of Airports (SCDA) partnered with the Department of Homeland Security (DHS) to develop a new Human Trafficking Awareness and Reporting training program.

Together with U.S. Customs and Border Protection and the Department of Transportation, the Blue Campaign, a division within

the DHS Office of Partnership and Engagement, created the Blue Lightning Initiative (BLI).

The BLI program is designed to provide airport employees with the tools needed to take advantage of their unique position and ability to identify potential human trafficking victims and notify federal authorities.

In 2018, then California Governor Jerry Brown signed AB 2034. This bill requires transit agencies like bus and light rail stations to provide human trafficking training to employees who may interact with traffickers and/or their victims.

Although the bill does not apply to airport agencies, SCDA has decided to move forward and join this partnership to provide training to all of its employees.

“SCDA leadership feels strongly about this program,” said Airport Director Cindy Nichol. “We realize the potential impact it can have and we are committed

to offering this training to our employees.”

In addition to a number of other Federal agencies, there are approximately 10 other airports, 26 airlines, and six industry associations taking part in the program.

Participating BLI partners instruct their employees using the BLI virtual training module and associated printed educational materials. The training may be integrated into partners’ initial or refresher training for flight attendants, pilots, customer service representatives, and other aviation industry personnel.

The Blue Campaign is the unified voice for the DHS efforts to combat human trafficking, working with federal, state, and local governments, as well as law enforcement, public, and private organizations. The Blue Campaign strives to protect the fundamental right to freedom and bring those who exploit human lives to justice. ★

Drive-by Birthday for Air Force Veteran



Serving from 1951 to 1978, Airforce Sr. Master Sergeant Arden Bolin finally retired from Mather. Courtesy photo

By Sayward Shoffstall

ORANGEVALE, CA (MPG) - On April 10th, our grandpa Arden Bolin will be turning 91. During his 91 years he has been a resident of OV, off and on. Arden is a veteran of the Airforce where he actively served from 1951 to 1978 fulfilling the position of Sr. Master

Sergeant and retired from Mather as the aerospace ground equipment supervisor. He bought a house in OV in 1976 where he raised his 4 boys. From 1978 he worked at Aerojet and retired in 1991. In 1992, he and his wife built a house in Fallon, NV where they spent the next 23 years. They returned to OV to be closer to family, where he has a total of 8 kids, 17 grandkids and 17 great grandchildren.

On April 3rd we would like to publicly invite you to help celebrate our grandpa’s 91st birthday! During Covid, these times are hard and missing a celebration could be hard for most people. We will be doing a drive-by birthday party for him. We will meet at Twin Lakes Elementary, located at 5515 main Ave in

Orangevale at 12:45pm. We will leave promptly at 1pm and drive to 5701 Eugene way, where we will drive by the house, wave and honk our horns.

We would love to see the biggest turn out possible to make his day special. If you would like to join us, please mark your calendars and show up in your cars. We hope to see you there! ★



Arden and Gay Bolin at their Orangevale residence. Courtesy photo

Medical Reserve Corps Help Vaccinate

Continued from page 1

Coordinator for the COVID-19 response. “With the help of SMRC volunteers, Sacramento County Public Health has been able to serve our community during these unprecedented times.”

“I am so thankful for our remarkable SMRC members who generously give their time and expertise to help our community and assist Sacramento County Public Health with the COVID-19 pandemic response effort. Our membership numbers have close to tripled since the start of COVID-19,” said Lynn Pesely, Coordinator, Sacramento Medical Reserve Corps.

The SMRC currently has more than 600 volunteer medical professionals and

non-medical members who have served an estimated 14,000 hours for the COVID-19 response effort to date.

The SMRC has supported Sacramento County Public Health with staffing in the following roles: Vaccination and testing clinics; COVID-19 Hotline; After-hours COVID-19 phone guidance for medical facilities; Flu clinics;

Public Health Laboratory Courier; Laboratory Coordinator; Contact tracing; Case investigations.

Some members have said that volunteering for the SMRC has helped them get through this challenging year. To volunteer for the SMRC, visit the SMRC Foundation website to fill out an application online. ★

Agency on Aging Virtual Workshops

By Bobby Olwell, Agency on Aging

SACRAMENTO, CA (MPG) - As our older adult population has the need for services but is sheltering in place, the Agency on Aging\Area 4 is bringing the programs and education workshops to their living rooms.

Workshops are being offered by ZOOM and can be viewed with their phones, tablets, or computers. Offering a variety of topics at different time slots, the participant can easily join in. Technical help is offered at each workshop for those in need to ensure they get the maximum benefit of the sessions. All

those 60+ are welcome and workshops are free.

The Direct Service programs include **Eat Smart, Live Strong** a four-session series that highlights increasing fruit and vegetable intake and increasing daily physical activity. **Mature Edge Job Readiness Program** a series of interactive job readiness sessions preparing the mature worker for a productive and successful search. **Live Strong and Safe Fall Prevention Program** is a two series class focused on important topics to help older adults reduce their risk of falling. **Bingocize** an evidence-based program that combines a bingo-like game with exercise and health education.

Helps older adults improve mobility and independence while learning about fall prevention and other health related behaviors. **Diabetes Empowerment Education Program, (DEEP)** helps people with pre-diabetes, diabetes, relatives, and caregivers gain a better understanding of diabetes self-care. Please call the AAA4 office at 916 710-8380 for information and registration.

For more information on the Agency on Aging\Area 4 and all it has to offer check us out on YouTube or <https://www.facebook.com/aaa4ca>, or @agencyonaging4, and our website, www.agencyonaging4.org. ★

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Social Security Matters

Claiming Social Security Now to Preserve Savings



By Russell Gloor,
AMAC Certified Social
Security Advisor

Dear Rusty: One of the big pieces of the Social Security puzzle that everyone seems to miss is the protection of other retirement funds. If I did not take SS, I would have to dip into my retirement savings to fund the early part of my retirement. I took SS at my full retirement age rather than wait, so I am preserving my retirement account that has historically been getting 8-9% interest over the last 30 years. Social Security will never give me anything close to those returns. **Signed:**

Smart Investor

Dear Smart Investor: You are, of course, correct that preservation of retirement savings is important. It's also correct that everyone's personal financial situation is different. If your retirement nest egg has historically provided a return of 8-9% over the last 30 years and will continue to do so, then I believe you made the right choice by claiming at your full retirement age (FRA) and preserving those high-return investments. But many are not as fortunate as you and have their nest egg sitting in low interest IRAs and bank savings accounts, and those folks may have a different perspective. They may choose an option to delay claiming Social Security to get a higher monthly benefit,



initially using some of their low-return savings but allowing them to preserve their overall savings much further into their retirement because of a higher SS benefit. And most often, continuing to work provides them added ability to delay claiming Social Security to get that higher benefit.

Personally, I do not advocate withdrawing from retirement funds in lieu of claiming Social Security. But I do suggest that waiting past FRA to claim a higher benefit may be wiser than claiming earlier and investing the SS money, trying to beat the 8% yearly benefit growth realized by waiting to claim. It's an unfortunate reality that high-return/low-risk investments are very difficult to find these days, and most seniors are loathed to put their money in high-risk investments to get higher returns.

Again, everyone's situation is different, and each must choose based upon their own circumstances. Many who contact us about their Social Security options intend to continue working beyond their full retirement age. Those folks might adopt a strategy where they delay past their FRA to get a higher SS benefit for the rest of their life, made possible because they are still working and earning (rather than withdrawing from investments). If they're in good health and will achieve at least average

life expectancy, they will not only enjoy a much higher monthly benefit, but they'll also receive more in cumulative lifetime benefits by waiting longer to claim Social Security.

Finally, often lost in the argument to claim at or after FRA is that, for a married couple, a surviving spouse receives 100% of the benefit the deceased spouse was receiving at death. That surviving spouse benefit will either be a smaller FRA amount or a larger (e.g., age 70) amount, depending upon when the higher earning spouse claimed. Point is, if you are married, when you claim may also affect your spouse's survivor benefit, so life expectancy of both spouses should always be included in the decision on when to claim. In any case, from what you've written I believe that your choice to claim at your FRA in order to preserve your high-return investments was a prudent move for your personal circumstances. And I admire the careful thought you put into that decision.

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Recall Process Holds Electeds Accountable



Ted Gaines

Commentary by Ted Gaines

Governor Newsom looks certain to face a recall election. Voters – even his supporters – should be thankful that California has citizen empowerment tools to check corrupt, incompetent, unresponsive or simply unpopular government officials. If you favor accountability, look kindly upon the recall effort as a means of voters being heard.

It was not always so. In the early 20th century, California state and local governments, media, and courtrooms operated as little more than subsidiaries of the mighty railroads, which abused the public faith by buying and selling influence as though it was rail stock. Republican reform Governor Hiram Johnson revolted against railroad dominance by creating a direct-democracy end run around the moneyed Colossus that so easily and thoroughly controlled the state.

Johnson championed three major reforms: the initiative, the referendum, and, so critical now, the recall.

Each gave voters the chance to circumvent the existing and corrupted power structure that had silenced them.

Voters went from having little or no way to hold their representatives to account to having a powerful arsenal for self-determination, which they have used many times in the past century.

When runaway property taxes chased seniors out of their homes and broke family budgets, voters came together in 1978 to pass Proposition 13, the most consequential tax reform in state history. Prop. 13 has saved families billions in its four-plus decades of existence. This reform simply could not have originated in the legislature, whose appetite for more and more tax dollars is legendary, but only as an initiative from the people.

When Gray Davis short circuited during the energy crisis, voters famously used the recall to usher in Arnold Schwarzenegger as his replacement, to see if the Hollywood legend could right the ship of state.

Whether you supported Davis or Schwarzenegger or Prop. 13 is secondary to the power Governor Johnson's reforms invested in the people. The key element of his changes is that voters were given the ability to weigh in, to be heard, in ways that purely representative democracy does not allow.

Governor Newsom's detractors have accused him of decimating small business, failing to reopen schools, and disregarding his own restaurant-killing safety guidance. These criticisms have fueled another

grassroots effort to end his term early and find a better replacement.

Even if you support Newsom completely and think his handling of California is flawless, is it not a good thing for the Governor – and all politicians – to be haunted by the specter of accountability?

Hiram Johnson left us tools, not toys. It is not easy to place a recall on the ballot. To qualify, proponents need to submit valid signatures equal to 12-percent of the prior election's turnout total. This year, that means roughly 1.2 million signatures were needed to put our current Governor up for a vote of (no) confidence. That threshold is a huge hurdle and ensures that recalls will not be used lightly.

But that threshold also means it now typically costs \$5 million or so to qualify a recall or initiative for the ballot. This tool of the people runs the risk of being transported into the exclusive realm of big-money special interests who can afford paid signature gatherers, advertising, mail pieces and other tools of organization and persuasion. We should not let it turn into the very thing it was intended to fight. We should make it easier to qualify initiatives, referenda, and recalls, to keep them safely within reach of authentic grassroots efforts.

Newsom may or may not fare better than Davis. But win or lose, the recall is a signal to the current Governor and all politicians that they serve at the people's pleasure. ★



COVID Crisis Triggers Increase in Elder Abuse and Prejudice Aimed at Seniors

By John Grimaldi,
Assoc. of Mature American Citizens

WASHINGTON, D.C. (MPG) - There's been a worrisome increase in cases of elder abuse since the outbreak of the COVID-19 pandemic, reports the Association of Mature American Citizens [AMAC]. The senior advocacy organization's CEO, Rebecca Weber, says the surge is mainly due to self-isolation and other preventative measures that are in place to combat the spread of the virus."

According to the Website, PubMed.Gov, "Before the COVID-19 pandemic, elder abuse affected one in 10 American older adults annually. It has been assumed that the pandemic has brought with it a surge in elder abuse due to individuals ordered to stay at home combined with increased interpersonal stressors."

The measures in place to deal with the pandemic can limit in-person visits by caregivers, friends and family, making it difficult for the elderly living on their own to cope with physical and mental needs, leaving them vulnerable to abuse, Weber explains. "And then there are those unpaid family caregivers who have been left with reduced incomes or no incomes at all as a result of the COVID crisis. The stress they are under can readily result in abuse."

Nursing homes get most of the blame for elder abuse. But in too many cases, according to the National Center on Elder Abuse, the perpetrators are family members.

"Elder abuse is a widespread problem in America where 10,000 men and women celebrate their 65th birthdays each day; and where each year more people live longer than ever before. It is no longer unusual

for us to live to be as old as 80, 90 and 100 years or more these days thanks to healthier lifestyles and the miracle of modern medicine. But, with age come new vulnerabilities that can make any of us susceptible to the crimes of angry and greedy predators. And that's why it is up to younger friends and family who truly care to keep a watchful eye open for anomalies that indicate older loved ones may be victims," says Weber.

The Website sixtyandme reports that the most common type of abuse experienced by older Americans is neglect and that when senior citizens self-report abuse, statistics show that they are most likely to report financial abuse. "It is far more socially acceptable, at least in some people's minds, to report that they have been scammed than to state that somebody sexually abused them."

Meanwhile, a wave of "downright shameful intimidation" may be in store for the elderly as a result of COVID-19. The virus appears to have triggered a wave of prejudice directed at our older population, says AMAC's Weber. Younger generations appear to be blatantly revealing ageist tendencies on social media with messages referring to the coronavirus with insulting epithets such as "boomer remover" and "coffin dodger."

According to the medical journal, Psychiatric Times, "A Twitter analysis of 18,128 tweets between March 12 and March 21, 2020, showed that about one-quarter of all tweets [about 4,500] could be considered ageist, either because they included jokes or ridicule aimed at older adults or because their content downplayed the relevance of COVID-19 and/or implied their lives were less valuable." ★

Commentary by Michael Leach

The COVID 19 pandemic has increased substance abuse in America. As many feared, the virus was the last thing we needed, and it is no coincidence overdose rates are at an all-time high in America.

Substance abuse is an issue of magnitude in the United States. A drug epidemic that started with Oxycontin is now a part of our country's fabric, raging for over twenty years now. And though it may have taken too long, we finally began to make progress in reversing a trend of overdose deaths that had shortened the average US life expectancy. Rates began to drop and continued to do so for concurrent years, marking a substantial victory in just one of many battles that comprise the larger war.

But right when we thought we'd turned the tide, rates began to climb again. And then, the pandemic hit, and the last thing on anyone's mind was addiction. But those who work in the substance abuse treatment industry and the field of addiction knew one thing when we saw the news about COVID-19; things weren't about to get any better.

According to the CDC, Over 81,000 drug overdose deaths occurred in the United States in the 12 months ending in May 2020, the highest number of overdose deaths ever recorded in 12 months. Synthetic opioids (primarily fentanyl) appear to be the main reason

for the increase in overdose deaths. Thirty-seven of the Thirty-eight US jurisdictions with available synthetic opioid data reported increases in synthetic opioid-involved overdose deaths.

America's drug epidemic has taken a toll. It began in the early 2000s when prescription opioids, particularly Oxycontin, were over-prescribed. The drug's manufacturer, Purdue Pharmaceutical, took on an aggressive marketing approach that used false claims about the drug's safety to get doctors to push the medication. These claims included that Oxycontin wasn't addictive when used correctly and was safer than other opioids. This was far from the truth. Many people were now addicted to potent opioids.

Since then, Oxycontin has been heavily regulated, and the formula changed to make it abuse-resistant. But the damage was done, and those people who became addicted to opioids just found a new source for the drug, heroin.

Heroin is not only stronger than Oxycontin, but it's far cheaper. Once people became addicted, all that restricting the drug did was force people onto illicit opioids. Those who could profit from this new pool of addicts did so by flooding the market with opioids. And some of the cheapest and strongest ones are synthetic.

Synthetic drugs are made in labs, usually overseas, and smuggled into America. Fentanyl is a synthetic opioid that has become one of

the biggest killers in America. It is many times stronger than heroin and is causing an overdose epidemic as we speak.

The pandemic causes stress. Many people have become unemployed and have fallen on hard times. Many of us have been isolated from friends and family and don't leave our houses much. And then there's the worry. Will we get the virus? Will our parents? Even worse, will we be the ones to give it to them?

All of these things can make it difficult for someone in recovery to stay clean. It can make it difficult for someone in active addiction to curb their consumption or consider treatment. And it can make it hard for those in treatment to continue their pursuit of recovery.

But it has also been difficult for many people who previously didn't have struggles with substance abuse and now find themselves looking for drug and alcohol treatment services. And even the landscape of these treatment services has changed, and the pandemic hasn't made them any more accessible to people.

The COVID-19 pandemic was the last thing we needed. But we can't forget about the epidemic that was here first.

Michael Leach has spent the majority of his career as a health care professional in the field of substance abuse and addiction recovery. He is a medical reviewer for the healthcare website Addicted.org and a Certified Clinical Medical Assistant. ★

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The Kiwanis Corner

By Sal Arrigo, Jr.

A Cavalcade of Kiwanis Activities!

I have been a member of the Kiwanis Club of Orangevale – Fair Oaks since its inception in July, 2019 and the membership continues to amaze me. The club is planning for future community events, and below is just the beginning of what the members have in store for the general public.

First of all, we will saddle up for a visit to the Shadow Glen Riding Stables, establishing a yearly fundraising event for children and their families. There will be an opportunity to ride a pony or a horse in a controlled outdoor environment, providing children an adventure they may embrace. Stay tuned for further details as they unfold.

Next on our agenda is Max “Pain” Griffin, a local professional mixed martial

artist who competes in the Welterweight division of the Ultimate Fighting Championship (UFC). Max has volunteered to help the Kiwanis Club in a fundraiser by sponsoring a self-defense clinic (limited capacity so Max can get around to all the participants) later this summer. This is a great event for the entire family and as more details emerge, you will be informed through this column or our Facebook page and Orangevale Live.

A reminder: Kiwanis Trivia Night is BACK on Thursday, April 1, 2021, from 7:00-9:00 p.m. at Scotty’s Hideaway on Greenback Lane. The \$10 entry fee allows you to test your knowledge and supports Kiwanis. Who knows, you may even win a prize! As always, the Kiwanis Club of Orangevale – Fair

Oaks thanks the community for all its support!

The Kiwanis Club of Orangevale – Fair Oaks is a tax exempt, nonprofit organization. Our tax I.D. # is 85-0549857.

We are back in person! 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 (the location varies). Find us at facebook.com/KiwanisclubofOFO or email us for more information at kiwanisclubofOFO@gmail.com.

Sal Arrigo, Jr., is the past president of the Kiwanis Club of Orangevale – Fair Oaks. The Kiwanis Corner is published monthly. ★

COVID -19 One Year Later: Americans Step Up to Address Families’ Urgent Needs

By Stephen Walsh, American Red Cross

SACRAMENTO, CA (MPG) - One year since the World Health Organization declared COVID-19 a pandemic, people have stepped up to address the emotional needs of families reeling from the coronavirus and 2020’s record-breaking disasters.

Throughout our region and across the country, trained American Red Cross disaster mental health and spiritual care volunteers have had more than 53,000 conversations to provide emotional support to people in 2020 – which had the greatest number of billion-dollar disasters in a single year. In addition, trained volunteers have provided free crisis counseling through the Red Cross Virtual Family Assistance Center for grieving families during COVID-19.

“The past year has been overwhelming for many in our community, and yet through it all, people are caring for one another,” said Regional Chief Executive Gary Strong. “When help can’t wait, they provide families with the support they need during emergencies. During Red Cross Month in March, we honor this humanitarian spirit and ask you to join us by donating, giving blood, volunteering or taking a class to learn lifesaving skills.”

What Is Red Cross Month: For nearly 80 years, U.S. presidents have proclaimed March as Red Cross Month to recognize people giving back through its lifesaving mission –which is powered by more than 90% volunteers.

A Growing Desire to Give Back: A 2020 study on a rise in volunteer experiences

added to LinkedIn profiles shows that more people want to help others during this unprecedented time. Last year, more than 70,000 people across the country became new Red Cross volunteers largely to support urgent disaster and essential blood donation needs. In addition, thousands of COVID-19 survivors – many new to blood donation – rolled up a sleeve to give convalescent plasma and help patients battling COVID-19.

How to Help: You can help ensure that families don’t face emergencies alone – especially during a pandemic:

Donate: Support our Disaster Relief efforts at redcross.org/GivingDay. A gift of any size makes a difference to provide shelter, food, relief items, emotional support and other assistance. Your donation will be part of our annual Giving Day on March 24 to aid families in need across the country.

Volunteer: Visit redcross.org/VolunteerToday for most-needed positions and local opportunities.

Give Blood: If you’re healthy and feeling well, make an appointment at RedCrossBlood.org. Your donation can make a lifesaving difference for a patient in need. As a thank you, those who come to give blood, platelets or plasma on March 15-26 will receive a Red Cross T-shirt, while supplies last.

Learn Lifesaving Skills: Take a class in skills like CPR and first aid to help in an emergency at redcross.org/TakeAClass. Online options include our Psychological First Aid for COVID-19 course, which covers how to manage stress and support yourself and others. ★

Sheltering the Homeless

Commentary by Michael Rushford

Many state and city leaders believe that the unprecedented homeless population in California is largely the result of a shortage of affordable housing. The supposition is that if there were more low-cost housing, a significant segment of the homeless would move in, go to rehab and straighten out their lives. Building enough housing units required to accommodate the roughly 130,000 people living outside in California would be extremely expensive and would undoubtedly take far longer than many of the homeless can be expected to live. Virtually everyone who has actually looked at the homeless population reports that perhaps half of them suffer from serious mental illnesses and many are addicted to drugs or alcohol. As Dr. Drew Pinsky noted in a speech in Sacramento last year, the immediate problem is providing shelter to keep people from dying on the streets and treatment to give as many as possible with a chance for recovery. As cities and counties across the state struggle to decide whether to refurbish an urban hotel, build a tent city or lease a warehouse for a 100 bed shelter to

house some small segment of the homeless, there are vacant properties in every urban county that could be quickly repurposed to provide shelter and services for thousands.

In a February 3, 2020 story, the Sacramento Bee reported that County taxpayers have paid \$2.3 million over the previous five years to maintain the vacant Boys Ranch sitting on 140 rural acres off the Jackson Highway with twelve buildings. While mentally ill and drug addicted homeless wander around downtown Sacramento to get the limited services available, then spend the night under freeway overpasses, on sidewalks or along the rivers, a large county- owned property sits vacant that could accommodate thousands of homeless who just want a secure place with a toilet where they can pitch their tent with their dog, which includes a place to go to the bathroom, shower and get a hot meal. Those willing to obey more stringent rules and accept treatment would be housed and fed inside.

If city and county leaders are serious about addressing the homeless problem, they should immediately authorize turning the Boys Ranch into a homeless campus. Those living

on the streets who don’t want treatment or to obey rules would be moved to the ranch to camp. Other than being prohibited from assaulting each other, there should be no other requirements for those camping at the ranch. Nobody would harass them and they would be free to come and go as they please, but if they were caught sleeping in the city, the suburbs or along the rivers, police would take them back to the ranch. This arrangement would comply with the Ninth Circuit’s 2018 ruling in City of Boise v. Martin, which prohibits cities from enforcing anti-camping laws unless there is shelter available for the homeless. If the city and county leaders have the backbone to consolidate current services at the ranch, it would serve two important purposes: 1) move the homeless and accompanying blight from downtown and 2) provide a single location where those who want and need shelter and services can get them.

Those among the homeless who actually prefer to camp along the river, won’t like this arrangement and that’s too bad. But many more will appreciate a place where they are welcome, fed and have a safe place to stay.

Criminal Justice Legal Foundation ★

California Roads Rank Among the Worst

By EmilyLamb, Lending Tree

SEATTLE, WA (MPG) - QuoteWizard®, a LendingTree company, and one of the nation’s leading online insurance marketplaces released a new report finding that the more drivers are paying for roads, the worse their roads are. With deteriorating roads and bridges costing the average driver \$556 every year.

It’s the opposite of “you get what you pay for.” Drivers in some states are paying over \$800 a year, and our team of analysts at QuoteWizard found that between 25 - 50% of their roads are in poor condition,” said Nick VinZant, Sr. Research Analyst and Insurance Expert with QuoteWizard.

The new study also ranks states with the worst and best roads by compiling the latest statistics from the Federal Highway

Administration and Bureau of Transportation Statistics.

California ranked #7 with 35% non-acceptable roads, 7.2% poor bridge deck (sq. miles area), and \$862 cost per motorist per year.

The full report with all 50 states is available at <https://quotewizard.com/news/posts/states-with-worst-infrastructure>

Other key findings in the report include: Over 20% of U.S. and 6.1% of bridges are in poor or “non-acceptable” condition; How much of what drivers pay for roads, actually go towards road repair; Poor road conditions cost drivers nearly \$120 billion in vehicle repair and operating costs; Full ranking of all 50 states, along with how much drivers in each state are paying.

For more information, go to quotewizard.com. ★

Farm Bureau Supports Reintroduction of Agricultural Immigration Bill

By Dave Kranz, California Farm Bureau

SACRAMENTO, CA (MPG) - Saying it would provide mutual benefit for farmers, ranchers and their employees, the California Farm Bureau applauded the reintroduction of federal legislation to improve agricultural immigration programs.

California Farm Bureau President Jamie Johansson said the organization is committed to work for passage of the Farm Workforce Modernization Act, reintroduced by Reps. Zoe Lofgren, D-San Jose, and Dan Newhouse, R-Wash.

“We were early supporters of the Farm Workforce Modernization Act when it was originally introduced in 2019, and we’re pleased to see its reintroduction,” Johansson said. “Reform of federal immigration law continues

to be a top priority for the California Farm Bureau, and this bill would create meaningful changes that would ease chronic employee shortages and recognize the value of farm work.”

The original bill won passage from the House of Representatives in late 2019, based in part on the support of more than 300 agricultural groups and companies.

“The Farm Workforce Modernization Act earned bipartisan support at that time by addressing both current and future needs for agricultural employers and employees,” Johansson said. “Its reintroduction will stimulate ongoing discussions about immigration policy. Its passage would improve agricultural visa programs and accommodate immigrant agricultural employees already in the United States, while

enhancing border security.” Johansson said the bill’s reintroduction comes at a particularly important time, as farmers and their employees maintain agricultural production during the COVID-19 pandemic.

“Long before the pandemic, we recognized the people who work on California farms and ranches as essential to reliable supplies of healthy food and farm products. The pandemic has only underscored the importance of assuring the people who work on farms and ranches can do so with the security of legal immigration status,” he said.

The California Farm Bureau works to protect family farms and ranches on behalf of nearly 32,000 members statewide and as part of a nationwide network of nearly 5.6 million Farm Bureau members. ★

California Business Roundtable Responds to Wealth Tax Proposal by California Legislature

By Brooke Armour, California Business Roundtable

SACRAMENTO, CA (MPG) - California Business Roundtable President Rob Lapsley issued the following statement in response to the Legislature’s introduction of yet another tax increase proposal, despite the state’s revenue projections:

“This wealth tax proposal sends a strong message to the individuals who are already paying the highest state income taxes in the country that politicians are coming for more. No other state has a wealth tax, which will ensure that individual taxpayers will relocate to a friendlier state.

Most importantly, General Fund revenues through January are already running \$10.5 billion ahead of the January forecasts that already showed a \$22 billion surplus. Compared to 2019-20, revenues are \$34 billion higher than in the pre-COVID months. Plus, we have more than \$100 billion from the federal recovery packages.

“If the wealth tax is meant to address income inequality, then a better policy solution would be to stop and reverse the expensive mandates that have driven up the cost of living and driven more families into poverty. We agree with Governor Gavin Newsom that now is not the time to raise taxes.” ★





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By Marlys Johnsen Norris, Christian Author

Accountability

Heavenly Father, he spoke through out his life. Words of hope, faith, direction, courage and an enjoyment from God's Holy Spirit that brings an inner peace to our souls "if" we follow them!

God's Holy Word the Bible tells us:

"For it is written, as I live, says the Lord, every knee shall bow to Me (Jesus), and every tongue shall confess to God – that is, acknowledge Him to His honor and to His praise." Isaiah 45:34 Amplified New Testament

And "on the day of judgment everyone will have to give account for every idle word they spoke." Matthew 12:36 And so each of us shall give an account of himself – and give an answer in reference to judgment to God" that falls on everyone. Romans 14:12

Another words are you in denial that God exists? Are you in denial that God

miraculously formed His Beloved Son to be born in a virgin (Mary)? He died a horrible death on a Cross and a knife pierced him and every ounce of his blood poured out. He died to purchase forgiveness for every one of us who accept Him as our Savior and Lord. God loves every single one of us and wants a personal intimate relationship with each one of us so we might know His love for all.

Then Jesus miraculously came alive again and hundreds saw him and talked to him. No other religion can say that!! Deny this miraculous story God has provided..and and you are not choosing to go to heaven - but hell!

Marlys Johnsen Norris
Christian Author and
ARM Columnist since 2006
Stephen's Minister
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The older we get memories about our younger years come to the surface. Good parents teach their children they are "accountable" for their behavior, actions and words all through their lifetime. Plus the emphasis just seems to get more intense as the years pass by into adulthood.

For many of us who possibly attend Sunday school we learn that there is a God who created us. We learn the meanings of Christmas and Easter and Jesus becomes real entity to us. We learn the meaningful stories about Jesus and the words of instruction he received from His

Be Careful What You Smile About

By Rev. James L. Snyder

I am a student of smile-ology and have been just about all my life. If you can't smile at something, it's not worth thinking about.

Then a certain chapter in our life opened up. We were eating supper together, and my wife said, "Do you know that my friend was locked out of Facebook?"

"No," I said between chuckles, "what kind of nonsense did she do to deserve that?"

I responded, "Doesn't she know that her world does not revolve around Facebook? Tell her to go and get a life."

In the next week, I heard of several of my friends who have been locked out of their Facebook. These friends were good people, and I couldn't figure out why in the world Facebook would lock them out. They probably did something terrible. Why else would Facebook lock them out?

After all, Facebook is always right. (Or do they lean left?) I could never figure that out.

Whenever I hear of one being locked out, I would just smile and chuckle and forget about it.

I've learned a lesson, don't chuckle about something when you don't know the whole story.

One day this past week, I

got up, got my coffee, and went to my chair to do a little reading, and then I picked up my iPad to check out my Facebook page.

As I was opening my Facebook page, a message came up that said I had been locked out of Facebook. Evidently, according to them, and they never get it wrong, there have been things put on my Facebook that did not correlate with their standards.

Somebody hacked into my account and started putting on things I had no idea about.

When I told my wife about my lockout on Facebook, she just started chuckling.

"What are you chuckling about?"

"Well," she said between chuckles, "you must've done something awful for Facebook to lock you out."

Just to pause right here; I was not chuckling!

Then she reminded me of all the friends of ours locked out of Facebook and how much we laughed and chuckled.

"Yeah," I said mournfully, "but that had nothing to do with me. I'm locked out!"

She stared at me one of those stares of hers and just kept staring. I was getting to be a little unnerved by her staring. Then she finally said, "Your world does not revolve around Facebook.

Go get a life."

I was disturbed by the thought that my world was beginning to revolve around Facebook. What a terrible development.

At this point, I am still locked out of Facebook. I'm not sure how long I'll be locked out; it could be a month or more. I don't know how these things work.

Although I thought it was a bad experience, I begin to realize that it was a good experience. Sometimes the best part of life flows out of the worst experiences we have. God delights to reveal himself in the dark shadows of our human experience.

I thought about a verse in the New Testament, "Rejoice in the Lord always: and again I say, Rejoice. Let your moderation be known unto all men. The Lord is at hand." (Philippians 4:4-5).

Every experience gives me a new opportunity to rejoice in the Lord. My joy certainly does not come from Facebook but from Christ.

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. ★



Dare to Live Without Limits

by Bryan Golden

Look Up, Not Down



We developed the habit of looking down as young children when we were upset, angry, embarrassed, frustrated, or dejected. We stared at the ground as we walked around sulking. We were withdrawn and unresponsive. We used this behavior as an escape rather than trying to remedy a situation.

This early conditioning influences your behavior throughout life. It becomes a default response to dealing with adversity. Even though this approach is devoid of any positive results, it's used repeatedly.

When faced with challenges or problems, where you look, figuratively and literally, makes a big difference. People with hope, determination, and drive look up to the future. Those who have given up, are down trodden, or believe there is no solution, constantly look down.

Just as smiling causes you to feel better, looking up also improves your emotional state. Your physical and mental states are interconnected. Positive body language sparks positive emotions. So, acting better leads to you feeling better.

Even without the negative emotional connection, looking down adversely impacts your wellbeing. For example, observe people who are constantly looking down at their phone while walking. They are prone to tripping, falling, walking into objects or traffic. These people suffer easily avoidable injuries.

Looking down is dangerous. You won't see potential hazards. Looking

down blocks the world around you. You are less likely to see and hear what's going on. You are much more accident prone when staring at the ground.

People searching for answers tend to look up. Ask someone a question and watch their eyes shift upward. Conversely, people look down when trying to avoid dealing with a problem. Knowing this, you can intentionally look up when confronting an obstacle.

Looking up provides an awareness of what lies ahead. Unexpected situations arise. Circumstances change without warning. Dealing with adversity is challenging enough when you are paying attention. When you are looking down, you'll be blindsided due to your inattention.

It's just like driving a car. Paying attention to the road ahead provides the ability to safely take corrective action to avoid having an accident. The farther down the road you are looking, the more warning you'll have. Drivers who focus their attention to something in the car are much more prone to a mishap. That's why distracted driving is so hazardous.

Looking up should be a way of life during both good times and challenging times. Whenever you find yourself looking down, pick up your head. Don't shy away from problems. Ignoring them won't make them go away. In fact, uncorrected problems tend to get worse.

Looking up enables you to evaluate various

scenarios. This type of projection is in fact mental modeling. You get to run through various strategies and their possible outcomes. The more you analyze your options before acting, the greater the chances for making the right decision.

Looking up let's you know whether you are on your chosen path. You are able to observe changes in circumstances. You are also in touch with changes within yourself which necessitate a change in direction.

The situational awareness you gain by looking up permits you to plan for what is up ahead. You can take advantage of new opportunities which appear, while resolving problems before they become unmanageable.

Take responsibility for your life by looking up. Looking down is a woe is me victim mentality which cries for attention. It's your life. Do more of what makes you happy. Eliminate those actions which create problems.

Maintain self-awareness. Be cognizant of where you are looking. As soon as you catch yourself looking down, look right back up instead.

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 ★

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**Publisher,
Paul V. Scholl**

American River Messenger is a member of **Messenger Publishing Group**

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Subscriptions should be mailed to:
American River Messenger
7144 Fair Oaks Blvd., Suite #5, Carmichael, CA 95608.

Subscription rate is \$28 per year in Fair Oaks and Orangevale. The American River Messenger is published twice-monthly.

Call 916-773-1111 for more information.

(ISSN # 1948-1950)



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Ask Toni

Social Security and IRS Scams are Growing!



Toni King

Reader Alert:

Recently, I have been informed from several clients during a Toni Says® Medicare consultation that they have received either calls on their cell or home phone

or by mail from either Social Security or the IRS claiming that they owe money, are being held liable and are being legally sued or that their Social Security check has been suspended due to COVID-19 issues.

So many are petrified that one wrong move and they can lose everything they have worked so hard for. Let's discuss what you, your friends or an elderly family member should do if you receive a call or something by mail.

Victims are receiving a telephone call from someone claiming to be from the IRS. They are told that they will be arrested if they do not make a payment immediately and asked to wire money, using Money Gram, Walmart, and other wire services. **Millions of dollars have been stolen from innocent, trusting Americans.**

The IRS will send you a letter not a phone call regarding your IRS account and will not send you an email, text message or reply to anything on Social Media about your personal tax information.

Below are 5 tell-tale warning signs to tip you off...is it or is not the IRS calling you?

1. **IRS** will not call you to demand immediate payment about taxes you owe without first mailing you a bill.
2. **IRS** does not demand that you pay taxes without giving you the chance to question or appeal the amount they say you owe.
3. **IRS** does not require you to use a certain payment method for your taxes, such as a prepaid debit card.
4. **IRS** does not ask for credit or debit card numbers over the phone.
5. **IRS** does not threaten to bring in local police or other law-enforcement to have you arrested for not paying.

What should you do if you receive a call that you are not completely confident

whether it was the IRS?

- Immediately hang up.
- Report to the local law authorities that you have received a phone call which is a scam. Treasury agents are catching fraudsters throughout the United States who have defrauded millions from distraught Americans.

Social Security/COVID-19 SCAM:

In March 2020, local Social Security offices closed to the public due to COVID-19 concerns. **However, Social Security employees continue to work. Social Security will not suspend or decrease Social Security benefit payments or Supplemental Security Income payments due to the current COVID-19 pandemic.** Any communication you receive that says Social Security will do so is a **scam**, whether you receive it by letter, text, email, or phone call."

Here is what is still written on the back of the Social Security envelopes in 2021 informing the public of a scam issue **"!!!SCAM ALERT!!!** Scammers are pretending to be government employees. They may threaten you and may demand immediate payment to avoid arrest or other legal actions. Do not be fooled! If you receive a suspicious call:

1. **HANG UP!**
2. **DO NOT GIVE THEM MONEY OR PERSONAL INFORMATION**
Social Security will **never**:
 1. **Threaten** you with benefit suspension, arrest, or other legal action unless you pay a fine or fee.
 2. **Promise** a benefit increase or other assistance in exchange for payment.
 3. **Require** payment by retail gift card, cash, wire transfer, internet currency, or prepaid debit card.
 4. **Demand** secrecy from you in handling a Social Security-related problem.

For more information about IRS, Social Security or even Medicare scams, email info@tonisays.com or call 832/519-8664.

2021 Confused about Medicare Zoom webinar is Thursday, February April 1st at 4:00 PM. Visit www.tonisays.com to sign up for Toni's new webinar event.

2021 Medicare Survival Guide® Advanced book is available at www.tonisays.com. ★

DoorDash COVID-19 Restaurant Relief Grant Winners

By Becky Warren, Public Affairs

SACRAMENTO, CA (MPG) - DoorDash announced the winners of the COVID-19 Restaurant Relief Grant program provided through its Main Street Strong effort. These grants are a part of DoorDash's five-year, \$200 million Main Street Strong Pledge to empower local communities, which included a \$10 million grant program effort across select cities, states, and counties in the U.S. and Canada.

The grants are being administered by Hello Alice and can be used to cover operating costs during this challenging time, including rent, payroll, purchasing PPE, expanding outdoor dining capacity, and other expenses.

With the grant from DoorDash, the Foundation Restaurant & Bar will be able to expand the takeout & delivery model. The hardship experienced by the full-service dining establishments in the past year has made the industry aware it needs to be more dynamic with the changing environment. "We hope to have the takeout & delivery model not only be a supplement to the business but be a part of the entire business model," said Matt Sin, Managing Member, Foundation Restaurant and Bar.

The below Sacramento restaurants have been selected to receive \$5,000 grants through the program: Aura Korean & Japanese Restaurant; Azul Mexican Food & Tequila Bar; BBQ & Burgers; Binchoyaki; Bon Mua; Broderick Roadhouse; Canon; Captain Fish and Chips; Casablanca Café; Chaat of India; Chicken & Waffles House; Co Mai's Kitchen; Colo's Soul Food; Dat Thanh Restaurant; Dubplate Kitchen & Jamaican Cuisine; Fizz; Foundation Restaurant and Bar; Fox & Goose Public House; Gaspachos; Habesha Restaurant; House of Queen Sheba; Jimmys Poke House & Sushi Restaurant; Koja Kitchen Sactown; La Cosecha Sacramento; La Venadita; Louisiana Heaven; LowBrau Biergarten; Maydoon Restaurant; Ming Dynasty Seafood Restaurant; My Sister's Care; Pho Ru Restaurant; Poke Ichii (two locations); Sac City Brews

Neighborhood Tap House; Szechuan Spicy House; Tapa the World; Taqueria Cucos; Thai Canteen, Sacramento; Thanh Huong Food To Go & Bakery; The Kitchen @ Beer 40; The Sandwich Spot; The Shack; Tiferet Coffee House; Vuvuzela; and Wonder Cafe & Restaurant.

All restaurants who applied for a grant will receive free access to the Hello Alice platform, which offers peer-to-peer networking, mentorship, and tools such as the COVID-19 Restaurant Resource Center, a curated list of industry-specific resources, information from fellow restaurant and food service owners about the challenges they're facing, and how-to guides designed to help restaurants reopen the doors and get back to business. Hello Alice will begin grant distribution in March, with all restaurants receiving their grant by early May.

When launching the program, Sacramento Mayor Darrell Steinberg said, "The past year has been immensely challenging for the restaurant industry. Direct, unrestricted relief from DoorDash to the selected restaurants will allow the owners and chefs some financial peace of mind and hopefully to stay in business. My sincere appreciation to DoorDash for their efforts to support restaurants here in Sacramento."

"As the leading voice for business and advocate for inclusive economic recovery in the Capital Region, we applaud the new grant program offered by DoorDash, providing some needed financial relief to our local restaurant community and enabling greater, more diverse equality of access. Not only is the local restaurant industry an important source of employment that results in huge and far-reaching economic impacts, our restaurants are absolutely critical to the dynamic culture and vibrancy of our region," said Amanda Blackwood, President & CEO of the Sacramento Metropolitan Chamber of Commerce.

"Restaurants have faced unprecedented challenges in the last year, and DoorDash is proud to support them," said Laura Curtis, Senior Manager, Government

Relations, West at DoorDash. "It is our hope that these grants will help restaurants as they continue to navigate the challenges posed by the COVID-19 crisis."

During the first round of DoorDash's Main Street Strong COVID-19 relief grants in 2020, 85% of restaurants stated that one of the biggest impacts on their business was reduced sales due to COVID restrictions, and 82% cited lost revenue attributed to the declining economy.

During the COVID-19 pandemic, DoorDash has taken significant active steps to ensure the safety of its entire community, including providing: \$120 million in commission relief and marketing investments; 50% reduction in commissions for local restaurants with five or fewer locations in the first months of the pandemic, plus 0% commissions for the first 30 days for restaurants new to DoorDash; Free personal safety equipment for Dashers, including hand sanitizer, gloves, wipes, and masks; Two weeks of earnings replacement for eligible Dashers affected by COVID-19; COVID-19 screenings and telemedicine appointments for just \$4 for Dashers, per visit; Partnering with BlueVine, a leading provider of small business banking solutions, to provide a customized Payment Protection Program (PPP) application for merchant partners to help make PPP loans more accessible.

For a full list of winners across the U.S. and Canada, see Hello Alice's blog here. Read more about DoorDash's latest efforts to help the local merchants, Dashers and communities it serves here.

DoorDash is a technology company that connects consumers with their favorite local and national businesses in more than 4,000 cities and all 50 states across the United States, Canada, and Australia. Founded in 2013, DoorDash enables local businesses to address consumers' expectations of ease and immediacy and thrive in today's convenience economy. By building the last-mile logistics infrastructure for local commerce, DoorDash is bringing communities closer, one doorstep at a time. ★

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Yikes ... Tax Time

When you utter the words IRS, people shudder. But maybe it's just a matter of understanding the most powerful, but least accountable, institution in the U.S. Not only is it contemptuous of the taxpayer, it even thumbs its nose at the Congress. That from former IRS agent and whistleblower **Richard Green**. They fired him for being a whistleblower, but no pity please, Richard got a most generous settlement... **TAX FREE!** **Richard Green** is author of **"Agents of Deceit"** the story of life inside today's chaotic and yes, dysfunctional IRS. He is also an accounting professor and auditor in the private sector. So I asked Richard to give us a few tips on how to handle tax time and the IRS on my **POPPOFF** Radio Show.

- Here are a few things to think about.
- 1. Take The Full Amount Of Every Deduction You Can Reasonably Justify.** Don't be intimidated by audits. Only one-half of one percent of taxpayers are audited. If an auditor objects. You will most likely only be required to pay that deficiency. If you still disagree, inform the agent you won't sign the R.A.R. (Revenue Agent Report) and wish to appeal. www.irs.gov/appeals. No attorney is required, and Appeals often sides with the taxpayer, in whole or part, so the agent will usually become more reasonable. Negotiate. Negotiate. Negotiate!
 - 2. File Electronically With The Irs Free File Tool, With Direct Deposit.** www.irs.gov/filing/free-file-do-your-federal-taxes-for-free. Paper filing and paper checks will significantly lengthen the time for your refund... it's generally NOT USPS at fault.
 - 3. Assume Irs Knows All About All Of Your Transactions (We're Long**

Past 1984.) Failing to disclose all your income can lead to extremely bad outcomes and is, arguably, immoral.

- 4. Report, In Detail, All Cryptocurrency Transactions.** That requires extremely detailed records. If you buy a pizza with a fractional Bitcoin, you must calculate the cost of the fraction (in dollars) and the equivalent price of the pizza (in dollars). If you made any profit, it's reportable and taxable.
- 5. Remember That Unemployment Compensation Is Reportable, Except For The First \$10,000.**
- 6. If You're A Remote Worker, Don't Deduct Home Office Expenses.** The IRA is quite suspicious of any home office deductions.
- 7. Select A Paid Preparer With Care.** IRS warns of their lack of cyber-security, and you might risk ID theft.
- 8. The \$1400 Stimulus Payment Phases Out With Higher Incomes.** If your income is higher this year, get an extension to October 15, so your payment is based on your lower income. But if it's lower this year, file immediately to get your payment.
- 9. Send All Materials To The Irs By Priority Mail That Can Be Tracked.** The IRS is notorious for losing mail, and this tax season they're expecting to be even more disorganized.
- 10. Use Your Own Personal Bank Account For Direct Deposit Of Refunds, Not Your Preparers.** During the past covid-19 relief payments, many preparers greatly delayed disbursement of stimulus funds to their clients. Want to check out more? Go to www.agentsofdeceit.com. **HAPPY TAX DAY, SORT OF!**

How Will California Spend \$150 Billion Windfall?



By Dan Walters
CALMatters

Let's assume that your rich Uncle Harry died and when his will was read, he had left you \$50,000.

The unexpected inheritance gives you three choices. You could put the money into a savings account or investment and have it available should you need it in the future. You could use it for a one-time purchase such as a new car, college tuition or a down payment on a house. Or you could ramp up your lifestyle by \$50K a year and hope that Harry's brother George dies and leaves you enough money to continue the party.

Something like that is occurring now as Uncle Joe (Biden) sends out nearly \$2 trillion in "stimulus" payments both to low- and moderate-income families and state and local government entities to offset losses of income during the COVID-19 pandemic and, it's assumed, kick-start the pandemic-ravaged economy.

California will be a case study in how the massive transfer of money that the federal government is borrowing from buyers of its bonds and treasury notes plays out.

California is expected to receive the nation's largest single share of the pot, at least \$150 billion.

Nearly half will be in the form of cash payments to families (\$40 billion) and supplemental payments to the roughly 800,000 unemployed workers now drawing unemployment insurance benefits (\$30 billion). Most of that money, it's assumed, will go directly into the consumer economy, plus another \$3.8 billion for direct assistance on rent, food and other necessities.

The remainder of the \$150 billion will mostly go to state and local agencies as both unrestricted revenue and money for specific purposes, such as \$15.9 billion to help schools reopen, \$5 billion for colleges, \$4 billion for mass transit services, and \$3.9 billion for child care.

Throughout California, officials in the specific government agencies that will benefit from Uncle Joe's largesse are busily deciding how to spend it — and they face the same three choices as Uncle Harry's beneficiaries would.

The political pressure to spend it on new commitments will be immense. Advocates of specific programs, such as those seeking universal pre-kindergarten education and child care, will want to expand their reach. Public employee unions will seek increases in salaries and benefits.

Elected political figures don't like to say "no" to demands for immediate gratification and few have the courage to insist that one-time windfalls should be carefully husbanded rather than spent.

There's already a mini-version of the syndrome underway in California. The

state has perhaps \$15 billion in unexpected revenues because the pandemic-induced recession had little, if any, impact on high-income taxpayers and Gov. Gavin Newsom is under pressure to spend the windfall on program expansions, even though the state faces projected budget deficits in following years.

The problem, of course, is spending windfall money on new commitments, such as salaries, benefits and program expansions, backfires when the money is gone. Those commitments morph into entitlements and their beneficiaries then demand that politicians generate new income streams to pay for them.

There's already a debate underway in Washington over how much of the stimulus spending will become permanent and whether the federal government should continue borrowing to pay for it, or raise taxes.

Left-leaning Democrats in both Washington and Sacramento are floating new tax proposals, such as a "wealth tax" on those sitting atop the economic ladder.

Newsom simultaneously embraces, in principle, big expansions of entitlements, such as universal pre-kindergarten and single-payer health care, while warning that he won't embrace new taxes, apparently fearing they would chase away the high-income taxpayers who supply a huge portion of the state's revenues.

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

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 14. #9 Across, sing.
 15. Clemency
 16. One in advertising
 17. "___" the land of the free ...
 18. Characteristic of birds
 19. *Ongoing job in the garden
 21. *Without synthetic fertilizers
 23. 2nd tallest bird
 24. Theatrical production
 25. Curiosity killed it?
 28. Additionally
 30. Capital of Poland
 35. Passage into a mine
 37. Prefix in levorotary
 39. Mid-century modern, e.g.
 40. Toothy wheel
 41. *Some are heirlooms
 43. Make like a cat
 44. Erasable programmable read only memory
 46. Stanislavski's rifle, e.g.
 47. Unwanted correspondence
 48. Motionless
 50. Catch-22
 52. "Are you sure?" in a text
 53. Freight horse cart
 55. Opposite of don'ts
 57. *6 or more hours of sunshine
 61. *Radicchio or frisée
 65. On foot
 66. Negative vote
 68. 2020 NFL MVP
 69. Morrison's "The ___"
 70. Hockey great Bobby
 71. Respectable and quiet
 72. Sports award
 73. Affirmative response
 74. Infernos
- DOWN**
1. Old bathtub foot
 2. Opposite of seek
 3. Ne plus ultra
 4. *Opposite of #57 Across
 5. Minimum, pl.
 6. Influencer's journal
 7. *Stinging pollinator
 8. Holiday song
 9. Bulgarian money
 10. Julia Roberts' Academy Award-winning role
 11. Popular smoothie berry
 12. Update an iPod
 15. Inhabitant of Hungary
 20. Nothing, pl.
 22. Like sashimi
 24. Lack of money
 25. *Tomato supports
 26. Highly skilled
 27. Miss America's headdress
 29. Slowly leak
 31. Moves at the gym
 32. Monument to Buddha
 33. Orderly arrangement
 34. *Wiggly plowers
 36. Faster than a walk
 38. *Some plants and flowers emit a good one
 42. *Type of digger
 45. Centers, old-fashioned
 49. French vineyard
 51. *Last of 3 numbers on a bag of

Crossword Puzzle Solutions on Page 8

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	
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57	58	59	60				61		62	63	64	
65					66	67			68			
69					70				71			
72					73				74			

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

Solutions on Page 8

Find Puzzles on Page 8

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

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Sudoku Puzzle on Page 8

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

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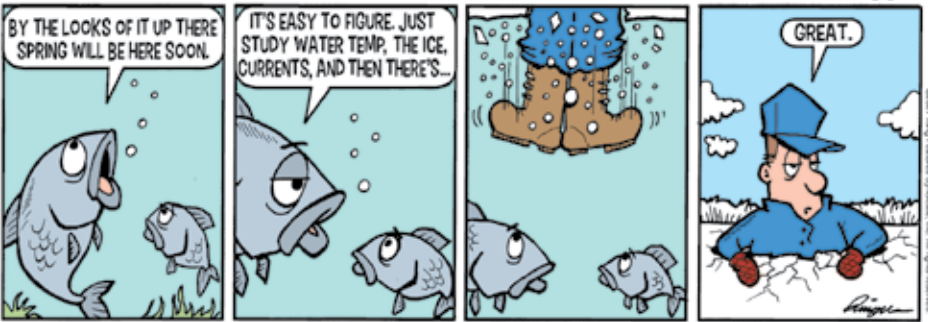
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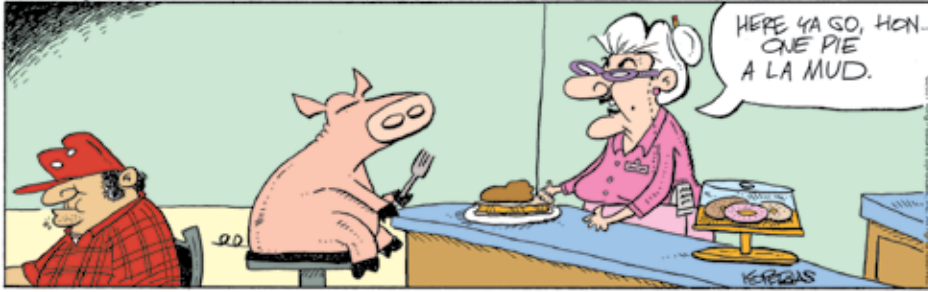
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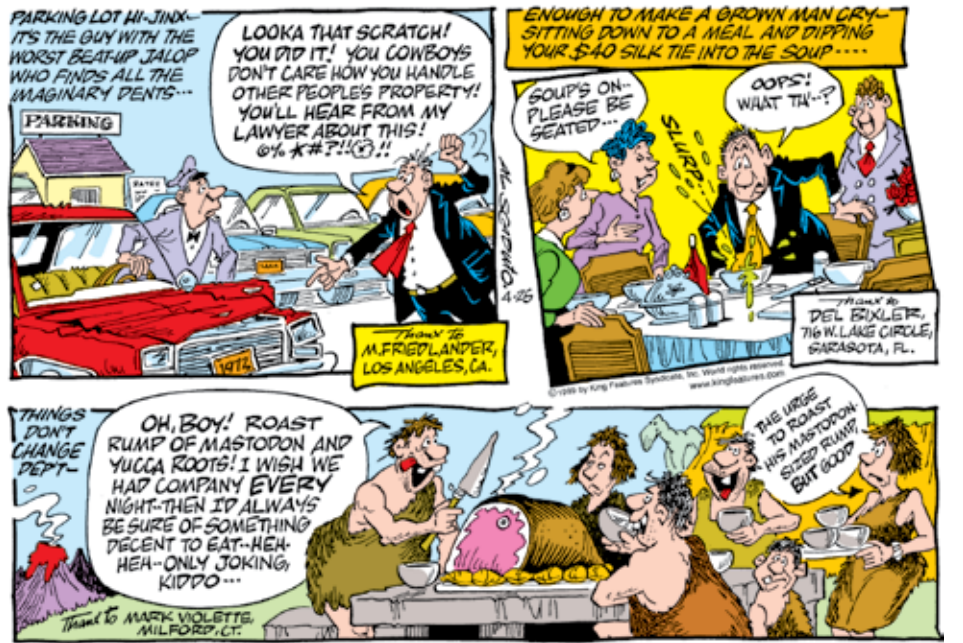
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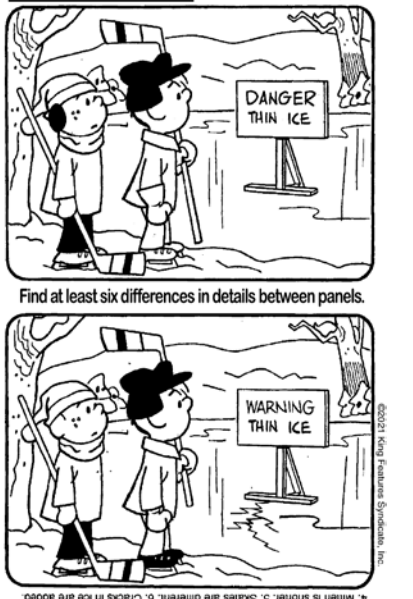
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Palm Tree Brewing Spreading Its Reach in the Community



Derek Clark's got lots to do, so come and hangout at Palm Tree Brewing Company! Photo: Orangevale Woman's Club

Orangevale Woman's Club

ORANGEVALE, CA (MPG) - Wow! Did the Orangevale Loyal 2 Local find another cool place to visit! If you have not tried Palm Tree Brewery at 6124 Hazel Ave. in Orangevale, you are really missing something. What a fun place to hang out with your friends with ample outside seating. If the name sounds familiar it's because Palm Tree Brewery was located next to Adalberto's on Greenback from 2018. Derek Clark, the owner, was successful at that location but found that after a few years he needed something bigger. He closed the one location and opened the new location at 6124 Hazel in February 2020, right before Covid set in. He classifies his brewery as a Beer bar/Pregame diner.

Derek is from Hawaii. So why did he choose Orangevale to start his business? He chose Orangevale because of its community atmosphere and the comradery of other fellow business owners. He states, "Without the community

outpouring, he would never have opened up." Derek believes in paying it forward. As long as he has lived in Orangevale, he has served as a director at the Chamber of Commerce and has worked at the Orangevale Fair Oaks Food



Pizza and beer, a combination made in heaven. Photo: Orangevale Woman's Club

Bank in his off-hours. He has even purchased a new home in Orangevale. He is planning a Bingo night down the road with half the proceeds to go to the Food Bank. Derek is a very energetic and ambitious individual with lots of ideas in the future to make a big success of the Palm Tree Brewery, from enlarging the outside eating area to eventually having music.

His menu is full of

yummy comfort food. He currently has many different types of hotdogs, sausage and bratwurst, 3 types of tamales: chicken, beef and chili cheese with green sauce, cheese and pepperoni pizza and the most popular food on the menu-nachos with jalapeños and chili with cheese and Fritos. He serves "Good clean straight forward beer, ale and lagers". His special recipe cans of Queen and King



Different types of hotdogs, sausage and bratwurst available with your favorite beer! Photo: Orangevale Woman's Club

IPA beer can be found in the Grocery Outlet in both Roseville and Orangevale, Scotty's Hideaway, and Tonna's Sports Bar and Grill. He hopes to have the beer in 50 different stores. In fact, look for it in the local Raley's and Bel Air by early summer this year. Watch for the Poncho Villa food truck on some Wednesdays and Thursdays.

Derek is offering a special of one Cheese Pizza with any beer of your choice for only \$10 until Saturday, March 27th. Be sure to say where you saw the special! The hours are Monday – Thursday noon to 10:00pm, Friday and Saturday; noon to 11:00pm and Sunday noon to 9:00pm. The Palm Tree Brewery is making good craft beer you can try over and over again! ★

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Planning and Designing a Productive Vegetable Garden



Incorporate trellises into garden plans so beans, peas, tomatoes and even squash can be trained to grow vertically. Photo Courtesy of Gardener's Supply Company

By Melinda Myers

Whether planning your first, second or tenth vegetable garden it can be overwhelming. There are so many tasty vegetables and never enough space and time to grow them all.

Start with a plan. Locate your garden in a sunny location with moist, well-drained soil. Save those partially sunny areas for greens like lettuce, chard and kale as well as root crops like radishes and beets. These prefer full sun but will tolerate more shade than tomatoes, peppers, squash, broccoli and other plants we eat the flowers and fruit.

Review your favorite recipes and make a list of family favorites and those vegetables most often used. Then check the list to see which vegetables are suited to your climate and growing conditions and those that make the most economic sense to include in your garden.

Tomatoes and peppers produce lots of fruit from one plant and are common ingredients in many recipes. Sweet corn is fun to grow but needs lots of space for a relatively small harvest. If space is limited, consider buying your sweet corn at the farmers' market and use that

squash and melons up trellises. Growing vertically not only saves space, but also increases disease resistance by increasing light and airflow through the plants. And picking beans at waist height is much easier than harvesting from low-growing, bushy plants.

Increase space with containers. Consider growing some of your frequently used herbs and vegetables in pots on the patio, balcony, or deck for convenience. You can quickly grab what you need when creating your favorite meal.

Grow multiple plantings in each row. Start the season with cool season veggies like lettuce, peas and radishes. Once the temperatures climb and these plants are harvested and enjoyed, replace them with warm weather vegetables like tomatoes, peppers, beans, cucumbers, squash and melons. Finish off the season by filling any vacant rows with fall crops like greens, beets and radishes.

Take some time to plan a garden that will provide you and your family with fresh produce you can enjoy all season long. Involving everyone in the planning process just might get them to show up and help weed.

Melinda Myers is the author of more than 20 gardening books, including Small Space Gardening. She hosts The Great Courses "How to Grow Anything" DVD series and the Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Gardeners Supply for her expertise to write this article. Her web site is www.MelindaMyers.com ★

space to grow other edibles.

Every gardener struggles with determining how many of each type of vegetable to grow. This depends upon the productivity of the variety selected, your family's eating habits and of course the impact of weather on the harvest. It is always better to start small, build on your successes and expand the garden in the future. Track your planting and harvesting results to help when planning future gardens.

You will need to plant more if you plan to preserve or donate a portion of your harvest. Purchasing vegetables from your local farmers' market is a way to ensure you have sufficient fresh produce when you are ready to can, freeze and ferment.

Sound overwhelming? Consider enlisting help from Gardener's Supply by using one of their vegetable garden plans (gardeners.com). You'll find customized plans for those who like to cook, want to grow ingredients for a garden-fresh salad, salsa or cocktails, or are following a Mediterranean diet. Many come with seed packets for all the featured plants.

Maximize the available space by growing vertically. Train pole beans, peas, tomatoes, cucumbers and even

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