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AMERICAN RIVER Messenger

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Our Essential Workers



"Social workers are unsung heroes that are essential to community well-being. They are driven by several core values, including service, social justice and the dignity and worth of human beings," said Michelle Callejas, Director of Sacramento County, Child, Family and Adult Services. Photo MPG file.

By **Andrea Sandoval,**
Sacramento County News

SACRAMENTO COUNTY, CA (MPG) - Sacramento County is helping celebrate this year's Social Work Month with the theme "Social Workers are Essential" to highlight the priceless contributions social workers make in our community, especially during COVID-19.

The goal of Social Work Month is to inform the public, policymakers and legislators about the way the nation's social workers each day meet people where they are and help them live to their fullest potential. Social work is one of the fastest-growing professions in the United States, according to the Bureau of Labor Statistics (BLS).

There are currently about 700,000 professional social workers in our nation, but that number is expected to rise to more than 800,000 by 2029. Social work has been around for more than a century and has made significant contributions to our nation.

For example, social workers such as social reformer Jane Addams, former Labor Secretary Frances Perkins, and civil rights leaders Dorothy Height, Whitney Young and Ida B. Wells have helped Americans secure voting rights, equal rights, Social Security, unemployment insurance and other programs.

You will find social workers throughout society – protecting children and vulnerable adults from abuse and neglect and providing mental health and substance use disorder treatment. They can be found assisting active-duty military, veterans and their families; in schools; helping corporations better serve their communities; in community organizations; and in local and state government.

Sacramento County Department of Child, Family and Adult Services (DCFAS) has 524 social workers across the department. They work across a number of areas, including child and elder abuse and neglect investigations and follow-up. They

help keep children and families safely together and/or reunify them or help children find "forever families." Some social workers assess the need for home care services that allow individuals to remain in their homes, rather than institutions. Others serve individuals that are gravely disabled and those who are living with severe mental illness, supporting them to live in the least restrictive settings within our community.

DCFAS social workers link individuals and families to housing services and supports, benefits, employment and so many other resources that promote the safety, health and well-being of community members across the age span. During the COVID-19 pandemic, social workers have also been on the frontlines along with doctors, nurses, law enforcement, grocery store employees and other essential employees that provided critical services during this time.

Sacramento County Department of Human Assistance (DHA) currently

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Local United Way CEO to Step Down

By **Kristin Thebaud,**
**Thebaud
Communications**

SACRAMENTO, CA (MPG) - Stephanie McLemore Bray, president and CEO of United Way California Capital Region, will leave her position in mid-April as she transitions to her new role as chief engagement officer for Seattle Foundation in May. Amber Lovett, chief resource development and marketing officer at United Way California Capital Region, will transition to interim president and CEO on April 1 while the organization undergoes a nationwide search.

"It has been a privilege to lead United Way California Capital Region for the past seven years," Bray said. "I am proud of our work to end poverty, starting at school, by removing barriers to student success for low-income children. Through our partnerships with non-profits, government, school districts, donors and community members, we have helped many families move from crisis to thriving. Our local United Way is well-positioned for its next leader to continue that great work."

Bray launched United Way's Square One Project in 2015, which continues to show improved education outcomes for low-income children in the region. She also completed a successful merger with Woodland United Way and brought in more than \$16 million since March 2020, including a \$10 million gift from renowned philanthropist MacKenzie Scott.

As chief engagement officer for Seattle Foundation, the Seattle region's community foundation, Bray will oversee engagements and relationships with the organization's hundreds of philanthropists, investors and donors. With more than \$1 billion in charitable assets and committed bequests, Seattle Foundation awards more than \$100 million annually to nonprofit organizations working to make Greater Seattle a stronger, more vibrant community for all.

"Stephanie has been a tireless advocate for people who are marginalized in the greater Sacramento area, and Seattle is fortunate to have her join the community," said Steve Lins of SMUD and chair of United Way's board of directors. "We are grateful for all she has done for United Way, and we know she is leaving us in an outstanding position to continue

Continued on page 10

Sacramento Life Center Awarded \$15,000 by American River Bank and Kelly Foundation

By **Kristin Thebaud,**
Thebaud Comm.

SACRAMENTO REGION, CA (MPG) - The Sacramento Life Center has received grants of \$10,000 from American River Bank and \$5,000 from Kelly Foundation to provide free health care, resources and needed items for Sacramento-area low-income pregnant women and new moms as the COVID-19 pandemic continues into 2021.

"Because of the pandemic and resulting unemployment, we are seeing double the number of patients needing items from our baby needs closet, as well as increased demand for our free maternal health care during and after



The Suarez family receives an ultrasound at the Sacramento Life Center, which recently received grants from American River Bank and the Kelly Foundation. Photo: Thebaud Communications

pregnancy and Medi-Cal sign-up assistance," said Marie Leatherby, executive director, Sacramento Life

Center. "We are grateful to Kelly Foundation and American River Bank for recognizing the needs of

pregnant women and new moms in our community during this trying time and giving so generously." The Sacramento Life Center provides free health care services, including pregnancy tests, STI tests, ultrasounds, well woman exams and more. Every woman who comes into the center meets with a patient advocate to determine resources and supports needed, from housing to food and clothing. For pregnant women who do not have health insurance, patient advocates help them enroll in Medi-Cal's Presumptive Eligibility for Pregnant Women so they can have coverage when they go to a clinic for prenatal care.

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The Silver Lining of Proposition 19



Senator Ted Gaines

Commentary by Ted Gaines

Proposition 19, The Home Protection for Seniors, Severely Disabled, Families, and Victims of Wildfire or Natural Disasters Act, was passed by voters last November, enacting significant changes to California's property tax law. One provision of the measure – that concerning “parent-child” and “grandparent-grandchild” exclusions – triggered a massive property tax increase that took effect February 16.

Unfortunately for homeowners, the statute in its current state is a confusing mess. As a State Board of Equalization Member and dedicated taxpayer advocate, I continue to work closely with state legislators and county assessors to provide clarity and answer as many questions as possible for taxpayers affected by these provisions.

While Proposition 19 has some serious shortcomings – increasing taxes on tens of thousands of California families and making it more difficult and expensive to pass on property and family farms to your children and grandchildren – it does offer noteworthy tax

benefits to homeowners who are nearing retirement, severely disabled or victims of natural disasters. Beginning April 1, 2021, qualified homeowners can transfer their low Proposition 13 tax base year value to a replacement home of any value, in any of California's 58 counties. Homeowners who want to downsize, move closer to family, or relocate for any other reason can blend the taxable value of their old house with the purchase price of a new, and possibly more expensive home, reducing the property tax burden they would otherwise face.

When voters overwhelmingly passed Proposition 13 in 1978, it was to rein in property tax rates that had spiraled out of control as county governments routinely raised property taxes, in many cases forcing families from their homes. The landmark ballot initiative placed restrictions on how much a homeowner's taxable value could increase every year, even if a home's market value grew substantially.

California voters later passed Propositions 60, 90, and 110, which extended Proposition 13 protections to homeowners 55 or older and people with severe disabilities by giving them a one-time opportunity to retain their Proposition 13 tax base if they moved to a home of equal or lesser value within the same county or to one of the 10 counties with an intercounty agreement.

Proposition 19 further expands Proposition 13 benefits by allowing eligible homeowners to

transfer their base year value up to three times. It also gives property owners whose homes were damaged or destroyed by a wildfire or other natural disaster the ability to transfer their Proposition 13 base year value to a new home. These provisions of Proposition 19 take effect on April 1, 2021 and give homeowners two years to transfer their base year value to a replacement residence in any county.

I support the base year transfer provisions of Proposition 19 because they allow more homeowners to take advantage of Proposition 13 protections that continue to be widely supported by California voters. While some of Proposition 19's provisions hurt California taxpayers at a time when they need economic security the most, it's always nice to have a silver lining.

Visit my website at boe.ca.gov/gaines for more information on Proposition 19. I encourage all homeowners to check with their County Assessor for specific county regulations, policies, and any paperwork associated with base year transfers.

Senator Ted Gaines (Ret.) was elected in November 2018 to represent the Board of Equalization's First District. He is a leading taxpayer advocate and is committed to providing trustworthy and transparent representation for nearly ten million constituents in 30 counties of northern, eastern, and southern California. For more information, visit boe.ca.gov/Gaines. ★

Disabled Americans Could Soon Face Healthcare Discrimination

Commentary by Angela F. Williams

Patients with disabilities are 11 times more likely to die from Covid-19 than their able-bodied peers. That's a sobering statistic. And it's why public health officials have prioritized these vulnerable patients for vaccinations.

Unfortunately, when it comes to non-Covid matters, society doesn't always show the same concern. In fact, many states and private insurers are pushing for a “reform” that could deprive Americans living with multiple sclerosis (MS), cerebral palsy, and other disabilities of life-saving medicines.

The reform relies on a metric known as a “quality-adjusted life year.” These QALYs supposedly quantify the “cost effectiveness” of drugs by assessing the “quality” of an individual's life. The use of QALYs should concern every American, but especially those living with disabilities or battling chronic illnesses.

When this metric is utilized, a drug that delivers one year of “perfect” health receives one QALY. A drug that provides a benefit – but doesn't return a patient to “perfect” – receives a fraction of a QALY.

So, by design, QALYs devalue important treatments for chronically ill and disabled patients.

Since even breakthrough drugs will not restore perfect health in those patients, this puts them at a distinct disadvantage when it comes to accessing life-saving or life-improving drugs and medications. While there is no cure for blindness, MS, or cerebral palsy, new drugs can still dramatically improve patient well-being and longevity.

The British national health system regularly employs this tactic to deny coverage for advanced new therapies for chronically ill and disabled patients. Many other nations use QALY-like assessments to determine which medicines are available to patients.

The biggest advocate for their use stateside is the Institute for Clinical and Economic Review – or “ICER” – an influential Boston-based organization.

ICER's evaluations impose brutally simplistic categories on complex diseases. For instance, the institute splits patients with spinal muscular atrophy that have received treatment into three rudimentary categories: mobile, requiring ventilation, and dead.



Patients with disabilities are 11 times more likely to die from Covid-19 than their able-bodied peers. Image by klimkin from Pixabay

That classification is offensively reductive. Spinal muscular atrophy is an extremely challenging condition that involves several gradients of incapacitation. Drugs can deliver significant improvements to patients' well-being without moving them between those three categories.

Worryingly, the Institute has become very effective at getting large health insurers to utilize its metrics in their coverage decisions. And now New York health officials have begun using ICER metrics in their state-run Medicaid program, specifically to clamp down on access to advanced cystic fibrosis treatments.

ICER hasn't been the only group working to jeopardize disabled Americans' access to medication.

Shortly before President Trump left office, his administration announced a rule that ties the price of physician-administered drugs covered by Medicare to their cost in a select group of other developed nations. In doing so, then-President Trump imported the ruthless QALYs used abroad.

Countless Americans with disabilities rely on cutting-edge medications to live healthy, productive lives. Unfortunately, access to those drugs is now in jeopardy because of ICER and the Trump administration's rule. As we navigate the ongoing public health crisis, we must work to ensure these individuals have the tools to thrive, not simply survive.

To truly protect the health of the one in four Americans living with disabilities today, policymakers must work to ensure that those most deserving of new medicines are able to access them.

Angela F. Williams is president and CEO of Easterseals, a leading provider of services for people with disabilities, veterans, and seniors. This piece originally ran in the Buffalo News. ★

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Sacramento Life Center Awarded \$15,000 by American River Bank and Kelly Foundation

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The center provides low-income pregnant women and new moms with supplies needed during pregnancy and for up to two years after birth, including prenatal vitamins, formula, diapers, wipes, baby clothing and more.

The Sacramento Life Center's mission is to offer compassion, support, resources and free medical care to women and couples facing an unplanned or unsupported pregnancy. The Sacramento Life Center's licensed Sac Valley Pregnancy Clinic includes a primary clinic and mobile clinic that provide all services for free, including pregnancy tests, STD tests, ultrasounds, patient advocacy for men and women, education and resource referrals. In 2018, the Sacramento Life Center achieved accreditation by the Accreditation Association

for Ambulatory Health Care, which ensures the group has met nationally recognized standards for the provision of high-quality health care. The nonprofit also offers a 24-hour hotline and program for women who have experienced pregnancy loss. For more information about the Sacramento Life Center's Sac Valley Pregnancy Clinic, visit www.svp-clinic.com. For more information about the Sacramento Life Center or to make a donation, visit www.saclife.org.

Dignity Health is a multi-state nonprofit network of 10,000 physicians, more than 60,000 employees, 41 acute care hospitals, and 400-plus care-centers, including community hospitals, urgent care, surgery and imaging centers, home health, and primary care clinics in Arizona, California, and Nevada. ★

Bring Friends and Family to the Homegrown Craft Fest



By Dot Boyd, Fair Oaks Chamber of Commerce

FAIR OAKS, CA (MPG) - Isn't it a beautiful time around Fair Oaks, with flowers and trees blooming everywhere you look? Unless of course, you suffer from allergies, then you might not be so thrilled. Before long, summer will be here, and we'll be wishing for March weather.

Normally, Fair Oaks Chamber would be as busy as bees on those spring flowers, but for now, our major events like Fiesta, Taste of FO, and Concerts in the Park are on hold. However, we have our eyes out for our next candidates for Honorary Mayor—could that be you? It's a great way to give back to your community and build your business

brand to a wider audience. Would you like to know more? Please call FOCC Executive Director Kim Pitillo at 916-967-2903 or send an email to info@fair-oakschamber.com. Time is of the essence because the deadline to submit your candidate application is April 15th. Taxes aren't due until May 17th, so no excuses! Speaking of April 15th, that's the date of our next virtual luncheon from noon to 1 pm. It's free but supporting a local restaurant with lunch to-go is always appreciated. Please pre-register for the zoom link at www.fairoakschamber.com. FOCC is also accepting applications for our 2022 Board of Directors positions. Reach out to Kim for details. You'll find all of this information at our website, too.

Behind the scenes, Kim has been busy working on the development of a new website and a new Fair Oaks Chamber Marketplace. This will take about four months to develop and will help expand the member to member and member to community benefit. As

of this writing, April 1st, there are only two major sponsor spots open for this. It's another opportunity to get your business in lights so to speak.

Do you know about the Homegrown Craft Fest held on the Second Saturday of each month at OV-FO Food Bank? Come out and support a great cause at this fun-filled event highlighting some local artisans from FO and OV! This family friendly event includes local craft and food vendors, activities for children, and even a beer/wine garden for the adults. The next one is April 10th from 11 am to 3 pm. For more information, email homegrowncraftfest@gmail.com, or check out their Facebook page at: <https://www.facebook.com/HomeGrownCraftFest>.

The following Saturday, April 17th, the OV Grange is hosting The Garden Project Grand Opening & Ribbon Cutting at 10 am. A community garden has been in the works for a while, and it will be unveiled that day!

I'll see you in Fair Oaks or on a screen near you! ★

DWR Adjusts State Water Project Allocation

California Department of Water Resources

SACRAMENTO, CA (MPG)

As California experiences a second consecutive dry year, the California Department of Water Resources (DWR) announced an adjustment to its initial State Water Project (SWP) allocation for the 2021 water year. The department now expects to deliver 5 percent of requested supplies this year, down from the initial allocation of 10 percent announced in December.

Initial allocations are based on conservative assumptions regarding hydrology and factors such as reservoir storage. Allocations are reviewed monthly and may change based on snowpack and runoff information. They are typically finalized by May.

"We are now facing the reality that it will be a second dry year for California and that is having a significant impact on our water supply," said DWR Director Karla Nemeth. "The Department of Water Resources is working with our federal and state partners to plan for the impacts of limited water supplies this summer for agriculture as well as urban and rural water users. We encourage everyone to look for ways to use water efficiently in their everyday lives."

Ongoing drought conditions require the coordination of federal, state and local agencies. Today, the U.S. Bureau of Reclamation, which operates the Central

Valley Project, is also expected to adjust its initial CVP water supply allocation accordingly. The State Water Resources Control Board mailed early warning notices to approximately 40,000 water right holders urging them to plan for potential shortages by reducing water use and adopting practical conservation measures.

As a result of the persistent drought conditions, and in accordance with its permit for the long-term operation of the State Water Project, DWR has submitted a revised Drought Contingency Plan to the California Department of Fish and Wildlife. The plan provides updated hydrologic conditions and outlines areas of concern for the joint operations of the State Water Project and the Central Valley Project, water quality, and environmental impacts.

DWR does not anticipate the need to pursue a Temporary Urgency Change Petition (TUCP) to allow for temporary changes to the water quality and outflow requirements for the Sacramento-San Joaquin Delta.

The severity of the situation is particularly evident in the North State. Lake Oroville is currently at 53 percent of average. The Feather River watershed, which feeds into Lake Oroville, has seen significantly less precipitation this year than normal, on track for its second driest year on record. Following a below average 2020 water year, California's major reservoirs

are at 50 percent of capacity.

California is better prepared for drought than in the past. Following the 2012-2016 drought, DWR enacted many programs focused on managing the state's water through a strategic, integrated approach with a strong emphasis on water use efficiency and conservation. The state provides assistance and tools to local water agencies to help them reduce their drought vulnerability. DWR's Water Use and Efficiency Branch (WUE) provides agencies and individuals assistance for improving water use efficiency and developing and meeting efficient water use requirements.

The 5 percent allocation amounts to 210,266 acre-feet of water, distributed among the 29 long-term SWP contractors who serve more than 27 million Californians and 750,000 acres of farmland.

Allocations represent the amount of SWP water that DWR will deliver for the year and are reviewed monthly based on several factors, such as water in storage, environmental requirements, and rain and snow runoff projections. For 2020, the initial SWP allocation was 10 percent and the final allocation was 20 percent in May.

For information on current water conditions at the state's largest reservoirs and weather stations, visit the California Data Exchange Center website at cdec.water.ca.gov/snow_rain.html ★

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“Mosquito Fern” Abundant This Year

By Ken Casparis,
Sacramento County

SACRAMENTO COUNTY, CA (MPG) - Many parkway visitors have noticed a dense fern covering much of the pond at Sailor Bar this year. This floating fern is in the genus Azolla, often called mosquito ferns, and is believed to be native to California.

While non-toxic or otherwise dangerous, a dense population of Azolla can block light from the water and deplete water oxygen levels as they decompose.

“In California, the general consensus is that we have two species present – Azolla filiculoides, or ‘Common Mosquito Fern,’ and Azolla microphylla, also known as ‘Mexican

Mosquito Fern,’” said Carl Rothfels, a biology professor with UC Berkeley. “This latter species is sometimes called Azolla mexicana -- it’s not clear whether A.microphylla and A.mexicana are separate species.”

Both species of Azolla are thought to be native to California, although they have boom-and-bust population cycles that make them seem like they are invasive. It seems that this year the populations in the Sacramento area are unusually large.

The Department of Regional Parks is currently working with Rothfels to determine why this fern is so abundant this year and what, if anything, we can do to curb its growth. ★

Sac Native Prepares COVID-19 Vaccine Aboard US Navy Warship



By Rick Burke,
Navy Office of Community Outreach

SAN DIEGO, CA (MPG) - Hospital Corpsman 3rd Class Jessica Young, a native of Sacramento, California, prepares the COVID-19 vaccine aboard Nimitz-class nuclear aircraft carrier USS Carl Vinson (CVN 70). Vinson is currently pierside in its homeport of San Diego.

U.S. Navy photo by Mass Communication Specialist Seaman Mason

By MaryAnne Povey

ORANGEVALE, CA (MPG) - When it comes to tacos, burritos and all things grande’ in the fast food world, Dave Smith aka “Taco Dave” is “nacho” ordinary guy! Nor is one of his Directors of Operations, Nigel Nary, who oversees the two Orangevale locations. Nigel is one three director of operations, and seven area coaches, who make up an unstoppable team overseeing 31 Taco Bell restaurants in Sacramento, 3 in Monterey and 3 in Reno.

When I sat down to chat with Dave and Nigel, I was wowed by their extensive fast food management experience. They know a lot about what makes a business successful, which is apparent in their thriving sales and ongoing restaurant expansion. Their secret ingredient for success? Customer service, integrity and hospitality. And that’s not all.

“We always want to make it right. If we get it wrong, then we want to make it right.” Dave reflected, “We strive for fast, friendly, and quality service.”

They sure do get it right – a lot, and because of that, others benefit from their success. Some of their charities include UC Davis Children’s Hospital, Team Susan Kolman, the Boys and Girls Club of Sacramento and here in Orangevale, the Rotary

Out & About

with MaryAnne Povey

Taco Dave’s Taco Bells



Taco Dave and his Director of Operation for OV, Nigel Nary.
Photo by MaryAnne Povey

Club, the Food Bank, and most recently, the Casa Class of 2021 Grub Club luncheon.

The three of us met for our interview in the recently reopened and beautifully remodeled dining room at the Main and Madison location in Orangevale. This was the original site where Dave began his career as a second generation franchisee taking over from his father in 1988. From here he began his 40 year journey of building and growing the Taco Bell brand, while watching customers enjoy tacos in a fast and friendly environment.

Clean, inviting and sporting the ever-popular open floor plan, this location offers customers the option of ordering at the counter or using the newly installed “self-serve” electronic kiosks. I was impressed with the simplicity of the

kiosk as Taco Dave ordered our lunch. Not surprisingly, Taco Dave ordered... a taco of course! Chicken on a soft shell (only 180 calories) While I, on the other hand, lived it up, ordering a chicken quesadilla with tomatoes and extra cheese! (I’m not counting calories!) Fun fact: Did you know you can customize your order to add just about anything they serve?

From the moment we began chatting it was apparent that being a successful fast food chain operator was not the sole focus of Taco Dave’s long standing career in fast food. It was obvious his joy was his ability to share his success with others and make a difference in the lives of many.

Nigel boasted of Dave’s generosity including being named “Philanthropist of Year” in 2019. Not surprising considering his giving is pretty “grande”

with nearly \$75k annually going towards the Boys & Girls Club alone not to mention being part of the \$67 million that Taco Bell gives out for student scholarships too.

So back to tacos...according to Nigel, who later confessed the dollar menu is his “go to” place for his Taco Bell fix, their restaurants go through a whopping 6.4 million taco shells a year “give or take 25k”! Taco ‘bout high volume and don’t forget about great value when it comes to the \$1, \$5 and \$10 menu items! This led me to ask about the \$5 buck box, a fan favorite and staple on the menu for the past six years.

“It checked all the boxes, Dave explained, “The products are worth so much more. It’s a big win/win for customers who want value and for us in simplifying our operations.”

As our time was winding down, I asked Dave to tell me his favorite \$5 buck box. His answer, “Create your own”. Of course! The perfect answer from a guy who knows about creating his own success and sharing it with others, his staff, his customers, and his community.

What a pleasure to meet a person who truly gets back what he puts out there. It’s no wonder that this is his value statement...

“Business is great, people are terrific and life is wonderful!” ★

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By County Supervisor Sue Frost

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

As we work toward what will hopefully be the end of this now year-long pandemic, a natural discussion topic is around vaccines. Through the roller coaster of the COVID-19 response, for many people the vaccines offered hope for bringing all of it to an end. Understandably, since the first doses of vaccines became available, I have heard from countless constituents frustrated with how challenging it is to access the vaccine or even get connected with information on the process. I get it. Some of the challenges in this process fall on the county. We could have come out with a better website and had a more thought-out plan for distribution. Like many of the struggles we have all gone through over the last year, I am afraid that the leading cause of our woes is the state once again.

When vaccines first became available, there was a simple explanation of why there were not enough vaccines to go around: limited supply. Not all of the vaccines that are available today were even approved for distribution back in January. The ones that were approved and in circulation were limited and had to be stored under specific conditions.

Orangevale Community Update

Shortchanging Sacramento County on Vaccines

Of course, there is also the fact that both the Moderna and Pfizer vaccines required recipients to receive two doses, limiting the supply even further. Thanks to the approval of the Jansen vaccine, the total supply is increasing. Unfortunately, the state's increase in supply being distributed does not necessarily benefit Sacramento County residents hoping to get their dose(s).

The inconsistency in distribution became blatantly apparent in February when the state's total vaccine supply rose 20%, and Sacramento County's allotment dropped by 18%. Unfortunately, this has become a pattern. In January, Sacramento County received 2.83% of the state's total distribution of doses. Since then, we have seen that percentage steadily decrease. On March 8th, even with the newly available Jansen vaccine, Sacramento County's allocation from the state fell to just 1.65% of total doses distributed. There is some explanation for this, including that Sacramento County's population of eligible or priority populations is lower than neighboring counties. The best explanation I've heard came from our Acting Director of Public Health. During the March 9th Board of Supervisors Meeting, he said that what is essentially happening is that the governor changes his mind every two weeks. The distribution formula changes, and it never benefits Sacramento County.

At this point, are any of us surprised? The state's response to the pandemic has been a series of changes based on state officials' whims uninterested in looking at challenges at the

local level. As other counties take larger percentages of the state's distribution of doses, they are blazing past Sacramento County through the tiered system of eligible vaccine recipients. Meanwhile, my office is still receiving calls from individuals eligible since the first dose was administered, struggling to access the vaccines that will bring them peace of mind or closer to normalcy. At the same time, Sacramento County's public health officials have to spend their time advocating to the state for a distribution method that accounts for the fact that Sacramento County is a regional distribution hub, and even with 3% of the state's population, we have never received 3% of the state's distribution.

I think everyone that wants the vaccine should be able to get the vaccine. I understand the challenges with rolling out an emergency vaccine amid a global pandemic, and I knew it was never going to be easy. However, the reality of what is going on at the local level continues to be an afterthought for the state, and it seems Sacramento County is somewhere in the far back.

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

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



The Kiwanis Corner

By Sal Arrigo, Jr.

To Social or Not to Social

During the last year, a question that has faced many community service clubs: "Do we hold our meetings face-to-face, or "meet" using Zoom technology?"

The Kiwanis Club of Orangevale – Fair Oaks has employed both methods of meeting but, by far, the in-person is the overwhelming winner, as I am sure it is with other organizations. The Kiwanis Club, during the past year, has designed their programs so that meeting safely in person keeps everyone in "closer" touch, but also energizes the membership.

Here is a great example of the importance of socializing. Recently on March 27, 2021, the Kiwanis Club of Orangevale – Fair Oaks partnered with Helping Hands OV for a joint Easter basket giveaway and food drive. Helping Hands was able to provide more than 150 Easter baskets to children in need in our local area, and the Kiwanis Club collected more than 2,250 pounds of food. Of course, all of this was made possible through the generous donations from people in our community. As all of this was taking place, I could hear the comments people were making, "it feels good to get out and do something physical" or "people need to be around people." I concur on these comments and the many more that were made based on one factor: it feels great to socialize! For the overwhelming majority of human beings, this is a priority. If you are waiting for the right time to engage once again in your community, consider Helping Hands or your Kiwanis Club as your socialization outlets. We welcome you!

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

Sal Arrigo, Jr., is the past president of the Kiwanis Club of Orangevale



Kiwanis member Linda Straub (on the left) and Helping Hands volunteer Kathy Cook help with the Easter basket donations. Photo provided by Sal Arrigo, Jr.



Part of the 150 baskets that were donated. Photo provided by Sal Arrigo, Jr.

– Fair Oaks. Find us at facebook.com/KiwanisclubofOFO or email us for more information at kiwanisclubofOFO@gmail.com. ★

Got a Room or House for Short-Term Rental?

By Laurie Slothower, Sacramento County

SACRAMENTO COUNTY, CA - Got a room or a home you want to list, or are listing, on Airbnb or a related service? Sacramento County would like to remind homeowners that prior to accepting guests, short-term/vacation rentals require a permit and a business license, and they must register to pay transient occupancy taxes for visitors.

Short-term/vacation rentals are defined by stays of less than 30 days. Sacramento County updated its regulations in 2018 to clarify that houses and apartments cannot be used exclusively for short-term/vacation rentals. Rentals must be an "accessory use" to the property, meaning the owner must live in the house for at least six months of the year.

The Board of Supervisors adopted this requirement to make sure short-term rentals do not disrupt neighborhoods and to limit traditional rental units



Short-term/vacation rentals are defined by stays of less than 30 days. MPG file Photo

from being converted to short-term use.

Stays of 30 days or longer do not require a permit.

If you are using your primary residence as a short-term rental, or are thinking of taking the plunge, please follow these steps:

Review the guidelines and application materials for a Short Term Rental Permit; Apply for a General Business License. You will need to set up an account with the Department of Finance to

complete the application. Please do not submit until after you have received your Short Term Rental Permit; Register with the Tax Collector's Office for Transient Occupancy Tax returns once you have your business license.

For more information, please contact the Office of Planning and Environmental Review at sacplan@saccounty.net or the Business Licensing Division of the Department of Finance at BusLicense@saccounty.net. ★

Orangevale Suspect Arrested for Possessing Child Porn Images

By Sergeant Rod Grassmann, Sacramento County Sheriff's Department

SACRAMENTO COUNTY, CA (MPG) - On March 17, 2021, the Sacramento Valley Hi-Tech Crimes Task Force arrested 44-year-old George Alonzo Cazares on a felony charge of Possessing Child Sexual Abuse Material. Cazares is currently being held in the Sacramento County Main Jail with a bail amount of \$50,000.

The Sacramento Valley Hi-Tech Crimes Task Force

received a cyber tip from the National Center for Missing and Exploited Children (NCMEC) that an Electronic Service Provider had detected hundreds of images and videos of Child Sexual Abuse Material in electronic accounts held by Cazares. The task force, which is composed of the Sacramento County Sheriff's Office and several regional allied agencies, obtained a Search Warrant signed by a judge and served it at the residence of Cazares. Using an Electronic Detecting K-9 and state of the art forensic computers,

investigators located and collected child sexual abuse material evidence.

Cazares has previously worked with the public in positions of trust as a security guard and has attended community/athletic events where minors were present.

This is an active and ongoing criminal investigation. Any community members with information regarding this investigation are urged to contact the Sacramento County Sheriff's Office Hi-Tech ICAC (Internet Crimes Against Children) at (916) 874-3002. ★



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Curbside Service Available



By Marlys Johnsen Norris, Christian Author

Unfolding A Plan

God in their life until it happens.

It is when we have discovered God's divine plan for our life we really begin to enjoy life. It happens only when one adventures into searching and knowing a loving God who created heaven and earth and everything in it. Opening that plan is found in reading and studying the Holy Bible along with attending church services and a study group.

One never really realizes what a great adventure it is to experience the personal and intimate love of

denomination! In Bible Study is where one learns who makes up what the church IS! And one has fellowship, love and care for one another in all of them!

There is a point in about every life where one questions "why was I born?" and are truly searching to find their "nitch in life" and want it to be meaningful. Unfolding that plan comes through God's book of love to you and I. Discover your answers! It is an amazing adventure that brings a inner joy, peace and happiness!

The "church" spoken of in the Bible in "not only one" particular

There is a point in about every life where one questions "why was I born?" and are truly searching to find their "nitch in life" and want it to be meaningful. Unfolding that plan comes through God's book of love to you and I. Discover your answers! It is an amazing adventure that brings a inner joy, peace and happiness!

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



Dare to Live Without Limits

by Bryan Golden

It's Never Too Late



"It's too late," is one of the most commonly used excuses for making positive changes to your life. In reality, it's never too late. Each day is a fresh opportunity to pursue your desires. Making excuses not to do so shortchanges your future.

Age is an often used excuse for inaction. If you tell yourself that you are too old, your brain believes you. There are those who are in their 20's, 30's, or 40's who act old because they think old. Yet there are many people in their late senior years who bound around with youthful vigor. The adage, "age is a state of mind," has always been true.

Regardless of your age, or prior experiences, it's never too late to bring your dreams to reality. There are numerous inspirational examples of people who have exemplified this fact. Let's take a look at some of them.

When Katherine Pelton was 86 years old, she swam the 200 meter butterfly in 1 minute and 14 seconds. She swam faster than people a quarter of her age or younger. Paul Spangler completed his 14th marathon at age 92.

Dr. Leila Denmark didn't decide to retire from practicing medicine, as a pediatrician, until she was 103. Margaret Ringenberg flew an airplane around the world at age 72. John Glenn, the first person to orbit the earth, also

became the oldest astronaut to go into space when he was one of the space shuttle's crew at age 77.

Bertha Wood had a lifelong dream of writing and publishing a book. Her dream was finally realized when, at age 100, Bertha published her memoirs.

Regardless of what you want to do, it is never too late. Here are just some of the things it's never too late to do: pursue a goal, learn something new, go back to school, make a change, start exercising, lose weight, get a new job, start a business, and have fun.

Limitations and roadblocks are self-imposed. When you tell yourself you can't, or won't do something, your mind believes you. Your brain then actively works to prevent you from accomplishing anything you don't believe in.

One's financial situation is another reason given as to why goals are out of reach. "It's too late because I don't have enough money," is one way this excuse is phrased. Bad decisions leading to financial loss also leave one hesitant to move forward.

The above stories about people who were not deterred by their age prove that it's never too late. There are also countless examples of people weathering devastating financial setbacks, only to emerge even more successful than before their hardships.

Henry Ford went bankrupt twice before he successfully created his car company after his third try. R.H. Macy went bankrupt three times before his Macy's stores were finally viable. Walt Disney went bankrupt before he finally found incredible success.

Whatever financial challenges you are facing can be overcome. Problems are never a reason for giving up. Mistakes are part of life. Every unintended outcome is a learning experience. There is a solution for each problem you encounter.

It doesn't matter how old you are. What you have already been through is irrelevant. All that matters is where you want to go from here. Today is the time to get started. All progress starts by taking your first step.

The actions taken today shape your future. Changing one small thing at a time is manageable. Taking small steps is OK. The effort expended improving your situation is never wasted. Your life lies ahead of you, not behind you.

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 ★

Seeing Can Be Rather Expensive

By Rev. James L. Snyder

As I get older, and my goal is to get as old as I can, I begin to realize some of the things I haven't noticed in my life. You know how it is; things creep up little by little, and then all of a sudden, there it is.

About two years ago, when I was at the eye doctor, he noticed some things in my eyes.

"You have cataracts in both eyes."

I was caught by surprise and did know what he was talking about, but I responded despite that.

"No, Dr.," I said rather seriously, "I do not have a Cadillac, let alone two, but I do have a Chevrolet. I'm quite happy with my Chevrolet; thank you."

The doctor looked at me as though he was looking at some crazy person. Then he said something that somewhat confused me. "Do you think I'm a psychologist?"

Looking at me straight in the eyes, he said, "You have cataracts in your eyes."

"Well," I said, looking at him, "I did have my eye on several Cadillacs, the one I liked was a brilliant blue. The only problem with that Cadillac was I couldn't afford it. But I must tell you I'm still eyeing that Cadillac."

"Look at me," the doctor

said rather sternly, "I am not talking about Cadillacs; I'm talking about cataracts in your eyes. You will need surgery to remove those cataracts."

He then explained what this cataract business was all about and how I should go and get them removed and replaced.

Then the day of the actual surgery came, and I was chauffeured by the Gracious Mistress of the Parsonage to the eye clinic and went in for the preparation.

And I went in, and the nurse took me to prepare for the doctor's surgery. The nurse spent about an hour and a half with me while the doctor used only 15 minutes.

She was finishing all of the prep work and was ready to take me in so that the doctor could do the surgery on my cataract.

At that point, I said very seriously, "Could I change my mind?"

She looked at me and sighed very deeply, and I could see she was not a happy camper. But she said very calmly, "Yes, you can change your mind if you really want to."

"Great," I chirped, "can I have your mind?"

Staring at me, she then gave me a piece of her mind. I didn't see that one coming.

The surgery went fine, and I was surprised. I have been wearing glasses for a long time, and now, out of my left eye, I could see almost perfectly, whatever that is. I couldn't see up close, and the doctor said I would probably need reading glasses. But I have never seen the world so bright as I did that day.

Darkness seems to creep up on a person without that person even knowing it. That happened with me. Nothing is better than seeing the brightness of the light.

As my wife was driving me home, I happen to think of a verse of Scripture. "The Lord is my light and my salvation; whom shall I fear? the Lord is the strength of my life; of whom shall I be afraid?" (Psalm 27:1).

Sometimes I get discouraged by the darkness around me and don't realize how dark it is. But when I put my eyes on the Lord Jesus Christ in the Bible, I see that marvelous light that lighteth the world.

Dr. James L. Snyder is pastor of the Family of God Fellowship, 1471 Pine Road, Ocala, FL 34472. He lives with his wife in Silver Springs Shores. Call him at 352-687-4240 or e-mail jamesnyder2@att.net. The church web site is www.whatafellowship.com. ★

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Poppoff!

With Mary Jane Popp

HOPE

Easter has come and gone. It's a beautiful time of awakening and renewal and a new beginning. What better time to reflect where we have been with this horrible pandemic and where we will go from here with the hope that there will be an end to the tragedy so many are facing every single day. This last year has brought so much pain and suffering. It has taken countless lives and caused strife on so many levels. Isolation has caused pain. There has been heightened hate and discord. I think that tells us we really need each other. But do we really care about each other? It reminds me of the words from an old Simon and Garfunkel song called "Sound of Silence," "People talking without speaking...people hearing without listening." Sound familiar? But we must not be silent and fear must not be our guide. We have to come together, help each other, and give hope that it CAN and WILL be a better world if we just take one day at a time and give of ourselves.

Easter is about celebrating the one who gives us hope that something awaits us when this life is done. It's a joyous day. But we can make something special of the life we are living right now. Easter has all the earmarks of what we must do to achieve that new life. All you have to do is look at the symbols of Easter. Who is hoppin' down the bunny trail? It's the Easter Bunny and its association with fertility, new life and spring. What about

the fabulous array of flowers during this holiday. Easter flowers are often a central theme to religious celebrations, but also part of secular Easter festivities too. Look at Easter Lilies? These pure white flowers are thought to symbolize purity, and as such, represent the resurrection of Christ. That's new life. Tulips symbolize passion, belief and love. And white tulips have special meaning. White tulips represent forgiveness. Much needed today. Irises represent faith, wisdom and hope. Hyacinths represent peace of mind. Why can't we merely reflect on these symbols and incorporate them into our lives?

Let's be honest. I can't totally understand all you have gone through in your life any more than you can totally understand mine. But we can still share and speak in understanding, not accusing voices. Even though Easter is done. Let's not forget what it's all about for the rest of the year. We don't need symbols to care. We don't need symbols to choose renewal. We don't need symbols to believe in hope. Hope comes from within. Dig deep into your own heart and soul and let Easter be a time for your own renewal and hope for a better life because you truly believe it can be a better life. Just one day at a time can make a big difference. Make your own symbols and let the love in your life be your guide. Happiness begins within and shared with-out! You don't need material symbols to SHARE LOVE!!! ★

Is California Driving Business Away?



By Dan Walters
CALMatters

Is California killing the golden goose with taxes and regulations that drive businesses and their jobs to more hospitable states?

That question has been debated for years without a definitive answer, flaring up whenever there's a high-profile move out of the state.

With the recent relocation of several well-known firms to Texas, along with one famous billionaire, Tesla's Elon Musk, the question once again reverberates in political circles.

Musk first threatened to shift locales last year after his manufacturing facility in the Bay Area was hit with a pandemic shutdown order.

"Frankly, this is the final straw," he tweeted last May. "Tesla will now move its HQ and future programs to Texas/Nevada immediately."

"F*ck Elon Musk," Assemblywoman Lorena Gonzalez, tweeted in response. Gonzalez, a San Diego Democrat and the Legislature's most outspoken proponent of unionization, later added, "California has highly subsidized a company that has always disregarded worker safety & well-being, has engaged in union busting & bullies public servants. I

probably could've expressed my frustration in a less aggressive way. Of course, no one would've cared if I tweeted that."

In December, Musk announced his personal move to Texas and his plans to expand activities in that state.

Last week, the Center for Jobs and the Economy, an arm of the California Business Roundtable, offered new grist for the debate by launching "CaliFormers," a running list of companies that have relocated from California or expanded operations elsewhere.

"California policies have created the highest in the nation cost-of-living and strictest in the nation regulatory costs which have caused jobs in key sectors such as manufacturing to start-up, scale or relocate in other lower-cost states, sometimes just across the border from California," the CaliFormers announcement declared.

"As we look to the future of our post-pandemic economy," it added, "the shift of the tech industry and the movement of its executives and investors will significantly impact the stability and solvency of our general fund since the state's progressive tax structure relies heavily on taxes paid by California's highest earners."

CaliFormers arrives on the scene not only as the perpetual debate heats up again but as the Legislature considers a new spate of bills that would impose additional costs on business and/or levy new taxes on business or wealthy individuals such as Musk.

CaliFormers gives the perpetual debate a factual underpinning, but it also falls short of a much-needed comprehensive analysis of the issue. Jerry Nickelsburg, who runs the Anderson Forecast, an economic research organization at UCLA, quickly criticized it for lacking context.

"The list does not sort by year or normalize by u-rate or employment," Nickelsburg tweeted. "It does not track moves to CA. (e.g if a company adds 200 jobs in CA and moves 100 to TX it appears on the table as a move of jobs to TX). So, a nice graphic, but not very useful as an analysis."

Nickelsburg makes a valid point. Obviously the issue is an important one. California depends on a vigorous private sector to provide jobs and indirectly provide revenues for the services that Gonzalez and other politicians want to expand. In fact, those one-percenters at the very top of the income ladder, such as Musk, are paying half of the state's income taxes.

It's so important that it deserves far more serious analysis. Gov. Gavin Newsom and the Legislature have immense research capabilities at their command and should order up a comprehensive and independent examination of whether California is becoming toxic to vital business activity. It's time to settle the argument once and for all.

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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CLUES

- ACROSS
1. Type of tide
5. Sin over tan
8. Schooner pole
12. Part of temple floor plan
13. Made a basket
14. *Main artery in the body
15. * __-carotene
16. Swear, not curse
17. Reputation-damaging gossip
18. *Physicist of theory of relativity fame
20. Salty drop
21. Turn upside down
22. Mark on Pinterest
23. *Everything around us
26. Porch in ancient Greece
30. Not St. or Blvd.
31. Percussion instrument
34. *Aim High... Fly-Fight-Win* org.
35. Walks like Long John Silver
37. *Dog __ dog*
38. Like TV or phone in 2021
39. Measuring roll
40. Catch in a net
42. Gorilla or orangutan
43. Pull-over parkas
45. *One of B-vitamins
47. Anger
48. Open disrespect
50. Full of excitement
52. *Explanations that can be tested and verified
55. Words to live by
56. Sword handle
57. Large West African republic
59. *Encore!*
60. Unrivaled
61. From a second-hand store
62. Cleopatra's necklace
63. Second solfa syllable, pl.
64. Makes stitches
- DOWN
1. Pick up a perpetrator
2. Dueling weapon in "The Three Musketeers"
3. __ Spumante
4. Treat for Dumbo
5. Witches' get-together
6. Egg-shaped
7. Made with stitches
8. *Product of mass and velocity of an object
9. *Equals length times width
10. *Alpha Centauri A., e.g.
11. Toni Morrison's __ Baby
13. Like rheumy eyes
14. On the move
19. Four-eyes' gear
22. Short for "politician"
23. Tiny European republic
24. Type of flu
25. Moderato, e.g.
26. Toupée spot
27. *Scientist Newton
28. *Wrist bones
29. More than occasional
32. Department store department
33. *Pow!
36. *Mendeleev's __ table
38. Bake, as in eggs
40. Make bigger
41. Persnickety
44. *Ar, inert gas
46. Bad blood
48. Use a shoe polish
49. *Smallest units of life

Crossword Puzzle Solutions on Page 7

1	2	3	4	5	6	7	8	9	10	11
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Solutions on Page 7

Find Puzzles on Page 7

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Sudoku Puzzle on Page 7

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

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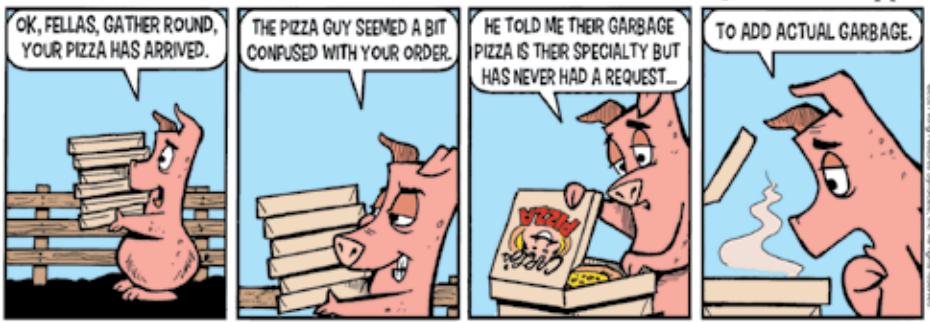
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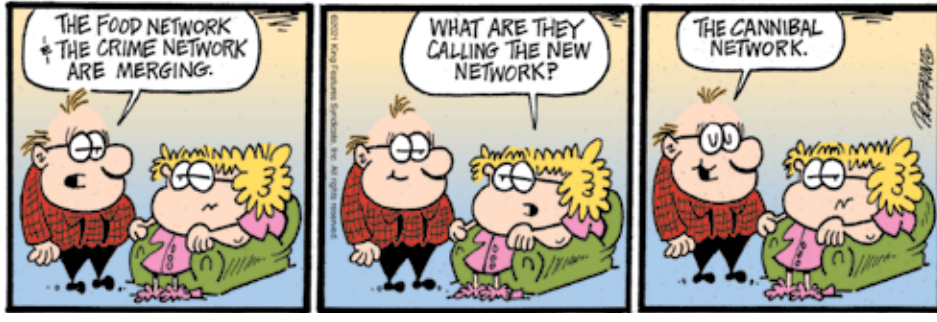
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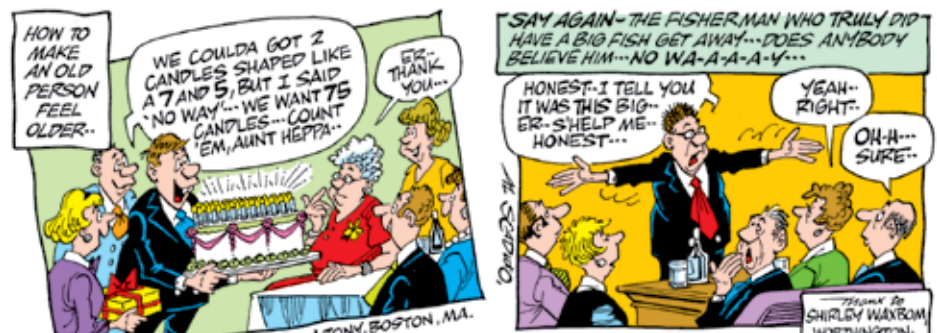
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 CHM PLU 365

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 Limit 1 Case Per Family
 Limit One Coupon Per Family
 Price Valid Only With Coupon
 Effective 4/7/21 - 4/13/21
ON SALE Everyday
 CHM PLU 361

Essential Social Workers

Continued from page 1

has a team of 45 Human Services Social Workers (HSSWs) assigned to various programs, including Employment Services, Homeless Services and CalWORKs. Since the onset of the COVID-19 Pandemic, much of the customer contact associated with this work has shifted from in-person to virtual services.

HSSWs in DHA are busy helping customers receive necessary resource and case management services. Some focus on helping families who are experiencing homelessness, domestic violence, truancy or other family crisis. There are other HSSWs in DHA that help customers learn skills such as job searching, resume building and interviewing. The biggest division of HSSWs in DHA supports those who are homeless and assist with resources, crisis response and addressing barriers to housing. There is also a team of HSSWs that help customers navigate the challenging disability benefits process and a social worker who provides support at the General Assistance office to assess client

needs and makes referrals to other social service agencies and community service agencies.

Despite the great value of social workers, the social work profession faces challenges. There is a shortage of social workers in schools where they are needed to help young people cope with complicated issues such as trauma, poverty, the opioid addiction crises and the need for more resources to help students learn during the pandemic. There is also a need for more social workers in the fields of child welfare and aging and adult services.

“Social workers are unsung heroes that are essential to community well-being. They are driven by several core values, including service, social justice and the dignity and worth of human beings,” said Michelle Callejas, Director of Sacramento County, Child, Family and Adult Services.

“During social work month, we hope you will reach out and say a kind word to the social workers in your lives, and, if you are so inclined, advocate for policies and legislation that benefit the profession and the populations they serve.” ★

Local United Way CEO to Step Down



Stephanie McLemore Bray, president and CEO of United Way California Capital Region, will leave her position as she transitions to her new role as chief engagement officer for Seattle Foundation in May.

Continued from page 1

accomplishing important change in our community under a new leader.”

For nearly 100 years, United Way California Capital Region has brought local people together to make community change happen. Today, the nonprofit is bringing people together across Amador, El Dorado, Sacramento, Placer and Yolo counties for its Square One Project, a 20-year promise to significantly increase the number of students in our region who graduate from high school ready for success in college and beyond. United Way believes ending poverty starts in school and is working to ensure kids meet important milestones and their families receive support and resources. To learn more and make a donation, visit YourLocalUnitedWay.org. ★



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