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AMERICAN RIVER Messenger

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MAY 7, 2021

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Monumental Season for Casa Roble



Above: Casa Roble Fundamental High Varsity football team celebrates triumph with Rams Defensive Coordinator Carlos Mendoza. Right: Rams quarterback Jason Lindahl #2 runs the ball through Woodland Pioneer defensive players on April 16, 2021. Photos by Tim Engle

By **MaryAnne Povey**

ORANGEVALE, CA (MPG) - After months of waiting to get back on the field, Casa Roble Athletes came out with a bang! Starting off with Boys and Girls Cross Country teams, both captured the Golden Empire League (GEL) championship which is a first for the school in recent memory.

The boys' last championship title was in 2018 and the girls' was 1998! Along with that, Summer Hipwell, broke a school record in the 4K meter, and senior Danny Dover, a four-year team member, broke personal records and finished All-League, a huge accomplishment from his early days on the team.

In swimming, Casa Senior, Grace Schoener broke a 26-year school

record in the 200 IM with a time of 2:18:12 and was named GEL Most Valuable Swimmer out of more than 90 competitors. In addition to Grace, six other swim team athletes received GEL All League honors including Madison Andrews, Sara Dawes, Shay Kliewer, Cyrus Harshbarger, Dylan Coffman, and Max Rosello.

Out on the golf green, Freshman Emily Nisperos and Logan Shanks came out strong, capturing All League honors for the Casa Varsity Golf team.

In football, the Casa Rams



Freshman and Varsity teams were unstoppable and finished undefeated in the short but sweet season. The Casa Rams Varsity team captured the GEL championship title for the third year in a row in an exciting game against Pioneer with a final score of 27-21.

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As Kitten Season Begins, Fosters and Donations Needed



Animal shelters around the country are gearing up for what is known as "kitten season." Photo: Pixabay

Sacramento County News Press Release

SACRAMENTO, CA (MPG) - Animal shelters around the country are gearing up for what is known as "kitten season," when cats begin to give birth to countless kitten litters. Typically beginning in late spring and continuing throughout summer, kitten season stretches the already-thin resources animal shelters and rescues have when the influx of unwanted kittens and cats crowd shelter and kennel space.

The Bradshaw Shelter's Foster Care Program helps save lives and space during this hectic season.

"Fostering animals provides a second chance at life for animals who are too young, sick or injured to be available for adoption," said Dave Dickinson, Director, Sacramento County Bradshaw Animal Shelter. "Fosters provide a safe, loving, temporary place to live where the animals can thrive until they are ready to be adopted to their forever homes."

Residents interested in becoming fosters should submit a foster application to FosterRescueProgram@saccounty.net. The shelter provides all food, bedding, supplies, toys and more at no cost to the foster. Fostering is a great way to help alleviate the impact of kitten season at your local shelter and can provide temporary companionship for those still working from home.

However, working outside of the home doesn't need to be an impediment to becoming a foster; most animals in foster care do not require constant monitoring. Typically, most animals who need fostering are kittens and puppies less than two months old.

As far as space for fostering, a bathroom, laundry room or spare bedroom is typically appropriate. The time commitment for fostering can be anywhere from one to six weeks, depending on their size at the time of fostering. Additional foster needs include caring for sick or injured animals, nursing mothers and litters, animals

Continued on page 3

Farewell Salute to Sal!

By **MaryAnne Povey**

ORANGEVALE, CA (MPG) - After many years of serving the community he loves, Sal Arrigo, Jr., a long time Sacramento State and American River instructor and founding president of the Orangevale-Fair Oaks Kiwanis club is moving on to greener pastures in Tennessee! His fellow Kiwanians recently gathered at Scotty's Hideaway in Orangevale to thank Sal for his 32 years of service to the club.

Sal joined the Rancho Cordova Kiwanis Club back in 1989 and jumped right in serving as club president, organizing annual fundraising events and growing the Kiwanis membership.

When the opportunity came to start a new club in the Orangevale-Fair Oaks, Sal didn't hesitate and once again established



District 4 Supervisor Sue Frost presents Sal Arrigo, Jr., with a proclamation for his service at his Orangevale/Fair Oaks Kiwanis Club Retirement. Photo by MaryAnne Povey

another thriving group who immediately started fundraising events supporting the Kiwanis Club mission

of "improving the community one kid at a time". Some of these annual events include the Pajama

Drive supporting the About Kidz Christmas program, the Drive-thru Food Drive, supporting the OV-FO Food Bank, Trivia Night at Scotty's Hideaway and the Kiwanis Kids and Horses fundraiser coming May 21st at Shadow Glen Stables in Fair Oaks.

"Without a doubt, Sal has done so much for his community and for that, we thank him. He is truly a special person and will be missed," said Supervisor Sue Frost who presented Sal with a proclamation for his service.

We wish Sal the best in his next adventure and we thank him for all his dedication and hard work in serving our community!

If anyone is interested in joining or finding out more about the Orangevale-Fair Oaks Kiwanis Club, go to Facebook @ [KiwanisClubofOFO](https://www.facebook.com/KiwanisClubofOFO) or send an email to kiwanisclubofifo@gmail.com. ★

5 Things Retirees Will Wish They Had Known Sooner

Commentary
by Patti and Milledge Hart

Many people planning for retirement anticipate those post-working years eagerly, ready to veg out after a life of toil. Others plan with greater anxiety, unsure whether they even have an identity without their jobs.

But it may be that retirement these days is far different from what either point of view envisions.

"We all have made decisions based on the information we had at the time, but later realized we would have planned differently if we knew then what we know now," says Patti Hart, co-author with her husband, Milledge, of *The Resolutionist: Welcome to the Anti-Retirement Movement*.

"That's definitely true when it comes to planning for retirement."

The Harts don't even think of themselves as retirees, but as "resolutionists," constantly challenging themselves to improve.

"I'm busier now than I've ever been," Milledge Hart says. "I'm using this time to be a better me than I could when my days were structured and my time was spoken for."

With that said, the Harts share five things future retirees may wish they had known sooner: **Retirement isn't what it used to be.** Most people's vision of retirement is built on what the people around them did, but that vision is outdated. "Many of us watched our parents or grandparents settle into a quiet, nondescript life," Milledge Hart says. "We've seen the stereotypical portrayal of aging and irrelevant 'retirees' on TV shows and in the movies." But many retirees today are much more vibrant than those stereotypes and have no intention of sitting quietly on a front porch while the world passes them by. **People have more time in this phase of life than previous generations.** Anyone who expects retirement to be a few short years tacked on to the end of their working life could be in for an awakening. In actuality, this period could last 20 to 30 years or more. The average 65-year-old man can expect to live another 18 years and the average 65-year-old woman nearly 21 more years, according to the Social Security Administration. And those, remember, are averages. "Some people could spend more years in their postcareer life than they did building their

career," Patti Hart says. "Knowing and understanding what that means will help you plan better." **It's important to constantly prepare for the next phase.** The Harts acknowledge they should have been planning earlier than they did. Instead, time slipped by. "The horizon is closer than it looks," Milledge Hart says. So, when should you get serious about planning for those post-career years? "Right now would be a good time," he says. "But definitely, the sooner the better." **Retirees need to redefine their metrics.** The Harts say it's important for people to redefine how they measure success in this phase of life because it's different from how they likely measured success in their career days. "The goals are likely to be more qualitative than quantitative," Patti Hart says. "For example, one of our metrics one year was to enhance our celebrations. We found that many holidays and special events were filled with unnecessary stress and were too materially focused. We decided to eliminate event-driven gift giving." That simple change, she says, improved their lives substantially. **Being a resolutionist is fun.** If someone had told the Harts when they were in their 30s that their "retirement" years would be filled with so much fun, laughter, and fulfillment, they would have been skeptical. "We laugh more now than we've laughed at any other stage in our life," Milledge Hart says. "This phase is instilled with so much adventure, and it's a feeling that comes from within rather than the happiness of achieving a certain stock price."

"I wish I had known sooner that I could say goodbye to the corporate world and still be interesting and relevant," Patti Hart says. "I wish I had known that retirement is yours to define. I successfully defined my role in the business world, but it didn't dawn on me that I could also reinvent retirement. I don't know why. It seems perfectly obvious now."

Patti and Milledge Hart, co-authors of *The Resolutionist: Welcome to the Anti-Retirement Movement*, spent more than 30 years as executive leaders in numerous technology and investment banking businesses. In what they refer to as the "Resolutionist" — rather than retirement — phase of their lives, they are applying their resources and skills in new ways to advance philanthropic and corporate activities around the globe. ★

SMUD Announces its 2030 Zero Carbon Plan

SMUD Press Release

SACRAMENTO REGION, CA (MPG) -

The SMUD Board of Directors approved the most ambitious carbon reduction plan by any large utility in the nation, in a Board meeting on Wednesday, April 28. This comes after the Board adopted a Climate Emergency Declaration in July 2020 and asked staff to develop a plan to expedite carbon reductions due to the growing threats of climate change.

"The threats to our region are real and unacceptable," said Board President Nancy Bui-Thompson. "Sacramento consistently ranks as one of the dirtiest air basins in the country and it disproportionately impacts our most disadvantaged residents. Although we have had one of the most aggressive carbon-reduction plans in the nation, we realized we must do more."

Over the past eight months, staff has worked with customers and a variety of stakeholders to develop a plan that relies on:

Proven renewable technologies like wind, solar, hydroelectric, geothermal and biomass energy, and customer demand response. The plan triples renewable resources and battery storage and expands customer-owned resources such as rooftop solar and battery storage. Today, these resources help SMUD deliver power that is about 50 percent carbon free;

Exploring and pursuing new and emerging technologies like biofuels, thermal/battery hybrid, pumped hydroelectric storage, carbon capture and storage, power-to-gas, hydrogen and methane, long-duration batteries and compressed air storage;

New partnerships and business models to pursue emerging technology such as virtual power plants, vehicle-to-grid projects and more to leverage our customers' investments in clean energy to offset the need for energy from conventional gas power plants;

Aggressively support electrifying buildings and vehicles, because these are the two largest carbon emitting sectors in the state;

Retiring, repurposing or repowering SMUD's natural gas power plants, including the retirement of McClellan and Campbells gas-fired plants by 2025. The 2030 Zero Carbon Plan includes a road map for retiring or refueling our remaining plants by 2030, and SMUD will complete a robust reliability study to finalize the schedule.

"We're setting the standard for utility carbon reduction," said SMUD CEO and General Manager Paul Lau. "While we have a long history of being leaders in sustainability, this ambitious goal is inclusive and collaborative to align resources across the region to ensure all communities benefit. We'll be working with our regional partners to ensure that we fully maximize the potential for carbon reductions in this region and show the world how it can be done."

The plan provides 90 percent of our power from renewable sources, including up to an additional: 1,500 megawatts (MW) new local utility solar; 700 to 1,100 MW local batteries; 300 to 500 MW wind; 100 to 220 MW geothermal; 100 MW regional solar

Customers will play an important role in the region's journey to zero carbon. Over the next nine years, forecasts

show customers will invest extensively in carbon-free energy resources, including 500 to 750 MW of rooftop solar and 50 to 250 MW of customer-owned battery storage.

SMUD's plan demonstrates its commitment to finding innovative ways to reach its zero-carbon goal and will do so without impacting reliability or the low rates SMUD customers enjoy. To pay for new technologies and make them available to customers in an equitable manner, SMUD will pursue partnerships, investors and grant funding, while keeping rates below inflation.

"Our customers are at the forefront of everything we do," said Bui-Thompson. "Our goal of zero carbon will improve the lives of ALL our customers by providing cleaner air, better health outcomes, clean energy jobs and a thriving green economy."

SMUD has a long history of environmental leadership, helping to pioneer renewable energy programs and standards. In 2018, SMUD successfully reduced greenhouse gas emissions by 50 percent from 1990 levels, the equivalent of removing 377,000 vehicles from the road. SMUD has reduced the carbon intensity of its power mix, which is now about 50 percent carbon free, and also partnered to plant more than 600,000 shade trees throughout the Sacramento region to improve air quality, sequester carbon and reduce customer bills.

SMUD helped grow the local solar market by providing \$130 million in customer incentives to install solar on over 15,000 local rooftops.

For more information, visit smud.org. ★

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Assemblyman Cooley Honors Lindsey Liebig as Woman of the Year

From the Office of Assemblyman Ken Cooley

RANCHO CORDOVA, CA (MPG) - Assemblyman Ken Cooley presented a resolution honoring Lindsey Liebig as Woman of the Year 2021 at the Fire Station in Herald, CA.

Every year, the California State Legislature honors women from their districts for their various contributions for local communities. Raised in Herald and Southern Sacramento County, Lindsey Liebig is the Executive Director of the Sacramento County Farm Bureau, a non-profit organization representing farmers and ranchers in Sacramento County.

"It is an honor to know Lindsey and to highlight her dedication to our local famers and the agriculture industry," said Assemblyman Cooley. "I am grateful Lindsey returned to her home county after college as she continues to inspire our future generations of local farmers and ranchers."

Prior to becoming the executive director with the County Farm Bureau, Lindsey served as Program Director at the California Farm Bureau Federation. There she managed all aspects of the Young Farmers & Ranchers and Leadership Farm Bureau programs including committee



Assemblyman Ken Cooley presents Lindsey Liebig a resolution honoring her as Woman of the Year 2021. Photo: Office of Assemblyman Ken Cooley

management, conference and event planning and leadership development. She also assisted with membership services including membership demographics and recruitment and retention efforts.

Lindsey earned a Bachelor of Science in agricultural business from California Polytechnic State University in San Luis Obispo. She is active in volunteering and is an elected member of Herald Fire Protection District Board of Directors and President of the Sacramento Farm Bureau Foundation for Ag Education. She is a Commissioner for the Sacramento County Local Area Formation Committee, is a member of the Delta Protection Commission Advisory Committee, the Delta Stakeholder

Engagement Committee, and the Delta Conveyance Design & Construction Authority.

"I'm humbled to receive this award and very appreciative of the recognition from Assemblymember Cooley," said Lindsey. "His dedication to our rural areas is instrumental in our ability to continue to protect and preserve the vitality of the vibrant communities in South Sacramento County."

Lindsey lives on her extended family's farm in southern Sacramento County, where they grow wine grapes. She oversees her late father's scholarship fund providing financial assistance to Galt Future Farmers of America for student and leadership development. ★

As Kitten Season Begins, Fosters and Donations Needed

Continued from page 1 who need a break from the shelter, and more.

For more information about fostering, including fostering FAQs, visit the Sacramento County Bradshaw Animal Shelter website. To learn more about what to do if you find a kitten or litter of

kittens, visit the feral cat information webpage.

Donations of essential kitten season supplies are also needed, including: Small litter pans; Heating pads; Small nursing bottles; Kitten formula and kitten food; Small pet carriers.

Donations are accepted

at the Sacramento County Bradshaw Animal Shelter's Animal Admissions Door at 3839 Bradshaw Road, Tuesday through Sunday, between 9 a.m. and 4 p.m. For a complete list of supplies needs, visit the shelter's Amazon Wishlist or the donation website. ★



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Mom Knows Best

Remember your mom telling you to “eat your vegetables.” I know we sometimes scoff at what mom used to tell us, but she may have been right on target. According to **Dr. Susan Smith Jones**, vegetables are essential to a healthy diet. They can reduce the risk of chronic diseases, lower blood pressure, improve digestion, bolster energy, revitalize skin, support weight loss, boost immunity, and that’s just the beginning. The recommended daily amount is about three cups, but a 2020 CDC study found that 90% of American adults don’t eat enough vegetables. To help you live a healthier lifestyle, **Dr. Smith** compiled ten practical ways to eat more vegetables without eating salads every meal. According to what she told me on POPPOFF, just three of the following tips into your routine will boost your veggie intake. I was game, so here goes.

- 1. STORE IN PLAIN SIGHT.** Out of sight, out of mind. Give your veggies the prime spot in the refrigerator so you can see them immediately when opening the door.
- 2. JUICE YOUR VEGGIES.** Juicing is an easy way to consume a medley of raw vegetables. Your body will be able to quickly absorb the soluble fiber and nutrients of the veggies.
- 3. BOOST BREAKFAST.** A green juice or smoothie for breakfast will give you a dose of veggies before you’re fully awake. If you prefer to eat eggs in the morning, add some sliced bell peppers, mushrooms, onions or spinach to your omelet.
- 4. MAKE SOUP.** In addition to juices and smoothies, soup is another slurpable way to enjoy vegetables.
- 5. CREATE VEGGIE NOODLES.** Spiralize zucchini, carrots, or sweet

potatoes to make veggie noodles. These noodles don’t necessarily need to be cooked, so this is a great way to consume raw vegetables.

- 6. GET SAUCY.** You need something to go with your veggie noodles. Adding vegetables to tomato sauce is one of the easiest (and sneakiest) ways to include more vegetables in your meals.
- 7. COMBINE WITH DIPS.** An irresistible dip can make even vegetable haters reach for a carrot stick. Dunk fresh veggies into homemade guacamole, humus or ranch dip.
- 8. ENJOY LETTUCE WRAPS.** Swap a bun, pita or tortilla with a large leaf of lettuce. Lettuce wraps provide a satisfying crunch and a refreshing twist to sandwiches and tacos.
- 9. ADD TO DESSERTS.** That’s right! You can eat vegetables for dessert. Incorporate shredded veggies (or juice pulp) into muffins, breads, and other baked goods.
- 10. GROW SPROUTS.** Grow vegetable sprouts, such as broccoli and alfalfa sprouts in the corner of your kitchen. Dr. Smith’s book...“Kitchen Gardening: Rejuvenate with home-grown sprouts...will teach you how to become a kitchen gardener.

Dr. Susan Smith Jones is a holistic health and lifestyle expert. She is dedicated to our well-being and has authored over thirty books including her latest “**Wired for High Level Wellness.**” She also sends out a monthly newsletter jam-packed with great information on everything from soup to nuts...literally and figuratively. Check out her website www.susansmithjones.com and sign up for the newsletter, absolutely free. Don’t forget ... **EAT YOUR VEGGIES!!!** ★

Monumental Season for Casa Roble



Go Rams! The Casa Roble Varsity Team guards its colors at the beginning of the triumphal day. Photo by Tim Engle

Continued from page 1
 “One of the most rewarding victories of my Varsity career,” beamed Head Coach Chris Horner, “I couldn’t

be more proud of how resilient the boys were tonight and throughout this season.”
 Congratulations to all the athletes for persevering

in this challenging year and achieving these great accomplishments in 2021!! Stay tuned for more Casa Roble spring sports updates. Go Rams! ★



Varsity Head Football Coach Chris Horner. Photo by Tim Engle

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Ask Toni

Does Medicare Pay for A Gym Membership?



Toni King

Toni:

Two of my neighbors told my wife that they get free gym membership through Medicare.

Any truth to that, as I never heard about this before?

Regards, Sammy from San Diego

Hi there...Sammy:

Sammy the answer is NO! Medicare Parts A and B do not provide a gym membership for those who are enrolled in Medicare. It would be logical if they did because exercise does keep you healthy.

In the Medicare & You handbook under "What's NOT Covered by Part A & Part B?" It states... "Original Medicare does not cover everything and if you need certain services that Medicare doesn't cover, you will have to pay for them yourself unless you have other insurance to cover the costs unless..."

- You have other coverage (including Medicaid) to cover the costs.
- You're in a Medicare Advantage Plan that covers these services.

Some of the items and services that Original Medicare doesn't cover include:

- Most dental care.
- Eye examinations related to prescribing glasses and eye wear.
- Dentures.
- Cosmetic surgery.
- Acupuncture.
- Hearing aids and exams for fitting them.
- Long-term care. See more information about paying for long-term care in the Medicare & You handbook.
- Concierge care (also called concierge medicine, retainer-based medicine, boutique medical, platinum practice, or direct care).
- Covered items or services you get from an opt-out-doctor or other provider (except in the case of an emergency or urgent need).

An extra benefit that helps to enhance Medicare Advantage Part C plans is that when one enrolls, they are offered Silver Sneakers or other types of memberships

which provides a gym benefit. The Toni Says® Medicare team always advises those new to Medicare or changing their Medicare plan to discuss if their primary care doctor or specialists are in that Medicare Advantage plans network.

Since Original Medicare does not cover dental, I would recommend that you talk to your dentist and see which dental insurance plan he/she prefers.

There are 2 different types of dental plans:

- 1) Traditional or indemnity dental insurance plans which is generally higher in premium and the preventive services are usually covered at 100%, basic restorative is generally covered up to 80% and major procedures at 50%. Many of the traditional/indemnity dental plans may have a wait for services such as fillings, root canals, bridges, crowns, etc.
- 2) Discount dental plans are generally less expensive than traditional dental plans. These plans provide a discount for services, but your dentist must be part of the plan and agree to give the dental discount.

Medicare and You handbook discuss eyeglasses (after cataract surgery) which is a limited benefit because Medicare will cover one pair of eyeglasses with standard frames (or one set of contact lenses) after cataract surgery that implants an intraocular lens. The Medicare Part B deductible will apply for the cataract surgery and you will pay the 20% of the Medicare-approved amount.

Medicare defines glasses as an elective. I am not sure why glasses are considered elective (not covered), since we do need to see to drive, but it is.

Hearing aids are also considered elective. "Medicare covers the exams if your doctor or other health care provider orders them to see if you need medical treatment. You pay the 20% of - the Medicare-approved amount and the Part B deductible applies."

For assistance with enrolling and personalizing your Medicare, contact the Toni Says® office at 832/519-8664.

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

Blessings Get Shared

By Dot Boyd,
Fair Oaks Chamber of Commerce

Have you seen the huge checks around Fair Oaks lately?! Very impressive! Fair Oaks Chamber Member New Life Church was "blessed" last year with some extra funding from their congregation. They prayed as a church and asked where to best send this extra money. The decision was made to pay it forward and give back to our community of Fair Oaks. Last week, our Executive Director Kimberley Pitillo went out into the community and introduced Pastors Jeff Pitnikoff and Andre Reis to seven local restaurant owners and blessed them each with a surprise, no strings attached grant of \$5,000!



Brahma Bar & Grill General Manager Nikki Brunello receives a \$5000 grant from Pastor Jeff Pitnikoff of New Life Church. Photo by Kimberley Pitillo

"It was an amazing experience, and to watch the tears and surprised looks on all these recipients was something I will never forget!" said Kimberley. "Good things happen to good people", she added.

Kimberley said that Fair Oaks is a great community (don't we know it!) and so many individuals stopped them to congratulate New Life Church for doing something absolutely amazing! She said it was "a blessed day in Fair Oaks!" To find out more information and to watch the video of this day you can visit www.aboutnewlife.com. New Life Church is



Fair Oaks Brew Pub Owners Gary Juels and Wei Zhang receive a \$5000 grant from New Life Community Church. Photo by Kimberley Pitillo

OV. Wild Rooster will be the first FO restaurant to host on 5/11, and two more in FO will host on 5/25 and 6/8. OV restaurants will host two additional nights, with the program ending on 6/8. This is a campaign made possible by the OV/FO Community Foundation www.ovfocf.org. The Foundation pays for 100 meals at each restaurant and the community at large can reserve a meal for whatever they want to pay or pay nothing at all. Meals sell out within an hour or two each time the reservation window goes live online on the Wednesday prior to the dinner night. You'll always see smiling volunteers from each chamber handing out the dinners in the restaurant parking



David Trowbridge owner of Rims Deli holds a check for \$5000 from Pastor Jeff Pitnikoff. Photo by Kimberley Pitillo

lots. No tip required but a smile will do! Here's what else is happening at FOCC: we'll be joining our sister chambers at the Q2 Sunrise Corridor Chambers Power Lunch on Friday, May 7th. It's Rancho Cordova's turn to host our first in-person luncheon in over a year! On Saturday, May 8th, it's the monthly Homegrown Craft Fest at OV-FO Food Bank from 11 am to 3 pm. <https://www.facebook.com/HomeGrownCraftFest>. Come on over for the fun and wish our FOCC Honorary Mayor, Penny Howard a very happy 99th birthday! She'll be holding court or holding a cold beer (wink) from 1 pm to 3 pm. Be sure to follow us on Facebook and visit our website at www.fairoakschamber.com. We appreciate your continued support of our member businesses. ★

A Showdown Over Crime and Punishment Looms



By Dan Walters
CALMatters

Should California continue to reduce punishment for crimes large and small, or has it gone too far and implicitly allowed criminals to prey upon Californians without fear of imprisonment?

The question has reverberated throughout the state over the last half-decade, ever since former Gov. Jerry Brown lunched a personal crusade to scale back the lock-'em-up laws that California enacted - including some that he signed - in the 1980s and 1990s.

California voters will answer it next year by either giving newly appointed Attorney General Rob Bonta, a fervent believer in the softer approach to crime, a full term or replacing him with someone with a tougher attitude toward lawbreakers.

The conflict jelled on Monday when Sacramento County District Attorney Anne Marie Schubert declared her candidacy, saying, "The California criminal justice system is in chaos" due to laws and policies that value rehabilitation over punishment.

Schubert devoted much of her announcement to denouncing Los Angeles District Attorney George Gascón and San Francisco District Attorney Chesa Boudin as "rogue prosecutors," criticizing state legislators for ignoring crime

victims in their rush to soften punishments, and tying Bonta to them.

"Rob Bonta has no regard for crime victims," Schubert told the Sacramento Bee in a pre-announcement interview. "I think Rob Bonta is similar, if not identical, to the district attorney in San Francisco and Los Angeles."

In Schubert, the state's criminal justice traditionalists probably have their strongest challenger to Bonta, a state legislator who was selected by Gov. Gavin Newsom as a successor to Xavier Becerra after the latter joined the Biden administration in Washington.

While moderate Republican Nathan Hochman, former assistant U.S. attorney in the Bush administration, also is running, he is little known while Schubert, a former Republican who is not registered with a political party, achieved statewide and even national attention for recently prosecuting serial rapist and murderer Joseph James DeAngelo Jr. Dubbed the Golden State Killer, DeAngelo, a former policeman, was tied to the decades-old crime spree by a novel use of DNA evidence.

Schubert can expect support from all but a handful of the state's other local prosecutors and police organizations which have opposed efforts by Brown and like-minded legislators to soften punishment. She surrounded herself with families of crime victims as she announced her candidacy.

Bonta, on the other hand, will be backed by the national criminal justice reform movement that has been working state-by-state and county-by-county

to replace traditionalist prosecutors with those favoring rehabilitation over incarceration. Billionaire investor George Soros has been one of the major drivers behind the movement.

Schubert, in fact, had overcome such a challenge in winning re-election three years ago. When Gascón, who had been San Francisco's district attorney, moved to Los Angeles and unseated District Attorney Jackie Lacey in 2020, it marked a new intensity in the philosophical clash.

He, Boudin and two other like-minded district attorneys have battled with the California District Attorneys Association over policy issues and formed their own group, the Prosecutors Alliance of California, to push for criminal justice reforms.

The next big California battle for the contending factions was to have been in Orange County, where District Attorney Todd Spitzer, a former Republican legislator, will be facing Peter Hardin, a Democrat and former prosecutor, next year.

However, Becerra's resignation, Bonta's appointment and Schubert's declaration of candidacy create an even more intense showdown over crime and punishment in the nation's most populous state.

Should Schubert prevail next year, it would not only be a big win for criminal justice traditionalists, but also make her a potential candidate for governor or U.S. Senate thereafter.

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



Fair Oaks Coffee & Deli owners Munir Massoud and Tony Massoud receive a gift and a good hug from Pastor Jeff Pitnikoff. Photo by Kimberley Pitillo

located at 11140 Fair Oaks Blvd.

The "Dinners on Us" 2nd Quarter Campaign launched on Tuesday, 5/4 in

Try Some Meal Favorites at The Paisley's Café

Orangevale
Woman's Club

ORANGEVALE, CA (MPG) - Loyal to Local sponsored by Orangevale Woman's Club of Orangevale was delighted to interview Chef Ozzie who owns Paisley's Café at 9372 Madison Ave Suite 1, Orangevale. She chose Orangevale because she lives here and loves the town and the people. Chef Ozzie has eight children, and each of them have worked in the restaurant business in various roles. She also has two very spoiled dogs. To keep her afloat, she has been providing meals to seniors. At the peak she was providing 650 meals a week but is now providing approximately 250 per week

She was raised by her grandmother in England, who was also a chef. As a little girl, she spent hours in the kitchen with her Nana, learning how to prep, cook and bake. As an adult, Ozzie worked in the food industry, and later, learned to fine tune her skills by attending and earning a degree in the Culinary Arts Program at American River College, in Sacramento.

The idea of The Paisley Café had been in the works for years, and



Meet Chef Ozzie and get of her specialties at The Paisley's Café on 9372 Madison Ave Suite 1, Orangevale. Photo: Orangevale Woman's Club

we are so excited that it finally became a reality in November 2017. Unfortunately, due to Covid her business has dropped by 70 percent. Her meals are always made from scratch using locally grown and seasonal ingredients whenever possible. She uses real butter and makes her own sausage. Everything is bigger and better. Some of her customers' favorites are her Boy and Girl large and delicious cinnamon rolls, the epic widow maker burger, corned beef hash, avocado toast and biscuits and gravy and of course

her specialty omelets. She is currently opened Friday, Saturday and Sunday from 8am - 2pm. She is only serving breakfast right now, but lunch should be resuming soon. She is running a special on the Widow Maker Burger of 20% off through Sunday May 9th. You must say where you saw the special. She offers outside dining and will hopefully begin indoor dining in May. Online ordering at The-Paisley-Cafe.com and provides local delivery within a 5-mile radius. Call today and order at 916-790-8815. ★



By Marlys Johnsen Norris, Christian Author

Most everyone has heard the story about Noah and the flood that overtook the world many years ago recorded in the Holy Bible. (Genesis 8 and 9). Those days the world of people had become corrupt! Most everyone was influenced to promote all kinds of evil and God was fed-up and disappointed with them!

However, there was one man who listened to the voice of God, trusted God and then obeyed His instructions. His name was Noah and God spoke to him about the coming flood disaster. God gave him instructions to build a large

Listen! Trust And Obey God

boat (Ark) to save his family and one kind of every living animal on the earth. He followed those instructions and God warned him just in time to get everyone aboard before the flood came.

Note: Today in the state of Tennessee there was a man who was challenged to build a replica of Noah's Ark and people can go and see it.

The whole earth was covered with water and many people and animals did perish. The boat was tossed and turned in the waters but those aboard were safe. Noah had listened carefully and followed God's instructions perfectly. He never disobeyed what ever God had instructed him to do. He and his family were blessed to live a longer life than all the others who perished in the flood.

It is no secret what God has done to show all of us how to live a better life! Everyone of us need to acknowledge God's existence and His divine plan for our lives! We are to listen for His still small voice and then, obey God's words of instructions! Today we have the Holy Bible of recorded words from men of old, written thousands of years ago for us to gain wisdom about a loving and caring Creator. Also, recorded promises to claim and live. When we do, everyone one of our lives will be blessed over and over again by a loving God who created us.

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

District Attorney Anne Marie Schubert to Run for Attorney General



Anne Marie Schubert candidate for California Attorney General 2022 and current Sacramento County District Attorney. Photo: Office of Sacramento District Attorney

From Anne Marie Schubert for Attorney General

SACRAMENTO, CA (MPG) - Sacramento County District Attorney Anne Marie Schubert has announced she will be a candidate for Attorney General of California in 2022. Schubert made her announcement Monday morning while flanked by numerous crime victims, including victims of the infamous Golden State Killer.

"I am running for Attorney General because California's criminal justice system is in chaos," said Schubert.

"When policy makers and reckless prosecutors talk tough about protecting all of us, yet turn around and

refuse to take action to protect any of us - that's chaos. When politicians talk tough and tell you they will protect the vulnerable, yet they refuse to make hate crimes, domestic violence, child abuse, human trafficking of a child and rape of an unconscious person a violent crime - that's chaos. When politicians pass law after law or issue directive after directive that erode criminal accountability and public safety - that's chaos. When convicted murderers are celebrating in their jail cells that they're going to get out of prison because of these policies - that's chaos.

"Let me be clear - the newly appointed Attorney General helped create this chaos by voting for and supporting policies and laws

that are not only destroying the rights of crime victims but are destroying public safety in this state."

In his introduction of Schubert, Marc Klaas, father of murder victim Polly Klaas, said: "Today is a great day for California. One of our state's most accomplished prosecutors and a hero to crime victims has decided to run to be California's top public safety official. Anne Marie Schubert's passion for victims and for justice is unsurpassed. Her record and accomplishments are unrivaled."

While Anne Marie Schubert may be best known for the successful investigation, arrest and conviction of the Golden State Killer and for leading the successful effort to expose the state's \$30 billion EDD scandal, she has spent over 30 years as a top prosecutor, protecting kids from sexual predators and making sure violent criminals are held accountable for their crimes. She is an international expert in DNA/Cold Case investigations and prosecutions.

Schubert's experience stands in great contrast to recently appointed Attorney General Rob Bonta, a former State Assemblyman who was appointed to the job in spite of having no experience in public safety or as a prosecutor.

Visit SchubertForAG.com for more information. ★

A Shortcut Is Not Always That Short

By Rev. James L. Snyder

I have always appreciated shortcuts in life. If I can find a shortcut, I will take it because time is valuable to me. I take pride in coming up with a shortcut that actually saves me time.

Last week I had to go clear across town for my appointment with my eye doctor.

My eye appointment went rather well, and I was happy with the results. I had made the appointment very close to the next appointment I needed on the other side of town.

As I left the doctor's office, I thought I would take a different route to go on the other side of town for my next appointment. I've lived in this town for quite a few years, and I thought I knew every street in this town. But I guess I didn't know everything I needed to know.

Driving down one block, I noticed a street to my right that I thought I recognized, and so I made the turn and followed that street. Then I came to a street that took another right, and so I followed that. As I was driving through, I didn't recognize anything that I could

remember.

Just then, I saw a street sign to the right that I kind of remembered and gladly turned down that street believing I was going to get their way ahead of my schedule and I would have plenty of time. I was smiling as I was driving down that street.

As I was driving, I recognized some of the buildings on both sides of the street and was very confident that I had it made.

My only regret was that I didn't have the Gracious Mistress of the Parsonage with me to boast about my shortcuts. If there's one thing she doesn't like, it's my shortcuts. According to her, my shortcuts always create problems. Boy, I wish she was with me now!

The more I drove down the street, the more familiar the buildings became. And then I saw it and could not believe what I saw.

On the right side of the street was the eye doctor's office I had left about 20 minutes ago. I could not believe this was happening to me. Looking at my watch, I realized I'm not going to make my next appointment on time. I did not know what to do.

The only thing I could do at the time was call and cancel that appointment. The bad side is, I would have to explain to my wife why I canceled that appointment. When she hears of my shortcut plan, she is going to stare at me with one of "those stares" and then say, "What have I told you about your shortcuts?"

I just couldn't put a new plan together that would solve the problems that I had right now.

As I drove away from the eye doctor's office, I thought of what David said, "I will instruct thee and teach thee in the way which thou shalt go: I will guide thee with mine eye" (Psalm 32:8).

Sometimes I'm tempted to take a shortcut in my relationship with God. I sometimes think that I know better than God, and it always ends up in some level of tragedy.

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. ★

Montessori Orangevale Student Third in National Quiz Bowl Tournament

By Dwight Kidder, NAQT

ORANGEVALE, CA (MPG) - On Sunday, April 25, Pranavkrishna Bharanidharan, a student from California Montessori Project - Orangevale Campus, competed in a national quiz bowl competition. The Individual Player National Championship Tournament, hosted by National Academic Quiz Tournaments was played online through a series of Zoom conference calls. After seven rounds of fierce competition between 51 students from 17 states, Pranavkrishna qualified for the playoffs, and finished in 3rd place.

The competition consisted of students being asked questions in eight academic fields, requiring them to buzz in to answer. National Academic Quiz Tournaments' other competitions are team-based, which allows a team of four to balance each others' strengths and weaknesses among categories. The IPNCT removes that safety net and requires players to expand their learning

beyond what they specialize in.

In addition to the overall championship, the tournament evaluated students' performance on questions in each category and awarded high placements in each category. Pranavkrishna finished first overall in the Geography category, and finished third overall in History and Social Science.

The overall winner was Arin Parsa from Stanford Online High School in Redwood City, California.

National Academic Quiz Tournaments, founded in 1996, organizes the premier middle school, high school, and college quiz bowl championships in North America. In addition to its national championships, NAQT provides questions to invitational tournaments, league championships, and television shows throughout the year. NAQT operates out of the Twin Cities and Kansas City, but its members mentor coaches, host tournaments, volunteer their services, and share their expertise across the United States. ★

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 - Observe
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 - "Fear of Flying" author Jong
 - Madame Tussauds' medium
 - Fervent
 - Never say this?
 - You to are is as thou to
 - Skylit lobbies
 - "It isn't easy 'bein' green" for him
 - *First bilingual Sesame Street puppet
 - Flower precursor
 - Rental on the links
 - Rowing prop
 - Banana remnant
 - Besmer
 - Poker variety
 - Away from wind
 - Like helium gas
 - Coconut fiber
 - Like an iPhone
 - Singular of #33 Down
 - Per _____, or yearly
 - Guessimate phrase, 2 words
 - Raise, as in child
 - Bob Marley's music
 - TV classic "____ Make a Deal"
 - Hi-_____ monitor
 - Oscar Wilde's Dorian
 - *Sesame Street's Meryl Sheep
 - *Every starred clue in this puzzle
 - *Self-described as lovable, cute and furry
 - One born to Japanese immigrants
 - Be in the red
 - He had no cause?
 - Thin mountain ridge
 - Local area network
 - Unmanned flyer
 - Hospital statistics unit, pl.
 - NaOH
 - Church assembly

Crossword Puzzle Solutions on Page 7

1	2	3	4	5	6	7	8	9	10	11	12
13					14			15			
16					17			18			
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71					72			73			

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 - Either Gauche or Droite in Paris
 - Like a lemon
 - Beginning of a workout
 - Special law enforcement unit, acr.
 - Elephant's distinguished feature
 - Uncredited actor
 - Lake _____ caca, South America
 - *Ernie's roommate
 - Diva's delivery
 - Swedish shag rug
 - "_____ your seatbelts"
 - Think tank output
 - Eyeball shape
 - "I can see _____ now the rain has gone..."
 - *Trash can dweller
 - Be sorry for one's wickedness
 - Repenting
 - *He avoids pronouns and speaks in falsetto
 - Gloomy
 - More competent
 - Arm bones
 - *Mama, Papa, Baby and Curly
 - Chemical cure

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

Solutions on Page 7

Find Puzzles on Page 7

S	T	R	A	W	S	E	E	T	B	A	R							
E	R	I	C	A	W	A	X	F	I	E	R	Y						
N	E	V	E	R	A	R	T	A	T	R	I	A						
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C	O	I	R		S	M	A	R	T		U	L	N	A				
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Sudoku Puzzle on Page 7

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

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Women's Empowerment Event Uplifts Women after Impacts from Pandemic

By Caroline Perry, Elevate

SACRAMENTO, CA (MPG) - WEAVE Sacramento and SmileDirectClub teamed up to host a Women's Empowerment Event that featured State Treasurer Fiona Ma, and Senator Susan Rubio as guest speakers – working to uplift women in the Sacramento-region after shouldering outsized impacts from the pandemic ranging from lost jobs and less pay to limited access to healthcare.

"It has been widely reported that the impacts of the pandemic have been especially harsh on women – with women losing more than 5 million jobs in 2020 and many going without healthcare when compared to men," said Beth Hassett, WEAVE CEO. "We hosted the event for our clients who have been under tremendous pressure to get back into the workforce and are not sure where to start. Our goal was that they leave the conversation recognizing the importance of putting themselves first, while also being inspired with a greater sense of confidence."

According to a recent report released by the Kaiser Family Foundation, "Women are more likely to have gone without health care during the pandemic compared to men, and women with health and economic challenges prior to the pandemic have experienced worsening health conditions as a result of skipping health care services during the pandemic." A bright spot in the report highlighted the benefits of telehealth during this time by summarizing that, "People have been largely satisfied with their telemedicine interactions. The share of men and women who at the time of the survey reported having a telemedicine visit during the pandemic tripled since before the pandemic. But not all have had the opportunity or access to telemedicine."

"As a telehealth and oral care pioneer, SmileDirectClub believes in increasing access to affordable premium oral care and understands why maintaining good oral health is so important while these women are getting back on their feet. We are honored to partner with WEAVE to encourage

and support women who have been impacted by the pandemic and welcomed the opportunity to bring women leaders together for a serious discussion on how women can build up each other's confidence and succeed in the workforce," said Cheryl DeSantis, Chief People Officer at SmileDirectClub. "Today's event was an example of how together we can positively impact the communities where we operate, helping people during difficult times of transition."

As noted by research experts at the Center for the Changing Family at the USC Dornsife College of Letters, Arts and Sciences and the USC Rossier School of Education, "women have lost jobs at a higher rate than men during the pandemic and almost twice as many women as men remain without a job. According to the latest national jobs reports, Black and Hispanic women have higher rates of unemployment than white women and saw the largest drops in labor force participation since the beginning of the pandemic."

"Now more than ever, women throughout California need our support as they find paths to reenter the workforce and make themselves a priority," said California State Treasurer Fiona Ma. "It was an honor to participate in an event designed to empower women in the Sacramento-region – as we all have an important role to play in lifting California women up to ensure they come out of the pandemic with the support they need to not only survive but thrive."

"It is energizing to be surrounded by strong women today who have overcome so many struggles. It took a lot of courage for these women to confront their challenges and rebuild their lives," said Senator Susan Rubio. "The least we can do is to help secure resources for them and offer encouragement. That is why I am so thankful for the work WEAVE does every day, and to SmileDirectClub for their contributions."

Watch the Event on SmileDirectClub's YouTube Page: <https://youtu.be/9KywoQNBEjw> ★

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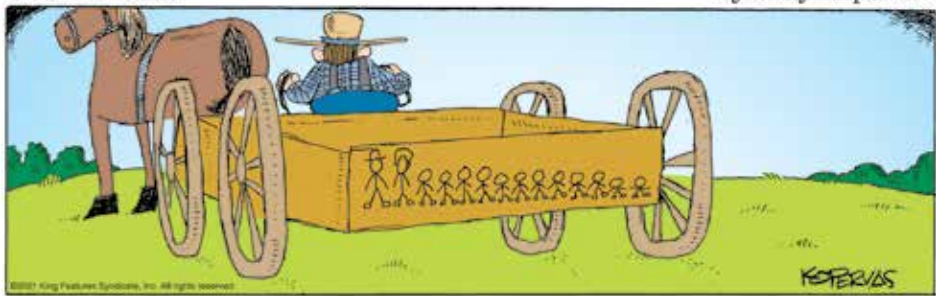
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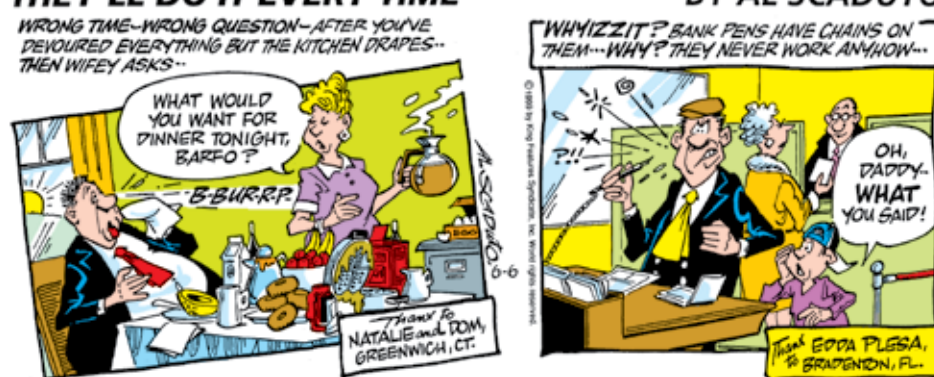
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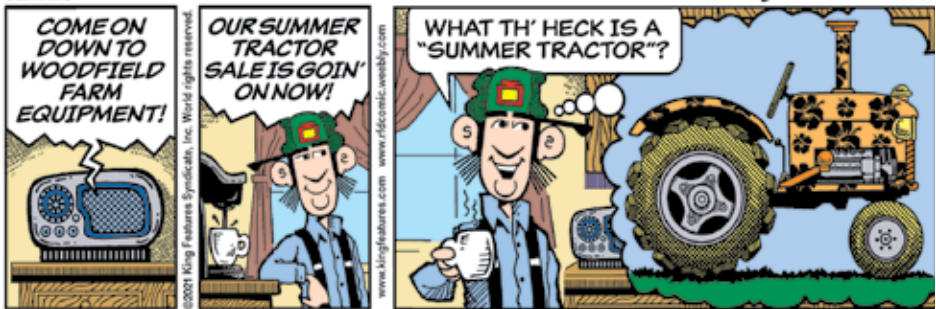
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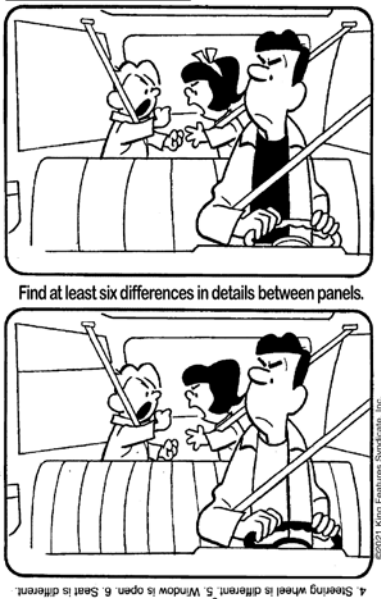


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