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Documentary Brings
Hope to Our Military**

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Announce New
10-year Affiliation**

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AMERICAN RIVER Messenger

VOLUME 16 • ISSUE 4

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FEBRUARY 26, 2021

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INSIDE**

**REOPEN
CALIFORNIA
NOW!**



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INSTITUTE SAVES
LIVES AND LIMBS!**



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SMUD BOARD
VICE PRESIDENT**



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Ancil Hoffman Golf Course Wins CGCOA Award



Left to right: Asa Jennings (GM, Ancil Hoffman Golf Course), Greg Bliak (Golf Division Manager), Liz Bellas (Director, Sacramento County Regional Parks), Rod Metzler (CP, CourseCo), Supervisor Rich Desmond (District 3), Marc Connerly (Executive Director, CGCOA) and Michael Sharp (President & CEO, CourseCo). Photo: Sac County

**By Ken Casparis,
Sacramento County**

SACRAMENTO COUNTY, CA (MPG) - Sacramento County's very own Ancil Hoffman Golf Course, which is owned by the Department of Regional Parks and operated in partnership with CourseCo, was recently named the

winner of the 2020 California Golf Course Owners Association (CGCOA) Community Environmental Award.

"CGCOA's criteria for the Community Environmental Award includes preserving coveted resources such as water and electricity; implementing environmentally smart programs; maintaining a recycling

program throughout the property; creating safe, natural habitats for birds and other animals that occupy the course; and increasing citizen awareness of the role played by golf courses as friends of the environment," said Marc Connerly, Executive Director of the CGCOA. "For this year's award,

Continued on page 4

Curbside Collection Rates Increase on March 1

**By Laurie Slothower,
Sacramento County**

SACRAMENTO COUNTY, CA (MPG) - A rate increase will take effect March 1 for residents of the unincorporated county who receive curbside garbage, recycling, and green waste service.

Rates will increase by \$5 per month for the 30-gallon, 60-gallon, and 90-gallon garbage cart sizes. The standard level of service includes one garbage cart (size chosen by the customer), one recycling cart, and one green waste cart. An additional increase of \$5 per month will take effect Jan. 1, 2022.

The increase – the first in 10 years – was approved on Jan. 12 by the County Board of Supervisors and will only partially offset the increased cost to collect and process residential recycling and green waste material that is collected curbside.



A rate increase will take effect March 1 for residents of the unincorporated county who receive curbside garbage, recycling, and green waste service. Photo: Sac County

The table below provides a breakdown of the approved rates:

The price for a 30 gallon Garbage Cart is currently \$19.95 but will be \$24.95 effective March 1, 2021. An additional increase of \$5 per month will take effect Jan. 1, 2022 projected to be \$29.95.

The price for a 60 gallon Garbage Cart is currently \$23.55 but will be \$28.55 effective March 1, 2021. An additional increase of

\$5 per month will take effect Jan. 1, 2022 projected to be \$33.55.

The price for a 90 gallon Garbage Cart is currently \$30.76 but will be \$35.76 effective March 1, 2021. An additional increase of \$5 per month will take effect Jan. 1, 2022 projected to be \$40.76.

The Board of Supervisors also doubled the monthly rebate amount available to eligible low-income customers through

the Solid Waste Lifeline Rate Assistance Program. Effective March 1, the rebate amount will increase from \$5 per month to \$10 per month.

Detailed information on the cost for all rates, including the increased monthly cost for the additional recycling carts, green waste carts, additional curbside service, and additional bulky waste pickup is posted at www.sacgreenteam.com. ★

Specialty Team Deployment of Body-Worn Cameras Announced



**By Sergeant
Rod Grassmann,
Sacramento County
Sheriff's Office**

SACRAMENTO COUNTY, CA (MPG) - The Sacramento County Sheriff's Office is pleased to announce that effective February 15, 2021, the specialized units of Gangs, Homeless Outreach and North Problem Oriented Policing (POP) will be equipped with body worn cameras. After a process that started with field-testing cameras in 2017, and officially requesting funding for body cams in 2018, our body worn program has finally begun. This pilot program approach allows the sheriff's office to study and evaluate the effectiveness, as well as the technology, data storage and best practices.

The Sacramento County Sheriff's Office is committed to an ongoing partnership with our community to provide the highest level of service based on trust and transparency. In addition to our in-car camera systems which have been utilized for over a decade, the implementation of the body worn cameras will allow deputies to document incidents and interactions and obtain evidence during investigations. In terms of evidence collection, body worn cameras and in-car cameras provide an invaluable record of statements, physical evidence, and timeline of events during crimes in progress and other critical incidents.

Additionally, the sheriff's office will be able to review the video footage to debrief critical incidents and use the camera footage as a training tool to keep officers well trained and prepared. We embrace this valuable tool and are proud of our deputies' professionalism as they provide service to the Sacramento County Community.

We are on track for a full deployment of body worn cameras by June 2021. The agency wide distribution of body-worn cameras for deputies will enhance safety, increase accountability, reduce County liability and advance prosecution. ★

Wounded Heroes Documentary Brings Hope to Our Military, First Responders, and Everyone Battling Post Traumatic Stress

By Nicki Thomas, Veteran PR

CHICAGO, IL (MPG) - New film shines a light on bold new alternative non-drug treatments and programs that heal the wounds of PTS

In the Wounded Heroes Documentary due out March 5th, 2021, PTS sufferers are finally getting their voices heard as they speak out about their mistreatment by the healthcare system, the medications that are making them worse, and the amazing new proven therapies that are giving them back their lives.

An alarming statistic by the Department of Veterans Affairs report anywhere from 17 to 22 veteran suicides every single day.

Many feel it does not need to be that way.

After learning about this statistic and the serious side effects of overmedicating veterans, California filmmaker, Michael Gier, went on a mission to find successful alternative non-drug treatments that restore lives from the destruction of PTS.

"Post-Traumatic Stress among our veterans is a serious problem," said Gier. "Most are given prescription medications, or drug cocktails as many call them, some of these prescriptions are black labeled with serious side effects."

Gier, who traveled all over the country interviewing veterans, military brass, politicians, doctors, and other experts, said many veterans feel medication is just a band-aid over a wound that will never heal.

"Our veterans deserve so



The new film shines a light on bold new alternative non-drug treatments and programs that heal the wounds of PTS. Photo credit Veteran PR

much more than just a band-aid and that is what inspired me to create this film," said Gier.

Wounded Heroes Documentary is a 3-year passion project, funded primarily by Michael Gier and his wife Terri Gier, and features life changing options that give those suffering from PTS hope, potentially saving lives.

"These men and women served our country for years and the best we can do is give them drugs; some as many as eighteen different prescriptions, forty pills a day?" said Gier. "I knew there had to be better options."

In the film, Gier interviews health care professionals who are using alternative therapies that have been successfully proven to dramatically decrease their patients' medication or help them become completely PTS prescription free.

Gier said by creating the film he wanted to bring as much awareness as possible about these life changing treatments and that everyone suffering from PTS needed to know there were other options out there for them.

"These aren't just therapies that can help our soldiers and veterans," said

Gier. "Firefighters, police officers, and first responders all deal with PTS, and even more people from all walks of life are being affected by Covid-19. These can benefit them too."

Veterans reported the alternative treatments helped change their lives significantly for the better and went from contemplating suicide to finding happiness and gratitude in their daily lives.

"I feel alive again, I feel rejuvenated, I feel like a soldier again." - Kyle Green, US Army 1998 - 2008

"I'm happier today than I've ever been in my entire life." - Chuck Gardea, US

Air Force 1989 - 2015, Firefighter/Paramedic 1998 - 2015

"I didn't even know this kind of happiness was possible." - Sherri Waters, US Army

"You can change your life around. And there is light at the end of the tunnel, I am proof." - Antonio Zavala, French Foreign Legion 1985 - 1990 / US Army 1992 - 2006

Dr. Shauna Springer, Ph.D., known as "Doc Springer" in the military community, is one of the nation's leading experts on trauma, military transition, and close relationships. She has become a trusted Doc to

countless warfighters across the country and has gained the respect of warriors of all ranks. Her unique role has given her a deep understanding of warrior culture, and the warfighter.

Dr. Springer is a proud advocate of the film.

"The feeling that Post-Traumatic Stress is a "life sentence" is killing warriors - and people across America. Many have given up, but they need to know that there is life beyond trauma - not just survival, but a good life - a connected, emotionally fulfilling life. Wounded Heroes presents this life changing story of hope," said Dr. Springer.

The Wounded Heroes Documentary will be available for streaming across multiple platforms including Amazon, iTunes, Google, and more starting March 5th, 2021.

Visit www.wounded-heroesdocumentary.com to learn more and join the grassroots effort to help spread the word and impact countless lives.

The Wounded Heroes Documentary is the passion project of producer and director Michael Gier of Gier Productions, LLC. To date, he's produced and directed hundreds of TV commercials, corporate video projects, and short and feature films. This is his first documentary.

An estimated 13 million Americans have PTS at any given time. - Sidran Institute (Traumatic Stress Education & Advocacy)

For more information: www.WoundedHeroesDocumentary.com ★

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Beef Bottom Round Steak - Boneless \$3.49/lb

Boneless & Skinless Chicken Thigh Meat \$1.39/lb
Pork Butt Roast - Bone-In \$1.39/lb
Pork Butt Roast - Boneless \$1.79/lb
Pork Spare ribs \$2.49/lb

Lamb Shoulder Chops \$11.99/lb
Lamb Arm Shoulder Chops \$11.99/lb
Lamb Rib Chops \$32.99/lb
Lamb Loin Chops \$19.99/lb

Lamb Leg Steaks \$4.99/lb
Lamb Riblets \$6.99/lb
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Lamb Neck Stew \$4.99/lb
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 Oranges 10 lb Bag 3.49

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 King Oyster Mushrooms 1.99
 Red Yams 69¢
 Yara Root 89¢

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 Balim 100% Pure Raw & Unfiltered Honey 625 gr \$5.99
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Assemblyman Ken Cooley Introduces Equitable Campsite Reservation Bill



Office of Assemblyman Ken Cooley Press Release

RANCHO CORDOVA, CA (MPG)

- On Monday, February 8, Assemblyman Ken Cooley (D-Rancho Cordova) introduced AB 472, the Equitable Campsite Reservation for All Act, which would extend consumer protections to campsite reservations for state and local parks by prohibiting the use of “bots” in securing reservations.

California State Parks are a cornerstone of the California Experience. With 280 State

Parks encompassing 1.5 million acres of land and 4500 miles of trails, these locations are some of the most visited places in the state. California parks and camping reservation are in such demand that in recent years people have struggled to reserve campsites.

The desire to reserve campsites at favorite parks led some consumers to use “bots” on reservation websites. Bots are pieces of software that can perform automated and directed tasks, which allows someone using a bot to unfairly reserve campsites at faster-than-human speeds that leave honest campers out of luck. The use of bots continues to unfairly shutout individuals who do not have the technological prowess or money to achieve these faster bookings. Currently, campsite reservations are scheduled out in six

month increments on a rolling calendar and when in demand dates approach, the likelihood of securing the site diminishes. It has become evident that speed is of the essence to secure a campsite.

“California’s parks are an integral part of our state’s natural endowment, to be protected and shared with all our citizens. AB 472 ensures that all Californians have an equal ability to access their state and local parks,” said Assemblyman Ken Cooley. “With so many aspects of life put on hold this past year, one of the few pleasures we should all be able to enjoy is the beauty of California’s nature.”

AB 472 ensures that bots are no longer able to be used to reserve camping venues and provides fair and equitable access to enjoy our unparalleled state and local park system. ★

Reopen California Now!



Jack Frost of Pro Small Biz attended the event with his wife Sue. He said he was glad the Governor had responded to the last efforts to open the State economy and cheered the gathering to continue towards a full opening. Photo by Paul Scholl

By Patrick Larenas

CITRUS HEIGHTS, CA (MPG) - Believing the COVID shutdowns are an opportunity to turn the State’s current direction, the Citrus Heights Chamber of Commerce hosted a Reopen CAL NOW gathering on Monday, February 15, to represent the economic segments still affected.

The event featured local community and business leaders speaking at the commercial block at 7010 Sunrise Blvd., Citrus Heights—right next to the R Vida Cantina Mexican Restaurant. Kevin Miles, co-owner of the dining establishment joined the 30 people attending:

“We’ve been dealing with this all year, but after you put people in a corner,” Miles said, “I could not look at the employees in the face and tell them they are all being laid off... so I took the decision to stay open.”

Miles expressed his gratitude to the City of Citrus Heights for its efforts in being included in the Great Plates Program: “without [that] our business could not have survived.”

Event organizer, Arcade realtor Lilian Fulton, told the crowd that the trickle-down effect had been devastating to many: “Parents are not capable of teaching new math to their children,

some have not received unemployment checks since June and July, and all that some have for socializing is Zoom!”

Citrus Heights Chamber of Commerce president Amanda Camacho commented, “None of us could have been prepared for how the COVID shutdown has affected businesses from the local mom-and-pop shops to national franchises... but I am glad we came out today to discuss... the next steps for our community.”

Also attending the meeting was elected Sacramento County Fourth District Supervisor Sue Frost. She said that, as before, good data has been very hard to obtain from the State. Most of the information she sought was not available, too hard to understand or did not answer her questions.

“There is a very loose requirement for COVID deaths, and hospitals are receiving money for every COVID death,” she said, “this really makes us question the data.”

Assemblyman Kevin Kiley (R-Rocklin) supported the group and gave his view that Governor Newsom’s handling of COVID-19 highlighted and “amplified all that was already wrong with California” from political partisanship to the teachers unions and Big Business. ★

The Vascular Institute Saves Lives and Limbs!



The Vascular Institute extends its services to a new Carmichael location. In the photo: Michelle Guerrero, Sacramento Office Manager (pictured left), and Pam Wirsing, Carmichael Front Office Coordinator (right). Photo: Vascular Institute

By Patrick Larenas

CARMICHAEL, CA (MPG) - If you are experiencing symptoms like leg or foot pain, cramping, discoloration or bulging veins, you might benefit from a special visit to the new Vascular Institute of Carmichael. A Grand Opening Screening Event focusing on the lower extremities will be held free of charge on Wednesday, March 3rd from 9:30 am to 2:30 pm.

Pam Wirsing, Carmichael Front Office Coordinator, says she is very glad “to bring excellent patient care and... experience to Carmichael as part of the Vascular Institute team.”

The Phoenix, Arizona-based Vascular Institute specializes in Peripheral Artery Disease (PAD) which consists of conditions produced by major plaque buildup in the body’s arteries and veins. If left untreated PADs can create blood blockages leading to heart attack, cerebral stroke or limb amputation.

“Many of those who suffer with conditions such as diabetes, high cholesterol, and hypertension or have a history of smoking may greatly benefit from our services,” said Jennifer Valcazar, Sales Account Manager.

Sacramento Office Manager Michelle Guerrero says that thanks to today’s advanced technologies, the team at the Vascular Institute is bringing hope to patients at risk or suffering these conditions. Registered Vascular Technician (RVT) Alex Rodriguez will be utilizing methods such as ultrasound to sense potential blockages which can then lead to minimally invasive procedures to clear away plaque and restore proper blood flow.

Valcazar said that surgery used to be necessary to clear blood passages but now the Vascular Institute can implement minimally invasive procedures which may take 1 hour of your time and allow you to walk away the same day.

Treatment options include Non-Invasive Diagnostic Screening, Atherectomy, Angioplasty, Stent Placement, Sclerotherapy or Radio-frequency Ablation.

“Our highly skilled physicians perform... minimally invasive procedures, (as a) key component to saving limbs and lives,” Valcazar said.

Call ASAP to reserve your screening! (916) 965-5050 or visit www.myvascular.com

The Vascular Institute is located at 6450 Coyle Ave Suite 1 in Carmichael, CA. ★



ST. PATRICK’S DAY Fund Raising Dinner

to benefit

THE FAIR OAKS THEATRE FESTIVAL

SATURDAY MARCH 13TH, 2021

It’s the Annual Fair Oaks Theatre Festival St. Patrick’s Day Fundraiser. The party starts off Saturday March 13th with a Curbside Pick-up St. Patrick’s Day Corned Beef dinner with all the fixings. The Curbside Pick-up location is the VFW Post at 8990 Kruitof Way in Phoenix Park off Hazel Avenue in Fair Oaks. The dinner includes corned beef and cabbage, carrots, potatoes, salad, a roll and butter and dessert. The price is only \$25.00 person and is available only on line at:

www.fairoakstheatrefestival.com

Curbside Pick-up times: 5:30 pm to 7:00 pm.

Dinner purchase deadline! Monday March 1st

Then join us for a Special Fair Oaks Theatre Festival pre-recorded Virtual Musical Presentation and Raffle on our website: www.fairoakstheatrefestival.com. The Raffle will start live at 8:00 pm.

Raffle tickets are \$20 each... put your name on the Wheel One and get 15 chances to win great raffle prize. Grand Prize raffle ticket is only \$35 for one chance on Wheel Two to win the Grand Prize of an Apple I-Pad!!! No ticket limits!

Dinner and Curbside pickup location subject to change or cancellation by Sacramento Public Health Department COVID-19 Requirements. Check for updates online at

www.fairoakstheatrefestival.com

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Beware of 'Ghost' Preparers Who Don't Sign Tax Returns

By David A. Tucker,
Internal Revenue Service

WASHINGTON, D.C. (MPG)

The Internal Revenue Service reminds taxpayers to avoid "ghost" tax return preparers whose refusal to sign returns can cause a frightening array of problems. It is important to file a valid, accurate tax return because the taxpayer is ultimately responsible for it.

Ghost preparers get their scary name because they don't sign tax returns they prepare. Like a ghost, they try to be invisible to the fact they've prepared the return and will print the return and get the taxpayer to sign and mail it. For e-filed returns, the ghost preparer will prepare but refuse to digitally sign it as the paid preparer.

By law, anyone who is paid to prepare or assists in preparing federal tax returns

must have a valid Preparer Tax Identification Number, or PTIN. Paid preparers must sign and include their PTIN on the return. Not signing a return is a red flag that the paid preparer may be looking to make a fast buck by promising a big refund or charging fees based on the size of the refund.

Unscrupulous tax return preparers may also: Require payment in cash only and not provide a receipt. Invent income to qualify their clients for tax credits. Claim fake deductions to boost the size of the refund. Direct refunds into their bank account, not the taxpayer's account.

The IRS urges taxpayers to choose a tax return preparer wisely. The Choosing a Tax Professional page on IRS.gov has information about tax preparer credentials and qualifications. The IRS Directory of Federal

Tax Return Preparers with Credentials and Select Qualifications can help identify many preparers by type of credential or qualification.

No matter who prepares the return, the IRS urges taxpayers to review it carefully and ask questions about anything not clear before signing. Taxpayers should verify both their routing and bank account number on the completed tax return for any direct deposit refund. And taxpayers should watch out for preparers putting their bank account information onto the returns.

Taxpayers can report preparer misconduct to the IRS using IRS Form 14157, Complaint: Tax Return Preparer. If a taxpayer suspects a tax preparer filed or changed their tax return without their consent, they should file Form 14157-A, Tax Return Preparer Fraud or Misconduct Affidavit. ★

Rose Elected SMUD Board Vice President



SMUD Director Brandon Rose was elected Vice President of the SMUD Board of Directors

SMUD Press Release

SACRAMENTO, CA (MPG)

SMUD Director Brandon Rose was elected vice president of the SMUD Board of Directors. His term as vice president will run from January through December 2021. Rose was first elected in 2016 to represent Ward 1, which includes portions of Carmichael, Citrus Heights, Fair Oaks, Orangevale and Folsom.

As chair of the Energy

Resources and Customer Service Committee, Rose guided the development of SMUD's innovative Integrated Resource Plan and setting of the industry leading 2030 zero-carbon goal.

Rose gained extensive energy policy experience working in the California Energy Commission's Renewable Energy Office. He focused on the early development and deployment of solar and wind power including work on fire safety and metering standards as well as improving access for affordable housing projects. He led the Pilot Performance-Based Incentive Program, an innovative, economic-based approach to incentivize solar installations, and a precursor to California's Million Solar Roofs Initiative.

In his current role with the California Environmental

Protection Agency, Rose focuses on emerging zero and near-zero heavy-duty transportation technologies, and the fuels that power them, such as hydrogen, renewable fuels and electricity.

Prior to SMUD, Rose served over eight years as an elected board member on the Fair Oaks Recreation and Park District, including two years as chair. He was further elected as the chair and special district representative to the Sacramento County Treasury Oversight Committee. Rose is active in the non-profit community and currently serves as the immediate past president of the Environmental Council of Sacramento.

Rose is a graduate of Bella Vista High School and holds a Bachelor of Science degree from U.C. Davis in Environmental Policy Analysis and Planning. ★

SMUD's Powering Futures College Scholarship Application Now Open

SMUD News Release

SACRAMENTO, CA (MPG)

SMUD announced that the application period for its Powering Futures college scholarship and internship program is now open. The program awards up to 21 scholarships of up to \$5,000 each to undergraduate students who are enrolled or plan to enroll in an accredited two or four-year college or university. Students must live in SMUD's service area or have a legal guardian who is a SMUD customer.

The awards are based on academic merit and financial need, and preference will be given to students who have declared a major relevant to SMUD. Some scholarships may also include a paid internship at SMUD in 2021 or 2022.

The deadline to apply for the scholarships is March 1, 2021. Scholarships are for the 2021/2022 academic year.

"The Powering Futures program is another

way we're supporting access to education in our community," said SMUD CEO and General Manager Paul Lau. "We're investing in the next generation because these students will directly contribute to the long-term success of the Sacramento region."

For more information about SMUD's Powering Futures college scholarship program, visit smud.org/Scholarships.

As the nation's sixth-largest, community-owned, not-for-profit electric service provider, SMUD has been providing low-cost, reliable electricity for almost 75 years to Sacramento County (and small adjoining portions of Placer and Yolo Counties). SMUD is a recognized industry leader and award winner for its innovative energy efficiency programs, renewable power technologies, and for its sustainable solutions for a healthier environment. SMUD's energy is about 50 percent non-carbon emitting. For more information, visit smud.org. ★

Agents and Brokers Crucial to Successful Special Enrollment

Commentary
by Eugene Starks

Last month, HealthCare.gov's open enrollment period concluded. But consumers may still be able to sign up for coverage. People who have lost employer-sponsored insurance, moved, or experienced other significant life changes may be eligible for a special enrollment period.

Choosing the right health plan can be difficult in the best of times. The coronavirus pandemic has made shopping for health coverage even more challenging.

Health insurance agents and brokers can ease the process of finding the right health plan. Consumers should consider consulting with an agent or broker to ensure they select a plan that provides the coverage they need at the most affordable price.

In 2020, many people shopped for coverage on the exchanges for the first time. More than 20 million people lost their jobs – and often, their employer-sponsored coverage – early in the pandemic.

Open enrollment was busier than expected, exceeding previous years. In the first week, nearly 820,000 Americans signed up for coverage – over 170,000 of which were new consumers. The rate of new daily signups outpaced the previous year's by almost 15 percent.

Signups via special enrollment have skyrocketed because of the COVID-19 pandemic. Between the end of open enrollment in 2019 and May 2020, the number of people who utilized a special enrollment period because they lost their existing coverage increased 52 percent, compared to the same period the previous year.

A new report from the Centers for Medicare and Medicaid Services offers case studies of who some of the enrollees are.

They're people like Rahul, a 31-year-old flight attendant who lost his employer-sponsored coverage when he lost his job because of the pandemic-fueled decline in air travel. He knows he needs basic coverage until he

can find a new job with health insurance – but may not know where to start.

Or take Ava, the 26-year-old freelance writer who is no longer able to stay on her parent's plan. Because she's never bought her own insurance, she's unsure what the difference is between a deductible and a premium.

Rahul and Ava aren't alone. According to an October 2020 survey, 72 percent of Americans find purchasing or using health insurance confusing.

Agents and brokers are specifically trained to help people make decisions about health insurance. They're licensed by the states in which they practice and required to undergo continuing education.

They also work for their clients, not insurance companies. They advocate on behalf of those clients when billing or claims disputes arise.

Agents and brokers helped about 4 million people sign up for exchange coverage that took effect last year – about 50 percent of the total.

Further, agents and brokers are more effective at getting people covered than federally funded navigators. According to the CMS report, the average agent or broker enrolled 48 percent more people than the average navigator. And agents and brokers did so at lower cost – about 9 percent less.

It's no wonder nearly 84 percent of marketplace enrollees who have used an agent or broker found them helpful. Indeed, as the CMS report concludes, "Health insurance agents and brokers put a local, friendly face on the often-stressful process of buying coverage, while also offering deep market and product expertise tough to find elsewhere."

The pandemic has made securing health insurance coverage more important than ever before. Agents and brokers can be crucial aides in that pursuit.

Eugene Starks is a Jackson, Miss.-based insurance agent and President-Elect of the National Association of Health Underwriters. ★

Ancil Hoffman Golf Course Wins CGCOA Award

Continued from page 1

leadership and activities related to the responsible management of the pandemic were added to the award criteria."

Regional Parks, CourseCo and Ancil Hoffman staff were recognized for their leadership during the COVID-19 pandemic, including the development and quick implementation of safety protocols that allowed golf courses to remain open. These same safety protocols have been modeled by golf courses across the nation.

"We wanted to make sure that our residents were able to safely enjoy our courses during the COVID-19 pandemic," said Greg Bliet, Golf Division Manager. "We developed and implemented protocols and staff training to ensure a safe and healthy environment for our employees and golfers, and have been able to continuously remain open during the pandemic."

Safety protocols implemented at Ancil Hoffman and other County courses include:

Check-in for golf is in designated areas and limited to one guest at a time

Play is limited to individual play – no tournaments or leagues; Golf carts are limited to

one rider per cart; We ask that all guests pay with credit card; Pens for credit card signature are sanitized between uses; All practice areas are either temporarily closed or reduced to 50% capacity – please call ahead to check;

Doors are propped open; Ball washers have been removed from the course; Rakes have been removed from golf course bunkers (we recommend playing as ground under repair); Cups have been set to reduce touch points – please leave flags in place and do not touch; No shared equipment including golf clubs, every player must have their own set of clubs; Cleaning of all surfaces has been increased to a minimum of 4 to 6 times per day;

All employees wear masks when in buildings or interacting with customers; All employees at all point of sale locations wear gloves; All employees have received significant training on sanitary and safety standards; A designated Safety Ambassador is on duty at all times;

Golf carts are fully disinfected between uses; Range balls are fully disinfected between uses; Range baskets are fully disinfected between uses; Garbage cans lids are removed or touchless. ★

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The Kiwanis Corner

By Sal Arrigo, Jr.

An Easter Partnership

of 9:00 am and 11:00 am. Be sure to label your basket(s) with the code name provided to you in a manner that is removable.

Baskets can contain personal items as well. When HHOV provides you with the information about the child or children, you should receive their sex, their age, their interests, and if they have any food allergies, so you can tailor your basket to accommodate the request(s). Please do not attach your name to any of the baskets or items.

Baskets can include clothing (like a fun t-shirt, socks, sunglasses, etc.) and please leave any tags on the merchandise in case the child needs to return the item(s). Families signing up to provide Easter basket(s) will be notified via email with all of the information as best we know it. If you have any questions, please email helpinghandsov@yahoo.com.

After the baskets are dropped off, the receiving family will pick them up one hour later beginning at noon, so please do your best to be there on time! If for some reason you personally cannot drop off your basket, we ask that you have someone else do so for you, and please let us know this as well.

If you need some ideas on what to put in your basket here are some suggestions: Easter candy, sunglasses, a toothbrush and tooth paste, socks, stuffed animals, or a coloring book and crayons.

Here is the link to sign up to "adopt" a child and donate an Easter basket or baskets: www.facebook.com/groups/helpinghandsov

If the Easter basket event is not of interest to you, then consider dropping off non-perishable food items (or cash donation), as the Kiwanis Club will be coordinating a food drive this day as well between the hours of 9:00 am and noon. Whatever you decide to do this day to help your community, it is well worth your efforts and much appreciated too!

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 – Fair Oaks. The Kiwanis Corner is published monthly. Find us at [facebook.com/KiwanisclubofOFO](https://www.facebook.com/KiwanisclubofOFO) or email us for more information at kiwanisclubofof@gmail.com ★



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.

You may have seen on the news or outside your car window as you drive through town that a movement is growing in California. There is increasing support for the simple notion that children in California need to get outside and play. Since the onset of the COVID-19 pandemic, children have been denied access to youth sports, physical education classes, and even playgrounds. Like many drastic steps taken in the early days of the pandemic when much was unknown about the virus, such actions seemed like acceptable, short-term precautions. It is not March 2020 anymore. We have more information on which to make decisions about our citizenry's health and safety. The time has long passed for children to get back in the game.

All priorities being about protecting health right now; physical activity for our youth is becoming more important than ever. That simple notion is defensible with the common knowledge we know to be true that kids need exercise to protect their physical health. Cardiovascular health, body composition, strength, coordination are all things that are put at risk if children are not getting enough physical activity. Virtual learning is challenging enough, but I think we can agree that

Orangevale Community Update

Let Them Play

physical education has its own unique difficulties. Does the child live in a home with a large yard? Near a safe park? Does the child have access to an outdoor gym or online fitness class? Children with access to some or all the above may be having an easier time getting the exercise they need than children who do not. That is why the decision to restrict physical activities for youth so stringently is not only an issue of health but also an issue of equity.

Then there is the importance of mental health. I have spoken before of the dangers of focusing too closely on one health crisis at the expense of creating others. Everyone receives mental benefits from exercise, none more so than children. Exercise is an excellent way to cope with stress, socialize with friends, and build confidence. There are also the benefits of participating in team sports like learning how to work together, responsibility, communication. Stripping away these critical outlets and opportunities for children is depriving them of some of the most important aspects of being a kid while preparing for a stable future. For some children, sports could determine their entire future as a pathway to college or even professional sports opportunities. State officials may consider what type of future California children will have with so much critical development time spent looking at a computer screen in isolation.

California stands among only around a dozen or so states holding on to the practice of restricting youth sports to such an extreme level. It is unnecessary. Models for the safe continuation of youth sports exist across the country, and in every regard, they are successful. We know

now that a lack of exercise has devastating effects on physical and mental health. We know that transmission among athletes is significantly lower than other forms of social contact. It is difficult to understand any reasoning at this point to keep kids from having adequate access to sports and exercise.

As I said, I do not want us to focus so narrowly on one threat to health that we become blind to others. The reality of children struggling more with mental health than ever before is beyond anecdotal. Studies and stories of increases in depression, eating disorders, anxiety, and suicidal tendencies are right there for all to see. Children need to get off of Zoom and on the field to be protected from these avoidable conditions. The future of our children is not something to think about tomorrow but today. For the sake of comprehensive well-being, California officials need to get together, listen to the pleas of desperate children and parents, and the research piling up from entities interested only in the facts. When the reality that has been created is looked at through a pragmatic lens, it is clear the need exists for our children and our state to let them play.

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@sac-county.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 Murietta, North Highlands, Carmichael, Foothill Farms and Fair Oaks. ★

Social Security Matters

Avoiding WEP & GPO Reductions



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: I am a retired Texas teacher receiving my State pension. I retired in February 2009, before the end of a "loophole" which affected my future Social Security. I had earned enough credits to receive Social Security benefits in addition to my Teachers Retirement System (TRS) pension. At 62 I began getting my SS benefit (reduced by my TRS pension).

My husband didn't start his SS until last year, at which time I contacted Social Security so my benefits would "no longer be reduced" as per the TRS loophole. I have spoken with the local SS office three times and sent them the documents requested, but my SS payment remains the same! How do I bypass the local office to get my benefit increased to the amount I was told when I retired under this Texas loophole? **Signed: Wanting My Increase**

Dear Wanting: Your question requires some explanation of two SS rules known as the Windfall Elimination Provision (WEP) and the Government Pension Offset (GPO). These rules affect anyone, like you, with a pension from an employer which did not participate in Social Security, and who is also eligible for Social Security benefits. WEP applies to your personal SS retirement benefit; GPO applies to any spousal (or survivor) benefit you might become entitled to.

There are 27 States (including Texas) which,



to varying degrees, have exempted some State employees from paying into Social Security. But for employees who, nevertheless, also become entitled to SS benefits, either from other SS-covered employment or a spouse, WEP and GPO will affect their SS benefits. Both rules apply to you because you did not contribute to Social Security while you earned most of your TRS pension. Your SS retirement benefit was reduced by WEP and, since your husband is now collecting SS, you might be entitled to an additional amount as his spouse, depending on whether the GPO will apply. The GPO did originally contain a "loophole," but the loophole didn't work as you think it did.

When the GPO was first enacted in 1977, it included a rule known as the "last day exemption." That rule stipulated that if, on your last day of employment prior to retirement, you contributed to both your non-covered pension and to Social Security under the same plan the GPO would not apply. State retirees in many of the 27 affected States took advantage of that loophole. That is, until Congress changed the GPO rule to eliminate the loophole.


A change in 2004 eliminated the "last day exemption" and replaced it with a rule saying that a GPO exemption would occur only if the employee contributed to both the non-covered pension and Social Security under the same plan every day for the last 5 years prior to retirement. A "transition" rule sometimes applied

which allowed less than 5 years of contributions to both programs immediately prior to retirement. Each State decided if they would permit employees to take advantage of this option, which Texas did until just after you retired in 2009.

Your own WEP-reduced SS retirement benefit is not affected by, nor will it change because of any "loophole." Based upon the dates you shared, the "last day exemption" for GPO doesn't apply to you, but the changed rule may. The current rule permits a GPO exemption if you also contributed to Social Security under your TRS pension plan every day during the last five years of your TRS employment, or if the special "transition rule" applies to you. If that is the case, then you are, indeed, eligible for an exemption from the Government Pension Offset and your SS benefit will increase. But if not, the normal GPO spouse benefit reduction of 2/3rds of your TRS pension will be prorated and based only on the months you didn't pay into Social Security.

Since you've already contacted Social Security several times and sent them the requested documentation, I know of no way to "bypass" your local SS office. But it might help to ask your Congressional Representative to intervene by contacting the SSA and request that your case be expedited.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisory@amacfoundation.org. ★




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By Marlys Johnsen Norris, Christian Author

Though out one's lifetime we create numerous amounts of memories about everything from - soup to nuts as the saying goes! Those memories range from very happy ones to very sad ones and they all accumulate in our brains memory system.

There are times in our lives we forget completely about them and there are so many we never remember every single one at the same time. That would be impossible. Saving or discarding them is not an option or choice we can make. They simply accumulate every day/year of our life. From time to time for what-ever reason the memory of something that happened will arise in our consciousness.

Today was one of those days for me about my grandmother. Allow me to share about it.

Jesus Was The Answer For Grandmother

My precious grandmother (Hulda Vatalia Marie Werner Hultgren) was 94 years old. She was lying in bed and dying. I was with her and she said, "Marlys, I have a question to ask you. You seem to know that you are saved and will go to heaven when you die. I don't have that assurance about it. Tell me what to do." I was surprised because she always displayed a faith in God all of my life. I was blessed because she saw God's faith in me!

My reply was "Grandmother you do believe in God our Heavenly Father and His Son, Jesus Christ don't you? Did you ever accept Jesus as your Lord and Savior of your soul?" She answered "Yes she had" Than I said, "Well then you did what you needed to do and you will be going to heaven."

Then, she was filled with the peace of God and within hours slipped off into the arms of God in heaven.

It is always a surprise to me when people are always busy going to church on Sunday, hearing the gospel messages and do not have

the assurance of God's perfect love for themselves from God's Word. It does not matter where you are - it can happen anywhere! They possibly have never taken this wonderful opportunity to talk with another Christian or someone, pray and accept Jesus Christ personally into their heart and soul.

The church denomination has nothing to do with this decision! It is only believing and accepting Jesus sacrificial death and shed blood on the cross to purchase forgiveness for your sins. It does not matter if one does it alone at home, watching a Christian television program, in church, or with someone. IT IS SURRENDERING INTO THE LOVE and PERFECT WILL OF GOD WITH ONES LIFE AND SOUL.

Marlys Johnsen Norris
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ARM Columnist since 2006
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Dare to Live Without Limits

by Bryan Golden

Today's Weather



The weather always changes. Today's weather never lasts indefinitely. Life works the same way in that the only constant is change. Although weather reports are handy, they can be wrong. You need to be prepared for changing scenarios, which are often unpredictable.

You have to deal with today's weather, while being prepared for tomorrow. Since the weather fluctuates, you have accumulated the necessary resources for a variety of situations: raincoats, jackets, boots, gloves, hats, and shorts.

In life, you strive to take advantage of each day's opportunities while preparing for the future. Preparation enhances your success. The greater degree of readiness for a variety of situations, the greater your chances for success.

Since each new day is yesterday's tomorrow, preparation is an ongoing process. Every experience is a learning opportunity where you discover what was effective, along with what needs improvement.

Be prepared for changes that affect the major components of your life. You don't want to be caught by surprise because you were not ready for the fluctuations, which invariably happen. Allowing today's comfort to lure you into complacency is a common trap. Some of the foremost factors subject to change include the economy, your health, emotional wellbeing, and career.

Historically, the economy is cyclic. The exact duration and extreme of

each cycle is unknown. Being unprepared for economic downturns leads to economic disasters. Businesses, and individuals who enjoy the benefits of an economic upturn, without preparing for a downturn, can be wiped out financially.

Creating a cash reserve is great preparation for the future. This is essential for personal finances as well as for a business. These reserves provide options during an economic downturn. On the personal side, you may need the savings to cover living expenses in the event of a layoff, or to handle unexpected emergency expenditures. For a business owner, the cash reserve provides the ability to stay in business by covering payroll and expenses during an economic slump.

Now is the time to start funding your cash reserves. Contribute to your savings before spending on discretionary purchases. The greater the amount you save, the more options you have during a weak economy.

In addition to cash reserves, you want to continually expand your knowledge, skills, and abilities. The best time to do this is before encountering a crisis. Education is a lifetime pursuit. The more you learn, the more options you have.

Actively maintaining your health through exercise and diet, reduces the number of ailments affecting you as you age. You are never too young, or too old to begin a health maintenance plan. Taking care of your body every day

provides a lifetime of benefits. Even people who don't start until well into their senior years, experience an improved quality of life.

Making a healthy lifestyle part of your daily routine ensures consistency. So many infirmities needlessly impact those who have not prepared their body for tomorrow. Avoid needless suffering by regularly taking care of yourself physically.

Your emotional wellbeing is just as important. Your mental state is the foundation for effectively dealing with challenges. A negative, can't do it, attitude precludes finding workable solutions. Furthermore, a negative mindset diminishes the quality of your decisions.

A positive attitude is one of the best preparations for the future. It is cultivated through constant practice. Condition yourself to deal with the unexpected by telling yourself that you will do whatever it takes to overcome any obstacles you encounter.

Enjoy and appreciate today while also actively preparing for tomorrow. There's no reason to get caught ill-equipped. You can't control what happens in the future, but you can be ready for a variety of scenarios.

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

What's Pete Got to Do with Anything?

By Rev. James L. Snyder

If there's anybody that can be conned, it's Yours Truly. It's not so much that I'm stupid; I'm just naïve. I believe when somebody says something, they mean exactly what they say.

The other day the Gracious Mistress of the Parsonage and I were going downtown to do some shopping. I don't always go with her when she's shopping, but sometimes it's necessary.

As we were driving down the main street, several cars swayed in and out of the traffic, and my wife almost hit one.

In complete frustration, she said, "For Pete's sake, what's wrong with people these days?"

She reiterated this phrase several times to the store and back home again.

We had supper, and then graduated into the living room to have our coffee and watch a little bit of TV news. I like to try to keep up with what's going on in the world.

Several stories were just outrageous, and people were doing such crazy things.

It wasn't long before my wife said, "For Pete's sake, what's wrong with people today?"

Okay, I think I've had enough of that, and I wanted to get to the bottom of it

without sinking my ship. "Who," I said as calmly as possible, "is Pete, and what does he had to do with anything?"

She looked at me, gave me one of her stares, and then went back to watching the news.

It wasn't long before another story came across the screen, and she said, "For Pete's sake, doesn't anybody know any different?"

I tried controlling myself. Honestly, I tried. But at this point, it had crossed over the line, and I said to her, "Who is Pete? And do I know him?"

I tried my best to control any giggle. I looked at her, and she looked back at me with another one of her stares.

"Well, who do you think he is?"

At that point, I was tempted to answer, "Is Pete any relation to Jake?" I knew that I would be in more trouble than I could handle at the time. I sense she was getting a little frustrated, but most of her frustration was in my direction.

For several days she never used that phrase, at least in my hearing. And I was waiting for it.

I can only hold myself for so long. One night there was a loud noise like gunshots outside, and we couldn't comprehend what it was.

Looking at my wife, I said, "Call Pete and ask him what's going on."

She gave me one of her looks and finally said, "Why don't you call Jake and ask him?"

Finally, we laughed together most heartily. I love it when a joke comes together.

How often we blame people for things I don't even make sense? We really don't want to take personal responsibility for a lot of things.

Thinking about this, I remembered a biblical passage. "And the man said, The woman whom thou gavest to be with me, she gave me of the tree, and I did eat. And the Lord God said unto the woman, What is this that thou hast done? And the woman said, The serpent beguiled me, and I did eat" (Genesis 3:12-13).

Blaming others is not a new phenomenon. But, it only gets us into trouble and what started the mess we're in today. Accept the blame and get on with life.

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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Ask Toni

“Still Working” . . . Magic Words for Enrolling in Medicare Part B Correctly!!



Toni King

Hello Toni:

I am losing the battle with Social Security about me and my wife enrolling in Medicare Part B since I am losing my group benefits effective March

31. I took early retirement in April 30,2020 when COVID-19 problems started and both me and my wife have been under company group health benefits. I now find out that I had to be an active employee to enroll in Medicare Part B without receiving a penalty. No one ever told me this. Please explain what Medicare rule I am not following.

~ Thanks, Vic from San Antonio, TX

Vic:

I do not have good news for you because you have missed your window to enroll in Medicare Part B after you retired April 30, 2020 which is over the 8-month Medicare Special Enrollment Period time limit.

You or your spouse are “still working” are magic words when it comes to enrolling past 65 and losing your and/or your spouse’s company benefits. The Medicare and You Handbook discusses under the title of “Should I enroll in Part B” about delaying Medicare Part B when you are leaving your or your spouse’s group benefits and “that you can sign up for Part B anytime during the 8-month period that begins the month after the employment ends or the coverage ends, whichever happens first.”

Vic, you have waited too long to apply. During a Medicare consultation at the Toni Says® office, whether just laid off or retiring, we stress the value of getting Part B for the first time and that Medicare Part B needs to be enrolled in prior to either enrolling in COBRA or retirement group benefits.

Vic, you have waited past the 8-month window to apply for Medicare Part B because your last working day was in April 30,2020. You thought that you were protected because of your employer group

health plan and your severance retirement package. You never dreamed that you were past your time window to enroll in Medicare Part B properly.

Now is your time for you and your wife to enroll in Medicare Part B during Medicare’s General Enrollment period which ends March 31. You need to contact your local Social Security office to enroll in Medicare Part B with CMS form 40-B with Medicare Part B beginning July 1 due to General Enrollment Period rules not April 1st which is date you want but do not qualify due to Medicare enrollment rules.

Below are Medicare Enrollment Periods:

- **General Enrollment Period:** January 1-March 31 when one who has not enrolled in Part B and now can enroll in Medicare Part B. WILL receive a Part B penalty. Part B will begin July 1.
- **Special Enrollment Period:** Enroll after 65 when delaying Medicare Part B due to working full time with company benefits. This is an 8-month window of signing up for Part B without receiving a Part B penalty. (Need CMS form L-564 Request for Employment Information form signed by HR returned to Social Security with CMS form 40-B Application for Part B)
- **Medicare Initial Enrollment Period:** Begins 3 months before turning 65, the month one turns 65 and 3 months after one turn 65.

Toni Says®: Many are not aware of the Medicare Part B and Part D monthly penalty or No Part B or Part D coverage and you will pay 100% for those benefits. **Don’t wait!!**

2021 Confused about Medicare Zoom webinar is Thursday, February 25th at 4:00 PM. Visit www.tonisays.com to sign up for Toni’s new webinar event.

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? Call 832/519-8664 or email info@tonisays.com. ★

Planning to Travel Internationally?

By Samantha Mott, Sacramento International Airport

SACRAMENTO, CA (MPG) - If you are planning to travel internationally please be aware beginning Jan. 26 changes will be made to the Centers for Disease Control and Prevention (CDC) (CDC) travel mandates.

Effective January 26, 2021 the CDC will require all international air passengers entering the United States (including U.S. citizens and Legal Permanent Residents) to present a negative COVID-19 test, taken within three calendar days of departure, or proof of recovery from the virus within the last 90 days. Airlines must confirm the negative test result or proof of recent recovery for all passengers prior to boarding. Airlines must deny boarding of passengers who do not provide documentation of a negative test or recovery.

Alaska, American, jetBlue, Southwest, Aeromexico and Volaris offer nonstop flights between SMF and destinations throughout Mexico. Please visit our website or contact the airlines for more information about flights <https://sacramento.aero/smf/flight-and-travel/airlines>.

Please contact your airline for more

information about what documentation each specific airline will require.

If you plan to travel internationally please visit the links below for more information about the updated guidelines. <https://coronavirus.gob.mx/>

<https://mx.usembassy.gov/u-s-citizen-services/covid-19-information/>

<https://www.visitloscabos.travel/covid-test>

Travelers are encouraged to contact their accommodations for more specific information about individual locations.

Please see CDC’s FAQ for answers to questions about the new international air travel requirement for proof of negative COVID-19 test or recovery from COVID-19 for all air passengers arriving in the United States.

Travelers should be aware of State and CDC travel guidelines before making the decision to travel. SMF reminds everyone to travel safely and take extra precautions when at the airport. Passengers are required to wear a face coverings and social distance whenever possible throughout their journey. As always, it is recommended travelers arrive early in anticipation of additional security screenings. For more information visit our website. ★



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Fight Wrinkles

We already know that a good diet helps keep us healthy. But did you know the right foods can help fight wrinkles? We've heard of old saying you are what you eat, and according to **Nicolette Pace**, "Good skin relies on an adequate supply of essential nutrients." Nicolette is a certified nutritionist and dietician, and she told me that it is indeed possible to delay aging and get improvement in skin condition by improving your diet. She made it pretty simple on my POPPOFF Radio Show with certain key foods that can help from wrinkles to dark spots to sagging skin. And you know what? They taste pretty good too like these.

1) TOMATOES. Tomatoes are so much more than a salad topper. They're packed with vitamin C which helps build collagen, and in turn, makes your skin look firmer and plumper. **2) BERRIES.** Blueberries and raspberries are her top picks. They contain flavonoids, polyphenols, vitamins, probiotics, and tons of antioxidants. They are free-radical scavengers. They can even promote cell regeneration for new skin. **3) GREEN TEA.** If you want your skin to look as young as possible, your cells need to regenerate correctly. Mutated cells can lead to everything from uneven pigmentation to cancer. Green tea has lots of antioxidant power and a chemical called EGCG shown to help cells grow properly and maintain a healthy life cycle. **4) YOGURT AND KEFIR.** To fight redness and irritation, introduce foods with more probiotics like yogurt. Skin-friendly bacteria in these foods condition your skin both

inside and out. Look for natural, unprocessed products to get the highest concentration of living probiotics. Kefir is a cultured milk product that's similar to yogurt, but has up to three times more probiotics than yogurt. **5) FISH.** If your skin is chronically dry, add foods that contain healthy fats to your diet. They help moisturize from the inside out. Wild salmon is phenomenal. It's high in omega-3 fatty acids, one of the best fats. Other omega-rich fish include sardines and Atlantic Mackerel. **6) NUTS.** Nuts are another fantastic source of good fat good for your skin. Almonds have vitamin E...anti-inflammatory properties that can help with acne, psoriasis and eczema. Walnuts contain the most omega-3. All nuts...almonds, hazelnuts, peanuts. Pistachios are good for your health when eaten in moderation. **7) AVOCADOS.** Like nuts and fish, avocados have a lot of good-for-you and your skin fats. Also, high in Glutathione, good for anti-aging. **8) HONEY.** Need something sweet? Try Honey. It is antiviral and it's an antioxidant. Even though it's technically sugar, it doesn't cause inflammation in the body and skin the way sugar does. It's so good for your skin, you can use it as a face mask.

Nicolette Pace founded **NutriSource Inc.** in 2002 to provide high quality education, counseling and nutrition for a diverse community population. She has appeared on CBS, ABC, NBC, FOX News, Dr Oz and in many print publications like the New York Times to mention just a few. You can check her out at www.NutriSource.org. Goodbye wrinkles!!! Hello healthy skin! ★

Prosecutors Feud over Criminal Sentencing Laws



By Dan Walters
CALMatters

The starkest aspect to California's evolution from a relatively conservative state into a blue bastion has been an evolving attitude toward crime and punishment.

In the 1980s and 1990s, California became a national leader in increasing penalties for crimes large and small, symbolized by a three-strikes-and-you're-out law calling for life imprisonment of repeat offenders. Not surprisingly, despite construction of many new prisons, they became horrendously overcrowded with inmates.

However, as California made its almost 180-degree political turn to the left over the last couple of decades, attitudes about crime also evolved, culminating in legislative acts, ballot measures and administrative policies that repealed or softened the state's sentencing laws. The number of felons locked up in state prisons has dropped by at least one-third in recent years.

That said, what supporters call "criminal justice reform" is not universally accepted. Some law enforcement officials believe it's gone too far and has contributed to recent upticks in violent crime — a conflict now rippling through the state's local district attorneys.

In 2020, George Gascón,

who had been district attorney of San Francisco, challenged and defeated Los Angeles District Attorney Jackie Lacey and immediately issued new operational rules that downplayed punishment.

He prohibited his deputies from seeking the death penalty, prosecuting juveniles as adults, attending parole hearings or seeking "enhancements" that increase a defendant's prison term. The union representing those deputies sued, alleging that Gascón was ordering them to violate criminal laws, and won an initial judgement.

What really blew up the conflict politically was support from the California District Attorneys Association (CDA) for the union position. In its supporting brief, the District Attorneys said Gascón's orders meant that "the voices of victims fall silent and the might of the state has failed its most vulnerable."

Last week, Gascón resigned from the organization with a two-page letter that he posted on Twitter, accusing the association of being racially insensitive, closed-minded about criminal justice reform and even corrupt.

"CDA continues to be a member organization solely for those willing to toe the 'tough on crime' line," Gascón wrote. "For the rest of us, it is a place that fails to support us, our communities, or the pursuit of justice."

Gascón and several other like-minded district attorneys have founded their own group, the Prosecutors Alliance of California, to push for criminal justice reforms. It includes Gascón, San Joaquin County's Tori

Salazar, Chesa Boudin of San Francisco and Contra Costa County's Diana Becton.

Gascón's election and the burgeoning conflict with more traditional prosecutors is part of a larger phenomenon — a nationwide effort by left-of-center organizations to change criminal justice policies one election at a time.

Billionaire businessman George Soros is a major figure in the campaign, having donated millions of dollars to reform-minded candidates. The movement has scored some victories, such as Gascón's election, and also suffered some losses, such as a failed challenge to Sacramento County District Attorney Anne Marie Schubert.

The conflict also colors Gov. Gavin Newsom's selection of a replacement for Attorney General Xavier Becerra if he is confirmed as the federal health and human services secretary.

Newsom seemingly supports the criminal justice reform movement. He sponsored a ballot measure to make marijuana legal, has sped up reductions in prison populations and declared a moratorium on executions.

He could appoint a new Attorney General sympathetic to the Gascón-led faction, such as Oakland Assemblyman Rob Bonta, but such a move would carry some political risk. Were Newsom to face a recall election this year, as seems likely, opposition from police and prosecutors could be a critical factor.

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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 - Surrender territory
 - Mini, midi or maxi
 - Longnosed fish
 - Round #23 Down
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 - Miner's bounty
 - Curved like a foot
 - Mother Earth to Ancient Greeks
 - Truck amounts
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 - Walked
 - Grande, e.g.
 - Remove scales
 - Accustomed, two words
 - Like arctic air
 - More capable
 - Tibetan priest
 - *Part of a whole number
 - Grinding tooth
 - Stare amorously
 - Hoofbeat sound
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 - Kick out
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 - High
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- DOWN**
- Half a particular dance
 - Past tense of heave
 - Type of mountain goat
 - Body six feet under
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 - Small goose
 - Abe's coin
 - Exclamation of surprise, archaic
 - Do like fly fisherman
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 - One who denies
 - Popular pie nut
 - *Sum divided by count
 - Southern cuisine pods
 - Apollo to ancient Greeks
 - *Three-dimensional object
 - Not poetry
 - Mends
 - *Whole number between -1 and 1
 - Scottish landowner
 - In accordance with law
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 - *Kind of point
 - Set to zero
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 - Pleasing to the ear
 - Ticks and mites, taxonomically speaking
 - Short for Fredericas
 - Lock horns
 - Popular craft wood
 - Under a fig leaf?
 - Gel producing plant
 - *0.3048 meters
 - Pasta with ___ and alio

Crossword Puzzle Solutions on Page 8

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Solutions on Page 8

Find Puzzles on Page 8

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Sudoku Puzzle on Page 8

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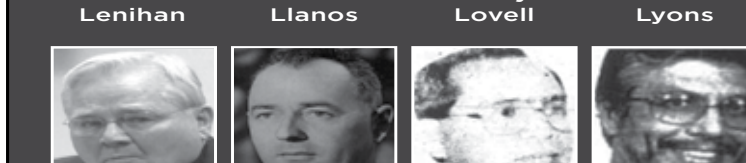
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WEEKLY COMICS

Amber Waves

by Dave T. Phipps



The Spats

by Jeff Pickering



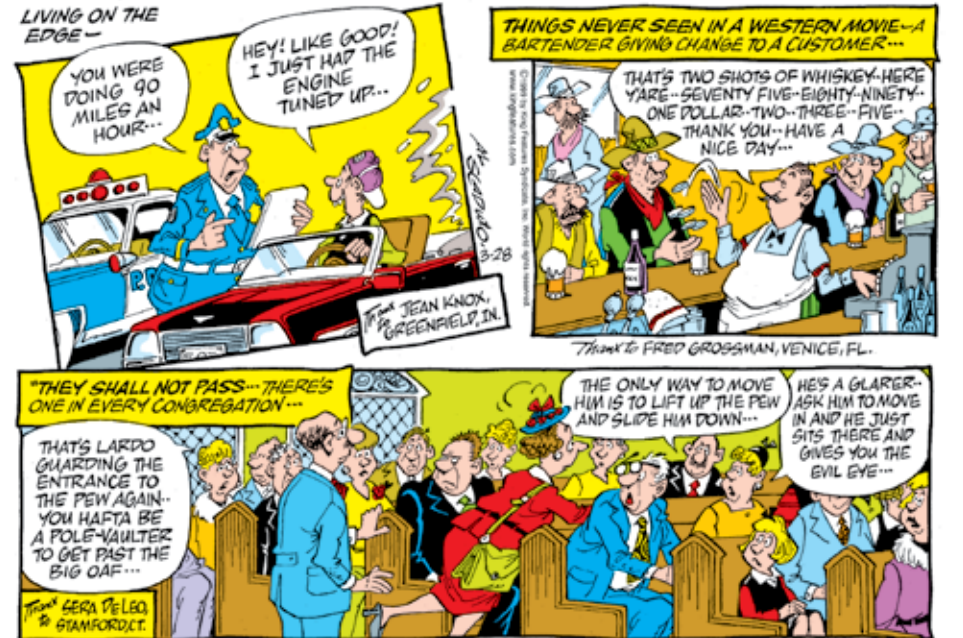
Out on a Limb

by Gary Kopervas



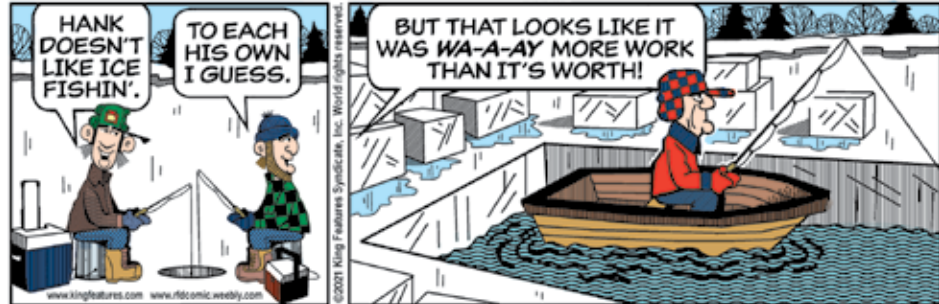
THEY'LL DO IT EVERY TIME

BY AL SCADUTO



R.F.D.

by Mike Marland



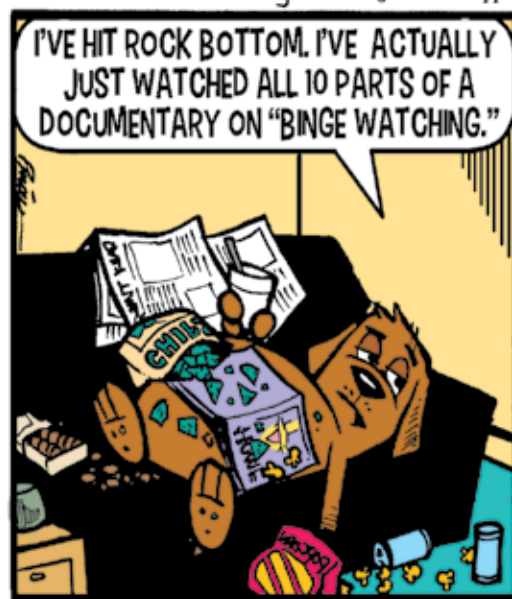
CRIM AND BEAR IT

LAFF-A-DAY



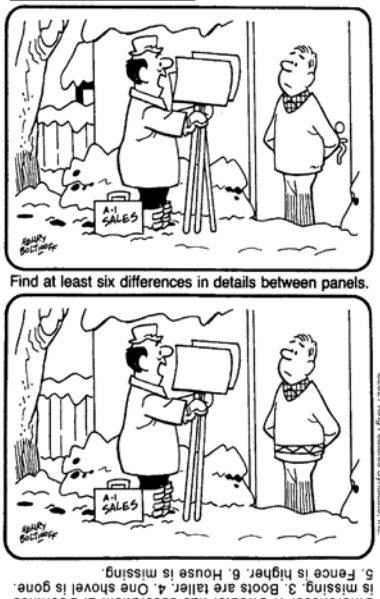
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•Clump n Seal •Regular 19 lb
•Slide 19 lb

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Limit 2 Boxes Per Family
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NATURALLY FRESH CAT LITTER 100% Natural Walnut-based
14 Lb Bag 10 Lb Pellets **\$5.49** Multi-Cat Clumping **\$9.99**

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GRAVY TRAIN DRY DOG FOOD
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PURELY FANCY FEAST CANNED CAT FOOD
2 oz. All Varieties Limit 1 Case **\$1.09**

9 LIVES DRY CAT FOOD
•Grilled Tuna & Egg 12 Lb Bag
Limit 2 Bags Per Family **\$7.99**

SOLID GOLD DRY DOG FOOD
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FANCY FEAST GOURMET CANNED CAT FOOD
3 Oz - All Varieties Except Elegant Medley
Limit 1 Case Per Family
Limit One Coupon Per Family
Price Valid Only With Coupon
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BONUS COUPON
FRISKIES PARTY MIX CAT TREATS
2.1 Oz •Selected Varieties
Limit 2 Pkgs with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 2/24/21 - 3/2/21 **\$1.19** CHM PLU 573

BONUS COUPON
JONNY CAT PREMIUM CAT LITTER
20 Lb Bag
Limit 1 Bag With Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 2/24/21 - 3/2/21 **\$3.79** CHM PLU 362

A Tribute to Rush Limbaugh

Rest in Peace

Dear Reader,

It's hard to believe he's gone, and it's hard to imagine the last 30 years of my adult life without Rush.

I can distinctly recall the first time I heard Rush on the radio. It was 1990, and my wife and I had just relocated to Virginia for graduate school. I was driving down I-64 when I stumbled upon this voice... that resonated inside of me... a voice of reason in a world of chaos and confusion.

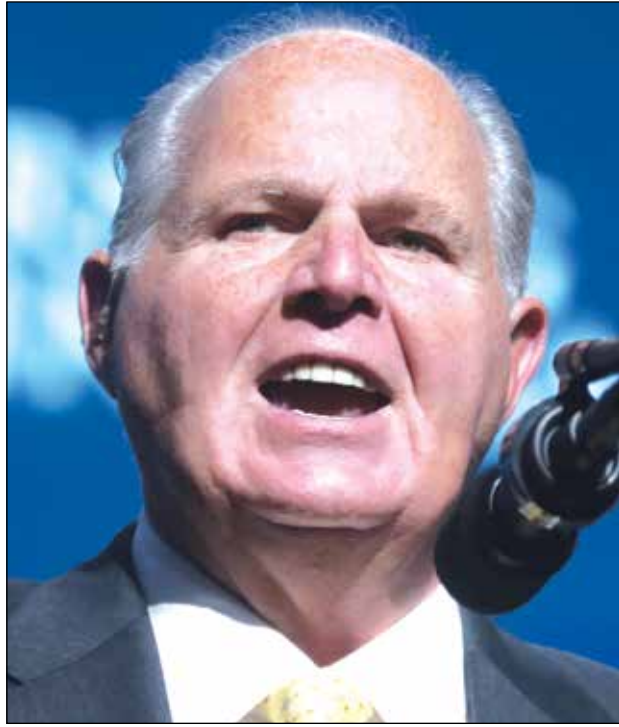
That voice was the voice of Rush Limbaugh.

Soon thereafter, my lunch breaks were consumed with sitting in my car and listening to Rush. I hadn't listened to much AM radio since I was a young boy listening to baseball games late into the evening. Now, in the middle of the day, there I was having lunch "with" Rush.

For the next three decades, Rush has been the "background music" always playing in my conservative world. He always made me smile and laugh. Yet he always brought a keen insight that I couldn't find anywhere else. And every time there was a seemingly earth-shattering political story, me and millions of conservatives would have our radios tuned to Rush as the intro music played.

What would Rush say? How will he interpret the events? And most importantly, what will Rush say we need to do next?

It wasn't even so much that Rush would tell us what to do. Instead, he would put the political



I stumbled upon this voice... that resonated inside of me... a voice of reason in a world of chaos and confusion. Photo courtesy Gage Skidmore from Surprise, AZ

disaster in a larger context and give us a reason to hope, along with confidence that we would find our way forward.

Right through the 2020 elections, I would tune into Rush – now through his podcast as I took my daily walks. Rush always had the best and clearest perspective. He made things understandable. And he somehow always had insight into what was just around the bend.

In these final weeks and month, he reminded us all about what's just around the bend for each of us. Rush was unashamed about his gratitude for each day and unashamed about his faith in Christ which guided him, I'm sure to his final breath.

Rush, thanks. You truly have been, as you often

said, our "guiding light through times of trouble, confusion, murkiness, tumult, chaos, misdirection, and even good times." Well done.

Steve Elliott, Grassfire

P.S. Please visit our tribute page to share how Rush Limbaugh impacted you personally and how grateful you are for the way he has impacted our nation to share your "Rush Story" with Grassfire Nation at www.grassfire.com/rushtribute

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Warning to Remote Workers: Out of Sight Could Mean Out of Job



The bottom line for workers is, if they want to work remotely, they would be wise to take the extra steps to ensure they stand out. Photo courtesy Anastasia Shuraeva Pexels

**Commentary
by Rod Robertson**

Although debate continues about whether the business world will return to normal even after most people have the COVID-19 vaccine, the expectation is that many companies will soon call employees back to the office.

Some workers may still get to work part-time from home, and some businesses will make remote work permanent. But tension between owners and workers is building as it becomes evident many employees are resistant to giving up working from home. In a survey, 65% said they want to work remotely full-time after the pandemic. And in a poll conducted by LiveCareer, 29% of working professionals said they would quit if they couldn't continue working remotely.

But those who push back against ownership's preference to return to the office might paint themselves into a corner, especially if they aren't in a position to quit, says Rod Robertson, Managing Partner of Briggs Capital (www.briggscapital.com), international entrepreneur, and author of *Winning at Entrepreneurship: Insider's Tips on Buying, Building, and Selling Your Own Business*.

"The expected stimulus money will dissipate by the third quarter and as companies continue to struggle, the cuts will begin," Robertson says. "Once we reach herd immunity, companies will be deciding whether it

makes sense to keep expensive office space.

"Corporate gravity will begin to pull key workers back to the office, and there will be resistance from employees. And those companies that do choose to go remote at least part of the time may still downsize. The bottom line for workers is, if they want to work remotely, they would be wise to take the extra steps to ensure they stand out."

Robertson says employees who continue to work mostly from home should do these things to keep their performance and communication levels high:

Show up. Even if a company allows employees to work from home permanently, Robertson says they would be wise to go to the office at least one day each week. "Out of sight might also mean out of mind, or out of job, when it's time to trim the roster," he says. "Working from a distance all the time is going to lower your skill level, your engagement, and your productivity. Employees need to make the time to have facetime in the office and stay in the groove with ownership and management. You can't do that as well at home relying on technology."

Show the human touch. "When we achieve herd immunity, face-to-face meetings with co-workers, managers and clients should be 20 to 25% of someone's portfolio of time," Robertson says. "Zoom meetings are a pain because you have to set them up. Remote employees should prioritize

live voice communication with colleagues, managers, and clients in order to stay in the game. Picking up the phone to talk with someone keeps the relationship alive and brings more clarity than constantly texting or emailing."

Push your boss to measure you quantitatively. "Woe to the remote employees who believe they are not under increasing scrutiny – downsizing is on the way," Robertson says. "The good employees working at home will have more reporting mechanisms in place. Show your boss your genuine enthusiasm by being proactive and coming up with more measurables for your performance."

Do extracurricular work. "The question is, how can you be front-and-center with the boss?" Robertson says. "One way is to do extracurricular work by bringing relevant and helpful articles to ownership. Develop a thesis for those articles to show that you're a thought leader. Executives and managers are flooded with emails, so the smart employees send a synthesis of an article that's to the point."

"Businesses can't afford slippage," Robertson says. "Once there is herd immunity, the remote work issue shouldn't be just about where employees feel they are most comfortable, but how they can be the most valuable and effective."

Rod Robertson (www.briggscapital.com) is an international entrepreneur and author of *Winning at Entrepreneurship: Insider's Tips on Buying, Building, and Selling Your Own Business*. Robertson is the owner of Briggs Capital, a boutique international investment bank. He has conducted business in over 15 countries while focusing on developing small-to-medium-sized businesses and taking them to market worldwide. Robertson's 20-plus-year career in transaction experience and entrepreneurship includes guest lecturing around the globe at institutions such as Harvard Business School and other top-flight MBA schools as well as business forums and news outlets worldwide. He sits on numerous boards, guiding firms to streamline operations and make businesses more profitable before selling. ★

River Cats and Giants Announce 10-year Affiliation



**Sacramento River Cats
Press Release**

WEST SACRAMENTO, CA (MPG) - The Sacramento River Cats are proud to announce a new long-term partnership with the three-time World Champion San Francisco Giants as part of Major League Baseball's new Player Development License (PDL). The 10-year extension keeps the River Cats as the Giants' top minor league affiliate through the 2030 season.

"The San Francisco Giants are one of Major League Baseball's most respected and storied franchises and we are honored to continue what has been an incredible partnership both on the field and in our communities," states River Cats general manager, Chip Maxson. "The new PDL will allow the River Cats and Giants to focus on long-term player health, wellness, and development, which will lead to an even better fan experience and more championships!"

This will be the seventh season since partnering with the Giants in September of 2014,

compiling a record of 332-377 in the process including a championship run in 2019, becoming the only club to win three Triple-A Championships.

"We are excited to continue our dynamic partnership with Sacramento for 10 more seasons," exclaims Giants president of baseball operations, Farhan Zaidi. "Sacramento has proven to be an important affiliate by providing our players an excellent place to play with a passionate fan-base, all in close proximity to San Francisco."

Sacramento is one of San Francisco's four domestic minor league affiliates, alongside Double-A Richmond (Eastern League), Advanced-A Eugene (Northwest League), and Class-A San Jose (California League).

Sutter Health Park is the West Sacramento home of the 2019 Triple-A Champion Sacramento River Cats. Memberships, Mini-Plans, and Flex Plans can be purchased for the 2021 season by calling the River Cats Ticket Hotline at (916) 371-HITS (4487). ★



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