

Moore's Garage Celebrates 10th Anniversary!

PAGE 11

Three Strikes for Bald Eagle

PAGE **2**



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Serving Fair Oaks, Orangevale & Sacramento County

MARCH 12, **2021**

Investing

in the

Village

Story by Shaunna Boyd

FAIR OAKS, CA (MPG) -The Fair Oaks Village

Enhancement Committee (FOVEC) – a local 501(c)3non-profit that works to enhance the Fair Oaks Village business district hosted an early morning Zoom meeting on February 24 to provide updates about the upcoming Measure J construction projects in the

At more than \$18 million dollars, FOVEC member William Mercado said the

construction projects in the Village represent the largest

investment in the Village district, "so I'm sure it will

make quite an impact on

SJUSD ANNOUNCES EMPLOYEES OF THE YEAR



PAGE 7

O'CONNOR'S **WOOD FIRE GRILL AND BAR**



PAGE 4

MUSICIAN



PAGE 5



direct link to our online edition!



Colleges Begin Vaccinations

But likely won't require immunization



Sacramento State nursing student Amanda Clark administers a COVID-19 vaccine to Denisse Ambriz, a graduate from the Master of Social Work program at Sacramento State University on Jan. 29, 2021. Photo by Rahul Lal for CalMatters

By Matthew Reagan, Zaeem Shaikh, Shehreen Karim, Ryan Loyola, Elena Shao And Mallika Seshadri, CALMatters

professor Al Schademan received one cine, an adventure he said felt like as the state's vaccine rollout continues of around 2,000 emails sent to faculty, student employees and essential staff at California State University, Chico. The email contained a surprise for Schademan: He would be among the first higher education employees in

coronavirus vaccine.

Within a couple weeks, Schademan was climbing a back stairway at the 298-bed Enloe Medical Center, where participating in a covert operation.

said Schademan, who's now considering teaching in-person in

"I'm just hopeful we can get back to California to gain coveted access to the normal, because staring at a computer all day is not fun," he said.

Chico State is one of at least three California State University campuses offering the coronavirus vaccine to facin a room above the hospital cafe he ulty, staff or student employees. Other In mid-January, science education received his first shot of the Pfizer vac- California colleges may soon follow and supply increases. But most colleges Getting vaccinated was a relief, and universities say they're not likely to require members of the campus community to be vaccinated – even as they plan to ramp up in-person learning.

> Educators qualify for vaccine Continued on page 4

our community." Measure J is a \$26.9 million general obligation

bond passed by voters in 2018 with 68.9% approval. Fair Oaks Recreation and Park District Administrator Mike Aho said that the construction projects in the Village - upgrades to Village and Plaza parks, the remodel of the Veterans Memorial Amphitheatre, and renovations to the Community Clubhouse - will create a "more cohesive feeling." Rather than two parks with various District buildings between them, Aho said the construction of an interconnected walkway around the parks and facilities will establish an atmosphere of one large, expansive park. The projects will also add

spaces to the Village. The updates to Village Park include new playground equipment, featuring a 20 ft. climbing tower, a suspended mesh tunnel, an enclosed slide tunnel, and a slide play area built into the hillside. The existing outdoor stage and dance pad will be maintained and incorporated into the design. Accessible bathrooms and seating will also be part of the construction.

an additional 20 parking

In Plaza Park, the back of the renovated Amphitheatre will feature a small stage as the center point for smaller concerts and the annual tree lighting. With overhead lighting, tables and chairs for increased social interactions, and a mixture of hardscape, lawn, and native plants, the Plaza will be enhanced in its role as "the front yard of the Village," said Aho.

At the Community Clubhouse, the amenities will be upgraded, including a new heating and cooling system, new lighting, new sound and video capacities, and new flooring, doors, and windows. The overall look and function Continued on page 3

Open Up SJUSD Protests at Sit-In

By Patrick Larenas

CARMICHAEL, CA (MPG) -San Juan Unified school students, parents and supporters held a Sit-In Protest joining the movement Open Up SJUSD on February 23, 2021. Assembling at several district schools, including the SJUS District Office on Walnut Avenue in Carmichael, the groups demanded the still unavailable in-person learning option under COVID.

Sit-In participant Tammy Shade demonstrated with her two boys and said it had been quite the challenge "constantly dealing with kids all day for almost a year now". She says her sixth grader gets really tired of "watching a screen the whole school day". The boy is a very social child and was really looking forward to all the band music, physical education and diversity of classes offered at middle schools.

UC Davis graduate, and father of two district students, Ken Firl joined the movement concerned that "it would take years to academically catch up no effect in purple-tiered after this." He said, "Most SJUSD.



school, in person. Photo by Patrick Larenas

teachers would be here, but the main problem is the unions."

The Open Up SJUSD Sit-In Protest came in between two scheduled clinics which vaccinated thousands of district employees in the last weekends of February. An agreement reached in November 2020 by the employee-represented

unions and the district that once in the red tier teachers would return to in-person teaching, whether or not all are vaccinated, has had

The source of parent frustration, that not all counties, school districts or private schools are under the same phase restrictions, added to what is a serious learning loss and harmful effects to the mental wellbeing of their children.

Parent attendee Michelle Amiot said her kids transferred to Placer County schools but is aware of the Sacramento County situation. Amiot says she knows a lot of students from volunteer coaching girls basketball in Citrus Heights Kingswood K-8, and believes "many would

not be failing this year at Mesa Verde and San Juan High Schools." Jeff Ratchford is con-

cerned with his third and fourth graders at Deterding Elementary in Carmichael. He said, "With all the glitches last year was just a waste of time. If the school doesn't open on its own, I'll pull my kids off and send them off to St. John's. We all look at teachers as heroes... and I see teachers shopping and doing things outside, but not for the education of our kids. They need to show some more

courage."

2 • AMERICAN RIVER MESSENGER MARCH 12, **2021**

Three Strikes for Bald Eagle

Story and photo by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - The bald eagle found dying near Folsom's Johnny Cash Trail last month had a three-strike run-in with urban influences. While its flesh showed minor traces of two rodenticides, the great raptor was not poisoned to death. Neither was the angler's hook found in its system fatal.

A California Department Fish and Wildlife analysis last week concluded the eagle - an otherwise healthy young adult with good muscle and fat distribution – died of "massive trauma and blood loss" after some sort of violent impact. The male bird was discovered huddled against tree roots and later transported to a Folsom vet clinic, where he died.

When one of a protected species – and America's iconic national symbol - dies through human influences, federal and corporate agencies react. The eagle's remains were necropsied at the California Fish and Wildlife Investigations Laboratory in Rancho Cordova. Tissue samples were sent for further analysis in a UC Davis lab. While the nature of the fatal accident might never be proven, a Fish and Wildlife scientist theorized the bird might have collided with power lines, then plummeted to earth. Either the collision or the fall – through trees and branches - fractured sternum and keel bones. The bird's stomach was empty, so it had likely been hunting in the nearby American

River.



The bald eagle that perished near the American River at Folsom had minor traces of rodenticide, plus an embedded fish hook in its system. Cause of death is nevertheless judged to have been a collision with power lines that stretch over the Johnny cash Trail.

the fallen icon, a Sunday walk turned into an afternoon of heartbreak. Danny De Lange and girlfriend Sydney Frank explored a mud track near the Johnny Cash Trail. Their steps followed a creek near Folsom Prison fence line. Above was a thick canopy of branches and – rising with the ravine slope – a dozen power cables. The hikers found the bald eagle in the throes of a tragedy that saddened nature lovers everywhere.

"My girlfriend warned me not to turn quickly, recalls De Lange. "She'd seen a bald eagle behind me. I expected it to be in a tree but when I looked, it was leaning on the roots For the couple that found of an oak. I could see blood

on the side of its head. Its eyes were open and it was breathing. It seemed in pain and unable to move."

"Our gut reaction was emotional. Here was the embodiment of our nation, helpless." Using cell phones, the couple contacted the police and animal agencies. "To our frustration, no one we called could come to pick up an eagle," says De Lange. A nurse assistant, he judged the raptor in bad shape. "A couple of times, we heard him cough and gag. I knew that could indicate internal bleeding. We stayed with him for more than two hours, talking to him and trying to keep him awake. We kept our distance and did not touch him. We took

a photo only because we knew he was a protected bird. We felt some sort of evidence might be needed."

As darkness fell, US Fish and Wildlife biologist Jennifer Brown arrived with a transport carrier. Animal rescue expert Ben Nuckolls knew he was a young adult. Footnote: came minutes later. "I was struck by how beautiful the eagle was," says Jennifer Brown. "My biggest impulse was to get him help." Anticipating a struggle, she first gloved up. "But when I lifted him, there was just no fight left in him." Brown drove her fragile passenger to a Folsom veterinarian; he died 30 minutes after arrival.

"When you're working in animal rescues, you steel yourself for the worst," she work closely with wildlife ing with another partner. ★

says. "His chances were slim but I still had hopes. When I heard he passed away, I was very sad. Especially with an eagle - its species has such an amazing recovery story from near extinction. I He hadn't had a chance to live a full life.

Transmission lines along the American River supply the power grid from Folsom and Nimbus dams. SMUD, PG&E and WAPA (Western Area Power Administration) maintain cables that pass over the Johnny Cash Trail and adjacent areas. PG&E offers this statement: "At PG&E safety is our most

organizations to protect all endangered species. With respect to the incident near the Johnny Cash trail, our team is investigating the circumstances, however there are no definitive results at this time."

Rare in Sacramento County, bald eagles have established a presence on Lake Folsom and on American River stretches over the last 12 years. At least six nests are documented in this vicinity. The deceased male is possibly from a Folsom Lake family. Necropsy examination revealed the raptor had recently engaged in breeding. Although eagles mate for life, widowed adults can important priority, and we eventually continue breed-

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Investing in the Village



Renovations of the Amphitheatre will maintain the popular outdoor seating, while creating a new stage that can be closed into a Black BoxTheatre for smaller performances and for use as part of an interior Community Center. Image courtesy of FORPD

Continued from page 1 of the Clubhouse will be improved, including ensuring ADA compliance.

The Amphitheatre renovation will involve a new more appealing and visible entrance, while the outdoor amphitheatre seating will be maintained with over 500 seats although Aho said a few of the existing seats will be lost to make room for ADA-compliant seating. The renovation will also create a multi-use space, to be known as the Fair Oaks Village Park Community Center. This Community Center will be comprised of multiple interior rooms that can be adjusted for size, as well as the Amphitheatre stage itself, which can be closed off to create a smaller performance space (the Black Box Theatre) that can seat more than 200 people.

Last year, the District purchased the commercial building located near the Amphitheatre entrance. The former salon was recently vacated, so Aho said demolition is scheduled to start in April, along with demolition of the back side of the Amphitheatre in Plaza Park. The site of the former salon will become a social seating area that Aho said will be "a great amenity to the park."

Aho estimated that construction fencing will go move forward. up in May, although the exact timing will depend Walter shared some of on permitting and might have to be adjusted due to COVID-related delays. Once construction begins, the projects will take approximately 18 months



Village Park will get new playground equipment, featuring a climbing tower and a slide play area built into the hillside.



As the Village's front yard, the Plaza will have enhanced seating areas and overhead lighting for a relaxed, social atmosphere. Image courtesy of FORPD

is \$7.9 million for the Amphitheatre renovation, \$7.4 for the upgrades in the green spaces, and \$3 for Clubhouse improvements.

"I'm excited. I'm honored that the voters have voted for this and for the input that we've received on it, and I look forward to the next phases of this project," said Aho. The District plans to partner with FOVEC to hold frequent meetings to keep the public up to date as the projects

FOVEC member Keith the Committee's plans for helping Village businesses thrive. Many businesses have struggled throughout the pandemic, but the Village has also welcomed

to complete. The cost new businesses. Walter said the Village has "tremendous diversity in the dining and drinking scene" but needs "cohesive messaging."

> Once the Village construction projects are completed, FOVEC hopes to make use of the new facilities to host a series of events that will bring "new people, new shoppers, new vibrancy to the Village," said Walter. They hope to launch a merchant group that will manage a unified calendar, ensuring increased business participation and publicizing the events to generate visitor enthusiasm.

> To find out more about FOVEC and sign up for future update meetings, visit https://www.fairoaksvillage.org/.

Students Reflect on the Opportunities of 2020

Story by Shaunna Boyd

FAIR OAKS, CA (MPG) - The Rotary Club of Fair Oaks hosted its annual Speech Contest for local high school students on March 1, 2021. This year was different, with the contest held via Zoom due to the ongoing coronavirus pandemic. The challenges of the past year also inspired this year's theme: How 2020 Opens Opportunity.

Jocelyn Monroe-Holder, a freshman at Meraki High School, began by recounting the economic shutdowns, business closures, and mass unemployment that resulted from the pandemic: "You watched as the world slowed before your eyes." In addition to the pandemic, she said 2020 was dominated by the debate about police use of force against minority communities. The challenges of 2020 presented people with the opportunity to "reevaluate who we are and why," said Monroe-Holder.

With most interactions limited or restricted during lockdown, people relied on their devices to connect with others online, leading some to discover more about themselves and what groups they identify with - "recognizing where they belong," she said.

"The world has stopped going round. But with the power of those who struggled, who brushed off their knees and tried time after time after time again, you will see the sun again," said Monroe-Holder. She said that 2020 changed everything, but "change brings chance." People showed the ability to work together – and the power of love and hope. And she said hope is "the biggest opportunity of all."

Briana Le, a junior at Bella Vista High School, said that while 2020 will be remembered as "one of the darker years in world history," it also "showed some of the best parts of humanity," such as "perseverance, resilience, empathy, and kindness." Le said that in a time of fear and despair, people made the choice to make a difference. The challenges of the pandemic gave us the opportunity to "think of creative solutions to a new problem. It chal-

While individual acts of kindness can't change the world, Le said those more light into the world and especially in 2020."



Briana Le



Jayha Buhs-Jackson



Jocelyn Monroe-Holder

at a dark time." For Le, "It makes you believe in the promise of a better world."

"In the darkness, we found ways to express ourselves, we found ways to help others, we found ways to express the hopes and joys of being alive. We made all these opportunities and forged our own path," said Le, "2020 gave us the opportunity to show our love and light.'

Nancy Cheng, a senior at Sacramento Waldorf, said that as an international student from China, she is used to a fast-paced life filled with extensive plans. But in 2020, she said, "nothing was inside my control." She took the opportunity to enjoy the time connecting with her family – and to connect with herself. "Never before did I have such a chance to slow down and learn how to be with myself." Cheng learned to enjoy her own company: "I can be my own light."

Cheng said the pandemic allowed people to see and "truly value the people who work behind the scenes" such as clerks, drivers, and farmers. "Every single life is of equal importance and we all need to go through this together," she said.

One of the greatest opportunities Cheng highlighted from 2020 was the ability to learn. With so much information and so many resources online, Le said there is the chance lenged our limits and what to learn, discover, and we were able to do," she explore. "If you have the heart to learn, everything is available," she said. "Opportunities are for those who are ready to acts can "put a little bit embrace them - always,



Nancy Cheng

Jayha Buhs-Jackson, a freshman at Bella Vista High School, said that 2020 began with the promise of a new decade, but it ended up taking away so much from so many people. But being forced out of school and away from friends and extended family taught her to appreciate things that are often taken for granted.

The pandemic has been considered an equalizer since anyone can be infected, but Buhs-Jackson said it has actually highlighted the disparity between privileged and marginalized groups. "Before the pandemic, marginalized groups were already fighting a virus of white supremacy, and there hasn't been an antidote for that," she said.

Buhs-Jackson quoted Maya Angelou, "When you know better, you do better," and said that 2020 was "America's recurring opportunity to do something about the systemic inequality in this country. A recurring opportunity for America to live up to the promises this country gave when they formed." She said 2020 will be remembered as America's opportunity to act.

Speech Contest Chair Nick Broad said the contestants all showed "courage and hard work." A panel of judges scored the four contestants on the delivery, originality, and content of their speeches. Monroe-Holder took fourth place, Buhs-Jackson took third, and Le placed second. Cheng won first place, earning \$200 and a place in the Rotary's District-wide contest.







4 • AMERICAN RIVER MESSENGER MARCH 12, **2021**

Colleges Begin Vaccinations



A sign directs visitors to the vaccination clinic at the University Union building at Sacramento State, Jan. 29, 2021. The campus is currently vaccinating faculty and staff. Photo by Rahul Lal for CalMatters

Continued from page 1

prioritization in the current 1B phase of California's vaccine rollout. Vaccine availability varies by county, however, meaning some colleges have been able to begin immunizations while others still await guidance from local health officials. Vaccination is key to colleges' reopening plans given previous coronavirus outbreaks fueled by students gathering in dorms and off-campus housing. The state will begin transitioning to a new vaccine distribution system overseen by health insurer Blue Shield, which officials say will create more consistency among counties.

Chico State was able to vaccinate faculty and staff because the local Butte County Public Health Department has moved swiftly through the vaccination process. The county is on track to finish vaccinating K-12 employees in March, and has also offered doses to instructors at Butte College and technical schools, said communications manager Lisa Almaguer.

CSU and University of California campuses are also helping distribute vaccines to the wider community. Eleven of the 23 CSU campuses have on-site vaccination centers, and more are expected to come online within the next few weeks, according to CSU spokesperson Mike Uhlenkamp.

Colleges Pass On Vaccine Mandate

While CSU and UC have said they will encourage students and staff to be vaccinated, they have no current plans to require it.

"Our focus is really to try to get the vaccines here to each campus and to inspire participation," CSU Chancellor Joseph Castro said at a Feb. 8 press conference with student media. "There may be some students for different reasons who decide they don't wish to be vaccinated, or a staff or faculty member who doesn't wish to do so. I'm going to respect that and really focus on trying to get as many people vaccinated as possible."

Castro added that he wanted to avoid any legal issues that could accompany mandating a vaccine that has been approved by the Food and Drug Administration for emergency use only.

The emergency use authorization - a rarity in U.S. history – is the main issue driving legal uncertainty around whether campuses can require the vaccine, said UC Hastings College of the Law professor Dorit Reiss. Some colleges already require other immunizations for students who want to attend; UC, for example, made flu shots mandatory for students, faculty and staff last year.

If colleges do eventually decide to start mandating a COVID-19 vaccine, Reiss and other legal experts said, the requirement could survive legal challenges by being narrowly tailored to protect public health and allowing individuals to opt out for medical or religious

"The Civil Rights Act of 1964 does say you can't discriminate in education based on religion, but that only requires accommodation if the accommodation is no more than a minimal burden," Reiss said. "A university can say allowing students to bring in COVID-19, measles, influenza is more than a minimal burden. It can also say, 'We're offering an accommodation. The accommodation is if you don't want to get the vaccine, take the course online."

At California State University, Sacramento, administrators considered requiring students to be vaccinated but changed course after hearing from the chancellor's office, said Cely Smart, chief of staff to campus president Robert

"We initially thought that we would be able to (mandate the vaccine), especially for our student population, in the way that we do meningitis and some of the other immunizations," Smart said. CSU officials advised against that due to concerns about the emergency use authorization, Smart said. But if the vaccine is approved for non-emergency use, Smart said, she believes the university would revisit that requirement "pretty quickly."

Sacramento State has been offering on-campus vaccines to employees on a voluntary basis since Feb. 16, Smart said.

In-Person Learning Expands

As the vaccine rollout continues, a few California colleges are increasing the number of students attending class in-person in outdoor tents and even indoor classrooms. Their efforts provide a glimpse of what campus operations

could look like statewide this fall. UC Berkeley also began offering indoor classes this week, despite a coronavirus

outbreak earlier in the semester that saw students confined to their dorms. Classes will be capped at 26 students, said spokesperson Janet Gilmore, with all students required to test weekly for COVID-19, complete a daily symptom screening and wear a mask. Students in the university's Rausser College of Natural Resources are conducting outdoor labs, string ensembles are rehearing al fresco, and engineering students are attending outdoor meetings.

Stanford University said this week that it will bring juniors and seniors back to campus for the spring quarter that starts March 29, though most classes will remain online. "We believe our campus is prepared to respond effectively to positive cases that occur," Stanford President Marc Tessier-Levigne and Provost Persis Dell wrote in a message to students, according to the Stanford Daily. The move was opposed by Stanford's student government, who argued bringing students back would place a heavier burden on local hospitals, citing a small uptick in Covid cases during the winter quarter and some students' refusal to comply with safety measures.

Planning For Fall

But most California colleges, including the UC and CSU systems overall, are focused on Fall 2021 as the date for a return to campus life. Dr. Anthony Fauci, the nation's top infectious disease expert, sparked optimism among higher education leaders in December when he predicted that most college students could be vaccinated by late summer. Bringing students back to campus is important for not just colleges' culture and learning environments, but also their bottom lines; many have lost millions of dollars in revenue as students stopped paying for dorms and meal plans.

"We all want to get back to normal, knowing that normal is not what it was before, but we're working really hard to bring back our students and to have that on campus interaction," said Kristen Soares, president of the Association of Independent California Colleges and Universities, which represents private colleges.

Some students say they're cautious about returning. Alissa Vasquez had been looking forward to transferring to Cal State Northridge from community college this fall, and reuniting with friends there. But if her campus doesn't require students to be vaccinated, Vasquez said, she worries that she'll endanger her immunocompromised grandmother by commuting from her family home to in-person classes.

"As much as I'd love to have that college experience and see the university firsthand, I just still don't feel safe," Vasquez said.

When UC student leaders met with President Michael Drake to discuss the university's return to in-person learning, they urged him to give students flexibility, said UC Santa Cruz student body president Shivika Sivakumar.

"We are really pushing for a hybrid option because we know not everyone would be vaccinated by then," Sivakumar said. "Most of our talk with President Drake was, 'When you come up with a plan of action, make sure you're keeping in mind that there are different student groups and different staff professionals who are going through different things right now. If you make remote not an option anymore, it's going to be hard."

Faculty, too, are pushing to have a voice in universities' fall plans.

Schademan, the Chico State science education professor, said administrators there did not consult with instructors before deciding that 20 to 30% of fall classes would be in-person. As he weighs returning to the classroom, he said a lot of questions remain unanswered – such as whether he'll have access to the sinks and supplies he needs to effectively train new science teachers.

Even after more students and employees are vaccinated, colleges shouldn't expect a return to the carefree days of 2019, said Gerri Taylor, co-chair of the American College Health Association's COVID-19 task force.

Students will still need to wear masks, be tested for the virus regularly – her organization recommends at least once upon arrival to campus and twice a week after that - quarantine if exposed and socially distance within the classroom, she said.

And new variants could prompt a need to create new vaccines that students in coming years will have to receive, she said. "It may become a yearly occurrence, just like the flu

O'Connor's Wood Fire Grill and Bar Offers Catering



like to stay home. Photo: Orangevale Woman's Club

Orangevale Woman's Club

ORANGEVALE, CA (MPG) - The Orangevale Woman's Club is at it again! Our new "Loyal 2 Locals" promotion recently interviewed owner, Steve, at O'Connor's Wood Fire Grill and Bar. He has been at 9267 Greenback Lane, in Orangevale for 15 years. Steve had been in the catering business for years when an opportunity arose to move his catering business to Orangevale. There he could have a full-service lunch and dinner at a family run restaurant. In 2015, they shut down the restaurant for 6 weeks to refurbish the inside and add a brand-new bar. Steve likes the smaller feel in Orangevale and enjoys seeing the same familiar faces.

O'Connor's is planning on enlarging the outside patio and adding a new cover and sides to help with lessening the noise. O'Connor's plan for the expanded area is due to be finished sometime in April. They also plan to add live music on the weekends.

O'Connor's still has the authentic Santa Maria-style barbecue dishes that you have come to love from their family restaurant, but now they also offer wood-fire pizzas, pasta dishes, such as Pesto Penne, Shrimp Scampi Linguini and Cajun Chicken Penne, gourmet burgers and a broad range of appetizers and salads. Customers have

been raving about O'Connor's signature ribs and sauces for years! Come and experience the food and fun for yourself.

Steve has asked all of Orangevale to remember that O'Connor's was originally known for its catering. Steve noted that their business has suffered and wanted to remind everyone that if you need catering, please remember O'Connor's. O'Connor's is currently offering 10% off any catering order for 30 or more people.

O'Connor's is also offering another special for outside and to-go orders: \$10 OFF Your Bill When You Order Two Dinner Entrees if you say where you saw this ad. Hours are Monday-Saturday, 11:30 a.m.-8:30 p.m., Sunday 11:30 a.m. -8:00 p.m. (916) 988-0112 or www.woodpit.com. ★



O'Connor's offers a variety of savory plates such as the Tri tip with tri tip chili and potato salad. Photo: Orangevale Woman's Club

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BOC Hears Updates on Measure J Projects

Story by Shaunna Boyd

FAIR OAKS, CA (MPG) - At the March 2 Zoom meeting of the Measure J Bond Oversight Committee (BOC), Fair Oaks Recreation and Park District (FORPD) Administrator Mike Aho presented updates on Measure J projects, starting with Village and Plaza park upgrades, Amphitheatre renovation, and Community Clubhouse improvements that will transform the District facilities in the Village into one large, integrated park – a complex that will be known collectively as Village Park.

BOC Vice Chair Amy Larsen said the planned Community Center - comprised of the closed stage of the Amphitheatre and three interior multiuse rooms - would fill a community need outlined in the bond language. Aho agreed that it would serve as a valuable amenity, but he also acknowledged that the space doesn't check all the boxes of a community center: "This gives us a functionable space for a variety of different things in Fair Oaks. Does it meet all the needs of a community center? It does not. But it starts nicking away at it."

The District still needs space for youth programming like camps and classes, and Aho said they're looking at making changes to McMillan Center at Fair Oaks Park: "It's not enough space, nor is the building sustainable over the long term." The District is still exploring options, and the space at La Vista is "still in that dialogue," said Aho.

The update about Streng Park focused on the recent bid process. The District received three bids, with the lowest coming in at \$678,000 for park construction (\$87,000 for playground equipment is not included in the construction cost). The contract will be presented to the FORPD Board at their next meeting. The bid is lower than the District's estimate for construction costs, and although "things can change," it was "good news to see bids lower than expected," said Aho. If the Board approves the contract, construction at Streng Park should be completed in July 2021, with a ribbon cutting this September. Funding for this project comes from multiple

sources, with only \$200,000 funded by Measure J.

BOC Chair Gary Juels asked how the Measure J improvements and new facilities will impact the District's long-term maintenance costs. Aho said the District is working to determine standard maintenance costs (e.g., cost per square foot for maintenance to pavement, grass, flower beds, high-use facilities, etc.) in order to apply those to long-term budget projections. The new facility designs will help save money on maintenance, but there will still be an increase in maintenance costs over time. The District gets funding through local assessed property valuations, and Aho said those values are currently "rising faster than our expenditures." With a strong housing market and high reserves, Aho said the District is "doing pretty good." These expected increases in revenue should offset some of the additional costs – although Aho acknowledged "if the housing market collapses, our budget collapses. It's a gamble," – which is why it's a District priority to

maintain high reserves. Finally, the BOC continued a discussion about how to best update the community on Measure J progress. Aho suggested regular Zoom presentations about project progress, along with a question-and-answer session. The meeting could be recorded and then shared on social media platforms to reach a wider audience.

BOC member Garett McDermid restated his suggestion of a one-page snapshot of Measure J progress to be distributed to residents. That information is available on the website and included in the quarterly activity guide mailed to all residents, so Aho was reluctant to spend resources on another document without a distribution plan. Aho said the District is looking at other approaches, including sophisticated bulletin boards where the information would be presented visually - although he said he couldn't yet share the details.

The next BOC meeting is scheduled for

Woman's Thursday Club Thanks **Fundraiser Supporters**



By Dot Boyd, Fair Oaks Chamber of Commerce

FAIR OAKS, CA (MPG) - Spring is springing up all over and with it, a little more optimism from what I can tell. demic shutdown, and I would say that our local organizations are finding new ways in which to fundraise to sustain the clubs and causes while supporting our mom and pop businesses, especially restaurants. I'll highlight what Woman's Thursday Club of Fair Oaks has been up to.

Woman's The Thursday Club has operating expenses for the clubhouse which are normally covered by rental fees. However, since the pandemic, there have been no rentals, but expenses February 17th, WTC partfor a take and bake pizza your order. Pick-up day on a screen near you!

about three days. It was a great success with nearly 100 pizzas ordered and picked up which according to Del's owner Rick Keith was a new record for any of his fundraisers!

Event organizer Claudia Thorn would like to thank everyone who helped to make the take and bake pizza fundraiser a success: WTC President Kathy Knutson, Linda Poya, Carol Crowther, Toni Mounts, Bud Beebe, Marty We are a year into the pan- Holmes, the Del's Pizza team, and everyone who ordered pizzas.

Through Saturday, March 13th, you can order Tupperware to support WTC by shopping at Dcralle.my.tupperware.

com, click on Find a Party and go to Woman's Thursday Club. Questions? Call Diana Cralle at 916-880-6334.

Now you're just in time to order a delicious, take and bake chicken pot pie from Smokey Oaks Tavern to support WTC. Each pie serves two and the cost each is \$25.00. Please still need to be paid. On call Linda Poya at 707-972-1663 between March nered with Del's Pizza 15th and 18th to place

fundraiser, organized in is Tuesday, March 23rd between 3 pm and 5 pm at Smokev Oaks Tavern. Thank you for your continued support of the oldest service organization in Fair Oaks!

> FOCC member Summerset Senior Living in Rancho Cordova is hosting a FREE Drive-thru Resource Fair for Seniors on Saturday, March 13th from 11 am to 1 pm. Please call Victoria Olivarez at Summerset at 916-330-1300 by Friday, March 12th at 11 am to register to "drive-thru" to get free coffee, donuts, and grab bags from vendors. I'll be there handing out packets with information on trusted local senior safety resources.

Our next Fair Oaks Chamber Luncheon will be via zoom on Thursday, March 18th from noon − 1 pm. It's free of course, but we encourage you to bring your lunch from a Fair Oaks restaurant! Please pre-register for the zoom link at fairoakschamber. com. If his schedule permits, County Supervisor Rich Desmond will be the featured speaker.

See you in Fair Oaks or

County Partners with School to Reuse Lawnmowers

By Laurie Slothower, Sacramento County News

SACRAMENTO COUNTY, **CA (MPG)** - A partnership between the Sacramento County Department of Waste Management and Recycling Department and Will Rogers Middle School is giving new life to discarded lawnmowers while helping students get handson training in engine repair.

Since 2019, the North Area Recovery Station (NARS) has allowed Will Rogers Middle School instructor Ken MacPherson to take discarded gasoline lawnmowers to use in the school's class on bicycle and small gas engine repair. The class gives mechanically-minded students a jumpstart on auto shop classes offered in high school.

Small gas engines are a little pricey, and students have a tendency to lose parts. One day while visiting NARS, MacPherson noticed customers dropping off old gas-powered for parents and students to



There's a lot you can learn from a small gas engine. It's like a 3-D puzzle with oil. Photo Sac County

mowers. Inspiration struck. MacPherson approached NARS workers, who supported his idea of using discarded mowers. As part of the agreement, the school is required to document the donation, release the county from liability, and prohibit students from selling the engines.

Pre-COVID, students in a classroom could perform basic diagnostic tests, drain oil and gas from the engines, and give them a good pressure wash. Given the restrictions of the pandemic, MacPherson prepares the mowers for students to work on at home and schedules a pickup date come to the school. They choose the engine they will work on for the semester.

"There's a lot you can learn from a small gasoline engine. It's like a 3-D puzzle, with oil," said MacPherson. "And if they can make it work, they can use the engine to build anything they want."

For Waste Management and Recycling, it's another example of how employees go the extra mile to support the community and reduce and reuse items that would have otherwise ended up in the landfill. And in this case, it also provides an opportunity to partner with a school and educate students.

Musician in the Spotlight



Fredrick Lange, principal trumpet player for SSW. Photo provided by SSW

Sacramento Symphonic Winds

SACRAMENTO REGION, CA (MPG) - Fredrick Lange is the principal trumpet player with SSW. He began playing the trumpet in a K-12 program in San Mateo, CA and earned his bachelor's and master's degrees at UC Davis. His career spanned 36 years teaching at three private schools in Woodland and Davis, and as Director of Bands at Davis High School where he taught for 26 years. During his tenure, his bands received numerous honors, including performances at the Western

International Band Clinic in Oregon, and the famed Monterey Jazz Festival. He retired from teaching in 2012.

Throughout his adult life Fredrick Lange has continued to perform on the trumpet as a member of the Davis Brass Ensemble, California Wind Orchestra, and his brass quintet BRASSY! He joined the Sacramento Symphonic Winds in the Fall of 2012 and has enjoyed the exceptional musical experiences this group has provided – not to mention the pleasure he gets from the group's genuine spirit to perform at the highest standards.



SMUD Extends Suspension of Power Shutoffs

SMUD Press Release

SACRAMENTO, CA (MPG) -In response to the ongoing COVID-19 pandemic and growing economic challenges, SMUD announced it will extend the suspension of disconnecting power due to non-payment for residential and commercial customers through June 30, 2021, at the earliest.

"We stand by our community during these tough times," said SMUD CEO and General Manager Paul Lau. "This prolonged pandemic has put a strain on our local economy and we're committed to ensuring that ALL customers have safe and reliable power as we work through these unprecedented times."

The suspension of power disconnection due to nonpayment began March 13. 2020 and will last through June 30, 2021, at the earliest, as SMUD continues to monitor the evolving situation.

Customers who are behind on payment will still owe SMUD for service, they will just not lose power at this time. Customers are encouraged to contact SMUD to make payment arrangements or to enquire about energy assistance rates and other programs.

Since March, SMUD has suspended power shutoffs for non-payment and late fees, as well as adjusted its low-income rate so more people can qualify. SMUD

is also offering flexible payment arrangement options.

In the midst of this COVID-19 pandemic, SMUD has taken a number of actions to keep its employees and the community safe. As an essential service provider, SMUD is proactively minimizing risk to employees to ensure reliable electric service and is asking the public to abide by the social distancing guidelines and not approach work crews. Their safety and wellbeing is key to keeping our community powered, so please thank them from afar. For information about our continued efforts, please visit smud.org/HeretoHelp.

For more information, visit smud.org.





By Marlys Johnsen Norris, **Christian Author**

One begins their journey of worship when they begin to attend church service. They know they will be taught about God and what it means to be a believer and follower of Christ.

In the process of the service they will observe people putting monies into a collection plate. They may or may not choose to do it (they are new in their faith and understanding) and that is o.k. God knows their heart! If the heart is not ready to give, God understands. We need a heart of true worship! Giving with resentment will not please the Lord. The spirit of giving affects every area of their life and in time Every one who truly has the spirit of love also has an inward desire to give

One can not purchase God's love or salvation! Salvation is a "free gift" to

Does One Really Understand True Worship?

death on the cross and resurrection. God alone gives every life meaning and purpose! No amount of giving can buy salvation! Jesus paid the price and bought life eternal for those who accept His sacrifice on the cross. Jesus act of a death sacrifice purchased a gift of eternal life one day for those who accept Him as Savior and Lord of their life. His resurrection proved his deity as our Messiah according to Scriptures. (This has never happened in any other religion!)

God will test the heart! God teaches guides and directs the process of learning and prayer about His instructions and worship. In time one does learn giving is a part of worship. Then, they begin to act out "giving" with a gratitude for God's love, mercy and forgiveness.

Giving becomes an "act of worship" as one returns love to God for what He has done in their life. Testimonies and praise increase because one cannot out-give God. Praise inhabits God's people. Our Heavenly Father Orangevale, CA 95662 ★

those who accept Jesus life, automatically blesses when one is generous with their finances to support the church and/or other ministries expressing love to see souls won to the Kingdom of God. Obedience honors God as one demonstrates their love and belief - expressing and proving with gratitude what He has done for them.

Don't we pay our rent or

mortgage payments so we can have a place to live? Why does anyone believe that a church or a pastor can live with something less? God had his followers build a Temple for learning, unity and fellowship. It was a need for everyone's effort and support an effecive church. Our sacrifice demonstrates a spirit of love and praise, honoring and glorifying the God of the Bible we claim to follow and believe. Worship is far more than Sunday church attendance! Pray about this and

Marlys Johnsen Norris Christian Author -Stephen's Minister Marlysjn@gmail.com PO Box 114,

listen!

Dare to Live Without Limits by Bryan Golden Today is the Day

Yesterday is over. in problems. Don't make Tomorrow is in the future. Today is the day that matters. You want to maximize your accomplishments, while maintaining a positive attitude. Being happy each day makes everything more enjoyable.

Today, stop worrying. Worry is draining. Worrying has no benefits. Any time and energy spent worrying is wasted. Worrying about the past list in case another priority is really pointless, since 1 item has surfaced. Using the past can't be changed. Worrying about the future is useless, because nothing

is accomplished. Today, let go of the past. Stressing over what you could have done, should have done, or would have done differently accomplishes nothing. Use your past experiences to make better decisions today. Don't repeat the same

mistakes. Today, replace worry with action. Take action to correct past mistakes. Take action to prepare for the future. Action is required to gets things done. Take action today to move you closer to your goals. Take action today to solve

problems. Today, stop procrastinating. Procrastination blocks action. Today, spend just 15 minutes doing whatever you have been putting off. Getting started breaks the log jam of procrastination. The momentum created by getting started keeps you

Today, look for solutions to whatever problems you may be facing. Don't complain because complaining keeps you mired

moving.

any excuses for why you can't solve your problems. Don't blame other people or circumstances for your problems.

Make a workable plan for today. List only the three most important things you need to accomplish. Rank them in order of priority. Now get to work on the item number 1. Once it's completed, rework your this approach keeps you focused on the most important tasks for today.

Today is the day to appreciate every positive aspect of your life. No detail is too small to be thankful for. Look at all you have, not what you feel is missing. Creating an attitude of abundance keeps your mind focused on the positive.

Today, think about only what you want to attract into your life. Don't think about anything you want to avoid. Your thoughts should always be positive because your thoughts program your brain.

Today, schedule some time to unplug. Put down your cell phone, step away from the computer, and turn off the TV. Spend this time connecting with family and friends. Think about what's working well in your life. You want to do more of this. Determine what's not working out as planned. You want to make improvements in these areas.

Today, take care of your physical health. Get some exercise. Simply taking a brisk walk for 20 minutes has a tremendous positive

impact. Eat foods which help you feel healthy. If you think your weight is too high, adjust your diet and eating habits.

Today, rid your mind of destructive mental baggage. Harboring anger, resentment, and bitterness harms you mentally and physically. Let go of these toxic emotions. Fill your mind with positive thoughts, emotions, and aspirations.

Today, work to build your desired future. Dreaming, wishing, and hoping alone accomplish nothing. Action is the foundation of accomplishment. Work smart first, and then work hard at it. You want to be productive, not just busy.

Today, choose happiness. You have control over your emotions because you select your thoughts. Thinking happy thoughts makes you happy. Smiling makes you happy. Maintaining an attitude of gratitude makes you happy. Engaging in positive selftalk makes you happy.

Today is the day where you focus your attention. Yesterday is over and tomorrow isn't here. Today deserves all of your concentration. The actions you take today determine where you are tomorrow.

NOW AVAILABLE:

"Dare to Live Without Limits," the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnist.com or write him c/o this paper. © 2021 Bryan Golden

What's so Peasy About Easy?

By Rev. James L. Snyder

I am nowhere to be found when it comes to crafts, remodeling, and just plain fixer-uppers. My carpentry skills are nowhere to be found even though I've looked for a much of it. But as of late, long time.

parsonage, we have a different scenario.

If the Gracious Mistress of the Parsonage cannot fix something, it cannot be broken. No matter what it is, it doesn't take her long to figure out how to fix it.

I must say, and this is just between you and me, a bit of money by fixing things up that would cost a lot to have them fixed at a professional place. If there is something wrong with my vehicle, I first present it to my wife. I have yet to find something broken in my vehicle that she cannot fix.

Once there was a fender on my vehicle that was loose and almost falling apart. The Gracious Mistress of the Parsonage looked at it, thought about it, and then went into the house and got a huge paperclip, brought it out. was five years ago, and it's still fixed.

said, "Well, that was it would be a great busieasy-peasy."

She says that every time she fixes something and then looks at me and smiles.

The first 100 times she said that, I didn't think too I've been trying to figure On the other side of the out what in the world she means by "easy-peasy."

> I know I could sit down and ask her to explain it to me. I tried it once, and she just looked at me, smiled, and said, "Oh, you silly boy. You know exactly what I mean."

When something breaks in our home, we don't she has saved me quite call a repairman; we just call Ms. Easy-Peasy who can fix anything and everything.

Having someone in the house who can fix and repair everything is quite remarkable, not the least in saving money.

Then I had an excellent thought. How much money could we make if we started our fix-it-up business? I think I would call the business "Ms. Easy-Peasy Unlimited."I could hire her out to fix everything in our neighborhood and beyond.

She could fix everyand fixed the fender. That thing, and I could count the money she makes. I can count the money; I just When she fixed it, she can't make money. I think

ness, and every time she would come home from a job, I could say, "Well, that was easy-peasy," as I counted the money for the

Of course, the more I thought about it, the more I realized that with such a business I would not see her very often. So much that needs to be fixed out in our world, and she would be gone all the

To me, that would not be "easy-peasy." No matter how much money we could make with "Ms. Easy-Peasy Unlimited," it wouldn't be worth not having her around the house all the time.

As I was thinking of this, a verse of Scripture came to my mind. "And the Lord God said. It is not good that the man should be alone; I will make him an help meet for him" (Genesis 2:18).

I'm wondering if maybe that is the reason God gave Adam his Eve.

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 jamessnyder2@att.net. The church web site is www. whatafellowship.com.







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Ask Joni

Medicare Supplement Rate Increase is Outrageous!



Toni King

Toni:

W e have received a 20% increase for our Plan F Medicare Supplement that is effective May1. I am a 70-year-old female in good health, but my hus-

band is undergoing cancer treatment at MD Anderson. Also, his cardiologist has advised him that he may need a pacemaker.

My friends have advised me that we will have to wait until October when Medicare Annual Enrollment begins to change from our current Medicare Supplement plans. I am concerned that with the Medicare Supplement increase we may not be able to afford the premiums. What should we do? Would a Medicare Advantage plan be a good option to change to with Fred's cancer issues? ~ Carol from Denver

Carol, you were given wrong information from your friends. I have good news for you because you do not have to wait until Medicare Annual Enrollment to change your Medicare Supplement insurance company and enroll in a new plan. You can change your Medicare Supplement any time during the year. Medicare Annual Enrollment is a time to change your Medicare Advantage plan or Medicare Part D Prescription Drug plan.

You are not alone with receiving a Medicare Supplement plan increase. It seems that the renewal increase is more than the public is expecting. Most insurance agents are finding out about the Medicare Supplement increases via an email from the insurance company informing of a renewal rate adjustment.

In 2015, Congress passed legislation called "Medicare Access and CHIP Reauthorization Act of 2015" (MACRA) to help the medical industry by correcting the "Doc Fix" proposal. MACRA also made changes to Medicare Supplement's plans F and C which began January 1, 2020 and so Medicare Supplement plan increases began.

Anyone that wants to change their current Medicare Supplement plan and have had their Medicare Part B longer than 6 months must now answer underwriting questions regarding their current and past health issues as you and your husband will

Carol you have an option to change from your current Medicare plan to a different Medicare Supplement company or a different type of Medicare Supplement plan such as plan G or N. Carol both you and your husband must qualify by answering medical underwriting questions.

If you cannot qualify because of a health issue, then another option may be to search for the right Medicare Advantage plan to fit your medical needs. The only catch to making a change to a Medicare Advantage plan is that you must wait until Medicare Annual Enrollment period which begins October 15th thru December 7th every year.

The Difference in Medicare **Supplement Plans:**

- Medicare Supplement Plan F:is available to those with Medicare Part A with an effective date prior to January 1,2020. Plan F has less out of pocket with premiums which maybe higher.
- Medicare Supplement Plan G: offer lower rates and the same Medicare benefits as Plan F except the Medicare Part B deductible is not covered and will be paid for by the enrolled Medicare beneficiary. Part B deductible for 2021 is \$203.
- Medicare Supplement Plan N: generally, has lower premiums than Plan G with generally more out of pocket. There is a \$20 co pay for a doctor visit with \$50 co pay for emergency room. Part B deductible is not covered, and Part B excess charges are not paid for by the insurance company which Plan G

Caution: Do not cancel your existing policy until you have been approved by your new Medicare Supplement insurance

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

Toni King new 2021Medicare Survival Guide® Advanced book is available at www. tonisays.com. Medicare question? Call 832/519-8664 or email info@tonisays.com. ★

San Juan Unified Announces Classified Employees of the Year



Deana Lacey - Clerk, Deterding Elementary. Photo: SJUSD

SJUSD Press Release

SACRAMENTO REGION, CA (MPG) - San Juan Unified has just honored five Classified Employees of the Year, surprising each employee at their site with balloons, flowers and a certificate. The 2021 Classified Employees of the Year are:

Deana Lacey - Clerk, **Deterding Elementary**

Lacey was nominated by her site because of her ability to brighten a room and her willingness to pitch in on any task, especially during a hiring freeze where Deterding was without a secretary or ICT. One of the big projects she took on was the library checkout system for students to pick up books every Monday.

"She is amazing to watch as she multitasks between phone calls, teacher tech requests, parent needs and sick children," Fifth Grade Teacher Gretchen Johnson wrote in the nomination. "She knows every student and the majority of the parents, and her school involvement doesn't stop at the end of the working day. She is always seen at every school function, helping before and after events, in every way.



Beverly Stover - Nutrition Services Worker II,

Beverly Stover Nutrition Services Worker II Marvin Marshall

Nominated by her colleague Jennifer Stroud, Stover is credited for having a mentor role in nutrition services for the Early Childhood Education program.

"She always makes sure I understand what she is teaching me and always makes me feel valued and appreciated," Stroud wrote. "She also is a great listener and actually asks for my feedback. Bev always has great ideas and is always willing to help in any way possible. She always has great ideas to improve her site and do things in a more efficient way."

Stover is also credited for ensuring all Marvin Marshall students received meals during the COVID-19 pandemic.

Deana Hegland - Instructional Assistant II, Greer Elementary

As an IA for over a decade, Hegland has learned to become what Greer administrators call a "warm demander." This means she has developed structured routines, has clarity for learning targets for each student and builds on individual strengths and interests so that they each have a strong confidence.

One project that Hegland led that was "above and beyond" was to coordinate a harvest event for kindergarteners when the site was unable to get a bus for the annual pumpkin patch field trip. Hegland reached out to her 4H connections and built an event that included a petting zoo, a pumpkin for each student, face painting and games.

Jennifer Martinez **Instructional Assistant III Greer Elementary**

Martinez is being recognized for her ability to build trusting relationships with her students and their parents. Working with special education students, she has been able to help break down barriers for students that have autism, ADHD, mental health challenges and learning disabilities, and help them move from defensive to focused to reach academic success.

"She works with the most upset and agitated students in a calm and supportive manner. Instead of engaging in a power struggle, she listens to them, seeks to understand why they are upset and helps them to solve the problem they are facing,' the nomination states.

Aleksandr Melnichuck Lead Custodian **Cowan Fundamental Elementary**

Like all of San Juan Unfiied's lead custodians, Melinchuck is known at Cowan for being reliable, punctual and for paying close attention to detail for daily tasks. Cowan Principal Millie Happoldt nominated him for Classified Employee of the Year for the help he provides.

Along with being a skilled craftsman one example is building a rolling storage shelf to fit under the multipurpose stage - Milinchuck has dedicated some softer skills as well.

"He will make time to assist a parent, student or family in need of help translations from Ukrainian to English," Happpoldt wrote. "Aleks has an empathetic heart and will reach to console a student that is having a rough day. He can even be seen on occasion shooting hoops of basketball with a student to get them to smile again."

Congratulations to all five Classified Employees of the Year!

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Language of Pain

We all want to live healthy lives. But many routinely employ some daily activities that lead to chronic disease. According to Family Physician Dr. Trevor Campbell, author of "The Language of Pain," we must understand that language can speed recovery. On my POPPOFF Radio Show, he shared these eight things to think about. Here goes.

1. CHRONIC PAIN IS IN YOUR BRAIN. Pain is a sensation, and all sensations are generated by the brain (perception), the eyes and ears only receive the stimuli, the brain interprets it. By the time you develop chronic pain, the wiring from the injured body part has already become embedded in your brain where the connections have

spread.

2. DON'T FIGHT PAIN...OUTSMART IT. The word fight implies something very specific in language. It assumes violence as well as protracted effort on a battle ground. Fighting increases sympathetic overdrive (a prolonged fight or stress response). It's not an environment that is supportive of healing. Try to trick it. An added complication is that socalled battleground is the body and mind that is then likely to be laid waste by the fall out.

3. REWIRE YOUR PAIN ESCAPE. Neuroplasticity is the brain's ability to change. You learn a new language and your brain changes. Everything we learn causes change in the brain. Neuroplasticity led to your chronic pain, but the good news is that it is also your escape.

4. RE-FRESH YOUR THINKING AND BEHAVIORS. Unhelpful thinking patterns and behaviors like pain focus, hypervigilance, fear avoidance and dread can rewire your brain into poor health. Your brain was mis-wired. With inactivity and self-imposed social isolation, the body and mind then become casualties of these behaviors and thought pathways.

5. LEVEL YOUR PLAYING FIELD. Stress makes recovery and healing neuroplasticity an uphill process, therefore, do as much as you can to reduce chronic stress load. In other words, don't make recovery herder than it needs to be.

6. DELETE THE MIND TRAPS. Toxic and negative narratives become paralyzing in their effect. It's an accumulation of all the setbacks, negative symptoms and experiences you have accumulated over the years. Eventually people treat you and react to you based on the story rather than the reality of the situation.

7. IT'S ALL ABOUT TIME OUTSIDE THE TOXIC ZONE. Exposure time in a toxic situation...environmentally extreme, chemically poisonous, lifestyle compromising, even stressful, is a major determinant of outcome. A cornerstone of medical healing is "first remove the cause."

8. SUCCESS - THE FAULTY PAIN ALARM INACTIVATED. With acute (short-lived) pain, the problem is locally experienced. But, with chronic (of long duration) pain, the problem has moved from the body part and exits in new circuits of the brain and spinal cord. Think of chronic pain as a faulty home alarm system. This alarm not only sounds when the home is invaded, but has become so hypersensitive, it sounds even in non-threatening situations. Minor incidents may become triggers.

Check out Dr. Trevor Campbell's website at www.drtrevorcamppbell.com for more details on "The Language of Pain."

STAY HAPPY AND HEALTHY!

Another Chance to Act on Housing



By Dan Walters **CALMatters**

When he was running for governor three years ago, Gavin Newsom promised, rather absurdly, that he would spearhead a drive to build 3.5 million new housing units by 2025.

would require California to escalate new construction from about 100,000 units a year to 500,000, which would be financially and physically impossible.

Once elected, Newsom backed away from that pledge, calling it "aspirational," but he did attempt, a year ago, to once again state's housing crisis by devoting nearly all of his State of the State address to it and the closely related homelessness issue.

Within weeks, however, his attention shifted to the COVID-19 pandemic and housing went on the Capitol's back burner.

Meanwhile, California's housing shortage has gotten significantly worse. This month, Newsom's revealed that just 102,800 residential building permits were issued in 2020, down 8.8% from 2019's total, which itself was a 3.8% drop from 2018.

struction headed the wrong Senate vote.

way, but all of last year's decline was in apartments and other forms of multifamily housing where shortages are the worst. Moreover, when housing lost to fires, old age and other causes is included in the equation, the net gain last year was only about 75,000 units, under half of the state's official yearly goal.

The cold fact that housing construction is headed the wrong way, and that housing shortages and high housing costs are feeding a high poverty rate and pushing employers and workers It was absurd because it out of the state doesn't seem to be having much effect on the Capitol.

> Newsom and other politicians talk a good game, but don't back up their words with action. What happened, or didn't happen, to last year's major housing bill is a telling example.

The measure, carried by Senate President Pro Tem focus attention on the Toni Atkins, was a modest stab at the housing issue's biggest roadblock - the notin-my-backyard attitudes in local communities. The bill would have made it easier to build duplexes and other low-impact multi-family projects on lots zoned for single-family homes.

Atkins' measure cleared the Senate easily and had enough votes to pass the Assembly. However, due to conflict between Atkins and Department of Finance Assembly Speaker Anthony Rendon over legislative procedures, it was held in the Assembly on the last night of the session until just minutes before the midnight deadline, leav-Not only is overall con- ing too little time for a final

Newsom could have intervened in the petty squabble to get the bill to his desk, but didn't, for reasons best known to himself.

The Legislature is back in session and its leaders and Newsom have another opportunity to match their words on the housing shortage with action – or not.

Atkins has introduced a new version of her failed bill, now known as Senate Bill 9, and others have proposed measures to speed up construction, most notably a four-bill package by Sen. Scott Wiener. The San Francisco Democrat has emerged as the Legislature's leading housing advocate with a willingness to challenge the reluctance of many cities to build their fare share of low- and moderate-income housing.

The most important of the four is Senate Bill 478, which would neutralize local ordinances that effectively prevent construction of multi-family projects on land zoned for them by imposing unworkable landto-building ratios.

The Atkins and Wiener bills challenge local governments' much-cherished powers over land use. which is the most contentious but most important piece of the housing conundrum. They also will test the willingness of California's political leadership to do something more than talk about the

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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5. Catch a wink 8. "Don't know what to say" sound 11. Eon, alt. sp. 12. Severe blow

13. *Blood , type of blood test 1947-1991 15. Eastern 16. *Respiratory rattling

17. Enormous ones 18. *Annual exam 20. Largest city of Norway 21. Like a romantic movie? 22. *Anatomical pouch

23. Work over with fists (2 words) 26. Levee next to water mill

30. Not cooked 31. What a terrorist wants

to spread 34. Continental currency 35. Wide open

37. Charged particle 38. Colorado resort 39. Hipbones 40. Recede, as in tide (2

words) 42. Laos resident 43. Stinging shrub, pl. 45. Handrail's main supports

47. Caribou kin 48. Relating to a lobe 50. Saint's topper 52. *L in ACL

55. Bad-tempered 56. Affirm with confidence 57. Stain on Santa 59. Work the dough 60. Tiger Woods' pegs

61. Ruptured $_$ my party, and I'll cry if I want too.. 63. Store posting, abbr. 64. *Largest organ

DOWN

1. Can opener

2. Crowd's judgement 3. Tubby little cubby 4. Enclose within a cyst 5. W.E.B Du Bois's org. 6. Assuage 7. Spa treatment

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8. 2016 western "_ Water" 9. Type of shark 10. Not Miss or Ms

12. Influenza 13. Sandbar 14. *Cardiac, smooth or skeletal 19. Quickly fry

22. Knightly title 23. *Cerebellum location 24. Two under on one hole 25. Look forward to 26. *Kissing disease? 27. Having two parts 28. Beatles: "He's nowhere man" (2 words)

29. Plural of #26 Down 32. *12 pairs of these 33. Rip off 36. *a.k.a. kneecap 38. Mr. T's team

48. *Blood filter

49. S-shaped moldings

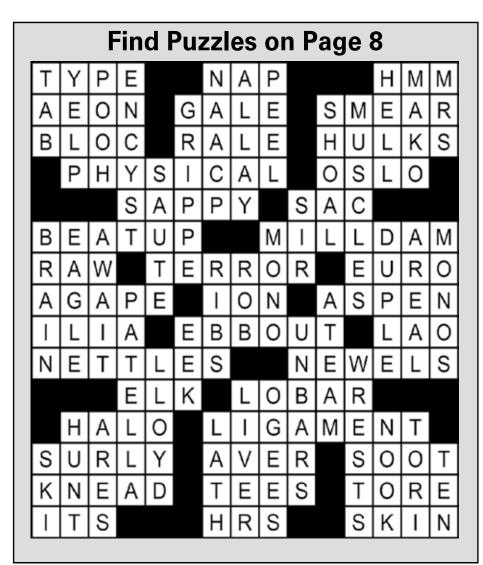
40. Comic book cry 41. Unlocks the gate 44. Andrew Webber's middle name 46. Forcefully grabs



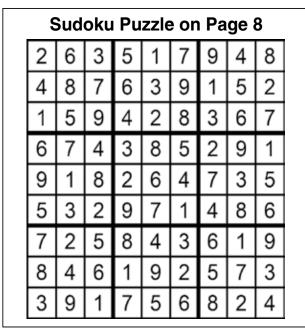
50. "The for Red October American Standard 150 YEARS OF EXCELLENCE 51. Greek god of war 52. Strip of wood 53. Breakfast spot? 54. Spelling or Kelly 55. Biathlon equipment 58. One less than jack

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 5

Solutions on Page 8









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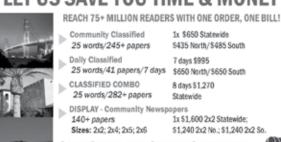
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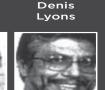
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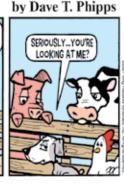
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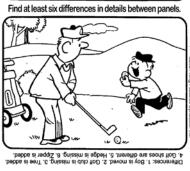
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Out& About with MaryAnne Povey

Moore's Garage Celebrates 10th Anniversary!

By MaryAnne Povey

ORANGEVALE, CA (MPG) -Time flies when you're having fun, working hard or doing both! And that pretty much sums up how the past ten years have flown by for Jim and Maureena Moore, owners and operators of one of Orangevale's premier auto repair shops, Moore's Garage, located at 6326 Main Avenue, unit 52, Orangevale.

Having worked in the automotive industry for over 37 years, Jim Moore's dream was to open his own auto repair shop focusing on building and maintaining strong relationships with his clients and repairthe help of the love of his life and wife of 36 years, Maureena, that dream has become a reality.

"We are so honored, and sometimes taken back, by the unwavering support of the amazing Orangevale community and the trust they put in us," said Maureena Moore. "Last spring we had more than a few customers, some brand new, call or walk in and say they wanted to use their stimulus funds to support us. That means so much!"

Thankfully, even through the uncertainty of the pan-



Jim Moore and wife Maureena operate Moore's Garage in Orangevale. Photo by MaryAnne Povey

has successfully navigated through it keeping all their employees working full schedules, hiring more staff and even expanding their facility into the vacant 1500 square feet next door. With this addition, Moore's Garage has grown to 6500 square feet - more than ing vehicles to the highest doubling their space from level of integrity. With the early days of 2500 square feet back when February 27, 2021, to thank they opened their doors in February 2011.

The Moore's say that what started out as a business has turned into a family. They live and work in Orangevale and are actively engaged in the community - always serving others and giving back which is likely a big part of why they are so beloved by the community.

"It's so wonderful to have 'friends' aka customers that go out of their way to stop in and say hello," said Maureena, "It makes great people. Our ability to expand and grow is due all in part to you, our wonderful community.... customers that choose Moore's Garage to keep their vehicles safely moving about."

To show their appreciation the Moore's hosted a 10th Anniversary Customer Appreciation Day on everyone for their support including celebrating winning "Best Automotive Repair" in the Best of Orangevale 2020 awards for the 5th year in a row!

"There's been no better place to 'grow up', raise our kids, and start a business," Jim reflected, "Here's to the next ten years of taking the worry out of car maintenance and repairs for you, our OV family."

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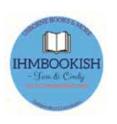




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12 • AMERICAN RIVER **MESSENGER** MARCH 12, **2021**

The Underground Clothing Connection

Venture into Style and Fashion for Teens at Sunrise Mall

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - The difference between failure and success can be found in just the right clothing, especially when you are a teenager. Enter, The Underground Clothing Connection.

The Underground, a one-of-a-kind store at the Sunrise Mall in Citrus Heights recently opened for qualified high school students to shop free of charge for all their clothing and accessory needs.

A community partnership between the Citrus Heights Homeless Assistance Resource Team (HART), Sunrise Mall, San Juan Unified School District (SJUSD) and Sunrise MarketPlace (SMP) has made this history making project possible.

Many high school students in the SJUSD, while living in secure housing of some kind, are facing hard times with their families in other ways. After filling their basic needs, parents or guardians are often left with little if any funds for adequate, if not stylish clothing and other accessories for their teens.

The school district attempted to fill this need with a clothing closet at a satellite location. When it was noticed that students were not going there, HART board members Stan Munoz and Kaylon McBride, formed a small panel of Mesa Verde High School students to find out why.

The students asked Munoz if he would have gone into a store where, when he came out, he would have been teased about getting his clothes from that "poor kids' store." Acknowledging the dilemma, Munoz asked them "how can we change this and give these students a sense of pride?" The answer, find a location away from their school where all students would be proud to go.

The stars lined up for the project as Munoz presented the issue to HART Chair and Executive Director of the Sunrise Marketplace Kathilynn Carpenter. Carpenter met with Sunrise Mall general manager Natalie Worstein, who was happy to be part of this community partnership. With 30 percent of the mall vacant, Worstein offered the former REI 21 space for the new venture at no charge.



Volunteer scheduler, and SJHS alumni, Kaylon McBride and HART board member Stan Muñoz work to make The Underground Clothing Connection a great place for students to shop.



Sunrise Mall offered the former REI 21 space for the new venture at no charge. Photo by Elise Spleiss

Munoz, with 40 years as manager at J.C. Penny's enlisted Casa Roble student volunteers to create this only store of its kind in the country. Asking them how they want the store to look, he sent them into Macy's and J.C. Penny's for ideas. "We want it to be the best-looking store in the mall. We care of it under Munoz's guidance. There shart@gmail.com

don't want it to feel or look like a thrift store. We want it to feel like you're just shopping." They have succeeded.

The name, The Underground, was also chosen by the students. These volunteers set up the store, and are continuing to take

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are no tables, all clothing is hung and wellmarked. Volunteers help the customers find what they are looking for. The most sought-after items: torn jeans, leggings and

Clothing and other donations are plentiful. The clothing on the clothing trailer was brought to the store. Mall shoppers, teens and adults alike, mistaking the Underground for a regular store, would leave and return with their own donations; Word of mouth and social media is spreading the word. Private mother's online groups help each other, all taking on a life of its own.

As in the major stores, each section of clothing and accessories is a separate shop. Girls and boys separated by age. Juniors, young men, shoes, a boot bar and, handbags. Shoppers are given a shopping list with up to 25 items they can take home. Mothers who come in with their students and younger children are often pregnant. They now have maternity, small children and infants clothing.

This experience is bringing out the best in both the student customers and volunteers. With their integrity restored some customers say they want to volunteer to work. While many are earning their community service hours from school, they say they would work even without getting credit.

These jobs look good on a resume. Students are learning about customer service, merchandising, displays and cleaning. They have spent endless hours sorting bags and bags of clothes. Some are finding they have a good eye for what's in style.

Shopping is by appointment only, two days a week. Customers are referred by a school principal, counselor or school liaison. Kaylon McBride, SJHS alumni, is the customer and volunteer scheduler working with the schools.

On a feedback form, one shopper commented, "Very welcoming, loving people; When I feel that kind of spirit, I don't feel like I'm being judged."

More volunteers are needed in order to expand their hours of operation.

For information, email: citrusheight-

