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# AMERICAN RIVER Messenger

VOLUME 15 • ISSUE 18

Serving Fair Oaks, Orangevale & Sacramento County

SEPTEMBER 18, 2020

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**WINE FOR  
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THIS OCTOBER!**



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EARNS LIFETIME  
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## Along for the Ride



Above: Andrew Clark (2) gets a head-start on cycling friends at the Fair Oaks Bike Park. Right: Alister Stephenson (7) augments pedal-power as baby brother Luke (2) challenges a clay rise.

**Story and photos  
by Susan Maxwell Skinner**

**SACRAMENTO REGION, CA (MPG)** - Through cooperation between community and park district, Fair Oaks and Orangevale kids are enjoying \$30,000 in improvements to their bike area at Phoenix Park. Bumps and ramps offer a clay-colored paradise for riders -- from toddlers to parents.

One of only four of such free facilities in greater Sacramento, Fair Oaks Bike Park was carved from an old off-leash dog area. A God-send for families during COVID months, the fenced half-acre allows exercise and excitement with social distancing.

Former US Navy Seal and

passionate cyclist Garrett McDermid spearheaded improvements. Seeing Phoenix Park's under-used bike arena last year, he decided the spot offered little to excite kids. "They had level trusses, a couple of pipes and slalom cones," he observed. "I envisioned pump tracks, where kids could have fun for hours." Forming a group called Family Free Ride, the dad of three got local parents enthused.

He and volunteers applied to Sacramento County for a grant to fund improvements. When this aid

did not eventuate, Fair Oaks Park District came up with \$30,000 to get the work done -- on the condition that the volunteers did future maintenance.

Missouri-based pump-track builders were engaged and work began in June. When excavations to widen nearby Hazel Avenue yielded dirt by

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## Board Votes to Revise Approved County Budget

**By Kim Nava,  
Sacramento County**

**SACRAMENTO COUNTY, CA (MPG)** - The Sacramento County Board of Supervisors voted on Sept. 10, to approve the Revised Recommended Budget for the 2020-21 fiscal year.

The Revised Recommended General Fund budget provided substantial additional funding to address the impact of COVID-19 on the community; avoided significant reductions in critical County programs and made new General Fund supported investments in some new programs to address the most critical needs.

The budget also accounted for the County's \$170 million revenue loss with one-time State and federal funding, which is likely unsustainable into future fiscal years.

"It is important to continue to provide the critical health, social, public safety and other services to the people of Sacramento County, and in spite of the significant economic impact of COVID-19, the Revised Recommended Budget did exactly that," said County Executive Nav Gill.

The \$3.08 billion General Fund expenditures increased by \$204.6 million. Departments with the largest expenditure increases included Health Services with a \$140.3 million (29%) increase; Sheriff with a \$38.2 million (6.9%) increase; Human Assistance with a \$26.4 million (7.8%) increase; Child, Family and Adult Services with an \$11.8 million (5.5%) increase; and Probation with an \$8.6 million (5.4%) increase.

During budget deliberations, the Board added a number of restorations to the budget totaling \$1,886,446 in appropriations, which included:

\$957,446 for body-worn cameras for probation officers; \$300,000 for the Foster Care Recruitment and Retention Program in Child, Family and Adult Services; \$203,000 for the Cares Plus Program in Child, Family and Adult Services' Public Guardian Division; \$126,000 to retain two staff positions that would have been eliminated in the Women, Infants and Children Program; \$300,000 to Child, Family and Adult Services to use as part of an effort to develop a Senior Safe House.

The Board also directed that staff work to strengthen and expand the Mobile

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## Bond Oversight Committee Discusses Arts and Entertainment

**Story by Shaunna Boyd**

**FAIR OAKS, CA (MPG)** - At the September meeting of the Measure J Bond Oversight Committee (BOC), held through teleconference, the members participated in a workshop with AMS Planning and Research, a consulting firm focused on the arts and cultural sector. The Fair Oaks Recreation and Park District (FORPD) has engaged AMS to develop an Art and Entertainment Strategic Plan.

Bill Blake, AMS West Coast Director, led the workshop, asking the group to define their goals for the future of arts and entertainment in Fair Oaks. Some major themes emerged during the workshop, such as the need to engage local residents, complement the business community, and preserve Fair Oaks' unique character.

Along with maintaining Fair Oaks' history of theater, comedy, and concerts, members would also like to see a diversity of multigenerational entertainment and programs. Youth acting classes at the amphitheatre could bring in money while training the

next generation of community actors. The outdoor space at the amphitheatre could be a destination for touring musicians to perform smaller, more intimate concerts. Wine and art in the park would attract a mature crowd, while a battle of the bands or underage nightclub could engage the teen scene. Food Truck Fridays with live music in the parks could cultivate a hip vibe and make Fair Oaks the weekly entertainment destination for locals.

AMS will be launching online surveys to assess user demand and determine how to best meet community needs and District goals. Blake said that the District will define success and AMS will work to "keep the goals front and center."

The BOC also reviewed the specific bond expenditures requested at the last meeting. Dana Woodworker-Negri asked about the money spent on the plans and outreach for the Phoenix Fields Softball Project, which has now shifted focus to the La Vista property. District Administrator Mike Aho explained that the plans and outreach for the parking portion of the Phoenix project will still

be utilized, so any money lost in the switch is negligible.

Keith Walter said the contracts and invoices all looked standard and "very uniform," which Aho said is by design. Standard contracts allow any outliers to stand out and be easily identified.

Kim Sarkovich explained that the goal of the review is to determine whether the amounts spent make sense to the average community member. The requested specifics were delivered to members just a day before the meeting. Aho said that was due to delays at the County, which administers the bond funds. So, Sarkovich requested that further discussion be tabled until members had more time to review the expenditures.

Aho then presented the committee with the Fiscal Year 2020-2021 Measure J Final Budget, adopted by the Board of Directors at their August meeting. The total budget is \$4,231,110, which includes funding on five bond projects: Swallow Way Park project, Phoenix Park projects, Community Clubhouse improvements, Village/Plaza Park renovations,

*Continued on page 3*

# President Gets Briefed on Wildfires

By Laurel Rosenhall, Cal Matters

This story has been edited to fit the available space in this issue

It was looking a little lonely on the tarmac when President Donald Trump arrived in California to be briefed about record-breaking wildfires that have burned an area the size of Connecticut, killed two dozen people and blanketed the West Coast with smoke. Not a single California state official greeted Trump as he stepped off the plane at an airfield in Sacramento County.

Gov. Gavin Newsom was in a hangar nearby, and promptly met with Trump and several fire officials. But his absence at the steps of Air Force One revealed the latest move in what's become the Democratic governor's delicate dance with the Republican president who is both a tantalizing political foil – and a key link to aid the state needs as disasters mount.

"We've been working very well with Gavin," Trump told reporters gathered on the tarmac.

"We're obviously from different sides of the spectrum, but we have a very good relationship."

Then, inside the hangar where Newsom (wearing a mask) and Trump (not wearing a mask) met with emergency officials, the governor also took a cordial tone.

"I want to thank you and acknowledge the work that you've done to be immediate in terms of your response," Newsom told Trump.

Newsom said they agree on the need to thin more trees and delicately lectured Trump about global warming driving the frequency and intensity of wildfires.

"Climate change is real and that is exacerbating this," Newsom said.

The dynamic between Newsom and Trump has turned out to be one of the major surprises of Newsom's short time as governor. Newsom won office in 2018 positioning himself as the antithesis of Trump, and pledged to lead a "resistance state." But his tenure has been marked by an extraordinary spate of disasters – catastrophic wildfires, the deadly coronavirus pandemic, a decimated state budget and record unemployment – that have required cooperation between two men who once cast each other as clowns.

Newsom has repeatedly praised Trump's disaster aid for California, saying he wants to put political differences aside when problems need to be solved. But it's involved a bit of whiplash. He recently called their relationship "very effective" in responding to emergencies



Trump supporters wait by the fence at McClellan Air Force Base runway. Photo by Susan Maxwell Skinner



Donald J. Trump supporters attended the president's visit at McClellan Air Force Base. Photo by Susan Maxwell Skinner

– just the day after he dissed Trump for saying California wildfires were due to insufficient forest raking. He talked last week about a productive phone call with Trump, even as he criticized the federal government for a lack of action on climate change.

It's a fine line to walk, and Newsom has occasionally slipped, by being so nice that he gave ammunition to a political opponent. While heaping praise on Trump for sending a batch of coronavirus test kits in April, Newsom used one of the president's campaign slogans – "Promises made, promises kept" – and promptly found himself in an ad

for Trump's reelection.

Newsom's approach – meeting with Trump to discuss forest management and climate change, but not appearing in any chummy-looking photo ops in front of Air Force One – suggests that he is trying to thread the needle. On the one hand, he needs to demonstrate apolitical leadership amid disaster, but also avoid looking too bipartisan in an election year when he's campaigning for Trump's Democratic rival.

"It's a carefully-considered, carefully-orchestrated tango with the president that the governor has no choice but to participate in,"

said Nathan Ballard, a Democratic political consultant who worked for Newsom when he was San Francisco mayor.

Though Newsom disagrees with Trump "about almost everything under the sun," Ballard said, "it is vital for the governor's constituents that he continues to play ball with the president during these unprecedented disasters."

While Newsom and Trump kept things cordial, Newsom's environmental deputies got into a terse exchange with the president.

Wade Crowfoot, Newsom's secretary of natural resources, emphasized the unprecedented heat and warming trend, saying: "If we ignore that science and put our head in the sand...we are not going to succeed together protecting Californians."

Trump, smiling, said, "It'll start getting cooler, you just watch."

Crowfoot shot back, "I wish science agreed with you."

Trump responded, "I don't think science knows, actually," then briskly called on another presenter.

Demonstrators – of both parties – outside the meeting said they understand why Newsom plays nice with Trump.

Lance Caster said Newsom's approach makes sense to him, even though he doesn't like it. "It depends on what he wants. When he doesn't like what Donald's doing, he bad mouths him, and when he wants something, he's really nice," said Caster, a Republican who works as a truck driver and lives in the Sacramento suburb of Citrus Heights.

Most Californians believe climate change is "extremely important" or "very important" to them personally, according to a Public Policy Institute of California survey last month, and just one-fifth of the state's likely voters said they trust the federal government to handle environmental issues. Not surprisingly in this overwhelmingly blue state, 70% of voters said Joe Biden would be better than Trump on environmental policy.

Laurel covers California politics for CalMatters, with a focus on power and personalities in the statehouse. Her stories explain political dynamics in the Capitol and examine how money, advocacy and relationships.

CalMatters reporters Rachel Becker, Julie Cart and Barbara Feder Ostrov contributed to this report.

CalMatters.org is a nonprofit, nonpartisan media venture explaining California policies and politics. ★

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# Along for the Ride

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the truckload, free material was a serendipitous windfall. McDermid and friends recruited sponsors; they also raised \$8000 toward maintenance through Go-Fund-Me.

Hordes of excited youngsters took first rides in July. "They were ecstatic," reports McDermid. "They quickly discovered how challenging and fun the park is." Between 30 and 100 cyclists now use the enclosure daily. Among adherents is four-year-old Nathan Larsen, who rides for a Roseville junior BMX team. "I like the park because there are so many

bumps and I can go fast," approves the prodigy. His mom blesses its closeness to home and the fact that – unlike commercial BMX parks – it is free to all comers. "With COVID," says Amy Larsen, "this is somewhere my boys can safely be around their friends."

Garett McDermid hopes the Fair Oaks Park District will sponsor more improvements. His wish-list includes a sprinkler system to keep dirt hardened; a shade structure for observers; a barbecue area and an entrance gate. "This is a great place for families," says the activist. "Kids learn camaraderie and resilience

here. They learn to wait their turn and be considerate to others. The sport is eco-friendly and great exercise."

The bike enclosure is accessible during Phoenix Park open hours in dry weather. Anyone may use the facility at 9050 Sunset Ave, Fair Oaks. Note: no motorized vehicles – including remote control cars – are permitted. Bike park sponsors include: Hastie's Capitol Sand and Gravel; Starr's Building Supply; J.B. Bostick Sand and Gravel; Guild Mortgage; FatTrack Mountain Bike Association and Cerest stress management. ★

# Honorary Mayor Announced

By Dot Boyd, Fair Oaks Chamber of Commerce

There's a new Mayor in town! Honorary Mayor, that is. On Wednesday, September 9th, Fair Oaks Chamber of Commerce announced that our 42nd Honorary Mayor is Penny Howard! Penny is a repeat, having been HM in 2006, when she was a bit younger than her current 98 years of age. I know it's not polite to speak of a woman's age; however, Penny had a pennies theme as a 1922 collectable, as in her birth year, so the secret is out. Penny's daughter Mary Howard and son-in-law John Oldham were instrumental in organizing fundraising events in the year of sheltering in-place. Penny's campaign raised \$8753.13, half of which goes to the Visual and Performing Arts Program at Del Campo High School in Fair Oaks. Penny is an artist and Mary and her siblings are DC alumni. Go Cougars!

Thanks to Chrysti Tovani's campaign, Fair Oaks Theatre Festival, aka our beloved "theatre under the stars" will be the beneficiary of half of that fundraising effort at a time when FOTF can really use that extra support. Chrysti, a Realtor with eXp Realty, along with the help of her campaign manager Anastasia Nichole of Embodied Arts raised \$4094.30, which tops many a candidate in previous years.

In a program going back to 1979 which has relied heavily on in-person events throughout Fair Oaks, it is remarkable to have two fabulous candidates who stepped up and never gave



L to R: Candidate Chrysti Tovani and 42nd Honorary Mayor, Penny Howard. Photo credits: Kim Pitillo and Mary Howard

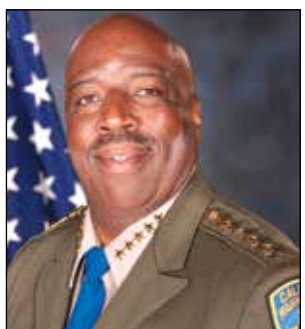
up, to make a difference in our community! We are very proud of them both, and so grateful for all of the local businesses and residents who supported their endeavors. Two chamber members, Del's Pizza and Smokey Oaks Tavern went above and beyond. The total raised this year was \$12,847.43 and added to all of the previous campaigns brings us to about \$473,000! There are no losers, just winners in our book! This concludes the reign of our 41st Honorary Mayor, Jacob Giorgi. Thank you, Jacob!

In other news, FOCC has gone virtual. What does that mean? Well, since for the time being, our major events are postponed or cancelled, there was really no reason to keep an office going right now. FOCC hosts/co-hosts fifty-five events each

year, many of which help fund the chamber budget along with memberships. Reducing overhead is a smart business move. The plan is that in 2021, our Executive Director Kim Pitillo will hold "office hours" at various chamber member businesses throughout town. We have some exciting things happening with our partner Chamber Nation, to help every member business enhance their presence in this virtual world we're in now. We encourage you to join FOCC as a business or resident member. Reach out to us at info@fairoakschamber.com, at www.fairoakschamber.com, or a 916-967-2903. Follow us on Facebook at Fair Oaks Chamber of Commerce Ambassador and on Instagram at myfairoaks.

See you in Fair Oaks, virtual or otherwise! ★

# CHP Commissioner Earns Lifetime Achievement Award



(CHP) Commissioner Warren Stanley. Photo CHP

By Fran Clader, CHP

**SACRAMENTO, CA (MPG)** - California Highway Patrol (CHP) Commissioner Warren Stanley has spent nearly four decades advocating for highway safety in California. His unwavering commitment to public service and dedication to CHP employees caught the attention of the American Association of Motor Vehicle Administrators (AAMVA), which rewarded his efforts with the AAMVA Lifetime Achievement

Award in Highway Safety – Law Enforcement. The award is presented annually to an AAMVA member whose primary function is directly associated with highway and traffic safety efforts and who has had a distinguished career in this arena.

"My entire career has been fueled by a passion for safety," said Commissioner Stanley. "I am fortunate to be able to work alongside so many others who have demonstrated a lifelong commitment to reducing traffic fatalities and injuries on our roadways. This honor would not be possible without their dedication and shared vision."

As a dedicated member of the law enforcement community, Commissioner Stanley has served the people of California for more than 37 years. In 2018, Stanley became the first African

American to hold the rank of CHP Commissioner. He is also one of the distinguished few to have held every uniformed position from officer to Commissioner within the CHP.

"This is hard work, but it is exceptionally important and incredibly rewarding," added Commissioner Stanley.

Winners of this, and other awards, are traditionally recognized at AAMVA's International Conference in August of every year. Due to COVID-19 and travel restrictions, AAMVA cancelled its 2020 conference. Previous recipients of the distinguished honor from AAMVA include former CHP Commissioners Dwight O. Helmick (2004) and Joe Farrow (2011).

The mission of the CHP is to provide the highest level of Safety, Service, and Security. ★

# Board Votes to Revise Approved County Budget

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Crisis Support Team, a collaboration between Behavioral Health and law enforcement to respond together to emergency calls for people experiencing mental health crises. Staff will return to the Board within 45 days with a status report on this effort.

"Concerned about elevating law enforcement accountability and transparency, the Board of Supervisors not only approved body cameras for sheriff deputies and park rangers, but we are one of the first in California to also fund the deployment of body cameras for our probation officers" said board chairman and first district supervisor Phil Serna, who

made the proposal in consultation with the Chief of Probation, Lee Seale. "Other innovative and restorative budget actions the board took included adding funds for WIC (Woman Infant & Children) lactation services, preserving important foster care programming for some of our most vulnerable youth, buttressing mental health crisis services, and investing in a senior safe house for Sacramento County's elderly residents."

The Revised General Fund budget addressed the County's continued response to COVID-19 with \$89.1 million in expenditures:

Health Services: \$71.1 million (testing, contact tracing, business navigators,

food and housing assistance, Public Health surge capacity); Child, Family and Adult Services: \$6.9 million (Dine at Home Sacramento program for home-bound seniors); Human Assistance: \$11.1 million (COVID-19 Homeless Response Plan, Project Roomkey)

Additional growth requests included \$2.1 million for body-worn cameras for Sheriff's deputies and park rangers; \$9.4 million for the Mays Consent Decree, in which the County agreed to make significant investments in the jails to resolve the lawsuit concerning conditions of confinement; and \$2.6 million for mental health programs.

The Board is scheduled to formally adopt the Budget on Sept. 22. ★

# Bond Oversight Committee Discusses Arts and Entertainment

*Continued from page 1*  
outreach will focus on what to do with the field portion of the project if the District builds the softball fields at La Vista.

The full amount for the Community Clubhouse improvements is budgeted during this fiscal year at \$1,340,200. Aho said that since this is primarily an indoor project, the work can be completed over the winter.

Fiscal year 2020-2021 pre-construction costs are budgeted at \$952,837 for the Village/Plaza Park renovation and \$986,280 for the Amphitheater renovation. Aho said these numbers could increase if the District ends up in contract for construction services during 2020-2021.

Currently, the plan is to

demolish the salon building purchased by the District in February 2021, and they are allowing the tenant to stay in the building as long as possible. Aho said they didn't want to take down the building early and then have that space just sit empty as they wait for construction to commence. Aho said the construction timeline for the Village/Plaza/Amphitheater renovations has been pushed back due to COVID-related delays in the planning process. When the District does eventually finalize construction contracts, they will let the contractor dictate the timeline within the 18 months allotted for construction.

The BOC's next meeting will be held on October 7, 2020. ★

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The BOC's next meeting will be held on October 7, 2020. ★

By Elise Spleiss

**SACRAMENTO REGION, CA (MPG)** - On Saturday and Sunday, September 19 and 20, weary residents from Carmichael, Fair Oaks and surrounding communities are invited to venture from their homes into a one-of-a-kind Open Air / Open Mind / OPEN heART Studio. Located in a natural setting known as Shangri-La to Carmichael neighbors, eight artists with their work will be spread throughout the property with 'social distancing' ensured by the use of six-foot-long bamboo walking sticks.



Get ready to see Rolrex, a sculpture reminiscent of a shaggy Komondor Hungarian Sheepdog. Photo courtesy of Sue Ann Foster

Making an appearance will be a larger than life shaggy sculpted dog named 'Rolrex' complete with a collar of old watches. Rolrex is reminiscent of the shaggy Komondor Hungarian sheepdog.

Show sponsor and organizer, artist Sue Ann Foster has made masks for the artists from their own images. Guests are asked to bring their own masks. Foster, president of Valley Sculpture Artists, works to repurpose found objects, and recently began using discarded pipe organ parts from one of the other featured artists Paul Dessau who repairs and builds pipe organs. Two of Foster's pipe organ sculptures will be on display. One piece called "Pipe Dreams" won an award of excellence at the last California State Fair.

Artists in the Sacramento area are a close-knit community. On Saturday, Dessau, also a celebrated photo collage artist will unveil his newest commissioned 30" x 40" piece, a surprise for one of the artists in the group. Dessau's piece



Show sponsor and organizer artist Sue Anne Foster of Valley Sculpture Artists repurposes found objects such as this discarded pipe organ. Photo courtesy of Sue Ann Foster

shows Anne Bradley of Carmichael at her favorite haunt, Sunshine Steel Recycling, where she scavenges for parts for her sculptures and paintings paper design. Dessau also collaged the names of each person who contributed to the commissioned work to celebrate the long and rich career of Bradley. Other samples of his collage work will be on view and he will also demonstrate his technique. Bradley will be showing visitors how she attaches metal and other objects to her paintings.

Visitors roaming the grounds will also be treated to the works of well-known 'kinetic sculptor' Phill Evans of Fair Oaks, sculptor Chris Thompson, mixed media artist Mary Ann Lowe of Sacramento, and Janet Regan of Fair Oaks, a gourd artist.

The work of late silk painting artist, Ann Ragland Bowns known for her Ansel Adams-like prints & cards in the brilliant colors of Yosemite will be shown by Bernadette Young, co-creator of the event. There will be art-to-wear and you can add your touch to a collective piece of repoussé to try your hand at metal tooling.

Guests are invited to walk the 40' x 50' labyrinth in the Garden or feed with the chickens who have the right of way!

Check Facebook events page for more stories and information about this happening and these artists. Contacts: mandalase@gmail.com or call 916-342-4293

Location is 5204 Winding Way (Between Garfield & Walnut). Enter and park on the corner of Valhalla.

Let's TRANSCEND this PANDEMIC!! ★



## The Kiwanis Corner

By Sal Arrigo, Jr.

### Membership Merry-Go-Round

It is that time of the year for Kiwanis Clubs everywhere. Membership drives, membership retention, and membership newcomers. I had a conversation with a member of the Kiwanis Club of Carmichael recently, and we were discussing how many people will not be renewing their membership. In the Carmichael club, they currently have 92 members and it is believed that 10 to 12 will leave the club. The main reasons we join a service club are for the meetings, the group projects, and the social gatherings. Unfortunately, our current state of affairs does not permit these types of activities, so people are dropping out.

On the other hand, you get people who have decided to join a club because they have had the chance to think about their own world during this time.

They realize the potential there is to help others who may have lost a job or who are experiencing food insecurity. For the Orangevale – Fair Oaks Kiwanis Club, our inaugural year started with 29 people. This was a very good start. But as I report now, we will probably lose 7 to 8 members that for one reason or another, no longer want to participate. Some folks signed up with the best of intentions, but when life threw them a curveball, they chose a different direction. It has been one of my pet peeves that any service club can brag about the number of members they have, but the truth is, only about a quarter of the membership actually does all the work.

Recently, I met a gentleman who moved from San Jose and reached out to Kiwanis. He and his wife are still working, but they needed to fill a void in their lives and wanted to volunteer with a club that as he said, “was not too big.” My response was that he had found the right club! After membership

dues are paid this month, the Orangevale – Fair Oaks Club will have 21 or 22 active members. This might prove to be an even better number, as the member can get to know each other better. They will be the true workers, as proven over the past year. Someone said to me from my own club that “we are small, but mighty!”

If you want to make a difference in your community, and feel that you are ready to be of service, Kiwanis wants YOU!

When we can gather again - come and visit Kiwanis at El Gallo Mexican Restaurant, located at 11773 Fair Oaks Blvd., on the 2nd Tuesday of every month. Meetings begin at 6:30 pm. We also have social gatherings on the 4th Tuesday of every month (the location varies). Find us at facebook.com/KiwanisclubofOFO or email us for more information at kiwanisclubofOFO@gmail.com.

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

## If Only My Fishing Rod Could Talk

By Rev. James L. Snyder

It has been a busy week, more so than any other week. Just when I thought I was caught up, something else presented itself without my permission.

In the middle of trying to sort out my mess this week, I sat back in my chair, took a deep sigh, and then noticed my old fishing rod in my office corner.

It has been there ever since we moved into this house. I forgot that it was there, and as I looked at it, I remembered some of the times I had with that old fishing rod.

I smiled and thought to myself, “If only that fishing rod could talk,” what stories could the fishing rod tell?

As a young person, I spent a lot of time fishing. My grandfather taught me the art of fishing. He was a great fisherman and had many great stories about his fishing adventures.

I remember one day I spent fishing with him. That night around the kitchen table, he began telling about his fishing exploits. I sat there listening in awe. The stories he told had nothing to do with the day we spent together fishing.

He would look at me in the middle of the story and

say, “Ain’t that so?” Of course, I am never going to contradict my grandfather. I know that I will be in his shoes one day, and I want to make sure I have earned the right to wear them.

Enthusiastically nodding my head, I would say, “It sure is, grandpa.” He would smile and go on with the story.

One time, after one of his storytelling episodes, we were out in the garage working on some of his fishing equipment. We were alone, so I thought it might be a good time to get the scoop on what he was doing.

“Grandpa,” I said thoughtfully, “where do you get all of those stories about fishing that you tell us?”

He looked at me, laughed most heartily, and said, “I get all those fishing stories from going out to the creek and fishing.”

Then he looked at me, winked, and said, “Just, remember. There is some truth in every story I tell. It’s up to the listener to figure out what is true and what is not.” Then he let a burst of hearty laughter.

With a solemn look on his face, he continued, “The thing about fishing is not simply catching fish, but entertaining your family

and friends with what you could’ve done if it went your way.”

The fish that got away was more important to my grandpa than the fish he caught and brought home. Once you bring the fish home, cook it and eat it, that is its end. But the fish that got away is a story that goes on and on.

I never could figure out if my grandpa was lying or just exaggerating. Being my grandfather, I gave him the benefit of the doubt and just reminisced about his stories.

Thinking about my grandpa’s stories, I remembered something that Jesus said. “And ye shall know the truth, and the truth shall make you free” (John 8:32).

My grandpa could exaggerate his fishing stories for the enjoyment of everybody listening. When it comes to real truth, the only truth that matters is Jesus Christ. Only His truth can really set us free.

Dr. James L. Snyder is pastor of the Family of God Fellowship, Ocala, FL 34472. He lives with the Gracious Mistress of the Parsonage in Silver Springs Shores. Call him at 352-216-3025 or e-mail jamesnyder2@att.net. The church web site is www.whatafellowship.com. ★

## No Pandemic Shutdown for Scammers, They Are Still on the Prowl

By Ashley Pontius

COVID-19 may have shut down portions of the economy and put restrictions on Americans’ daily lives, but cyber scams and other efforts to defraud people continue to thrive.

“Scammers are tapping into the uncertainty related to the global pandemic,” says Chris Orestis, the president of LifeCare Xchange who is known as the “Retirement Genius” (www.retirementgenius.com).

“They are using social engineering to target people with tactics that take advantage of today’s technology. Seniors need to be especially mindful of the mechanisms that have been explicitly designed to target people in retirement.”

Some scams to be on the lookout for include:

**Dishonest retailers.** Many dishonest retailers and fake products are popping up, Orestis says. “The shortage of toilet paper, hand sanitizer, soap, and masks at the beginning of the quarantine resulted from people’s panic,” he says. “The fear of scarcity created a gateway for scammers. Fraudulent online retailers are showcasing these items as bait, especially medical supplies.” But they don’t have any inventory, so stick with reputable stores, Orestis says. Scammers also try to sell products to prevent or cure COVID-19, even though they do not exist. “Anyone who receives a message from someone selling any of these items should not respond,” Orestis says.

**Phony advertisements.** Scammers also try to advertise hard-to-find products through social media, email or ads that pop up on certain sites. Avoid clicking on anything unfamiliar because cyber criminals may be trying to steal your personal information or infect your computer with a virus, Orestis says. “Be cautious of people who try to contact you under odd usernames and do not have a profile picture,” he says. “If anyone asks for your personal information or invites you to click on a link, block them immediately or report them as spam.”

**Government or organization disguises.** Is a government official or someone from the CDC or from the World Health Organization trying to contact you? Maybe, but probably not. Scammers often try to convince potential victims that they are with a legitimate agency or group, Orestis says. “For example, an email might claim that there have been

new COVID-19 cases in your area and ask for your personal information to see if you have been in contact with anyone infected,” he says. “Be suspicious of any COVID-19 related emails and use only official government websites to get information about the virus.”

**Fake charities and crowdfunding.** Criminals have also created counterfeit charities and crowdfunding sites. They ask for money in the form of cash, gift cards, and wire transfers. “Real charities will never use these resources,” Orestis says. “Be sure to use reputable sites and research the charities you want to donate to for coronavirus relief.”

**Phone scams.** Phones are still the No. 1 way scammers target seniors, both through calls and text messages. The Federal Communications Commission warns about these methods being used by people who claim to be the IRS or have coronavirus treatments, at-home testing kits, and vaccinations. “If you receive a robotic voice call, do not press any buttons or return any calls,” Orestis says. “Hang up immediately. If you receive text messages regarding this information, do not respond or click on any links.”

“It’s important to be wary of these and other scams, both off and online,” Orestis says. “The more conscious people are of how scammers are trying to trick them, the less likely they are to fall for one of those tricks.”

Chris Orestis, known as the “Retirement Genius” (www.retirementgenius.com), is President of LifeCare Xchange and a nationally recognized healthcare expert and senior advocate. He has 25 years’ experience in the insurance and long-term care industries, and is credited with pioneering the *Long-Term Care Life Settlement* over a decade ago. Known as a political insider, Orestis is a former Washington, D.C., lobbyist who has worked in both the White House and for the Senate Majority Leader on Capitol Hill. Orestis is author of the books *Help on the Way* and *A Survival Guide to Aging*, and has been speaking for over a decade across the country about senior finance and the secrets to aging with physical and financial health. He is a frequent columnist for Broker World, ThinkAdvisor, IRIS, and NewsMax Finance, has been a featured guest on over 50 radio programs, and has appeared in The New York Times, The Wall Street Journal, CNBC, NBC News, Fox News, USA Today, Kiplinger’s, Investor’s Business Daily, PBS, and numerous other media outlets. ★

## Family Supports for Students with Disabilities Workshop Series

San Juan Unified School District

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Our first meeting will take place on 9/17/2020 at 6:30 pm and pertain to De-Escalation Strategies. Please check our calendar for the Zoom invitation.

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## Dare to Live Without Limits

by Bryan Golden

### Hope vs. Despair



Two people facing identical circumstances can have radically different reactions. One person can be energized with hope while the other falls into the depths of despair. The difference between these people is outlook. The hopeful person sees solutions while the desperate person sees problems.

You always have the freedom to choose hope instead of despair. You also have a responsibility to yourself to persist until problems are overcome. Wallowing in despair offers no benefits. Don’t make any excuses for giving up hope.

It’s your view of the world which determines whether you have a vision of hope or despair. When faced with challenges, a person with hope finds possibilities, while the person in despair finds pitfalls.

An outlook of despair can be transformed into one of hope. Taking positive steps forward prevents sinking into desperation. Avoid any behavior which will not improve your situation. Attempting to mitigate problems by taking any moral or ethical shortcuts invariably worsens your predicament. You don’t want to be looking over your shoulder wondering when aberrant behavior will be discovered.

Challenging times provides an opportunity for new insights and discoveries. They are motivation to learn and grow. Viewing challenges from this perspective provides hope.

Facing adversity forces you to dig deep to discover previously hidden strengths. Your objective is to make the best of whatever circumstances you encounter.

Confidence leads to hope, while fear leads to despair. Confident people direct their focus to all which is possible. Fearful people see only roadblocks. A hopeful perspective knows no limitations because there is always something that can be done.

When encountering a situation where you have no idea what to do next, take a step back in order to put things in perspective. If possible, stop thinking about the situation so your mind takes a break. This strategy allows your mind to clear, giving you insights you didn’t have while emotionally entangled in the situation.

Once you have a fresh outlook, your path forward will become well-defined. There is always at least one positive step forward you can take. Action displaces worry. Action helps you feel better. Action improves your situation. Action prevents you from developing a victim mentality.

Develop an understanding of your purpose and goals. It’s a waste of your time dealing with situations which don’t affect you. You will encounter a lot of issues which, although initially appear to be problems, are in fact not worthy of your attention. These issues can be ignored since they are irrelevant to your

well-being.

Here are some examples of circumstances you can walk away from: someone says something you disagree with, you are offended by a subject you read about, or see on T.V., or one of your relatives has a political view you can’t stand. Letting go of these situations improves your emotional state while conserving your energy for relevant issues.

Although there are situations you can’t change, you never give up hope because you are in control of your responses. Understanding this gives you a can-do mindset. You are not controlled by what other people say, think, or do. You are in charge of the strategy you select to best deal with whatever obstacles you are facing.

Appreciating all of the blessing in your life right now provides hope. When facing adversity, it’s easy to lose track of all you have in your favor. Being aware of all that is good in your life is a significant attitude booster.

Always choose hope over despair. It will make you a better problem solver and you will be much happier.

**NOW AVAILABLE:** “Dare to Live Without Limits,” the book. Visit [www.BryanGolden.com](http://www.BryanGolden.com) or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at [bryan@columnist.com](mailto:bryan@columnist.com) or write him c/o this paper. © 2020 Bryan Golden ★

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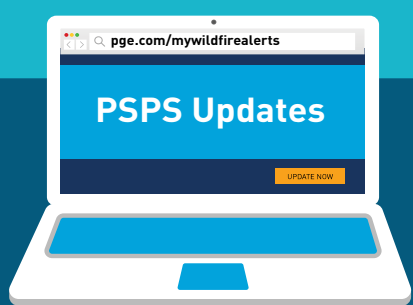
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**MPG**

# PREPARING FOR A PUBLIC SAFETY POWER SHUTOFF

Public Safety Power Shutoff (PSPS) is a statewide effort to prevent wildfires by proactively turning off power to communities when severe winds and dry weather conditions are forecast. While turning off the power helps prevent wildfires, we also know it will disrupt lives and cause hardship for our customers. That's why PG&E does not make this decision lightly and will only call a PSPS to help keep customers and communities safe.

## HERE ARE 5 WAYS TO PREPARE FOR A PSPS:



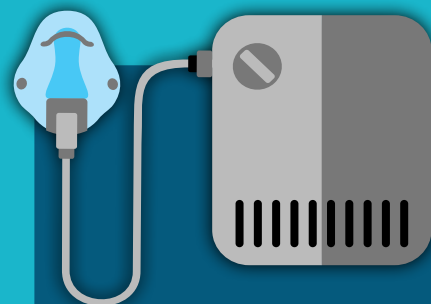
Make sure PG&E can reach you before a PSPS by updating your contact information at [pge.com/mywildfirealerts](https://www.pge.com/mywildfirealerts).

1



Pack or restock your family's emergency kit including food, water, batteries, masks, radio and a first aid kit.

2



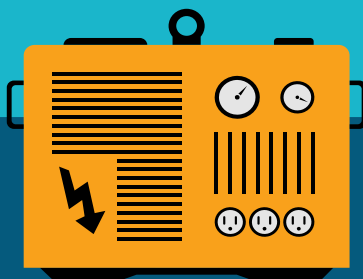
Make preparations for anyone in your family who depends on electricity for medical needs.

3



Practice manually opening your garage door (if you have a garage).

4



Ensure any backup power sources are ready and safe to operate.

5



For translated support in over 200 languages, please contact PG&E at 866-743-6589.



To learn more ways to prepare for a PSPS and any emergency, visit [safetyactioncenter.pge.com](https://www.safetyactioncenter.pge.com)

## Social Security Matters

### Can I Claim My Widow's Benefit at Age 57?



By Russell Gloor,  
AMAC Certified Social  
Security Advisor

**Dear Rusty:** My husband passed away in 2001, and he paid into Social Security every year he worked, which would be over 30 years. If he were alive today, he would be 75 years old. I am 57 years old and still working full time. Am I able to collect his Social Security benefits now since I am still working? **Signed: Widowed Worker**

**Dear Widowed Worker:** You are not eligible to collect a survivor benefit from your deceased husband if you have remarried, and you cannot collect the survivor benefit until you are at least 60 years of age. And, if you claim at age 60, the survivor benefit will be reduced by 28.5% from what it would be if you waited until your full retirement age (FRA) to claim it (your full retirement age is 67). Any time any Social Security (SS) benefit is taken before FRA, it is reduced.

You can claim only your survivor benefit (not your own SS benefit) at age 60, but whenever benefits are taken before full retirement age, and you are still working, you are subject



to Social Security's "earnings test" which limits how much you can earn before Social Security takes back some of your benefits.

The earnings limit for 2020 is \$18,240 (it changes yearly) and if the limit is exceeded Social Security will take back benefits equal to \$1 for every \$2 you are over the limit. Such lost survivor benefits are not recoverable. Social Security publishes next year's earnings limits in the fall of each year prior, so what the earnings limit will be when you reach age 60 isn't yet known, but it will be an amount that is more than the 2020 limit.

Assuming you will also be eligible for your own Social Security benefits from your own lifetime work record, you should evaluate which benefit, at maximum, will give you the highest benefit amount. If that is your survivor benefit from your husband (which, at your FRA, would be 100% of the benefit your husband was collecting when he died), then you should consider maximizing the survivor benefit by not claiming it until you reach your FRA. If money is needed earlier, you could claim your own SS benefit as early as age 62 and

allow your survivor benefit to reach maximum at your FRA. Conversely, if your own Social Security benefit from your own work record will be higher at maximum than your survivor benefit, then you could claim your survivor benefit first and delay claiming your own benefit until it reaches maximum at age 70 (your own benefit will be 24% more at 70 than it will be at your FRA). Your goal should be to get the highest possible benefit for the rest of your life and comparing these two options will permit you to do that. You can find out your estimated benefit amounts in both cases by contacting Social Security.

And remember, if you decide to claim your own benefit before your FRA that, too, will be subject to the earnings limit until you reach your FRA, after which there is no longer a limit to how much you can earn.

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## Supreme Court Makes Local Tax Hikes Easier



By Dan Walters  
CAL Matters

In a roundabout, passive way, the California Supreme Court last week handed a big victory to the advocates of higher taxes.

Without comment, the justices declined to take up a state appellate court decision that would allow specialized local government taxes to be increased by a simple majority of voters, if they are placed on the ballot by initiative petitions rather than by the governments themselves.

The victory for tax proponents, especially government worker unions, was an equally large defeat for anti-tax organizations such as the Howard Jarvis Taxpayers Association. However, it also may bring more ballot box budgeting and indirectly weaken the role of city councils and other locally elected boards.

Proposition 218, approved by California voters in 1996, declares that local governments seeking more revenue must win voter approval. Proposals for general purpose revenue through increases in sales taxes or other levies need only simple-majority approval. However, if cities, counties and other local governments seek new taxes for specific purposes, Proposition 218 requires two-thirds votes.

Three years ago, the state Supreme Court issued a decision called "Upland" because it dealt with a ballot measure on taxing marijuana in that Southern California city.

Writing the 5-2 majority opinion, Supreme Court Justice Mariano-Florentino Cuéllar declared, "Multiple provisions of the state constitution explicitly constrain the power of local governments to raise taxes. But we will not lightly apply such restrictions on local governments to voter initiatives."

He thus implied that special purpose taxes placed before voters via initiative may not be affected by the two-thirds vote requirement for taxes sought by governments themselves.

Quickly, special purpose taxes placed on the ballot via initiative that garnered less than two-thirds votes were challenged by the Jarvis organization and other taxpayer groups, but trial court judges differed sharply on whether Cuéllar's opinion did, indeed, validate them.

Two of the tests were San Francisco taxes placed on the ballot via initiatives personally sponsored by members of the city's Board of Supervisors, one for early childhood education, the other to battle homelessness. Both received less than two-thirds votes, but a local judge, Ethan Schulman, validated them anyway.

In June, a San Francisco-based appellate court upheld Schulman on the homelessness taxes and the Jarvis organization appealed to the state Supreme Court, which last week validated the appellate court ruling by

refusing to take it up.

The tax on business gross receipts for homelessness services will raise as much as \$300 million a year. "San Francisco voters have the right to direct democracy and self-government," City Attorney Dennis Herrera said in a statement. "We're pleased that this legal victory will free up millions of dollars to provide services, housing and mental health treatment for those who most desperately need it in our city."

The Supreme Court's action, or non-action, also may validate other disputed special purpose taxes, including another for early childhood education in San Francisco, an Oakland parcel tax for education and a Fresno sales tax for parks. Local judges had blocked the Oakland and Fresno taxes, declaring that Proposition 218 required them to have two-thirds votes.

Local government officials prefer to ask voters for general revenues because they are more flexible. But advocates for particular causes prefer special purpose taxes to prevent revenues from being diverted elsewhere.

The way is now clear for interests with the wherewithal to qualify and pass ballot measures, such as unions, to push for taxes that benefit their members, thus reducing the authority of local elected officials to set budget priorities.

*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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# SJWD Selects Draft Map for Division-based Elections

Story by Shaunna Boyd

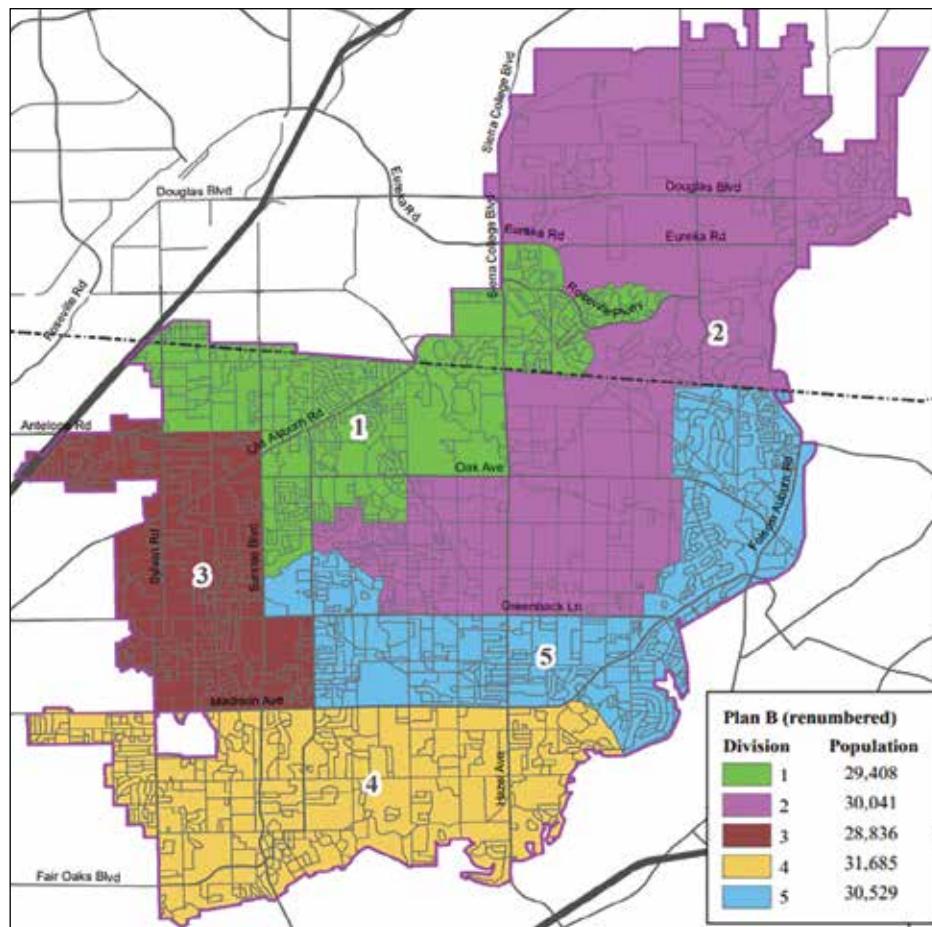
**FAIR OAKS, CA (MPG)** - On September 9, 2020, the San Juan Water District (SJWD) held a public hearing to select a draft map and identify the sequencing for division-based elections. The process began in response to a legal challenge asserting that the District's at-large election system violated the California Voting Rights Act (CVRA). Under the new division-based system, each Director will be elected from within one of five District divisions.

The SJWD Board of Directors governs the District's wholesale and retail operations. The retail division primarily delivers water to customers in Granite Bay and part of Roseville, while the wholesale division sells water to Citrus Heights Water District, Fair Oaks Water District, Orange Vale Water Company, and the City of Folsom (north of the American River). The majority of the Board currently resides in the Granite Bay area.

Throughout the public input process, multiple community members from Granite Bay and the retail service area expressed concern that the new system would leave them underrepresented. Some community members also asked that rural areas with hobby farms be identified as a community of interest since such properties have different water use needs than the typical suburban area.

The Citrus Heights Water District and Fair Oaks Water District submitted potential draft maps for consideration, based on existing county, city, and neighborhood boundaries. SJWD Legal Counsel Jennifer Buckman said that those maps were rejected because they did not accurately reflect District boundaries.

The Board of Directors instructed the demographer to consider the following criteria when drafting potential maps: community associations, rural area boundaries, county and city lines, and the boundaries of other special districts—such as water, fire, park, and cemetery districts. Out of multiple potential maps, SJWD staff identified Plan B as the best option to meet all the required considerations. Buckman explained that the map is compact, contiguous, meets the population requirements, and also creates a division



The proposed re-numbered draft map for San Juan Water District's division-based elections. If approved, the odd-numbered divisions would be up for election in 2022. Image courtesy of the San Juan Water District.

representing the rural areas of Granite Bay and Orangevale. In contrast to some of the other map options, Buckman said that Plan B also avoids "packing" the retail customers into one division, which could dilute their voting power.

According to the most recent census data from 2010, SJWD doesn't have significant concentrations of African American or Asian populations, but there is a significant Latino/Hispanic population in the Citrus Heights area. Buckman said Plan B was drawn so that Latino voters could be concentrated into a "majority/minority division." This is encouraged by the CVRA, as long as the division is compact and drawn without racial gerrymandering.

The Board agreed with staff's assessment and expressed a preference for advancing

Plan B. On the question of election sequencing, staff recommended that Divisions 2, 4, and 5 be elected in 2022 and Divisions 1 and 3 be elected in 2024. President Ted Costa suggested an alternative, asking that the divisions on the map be re-numbered so that the blue, green, and brown divisions are odd numbers and the purple and yellow divisions are even numbers. He suggested odd-numbered divisions come up for election in 2022 and even-numbered divisions come up for election in 2024: "That would make a smooth transition."

Director Dan Rich motioned that they move forward on a vote following President Costa's recommendation. The motion was seconded by Vice President Pam Tobin.

Director Marty Hanneman brought forward a substitute motion to vote on the sequencing

in the staff recommendation. With no second on the motion, the motion failed.

President Costa opened the meeting for public comment. Two members of the public spoke in support of the proposed map and sequencing, including Granite Bay resident Amber Beckler who said she believes the rural areas are "well represented."

President Costa also entered into the record confirmation of receiving a joint letter from Citrus Heights Water District and Fair Oaks Water District. President Costa did not read the letter during the meeting, but it was posted to the SJWD website. In the letter, dated September 4, the Citrus Heights Water District and Fair Oaks Water District acknowledged the Board's desire to respect rural areas as a community of interest. But they expressed concern that Plan B "does not actually respect urban-rural boundaries." The letter states that "the maps being considered by your Board do not seem to follow existing urban-rural splits. We believe your Board wants to achieve the best urban-rural division it can and hope you will not consider other unexpressed interests, like incumbency protection actually driving the process."

Director Ken Miller asked Legal Counsel Buckman whether she had reviewed the letter from Citrus Heights Water and Fair Oaks water districts about their concerns regarding the District's proposed maps. Buckman said, "Nothing in that letter gave me pause or concern about the recommendations that were included in the staff report."

When asked which divisions current Directors reside in, Buckman said, "We're not going to answer that question, because where the current Board members live has not been a factor that this Board has taken into consideration in drawing the divisions. And we don't want to introduce that evidence into the administrative record. That's not something the Board has been considering."

The Board of Directors voted 4-1 in favor of Plan B and President Costa's proposed sequencing, with Director Hanneman dissenting. The map and election sequencing will move forward for final approval at the October 14 public hearing. ★

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# COVID 19 DEFENSES

She has a mission...to help restore the environment and promote a healthier way for us to inhabit the Earth. But listen to these credentials. **Ellen Moyer** has a B.A. in Anthropology, and M.S. in environmental engineering, a Phd in Civil Engineering, and 35 years of consulting experience. As a registered professional engineer and a U.S. Green Building Council LEED Accredited Professional, she helps government agencies and Fortune 500 companies clean up contaminated soil and groundwater and protect natural resources. In her winning third book **"Our Earth, Our Species, Our Selves"** How to thrive while creating a sustainable world, she hopes to inspire readers that we already have the solutions and tools we need to not only upgrade our way of life but thrive during that process. She shared her total dedication to what is happening and when we got to the pandemic, I asked her for some basic things to do to help fight this debilitating virus. She shared ten basics to follow on POPPOFF, and they didn't seem that difficult to accomplish! According to **Ellen**, by cleaning up our diets, a wonderful move for our health in general, we can reduce our risk of contracting Covid 19 or lessen its impact. So here are ten tips that can get you started.

1. Avoid fast carbs such as flours and sugars.
2. Eat more vegetables.
3. Eat organic as much as possible.
4. Eat whole foods as much as possible.
5. Avoid highly processed foods with long ingredient lists. Best: foods without ingredient lists.
6. If you eat animal products, not too much, then avoid those from factory-farmed

meat, farm-raised seafood, and large wild fish. Choose 100% grass-fed and pasture-raised animal products and smaller species of wild seafood.

7. Choose healthy fats like extra virgin cold-pressed olive oil, avocados, grass-fed meats, nuts, and small fatty fish like sardines, mackerel, herring, and wild salmon.
8. Review your diet with a naturopath or functional or integrative medicine practitioner to determine whether you have any nutrient deficiencies. Labs may be needed. Address deficiencies with food or supplements. Nutrition is very individual, but common deficiencies in the U.S. include omega-3 fats, vitamin D, folate, magnesium, and zinc.
9. Learn about food from solid scientific sources that are free of food industry influence.
10. Don't be a perfectionist. Improve your diet over time. Notice how you feel better.

**Ellen** added that we'll still socially distance, wear masks, wash our hands, and test trace, and quarantine to further reduce transmission and protect the most vulnerable among us. But she emphasized that if we optimize our diet, we can enjoy greater health and happiness, bring down skyrocketing health care costs, increase economic productivity, help the environment, and more...all while we enhance our resistance to Covid 19. You can check out **Ellen's** website at [ellenmoyerphd.com](http://ellenmoyerphd.com). I guess it's all up to us to make some changes that will not only defend us from Covid 19 but keep us healthy way beyond this pandemic crisis. **STAY WELL!!!** ★

# Ask Toni

## Why Is My Medicare Part B Premium Costing \$723?



Toni King

**Toni:**  
My Medicare began on August 1st and on September 3rd I received my first bill which is \$723 for my Medicare Part B. This bill is

due September 25th and is not giving me very much time to have this paid.

I do not see this Medicare cost anywhere on the Medicare site and have not received a letter informing me that I will have to pay "extra" because I made too much. I came into the Toni Says office for a Medicare consultation and with my wife's income, we are below the \$174,000 yearly income to have to pay more in my Medicare Part B and D monthly premiums.

Why am I being charged the Medicare Part B penalty? I signed up before I turned 65. What is wrong? I thought I would be paying the monthly Part B amount that is around \$145. Any suggestions because this has placed an unexpected financial hardship on me? I am unemployed due to COVID-19.

~ Thanks, Dennis from Spring, TX

Dennis:

I have great Medicare news for you .... You are not being charged **EXTRA or a penalty!!** You have been charged for 5 months of Medicare Part B premiums because you are not receiving a Social Security check to have your Medicare premiums deducted. Security has lumped your months together in the bill which was sent.

Some that are paying their Medicare premiums monthly are having Medicare premiums deducted from their Social Security check. Social Security will automatically take the Medicare premiums monthly from a person's Social Security check. Social Security will send a letter informing the Medicare beneficiary that Social Security is deducting the monthly Medicare Part B premiums from one's Social Security check.

Dennis, if you divide your premium of

\$723 by 5 months, it is exactly \$144.60 per month. The average Part B premium for those with income of \$87,000 or less as an individual or \$174,000 or less as a couple is \$144.60 for 2020.

Medicare has two programs that can allow one to pay premiums monthly. One is by going online to your secure [MyMedicare.gov](http://MyMedicare.gov) account (or create an account at [www.MyMedicare.gov](http://www.MyMedicare.gov)) to pay by credit card or debit card. Sign up for Medicare Easy Pay, a free service that automatically deducts your premium payments from your savings or checking account each month.

One can GOOGLE "Medicare Easy Pay" online or search on the Medicare.gov website at [www.medicare.gov](http://www.medicare.gov) website for the Medicare Easy Pay form. It is not hard to set up Medicare Easy Pay to pay monthly, but it does take time.

Until you can set up a monthly payment from your checking or savings account with "Medicare Easy Pay" then you can pay your Medicare bill at your [www.MyMedicare.gov](http://www.MyMedicare.gov) account.

If one does not stay current paying their Medicare premiums, whether it is Part A, B, C and/or D, then they can lose their benefits and may be charged a penalty when they re-enroll. When one does not have 40 working quarters to qualify for Medicare, then they may have to pay a premium for Part A.

It may take about 6-8 weeks to have the "Medicare Easy Pay" form processed and drafted monthly from your checking account. Until that takes place then use [www.mymedicare.gov](http://www.mymedicare.gov). Make sure that your monthly premiums are being paid, so that your Medicare Parts A, B, C and/or D premiums are current.

*Toni King, author of the Medicare Survival Guide® is giving a \$5 discount on the Medicare Survival Guide® Advanced book to the Toni Says Medicare column readers at [www.tonisays.com](http://www.tonisays.com). Coming October 7th Confused about Medicare Zoom Webinar discussing Medicare's Annual Enrollment and what your Medicare options for fall's Medicare Annual Enrollment can be.* ★

## STATEPOINT CROSSWORD • BOTANY 101

### CLUES

- ACROSS**
1. One's arbitrary assertion
  6. "Swan Lake" step
  9. Not Sumi
  13. Mountaineer's tool
  14. Tolkien creature
  15. Bebe Rexha's "\_\_\_ to Be"
  16. Artificial or mannered
  17. Snow runner
  18. Nylon or Kevlar, in chemistry terms
  19. Scooby-Doo's best friend
  21. \*Between order and genus
  23. \*Marine botany is study of plants living here
  24. 35mm, e.g.
  25. Public health agency, acr.
  28. Partner of void
  30. Small lynx
  35. Stewart and Blagojevich
  37. Grazing lands
  39. Jawaharlal \_\_\_
  40. g or cm
  41. Smelling \_\_\_, athlete's pick-me-upper
  43. No neatnik
  44. Lay to rest
  46. They are hairy on a hobbit
  47. Hefty volume
  48. One in line, during COVID-19 pandemic
  50. In the middle of
  52. \*Grain-bearing tip of a cereal plant
  53. Cattle meat
  55. Fleur-de-\_\_\_
  57. \*Pollinator attractors
  60. \*Food for a pollinator
  63. One there at the beginning
  64. Famous T-Rex
  66. Lowest deck
  68. Forearm bones
  69. Cassius Clay, \_\_\_ Muhammad Ali
  70. Private instructor
  71. \_\_\_-do-well
  72. Thus far
  73. Inflict a blow

**Crossword Puzzle Solutions on Page 8**

1	2	3	4	5	6	7	8	9	10	11	12	
13					14			15				
16					17			18				
	19				20		21	22				
		23				24						
25	26	27		28		29		30	31	32	33	34
35		36		37		38		39				
40				41			42		43			
44			45		46				47			
48				49		50		51		52		
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	57	58	59			60			61	62		
63					64	65			66			67
68					69				70			
71					72				73			

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- DOWN**
1. Female sib
  - "Hamlet" has five
  - Sure or uh-huh
  - "The Forsyte \_\_\_, " pl.
  - \*Product of photosynthesis
  - One of a pocketful, according to Mother Goose
  - Genesis vessel
  - "The Matrix" genre
  - Highway hauler
  - Icy precipitation
  - Dr. Jones, fictional professor of archaeology, to friends
  - Filled up
  - Biblical personification of material wealth
  - Olden-day Celts
  - Priest's robe
  - Blank leaf in a book
  - \*Seed holder
  - "Death, Be Not Proud" poet
  - Mine passages
  - \*Food manufacturer
  - Superlative of better
  - Actress Sevigny
  - Something in the air
  - \*Potato, e.g.
  - Proofreader's mark
  - \*Plant support

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WALK-IN BATHTUB SALE \$1,500

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

Solutions on Page 8

### Find Puzzles on Page 8

S	A	Y	S	O		P	A	S		S	H	I	A					
I	C	E	A	X		O	R	C		M	E	A	N	T				
S	T	A	G	Y		S	K	I		A	M	I	D	E				
						S	H	A	G	G	Y		F	A	M	I	L	Y
						S	E	A		F	I	L	M					
F	D	A				N	U	L	L		B	O	B	C	A	T		
R	O	D	S			L	E	Y	S		N	E	H	R	U			
U	N	I	T			S	A	L	T	S		S	L	O	B			
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T	E	S	T	E	E		A	M	I	D		E	A	R				
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U	L	N	A	E		A	K	A		T	T	O	R					
N	E	E	R			Y	E	T		S	M	O	T	E				

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### Sudoku Puzzle on Page 8

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

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Public Relations

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Virtual tasting event will feature Voluptuary and Lucid Wines from owner and winemaker Kevin Luther. Photo provided by Rick Reed Public Relations

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**By Steve LaRosa**  
Productions

**SACRAMENTO REGION, CA (MPG)** - Beginning Thursday, September 3, 2020 at 5pm, (and also scheduled for future Thursdays at 5pm) well-respected Sacramento foodie, Paulette Bruce reinvents her popular Good Eats Cooking Classes with weekly highly anticipated online classes designed to appeal to everyone, from beginners to home chefs who know their way around the kitchen.

"With the COVID-19 Shelter-in-Place order, my live classes had to close in March 2020." said Bruce. "I had been asked many times by friends and family to begin teaching online classes as this new way of learning began to gain momentum and with help from Dane Henas Design and Penny Sylvia Photography it's come to fruition."

Utilizing four cameras positioned in her home kitchen, Bruce will offer recipe instruction with the added bonus of two way communication... members will be able to ask questions as she demonstrates each step of the recipe process.

(Classes are typically one hour with an optional interactive prep time starting 15 minutes before class)

"During this time I can observe what the members doing, give advice and answer their questions so they're completely prepared when the class starts," Bruce said.

Some of the classes each month will be live on Zoom while others will be recorded and, like all the classes, available for viewing to current members, as long as



Paulette Bruce has been reviewing restaurants and presenting cooking segments on Sacramento TV stations for 30 years, making her a leading food expert in our region. Photo provided by Steve LaRosa Productions

their membership remains active.

During August, Bruce has hosted dry runs on Zoom using a test group and has launched a new web site - [goodeatscookingclasses.com](http://goodeatscookingclasses.com)

The first of three classes began on September 3 of this month, with September featuring an emphasis on Italian cuisine. The concept is structured around monthly memberships.

The cost for monthly membership is only \$29 per month, which includes:

- 2 Live, interactive classes via Zoom;
- 2 Recorded classes;
- Recipes and a list of recommend kitchen tools;
- Bonus content & access to a private Facebook members page;
- Weekly blogs filled with tips, techniques, recipes and more.

The FAQ section on the web site answers all pertinent

questions and includes a link to submit further questions and a tutorial on downloading, installing and using Zoom. As with her in-person classes, these online classes will be characterized by Bruce's larger than life, affable personality that, over the decades, has built a large, faithful following.

"I love what I do. I love to bring people together and teach them something they never thought possible to do on their own. My classes are always fun and informative. I'm invested in creating more confident and better cooks, and during this challenging time, members can achieve that in the safety of their own homes," Bruce said.

Here's a direct link to her roasted salmon class: [goodeatscookingclasses.com/salmon-intro](http://goodeatscookingclasses.com/salmon-intro) ★



The selection will include wines: "Pollination" Chenin Blanc, "Urban Flora" Rose, "The Source" Pinot Noir/Grenache blend, "Da Vinci's Wings" Zinfandel and "Wanderlust" Dark Red. Photo provided by Rick Reed Public Relations

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<p><b>ZIGNATURE LIMITED INGREDIENTS FORMULA DRY DOG FOOD</b> 13 Lb &amp; 27 Lb •Turkey •Lamb •Trout/Salmon •Zssential •Duck •White Fish •Venison •Salmon •Pork •Catfish</p> <p><b>ON SALE EVERYDAY</b> Effective 9/16/20 - 9/22/20</p>	<p><b>DIAMOND NATURALS DRY DOG FOOD</b> 40 Lb Bag •Chicken •Lamb &amp; Rice •Beef •Large Breed •Senior •Skin &amp; Coat •Lite 30 Lbs (Lrg Breed Lamb \$31.99) (Ex Athlete \$36.99)</p> <p><b>\$29.99</b> Effective 9/16/20 - 9/22/20</p>	<p><b>NUTRO WHOLESOME ESSENTIALS DRY DOG FOOD</b> •Chicken, Brown Rice &amp; Oatmeal Formula (Reg &amp; Lrg Breed) •Senior •Lite 30 Lb Bag</p> <p>Limit 2 Bags Per Family <b>\$35.99</b> Effective 9/16/20 - 9/22/20</p>	<p><b>PEDIGREE DRY DOG FOOD</b> 50 Lb Bonus Bag •Chicken, Rice, &amp; Vegetable •Steak &amp; Vegetable</p> <p>Limit 2 Bags Per Family <b>\$23.99</b> Effective 9/16/20 - 9/22/20</p>
<p><b>9 LIVES CANNED CAT FOOD</b> 5.5 Oz All Varieties</p> <p>Limit 1 Case Per Family <b>37¢</b> Effective 9/16/20 - 9/22/20</p>	<p><b>FANCY FEAST GOURMET CANNED CAT FOOD</b> All Varieties except Elegent Medley 3 Oz</p> <p>Limit 2 Cases Per Family <b>ON SALE Everyday</b> Effective 9/16/20 - 9/22/20</p>	<p><b>PURINA CAT CHOW DRY CAT FOOD</b> •Regular •Indoor 15 Lb Bag</p> <p>Limit 2 Bags Per Family <b>ON SALE Everyday</b> Effective 9/16/20 - 9/22/20</p>	<p><b>SCOOPAWAY CLUMPING CAT LITTER</b> 20 Lb Box •Multi-Cat •Unscented (Fresh Step Scoop, 20 Lb Box - \$8.99)</p> <p>Limit 2 Boxes Per Family <b>\$6.99</b> Effective 9/16/20 - 9/22/20</p>

<p><b>IAMS DRY CAT FOOD</b> •Selected Varieties 7 Lb Bag Limit 2 Bags <b>\$11.99</b></p>	<p><b>WORLD'S BEST CAT LITTER</b> •Original •Extra Strength 14 Lbs Limit 2 Bags <b>\$12.99</b></p>	<p><b>WELLNESS CANNED DOG FOOD</b> Natural 12.5 Oz Full Case •Regular •Stew •Core Limit 2 Cases <b>20% OFF</b> OUR REGULAR LOW PRICES</p>	<p><b>PRECIOUS CAT CLUMPING CAT LITTER</b> 18 Lb Bag •Regular •Ultra Limit 2 Bags Per Family <b>\$5.99</b></p>	<p><b>SCIENCE DIET FELINE MAINTENANCE DRY CAT FOOD</b> 16 Lb Bag •Mature \$33.99 •Light \$34.99 (•Sensitive Stomach 15.5 Lb \$38.99) •Urinary 15.5 Lb •Perfect Weight 15 Lb \$38.99 Adult <b>\$31.99</b></p>	<p><b>JONNY CAT PREMIUM CAT LITTER</b> 10 Lb Bag Limit 2 Bags Per Family <b>\$1.99</b></p>
<p><b>PREMIUM CHOICE ALL NATURAL CLUMPING CAT LITTER</b> 40 Lb Bag (Extra Strength 25Lbs \$7.99) Limit 2 Bags <b>\$8.99</b></p>	<p><b>CANIDAE PURE GRAIN FREE ADULT DRY DOG FOOD</b> 24 Lb Bag Limit 2 Bags •Lamb •Duck •Salmon •Bison As Marked <b>\$10 OFF</b> OUR REGULAR LOW PRICES</p>	<p><b>MEOW MIX DRY CAT FOOD</b> 16 Lb Bag Limit 2 Bags Per Family <b>\$11.99</b></p>	<p><b>SCIENCE DIET CANNED CAT FOOD</b> Selected Varieties 5.5 Oz Limit 1 Case <b>\$1.19</b></p>	<p><b>CAT'S PRIDE FRESH &amp; LIGHT PREMIUM CLUMPING CAT LITTER</b> 15 Lb Jug Limit 2 Jugs <b>\$6.99</b></p>	<p><b>MERRICK'S CLASSIC NATURAL DRY DOG FOOD</b> •Chicken/Green Pea/Ancient Grains 25 Lbs Limit 2 Bags •Beef/Green Pea/Carrots •Lamb/Green Pea/Ancient Grains <b>\$8 OFF</b> OUR REGULAR LOW PRICES</p>

<p><b>PET-MATE VARI-KENNELS PET KENNELS</b> Including: •Fashion Kennels •Top Load</p> <p>All Sizes <b>20% OFF</b> OUR SUPER LOW PRICES</p>	<p><b>PENN-PLAX CASCADE POWER FILTER SALE</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td>MODEL</td> <td>TANK SIZE</td> <td>PET CLUB SALE</td> </tr> <tr> <td>CASCADE 100</td> <td>20 Gal</td> <td><del>\$21.99</del></td> </tr> <tr> <td>CASCADE 150</td> <td>35 Gal</td> <td><del>\$25.99</del></td> </tr> <tr> <td>CASCADE 200</td> <td>50 Gal</td> <td><del>\$35.99</del></td> </tr> <tr> <td>CASCADE 300</td> <td>100 Gal</td> <td><del>\$35.99</del></td> </tr> </table>	MODEL	TANK SIZE	PET CLUB SALE	CASCADE 100	20 Gal	<del>\$21.99</del>	CASCADE 150	35 Gal	<del>\$25.99</del>	CASCADE 200	50 Gal	<del>\$35.99</del>	CASCADE 300	100 Gal	<del>\$35.99</del>
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<p><b>POLKADOG DOG TREATS</b> •Chicken Strips •Cod Skin •Haddock •Crunchy Bits •Soft &amp; Chewy Bits All Varieties</p> <p><b>20% OFF</b> OUR SUPER LOW PRICES</p>	<p><b>BODY GEAR MATS &amp; PADS</b> All Sizes <b>20% OFF</b> OUR SUPER LOW PRICES</p>	<p><b>AQUEON BOXED 10 GALLON TANK</b> With Economy Kit Just add Heater For Tropical Fish <b>\$36.99</b> Limit 1 Per Family</p>	<p><b>STAR-MARK PRODUCTS</b> •Treat Balls •Treats •Bento Ball •Dura Foam Disc &amp; Ball •Chew Ball •Wheeler All Varieties</p> <p><b>20% OFF</b> OUR SUPER LOW PRICES!</p>	<p><b>SWEET HARVEST Small Animal Food Sale</b> •2 Lb •4 Lb •6 Lb Selected Varieties As Marked <b>15% OFF</b> OUR REGULAR LOW PRICES</p>	<p><b>PENN PLAX PLASTIC AQUA-PLANTS</b> <b>20% OFF</b> OUR SUPER LOW PRICES</p>	<p><b>INSTANT OCEAN SEA SALT</b> 50 Gal. Salt Mix <b>\$12.99</b></p>										

<p><b>BONUS COUPON FANCY FEAST ELEGANT MEDLEYS CANNED CAT FOOD</b> Selected Varieties - 3 Oz Limit 6 Cans with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 9/16/20 - 9/22/20 <b>ON SALE EVERYDAY</b> CHM PLU 568</p>	<p><b>BONUS COUPON FANCY FEAST CLASSIC BROTH</b> 1.4 Oz - All Varieties Limit 3 Pkgs With Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 9/16/20 - 9/22/20 <b>89¢</b> CHM PLU 377</p>	<p><b>BONUS COUPON ARM &amp; HAMMER CAT LITTER DEODORIZER</b> 20 Oz Boxes Limit 2 Boxes with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 9/16/20 - 9/22/20 <b>\$1.49</b> CHM PLU 422</p>
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