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VOLUME 15 • ISSUE 15

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AUGUST 7, 2020

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RELEASING 18,000
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Aquatic Center Paddling Back to Business



Water sport fans can now push off from the Aquatic Center on Lake Natoma.

**Story and photo
by Susan Maxwell Skinner**

SACRAMENTO REGION, CA (MPG) - After nearly four months of locked gates, the Sacramento State Aquatic Center reopened early this month. The most popular hub for water sport and recreation in Northern California, the facility had to scuttle spring and summer programs as the COVID crisis struck. Located on Lake Natoma and straddling Gold River, Fair Oaks and Orangevale borders, the seven-acre aquatic campus is now offering limited on-water activities.

Customers who reserve in advance can enjoy kayaking, canoeing, stand-up paddling, sailing and single-shell rowing. As no classes or lessons are allowed, equipment renters must be previously qualified by center instructors.

A current trickle of about 100 users daily compares to 1000 on pre-COVID summer days. "We usually serve 50,000 people a year," says facility associate director Cindi Dulgar. "We're now running at one tenth of capacity. But we're relieved just to be open. It's great to see people exercising in fresh air and

sunshine again. One lady came back and finished her first row with tears in her eyes. Many people need the physical and mental well-being of being on water. We feel we have an essential business here."

The center's long closure has been tough on about 100 staffers (mainly college students) who depend on paychecks to fund their studies. "It's also been a heartbreak for our athletes," Dulgar says. "Rowers have missed opportunities for national championships - and the possibility of scholarships - that they'll never

Continued on page 3

Licenses for Drivers 70 and Older are Extended

**California Department
of Motor Vehicles**

SACRAMENTO, CA (MPG) - The California Department of Motor Vehicles is providing an automatic one-year extension to Californians age 70 and older with a noncommercial driver license with an expiration date between March 1 and December 31, 2020. This action delays the requirement for this population to visit a DMV office during the COVID-19 pandemic.

The DMV previously provided 120-day extensions to senior drivers with noncommercial licenses expiring in March through July. While the new extensions are automatic, drivers will not receive a new card or paper extension in the mail. As an option, drivers can request a free temporary paper extension online beginning July 15 through DMV's Virtual Field Office to document the extension, though it is not needed to drive. Californians with a suspended license are not eligible.

California law requires drivers age 70 and older to visit a DMV field office to renew their license but gives the DMV authority to issue extensions. The DMV has alerted California law enforcement of the extensions. The TSA accepts driver licenses for a year after the expiration date.

Commercial licenses, including those for drivers 70 and older, expiring between March and September are extended through September 30, 2020, to align with federal guidelines.

The one-year extension for senior drivers is the latest action to help Californians avoid or delay a DMV office visit during the COVID-19 pandemic. The DMV has issued extensions for expiring driver licenses and permits, expanded eligibility to renew a driver license or identification card online or by mail, and created new digital options for transactions that previously required an in-person office visit. The DMV continues to streamline its processes to limit the time customers spend at an office. Customers are encouraged to fill out

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It's Still a Mystery

Searching for Answers on Flying Tiger Line Flight 739

**By Elise Spleiss and
Kimberly Steinman-Elmquist**

SACRAMENTO REGION, CA (MPG) - When Kimberly Steinman-Elmquist woke up last month on her 60th birthday her first thought was not of celebration, but of the father she lost in a mysterious airplane explosion over the North Pacific Ocean when she was only 20 months old.

On March 16, 1962, Flying Tiger Line Flight 739, a Lockheed Super Constellation transport airliner, exploded and disappeared over the ocean between Guam and the Philippine Islands. On board were 93 American soldiers, three South Vietnamese military men and 11 crew members. All perished. Twenty-six-year-old Army Sergeant Ranger John Karibo of Ohio, Kimberly's father, was on that plane.

The fate of Flying Tiger Line Flight 739 is a mystery that has spanned six decades and continues to grow exponentially, spawning more questions than answers. Like a pebble thrown into the water, the story continues to expand, becoming more

Continued on page 2



John Karibo before he left for Vietnam when Kimberly was only 20 months old. Photo courtesy of Kimberly Steinman-Elmquist



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It's Still a Mystery



Kimberly Steinman-Elmquist (left) and mother, Tonya Wagner (in her Gold Star outfit) at Sylvan Cemetery for Veterans Day Ceremonies. The plaque has a tag on it, in Memory of Army Sergeant Ranger John Karibo of Ohio. Photo courtesy of Kimberly Steinman-Elmquist

Continued from page 1
 complicated with each passing year.

Karibo had been training at Fort George Meade, Maryland when he received orders to report to Travis Air Force Base for a new assignment. He was only allowed to return home to Ohio briefly to say "goodbye" to his young wife, Tonya and his daughter. The mission was top secret; no one could speak of it.

Karibo was then off to Travis AFB where he joined 92 other Rangers all reported by the government following their disappearance to have been specialists in electronics and communications. Elmquist shared with this reporter that her father was trained in biological, chemical, and radiological warfare.

Their final destination was to be Saigon, Vietnam. From Travis they stopped to refuel in Honolulu, Wake Island and Guam expecting to proceed on to Clark Air Force

Base in the Philippines. Somewhere from Guam and the Philippines contact with flight 739 was lost. After three hours with no radio contact Search and Rescue operations was initiated from Guam and the Philippines.

Flying Tiger Line flight 739 and everyone on board was declared lost when it was calculated their fuel would have run out." No trace of the plane or any indication that it had crashed into the sea was found. It just disappeared.

Adding insult to injury or in this case, death, the families of these men were informed that their situation did not qualify to have their loved ones' names included on the Vietnam Veterans Memorial Wall in Washington D.C.

In March 2019, Elmquist joined three other families in Washington D.C. on a trip to visit Senate aides, tell their stories and present them with packets bulging with documents for each senator on the

Armed Service Committee.

The trip was organized and led by Donna Ellis Cornell, from Michigan, daughter of Sgt. 1st Class Melvin Hatt from Michigan. A Stars and Stripes reporter followed the group for 3 days.

Elmquist was featured in the article and in a video in the online version of the August 8, 2019 article. She has been tirelessly lobbying anyone who will listen to get the word out for these 93 men who served their country alongside others on the Wall.

Elmquist recalls when her mother-in-law Edith received word of her son's loss and presumed death, she never accepted it. To her dying day she just knew 'Johnny' would walk through the door. Tonya, John's wife was denied any kind of memorial service for her husband and eventually the families grew apart.

There is one bright light in this fight. Groundbreaking

for a private monument to honor all 93 servicemen and 11 crew members took place recently in Columbia Falls, Maine, site of the Wreaths Across America. It is scheduled to be completed and dedicated by the end of the year.

Elmquist wonders what the military and government could be so afraid of even now, 60 years later, to still be unwilling to release information on the incident. She knows the questions would stop if their loved ones would get the recognition they deserve. "It makes you wonder what was happening with the United States and Vietnam at the time, and what would have happened in the war if their mission

had been completed." "I don't care what happened any more, I just want them to be remembered."

Elmquist and her mother Tonya Wagner, now 81, have been giving back to the military community most of their lives. Wagner has been president of the Northern California chapter of Gold Star Wives for over 20 years. Elmquist has been with Sacramento Blue Star Moms since 2011 and currently is 1st Vice President of Membership.

There currently is a bill sitting in Congress. SB 1891, Flying Tiger Flight 739 Act was introduced on June 18, 2018. According to Elmquist, it was spearheaded by Senator Gary Peters of Michigan but

is sitting in the Committee of Natural Resources, dying a slow death. She says, "We believe the Bill should be in the Committee for Armed Services to get the proper attention it needs."

Sources:
 'www.Flying Tiger Line flight 739' will bring up articles referenced in this article plus more.

Face Book page: Remembering Flying Tiger Line 739

For Donna's story visit <http://flight739-14-1962.com>. The full roster of 93 men and 11 crewmembers with their names and 33 state of origin have been assembled by Ellis and other relatives of the deceased. ★

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Fair Oaks Chamber Corner



By Dot Boyd, Fair Oaks Chamber of Commerce

FAIR OAKS, CA (MPG) - Is the year flying by, or is it just my perception? I shake my head in belief that we're now in August! At Fair Oaks Chamber of Commerce, that means our race to be the 42nd Honorary Mayor is closing in fast. Our two intrepid candidates, Penny Howard and Chrysti Tovani have until August 31st to fund-raise for their causes. You vote with your checkbook or credit card, so to speak, and you can vote early and

often in this campaign. In fact, we encourage it! Penny is raising funds for Del Campo's Visual and Performing Arts Program and Chrysti is raising funds for Fair Oaks Theatre Festival. They have some fun, virtual events, and prizes, too. You can find them on Facebook and at our website www.fairoakschamber.com where you can even donate easily and securely on-line.

While you're on the Chamber website, be sure to visit our Member Directory and do business locally. Many businesses are open, either for in-person visits or virtually. Every one of us appreciates your support! We are all in this together.

Last month, I spoke about the oldest organization in Fair Oaks, the FO Woman's Thursday Club, founded in 1902 and still going strong. Right

behind them is our community partner Fair Oaks Cemetery District www.fairoakscemetery.com which started in 1902 as a community cemetery when local citizens bought two and a half acres of land for \$250. A recent expansion of this gem at Olive and New York Avenues has taken place per the announcement in this issue. It's a beautiful spot filled with history and many Fair Oakians, including my parents who emigrated from Europe. My dad wanted to be buried there since as he often said, "it all started for us right here in Fair Oaks, California, USA." So now, when I drive by, I wave and say "Hi, Mom and Dad!" and I'm sure other drivers are wondering who the heck I'm waving at. I'm just keeping it friendly, Fair Oaks! I hope you are, too. ★

Licenses for Drivers 70 and Older are Extended

Continued from page 1

the online application and upload their documents before they come to the office. The DMV is also contemplating other ways to safely serve seniors.

Summary of California Driver License extensions:

Age 70 & older (noncommercial) expiring between March-December of 2020 – Extended one year from original expiration date; Age 69 & younger (noncommercial) expiring March – July 2020 – Extended until July 31, 2021 (renew online or by mail); Commercial (all ages) expiring March – September 2020 – Extended to September 30, 2020; Learners permits expiring March-August 2020 – Extending six months or

to a date 24 months from the date of application. DMV field office employees are assisting customers with appointments at the specific office or with limited transactions that require an in-person visit. Last month, offices began offering additional services, including vehicle inspections and behind-the-wheel drive tests. The DMV continues to recommend that customers use its online services, expanded virtual services and other service channels to complete transactions, including eligible driver license and vehicle registration renewals. Customers can use the Service Advisor on the DMV website to learn their options to complete DMV tasks. Visit WWW.DMV.CA.GOV for more info. ★

Little Methodist Preschool Fall Classes Start August 17



Preschool children get to work with other toddlers, getting hands-on experience in a variety of fun projects. Photo provided by Little Methodist School

By Sue Jas, Little Methodist School

FAIR OAKS, CA (MPG) - The Little Methodist School in Fair Oaks, CA plans to hold classes beginning August 17. The preschool will implement COVID protocols to ensure the safety of children and staff by practicing social distancing, incorporating extra cleaning efforts and offering small class sizes.

Little Methodist School (LMS) has been serving preschool aged children for over 55 years. It offers a nurturing atmosphere for children's spiritual, social, emotional, physical and cognitive development. "We feel that we have a solid strategic COVID response preparedness

plan in place to open this fall", said LMS Preschool Advisory Committee chair, Cynthia Wold. LMS will perform health and safety checks each morning, social distance the children inside and outside the classroom as much as possible and utilize its .25 acre playground each day. "Our teachers have been working all summer to prepare their classrooms so that we can continue to create a safe and loving environment that gives children opportunities to grow," stated Wold.

Little Methodist School is located in Fair Oaks, CA. It is a non-profit, part-time preschool and toddler program which is committed to encouraging children to explore, create and play. ★

Paddling Back to Business

Continued from page 1

have again. Our regattas benefit the whole community; teams and spectators come from all over the country. We fill hotels and restaurants."

Run by Associated Students Inc. and CSUS in association with the California State Parks Department, the center is observing health protocols prescribed by all its governing bodies. Masks and social distancing are required on shore; picnic areas are taped off. Normally open to all comers, the center's Hazel

Avenue gate is now guarded. Only two visitors (or families) with reservations are admitted every 15 minutes; this metered pace allows equipment to be cleaned – then sterilized – before reuse.

No school vacation programs are yet scheduled. "We're trying to get some going," explains Dulgar. "But we'll have to wait and see what's allowed. We feel great empathy for families whose kids have been coming here every summer for years. We miss them, too. I keep hearing people saying we're

all in the same boat. Well, I feel it's more like we've all been in the same storm together.

"But being open again is the best thing that's happened to us in months. We hope our programs will bounce back when everyone's confident we can provide a safe environment, on and off water."

The Sacramento State Aquatic Center is located at 1901 Hazel Avenue, Gold River. Users must reserve arrival time slots. For more information, visit www.sacstateaquaticcenter.com/ ★

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By Marlys Johnsen Norris,
Christian Author

There is a time in most every life when one wonders why they were born and ask themselves a question. "What is their purpose in life?" They seek to learn from their parents and often they are aware of their child's abilities and talents to do something worthwhile. Yet, each individual needs to have some personal insight and they talk (pray) to God about it.

Not all people need some kind of tragic event to cause them to believe there is a God and know He will guide them. The impossible is possible only when God is in it! Any crisis does offer opportunities for a believer to express the Spirit of love to others who need it.

A young child may have attended Sunday School where they learned the stories about Jesus and how to pray. When the Spirit of the Lord is there – there is liberty!

Every Life has a Purpose

And God will guide and lead a person into experiencing a special gift from God as they determine to walk in His perfect will for their life.

The Holy Bible has answers to every question, as well as promises for those who believe and are guided by them. **"Fear thou not; for I AM with thee; be not dismayed; for I AM thy God: I will strengthen thee; yes, I will help thee; yea I will uphold thee with the right hand of righteousness." (Isaiah 41:10)**

When a person surrenders into the will of God and accepts Jesus as Savior and Lord they will declare the name of Jesus as the most important person in their life. They will begin to study and read the Bible and follow all its teachings. They find their purpose for living. God will gift them beyond their fondest dreams. Christianity is not a religion, it is based on a personal intimate loving relationship with God Almighty, Creator of all that exists.

"He that dwells in the secret place of the most

High shall abide under the shadow of the Almighty. And they shall say to the Lord, He is my refuge and my fortress, my God; in him will I trust. Surely he shall deliver thee from the snare of the fowler and from the noises of pestilence. He shall cover thee with his feathers, and under his wings shall you trust; his truth (Word of God- Holy Bible) shall be his shield and buckler" (Psalm 91:1-4).

Have you discovered how much God loves you by accepting Jesus as your Lord and Savior? If so, you have received the most blessed gift and for the rest of your days, His Holy Spirit will guide and teach you. Plus be with you in all you do. Give Him your love, appreciation and glory!

Marlys Johnsen Norris

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of 7 Books
Stephen's Minister
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Dare to Live Without Limits

by Bryan Golden

If You Don't Know, Ask!



Successfully getting There's is no limit to the amount of information at your fingertips. You are seconds away from information on virtually anything. However, what do you do with all of the information collected? Without the wisdom to use it, information is worthless.

Information is the accumulation of facts and data. Information may or may not be accurate or reliable. Wisdom is the ability to evaluate, select, and use knowledge in a positive manner to accomplish a specific objective.

It is possible to be educated (acquiring lots of information) but yet have little wisdom (not knowing how to use the information). So, a complete education must include learning how and when to apply the information you have obtained.

The amount of available information is overwhelming. Wisdom enables you to identify exactly what information you need. Wisdom allows you to filter out false, worthless, or inaccurate information. Making decisions based on erroneous information leads to undesirable results.

Constantly holding information up to scrutiny is wise. A healthy level of skepticism works to your benefit. Information should never be blindly accepted. All information you encounter must be tested for validity and accuracy. Sources need to be verified for truthfulness. Discard any information which does not pass the

test for accuracy and reliability. Information is reliable when it can be corroborated from multiple independent trustworthy sources.

Wisdom helps you decide whether or not action is warranted. Once you have verified information to be accurate, you must next determine how it applies to you. The same information impacts different people in different ways.

Wisdom helps you select the most appropriate path. In order to ascertain this, you have to identify your ultimate destination. Unless you know where you want to go, you won't be able to obtain the most pertinent information needed.

Wisdom is learning from experience. Wisdom is learning from your mistakes. More is learned when things go wrong than when all goes as planned. As a wise person, you strive to repeat successful behavior while eliminating unsuccessful actions. You don't make the same mistake twice.

Self-monitoring is a key component of wisdom. It's an awareness of where you are and where you are headed. It is assessing the impact of what you are doing. You strive to continually assess if you are on your desired path. You make course corrections in response to any deviations.

Maintain an open mind. Observe those around you. Education and wisdom are lifetime pursuits.

There is always more to learn. Thinking that you know it all is a trap. There

is always room for growth.

A wise person admits to what they don't know and then seeks to get the necessary information and answers. As good a teacher as experience is, someone else's experience is an even better teacher. Study those who are already where you want to be. You can learn from their mistakes, saving you from having to make them yourself.

You can take steps to continually enhance your wisdom. Since wisdom comes from experience, expand your experiences by trying new things. Doing this requires leaving your comfort zone as well as intentionally doing things you are afraid to do.

You are surrounded by examples of both wisdom and stupidity. Observe others to enhance your understanding of strategies which work as well as mistakes to avoid. This approach is a fascinating way to boost your wisdom.

Think before acting. Anticipate the results of your planned behavior before starting. If you don't think your actions will generate a positive result, alter your plans. Wise people don't act in haste.

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. © 2020 Bryan Golden ★

A Family Stare Off Competition

By Rev. James L. Snyder

During the last several months, the Gracious Mistress of the Parsonage and I have spent some quality time together.

One night we had just settled down to watch a movie, and at the commercial, I got up to go to the bathroom. As I was getting up, my wife said, "While you're up, could you get me a cup of coffee?"

Without thinking, which is my modus operandi, I said, "Sure. I'll be right back."

I went to the bathroom, then got her a cup of coffee, and took it in to her.

"Thank you," she said with her beautiful smile, "this will just hit the spot."

Then another commercial came. As I was getting up my wife said, "While you're up, could you get me a refill on my coffee, please?"

Following my MO, I picked up her coffee cup, went into the kitchen, refilled it, did what I planned to do, and then brought it back to her.

With the most infectious smile, she said, "Thank you, I really appreciate this."

The next commercial came, and my wife said, "While you're up, could you bring me some cookies from the kitchen?"

I got up, went to the

kitchen, found the cookies, brought them back to her, and she said, "Thank you, I appreciate this so much."

Walking to my chair, I tried to remember what I got up to do. For the life of me, I could not figure out what I went into the kitchen to do or get.

At the next commercial, my wife said, "While you're up, could you bring me some more cookies from the kitchen? They were delicious."

Again, I got up, went to the kitchen, got some more cookies, and brought them back to her. Again she said, "Thank you, I appreciate this so much."

When I sat down in my chair, I tried to figure out once more why I got up and went to the kitchen. I know I got her some cookies, but why did I want to go there in the first place?

Suddenly, I had such a euphoric experience. My wife was playing me, and I did not know it. She was trying to see how much she could get me to do for her without knowing what I was doing.

When the next commercial came, she got up to go to the bathroom, and I said to her, "While you're up, could you get me some more coffee?"

She stopped, turned around

and stared at me as I've never been stared at before.

"What did you say?"

At moments like this, it is very difficult for me not to break out in hilarious laughter. I held my cool and said, "While you're up..."

She interrupted my conversation and said, "You figured me out, didn't you?"

We had a little staring contest for a moment, and then simultaneously, we broke out into laughter.

She went to the bathroom and then to the kitchen and brought me back a fresh cup of coffee. Then she said, "Let's call a truce and just enjoy the rest of the evening together."

It's rare that I catch on to her schemes, but I try to enjoy it when I do.

I thought of what Solomon wrote, "Whoso diggeth a pit shall fall therein: and he that rolleth a stone, it will return upon him" (Proverbs 26:27)

Whatever you do to others has a way of coming back on you.

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 352-216-3025 or e-mail jamesnyder2@att.net. The church web site is www.whatafellowship.com. ★

Social Security Matters

Can I Get a Widow's Benefit if I'm on Disability?



By Russell Gloor,
AMAC Certified Social Security Advisor



Dear Rusty: I was recently approved for my Social Security disability benefits. Will I still be able to get my widow's benefits when I turn 60, which is right around the corner? Or do I lose those because I am disabled? Signed: An Uncertain Widow

Dear Uncertain Widow: You will not lose your survivor (widow's) benefits because you are now collecting Social Security Disability Insurance (SSDI) benefits. You can get the survivor benefit if it is more than your SSDI benefit and provided that you did not remarry before age 60 (and remain married). If you are entitled to and claim a survivor benefit while on SSDI, it will come as a separate supplemental payment which, along with your SSDI benefit, equals the amount you are due as a widow.

If you are now on SSDI you can actually take your survivor benefit before age 60 because survivor benefits can be taken as early as age 50 if you are disabled.

But claimed at age 60 or earlier, the survivor benefit will be reduced by 28.5% from what it would be if you wait until your full retirement age (FRA) of 67 to claim it. If you are collecting both SSDI and the survivor supplement when you reach your full retirement age, it will automatically convert to one payment equal to what you're entitled to as a survivor (SSDI benefits stop at full retirement age).

It would be prudent for you to evaluate whether you should continue with your SSDI benefits only for a while and allow your survivor benefit to grow to a higher amount. At age 67, your survivor benefit as a widow will be 100% of the amount your deceased husband was receiving, or entitled to receive, at his death. But claiming it before your full retirement age will mean it will be cut by 4.75% for each year earlier than your FRA that you claim it. You can find out your full survivor benefit amount by contacting Social Security.

Your survivor benefit will reach maximum at your full retirement age,

and it does not expire so you can delay up to age 67 to claim if you wish (to get the maximum amount as a widow). But if your financial situation is such that you need the reduced survivor benefit earlier, and your benefit as a widow is more than your SSDI benefit, you can claim it at any time. Survivor benefits must be applied for directly with the Social Security Administration, which you can reach by phone at 1.800.772.1213, or at your local office (find the phone number for your local office at www.ssa.gov/locator). Note that all Social Security offices are temporarily closed to in-person visits by the public, so telephone is your only current option to apply for your survivor benefit, until after the pandemic closure is lifted.

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

Census Bureau Reveals Which Workers Are Hardest Hit by COVID-19

United States Census Bureau Press Release

WASHINGTON, DC (MPG) - Self-employed workers in states where businesses are hardest hit by the COVID-19 pandemic are more likely to face economic hardships, according to new findings from the U.S. Census Bureau's experimental Household and Small Business Pulse surveys. Creating jobs and running small businesses are just a couple of examples of the vital roles self-employed workers play in the U.S. economy.

Economic uncertainty related to COVID-19 has presented unique challenges for self-employed workers, from temporary closures to revenue losses.

We combined results from

two new surveys to shed light on these challenges, using the Small Business Pulse Survey to identify states with businesses most affected by the COVID-19 pandemic and demographic data from the Household Pulse Survey.

Self-Employed Hit Harder Where More Businesses Closed Temporarily

In states where business conditions were hardest-hit by COVID-19 (states with 25% or more of businesses temporarily closed for one day or more), 13.9% of self-employed workers received free groceries or a free meal during the last seven days from sources such as food banks, religious organizations, community programs, or family, friends or neighbors.

In contrast, 8.7% of

non-self-employed workers in these states received free meals.

In the least-affected states (those where 10% or less businesses temporarily closed for one day or more), there was no statistical difference by self-employment status in the rate of those receiving free groceries or a free meal.

Self-employed workers in the hardest-hit states reported either "sometimes not having enough to eat" or "often not having enough to eat" 5.9% of the time in the past week, which is not statistically different from the rate reported by other workers in these states.

Similarly, there was no statistical difference in food insufficiency by self-employment status in states least affected by the pandemic. ★



Is your family prepared for any EMERGENCY?

CREATE YOUR OWN PLAN TO STAY SAFE.

Emergency supply kit checklist

- Drinking water
- Radio
- Medication and eyeglasses
- Cash and credit cards
- Non-perishable food, including baby and pet food
- Flashlight
- Blankets and clothing
- Toiletries
- Tools and utensils
- First aid kit
- Children's activities
- Important documents
- Batteries
- Mobile phone and portable charger



1

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Update your contact information at [pge.com/mywildfirealerts](https://www.pge.com/mywildfirealerts) so we can reach you in an emergency.



2

CONFIRM YOUR EMERGENCY EXITS

from your home and establish a location where your family or roommates can reunite after evacuating.



3

PLAN FOR YOUR PETS

by including them in practice drills and helping them get comfortable with a leash or carrier during stressful situations.



4

LEARN HOW TO OPEN YOUR GARAGE DOOR MANUALLY

in the event the door is unable to open automatically during an outage.



5

CHECK YOUR STANDBY GENERATOR

and ensure that it is working properly because it can help avoid damage to personal property and keep emergency first responders safe.



To learn more ways to keep you and your community safe, visit safetyactioncenter.pge.com.

CRA Program Invests \$80 Million in 2020

By Ken Casparis,
Sacramento County

SACRAMENTO COUNTY, CA (MPG) - In late February 2020, the Sacramento County Department of Finance put out a call for applications for the Community Reinvestment Act (CRA) program. This year, the County Treasury invested a record amount of money in financial institutions with a local presence that meet the credit needs of the community.

In addition to putting out a call for applications, the Department of Finance actively reaches out to all banks operating at least one branch in the County to let them know that the CRA Program is accepting applications.

"This year, we awarded four banks with deposits," said Dave Matuskey, Sacramento County Investment Officer. "Each bank received \$20 million for a total investment

of \$80 million. This is a big increase from the \$30 million total that went to the same number of banks in the program last year."

The increased investment amount is due in part to a change that was made that allow regional and community banks to more easily qualify for larger deposits.

The CRA Program authorizes the placement of public deposits from the County's Pooled Investment Fund in one-year, fixed-rate certificates of deposit with qualified financial institutions that meet the credit needs of the community, including credit unions and community banks.

The four banks that were awarded deposits this year are: Bank of the West, Banner Bank, East West Bank, Five Star Bank

To learn more about the CRA Program, view the online brochure or check out the Department of Finance's Investments page. ★

JAILBREAK! Gavin Newsom is Releasing 18,000 Criminals onto Our Streets



Governor Newsom

Orange County Republicans Press Release

ORANGE COUNTY, CA (MPG) - Governor Newsom is releasing roughly 18,000 convicted criminals into our communities.

In what the Newsom administration calls "decompression measures"

the Los Angeles Times reports that 10,000 criminals have been released and an additional 8,000 will be released by the end of August.

This move places every California family in danger. In Orange County a public warning was sent by District Attorney Todd Spitzer and Orange County Board of Supervisors Chairwoman Michelle Steel regarding the release of Cary Jay Smith into the community of Costa Mesa. Smith has admitted to killing three children and claims to have molested 200 children while very publicly claiming he has no hesitation to do it again.

He is only one of 18,000 dangerous criminals the

Democrats will release.

It is unconscionable that the Democrats while advocating for defunding the police would place an additional burden on local police departments and cities already struggling due to the Governor's erratic shut down orders.

The Republican Party is the party of Law and Order. We support our men and women of law enforcement and stand with Orange County residents' rights to be safe in their homes. The Democrat Party is rabidly seeking to defund police departments and Governor Newsom is using Covid-19 as an excuse to ignore his most basic responsibility of keeping Californians safe. ★

Unsecured Property Taxes due August 31st

Sacramento County Press Release

SACRAMENTO COUNTY, CA (MPG) - Annual bills for Sacramento County unsecured personal property taxes for fiscal year 2020-2021 will be mailed on July 17, 2020, and are payable without delinquent penalties through Aug. 31, 2020.

Unsecured personal property tax bills are mailed to all owners of unsecured property in July of each year. If you owned unsecured personal property in Sacramento County, such as a boat, jet ski or aircraft; or leased or owned fixtures and equipment related to a business on Jan. 1, 2020 and do not receive a tax bill by

Aug. 7, 2020, please contact the Sacramento County Tax Collector's Unsecured Property Tax Unit at (916) 874-7833, between the hours of 9 a.m. and 4 p.m., Monday - Friday, excluding holidays.

NONRECEIPT OF A TAX BILL DOES NOT EXCUSE DELINQUENCY OR ALLOW THE TAX COLLECTOR TO CANCEL PENALTIES OR COLLECTION COSTS.

Tax bills become delinquent if not paid in the Tax Collector's Office by 5 p.m. on Aug. 31, 2020, or received by mail bearing an Aug. 31, 2020 postmark.

If the tax bill is not paid by the delinquency date, a 10% penalty and collection cost will be added. DMV

registration may be withheld on watercraft if unsecured property taxes are reported delinquent. If a tax bill remains unpaid after Oct. 31, 2020, additional collection costs and monthly penalties at the rate of 1.5% will be added to the base tax.

Payments may be made by mail or in person at the County Tax Collector's Office located at 700 "H" Street, Room 1710, Sacramento, CA 95814, between the hours of 8 a.m. and 5 p.m., Monday - Friday, holidays excluded. For credit/debit or eCheck payments please visit the Sacramento County Property Tax Bill Information System website. ★

BOE Member Gaines Strongly Opposes Prop. 15 "Split Roll" Initiative



Ted Gaines

By Betsey Hodges,
California State Board of Equalization

SACRAMENTO, CA (MPG) - Board of Equalization (BOE) Member Ted Gaines held an informational hearing that considered both the pros and cons of Proposition 15, California's "Split Roll" initiative that will appear on the November ballot. Following the hearing, Member Gaines came out in forceful opposition to the measure.

"California is straining under the coronavirus. Millions are unemployed, businesses are closed, and the last thing we need right now is \$12 billion in new taxes put on the backs of struggling families. We are a resilient state and I'm convinced we will recover but for that to happen we need a business climate that promotes prosperity. Proposition 15 does the opposite. It will crush agriculture. It will hurt the mom and pop shops who are already at risk and scared for their futures. It will drive businesses out of our state." Gaines said.

Prop. 15 would undo valuable taxpayer

protections provided by California's landmark Prop. 13, which was passed in 1978. Prop. 13, among other changes, implemented a predictable, stable property tax regimen in California, where commercial and residential properties are taxed at 1-percent of their purchase prices and increases in property tax are capped at 2-percent a year from that purchase-price valuation.

Under Prop. 15, many commercial properties would be subject to reassessment annually, or at least every three years, opening the door to the unpredictable property tax spikes that forced seniors out of their homes in the 1970s and contributed to the taxpayer revolt that ended in passage of Prop. 13. It is referred to as "split roll" because it would lead to different treatment of residential and commercial properties in the property tax roll.

In addition, under the measure's definition of "real property used for commercial agriculture," fixtures and improvements such as irrigation systems, barns, tasting rooms and even fruit trees would be subject to reassessment, exposing the agricultural sector to a wave of new and higher taxes. Additionally, the nonpartisan Legislative Analyst's Office review of Prop. 15 indicates that rural areas may end up losing money overall if the initiative passes, even as their agricultural interests pay more in taxes, providing a double blow

to these communities.

Gaines hosted today's Prop. 15 informational hearing, convening initiative supporters and opponents, assessors, the Legislative Analyst's Office, Board of Equalization personnel, as well as tax professionals involved in the property tax appeals process. The hearing was non-partisan and did not call for the Board to take a position on the measure. It was designed to give Board Members deeper insight into the alleged need for the initiative, how it would be implemented, and how it would affect property tax administration in the state. However, the day's testimony made clear to Gaines that the measure would be a disaster for California taxpayers and businesses.

"When will California taxpayers ever catch a break? They pay the highest gas taxes, highest state sales tax, highest income taxes, highest corporate tax in the western states; it's never ending. If this Initiative were to be successful, I have no doubt that Prop. 13 homeowner protections would be the next target.

"I support Prop. 13. For four decades it's been the bedrock protection for homeowners and business property owners. As a taxpayer advocate, I oppose split roll and every other effort to raise California taxes."

Elected in 2018, Ted Gaines represents nearly ten million people as a Member of the Board of Equalization. ★

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Legislative Democrats Kill Opportunity to Help Millions of Frustrated Californians

By Jacqui Nguyen,
California Senate Republicans

SACRAMENTO, CA (MPG) - The Governor's mandated shutdown has left more than six million Californians unemployed and shuttered businesses. Senate Republican Leader Shannon Grove (R-Bakersfield) released the following statement after the Joint Legislative Audit Committee (JLAC) announcing the cancellation of a crucial hearing on August 11, that would have been an opportunity to audit the Employment Development Department (EDD).

Last month, legislative Republicans asked JLAC to audit the EDD after unemployed individuals shared their horror stories about the state agency, including cases of clerical errors that resulted in

longer wait times for financial relief and 150 redials with no results. The Los Angeles Times recently published an article on July 11, 2020, "It takes 150 redials": Horror stories from Californians filing unemployment claims, getting no results".

Signed by Republican members from both the Assembly and Senate, the letter to JLAC is a bicameral effort to demand answers from EDD.

"California Democrats killed an opportunity to audit the EDD which would have helped millions of frustrated Californians. This audit would have been an opportunity to get answers instead California Democrats blocked that effort. Republicans will continue to fight for our residents because California deserves better," Senate Republican Leader Shannon Grove (R-Bakersfield). ★

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County Elections Announces Vote Center at Golden 1

By Janna Haynes, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - Sacramento County Voter Registration and Elections announced a partnership with the Sacramento Kings to have Golden 1 Center serve as a Vote Center this November Election. Golden 1 Center will open as an 11-day Vote Center leading up to the Presidential Election on Nov. 3, 2020. The location will be the largest Vote Center in the county and allow for critical social distancing while still providing voters with all the needed services that Vote Centers offer.

At the Vote Center, any Sacramento County resident can:

Drop off your completed ballot; Get a new ballot printed to take home; Vote in person; Register to vote; Update your registration; Receive language assistance; Use an accessible ballot marking device to vote

A voter anywhere in the state may drop off their voted ballot to Golden 1 Center.

In addition to providing the arena at no cost to the County, the Kings will also provide free parking in the Downtown West Garage to individuals accessing the Vote Center, which will open Saturday, Oct. 24 and run through Election Day, Nov. 3.

Golden 1 Center is the first professional sports venue in the state to announce plans to serve as a Vote Center. In addition to its partnership with the County, the Kings are working with the California Secretary of State's office to amplify poll worker recruitment and education efforts, increase awareness around voting timelines and requirements, and host a virtual voter

registration workshop for employees. The Kings plan to offer up staff to train as Election clerks to staff the Vote Center.

"We are incredibly excited to work in partnership with the Sacramento Kings and the Golden 1 Center to host a Vote Center for the November election," said Sacramento County Registrar of Voters Courtney Bailey. "Access to a large, state of the art facility such as Golden 1 Center helps us ensure accessibility and proper social distancing, while also providing our residents the voting services they need. We're grateful to the Sacramento Kings for reaching out to us to help facilitate this partnership."

COVID-19 Precautions in Vote Centers

Election officials will be provided with: Training on new protocols; Personal Protective Equipment; Written, worksite specific COVID-19 prevention plans; Contact information for the local Public health office and information collection directions if a worker is diagnosed with COVID-19; Cleaning and disinfection protocols; Configuration plans for physical distancing (traffic flow, physical barriers etc.)

Every Vote Center will: Be assessed for size, maximum capacity to maintain social distancing and traffic flow; Equipped with disinfection materials and protocol for disinfecting shared spaces; Signage for: (1) Physical distancing reminders; (2) Flow of traffic directions; (3) Reminders about sanitation and hand washing

For more information about Sacramento County Voter Registration and Elections, visit our website.

To register to vote, visit the California Secretary of State website. ★

Sac County Receives Grant for Housing Site

By Andrea Sandoval, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - Sacramento County has been awarded funding for a proposed 127-unit housing development by the California Department of Housing and Community Development (HCD). The No Place Like Home (NPLH) program funding, totaling \$14.5 million in new money for Sacramento County, will provide 50 permanent supportive housing units for individuals and families experiencing homelessness and who are living with a serious mental illness.

Sacramento County's successful application in the State's second competitive funding round was the result of a collaborative effort between Sacramento County Department of Health Services, Mutual Housing California, the Sacramento Housing and Redevelopment Agency, and the cities where the developments are located.

The new apartment complex, on Stockton Boulevard in south Sacramento, will consist of a three-story building of stacked flats with an interior corridor and elevator, two buildings of three-story garden walk-up buildings, and four townhome buildings. The seven residential buildings will provide 127 units consisting of 125 affordable units and two unrestricted

management units.

There will be a blend of one-, two- and three-bedroom units. Inclusive of the 125 affordable units, there will be thirteen units with Americans with Disability Act (ADA) accessibility and five units with communication features (e.g., wiring for audio and visual devices). There will be 67 units (project-based vouchers) for households experiencing homelessness and, of these, 50 will be NPLH-designated units. Of the NPLH units, 40 percent will be allocated to the category of chronically homeless, and 30 percent each to categories of homeless and at risk of chronic homelessness.

Tenants will be referred through coordinated entry administered by Sacramento Steps Forward for all units reserved for persons experiencing homelessness. Tenants will be referred through DHS Behavioral Health Services for all units reserved for persons who are at risk of chronic homelessness. Sacramento County Division of Behavioral Health Services has committed to provide mental health treatment services to the designated NPLH units for a minimum of 20 years.

Sacramento County Board of Supervisors voted last December to partner with Mutual Housing California to apply for the funds available under the \$2 billion

Proposition 2 ballot measure approved by California voters in 2018.

Sacramento County Behavioral Health Director Ryan Quist welcomed the approval of the Mutual Housing award. "We are very excited to see this project come to fruition," Quist said.

"This represents Sacramento County's ongoing commitment to develop permanent supportive housing for homeless individuals and provide community-based support for individuals with behavioral health challenges."

In June 2019, Sacramento County announced the funding of two additional proposed permanent supportive housing developments in the first funding round. The projects, Sunrise Pointe and Capitol Park Hotel, will result in 180 new housing units for persons experiencing homelessness, 87 of which will be dedicated to persons that also have a serious mental illness (designated NPLH units). Sacramento County Division of Behavioral Health Services has committed to providing mental health treatment services to the designated NPLH units for a minimum of 20 years.

For more information about what the County is doing to address homelessness, visit the "Responding to Homelessness" website. ★

Senate Republicans Respond to California Democrats' Economic Stimulus Plan

By Jacqui Nguyen, California Senate Republicans

SACRAMENTO, CA (MPG) - The statement below is in response to California Democrats' \$100 billion proposed Economic Stimulus Package:

"These summaries are broad strokes and some may sound appealing – but when it comes to California Democrats' proposals, the devil is always in the details. Consider what

they have done since the start of this pandemic. California Democrats have allowed an increase in the gas tax during one of the worst economic crisis since the Great Depression; they've spent billions of dollars on homeless, only to see the situation worsen; ever-changing small business directives and guidelines; and are putting at risk the safety of every California resident by allowing 18,000 convicted felons back into our communities."

– California Senate Republican Caucus ★



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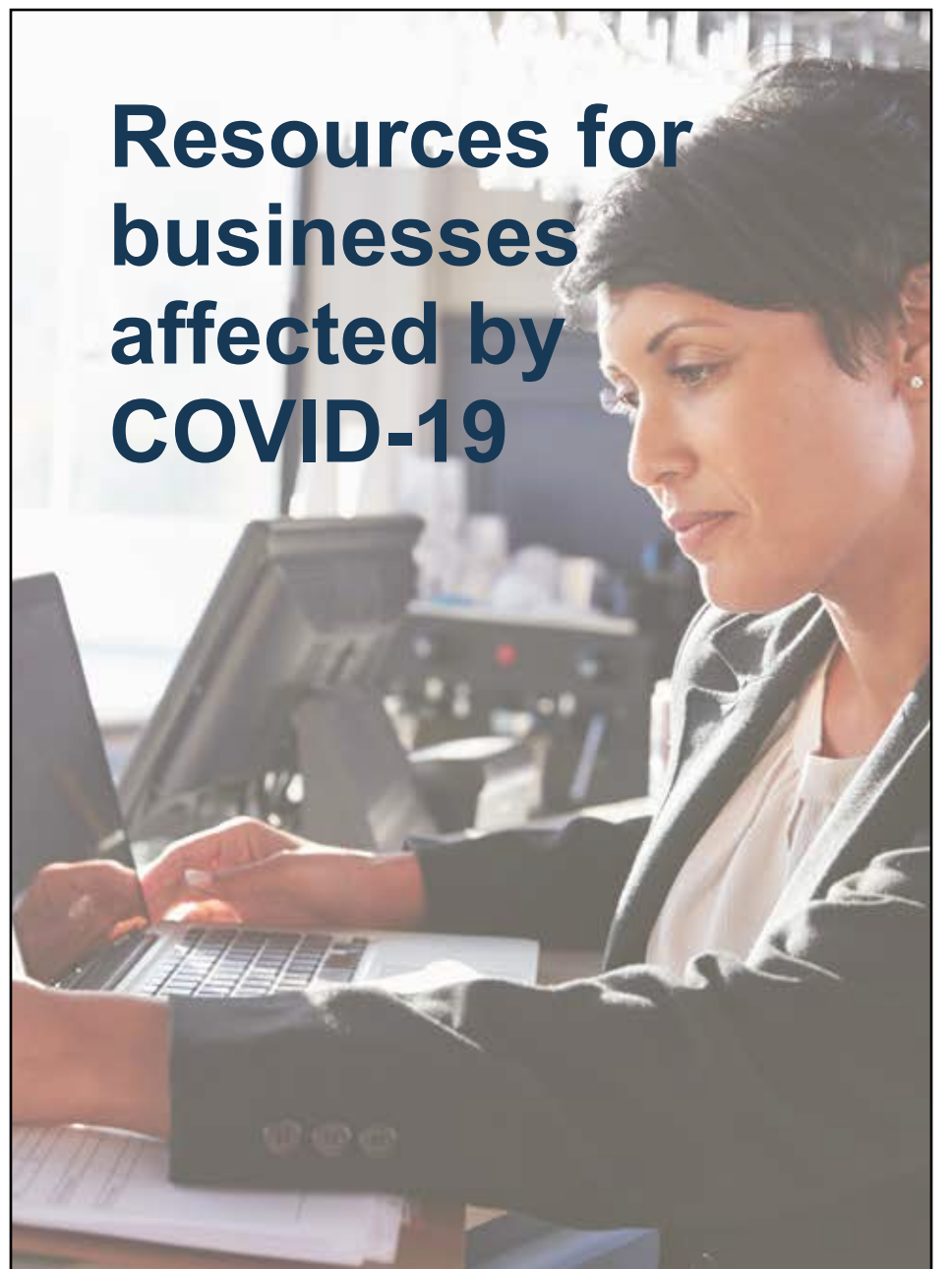
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Resources for businesses affected by COVID-19

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Poppoff!

With Mary Jane Popp

CORONASTRESS

Do you feel stressed out and just don't know how to deal with it? We have stresses from work to family to just life in general, and now a pandemic. Well, perhaps you can turn those lemons into lemonade with some tips on how to deal with the destructive nature of stress. Mary Bass can help us with some ideas. She was illegally detained for some two and a half years. During her time as a detainee, she channeled the stress of her surroundings into her writing and penned several controversial memoirs and numerous short stories. She has since become an advocate for mental health and wellness. It's great to hear tips on managing personal and life stress after experiencing real life stress herself. So we delved into her life and times on my POPPOFF Radio Show to get us through the most difficult of times.

Accept that Stress is a Part of Life

Setbacks, hardships, and difficult situations are inevitable. Even though circumstances arise that cannot be changed, continue to devote your efforts towards moving forward and keep making steps to improve your life.

Keep your Problems in Proper Perspective

Don't catastrophize a relatively minor event (e.g., your car ran out of gas, the dry cleaner lost your suit) and give it the power to ruin your entire day. Keep your problems and inconveniences in proper perspective by expanding your worldview. If your inner pessimistic monologue tries to take hold, stop and remind yourself how small some of your problems are when compared to the daily problems or people suffering in war-torn societies amongst civil unrest.

Take Care of your Physical Health and Strengthen your Mind to Help Better Manage Stress

You can't effectively combat stress if you're constantly overwrought, worn out, and running on empty. Consistently improving your health will greatly benefit your mental health, therefore, better nutrition, extra sleep and a regular exercise regimen are great tools to successfully manage stress while building mental strength.

Choose Healthy Coping Skills For Managing Your Stress.

Instead of turning to

unhealthy vices to temporarily escape your stress, cope with stress in a productive manner instead. Utilize healthy and prolific activities to cope with stress and emotional pain, (e.g., journaling, fitness, partaking in hobbies).

Look for the Silver Lining Because You Might Find You're Gaining Mental Strength.

Maintain a grounded realistic outlook on life while looking for the silver lining in tough and stressful circumstances. Take control of your mind and choose to use stressful circumstances to become emotionally stronger. The more mental strength you have, the more stress you can withstand and successfully overcome.

This is the time to test some of these ideas as this pandemic goes on and on. I would add one more tip, and this is one that is incredibly difficult for me...patience. We are a society of 'want it now' no matter how unrealistic it might be. In some ways, we are a bit spoiled, but I still think that tough spirit is buried deep inside of us. Let's find it and use it! ★

Fitness Centers are Safe and Essential to Combat America's Health Crisis

By Mary Parra, Randle Communications

SACRAMENTO, CA (MPG) - The California Fitness Alliance (CFA) announced that since reopening on June 12, its members have reported no cases of COVID-19 traced to California fitness centers including health clubs, gyms or studios. CFA surveyed 150 fitness operators, representing 785 locations in California, to demonstrate the implementation of its guidelines and superior safety standards have kept its communities safe while providing an essential service to its members and vital jobs to its employees.



The California Fitness Alliance (CFA) announced that since reopening on June 12, its members have reported no cases of COVID-19 traced to California fitness centers. Photo courtesy of JaneB13

"Our survey results show fitness centers are safe due to the standards we are implementing," said Randy Karr, founding partner of CFA and President and CEO of California Family Fitness. "Survey respondents had more than 5.5 million members check into their facilities between June 12 and July 13, and only .002 percent of those members have tested positive for COVID-19, with no cases reported as a result from visits to fitness centers."

"We support doing the right thing to flatten the curve, but America is facing a physical and mental health crisis and physical fitness is essential to combat this pandemic," said Francesca Schuler, founding partner of CFA and CEO of In-Shape Health Clubs. "This is why the California Fitness Alliance worked with Governor Gavin Newsom's administration to develop standards that would enable fitness centers to stay open safely during the COVID-19 pandemic."

Under CFA's "4-W" program to protect and prevent the spread of COVID-19, our participating fitness clubs have members wear masks, work out 6-feet apart, wash their hands before exercising and wipe down the equipment they use when finished. This is in addition to fully complying with or exceeding strict safety standards directed by state and county public health offices for facilities and staff including frequent cleaning, sanitizing, social distancing, physical separation and new check-in procedures.

One in five Americans experiences a mental health issue and physical fitness can be a critical way to combat these issues according to the Journal of Clinical Psychology. Additionally, heart disease is the leading cause of death in the United States - responsible for 840,768 deaths in 2016 and an annual total cost

estimated at \$351.2 billion in 2014-2015. The leading causes of cardiovascular disease are obesity, high blood pressure and lack of physical activity. Forty-seven percent of Americans have at least one risk factor for heart disease.

"Sadly, people with chronic health issues have significantly higher risk of severe illness or death if they do become ill from COVID-19," said Marc Thomas, CFA advisory board member, Co-CEO of Aspyr Holdings and an Orangetheory Fitness Franchisee. "According to the National Institutes of Health, engaging in regular physical activity is critical to preventing heart disease and Type 2 diabetes among other ailments, confirming once again that fitness is an essential business."

In fact, Dr. Hemmal Kothary, the Chief Medical Officer for Dignity Health Central California Division, believes fitness is so essential to mental health that he's joined CFA as a medical advisor.

"Now more than ever, people need routine and healthy ways to deal with things like anxiety, depression and the isolation caused by this pandemic," Kothary said. "The communities created within fitness clubs not only help people maintain motivation for their physical fitness but remind us that we are not alone - even when we are safe and physically distant."

"Our industry takes health very seriously, which is why we implemented strict standards. The results of our survey demonstrate these standards work," said Cory Brightwell, CFA advisory board member and CEO of Chuze Fitness.

"The California Fitness Alliance will continue working with the Governor and local governments to demonstrate that fitness centers are not where infections are spreading." ★

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STATEPOINT CROSSWORD • WHO SAID IT?

Crossword Puzzle Solutions on Page 8

CLUES

ACROSS

- Involuntary twitch
- World's oldest national broadcaster
- Pilgrimage to Mecca
- Pacific island greeting
- "___ the ramparts..."
- Prefix relating to sun
- Not so crazy
- Maiden name indicator
- Greet the day
- Mentally prepared for something scary
- **There's no place like home"
- Livelihood
- Answer to this clue, e.g.
- Winter bug
- Hatha or bikram
- Incense burner, in a church
- Bubonic plague spreaders
- Bottle plug
- Part of TNT
- Bad luck predictor
- **"D'oh!"
- Cleopatra's necklace
- Red Cross supply
- Have supper
- Female crab, or crybaby in Australia
- Belonging to Cree, e.g.
- Byproduct of combing wool
- Be nosy
- Spilled the beans
- Band booking
- **"I have always depended on the kindness of strangers"
- **The caged bird sings of freedom"
- Acoustic output
- Polar toy-maker
- Oodles
- **"Everyone wants to be Cary Grant. Even I want to be Cary Grant."
- "Funny or ___"

DOWN

- Fresh talk
- Surveyor's work
- Excellent
- Pen dweller
- **"Don't worry 'bout a thing, 'cause every little thing is gonna be alright."
- **"A martini. Shaken, not stirred."
- Samantha of "Full Frontal"
- Words to live by
- Submarine sandwich
- Climbed down
- Potluck offering
- **"It's a moo point"
- Habituate, like a plant
- Historical period
- Tolkien humanoid
- Global problem?
- **"Two roads diverged in a yellow wood"
- Coeur de ____, "Titanic"
- Embryo cradles
- Well-behaved
- Lice eggs

71. Tutor's student
72. Withered
73. Use a Singer, e.g.
74. Not be frugal

32. "Sesame Street" prominent architecture feature
33. Not right
34. **"Yo, Adrian!"
36. Give the cold shoulder
38. Bingo-like game
42. 1837 to 1901, to Queen Victoria
45. Ronald McDonald or Mickey Mouse
49. ___-di-dah
51. Hanukkah's eight
54. Must-haves
56. "Faster!" to a horse
57. Tea servings
58. Fishing decoy
59. Month before Nisan
60. Half a golf round
61. "___ Good Men"
62. Like the White Rabbit
63. Inviting sign
64. Like a hand-me-down
67. Baron Munchausen's statement

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.
Solutions on Page 8

Find Puzzles on Page 8

Find Puzzles on Page 8

S P A S M | | B B C | | H A D J
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Sudoku Puzzle on Page 8

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Caring for Pets During Hot Weather

SAFE Credit Union's Erica Dias Named 2020 OWL Award Winner



Always supervise pets when swimming either in a pool or in waterways. Photo courtesy Gayatri-Malhotra

By Allison Harris, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - Every year, Sacramento County residents do their best to keep cool during the summer heat. Failing to keep cool in extreme temperatures can cause adverse health effects for residents—both human and animal.

Unlike humans, cats and dogs cannot sweat to keep cool; they cool their bodies off through panting and the pads of their feet. As a pet owner, it's important to take measures to keep them cool during the high temperatures.

Here are some tips for keeping your pet safe from the heat:

Never leave your pet in a parked car: Even cracking a window won't protect your pets. It is against the law in California and could be punishable by a fine or imprisonment. A car can reach 120 degrees in just minutes; even if the windows are slightly open the car can still reach 102 degrees. A dog's normal temperature is 101.5 degrees; at 120 degrees your pet can suffer from heat exhaustion and die and at 107 degrees brain damage occurs. Check out this video on how hot it gets in cars;

Avoid extreme heat: When temperatures get above the 90s, take your pet inside. For outdoor pets, be sure to provide them with plenty of fresh, cold water in a tip-proof water dish and shade for them to cool down;

Don't exercise with your pets when it is too hot: Older and certain long-haired dogs can be particularly susceptible to heat, and hot asphalt can burn their paws. Exercise in

the early morning or cool evenings and make sure both of you have plenty of water.

Use sunscreen: Pets get sunburned just like people, and if your pet has light skin or fur, they can be particularly susceptible to a painful burn, and even skin cancer. Use sunscreen on sensitive areas, such as ears or nose to make sure your pets are protected.

Secure your dog during transport: Make sure your dog is secured safely in your vehicle. Cross-tethering your dog with a rope or containing them via kennel in the bed of your truck will help prevent the dog from falling or jumping from the vehicle. Also, please note that truck beds can get hot when exposed to the sun and that can severely burn dog footpads. Transporting animals on a public highway or public roadway without properly securing them could be punishable by a fine.

Be your pet's lifeguard: While swimming can help pets get exercise without overheating, always supervise pets when swimming either in a pool or in waterways. Dogs can get tired swimming, particularly in rivers where they have to fight against currents. To avoid drowning, make sure they wear life jackets and keep them out of the water when flows are high.

If pets have been exposed to high temperatures ... Be alert for signs of heat stress including heavy panting, glazed eyes, a rapid pulse, unsteadiness, staggering gait, vomiting, or a deep red or purple tongue.

Immediately move your pet to the shade to gradually lower their temperature. Apply cool (not cold) water to the pet, and provide lukewarm or cool water to drink. Take your pet to a veterinary hospital immediately. It could save their life.

For more tips on keeping pets safe in hot weather, visit the Hot Weather Pet Tips page. For other animal issues and pet owner resources, visit the Bradshaw Animal Shelter website.

Don't have a pet? The Bradshaw Animal Shelter is now offering adoptions by appointment. To start the adoption process, visit the Adoptable Animals webpage, then call 916-875-2287 Tuesday through Sunday (except holidays) between 9:30 a.m. and 3:30 p.m. to schedule an appointment.

For a list of available animal care services, including walk-in licensing and how to report a lost or found pet, visit animalcare.sac-county.net. ★



Erica Dias SAFE Credit Union's Vice President for Marketing, Community Banking, and Communications. Photo: SAFE Credit Union

By Carole Ferguson, SAFE Credit Union

SACRAMENTO REGION, CA (MPG) - When Erica Dias was hired as SAFE Credit Union's Vice President Marketing, Community Banking, and Communications in April 2019, she brought a game-changing strategy that not only reshaped the departments she led but also a fundamental shift in how the entire \$3.5 billion credit union approaches goal-setting and corporate strategy.

She supports SAFE Credit Union's growth through an omni-channelled approach including advertising, marketing, in-person outreach, targeted social media, and other opportunities as they arise. She pulled from her years of leading marketing and sales efforts at some of the larger employers in the Greater Sacramento area to lead these improvements at SAFE. That diversity of experience and nimbleness acquired through a career of various challenges and opportunities fuels Dias' expertise in helping SAFE navigate the multi-pronged health, safety, and financial issues the COVID-19 pandemic poses to SAFE members and the community.

For her business and community achievements, Dias was recently named the Executive Woman Award Winner at the 2020 OWL Awards granted by the

Sacramento Valley chapter of the National Association of Women Business Owners.

"It's such an honor to be recognized among my peers," Dias said about the OWL Award. "I believe it's essential that women raise each other up and support one another to ensure that our voices are heard and we can bring our effective, collaborating style of leadership to our businesses and organizations."

Dias takes her role as a leader seriously in her career and in the community, understanding that it's important to show up and be present to effect necessary change to bring equity, pay parity, and for all women to have a greater voice in their communities. She tirelessly works toward those goals by serving as campaign chair of the 2020 Women on Boards Sacramento, as a director on the board of PBS/KVIE, and as Chair of the Santa Clara University Alumni for Others. She helps shape the next generation of entrepreneurs and business leaders through her work as an adjunct professor and guest lecturer on HR Management, Marketing, Economics, Entrepreneurship as well as being a coach for Social Venture Partners' Sacramento Fast Pitch.

She directly serves the community through her volunteerism and board positions with the Salvation Army Women's Auxiliary, and Saint John's Program for Change.

Dias finds synergy between her personal commitment to improving the well-being of her community with SAFE Credit Union's mission focused on people helping people. SAFE is dedicated to the financial well-being of its members and the communities it serves. Dias directly works with the SAFE teams that oversee direct philanthropy to local organizations promoting

health, education, and veterans services, as well as providing no-cost financial education to Sacramento-area residents and staff at some of the region's largest employers. The credit union also is providing direct relief to its members during the pandemic with no- to low-cost personal loans, deferred loan payments, waived fees, a convenient appointment setting system, and expanded financial education programs to help those experiencing financial challenges.

SAFE works with local nonprofits to match credit union leaders with open board positions to help deepen SAFE's commitment to the community as well as lend its staff's expertise to nonprofits' success.

The OWL Awards were established by the National Association of Women Business Owners (NAWBO) Sacramento Valley chapter to acknowledge and celebrate exemplary women leaders within the business community. The event has become a regional tradition, paying tribute to top women entrepreneurs and corporate leaders who have advanced the status of entrepreneurial excellence and community leadership.

The NAWBO Sacramento Valley Chapter is the region's premier organization and voice for women business owners and is affiliated with a number of the area's business and community organizations. Its goals are to provide women business owners with appropriate educational, social, economic and political programs to assist them in making effective changes in their business culture, including, building strategic business alliances and affiliations, influencing opinion makers and strengthening the wealth building capacity of our members. ★

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WELLNESS CANNED CAT FOOD Full Case •Pate •Gravy Selected Varieties Also •Signature Select •Core 5.3 Oz Limit 1 Case 20% OFF OUR SUPER LOW PRICES	FELINE PINE HEALTHY CAT LITTER 20 Lb Bag Limit 2 Bags \$7.99	WILDERNESS DRY CAT FOOD As Marked \$6 OFF OUR REGULAR LOW PRICES •Chicken •Salmon •Duck •Indoor •Weight Control 100% Grain Free 11-12 Lb Bag Limit 2 Bags
SCIENCE DIET SMALL BITES DRY DOG FOOD •Adult •Light •Mature (Lamb & Rice Small Bites \$28.99) (Sensitive Stomach & Skin \$28.99) 15 Lb Bag Limit 2 Bags \$22.99	CAREFRESH PET BEDDING 60 Liter (Ultra Not Included) \$16.49	CHICKEN SOUP FOR THE SOUL DRY DOG FOOD As Marked 20% OFF OUR SUPER LOW PRICES •Adult •Large Breed •Mature •Weight Care •Puppy (Reg & Lrg Breed) 28 Lb Bag Limit 2 Bags
SWHEAT SCOOP NATURAL WHEAT LITTER (12 Lb Bag - Original \$10.99 Multi Cat \$11.99) 36 Lb Bag Limit 2 Bags Original \$29.99 Multi-Cat \$31.99	CHICKEN SOUP FOR THE SOUL CANNED FOOD SALE Dog Cans 13 Oz (Reg & Grain Free) All Varieties 20% OFF OUR SUPER LOW PRICES Cat Cans (3 Oz & 5.5 Oz) Limit 1 Case	PRECIOUS CAT CAT LITTER 20 Lb Box Limit 2 Boxes Cat Attract \$12.99 Touch of Outdoors \$7.99
WELLNESS DRY DOG FOOD 24-30 Lb Bag •Chicken •Senior •Healthy Weight •Grain Free Adult \$53.99 •Grain Free Lamb •Grain Free White Fish \$56.99	MEOW MIX CAT FOOD Market Select 2.75 Oz Cup Limit 2 Cases 53¢	MERRICK'S WHOLE EARTH FARMS DRY DOG FOOD 25 Lb Bag Limit 2 Bags per Family \$7 OFF OUR REGULAR LOW PRICES •Grain Free Chicken/Turkey •Grain Free Pork, Beef & Lamb

ASPEN PETMATE PET BEDDING All Varieties, Including Self Warming Bedding 20% OFF OUR SUPER LOW PRICES	HAGEN FLUVAL FILTER SALE MODEL...TANK...PET CLUB SALE 107...25 GAL...\$87.99 307...70 GAL...\$132.99 207...40 GAL...\$99.99 407...100 GAL...\$169.99
DINGO DOG SNACKS Made with Real Chicken (Mini-Small-Medium) Bones •Dental Sticks •Chip Twist •Tenders •Twist Sticks •Dynamix •Skewers 20% OFF OUR SUPER LOW PRICES	ZUKE'S NATURAL TREATS All Varieties 20% OFF OUR SUPER LOW PRICES •Z-Bones •Z-Files •Mini-Naturals •Hip Action •Crunchy Naturals •Lil Links •Superfood •Puppy Naturals •Hemp Naturals
NYLABONE Products All Varieties 20% OFF OUR SUPER LOW PRICES! •Healthy Edibles •Dura Chew •Flexi Chew •Hoof Alternatives	STOKES SELECT BELLE FLEUR Hummingbird & Wild Bird Feeders All Varieties 20% OFF OUR SUPER LOW PRICES

BONUS COUPON: FRISKIES CANNED CAT FOOD 5.5 Oz All Varieties Limit 1 Case With Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 8/5/20 - 8/11/20 ON SALE Everyday CHM PLU 367	BONUS COUPON: WHISKY TEMPTATIONS CAT TREATS •Selected Varieties - 3 Oz Limit 2 Pkgs with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 8/5/20 - 8/11/20 \$1.39 CHM PLU 569	BONUS COUPON: JONNY CAT CAT LINERS Jumbo Drawstring - 5 Ct Limit 1 Box with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 8/5/20 - 8/11/20 \$2.09 CHM PLU 449
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