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AMERICAN RIVER Messenger

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Serving Fair Oaks, Orangevale & Sacramento County

JUNE 12, 2020

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Picture: from left to right - Some of the staff at the Orangevale Food Bank include, Andrea Scollay, Tom Melton, Keith Wright, Executive Director and Jill Esola. Photo credit: Sal Arrigo, Jr.

By Sal Arrigo, Jr.

FAIR OAKS/ORANGEVALE, CA (MPG) - I'll get right to the point – people in the Kiwanis Club of Orangevale – Fair Oaks area desperately need your food

and monetary donations now!

There have been many community organizations that have been working hard to supply the Fair Oaks/Orangevale Food Bank with much needed food items and cash

donations. Keith Wright, Executive Director of the Food Bank explained that, "the individuals we serve on a monthly basis have gone from 1,200 people a month to over 2,500!"

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Board Ratifies Local State of Emergency

By Kim Nava, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - The Board of Supervisors unanimously approved the ratification of the Local State of Emergency Proclamation for Civil Unrest. The County will review the need for continuing the local emergency at least every 60 days.

With the ratification and letter to the Director of the California Office of Emergency Services, Sacramento County is asking the Governor to Proclaim an Emergency for Sacramento County, along with authorization for California Disaster Assistance Act funding. With the ratification and letter, the County is also asking for a Small Business Administration Declaration to provide loans to support businesses that sustained economic injury due to civil unrest beginning and after May 30, 2020.

The proclamation went into effect retroactively to May 30 because of civil unrest in Sacramento that resulted in damaged storefronts, looting activity and property damage. Preliminary damage estimates indicate a dollar loss of \$10,030,000.

The proclamation does not call for additional National Guard troop deployment to the area beyond those that arrived last week to assist with local law enforcement agencies. Additionally, the County did not enact a curfew with the proclamation. Both items are made clear in the Board of Supervisors' Resolution.

According to First District Supervisor and Chairman of the Board Phil Serna, "It was obvious to all of us that we needed to make expressly clear what our intent is and what it is not. The actions, in fact, are the first steps to assure our access to state resources to help small businesses affected by recent violence, and to also protect our General Fund – a budget that is already severely stressed by the onset of the pandemic but that is nonetheless expected to continue funding important programs like the Black Child Legacy Campaign."

The County will review the need for the continuing local emergency at least every 60 days and will terminate it at the earliest possible date conditions warrant. ★

Fighting Cancer Together

Story and photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Local teenagers are well on their way to raising \$50,000 to aid cancer research. Inspired by one of their team's survival, three young activists are captaining a fundraising campaign with schoolmates.

Jesuit senior Garrett Heisinger was 10 years old when his acute lymphoblastic leukemia was diagnosed. Recovery was greatly assisted by the organization he and friends now support. "At ten, I had three and a half years of really tough treatment ahead of me," recalls Garrett (17). "It seemed like nearly half my life. I survived and it's cool I can now be a positive influence. I can help raise funds for research and show other kids that they'll get through it."

The Fair Oaks teenager met Jesuit buddies Caleb Horel (17) and Alexander Maguire (16) on the school's water polo team. Says Caleb: "Garret's outgoing, athletic and smart. It was amazing to learn how sick he'd been and how he still progressed



Jesuit High seniors Alexander Maguire (left), Garrett Heisinger and Caleb Horel lead a "Marauders for Miracles" fundraising team to aid cancer research.

to be the great guy he is. We were inspired. We wanted to do something to help fight the disease he beat."

Under the aegis of a Leukemia and Lymphoma Society youth program, the friends rallied more chums. Calling themselves "Team Marauders for Miracles," the captains championed their cause among local professional groups. A presentation at Sierra Oaks Lyons Real Estate moved several agents to tears and resulted in a

\$5000 donation. "They were mostly parents and grandparents," explains Caleb. "It was hard for them to imagine little kids going through treatments that are devastating even for adults."

The boys planned a seven-week campaign to reach their cash goal. More donations came from MRK Medical Consultants and a Rancho Cordova tech company called Big Hairy Dog. Then the COVID crisis shut down meetings. Undaunted, the

Jesuit team continued a letter-writing appeal to everyone they knew. "The pandemic made it hard to reach businesses," notes Alexander. "But we're grateful so many friends, neighbors and family still wanted to help."

The teenage humanitarians stayed committed to their goal through recent Advanced Placement examinations at school. All three captains maintain above 4.0 grade average; they are also

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CHP Sees California's Newest Canine Graduate Teams



CHP K-9 graduates have received certification with the public and will begin deploying to communities throughout the state. Photo: CHP

By Jaime Coffee, California Highway Patrol

SACRAMENTO, CA (MPG) - The California Highway Patrol (CHP) is proud to announce the graduation and deployment of nine CHP canine teams, along with one canine team from the University of California, Davis Police Department. The certification of the new canine teams follows 400-600 hours of training.

Due to the current health crisis, the traditional graduation ceremony and skills demonstration was not held, but the Department does want to acknowledge the hard work and commitment of the teams, while sharing the news of their successful certification with the public as they begin deploying to communities throughout the state.

"The addition of these highly specialized teams to our existing canine units is a win for the people of California," CHP Commissioner Warren Stanley said. "Sending more handlers and their canine partners to patrol throughout the state, following their intensive training, will undoubtedly make a positive impact on public and officer safety."

This is the second of two graduations in 2020 for canines trained in handler protection and narcotics detection, handler protection and explosive detection, or explosive detection only. The canine teams complete between 10 and 15 weeks of intensive training at the CHP Academy, depending on their specialty. The CHP officers represent seven different geographical regions, statewide.

The mission of the CHP is to provide the highest level of Safety, Service, and Security. California Highway Patrol Canine Fact List:

Although a formal graduation ceremony

was not held due to the pandemic, eight Patrol and Narcotics Detection Canine (PNDC) teams and one Explosives Detection Canine; (EDC) team completed training and were certified by the California Highway Patrol; (CHP) on May 28, 2020. Additionally, one Patrol and Explosives Detection Canine; (PEDC) team from the University of California, Davis Police graduated with this class;

The PNDC teams go through 11 intensive weeks, or 440 hours, of criminal apprehension and narcotic detection training. The PEDC teams go through 15 weeks of intensive training, or 600 hours, of criminal apprehension and explosives detection training. The EDC teams go through 10 weeks of intensive training, or 400 hours, of explosives detection training. The canines are used to support the Department's mission of providing Safety, Service, and Security to the public;

Among the graduates were four Belgian Malinois (Mal-lin-wah), one Dutch Shepherd, four German Shepherd Dogs, and one German Shorthair Pointer;

All handlers are experienced officers with the CHP. The officers represent the following CHP Divisions: Northern, Valley, Golden Gate, Border, Coastal, Inland, and Protective Services;

The canines are trained to meet the Commission on Peace Officer Standards and Training canine team guidelines;

To maintain the canine's interest and skills at a high level for peak performance, and to expose the team to various situations likely to be encountered while working in the field, eight hours of weekly training is required throughout their career;

Following this graduation, the CHP will have 38 PNDC teams, six PEDC teams, and six EDC teams deployed throughout the state. ★

Aerospace Museum of California Outdoor Museum Reopens to Public

By Cheryl Holkan, Aerospace Museum of California

MCCLELLAN, CA (MPG) - On Thursday, May 28, the Aerospace Museum of California reopened its 4.5-acre Outdoor Museum Air Park to the public. The Museum will follow all State and County health and safety guidelines including requiring face coverings and physical distancing for all employees, volunteers, and visitors. "We are excited to welcome the public back to our Outdoor Museum Air Park and have developed a comprehensive Outdoor Museum Response and Worksite Plan to keep employees, volunteers, and visitors safe. Our Outdoor Museum space is 4.5 acres with more than 35 historic aircraft on display. The number of visitors will be limited to ensure plenty of room for everyone to move around safely and enjoy our

Outdoor Museum and aircraft displays. We have missed the community and look forward to seeing them soon!" stated Tom Jones, Executive Director.

More information on guidelines, hours, and ticketing is available at aerospaceca.org. Additionally, senior hours will be offered weekly beginning Thursday, June 4 from 9 am to 11 am.

About the Aerospace Museum of California: Experience aviation history and the future of aerospace in an inspiring setting. With a 4.5-acre Outdoor Museum Airpark plus rotating exhibits, families can engage with our STEM activities for all ages and let their imagination soar. A Smithsonian Affiliate and member of North American Reciprocal Museum Associate®, the Aerospace Museum of California is a gateway to endless STEM education possibilities. Learn more at aerospaceca.org. ★

SMUD Stocking El Dorado County Reservoirs with Thousands of Trout

SMUD Press Release

SACRAMENTO REGION, CA (MPG) - SMUD is again stocking three Sierra reservoirs with rainbow trout. The fish planting starts in June and runs into August. SMUD will stock 25,000 pounds of fish at Union Valley, Loon Lake and Ice House reservoirs in El Dorado County.

Surveys say fishing tops the reasons folks visit the Crystal Basin Recreational Area and the trout plants enhance angling opportunities for the public. On average, the fish weigh almost two pounds, including some trophy fish.

SMUD has scheduled six separate trout plantings. The largest of the three reservoirs, Union Valley, will get 9,400 pounds; Loon Lake, 8,100 pounds; and Ice House, 7,500 pounds. Mount Lassen Trout

Farms of Payne's Creek will deliver the fish. The company also stocks SMUD's Rancho Seco Lake, which annually hosts a very popular trout derby.

SMUD proactively works to improve the quality of life in El Dorado County, where the electric utility owns and operates the Upper American River Project (UARP), a system of hydroelectric generation facilities. "Many SMUD employees work and live in El Dorado County and support the local businesses and the tax base," said SMUD Chief Energy Delivery Officer Frankie McDermott. "Though El Dorado County is outside our service territory, we consider it a very important part of the SMUD community."

In 2014 SMUD was awarded a new 50-year license by the Federal Energy

Regulatory Commission (FERC) to continue operating the UARP, which provides nearly 700 megawatts of low-cost, clean, non-carbon-emitting hydro power. The resource provides about 15 to 20 percent of SMUD's energy capacity during an average water year. The fish-stocking effort helps SMUD meet conditions of operating its FERC license for the UARP.

Fishing licenses issued by the California Department of Fish and Wildlife are available for purchase from more than 1,400 license agents throughout the state and can also be obtained online at wildlife.ca.gov/licensing.

For more information about UARP and associated projects, please visit SMUD.org and the Community and Recreational Areas web pages. ★

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Electronic Caregiver Partners with AlphaOne for Serving Seniors



From left to right: Blake Cuzzupoli, Kristen Schleeter, Dot Boyd, Kelsea Lake, Richard Barrera. Photo: AlphaOne

By Alexia Severson, Electronic Caregiver

SACRAMENTO REGION, CA (MPG) - Electronic Caregiver®, a national virtual care and health technology company, has partnered with AlphaOne Ambulance Medical Services Inc. to provide peace of mind and protection for seniors – the portion of the population most vulnerable to COVID-19.

Sacramento resident Dot Boyd, an independent partner of Electronic Caregiver, offers the company’s life-saving technology to those living in the Greater Sacramento Area. Electronic Caregiver’s products include telehealth and remote patient monitoring services, which have become vital tools in slowing the spread and impact of COVID-19. The partnership will give Electronic Caregiver clients in Sacramento County the option to connect with AlphaOne as their preferred emergency medical service at the touch of a button via Electronic Caregiver’s technology. AlphaOne specializes in senior care and is trusted by many Sacramento County seniors as their go-to service.

“Electronic Caregiver’s products protect the older adult population and activate paramedics in medical emergencies,” said AlphaOne Business Development Manager Mike Ryder. “Our partnership will allow them to activate paramedics trained in geriatric Emergency Medical Sciences (GEMS) providing a level of care our older adults prefer.”

AlphaOne provides assessments at no charge, which can be a huge value to seniors who often live on a fixed income. The company also specializes in dementia care and works with many of the county’s memory care communities.

“Taking the time needed to properly evaluate our residents with advanced needs is a great tool in providing specialized care,” Ryder said. “Oftentimes older adults prefer to not have all the unnecessary apparatus show up in a medical emergency and trust our staff to treat them with dignity and respect while providing the care they need. We are often the preferred provider to many of the assisted living, independent living, skilled nursing communities in our area.”

Electronic Caregiver clients in Sacramento County can have the added benefit of AlphaOne when they subscribe to the Premier, a mobile security and care support system, or the Pro Health, a chronic care and remote patient monitoring system. Clients who need urgent medical care can push the emergency button on either of these devices to directly connect with AlphaOne, saving them valuable time in looking for their phone or having to manually dial a number.

“In the independent living communities where people may not have a personal

emergency response system (PERS), every individual is on their own,” Boyd said. “And so, for them to know that when they push their button AlphaOne will be dispatched gives them a lot of peace of mind.”

Along with 24/7 emergency response, the Premier includes care plan reminders, activity monitoring, geolocation and pocketMD telemedicine. PocketMD provides clients with remote access to not only a licensed physician, but also a psychologist, pharmacist, dentist, dietician, sports medicine specialist, alternative medicine specialist, pediatrician, and ophthalmologist.

Electronic Caregiver client Joann Charamuga, who lives in an independent living community in Sacramento, said she enrolled in the AlphaOne program via her Premier subscription. She enjoys the sense of security and reduced financial costs that come with using AlphaOne as her primary emergency response service.

For those with chronic conditions or who would like access to remote patient monitoring services, Electronic Caregiver’s Pro Health is ideal. The smart health hub is easily set up in the home and can be paired with several Bluetooth devices, including a glucometer, spirometer, blood pressure cuff, pulse oximeter, weight scale and non-contact thermometer. Both the pulse oximeter and thermometer have been identified by the Healthcare Information and Management Systems Society (HIMSS) as tools patients with suspected or confirmed COVID-19 can use to monitor their condition and help guide them on important medical decisions.

The Pro Health also includes 24/7 emergency response, medication reminders and pocketMD.

“Right now, because of the COVID-19 scare, people are ignoring serious or chronic health issues because of their fear of picking up the virus at their doctor’s office or at the hospital,” Boyd said. “Sadly, the reports are in that they’re waiting until it’s too late and too many are dying from non-COVID-19 illnesses as a result.”

“With the push of a button, any time of the day or night, my clients can consult with a doctor, and avoid sitting in a waiting room with other sick patients who may have virus symptoms,” she said. “I wish we had this when I was my mom’s primary caregiver because we could have avoided trips to the emergency department when there were no other options on a Friday night or over the weekend.”

In addition to seniors, Electronic Caregiver’s technology can benefit patients of all ages. For information about Electronic Caregiver and services offered in the Greater Sacramento County Area, contact Dot Boyd at 916-799-1660 or dot@dotforseniorsafety.com. ★

Proceeds from Quick Quack’s New Community Guide to Benefit Food Banks

By Courtney Hardy-Wagner, Quick Quack Car Wash

SACRAMENTO REGION, CA (MPG) - Quick Quack Car Wash has developed a Community Guide to spur the local economy and raise funds for local non-profits. The limited number of Community Guides will start selling on Friday, May 29, 2020, at all Quick Quack Car Wash locations across Greater Sacramento.

“We realize many businesses were affected by the shelter-in-place order due to the Coronavirus pandemic,” said Travis Kimball, Chief Marketing Officer and Partner of Quick Quack Car Wash. “Our vision is to ‘Change Lives for the Better,’ which includes showing support to our local businesses, with this guide we hope to increase business for our business partners, and also raise capital for the Sacramento Food Bank and Placer Food Bank. 100% of the proceeds from the guides will be donated to these organizations to continue feeding families during this time of need.” While the state is slowly reopening, Quick Quack wanted to do its part to help businesses affected by COVID-19. Although Quick Quack has also suffered a loss, they have continued to operate safely and serve their regular customers. In contrast, many business owners have not been as fortunate.

The community guide includes coupons from businesses like Bonney Plumbing, Electrical, Heating and Air, Pizza Guys, Jiffy Lube, Incredible Pets, Buckhorn Grill, Chando’s and other local favorites.



Quackals is your partner to support local businesses and supply Sacramento and Placer Food Banks stock up. Photo: Quick Quack

Quick Quack hopes to drive their customers to these community partners to support the businesses and provide some discounts for the public. Businesses like 4 Guys Print & Mail also stepped up to join the effort by donating the cost of printing the guides.

“Bonney is proud to partner with Quick Quack Car Wash and other local businesses to support our community members’ needs,” said Jeremy Macdonald, Chief Executive Officer of Bonney Plumbing, Electrical, Heating and Air. “During this time, it’s especially critical for us to join together to shop locally and support the great work that the Sacramento Food Bank and Placer Food Bank provide to families in need.”

The Community Guides will be available at all 26 Quick Quack Car Wash locations. Customers can stop by anytime between 7

AM and 9 PM to purchase a Community Guide for \$5 with all proceeds going to the Sacramento Food Bank and the Placer Food Bank.

“We appreciate Quick Quack stepping up to help Placer Food Bank address the unprecedented increase of food insecurity needs in our community due to a loss of jobs and income,” said Lisa Heinrich, Director of Development at Placer Food Bank. “Every dollar donated helps us and our hunger-relief partners ensure that food is on the table for children, families, and seniors in the communities that we serve throughout El Dorado, Nevada, and Placer Counties.”

Join us by purchasing a guide with coupons that will help local businesses and nonprofits right in our community.

For more information <https://www.dontdrivedirty.com/> ★

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- ⇒ Burning trash is always illegal and will result in fines.
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- ⇒ Check our website and contact your local fire department for a permit.

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You Could Have an Uncashed Sac County Check

By Ken Casparis, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - Currently, the County has more than 11,000 uncashed checks, totaling more than \$3.2 million. How does this happen and could this be your unclaimed money?

If a Sacramento County issued check goes six months without being cashed by the rightful payee, the information becomes available in a PDF document on the Unclaimed County Warrants (checks) webpage. The data is also searchable on the County's Open Data portal.

Think you might have an uncashed check with Sacramento County? Here are quick and easy ways to find out:

From the Unclaimed County Warrants webpage, scroll through the check numbers on the Unclaimed Warrant listing PDF document (use the Find feature [Ctrl+F] to search names or other terms in the PDF).

Go to the Sacramento County Open Data portal. Once on the portal, click the "Finance" icon; click the "County Outstanding Checks" link; and click "Data" tab. Then click on the column "filter" cone-shaped icons for specific value sorting, or the column headings for alpha/numeric listings to get ascending or descending sorts.

If you find your name or business on the data listing, go to the Unclaimed County Warrants webpage to find out about the documentation and information needed to validate that you are the rightful payee to receive the funds.

More Unclaimed Monies

The Department of Revenue Recovery (DRR) has unclaimed payments that are a result of not having a current address for the recipient. On the Open Data portal, under the Finance category, check out the Revenue Recovery Unclaimed Payments data and search for your name. If you locate a claim due to you, contact DRR at (916) 875-7815, and provide the following information:

Claimant's Name; Date of Birth; Address (Current and Previous); Phone Number; Amount of the claim; DRR Account Number; Court Docket Number; Date of Order; Defendant's Name; Proof of Identity (Driver's License or ID Card); Proof of Payment: Copy of check, money order receipt or credit card confirmation number; Information regarding the incident (case information)

Sacramento County makes this data easily available on its websites, Open Data Portal and other measures to ensure the information is accessible and the monies go to the rightful payees. ★

Annual Nature Center Art Gala Goes Online



Diane Tharp's "Tinker Towhee" is among canvases to be auctioned during the Effie Yeaw Nature Center fundraiser.

Story by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Previously scheduled as an outdoor gathering, the Effie Yeaw Nature Center's art gala has been reinvented as an online event. The gala has provided vital support for the Carmichael center over the past ten years.

Because of COVID crowd restrictions, organizers will forge ahead with silent auction art sales that begin on June 6. The week-long auction will culminate with live bidding on VIP work from 6 to 7 pm on June 13. This event will offer pieces by celebrity artists and several award-winning entries from the Wild Things juried exhibition.

As exhibitors' subject matter is the natural world, animal studies and landscapes will abound. Nationally collected painter Pat Mahony has contributed a riverscape; Deladier Almeida's, donation is an

aerial view of spring farmland. Local artist David Peterson's watercolor is called "Green of Winter" and Phillipe Gandiol offers an oil study called "Flooded Fields."

Experience packages - including a Tahoe vacation getaway, a Big Sur condor-spotting expedition and a stay at a private sea ranch home at Gualala - will also be up for bids. Supporters will also be encouraged to aid Effie Yeaw's educational mission with online fund-a-need pledges.

Auction items can be viewed at the Sacramento Fine Arts Center's online gallery.

KFBK anchor Kitty O'Neal will emcee the June 13 Live Stream event. Auctioneer is Keith McLane.

Learn about the auction at www.sacnaturecenter.net/events/spring-gala-auction/ View the available art at www.sacfinearts.org/art-where-wild-things-are ★

Census Bureau Opens for Operations in Select Northern California Counties

By Marna Davis, U.S. Census Bureau

SACRAMENTO, CA (MPG) - The U.S. Census Bureau, in coordination with federal, state and local health officials, will begin to drop off 2020 Census questionnaire packets at front doors of nearly 150,000 households in Northern California that do not have regular mailing addresses, such as in rural areas or households that use post office boxes. That delivery is called the

"Update Leave" operation, and it began March 15 before all fieldwork was suspended March 18 due to the COVID-19 pandemic.

Field staff have been trained to observe all social distancing protocols and will wear official government-provided personal protective equipment for their safety and the safety of the public. This operation is contactless and follows the most current federal health and safety guidelines.

People are strongly encouraged to respond promptly to the 2020 Census using the ID number included in the questionnaire packet. Responding with a census ID or the paper questionnaire helps ensure the best count of their community. People can respond online, by phone or by using the paper form in the packet.

For more information, please visit the 2020 Census COVID-19 operational adjustments page. ★

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What is the Price for Freedom?



The poem 'The Sacrifice' written by a local Vietnam veteran, Lance Pyle (pen name Peter Blueberry) was read and distributed. 'Taps' played by Jamison concluded the service.

Red crepe paper poppies, the symbol of remembrance made by disabled veterans, and book markers with Lt. Col. John McCrae's poem, 'In Flanders Fields' were handed out.

ALA Unit 383 has been busy, even during this pandemic. Members made hundreds of face masks for the homeless program at Mather Field. Residents at Mather Village without vehicles received four shopping carts to share. Funds have been donated to help feed at-risk housed and homeless veterans through a program with Raley's. In addition, 10 landline telephones are being installed for veterans at Mather Village who cannot use cell phones and need to contact needed services.

To date, \$1,000 have been donated by members to help the Orangevale-Fair Oaks Food Bank. More is being planned for our community veterans.

Below is a reminder of how many men and women have sacrificed all for our freedom.

Memorial Day was started in 1868 in memory of the number of Americans who had died in battle since the Revolutionary War.

- American Revolution (1775-1783) 4,435 deaths
- War of 1812 (1812-1815) 2,260 deaths
- Indian Wars (1817-1898) 1,000 deaths
- Mexican-American War (1846-1848) 1,733 deaths
- American Civil War (1861-1865) 140,414 Union deaths; 74,524 Confederate deaths
- Spanish American War (1898) 385 deaths
- World War I (1917-1918) 53,402 deaths
- World War II (1941-1945) 291,557 deaths
- Korean War (1950-1953) 33,739 deaths
- Vietnam War (1964-1975) 47,434 deaths
- Persian Gulf War (1990-1991) 148 deaths
- Global war on Terrorism (2001 to present) 6,915 deaths

This number does not reflect the 22 veterans who take their life every day to suicide, or veterans who have died from medical complication of 'their' war(s) such as Agent Orange and other issues.

The price for our freedom is too great not to have honored these brave men and woman. May we never FORGET. ★

By Suzanne Winters and Elise Spleiss

FAIR OAKS, CA (MPG) - In light of Memorial Day and the Coronavirus quarantine which began March 16, 2020, Suzanne Winters, president of American Legion Auxiliary (ALA) Unit 383 in Fair Oaks, has noticed that many who are experiencing the negative repercussions of this pandemic now hold their freedoms a little closer to their heart.

For this reason, the Auxiliary could not let Memorial Day pass without remembering those who gave the ultimate sacrifice for our freedom.

On Tuesday, May 26, members of the Auxiliary met at VFW Post 6158 on Kruitof Way to pay tribute to their own fallen warriors. The Post has a beautiful Memorial Garden, where members paused to reflect on the bravery of the men and woman who made their freedoms a reality.

American Legion member Chuck Jamison called the service to order with the familiar sound of 'Amazing Grace' from his bagpipe.

Due to the 100-degree temperature the service continued inside where members, properly physically distanced, showed a photo of their loved one(s), spoke their name(s), branch of service, and war or wars during which they had served. A bell was rung following each name followed by a moment of silence.



By Marlys Johnsen Norris, Christian Author

To "WHAT" If Anything ARE YOU COMMITTED?

power brings refreshment to meet every need.

Believing the Word of God is to faithfully believe and follow the infallible true Word of God. Integrity, honesty and honor in clean wholesome living and being true in their daily walk and consistently obeying the Holy Word of God is most important to them. Claiming the promises in Scripture brings new life as one walks in God's perfect will. God establishes His truth into ones personal journey.

The Word of God is the value system for making decisions. Searching the Scriptures for truth and guidelines rather than taking mans opinions of right and wrong. Faithfully they learn more of the written Scriptures to help solve life's problems. They live life by the principles of God's instructions receiving more knowledge of God's Grace, Mercy and Loving Care from the Word.

When one faces the darkness, doubt and confusion one looks into the face of God and reads "All things work together for good to those who know His Word". Looking through the eyes of God blesses with enabling power to face all things.

Thereby, having their life of obedient commitment giving Jesus Christ the Glory and Honor due Him for saving, healing, and delivering, transforming, changing, blessing teaching areas to abide in Him, in their personal life.

Marlys Johnsen Norris

Christian Author of 7 Books

& Stephen's Minister

Marlysjn@gmail.com

PO Box 114, Orangevale, CA 95662 ★

Just what does it mean to be "committed"? A person who is a Christian understands the meaning of the Cross and what it represents along with the sacrificial Blood of Jesus who died to purchase forgiveness and salvation for those who will believe and receive.

Becoming a "Committed Christian" means one is dedicated to follow and obey the precepts and instructions in the Holy Word of God, the Bible. Plus, they are also "willing to suffer for Christ's sake!" Their prayer, commitment is a faithful testimony about how they live out their faith in front of others. They pray it is magnified in the eyes of someone who has not yet accepted Jesus Christ as their personal Savior and Lord.

In all the circumstances and problems life brings, they choose to follow the beautiful example of Jesus to the best of their ability. Plus a deep inner desire exists to please God "first" in all the affairs of our lives. Making a decision about something Jesus taught about how to live life comes before the personal concerns. Therefore "counting others more worthy" is ultimately most important. It is constantly losing ones self for the betterment of another human being.

In the trials of life, the Word of God becomes: Bread, Meat and Water for the soul. They sustain, gives strength and courage and lifts one above every circumstance. The Word comes alive in the soul as God's enduring

Fighting Cancer Together

Continued from page 1

in track and water polo teams and Caleb is a budding trumpeter. Giving back is another notch to their belts. "Through the fundraising process, we've become more confident," considers Caleb. "Working on how we come across to adults will help in our future careers. In the meantime, it's cool we can help the Leukemia and Lymphoma Society. We want to make

Garrett's recovery a reality for more people."

Other Marauders for Miracles team members are: Sam Berry, Evan Bird, Michael Chambers, Alex Chen, Zach Coss, Shane Deary, James Econome,

Jakob Marrone, Sam Mayo, Michael Roush, Peter Wisner and (Grandma) Mimi Scherber. To assist the team's fundraising, Email Calebhorel@gmail.com ★



POPPOFF!

with Mary Jane Popp



John Popp

the Army, but they had him put caps on bombs and test them in a munition plant, a job as treacherous as being on the front lines. But he wanted to do what he could for his beloved country.

There's so much more. He went from furrier to becoming an Ironworker believe it or not, because of the stress he had dealing with temperamental star types. And he was good at that too til he had a bad accident that almost took his life. Just two weeks after he was released from the hospital, he insisted on driving me to the state championships so I could compete singing and playing violin. He was always there when my brother and I performed making sure he had a tape recorder and sound checks. He always said he would never be the father to us that his father was to him. He cared and loved us til the end! I remember the last time I said "I love you dad" and planted a big kiss on his shiny bald head. He's been gone a long time, but daddy (John Popp) you will always be in my heart and I am honored to be your daughter!

HAPPY FATHER'S DAY TO ALL DADS!!!

had to declare whether he would stay in Romania or come to America since he was born here. He boarded a cargo ship and made his way back to America. He

looked up his dad, but got no help from him. His father just told him, "I gave you wings, now fly." And fly he did. He lied about his age, got work and took on the world all alone.

But dad was not one to feel sorry for himself. He worked hard and got into the fur business and studied in New York and overseas to become a design furrier. He made good! He worked his way up to designing fur coats for movie stars like Joan Crawford and Bette Davis at Metro Goldwyn Mayer in Hollywood. He never looked back. During WW II he so wanted to join

DADDY

It's been a long time since I could say daddy, but I still remember the great times we had together. He was not the mushy type and he didn't call me his little princess, but he was always there when I needed him. He didn't have the warm and fuzzy life growing up. He was born to immigrant parents in Ilasco, Missouri. Yup! I said the same thing ... where? But it does or did exist. Dad took us there to see where he was born. But his parents weren't the ideal couple. So his mom took the kids and returned to Romania where they had come from. His dad didn't put his family first. He stayed in the U.S. and became an interpreter for the Ford Motor Company in Detroit Michigan.

He was brilliant, speaking some eleven languages, but not the fatherly type. Dad didn't talk much about how he came to the U.S. He just said when he was fourteen years old, he



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Ask Toni

Doctor's Advice ... Get Traditional Medicare ... What's That?



Toni King

Good Morning Toni:

Have been reading your column for over a year and now I need some Medicare help. I am retiring and turning 65 in October. I had a triple bi-pass in April of this year. Last week I talked with the office manager at my cardiologist's office about me getting on Medicare and what I should do. She said for me to enroll in "Traditional Medicare". I have no idea what "Traditional Medicare" is? Could you please explain this and make it easy to understand? I do not want to enroll in the wrong plan and help me shape my Medicare.

~ Thank You, Samuel

Hello Samuel:

I will make this as simple as I can. I have consulted with confused Americans who have a PHD in higher education and understanding Medicare just frustrates them. It can make a grown man want to "cry"!

I sense confusion on this subject because doctor's office managers advise current patients to enroll in "Traditional Medicare". Let's examine just what "Traditional Medicare" is and we will do this together.

Most healthcare professionals call Medicare,

"Traditional" Medicare, but Medicare refers to it as "Original" Medicare. You will not find "Traditional" Medicare anywhere in the medicare.gov website or in the Medicare & You handbook.

Original or Traditional Medicare consists of only Medicare Parts A and B, and not the rest of the alphabet soup such as Parts C or D. Original/Traditional Medicare is also known as your Medicare card or as many on Medicare refer to it as the "red, white and blue card."

There is not a network with "Original/Traditional" Medicare and this is very hard for those who have retired with employer group health insurance to understand, "NO Network"! If your hospital, doctor, or healthcare provider accepts Original Medicare or Medicare assignment, then they will accept Traditional Medicare because both are the same thing.

Original/Traditional Medicare... Parts A and B are explained below:

MEDICARE PART A (In-patient Hospital Insurance) comes at no cost. Part A is for an in-patient hospital stay. Part A deductible for 2020 is \$1,408 and has **6 deductibles** in a year. Yes, Part A has a benefit period of 60 days, so every 60 days; there is a new deductible of \$1408. Skilled nursing has a \$0 co pay for days 1-20, but from days 21-100, there is \$176 co pay per day. After day 100 in a skilled nursing facility, you pay the cost. Medicare Part A also includes hospice and home

healthcare with a \$0 co pay.

MEDICARE PART B (Medical Insurance) has a premium of \$144.60 which is based on income. One must enroll in Part B the correct way especially after turning 65 and "still working." Part B covers "medically necessary" services such as doctor charges for office visits, surgery for inpatient or outpatient hospital stays, outpatient hospital care/services, tests, durable medical equipment and other medical services.

Part B has a yearly one-time deductible of \$198 for 2020. Medicare pays 80% of the Medicare approved amount and you or will pay 20% of the Medicare approved amount. A Medical provider may charge \$1,000.00 for a service, but Medicare may approve \$623.00, it is the \$623.00 that the 20% is applied to.

If you see a doctor who does not accept Medicare-approved amounts, you will pay more-possibly up to full cost for the doctor's visit and care. Original/Traditional Medicare is expanded on in my Medicare Survival Guide® Advanced edition available at www.tonisays.com.

A Medicare Supplement works only with Original/Traditional Medicare and does have a monthly premium based on which Medicare Supplement plan one selects.

Toni King, author of the Medicare Survival Guide® Advanced edition is giving a \$5 discount to the Toni Says® readers on the Medicare Survival Guide® Advanced book at www.tonisays.com. ★

\$5 Million Allocated for Lead Testing in California Child Care Centers

State Water Resources Control Board

SACRAMENTO REGION, CA (MPG) - The State Water Resources Control Board has executed an agreement to provide approximately \$5 million in grant funds for testing and remediation of lead in drinking water at licensed Child Care Centers.

The passage of Assembly Bill 2370 in 2018 requires that all licensed child care centers constructed before Jan. 1, 2010 test their drinking water for lead and do so within a three-year window. Subsequent testing every five years after the date of the first test is also required. The testing requirement does not apply when services are provided in the home of the caregiver.

Lead is a naturally

occurring toxic metal used in many products and found throughout the environment including air, soil and water. Children are particularly susceptible to lead exposure. Lead can slow down growth and development, harm a child's nervous system and impact brain development. Studies have found that even small amounts of lead exposure can make it difficult for children to learn, pay attention and succeed in school. Children under six years old are most at risk, particularly infants.

The California Department of Social Services regulates licensed child care centers and plans to issue directives to centers in early 2020 regarding the requirements for testing and remediation. Once issued,

that information will be posted on the CDSS Provider Information Notices page.

A second 2018 bill, Senate Bill 862, appropriates \$5 million from the General Fund to the SWRCB and prioritizes centers serving infants and preschoolers. The bill gave highest priority for centers that serve infants, those that operate only one center and those with a majority of children receiving subsidized care. The Office of Water Programs at California State University, Sacramento will utilize the grant funds to implement a statewide program to assist priority centers, with support from the California Rural Water Association and the California Child Care Resource and Referral Network. ★



Publisher, Paul V. Scholl

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Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at (916) 773-1111.

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CLUES

- ACROSS**
- Sacred song
 - Chowed down
 - Acoustic repetition
 - Capital of Vietnam
 - 4 qts.
 - Teamsters' group
 - Affair, in Paris
 - Bit of binary code
 - Part of TNT
 - *Sleeping under the stars
 - *Horticulturist's hangout
 - Articulate
 - Combustible pile
 - Joe Louis move
 - Epiphany guests
 - Forgo
 - WWII side
 - *Bonfire fodder
 - Royal topper
 - Tiny river
 - Pond buildup
 - Miners' passage
 - Best not mentioned
 - *What seekers do
 - Fairytale beginning
 - Same as "slow down"
 - Upper hand
 - Toni Morrison's "___ Baby"
 - Threads
 - Pie _____ mode
 - *a.k.a. shuttlecock
 - *Flying saucer
 - 2 halves of a diameter
 - Pilot's deadline
 - *Fire starter
 - Triangular road sign
 - ___ Luis Obispo
 - "Die Lorelei" poet
 - Other than what is
 - One laid
 - Poker stakes

- DOWN**
- First-rate, slangily
 - Ditto
 - Soon, to a bard
 - They are usually drunken
 - Biblical prophethess

- Full of excitement
- *Sun kiss
- Funereal lament
- "National Velvet" author ___ Bagnold
- Give a ticket
- Sound warning
- Lennox's wife
- State of agitation
- African antelope
- "Who ___ we kidding?"
- a.k.a. toes
- *Banned lawn darts
- Type of rotation
- "The Hobbit" hobbit
- *Played with a driver
- Bye in Palermo
- Lacked, for short
- The oldest Goldberg sibling
- *Skier's turf
- Snail-like
- *Volleyball turf
- Painter Degas
- Beat the Joneses
- Interesting person, acronym
- Eli Manning's first name
- Ganders' companions
- *Famous ski town
- Get-out-of-jail money
- ___ of March
- Make someone angry
- Jack London's "White ___"
- *Fisherman's supply
- Marine eagle
- Augments
- Pastrami partner
- **"You're it!" game

Crossword Puzzle Solutions on Page 6

1	2	3	4	5	6	7	8	9	10	11	12
13					14			15			
16					17			18			
19					20			21	22		
23					24						
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40				41				42		43	
44			45		46					47	
48				49		50			51		52
53				54				55		56	
57	58	59			60				61	62	63
64					65	66			67		
68					69				70		
71					72				73		

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SUDOKU

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

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 6

Find Puzzles on Page 6

P	S	A	L	M		A	T	E			E	C	H	O
H	A	N	O	I		G	A	L			U	N	I	O
A	M	O	U	R		O	N	E			N	I	T	R
T	E	N	T	I	N	G				G	A	R	D	E
			S	A	Y		P	Y	R	E				
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R	I	L	L			A	L	G	A	E		A	D	I
T	A	B	O	O		F	I	N	D		O	N	C	E
S	L	O	W	U	P		E	D	G	E		T	A	R
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Sudoku Puzzle on Page 6

2	1	7	9	8	5	4	6	3
3	5	6	7	4	1	8	9	2
9	8	4	3	6	2	7	5	1
1	7	3	4	9	8	5	2	6
8	4	9	5	2	6	3	1	7
5	6	2	1	3	7	9	8	4
6	9	5	2	7	4	1	3	8
7	2	1	8	5	3	6	4	9
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By County Supervisor Sue Frost

GOLD RIVER COMMUNITY UPDATE

Listening to the Voters

Through the generosity of the *Gold River Messenger*, this column serves to provide an update about matters affecting the unincorporated community of Gold River.

On May 14th, the Sacramento Transportation Authority voted to approve an expenditure plan for a local half-cent sales tax increase across Sacramento County by a vote of 11-5 that will very likely go on the ballot in November. I voted “no” for four main reasons, and want to take this opportunity to explain what they are.

First, I cannot for the life of me think of a worse time to tell residents of this County that they need to pay the government more money. Just two days before this vote, Governor Newsom warned that California may see one-fourth of California’s workforce without jobs and that our economic downturn will be worse than the Great Recession. Residents of this County need financial relief, not more pain.

Second, I am fully confident that voters will reject this tax by an unprecedentedly enormous margin, and

it is a waste of taxpayer dollars to put a tax proposal on the ballot when we already know the outcome. Even before the outbreak of COVID-19, polling told us this tax measure would fail by 13% – and it costs the taxpayers over \$1,000,000 to put this on the ballot. We are already going to be faced with a huge number of layoffs, and this will only increase that number for no conceivable benefit.

Third, the residents of this County have been extremely loud and clear on how they feel about this issue. This one item alone received over 750 public comments, and around 700 of them were opposed to the tax increase. The comments came from across the County and came from people from all walks of life. Many people said they would never support a tax increase, and many said they might support one if we were not in the midst of an emergency. But almost all of them agreed that right now this is a bad idea.

Finally, I do not think this tax, if passed, would actually fix our roads to an acceptable level. Even when you exclude all the roads within the Cities in the County, Sacramento County needs an additional \$25 million annually just to maintain the roads at their current level. To improve

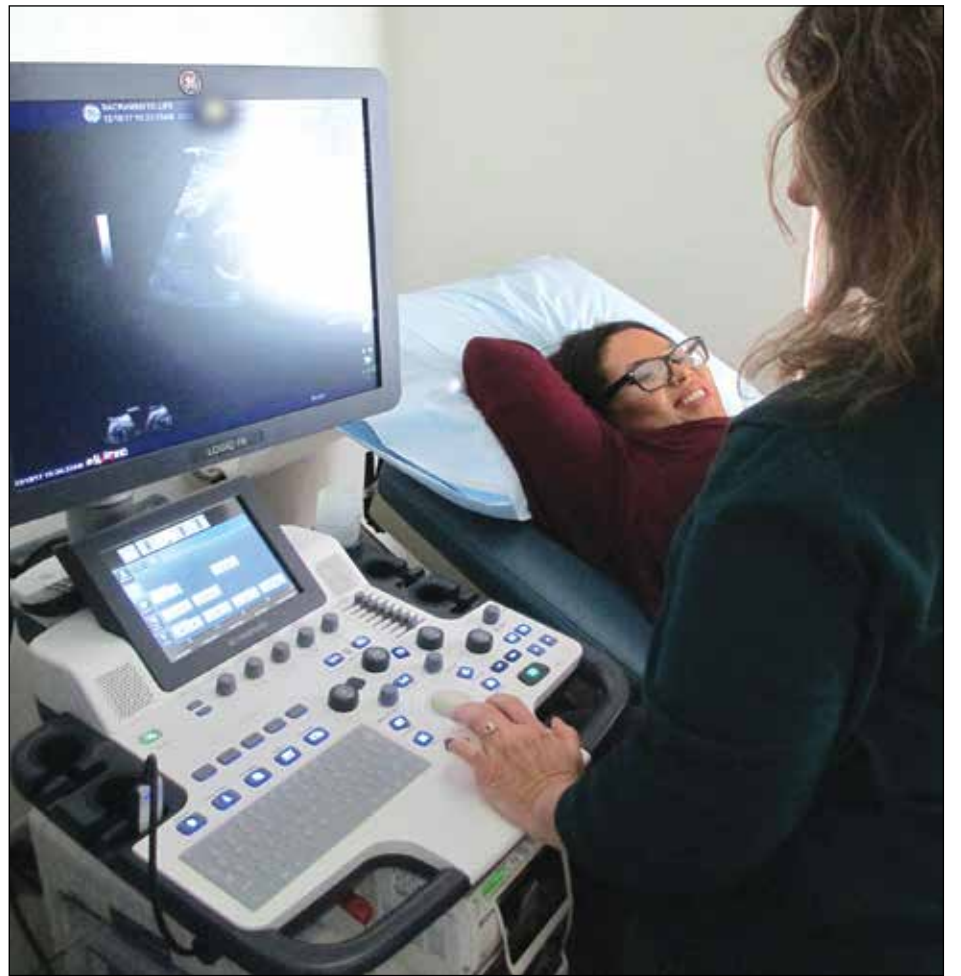
the roads to a standard that people would deem as “good,” we need an additional \$65 million yearly. This tax would not even come close to generating the \$65 million we need to get our roads to a “good” level, especially when you consider that nearly 40% of this tax would go towards a public transportation system that hardly anyone uses.

The final step this tax needs to take to go onto the ballot is a vote at the Board of Supervisors on July 14th, but unlike the previous vote that needed a two-thirds majority to pass, this one only needs a simple majority. Assuming it passes, this will be on the ballot November 3rd for all voters of Sacramento County to officially vote on. Expect to hear a lot more about this issue from me and others between now and then.

Thank you for reading – and as always, if you want to contact me, call me at 916-874-5491, or e-mail me at SupervisorFrost@saccounty.net.

Sue Frost represents the 4th District, which includes all or part of the communities of Citrus Heights, Folsom, Orangevale, Antelope, Rio Linda, Elverta, Gold River, Rancho Murieta, North Highlands, Carmichael, Foothill Farms and Fair Oaks. ★

Dignity Health Grants \$75K to Help More Low-Income Pregnant Women



A patient receives an ultrasound at the Sacramento Life Center, which recently received a grant from Dignity Health for a new partnership. Photo courtesy: Kristin Thébaud Communications

By Kristin Thébaud, Thébaud Communications

SACRAMENTO, CA (MPG) - Sacramento Life Center, WellSpace Health and Bishop Gallegos Maternity Home have created a partnership to provide a continuum of care for women and teens from the Arden area who are low-income and pregnant, resulting in a recent \$75,000 grant from Dignity Health. The collaborative will help approximately 450 pregnant women and teens in the Arden area have the care they need to transition to parenthood, including a healthy pregnancy, safe home and parenting support. As needed, women will receive pregnancy tests and ultrasounds, assistance signing up for Medi-Cal presumptive eligibility, prenatal and postnatal medical care, pediatric care, housing, parenting education, diapers, clothing, formula and more. Sacramento Life Center and WellSpace Health will receive \$30,000 each, and Bishop Gallegos Maternity Home will receive \$15,000. “This partnership has found an innovative way to quickly help pregnant women and teens in need receive an array of services,” said Marie Leatherby, executive director, Sacramento Life Center. “Through this collaborative, we will significantly increase the number of pregnant women in the Arden area who have access to prenatal care and other wraparound

services that will ensure each woman has a healthy pregnancy, safe delivery and support system in place once the baby is born.”

The Sacramento Life Center’s mission is to offer compassion, support, resources and free medical care to women and couples facing an unplanned or unsupported pregnancy. The Sacramento Life Center’s licensed Sac Valley Pregnancy Clinic includes a primary clinic and mobile clinic that provide all services for free, including pregnancy tests, STD tests, ultrasounds, patient advocacy for men and women, education and resource referrals. In 2018, the Sacramento Life Center achieved accreditation by the Accreditation Association for Ambulatory Health Care, which ensures the group has met nationally recognized standards for the provision of high-quality health care. The nonprofit also offers a school-based teen education program, 24-hour hotline and program for women who have experienced pregnancy loss. For more information about the Sacramento Life Center’s Sac Valley Pregnancy Clinic, visit SVPclinic.com. For more information about the Sacramento Life Center or to make a donation, visit SacLife.org.

WellSpace Health is a nonprofit Federally Qualified Health Center that has provided care and support to individuals and families since 1953. WellSpace Health offers a full range of high-quality

medical care, dental care, behavioral health and supportive services to everyone. WellSpace Health is accredited by The Joint Commission for Ambulatory Care and Behavioral Health and certified by the Joint Commission as a Patient Centered Health Home and a Behavioral Health Home. Bishop Gallegos Maternity Home in Sacramento is a home for women over the age of 18 who are pregnant and in need of shelter, food, safety, comfort and support during their pregnancy and for a short time afterward. For more information or to make a donation, visit BGMHSacramento.org.

Dignity Health, one of the nation’s largest health care systems, is a multi-state network of 10,000 physicians, more than 60,000 employees, 41 acute care hospitals and 400-plus care-centers including neighborhood hospitals, urgent care, surgery and imaging centers, home health and primary care clinics. Headquartered in San Francisco, Dignity Health is dedicated to providing compassionate, high-quality and affordable patient-centered care with special attention to the poor and underserved. In fiscal year 2019, Dignity Health provided more than \$1.1 billion in patient financial assistance, unreimbursed costs of Medicaid, community health improvement services and other community benefits. For more information, visit DignityHealth.org. ★

(Please) Bring us Food or Money!

Continued from page 1

This is why your Kiwanis Club is joining the long list of community supporters and will sponsor a “food drive-by” on Saturday, June 27, 2020 from 9:00 a.m. until 12:00 noon. We will be joined by Assemblyman Kevin Kiley, who represents the 6th California District, and Supervisor Sue Frost who represents the 4th District, Sacramento County, and both represent the Orangevale area. They will be part of the volunteer crew, and in this case, handing over money to them, will be a huge benefit to our community!!

I recently visited the Fair Oaks/Orangevale Food Bank, and Keith mentioned, it takes “a team of people to accomplish our mission.” I also met Andy, one of the many volunteers who said, “my feet hurt, but it’s a good hurt.” He had previously visited the food bank and was so impressed that he decided to start volunteering. He excitedly exclaimed that “I was overweight and had diabetes. I decided to volunteer my time and service and lost 70 pounds. It truly saved my life!” If Andy and so many others can contribute to the cause, then I am guessing that many of us can give a little of our time to such a worthwhile organization.

The Fair Oaks/Orangevale Food Bank has been in operation since 2011. If you’ve never had the chance to visit it, I would encourage you to check it out. You will meet people who “have hearts that are contagious,” said Keith. He also said that right now the amount of food “leaving the premises is equal to the amount being donated.” I asked him to elaborate and he said, “I am concerned that we will not get enough food donated and I believe the demand will actually increase in the

future.” He bases this on the fact that when society returns to “normal” household expenses will have to be met and people will realize there still are shortages one of those shortages may be food. “I think we will see people who have never needed help visiting our food closet.”

Some facts: 1 out of 7 Californians experiences food insecurity; 1 in 4 children in California goes to bed hungry each night. Only \$25.00 will feed a family for one week and \$100.00 will feed a family for one month according to the Fair Oaks/Orangevale Food Bank informational brochure. I am personally appealing to those who are able to donate at least \$25.00 of their Economic Impact Payment (stimulus money). I would like to say a heartfelt “Thank You” to East Lawn Memorial Park for donating \$200.00 towards the efforts of Kiwanis in support of the Orangevale Food Bank!

Kiwanis members continue to do our part; we look forward to seeing many people “drive-by” and drop off food and/ or monetary donations at the Fair Oaks/Orangevale Food Bank on Saturday, June 27, 2020 from 9:00 a.m. until 12:00 noon. Nothing feels better than helping others!

When we can once again gather together – I urge you to 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. ★

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