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AMERICAN RIVER Messenger

VOLUME 15 • ISSUE 10

Serving Fair Oaks, Orangevale & Sacramento County

MAY 22, 2020

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SJWD Will Transition to Division-based Elections, but Not in Time for the 2020 Vote



An aerial view of Hinkle Reservoir near Folsom Lake shows San Juan Water District's water treatment plant in Granite Bay, CA. Photo: SJWD

Story by Shaunna Boyd

CITRUS HEIGHTS, CA (MPG) - The law firm of Shenkman & Hughes, on behalf of the Southwest Voter Registration Education Project, has alleged that the San Juan Water District's (SJWD) at-large elections violate the California Voting Rights Act (CVRA). To avoid litigation, the SJWD Board of Directors held a special meeting on May 13, 2020, to vote on a resolution to transition to division-based elections.

The Board originally planned to finalize the vote at the April 22, 2020, meeting but then delayed the vote until they could reach an agreement with Shenkman & Hughes for an extension to the 90-day

statutory deadline initiated by Shenkman's March 26 letter to SJWD. The May 13 resolution outlined a timeline for the transition based on the agreement allowing a 90-day extension. Under the extended schedule, the District would not complete the transition in time for the 2020 election, but the division maps would be drawn and approved this year, by November 9, 2020.

Ray Riehle, a director on the Board of the Citrus Heights Water District, spoke at the meeting during public comment to request that the Board not delay compliance with the CVRA. "The Fair Oaks and Citrus Heights Water Districts are significantly impacted by decisions

made by the members of this Board. Moving forward, we want to ensure that the composition of the Board accurately represents the communities you're serving," said Riehle.

Riehle also addressed comments by SJWD Board President Ted Costa at the April 22 meeting. President Costa had criticized Riehle and other members of the Citrus Heights Water District Board of Directors for winning uncontested elections, claiming they "never stood election."

Although President Costa later clarified that his comments were intended to point out that the system itself was flawed, Riehle called President Costa's comment "a little bit disingenuous and

inappropriate." He said, "Winning an election because there's no opposition doesn't in any way diminish the value of public service."

SJWD Board Vice President Pam Tobin, in addition to insinuating that the Fair Oaks and Citrus Heights Water Districts might have initiated the complaint brought forward by Shenkman, stated on April 22, "What gives them the right to criticize our actions by the Board?"

At the May 13 meeting, Riehle responded to those comments: "I believe it was wrong for an elected official to lecture customers and constituents. The Fair Oaks and Citrus Heights Water Districts are your
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Prioritize Your Wellbeing for Mental Health

By Brenda Bongiorno, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - Sacramento County, like so many others, has been significantly impacted by the COVID-19 pandemic. In recognition of Mental Health Month this May, the "Mental Illness: It's not always what you think" project is helping to raise awareness about the importance of mental health and inspire hope and positivity for our community, particularly for individuals and families living with mental illness here in Sacramento.

Stay connected and prioritize your mental health:

Follow the project's Twitter and Facebook pages to stay updated on the project; View our "May is Mental Health month" virtual art display. Stop Stigma Sacramento Speakers Bureau members have shared artwork to inspire acts of kindness and positivity in the community; Try some of our conversation starters! Find ways to have a meaningful discussion with family, friends or neighbors about how their feeling - remind them they're not alone; Visit our website to view a compiled list of mental health resources, such as, helplines, online communities and tips to help us get through this together; Write a message of hope on the "Mental Illness: It's not always what you think" project's Wall of Hope; Check out online resources from our friends at Each Mind Matters, National Alliance on Mental Illness and Mental Health America for ways to improve mental health and increase resiliency.

Mental illness can happen to anyone, no matter your age, ethnicity or gender. During these times of uncertainty, many of us may be experiencing increased levels of stress, anxiety and worry, and those already living with a mental health condition may be facing heightened symptoms as a result of the emotionally-charged environment we are living in.

It is just as important as ever to support the mental health and well-being of others by reaching out and maintaining a connection

Continued on page 3

Commissioner Lara Expands Order for Insurance Companies to Partially Refund Premiums

California Department of Insurance

SACRAMENTO, CA (MPG) - Insurance Commissioner Ricardo Lara issued a Bulletin extending his previous order requiring insurance companies to return partial insurance premiums to consumers and businesses and provide much-needed financial relief amid the ongoing COVID-19 pandemic. The Department of Insurance will review all premium adjustments to ensure they are fair and adequate and reflect policyholders' reduced risk.

The Bulletin now

includes the month of May, having already included the months of March and April, covering at least six different insurance lines: private passenger automobile, commercial automobile, workers' compensation, commercial multi-peril, commercial liability, medical malpractice, and any other insurance line where the risk of loss has fallen substantially as a result of the COVID-19 pandemic.

The Commissioner's Bulletin 2020-4 requires insurance companies to provide an adjustment to the premium in the form of a premium credit, reduction,

return of premium, or other appropriate adjustment as soon as possible, and no later than August 11, 2020. For most if not all consumers, this will be a percentage of the premium - not 100 percent - and the Department of Insurance will validate each insurance company's plan so that refunds are adequate and reflect the reduced risk.

"With the vast majority of Californians still under 'stay at home' orders, the risk of accident and loss remains low for many lines of insurance and their premiums should reflect that," said Commissioner Lara. "While I appreciate companies that

have already taken action to return premiums, the Department of Insurance will be checking that the reductions are adequate and consumers and businesses are not shortchanged."

On March 18, Commissioner Lara issued a Notice, calling on all admitted and non-admitted insurance companies to provide their policyholders with a 60-day grace period to pay their premiums. With the deadline for this grace period fast approaching, Commissioner Lara today issued a second Notice requesting insurance
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Warmer Weather Will Speed Snowmelt, Increase River Flows



California's snowpack will be melting faster, potentially filling rivers and streams with dangerously cold and swift moving water. MPG File Photo

By Paul Moreno, Pacific Gas and Electric

SAN FRANCISCO, CA (MPG)

With temperatures forecast to increase this week, California's snowpack will be melting faster, potentially filling rivers and streams with dangerously cold and swift moving water.

As some counties begin to ease shelter-at-home restrictions, Pacific Gas and Electric Company (PG&E) notes that California's stay-at-home order remains in effect, and it's important to continue practicing physical distancing. Californians may walk, run, hike and/or bike in their local neighborhoods as long as they continue to practice physical distancing of six feet.

For those who choose to venture near or in water, PG&E encourages them to take extra precautions when in or near rivers, especially around hydroelectric facilities and dams, where water flows can change rapidly. Anglers also are encouraged to take precautions as trout season has opened for most California rivers.

Although California's snowfall is below normal, runoff is expected to continue into early summer.

"Public safety is our

highest priority. We encourage everyone recreating in or near water to plan at all times how they can quickly and safely escape in case of changing water flows and cold temperatures," said Jan Nimick, PG&E vice president of Power Generation.

Most California rivers are fed by snowmelt, making them cold even in summer. Simple actions such as recognizing if the water is too cold or swift, knowing your limits, wearing a life jacket and simply not entering the water when conditions are deemed unsafe can save a life.

Below are some water safety tips:

Stay Out and Stay Alive - Stay Out of Canals and Flumes

Recreating in PG&E canals and flumes is strictly prohibited. Stay off elevated flumes and out of these water conveyances, regardless of who owns them, as they are very dangerous due to slippery sides and fast-moving cold water. Be mindful of signs and warnings. Stay out of areas that are signed as restricted, fenced off or buoy-lined.

Know the Risks

Prevention is the best way to save a person from drowning. By the time a person is

struggling in the water, a rescue is extremely unlikely and places the rescuer at risk.

Sudden immersion in cold water can stimulate the "gasp reflex," causing an involuntary inhalation of air or water. It can even trigger cardiac arrest, temporary paralysis, hypothermia and drowning. When faced with swift water, even the strongest swimmers can be easily overwhelmed.

Cold water entering the ear canal can cause vertigo and disorientation. This can confuse swimmers, potentially causing them to venture deeper into the water.

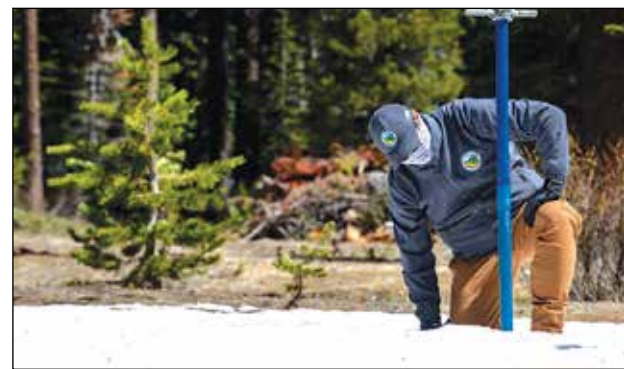
Cold water also reduces body heat 25 to 30 times faster than air does at the same temperature and causes impairment that can be fatal.

Learn About Self-Rescue Techniques

If you do fall into the water, here are some survival tips:

Don't panic. Try to control your breathing; don't gasp. A sudden, unexpected fall into cold water causes an involuntary gasp (or torso) reflex. It takes less than one-half cup of water in a person's lungs to drown. If you remain calm, you have a greater chance of self-rescue; If you have a boat, stay with it. It will help you stay afloat

Spring Storms Not Enough to Offset Dry Winter



Sean de Guzman, chief of California Department of Water Resources (DWR), Snow Surveys and Water Supply Forecasting Section, conducts the final snow survey of the 2020 season at Phillips Station in the Sierra Nevada Mountains. Photo taken April 30, 2020. Kelly M. Grow / CA DWR

By Chris Orrock, DWR

SACRAMENTO, CA (MPG)

The season's final manual snow survey at Phillips Station was conducted by the Department of Water Resources (DWR). The survey recorded 1.5 inches of snow depth and a snow water equivalent (SWE) of 0.5 inches, which is 3 percent of the May average for this location. The SWE measures the amount of water contained in the snowpack, providing a more accurate forecast of spring runoff than snow depth alone.

Measurements from the 130 electronic snow sensors scattered throughout the state indicate that the statewide snowpack's water equivalent is 8.4 inches, or 37 percent of the May average. The readings will help hydrologists forecast spring and summer snowmelt runoff into rivers and reservoirs.

"March and April storms brought needed snow to the Sierras, with the snowpack reaching its peak on April 9, however those gains were not nearly enough to offset a very dry January and February," said Sean de Guzman, chief of DWR's Snow Survey and Water Supply Forecast Section. "The last two weeks have seen increased

temperatures leading to a rapid reduction of the snowpack. Snowmelt runoff into the reservoirs is forecasted to be below average."

California's weather variability has been on full display this water year. Dry conditions in October and November were followed by precipitation in December that measured 120 percent of average. Very dry conditions returned to much of the state in January and February, with March and April storms leading to the snowpack peaking at just 66 percent of average on April 9.

In normal years, the snowpack supplies about 30 percent of California's water needs as it melts in the spring and early summer. The greater the snow water equivalent the greater the likelihood California's reservoirs will receive ample runoff to meet the state's water demand in the summer and fall.

The state's six largest reservoirs currently hold between 83 percent (San Luis) and 126 percent (Melones) of their historical averages for this date. Lake Shasta, California's largest surface reservoir, is 94 percent of its historical average and sits at 81 percent of capacity.

For more information visit <https://water.ca.gov/>

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SJWD Will Transition to Division-based Elections, but Not in Time for the 2020 Vote



The five member SJWD board of directors. From left to right: Dan Rich, Director; Edward J. "Ted" Costa, President; Marty Hanneman, Director; Pamela Tobin, Vice President; and Kenneth H. Miller, Director. Photo: SJWD

Continued from page 1
largest wholesale customers. Everything San Juan does impacts the cost of our water and the cost we charge our customers. ... Customers and constituents always have the right to question their elected officials."

President Costa said, "We certainly recognize your rights to look at the books, to question anything that we do, and it's fine. But remember, you, you, Citrus Heights Water District, Fair Oaks, you created the San Juan Water District. You must have liked it because you created it! And we're doing exactly what you created us to do!" Addressing Riehle directly, President Costa said, "You haven't had any competition but, I guarantee you, next time you run you're going to have competition. All right? Just count on it. It's coming."

Caryl Sheehan, another director on the Board of the Citrus Heights Water District, said, "Whether or not Citrus Heights originally created the San Juan Water District is not a reflection on what's going on currently." And she reminded President Costa that it's inappropriate to issue

threats against a speaker during public comment: "This is a public meeting, and I just ask that you consider that there are a lot of people hearing what's on this call."

President Costa said, "Caryl, Caryl, I wish you'd check the record because on three separate occasions, your water district has run slates against the San Juan Water District. I have the newspaper clippings on that. ... Turnabout is fair play. I'm getting tired of this crap."

Mike McRae, a board member of the Fair Oaks Water District and "a voting resident within the San Juan territory," said that the proposed resolution contained language that would allow any board members re-elected in 2020 to serve their full terms until the 2024 election. Pam Tobin and Ken Miller are up for re-election in 2020, and McRae said that they and President Costa generally vote in agreement. "That kind of implies that the three of you would continue running this board all the way into 2025. And that just flies in the face of the (CRVA) and significantly delays justice," said McRae. If the Board refuses to

come into compliance in time for the 2020 election, McRae requested that a special election be held to fill the new board seats as soon as the division boundary maps are drawn and accepted by the registrar's office. He acknowledged the high costs associated with a special election and suggested avoiding the costs by coming into compliance now, ahead of the 2020 election.

SJWD Board Director Dan Rich said that a special election would be cost prohibitive. He also explained that the window had closed for transitioning in time for the 2020 election: "We're getting it done, at this point, as soon as practical, and we're getting it done this year."

The SJWD Board of Directors voted unanimously to approve the 90-extension agreement with Shenkman & Hughes and officially declared their intent to transition from at-large elections to division-based elections. They also established a timeline for the transition process, which will begin with public hearings at the June 10 and July 8 Board meetings to gather community input before the division maps are drawn. ★

Prioritize Your Wellbeing for Mental Health

Continued from page 1

with those who may be struggling – not only to support them but also for your own mental health. Sending a thoughtful text, making a phone call, or setting up a video chat could make all the difference.

For more information on Sacramento County's "Mental Illness: It's not always

what you think" project, and to find mental health resources for yourself and others during this uncertain time, please visit www.stopstigmatasacramento.org.

This program is funded by the Division of Behavioral Health Services through the voter-approved Proposition 63, Mental Health Services Act (MHSA). ★

San Juan Unified Students Win at First-Ever Virtual SEVA Awards

San Juan Unified School District

SACRAMENTO REGION, CA (MPG) - On April 19, several San Juan Unified students were honored during the inaugural "SEVA Award Night Celebration – A Virtual Experience" hosted by the Sacramento Educational Cable Consortium.

SEVA Award Night celebrates the talents and visions of student video producers and allows students the opportunity to express their creative side in five different categories: Creative Expression, Documentary, Instructional, Public Service Announcements, and School News.

San Juan Unified students submitted 184 videos and took home the most

awards of any district this year, at 12 total awards!

Congratulations to everyone who participated in this year's SEVA awards!

Honorable Mention in the Creative Expression 9-12 Grade Category goes to "Life of Art" from Casa Roble High School;

SEVA Award in the Creative Expression Grade Category 9-12 goes to "Voices" from Del Campo High School; Honorable Mention in the Documentary 9-12 Grade Category goes to "Conflict Mediation at Del Campo" from Del Campo High School;

Honorable Mention in the Instructional 9-12 Grade Category goes to "How to Take a Great Picture" from Del Campo High School. ★

2020 Census Deadline Extended, But Don't Wait

By Laurie Slothower, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - Because of the public health crisis, the U.S. Census Bureau has extended the deadline for completing the census until Oct. 31, and the census has never been easier (or more important) to complete. You can respond online, by phone or by mail. It only takes a few minutes, so it's best to do so as soon as possible.

Census websites are now available in English and 12 other languages. Online surveys may be

completed on a computer, smartphone, laptop or tablet.

To complete the census by phone, call 1 (844) 330-2020. Telephone assistance is available from 4 a.m. to 11 p.m. daily. If there's a wait time, you can ask the Census Bureau to call you back.

For those who prefer a paper questionnaire, surveys have been mailed to households who have not previously responded. "U.S. Census Bureau" or "U.S. Department of Commerce" is printed in the return address. Simply complete the census and

mail it back in the return envelope provided.

It has never been more important for households to complete the 2020 Census. Many emergency preparedness and public health programs rely heavily on census data for federal funding. Sacramento County is eligible for hundreds of millions of dollars in federal stimulus from the Coronavirus Relief Fund (CRF) based on population figures provided by the Census Bureau.

For more information, visit the U.S. Census Bureau website. ★

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MEMORIAL DAY CELEBRATION
Fair Oaks Cemetery
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Due to COVID-19, celebration will be limited to drive by in your vehicle. Come and enjoy our flags display and music!

This Memorial Day weekend Americans everywhere are reflecting on those that gave their lives in service to our country. In the American public's consciousness, WWII was the apex of the U.S. military's glory. The Army, Navy, Air Force, Marines and supporting military had saved the world from pure evil.

Over the intervening seven-plus decades, the United States has become entangled in less popular conflicts where the enemy and the objectives have been more elusive. While the reasons for these wars and the outcomes have seemed less tangible and more distant, the sacrifices of the men and women of the U.S. military are every bit as courageous and selfless as those in World War II.

When duty has called, American military personnel have answered with determination, grit and bravery. Memorial Day is designated to honor those who perished in the efforts. From the American Revolution in 1775 through ongoing military operations in Afghanistan and elsewhere, more than 1.3 million members of the U.S. military have died in war. Please join us in our twenty second annual Memorial Day Avenue of Flags Ceremony remembering those who have given the ultimate sacrifice.

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The Kiwanis Corner

By Sal Arrigo, Jr.

Scooters for Kids

Freedom is precious. Freedom to a grade school kid means that you can play with your friends and go to the park to play soccer, baseball or whatever your imagination can conjure up. If that freedom is not available to our neighborhood kids, it is just a crying shame!

To the rescue comes your Kiwanis Club of Orangevale – Fair Oaks! No, we are not riding in on white horse, but we are providing 24 kids with brand new scooters! We are working with AboutKidz, an agency in Fair Oaks that helps provide, on an annual basis, everything from school supplies to pajamas and free after-school tutoring. Since Kiwanis has already participated in a pajama drive during the last holiday season, we reached out and discovered that scooters and helmets would be a good way to further support our youth.

Through its First Day program, AboutKidz provides children with fully supplied backpacks, new school clothing, shoes, and even a haircut, if needed. The organization serves 1,000 children annually in this program alone. In addition, AboutKidz has a Game Day program, a Grad Day program, and a Christmas giveaway program in partnership with the New Life Community Church. In all, 500-600 children are served in these three programs. I am not a math whiz, but I can quickly figure out that many children are being helped through all of these programs, and the Kiwanis Club of Orangevale – Fair Oaks is proud and delighted to provide the needed scooters.

Jeff Pitnikoff, Executive Director of AboutKidz told me that, “we are grateful for the Kiwanis partnership in our scooter and helmet giveaway. This will put a smile on the faces of many kids, and will also provide an appropriate outlet for them to stay active and participate in a healthy and safe physical activity.” I have to tell you, even though I

conducted a phone interview with Jeff, I actually envisioned a smiling face on the other end of the line. Jeff, Kiwanis smiles with you.

I would like to reiterate an important message from my last Kiwanis Corner: any single parent who wants to join Kiwanis, please contact us if you would like to bring your child to our business meetings. This is a wonderful opportunity to meet new people and get involved in serving our community and supporting our children.

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

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

Expert Independent Review is Needed to Comb through PPE Contracts, Says Senate Budget Vice Chair

By Nghia Nguyen

SACRAMENTO, CA (MPG) - The Assembly Accountability and Administrative Review and the Assembly Governmental Organization Committees will host panel discussions on the state’s failed contract with one company - Blue Flame. News reports have since exposed more troubling failures in administration contracting efforts. Senator Jim Nielsen (R-Tehama) who, along with a group of lawmakers, has requested a thorough audit through the Joint Legislative Audit Committee of the sole source contracting practices in these multi-million dollar legal commitments, issued the following statement:

“This hearing is a step in the right direction.”

“But taxpayers deserve a thorough forensic audit of how the state signed contracts committing hundreds of millions of dollars to bring federally certified masks but failed.”

“Lack of an independent, nonpartisan

audit by competent experts is not acceptable. Without a full investigation into the procurement process that transpired, there will be public mistrust.”

PLEASE NOTE: As stated on its website, “The California State Auditor is the only state entity that is given full access to all records of state and local agencies, special districts, and school districts. General powers of the California State Auditor include the ability to subpoena records, take depositions, and administer oaths. In all cases, information obtained by the California State Auditor that is legally confidential must be protected from release from the public.”

Elected to the State Senate in January 2013, Senator Nielsen represents the Fourth Senate District, which includes the counties of Butte, Colusa, Glenn, Placer, Sacramento, Sutter, Tehama and Yuba. To contact Senator Jim Nielsen, please call him at 916-651-4004, or via email at senator.nielsen@senate.ca.gov. Follow him @CASenatorJim. ★

Rest in Peace Naomie Webster



Naomie Webster

By Paul V. Scholl, Publisher

It is with deep and sincere sadness that we report the death of one of our staff members, Naomie Webster. She was

killed in a single automobile accident on Saturday evening, May 2nd, on Highway 70, just east of Quincy, California.

Naomie had only been with the company for a short period, working in our Gridley office. She had become a valued staff member and had a promising future within the company. She had been furloughed for just a few weeks due to the corona virus, but was due to return to full work duties on the morning of May 5th.

She had a very special spark to her personality, as local advertisers and friends of the newspaper had mentioned from her interactions with her. She had many talents and we were excited to be able to bring her back on board and let her blossom into a management member.

Naomie will be truly missed. She is on to a better world, but please take just a moment to send a prayer to her family and friends grieving their loss. ★

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<p>FRISKIES BUFFET CANNED CAT FOOD 5.5 Oz All Varieties</p> <p>Limit 2 Cases Per Family ON SALE Everyday Effective 5/20/20 - 5/26/20</p>	<p>ARM & HAMMER SUPER SCOOP CLUMPING CAT LITTER 20 Lb Box •Unscented •Double Duty (Clump n Seal •Regular 19 lb •Light Weight 15 lb)</p> <p>Limit 2 Boxes Per Family ON SALE Effective 5/20/20 - 5/26/20</p>	<p>SCIENCE DIET CANINE MAINTENANCE CANNED DOG FOOD 13 oz can •Selected Varieties (Reg price \$1.79) (Healthy Cuisine 12.5 oz can \$1.89 Reg price \$2.09)</p> <p>Limit 2 Cases Per Family \$1.59 Effective 5/20/20 - 5/26/20</p>	<p>SCOOPAWAY CLUMPING CAT LITTER 42 Lb Bag •Multi-Cat Formula</p> <p>Limit 2 Boxes Per Family \$12.99 Effective 5/20/20 - 5/26/20</p>

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POPPOFF!

with Mary Jane Popp

PRESIDENTIAL ODDITIES

The White House. We think of it with respect and honor, but hold on to your Presidential Seal. **Hal Marcovitz** shared some White house shenanigans with me on POPPOFF that will blow your mind.

PRESIDENT CALVIN COOLIDGE had a pet raccoon named Rebecca. Coolidge could often be found on the White house grounds talking to it. He let the raccoon roam the White House halls during the day and had a small house built on the grounds for the animal to spend the night. **PRESIDENT WARREN G. HARDING** kept a well-stocked bar of wines and liquors in the White House. So what? Prohibition was very much in effect during his administration. And what about the First Lady? Florence Harding gave press interviews while in bed, often clad in a negligee as she spoke with reporters. She was also known to dispatch the White House chauffeur to pick up a clairvoyant for future-telling sessions in the Executive

Mansion. **PRESIDENT RUTHERFORD B. HAYES** had the first telephone, and he insisted on answering it himself. The telephone number direct to the President was number "1." **PRESIDENT ABRAHAM LINCOLN** had a dog Fido. The dog suffered the same fate as Lincoln. He was assassinated (actually stabbed to death by a drunk.) Lincoln also kept two pet goats in the White House, Nanny and Nanko. Nanny ran away, and was never found. **PRESIDENT JOHN QUINCY ADAMS** enjoyed swimming nude in the Potomac River. One time a female news reporter followed him to the river and demanded an interview, sitting on his clothes until he did. Years later, President Lyndon Johnson was known to skinny-dip in the mansion's swimming pool. **MAMIE EISENHOWER** was called the pink lady. She had her bedroom redecorated in pink, wore pink pajamas and slept beneath pink sheets and blankets. When President Eisenhower suffered a heart attack and lived in the hospital, Mamie moved into the room and had it painted pink and had a pink telephone and pink toilet seat installed. **PRESIDENT LYNDON**

JOHNSON walked the halls late at night turning off lights including the ladies room ... just reached in, but sometimes lady staffers were using the toilets. **PRESIDENT GEORGE H.W. BUSH** showered with his dog Millie. **PRESIDENT GEORGE W. BUSH** took up painting when he left the White House, not house painting, the artistic kind. In 2013, some of his paintings surfaced on the internet. Among those works of art were three nude self-portraits. **PRESIDENT DONALD TRUMP** moved into the White House, and had the General Services Administration commence a \$3.4 million dollar renovation. Most was spent on renovating the air-conditioning system. He had a crystal chandelier and a 60 inch flat-screen TV installed in his private dining room in the West Wing, but claimed he paid for the chandelier. However, he reportedly told his golf buddies that "The White House is a real dump."

Hal's Book, Painting the White House, is fiction, but the stories he told me are flat out true. He did his research as a longtime journalist. Something to keep in mind next time you visit the White House on Pennsylvania Avenue! ★



By County Supervisor Susan Peters

Through the generosity of *The American River Messenger* this column serves to provide an update about matters affecting the unincorporated community of Fair Oaks.

EFFIE YEAW NATURE CENTER GALA

This year's annual Spring Gala and Auction benefitting the Effie Yeaw Nature Center has been transformed into a virtual live stream event with both live and silent auctions of experiences and juried art featuring creative interpretations of the local natural world.

The gala will occur on the evening of Saturday, June 13, and like before, it will be presented by Effie Yeaw Nature Center and the Sacramento Fine Arts Center – and serves as the Nature Center's biggest fundraiser of the year.

I've attended this event for many years and it is always a wonderful occasion to be in under the stars at the Nature Center with tickets always selling out. The artwork is submitted and selected at the Fine Art Center's "Where Wild Things Are" art show, and brought to the gala for auction. Unlike in the past, you will be able to experience the excitement and

FAIR OAKS COMMUNITY UPDATE

fun this year virtually.

Registration is free. For more information, please go online to sacnaturecenter.net

BRIDGE REPLACEMENT AT CHICAGO CREEK

The Winding Way Bridge Replacement Project at Chicago Creek is expected to open by the end of May according to Sacramento County's Department of Transportation.

I know many Fair Oaks residents are looking forward to the project's completion. The construction effort encountered a delay last fall and the colder temperatures plus rain began shortly thereafter causing the completion of the roadway to halt until after the winter. Some changes also had to be made to accommodate right-of-way constraints as well as finish the last of the retaining walls and the utilities.

When the project is done, hopefully users of the roadway will find the new improvements beneficial despite the prolonged wait.

BUSINESS RELIEF & ASSISTANCE

If you are a business owner and want to obtain current, accurate and correct information pertinent for your business survival, please go online to economic.saccounty.net and check out the link to the COVID-19 Business Resources webpage, which includes information about the Coronavirus Aid, Relief, and Economic Security Act (CARES Act), the Small Business Administration loan program in effect, links

to assistance available through the State of California and its agencies as well as local assistance including details on moratoriums relating to service disconnections by SMUD and PG&E.

The information at that webpage is compiled by Sacramento County's Office of Economic Development, which is partnering with 32 local economic development and business support organizations to ensure a coordinated delivery of critical information, resources and services to local businesses experiencing economic hardship resulting from the COVID-19 virus outbreak. Participating agencies include the Small Business Administration, Greater Sacramento Economic Council, Small Business Development Center, local chambers, property based improvement districts, banking institutions, etc.

There's no question, many local businesses and their employees are hurting financially – and having been a former small business owner prior to being elected to office – I understand how business people need information available to them in order to make important decisions affecting their future. Please go online and visit the Office of Economic Development webpage referenced above to learn what help and assistance is available for your business.

Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at susanpeters@saccounty.net ★



By Marlys Johnsen Norris, Christian Author

Few people understand much about this walk in its early stages. It is like being a child again learning about life. Now it also includes our Creator/God/Heavenly Father and stories in the Holy Bible about the beginning of time and the people who lived then. God is concerned about increasing a new Christian faith and to understand His enormous love for them.

We learn about the laws of God and how He severely punished those who disobeyed them. We read words of prophecy in the Old Testament and then, read how many of them took place in the New Testament.

Prayer is the vehicle of learning to talk to God and ask Him to help us with the many needs that invade our lives. In the beginning our prayers are answered quickly when they are in the Father's will for our lives.

Faith grows and grows with every answered prayer though out a lifetime.

Early in my Christian walk a Sunday School teacher requested that all the students begin an answered prayer journal. Early in my walk I learned that obedience to God's

Growing In The Christian Walk

Word was a secret ingredient to enjoying my new life in Christ. "Seek for first of all His kingdom and His righteousness, and then all these things taken together will be given you besides." (Matthew 6:33 Amplified) So start immediately! Prayer is very powerful!

The following was included in my prayer book: "Remember I am a new child of God" Scripture that spoke to my heart was "If you search for Me with all your heart you will find Me." So I prayed this, "Lord, Help Thou my unbelief!" Within a short time my faith grew and it has continued for many years, praise the Lord! I spent time with God's people and where I would find answers eventually receiving deliverance from this symptom.

My next challenge with prayer was the fear I had where I drove my car anywhere and I prayed about it. I was only a few blocks from home at a stop light and fear gripped me and I prayed. The Lord spoke to me and He said "Lo, I am with you always" I was a nervous person. I lacked self-confidence and felt inadequate. I was depressed, and had headaches and pains. Eventually they disappeared.

Then, there was a person I did not like or trust. On February 14, 1969 I heard a sermon about loving the unloving in our lives. I prayed to truly love that

person like God wanted me to and in June 1969 that prayer was answered when that person called and had a picture of my brother I had not seen in years and was sending it to me. Later that person invited us to see my brother in Mexico.

A few years later the lady died and Richard and I went to Mexico where my brother was hospitalized with terminal cancer. We were determined to bring him home and waited 5 hours for the authorities to release him because he had no passport or visa. We prayed and used the words we had heard in a sermon. "If we have the faith of tiny mustard seed and we say to the mountain, it will be removed." We were on the plane when my brother said to me "Am I really going home?" I said yes! Our Miracle was real!

Love for the unloved has been the most difficult and I failed the Lord many times. Yet He continues to love me and answer many of my prayers all of these years. I have prayed to have a servant heart and do what I can to help other souls in my writing to experience His love for them. It is important to "Trust in the Lord with all thy heart and lean not on our own understanding." Praying to be in His perfect will for our life.

Marlys Johnsen Norris Christian Author and Stephen's Minister Marlysjn@gmail.com PO Box 114, Orangevale, CA 93662 ★



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Ask Toni

Do Friends Really Understand The Maze of Medicare?



Toni King

Hi Toni:

I met with your office in late 2019 for a Toni Says® personalized Medicare consultation. I have a question regarding travel outside the United States due to COVID-19. Once everything calms down and there is travel to other countries, I would like to plan a trip overseas.

A friend recently gave me Medicare advice that now has me very confused. She told me that some Medicare Plans give foreign travel medical coverage such as Medicare Plan F, but not Plan G, which was my choice. Is that true?

Thanks for any help you can give me.

~ Lee Anne from Sugar Land

Lee Anne:

Medicare Alert! Your friend is giving Medicare advice and has no idea of what a Medicare Supplement covers. This is not the first time that a friend has confused someone trying to understand the maze of Medicare.

Medicare Supplement plans F, G and N cover the same limited amount of emergency foreign travel with illnesses such as COVID-19 and accidents. This is an extra perk

Medicare does not cover. The Foreign Travel plan has a \$250 deductible and \$50,000 lifetime maximum. The Medicare Supplement pays 80% to lifetime maximum of \$50,000 and the insured (you) pay 20% and amounts over the \$50,000 lifetime maximum.

Who knows what air ambulance from Greece will cost, but a big recommendation that I would suggest to you, Lee Anne is that you talk with your travel agent or explore online for true travelers insurance that will take care of your medical needs while traveling in countries around the world.

Remember that Original Medicare and Medicare Advantage plans only take care of medical and prescription drug expenses in the United States. Lee Anne be sure you have enough prescriptions while you are traveling overseas, or you will have to pay out of pocket.

Since your friend seems to be the Medicare Supplement Plan F expert, is she aware that starting January 1, 2020 changes were made to Medicare Supplement Plan F. For those enrolled in a Medicare Part A prior to January 1, 2020, they can apply for Medicare Plan F. Those who enroll in Medicare Part A after January 1, 2020 are not eligible to apply for Plan F and can enroll in Medicare Supplement Plan G

Here is a big surprise for your friend because Medicare Supplement Plan G can be more affordable than Medicare Plan F.

Medicare Plan N will be the lesser premium plan with more out of pocket.

Let's discuss the differences in Medicare Supplements Plan G and Plan N:

- **Plan G:** offers lower rates and the same Medicare benefits as Plan F except the Medicare Part B deductible is not covered and will be paid for by the enrolled Medicare beneficiary. Medicare Part B deductible for 2020 is \$198 which is Medicare Plan G's out of pocket.

- **Plan N:** generally, has lower premiums than Plan G with generally more out of pocket. There is a \$20 co pay for a doctor visit with \$50 co pay for emergency room. Medicare Part B deductible is not covered, and Medicare Part B excess charges are not paid for by the insurance company which Plan G includes. Plan N can have more out of pocket cost than Plan G.

America needs to realize that their friends care about their best Medicare interest, but knowing Medicare's rules are another issue. For guidance choosing which Medicare plan meets your needs and understanding the maze of Medicare, call the Toni Says® Medicare office at 832/519-8664 or email info@tonisays.com.

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

PG&E Crews and Contractors Inspecting Gas Meters in Counties

By Brandi Merlo, Pacific Gas and Electric Company

SACRAMENTO, CA (MPG) - As part of Pacific Gas and Electric Company's (PG&E) ongoing efforts to provide safe and reliable service to customers, utility workers will perform routine gas meter inspections in Fairfield, Sacramento, Suisun City, Loomis and Rocklin starting May 11. The inspections are expected to last throughout the month.

Safety is PG&E's most important responsibility. To help protect the health and safety of customers and employees during the COVID-19 pandemic, PG&E has taken precautions to maintain the recommended social distancing of at least six feet from customers when conducting routine safety inspections of gas meters.

PG&E employees and contractors with Underground Construction will be conducting inspections on foot with a mobile tablet, Monday through Friday, 7 a.m. to 6 p.m.

They will be wearing a hard hat, safety vest and carry photo identification, which they will present upon a customer's request.

If a person claiming to be a PG&E employee or contractor shows you his or her identification and you still feel uncomfortable, call PG&E's customer service line at 1-800-743-5000 to verify an appointment and/or PG&E's presence in the community. PG&E employees and contractors will walk up to the gas meters at homes and businesses but will not enter homes during these inspections.

During inspections, customers may see a PG&E employee or contractor on or near their properties as they access the gas meter. This work will not affect gas service. If we are unable to safely inspect the gas meter while maintaining a six-foot clearance from customers, we will contact you and schedule an appointment at a later date.

For more visit www.pge.com/ and www.pge.com/en/about/newsroom/index.page. ★

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CLUES

- CROSS**
- Smoothing tool
 - Broadband access over-seeing org.
 - Attorneys' org.
 - Length times width
 - *Lined up single
 - Lump of stuff
 - Carpet attribute
 - Cut the crop
 - Lingo
 - *Entire ship's company
 - Toothy wheel
 - Gives a helping hand
 - They're from mars?
 - Language family, includes Turkic and Mongolian
 - Indian spice mix, pl.
 - Bachelor's last words
 - Baby Ruth component
 - One of the Earnhardts
 - She goes by Lo?
 - Actors' grp.
 - Mister in Madrid
 - Colossal
 - With no effort
 - American cuckoo
 - Leave hastily, two words
 - *Commissioned officer of the lowest rank
 - *... drink, and be merry"
 - *Omaha
 - Baby whale
 - *It's a wall to a civilian
 - Hands, to #12 Down
 - Check out
 - Cambodian money
 - Welcoming sign
 - Went down slippery slope
 - *Date of Allied landing
 - *Opposite of stern
 - *For ... a jolly good.."
 - Dried-up

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				25		26	27	28
29			30	31	32			33		
34			35			36		37		
38				39				40		41
42			43					44		45
46						47	48			
49	50					51		52	53	
54						55		56		57
58						59		60		
61						62		63		

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- DOWN**
- Grammy category
 - Diva's solo
 - Unload
 - Saffron-flavored rice dish
 - Evil one
 - Wears
 - Porcini mushrooms
 - Aquarium scum
 - Uncooth one
 - Address abbreviation
 - Spanish dictator, 1939-1975
 - *Throwing weapon
 - Ice, dark, and middle, e.g.
 - Pittsburgh Steelers' ____ Field
 - Dojo turf
 - Was sick
 - Parkinson's disease drug
 - African antelope, pl.
 - Gaspar, Balthasar and Melchior
 - Veranda in Honolulu
 - * ____ came a spider.."
 - European finch
 - *"Excellent in all we do" org.
 - None left when on E
 - * ____ formation, or on diagonal
 - Make synchronous
 - Credit card payment alternative, acr.
 - What Deep Throat did
 - Stumblebums
 - Type of shards
 - *Announcement device

- Island off Manhattan
- Head of family
- All over again
- Silly talk or writing
- * ____-de-camp
- Letter opening
- Flash dancers
- NaOH

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

Solutions on Page 6

Find Puzzles on Page 6

R	A	S	P		F	C	C			A	B	A						
A	R	E	A		F	I	L	E		G	L	O	P					
P	I	L	E		R	E	A	P		A	R	G	O	T				
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B	O	W								H	E	S			S	E	R	E

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Sudoku Puzzle on Page 6

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

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San Juan Unified High Schools to Hold Virtual Graduation Ceremonies



San Juan Unified School District

SACRAMENTO REGION, CA (MPG) - After spending the last several weeks gathering input and researching options, San Juan Unified high schools have made the decision to move forward with virtual graduation ceremonies for the graduating Class of 2020. Each school's virtual ceremony will be available for streaming via YouTube on the date and time of the schools' graduation (see schedule below). Ceremonies will include student and staff speakers as well as a display for each graduating senior.

Making sure that every graduating senior is recognized for their accomplishment is a top priority for each of our high schools. In light of the COVID-19 situation and current social distancing orders, a virtual option for graduation ceremonies ensures the health and safety of our students, families and school communities. The district will continue to monitor health restrictions and guidelines and schools may consider other in-person events later in the calendar year to honor the class of 2020 if circumstances change.

In order to make this year's virtual ceremonies a success, work must begin soon, including making sure our graduates have

items such as caps and gowns, cords, and other items tied to graduation. Each high school will be contacting its seniors in the coming weeks to arrange for item pick-up and provide further details about the preparations necessary to participate in this year's graduation events.

We hope that all of our seniors and families will participate to commemorate this important moment in their educational journeys. We also encourage you to share your Class of 2020 photos, videos and memories with us on social media using #SJGrad2020.

Congratulations again to the graduating Class of 2020 - we look forward to celebrating you!

GRADUATION SCHEDULE:

- Thursday, June 4**
 - Bella Vista High School, 10 a.m.
 - La Vista, 7 p.m.
 - Mira Loma High School, 7 p.m.
- Friday, June 5**
 - Casa Roble Fundamental HS, 10 a.m.
 - El Camino Fundamental HS, 7:30 p.m.
 - Encina Preparatory HS, 7 p.m.
- Saturday, June 6**
 - Del Campo High School, 10 a.m.
- Monday, June 8**
 - Mesa Verde High School, 7:30 p.m.
- Tuesday, June 9**
 - Meraki High School, 6 p.m.
 - El Sereno & La Entrada HS, 7 p.m.
 - Laurel Ruff Transition School, 10 a.m.
 - Rio Americano High School, 6 p.m.
 - San Juan High School, 7 p.m.

Visit www.sanjuan.edu/2020 for the latest graduation-related information, including frequently asked questions. ★

Commissioner Lara Expands Order for Insurance Companies to Partially Refund Premiums

Continued from page 1

companies to work with their policyholders who may be struggling financially to allow them an additional 60-days, effectively extending the grace period until July 14, 2020. After July 14, 2020, insurers are encouraged to work with their individual policyholders who have been acutely impacted by COVID-19 and are still unable to timely pay their premiums.

"Consumers who have

lost their jobs or businesses due to this crisis deserve flexibility in paying their premiums, just like any other," said Commissioner Lara. "I am asking insurance companies to be mindful of the revenue stream Californians have consistently provided to insurers over the years, stand with their customers in this crisis and extend grace periods an additional 60 days."

Commissioner Lara is

also requesting that all insurance agents, brokers, and other licensees who accept premium payments on behalf of insurers take steps to ensure that customers have the ability to make prompt insurance payments, if and where possible. This includes alternate methods of payment, such as online payments, to eliminate the need for in-person payment methods in order to protect the health and safety of both workers and customers. ★

Wells Fargo Issues Emergency Funds for Local Homeless Shelters

By Julie Beckner, Volunteers of America Northern California & Northern Nevada

SACRAMENTO, CA (MPG) - Wells Fargo has granted Volunteers of America Northern California and Northern Nevada (VOA-NCNN) \$100,000 to help meet the urgent needs of people experiencing homelessness and isolation in the face of the COVID-19 pandemic. VOA-NCNN projects a \$3mil+ gap in funding this fiscal year due to COVID-19.

Funding from Wells Fargo will help VOA-NCNN: adapt systems, and implement safety and distancing protocols; cover unforeseen expenses to sustain increased and vital meal delivery service for isolated seniors, veterans, disabled, and homeless families; purchase sanitation and other essential supplies for staff and clients; and, support increased payroll expenses for essential staff working around the clock to meet the urgent needs of more than 4,060 residents and clients in its housing and shelter programs.

"Wells Fargo consistently steps up to meet the needs of our community, and this time is no different," says VOA-NCNN spokesperson Christie Holderegger. "This timely funding will help us to remain

responsive in this unprecedented crisis."

"Not everyone is afforded the luxury of sheltering in place in a home. There are thousands of homeless Sacramentans facing this pandemic while living on the streets or in shelters like those operated by VOA-NCNN," said Wells Fargo Capital Foothills Region Bank President Kevin Barri. "We are grateful for the wonderful programs VOA-NCNN offers some of our most vulnerable neighbors, and thank for them working tirelessly to ensure their safety during this most unprecedented time."

Founded locally in 1911, the Northern California & Northern Nevada office of Volunteers of America is one of the largest providers of social services in the region. The professional paid staff operates more than 52 programs: homeless services and shelters; substance abuse treatment and recovery services; senior, veteran, and youth services; transitional, permanent supportive, and low-income housing. Volunteers of America provides shelter or housing to nearly 3,000 men, women and children every night in Northern California. Learn more about Volunteers of America Northern California & Northern Nevada at www.voanncnn.org. ★



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