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AMERICAN RIVER Messenger

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Serving Fair Oaks, Orangevale & Sacramento County

APRIL 24, 2020

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People of Action

By Pete Schroeder,
Rotary Club of Fair Oaks

FAIR OAKS, CA (MPG) - At the Rotary Club of Fair Oaks, we support a variety of local causes. Throughout the month of April, we are collecting food and paper grocery bags to deliver weekly to the Orangevale-Fair Oaks Food Bank.

With over 90 members, plus our generous friends and neighbors, the vans you see pictured haul a load of items that serve thousands of folks, who might otherwise go hungry.

Every Wednesday, our volunteer “collectors” make the rounds. They stop by each person’s home who lets the Club know that they’ve got items for the Food Bank. And every Wednesday, they deliver the goods to the Food Bank. If you would like to be included in our pick-up route, please contact Diana Cralle at dcralle@usa.net

During these unusual times, the number of those in need only grows. Yes, even in Fair Oaks and Orangevale, there are more needy individuals and families than you’d ever imagine.

Keith Wright, the Director of the Food Bank, says, “Orangevale-Fair Oaks Food Bank, typically serves 1200 people once per month. It’s usually a different group of folks each month. We serve once a month to reduce the risk of dependence on the food bank as a primary food source.” However, the economic consequences of the outbreak leave many without alternatives for self-sustainability.

Keith adds, “We’ve made the decision to serve anyone in Sacramento County, once weekly for the duration of the outbreak. In addition to the increase in food we’re distributing, we’ve seen an



Orangevale/Fair Oaks Food Bank puts those brown paper bags to good use. Photo courtesy Orangevale/Fair Oaks Food Bank

increase in clients. We are currently seeing 200 percent of our typical client load and I expect we will reach 500 percent before re-stabilizing back to 200 for the remainder of 2020.” Suffice it to say, the need is great!

At Rotary, we are “People of Action.” Our motto is Service Above Self. Each Rotarian takes

that motto to heart.

In this column, you’ll read about some of the different ways we contribute to the betterment of the community. And, if this type of community service sounds appealing to you, please let us know of your interest. Just contact Robin Gostovich, our membership chair, at rmgosto@yahoo.com ★

Sac DA: Enforcement of Public Health Order in Sacramento County

**Sacramento County
District Attorney’s
Office Special Release**

SACRAMENTO COUNTY, CA (MPG) - Since the Public Health Order went into effect on March 20, 2020, Sacramento area law enforcement agencies have primarily taken an education-based approach to gain voluntary compliance when addressing violations of the Public Health Order. While education continues to be the primary focus of all agencies when it comes to violations of the Health Order, law enforcement agencies in Sacramento County will now also take enforcement action on violations of the Public Health Order that clearly put the health and safety of our communities in jeopardy. This includes the cities of Sacramento, Elk Grove, Citrus Heights, Folsom, Galt, Rancho Cordova, Sacramento County Parks Police, Fulton-El Camino

Parks, the Sacramento County Sheriff’s Office, and the Sacramento County District Attorney’s Office. Each of the police chiefs and Sheriff have continued to collaborate on a measured and balanced approach to enforcement of the Health Order in Sacramento County.

On April 12, 2020, Sacramento Sheriff’s Office and Sacramento Police Department responded to multiple reports of “sideshows” that occurred throughout Sacramento County. These incidents involved estimates of 100 or more people gathered closely in the streets and resulted in one collision into a police vehicle. These sideshows are not only dangerous, but are an obvious violation of the Public Health Order.

Over the past three weeks, law enforcement agencies in Sacramento County have also responded to calls involving large

house parties and other gatherings that were clearly in violation of the Public Health Order.

Events like these undermine the efforts of our communities which have worked hard to make a difference in this health crisis. Because of this, in addition to citing appropriate vehicle code and penal code violations, law enforcement agencies throughout the Sacramento region will begin conducting enforcement on reoccurring or blatant violations of this Health Order.

“We know that the vast majority of our community will continue to comply with the Public Health Order, and an educational approach will still be effective,” said Sacramento Police Chief Daniel Hahn. “This move towards limited enforcement addresses those that blatantly put the community at risk by engaging in obvious violations of the

Public Health Order.”

“It is important for folks to understand that all of Sacramento law enforcement is united in our desire to keep our communities safe, and in our willingness to enforce the order against unreasonable violations,” Sacramento County Sheriff Scott Jones also stated.

Health and Safety Code 120295 states that violating either a state or a local isolation order constitutes a misdemeanor with a penalty of up to 90 days in jail and/or a fine between \$50 and \$1,000. Each day of violation is a separate offense with jail and/or a fine between \$50 and \$1,000.

Government Code 8665 provides that anyone who violates, refuses, or willfully neglects to obey any lawful order or regulation during a State of Emergency is guilty of a misdemeanor. The penalty for a violation of this code is up to 6 months in jail and/or a fine of up to \$1,000. ★

Drive-in Church Services Now Permitted

Center for American Liberty Special Release

SACRAMENTO, CA (MPG) - As a result of the Center for American Liberty’s lawsuit (@Liberty_Ctr) and request for a temporary restraining order, drive-in religious services are now permitted in California during the COVID crisis.

This policy change, reflected in announcements from the two counties sued in our lawsuit, comes hours after Governor Newsom and Attorney General Becerra filed their brief in response to our TRO filed on Tuesday.

In their response, Governor Newsom and AG Becerra explain that because cars are “technology,” drive-in church services are permitted under the state’s shelter-in-place rule.

The Order states – “the State confirmed that in-person services are prohibited but clarified that “...drive-in worship services are permitted under the existing Executive Order, which expressly allows ‘faith based services that are provided through...other technology.”

San Bernardino County’s press release states, “The state has declared that drive-in worship services are allowed ‘as long as the individuals engaged in such services abide by physical distancing guidelines and refrain from direct and indirect physical touching of others.”

“This is heartening progress for our clients, and all Californians” said Chief Executive Officer of the Center for American Liberty, Harmmeet K. Dhillon (@pnjaban). “But while this is a step in the right direction, it is still not enough.”

“The state is still holding houses of worship to a different standard,” Dhillon said. “AG Barr’s statement on Tuesday was clear, states cannot have two sets of restrictions—those that apply to churches and the more relaxed standards that apply to other entities. The State’s orders still do not define worship as an essential activity that permits travel in California, even while at the same time the state is now saying drive-in worship is permissible. The orders are riddled with contradictory and confusing language.”

For more information about this case, please visit <https://libertycenter.org/pf/gish-v-newsom/> ★

Help Needed For 6-Year-Old "Silent Angel" with Rare Disease

Alisandra Zamora of Gold River is Fighting Rett Syndrome



Alisandra Zamora is a six-year-old who is living with an extremely rare diagnosis of Rett Syndrome. Photo: Help Hope Live

By Emily Progin, Help Hope Live

SACRAMENTO REGION, CA (MPG) - “When you combine ANGEL and FIGHTER, you get Alisandra.” That’s how Gold River mom Veronica Rodriguez describes her six-year-old, Alisandra Zamora, who is living with the extremely rare diagnosis Rett Syndrome as well as Charcot Marie Tooth 1A. Veronica and her “silent angel” need help from their community to cover the cost of Ali’s care.

"Ali was in and out of the hospital since she was nine months old," explains Rodriguez. "Doctors discovered she was silently aspirating, meaning that food was going into her lungs. She couldn't eat by mouth anymore, and from there, it was a downhill battle with seizures, sleep apnea, and life-threatening situations." Just before she turned four, doctors diagnosed Alisandra with Rett Syndrome, which affects just 1 in 10,000 female children. Because of the diagnosis and other

physical issues, she cannot speak, walk, eat, or breathe without assistance, which means she requires 24-hour-per-day care.

Rodriguez, who has two other children, was born and raised in San Diego but moved to Gold River specifically to secure better care for Ali and stronger professional opportunities. Though Alisandra's care takes up most of Rodriguez's time, she still volunteers at her children's school and regularly attends St. John's Church in Folsom. "The coronavirus has put a stop to that," she explained—Alisandra's diagnosis could make her uniquely vulnerable to the virus because of her compromised immune system.

"Through all the trials and tribulations, she is resilient, always happy and content," Rodriguez says of Alisandra. "Finding a balance between her needs and raising two other kids can be difficult." The family's biggest struggle is financial: insurance refuses to cover the cost of a wheelchair-accessible van, which will allow Alisandra to continue attending weekly doctor's appointments and physical therapy sessions as she grows. To help with the cost, Alisandra's family has turned to the national nonprofit Help Hope Live.

Make a donation in honor of Alisandra Zamora at <https://helpholive.org/campaign/17205/> Donations are tax deductible to the extent allowed by law, and all funds raised will be managed by the nonprofit to cover only verified medical and related expenses. Help Hope Live verifies medical and financial need for every patient.

Help Hope Live is a national nonprofit that specializes in engaging communities in secure, tax-deductible fundraising campaigns for people who need a transplant or are affected by a catastrophic injury or illness. Since 1983, campaigns organized by Help Hope Live have raised over \$136 million to pay patient expenses. ★

BareBones Workwear Equals Good Deeds



Drew at BareBones Work Wear pulls the supply of N95 masks in the stores back-stock to donate to a local medical center. Photo provided by Stu Nelson

By Seti Long

SACRAMENTO, CA (MPG) - Sacramento based company, BareBones Workwear, prides itself on providing top brands in work wear and safety apparel to its customers while taking care of its workers and giving back to the community. Lately, BareBones has donated hundreds of coveted N95 masks to our local health-care providers.

our local health-care providers.

BoneBones Founder and CEO Stu Nelson says that his stores happened to have an extra supply of certain PPE, including masks, and began to move the products from back-stock to the floor in early March as demand began to increase due to the spreading COVID-19 virus. Unfortunately, Nelson shares that while monitoring sales trends at his locations, he got the feeling that some of the purchasers were buying products, specifically the masks, to hoard or re-sell them at higher costs – not because they were truly needed. This concerned Nelson.

After Nelson received an insider email sharing that local hospitals were in need of PPE and that it was going to become a problem for the healthcare industry as the virus spread, he decided to redirect where the extra masks were going. "When we heard that there was a shortage at hospitals, I was just like, you know what, let's find somebody local to donate them (masks) to," says

Nelson. He contacted all of his 6 stores through the Sacramento, Rocklin, Auburn and Yuba City areas and had the supply of masks donated to Sutter Medical in Sacramento and other medical locations in need. "It was really a very quick decision," He says.

Although there is a now a public shortage of masks, Nelson says that more are on the way. He has recently been notified by one of his suppliers of a new line of masks available in the coming weeks that will feature animal prints, mustaches, unicorns and more. "It's gonna get fun!" he says, as the masks will feature antimicrobial and moisture wicking technology.

He continues to share that BareBones is doing their part to keep their workers and shoppers safe while having fun. The stores provide gloves for their shoppers and have been giving out free gloves and single rolls of toilet paper to take home (with purchase and while supplies last). Nelson laughs, “We kind of have this thing, “No Crack We Can’t Cover,” which happened to be the company’s motto.

In all seriousness, Nelson says that it is BareBones' mission as a locally owned and founded business to give back at the local level. "Our job is to support the heroes of our community, and people who work for a living – whatever we can do," he says. ★

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Local Mask Makers Fill Critical Need

Story by Shaunna Boyd

SACRAMENTO REGION, CA (MPG) - As COVID-19 continues to spread, essential workers are facing a dwindling supply of protective masks. So, volunteers from around the region have stepped up to fill the need, sewing and donating thousands of masks.

Jodi Groves, a member of the Golden Valley Quilt Guild, made more than 50 masks, enough for each employee at the Front Street Animal Shelter to have two each. Groves said that the employees at the animal shelter are not considered safety workers, so they are not offered any protective gear. “But they’re still out there,” said Groves, “taking care of the animals.”

Groves said other members of the Guild are making masks for staff at hospice, the VA, and Mercy San Juan. “When someone reaches out, we’re on it,” said Groves. “Quilters are known for being very giving people. One of us will take it on.”

Tayva Singer, owner of Cali Quilt Co at 7900 Winding Way in Fair Oaks, wanted to do something to help during the pandemic. So, each day for weeks Singer set out more than 100 kits of fabric and elastic so people could make masks at home. She estimates that well over 1,000 masks were created from the kits.

“There’s a need, and we had the fabric,” said Singer. “We all need to chip in. We all need to help each other.”

Anytime a doctor or nurse reached out, Singer gave them enough kits for themselves and for others on their staff. And she was moved by the amount of



Giana DeGracia and her daughter, Sawyer Huff, show off their new masks. Photo courtesy of Cali Quilt Co.

people who wanted kits so they could donate the masks to local healthcare workers: “The generosity is overwhelming.”

Singer was happy to help her community in this time of need, and she never even considered selling the kits: “We don’t want to profit off hardship.”

“People don’t feel safe right now,” said Singer. In the face of all that fear, she said it feels good to be able to do something that can help people feel a little safer.

The Folsom Mask Makers group was launched in mid-March, and volunteers have already made and donated

thousands of masks throughout the greater Sacramento area. Karla Burgess, an intensive care unit (ICU) registered nurse (RN), is managing the group, coordinating volunteers from Sacramento, Placer, and El Dorado counties. In addition to sewing the masks, members are also picking up materials, washing and ironing the fabric, preparing sewing kits, and delivering the

finished masks. The masks are donated to local hospitals, medical centers, and other healthcare workers on the frontline of this crisis. Some masks are donated to community members as well since guidelines from the Centers for Disease Control and Prevention (CDC) now recommend everyone wear a mask when out in public.

The shortage of personal protective equipment (PPE) for healthcare workers is so critical that the Folsom Mask Makers created a subgroup focused solely on making N95 ICU cover masks for local Sacramento area hospitals. Karen Pizzo McConnell,

working on the N95 cover masks approved for donation to ICUs at Mercy San Juan Hospital.

With her sewing experience, McConnell said she was “the resident [sewing] expert answering questions all day on the group site. When Mercy San Juan asked for a mask that required a more experienced hand, we realized we needed a second group dedicated to [N95 mask covers].” Hundreds have already been delivered to Mercy, filling that critical need for those who spend their days caring for others.

“Each of us are trying to keep up with the needs of family and an ever-dwindling supply,” said McConnell, “but we will produce until the need is longer there.”

Volunteers with Folsom Mask Makers understand the need for these masks since many of them are healthcare providers, already working long shifts to care for patients. They spend their free time volunteering to make masks because they know firsthand that these masks are what keeps them and their coworkers safe and healthy so they can keep doing their jobs.

The group needs more volunteers and donations of elastic and 100% cotton fabric. For more information, visit the Folsom Mask Makers Facebook page. ★



In addition to making masks for medical staff, Lori also uses her extensive collection of fabric to make customized masks for family members. Photo courtesy of Cali Quilt Co.

Did Governor Newsom Buy PPE from Banned Chinese Company?

By Angela Toft, RCF

SACRAMENTO, CA (MPG)

- Doug Ose, Chairman of Rebuild California Foundation and former CA Congressman, is demanding to know why CA Governor Gavin Newsom just made a \$1 billion deal to purchase PPE masks from Chinese company BYD, which VICE News reported “has glaring red flags on its record ... including a history of supplying allegedly faulty products to the U.S., ties to the Chinese

military and Communist Party, and possible links to forced labor.”

On Sunday, Ose tweeted: “I hope our leaders are only doing business with #PPE suppliers who have been properly vetted. It would be infuriating to see the govt #procurement process reward foreign or domestic bad actors at high prices if other suppliers are available. #BuyAmerican if possible.”

BYD, which has no history of making personal protective equipment,

has previously delivered such shoddy and potentially dangerous products to local governments, including in California, that a recent law banned federal funds being used to purchase certain BYD products.

Ose attempted to obtain a copy of the contract, which transfers \$1 billion Americans tax dollars to this Chinese company, and was surprised to learn that it has not yet been made available even to California’s own state legislators. ★

Nielsen to Serve as Vice Chair of Legislative Hearing to Review COVID-19 Spending

From the Office of Senator Nielsen

SACRAMENTO, CA (MPG) - Respected for his experience and keen attention to detail, Senator Jim Nielsen (R-Tehama) was selected to serve as Vice Chair of the newly created Senate budget subcommittee focused on the state’s COVID-19 response. The first hearing is scheduled for Thursday, April 16, at 2 p.m. The public can view the hearing by visiting www.senate.ca.gov.

“We are living through an extraordinary public health event,” said Senator Jim Nielsen. “Millions are without jobs, and schools are closed. Thousands of Californians have tested positive for the COVID-19 coronavirus; most are recovering at home and others are hospitalized. Sadly, several hundred fellow Californians have died.”

Prior to the state’s unprecedented shelter-in-place policy that led the Legislature to

shut down, Senator Nielsen voted to provide emergency funding and waive rules to support the Governor as he leads the state in its effort minimize the spread of the coronavirus.

Nielsen praised Governor Newsom for his leadership and swift action as he emphasized the need to review California’s response to the COVID-19 pandemic.

“It is the duty of the Legislature to ensure that public funds are used in the most appropriate and cost-effective manner, while also thoughtfully using resources to meet our state’s immediate public health and economic challenges,” Senator Nielsen said.

“California leaders are doing what we can to work together and minimize the spread of the virus.”

To contact Senator Jim Nielsen, please call him at 916-651-4004, or via email at senator.nielsen@senate.ca.gov. ★

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Measure A is Flying Under the Radar

Commentary by Joshua Hoover

In these times of wide-spread uncertainty, many people are looking to elected officials at every level for assistance and reassurance. And although cynicism tends to flow strong in our current political atmosphere, it's good to know we have some leaders right here in our community who are looking out for us and making decisions in our best interest.

As someone with experience in public service, I understand the hard choices these officials sometimes have to make. As a trustee on the Folsom Cordova Unified School District Board of Education, one of the most difficult decisions I have faced was my vote to shut down schools even though I knew it was in the best interest of the health and safety of our students. I appreciate the value, thoughtfulness, and complexity of good public leadership, and I think it is important to acknowledge when our local leaders make difficult, but correct decisions in our best interest.

On Wednesday, March 18th, the Sacramento Transportation Authority (STA) voted on Measure A, the County's new transportation expenditure plan, which conveniently includes a new sales tax increase. The measure passed on a 13-3 vote.

I am grateful to the three members who opposed

the measure: Sacramento County Supervisor Sue Frost, Citrus Heights City Councilmember Steve Miller, and Rancho Cordova City Councilmember Garrett Gatewood.

This expenditure plan has flown under the radar, and for good reason. Few residents are focused on funding for long-term transportation projects right now, and even fewer are likely to be supportive of a tax increase at a time when so many people have been plunged into sudden economic turmoil: facing unemployment, loan defaults, foreclosures, and evictions.

Frost, Miller, and Gatewood were the only STA members who seemed to recognize this. They deserve credit for showing that they actually understand their constituencies and are willing to make difficult decisions on their behalf. The pressure to expedite approval for this new plan was undoubtedly felt by all, but this is neither the time nor the place to support a tax increase. While it may have been easier to vote with the rest of the board, especially since the issue is so far removed from the public eye, I am thankful that these leaders made the right choice.

In the long run, as the public health crisis worsens and the economy continues to falter, I believe our community will look back at these three officials and

thank them for their common sense. Months from now, if residents see an uptick in prices all over the county – while their wallets are still hurting from the current downturn – we will wish that more of our local leaders had the same foresight as Sue Frost, Steve Miller, or Garrett Gatewood.

This issue isn't over yet. The County Board of Supervisors and local city councils are set to vote on the expenditure plan in the coming weeks. The Sacramento City Council has already approved it. I hope the rest of our local elected officials will follow the example set by Frost, Miller, and Gatewood. At a time when the public is understandably focused on more pressing issues, this should not be viewed as an opportunity to push through a tax increase.

We elect representatives to make important decisions on our behalf while we are occupied with our lives: running businesses, raising children, going to school. Now more than ever we should be able to rely on them to support our interests, rather than furtively passing a tax measure when our focus is averted.

There is still an opportunity for our county and cities to do right by us. They must have the foresight and common sense to understand that supporting this tax increase will only be harmful in the future.

★



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ANY PURCHASE OF PET OR FISH SUPPLY
(Excluding Pet Food or Litter)
Cannot be used in conjunction with advertised sale items or similar percentage or dollar off coupons. Limit 1. PLU 324
Limit: 1 Coupon Per Family CHM
Effective 4/22/20 - 4/28/20

Look for Advertised Sale Items Everyweek at www.petclubstores.com

NATURAL BALANCE DRY DOG FOOD

•Lamb Meal & Rice (Reg & Lrg Breed)
•Sweet Potato & Fish •Sweet Potato & Venison •Sweet Potato & Bison
•Sweet Potato & Chicken 26-28 Lb Bag

\$5 OFF
Our Super Low Prices
Limit 2 Bags Per Family
Effective 4/22/20 - 4/28/20

AVODERM NATURAL DRY DOG FOOD

26-30 Lb Bag Limit 2 Bags Per Family
•Lamb Meal & Rice •Chicken Meal & Rice
•Lite •Senior •Large Breed

\$4 OFF OUR DISCOUNT PRICES!
Effective 4/22/20 - 4/28/20

NUTRO WHOLESOME ESSENTIALS DRY DOG FOOD

Lamb Meal & Rice 30 Lb Bag
•Adult •Small Bites •Large Breed

Limit 2 Bags Per Family **\$37.99**
Effective 4/22/20 - 4/28/20

FRISKIES TENDER & CRUNCHY COMBO DRY CAT FOOD

16 Lb Bag

Limit 2 Bags per Family **\$9.99**
Effective 4/22/20 - 4/28/20

FRISKIES BUFFET CANNED CAT FOOD

5.5 Oz All Varieties

Limit 2 Cases Per Family **ON SALE Everyday**
Effective 4/22/20 - 4/28/20

ARM & HAMMER SUPER SCOOP CLUMPING CAT LITTER

20 Lb Box •Unscented •Double Duty (Clump n Seal Regular 19 lb)
(Slide 19 lb)

Limit 2 Boxes Per Family **ON SALE**
Effective 4/22/20 - 4/28/20

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)

Limit 2 Cases Per Family **\$15.99**
Effective 4/22/20 - 4/28/20

SCOOPAWAY CLUMPING CAT LITTER

42 Lb Bag •Multi-Cat Formula

Limit 2 Boxes Per Family **\$12.99**
Effective 4/22/20 - 4/28/20

EARTH BORN HOLISTIC DRY DOG FOOD

Natural Grain-Free
•Primitive Feast •Great Plains Feast •Meadow Feast •Coastal Catch •Weight Control •Large Breed 28 Lb Bag Limit 2 Bags Per Family (Reg Price \$43.99)

\$39.99

SOLID GOLD DRY DOG FOOD

•Hund n Flocken •Wolf King Bison (24 Lb Bag)
•Holisticque •Millennia 28.5 Lb Bag Only Limit 2 Bags As Marked

10% OFF OUR REGULAR LOW PRICES

PEDIGREE CANNED DOG FOOD

•Choice Cuts in Gravy •Chunky Ground Dinner •Chopped Ground Dinner All Varieties 13 Oz Limit 2 Case (12 ct)

85¢

EUKANUBA DRY DOG FOOD

•Adult •Large Breed 30 Lb Bag
•Weight Control (Fit n Body) •Senior

\$39.99 \$41.99

PURELY FANCY FEAST CANNED CAT FOOD

2 oz. All Varieties Limit 1 Case

\$1.09

NATURALLY FRESH CAT LITTER

100% Natural Walnut-based Pellets 10 Lbs Clumping **\$8.99** Multi-Cat Clumping **\$9.99**

FRESH STEP CRYSTALS CAT LITTER

8Lb Bag Limit 2 Bags

\$11.99

BOXIE CAT CAT LITTER

16 Lb **\$2.00 OFF** 28 Lb **\$3.00 OFF**

NUTRO PERFECT PORTIONS GRAIN FREE CANNED CAT FOOD

•Pate •Cuts In Gravy 2.64 Oz Can Limit 1 Case

69¢

SCIENCE DIET FELINE MAINTENANCE DRY CAT FOOD

16 Lb Bag
•Mature \$33.99 •Light \$34.99 •(Sensitive Stomach 15.5 Lb \$38.99) •Urinary 15.5 Lb •Perfect Weight 15 Lb. \$38.99) Adult

\$31.99

9 LIVES DRY CAT FOOD

•Grilled Tuna & Egg 12 Lb Bag Limit 2 Bags Per Family

\$7.99

GRAVY TRAIN DRY DOG FOOD

35 Lb Bag Limit 2 Bags

\$14.99

MIDWEST METAL PRODUCTS

•Exercise Pens •Contour Crates
•Crates •Ovation Trainer All Varieties

20% OFF OUR SUPER LOW PRICES

PET CENTER CHICKEN BREAST TENDERS

100% Natural 16 Oz Jar •Chicken Nibblers

\$11.99

PETMATE HOODED Litter Pans

Large **\$13.99** Jumbo **\$19.99**

STAR-MARK PRODUCTS

•Treat Balls •Treats •Bento Ball •Dura Foam Disc & Ball •Chew Ball •Wheeler All Varieties

20% OFF OUR SUPER LOW PRICES!

SWEET HARVEST Small Animal Food Sale

•2 Lb •4 Lb •6 Lb Selected Varieties As Marked

15% OFF OUR REGULAR LOW PRICES

BOXED GLASS TANK WITH STARTER KIT

10 Gal Tetra LED Deluxe... **\$53.99** 29 Gal Tetra LED Deluxe... **\$112.99**
20 Gal Tetra LED Deluxe... **\$91.99** 55 Gal Tetra LED Deluxe... **\$187.99**

AQUEON BOXED 10 GALLON TANK With Economy Kit

Just add Heater For Tropical Fish **\$36.99** Limit 1 Per Family

KORDON WATER CONDITIONERS

Amquel 16 Oz... **\$6.49**
Amquel Plus 16 Oz... **\$6.49**
Novaqua Plus 16 Oz... **\$6.49**

REEF CRYSTALS

50 Gal. Salt Mix **\$14.99**

BONUS COUPON

FANCY FEAST GOURMET CANNED CAT FOOD

3 Oz - All Varieties Except Elegant Medley
Limit 1 Case Per Family
Limit One Coupon Per Family
Price Valid Only With Coupon Effective 4/22/20 - 4/28/20

ON SALE Everyday CHM PLU 361

BONUS COUPON

FRISKIES PARTY MIX CAT TREATS

2.1 Oz •Selected Varieties
Limit 2 Pkgs with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon Effective 4/22/20 - 4/28/20

\$1.19 CHM PLU 573

BONUS COUPON

JONNY CAT PREMIUM CAT LITTER

20 Lb Bag
Limit 1 Bag With Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon Effective 4/22/20 - 4/28/20

\$37.99 CHM PLU 362



STAYING SANE

Are you going stir crazy? Let’s face it, we are always on the go-go-go, and it’s not easy to come to a screeching halt. This silent virus is making itself loud, striking fear in all of us with a new scourge ... a rise in suicides because of isolation. The new term is covicide. Dr. Carole Lieberman, is a Board Certified Psychiatrist and Trauma Expert, and author of “Lions and Tigers and Terrorists.” She shared some ways to avoid deep depression on my POPPOFF Radio Show.

1) The key to coming out on top of these challenging times is attitude. If you begin each day with a ‘woe is me’, it will feel like solitary confinement. But if you use this ‘gift’ of time in a meaningful way, you’ll look back with gratitude.

2) Don’t waste time with fear-mongering news or fear-mongering

POPPOFF!

with Mary Jane Popp

people. It will only stress you out, and stress weakens the immune system.

3) Start by asking what you daydreamed about before coronavirus, while running on your ‘hamster wheel’ of work and other obligations. Maybe it was a book you always wanted to read? How about an old friend you wanted to track down? And what about the closet you wanted to clean out?

4) Adopt a rescue pet or foster one. Saving a pet’s life will make you feel good and purposeful. Pets love unconditionally and make you want to take better care of yourself because they depend on you.

5) Make a list of family and friends you want to reach out to, and call. Facetime or Zoom with at least three of them each day. Who would you miss most if something happened to them and you didn’t get to say a last goodbye?

6) Exercise each day. Take a walk. Watch online yoga classes or other exercises like dance classes. Sitting long hours is bad for you, so get out of that chair, put on some music and dance like no one’s watching.

7) Learn something new. Perhaps

you wanted to learn French or get your kicks learning to play the guitar. You might even try cooking some new dishes. You can find out how online and have plenty of time to practice.

8) Engage in stress-relievers each day, from music to meditation, from gardening to guided imagery, from star-gazing to savoring the scent of aromatherapy candles or essential oils.

9) Necessity is the mother of invention. If you’ve lost your job or your business, figure out something else you can do from home. Why not volunteer to help a food bank or other charity.

10) Keep a journal and get in touch with your thoughts and feelings. Think about what you would like to change. Or what childhood dreams would you like to capture? Make plans for what you’ll do differently when you re-enter the world.

We can get through this together. Check out www.drcarole.com or www.terroristtherapist.com. We will beat this terror! It’s a matter of staying strong and keeping the faith! We will overcome. Just keep on believing! ★



By Marlys Johnsen Norris, Christian Author

Today’s world is full of people on both sides of that question. Some people believe a lie propitiated by the enemy of God. However, they don’t know it. We all are raised to want and seek answers and unfortunately we accept peoples opinions about God that are not true. His enemy Satan is a liar and the father of all lies. (John 8:44)

From the beginning as soon as God recognized who his favorite angel (Satan/Lucifer) was and what he was doing to dishonor Him, *God cast him out of heaven to earth.* Now the earth is his home and he is still seeking people who will worship him. Problem is – that those people who believe his lies and their end result is that they will never know or believe what is true. They disregard

“Belief Or Unbelief” Is The Question?

the laws of God and their eventual home will be in hell! They tried to be someone who was worshipped like a god and willingly give up and never will receive God’s gift of eternal life in heaven with Him for all eternity.

Unbelief is utter rebellion against what truth IS! The promises of God are recorded in the Holy Bible to help us live our lives with God’s blessings.

Unbelief is utter disregard of the existence of Almighty God and His divine plan for His creation – you!

Unbelief is ignorance that leads to a life of insanity because it will take a person into “bondage” in a prison, death, with a multitude of sinful lifestyle acts.

Yes, God is a great and powerful. However, Living without Him and yielding to that voice of His enemy is not the answer for finding the love we all need in our lives.

Faith in God is true belief based on the Cross and the sacrificial shed

blood of Jesus Christ! This kind of faith brings life, peace, joy and happiness to survive any kind of difficulty that comes into our lives.

Little by little we learn about the loving power of God as we surrender and pray for guidance. Guidance he generously provides in miraculous ways of victory!

From the very beginning of our journey to know and love God, we learn that as we surrender into His perfect will for our lives He promises to never leave or forsake us. He teaches us His Way, His Truth and we find freedom and victory along the way. The process we learn obedience causes God to answer our prayers more quickly and even provide times when He “miraculously moves our mountains” that seem impossible.

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



Dare to Live Without Limits

by Bryan Golden

You Can Always Do Something



Have you ever been so frustrated with a situation that you threw up your hands in despair, feeling that there was nothing you could do? Left unchecked, this perspective can lead to feelings of hopelessness. Although there may be nothing you can do about external circumstances, you have total control over your response.

Some people fall apart when faced with challenging circumstances while others survive, and even thrive. What differentiates these two groups of people? Attitude, outlook, and action. Those who fare the best, proactively manage their response. People who suffer, typically exhibit a victim mentality by resigning themselves to being powerless to influence any aspect of their lives.

Your perception is your reality. If you perceive yourself as being helpless, you will passively await whatever fate comes your way. However, when you perceive yourself as playing an active role in your response, you become proactive in doing all you can to make the best of whatever circumstances you encounter. Your focus should always be on what you can do, not what you can’t do. Focusing on what you can’t do leads to a powerless feeling that generates despair.

Be proactive. Take positive action to make things happen. Even the smallest activity makes a positive

difference. For example, making your bed in the morning reinforces that there are aspects of your life you do have control over. Although this activity might seem insignificant, it provides a meaningful physiological boost.

This simple process thwarts the development of a victim mentality because you are making things happen, instead of waiting for them to happen. Cultivating this positive mindset is an invaluable asset for maintaining your mental and physical wellbeing.

If the big picture is overwhelming, focus on making the best of just today. Don’t worry about yesterday or stress about tomorrow. Now is what matters. You can even challenge yourself by trying new things you have been putting off.

Create a plan for each day and then follow it. Doing so keeps you from drifting aimlessly.

Having specific goals for each day boosts your mood. Celebrate each success. Completing each goal is satisfying. It provides a feeling of accomplishment.

You are more likely to engage in positive activities when you are happy and you are more likely to be happy when engaging in positive activities. It doesn’t matter where you start. If you are happy, get into action. If you are not happy, get into action

anyway. Don’t wait until you feel like it to begin. Don’t waste one moment making excuses.

Avoid getting mired in trying to figure out why things happen which are out of your control. Instead, immerse yourself in positive activities. Engage in possibility thinking. Have positive expectations. Consider all of the positive options available, no matter how small.

Work with what you have. Avoid lamenting whatever you feel you don’t have. What you don’t have is of no benefit to you. Don’t become trapped complaining or whining about what’s missing. Complaining won’t improve your situation.

Choose happiness. Don’t engage in depressing or negative self-talk. There’s no place for, “I don’t know what to do,” “I don’t know if I’ll make it,” or “I can’t handle this.” What you say to yourself determines your emotional state.

Regardless of your circumstances, you can always do something. You have total control over your response, thoughts, and actions. Don’t wait for a situation to get better before you feel better. Start today doing whatever you can.

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

By Rev. James L. Snyder

For almost four weeks now, the Gracious Mistress of the Parsonage and Yours Truly have enjoyed some exceptional time together.

During the last several weeks, my wife spent a lot of time in her “Craft Room.” She does a lot of crafts, and I am not allowed in that room.

The other day as I walked by the craft room, I looked in, and she said, “Is there anything you want?”

I knew the answer she was expecting, and so I gave it to her and went to the other end of the house. She does a lot of work in there. In fact, she has been making face masks for people.

With a smile on my face, I asked her, “Are you going to make me a face mask?”

Without even looking up, she said, “I don’t have enough material.”

There was no way I was going to ask her to explain what she meant by that. Down deep inside, I knew what she meant.

Every once in awhile, she would ask me to do something, and I would respond by telling her that I’ll get to it and do it.

“I thought you were going to take out the garbage,” she said to me the

other day.

“I will,” I mumbled to her as I was doing some reading.

“When?” She said with a very stern tone in her voice. “You said you would do it yesterday.”

Being very nonchalant, I said, “Well, there’s always tomorrow.” Then I would laugh. I noticed, though, she never laughed.

I am not quite sure how many times I pulled that one on her, but she finally had enough.

Looking at me, she said, “You said that yesterday. This is the tomorrow you were talking about yesterday.”

I had to stop and think about what she was talking about. Tomorrow and yesterday are just words as far as I am concerned.

During this hiatus, I didn’t think too much about the schedule. And so as far as I was concerned, yesterday and tomorrow have no real significance to me. One day is as good as the other.

My wife, on the other hand, has a schedule that she loves to keep to. In fact, since this hiatus, she has cleaned the house from top to bottom 117 times. At least it seems that way to me.

Our house is so clean that I have no reason to

sneeze anymore. If was any dirt, pollen, or dust, it is completely gone. I did not know how much I enjoyed the dust.

We were watching television together the other night, and a ridiculous idea danced through my head. With nothing more to think about, this idea took focus.

Doing a commercial, I stared across the room, and my wife said, “What are you looking at?”

Staring intently, I pointed and said, “Is that dust I see over there?”

As I watched her search for that maverick dust particle, I could not help but think of a verse of Scripture. “Jesus Christ the same yesterday, and to day, and for ever” (Hebrews 13:8).

One thing I have learned, and that is, all of my yesterdays, todays and tomorrows are in God’s hands, and I have nothing whatsoever to worry about.

Dr. James L. Snyder is pastor of the Family of God Fellowship, 1471 Pine Road, Ocala, FL 34472. He lives with his wife in Silver Springs Shores. Call him at 352-216-3025 or e-mail jamesnsnyder2@att.net. The church web site is www.whatafellowship.com. ★



Nancy Baker, President of Assistance League of Sacramento

A Message from the President

Recent weeks have challenged us in ways that I

Connecting the Community

never could have imagined. I hope that you and your family are well and keeping busy as we shelter in place. Here is what's happening in our organization since our last newsletter.

Assistance League of Sacramento was well on its way to meeting our mission and fulfilling this year’s philanthropic program goals. But the devastating

effect of the COVID-19 virus halted much of our community outreach and temporarily closed our resale shop, Fabulous Finds on Fulton.

School-based programs have ceased operating until fall. Services to foster youth and homeless individuals are our most critically affected programs. Fabulous Finds,

our major source of funding, has been closed since March 14, 2020. We estimate a devastating loss of \$85,000 of income from this funding source alone.

But there is a bright spot in this story. We are pleased to announce that we are able to honor our scholarship commitment to 23 deserving community college students. Fourteen

first-time scholarship winners, four repeat scholarship winners, and five foster youth scholarship winners will receive scholarships totaling \$52,000.

To ensure that we have the resources to continue to serve the community, I am reaching out to you for your financial support. We need your help. Please donate.

You can write us a check at any time, or donate online. Please go to our

website, www.assistance-league.org/sacramento to use your credit card. Any donation, large or small, will be so appreciated.

It’s times like these that reaffirm that we are a community filled with generosity, kindness, compassion, and caring. Thank you for your continued support of Assistance League of Sacramento.

Nancy Baker President ★

Ask Toni

Laid Off... Turn 65 April 30th What Do I Do??



Toni King

Toni:

I need your help to enroll in Medicare because I will turn 65 on April 30 th . On April 10th, I was laid off due to the current economic conditions. My employer benefits ended the day I was laid off. I have no idea what to do!!

A friend recently gave me a Toni Says® newspaper article with your information and said I could email you regarding getting my Medicare started as quickly as possible. I am concerned that I will get the dreaded Medicare Part B penalty because I didn't have Medicare start April 1 st . I cannot get a straight answer as to what we need to do. Help me Please!!

~ Mary Ann from The Woodlands Area

Mary Ann:

Every day I am hearing from Americans who are losing their jobs due to these trying times with Coronavirus and downfall of the economy. Don't fret, Mary Ann ... April is your birthday month and you can enroll anytime in April and your Medicare Part B will begin May 1st.

You do not have to wait until April 30th to enroll nor have you made a major

mistake because your Medicare Part A and B did not begin on April 1st .

Medicare has a special enrollment window called **the enrollment effective date schedule**, which is **NOT** mentioned in the Medicare and You handbook but is discussed in my new Medicare Survival Guide® Advanced edition.

On page 5 of Chapter 1 in the Medicare Survival Guide® Advanced edition, there is a chart with a timeline explaining when and how to enroll when turning 65.

The official Medicare & You handbook, only discusses Medicare's "Initial Enrollment Period" and does not go into detail.

Below is what you need to understand regarding **Medicare's effective date schedule**:

- **Enrolling anytime 3 months before turning 65**, your Medicare begins the first day of the month you turn 65. *Since you, Mary Ann will turn 65 on April 30 th of this year; you could have enrolled in Medicare Part A and/or B in January, February, or March (3 months prior) for an April 1 st effective date. But you missed this window of opportunity and have other options.*

- **Enroll in Medicare the month you turn 65** which is April, then your Medicare will begin 1 month after you sign up which is May 1st . *You can enroll in a Medicare Supplement without answering one health*

question because you are in your Medigap 6-month enrollment period.

Now the fun begins:

- **Enroll in Medicare 1 month after you turn 65**, your Medicare will begin **2 months** after you sign up. Enroll in May; Your Medicare Parts A and B begin August 1st .

- **Enroll in Medicare 2 months after you turn 65**, your Medicare will begin **3 months** after you sign up. Enroll in June; Medicare will begin October 1st.

- **Enroll in Medicare 3 months after you turn 65**, your Medicare will begin **3 months** after you sign up. Enroll Medicare in July your Medicare will begin November 1st .

Mary Ann, your important 6-month Medigap/Medicare Supplement open enrollment application period begins on the 1st of the month, which you have enrolled in Medicare Part B and you do not have to answer one (1) medical question. There is a 6-month window to apply for any Medicare Supplement without health underwriting.

Toni King, author of the Medicare Survival Guide® Advanced edition, which is a simple guide that puts Medicare in people terms, is having a \$5 Toni Says® readers discount at www.tonisays.com. If you have any questions regarding this article or any Medicare issues reach out to Toni at 832-519-8664 or email at info@tonisays.com. ★

SMUD Extends Suspension of Power Shutoffs for Non-Payment through May 30

SMUD Press Release

SACRAMENTO REGION, CA (MPG) - In response to the Covid-19 pandemic and growing economic challenges, smud announced it will extend the suspension of disconnecting power due to non-payment for residential and commercial customers until May 30.

"We made this decision due to the impact that Covid-19 is having on our local communities," said Arlen Orchard, CEO and General Manager of SMUD. "We want to ensure that our most vulnerable customers have access to power during these times."

The suspension of power disconnection due to non-payment began March 13 and will last through May 30, as smud continues to monitor the evolving situation.

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

In the midst of this Covid-19 pandemic, SMUD has taken a number of actions to

keep its employees and the community safe. As an essential service provider, SMUD is proactively minimizing risk to employees to ensure reliable electric service and is asking the public to abide by the social distancing guidelines and not approach work crews. Their safety and well-being is key to keeping our community powered, so please thank them from afar. For information about our continued efforts, please visit SMUD.org/Covid-19.

As the nation's sixth-largest community-owned electric service provider, SMUD has been providing low-cost, reliable electricity for almost 75 years to Sacramento County (and small adjoining portions of Placer and Yolo Counties). SMUD is a recognized industry leader and award winner for its innovative energy efficiency programs, renewable power technologies, and for its sustainable solutions for a healthier environment. SMUD's energy is about 50 percent carbon-free and is on track to deliver 100 percent net-zero carbon electricity by 2040, ahead of California's 2045 goal. For more information, visit SMUD.org. ★

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CLUES

- ACROSS**
- *Like many mythical creatures
 - Second mo.
 - Spill the beans
 - Convex molding
 - ___ the President's Men
 - Ankle support, e.g.
 - Make a logical connection
 - *E.T.'s craft?
 - Des Moines native
 - *Fire-breather
 - *Household spirit
 - Tucker of "Modern Family"
 - Antonym of is
 - *Grimm's Queen
 - Tailor-made
 - Showing on TV
 - *All's well that ___ well
 - Golly!
 - Punctuation mark
 - Seaport in Yemen
 - Hitching post?
 - Additionally
 - Poison ivy or Poison oak
 - One more than The Beatles
 - Hold as a conviction
 - *Mrs. Potts or her son Chip
 - Andrew Sean Greer's 2017 Pulitzer-winner novel
 - Toast choice
 - Jack and Jill's water jug
 - *___ Now or Never
 - *Horse's cousin
 - *One of the seven dwarfs
 - Ascetic holy Hindu
 - HHS agency
 - Relating to #25 Across
 - Banana treat
 - Go bad
 - Australian canid
 - Lou of "Walk on the Wild Side" fame
 - Card in the hole?
 - *The Forsyte ___, pl.

- DOWN**
- Wisecrack
 - Like a zealous fan
 - Regular attendee
 - Hipbone-related
 - Cuban music genre, pl.
 - *Half-man, half-goat
 - *Santa's helper
 - Spitiches
 - Arch on a face
 - Croquet turf
 - Popular smoothie berry
 - Well, to Sofia Loren
 - Relating to living organisms
 - Opposite of alpha
 - Genetic initials
 - Parents hope to do this with values
 - *Beauty's beau
 - Empower
 - Dropsy
 - *Big Bad One
 - Yellow brick one
 - Feeling worse than before
 - *Like Curious George
 - *Garden dweller
 - Finger move

Crossword Puzzle Solutions on Page 6

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- Moneyed one
- Pine product
- Choose not to do something, 2 words
- Toni Morrison's "___ Baby"
- 1862 plots, for short
- Prefix for below
- Old photo color
- Stalin's domain
- Back of the neck
- Not active
- Past tense of chide
- Fill beyond full
- Sound of passing bullet
- *Baba
- *Who Bugs Bunny talks to?
- Numbers, abbr.

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

Solutions on Page 6

Find Puzzles on Page 6

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Sudoku Puzzle on Page 6

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

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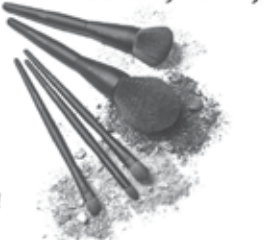
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By County Supervisor Sue Frost

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

Over the past couple of weeks, I have had a large number of people ask me what Sacramento County is doing or going to do to help reduce the spread of COVID in the homeless community. In early April, Sacramento County and Sacramento City unanimously approved a joint plan that allocated more than \$15 million for this purpose, so I want to take this opportunity to explain it to you so you can understand how we are addressing this important issue. The plan consists of three main parts:

First, we are keeping our existing emergency shelters safe and operational and expanding their capacity. For our existing shelters, we are providing guidance and supplies for how to keep facilities sanitized and properly implement social distancing. For six different providers, we have expanded or prioritized the highly vulnerable. In one instance, the North 5th Street shelter expanded to accommodate an additional 40 highly vulnerable

Orangevale Community Update

Finding Opportunity in Crisis

homeless individuals.

Second, we are working to ensure the health and safety of everyone living outdoors. We are doing this by providing portable toilets and wash stations to homeless camps with more than ten people living in them. We are also going to be providing daily support to meet the hygienic needs the homeless have, such as hygiene kits. I have had some people ask me why we aren't providing portable toilets and wash stations year-round, regardless of coronavirus. The reason is that portable toilets at homeless camps quickly turn into biohazard nightmares unless we provide heavy, daily upkeep. Doing so is extremely expensive, and the money can often put to better use elsewhere to help solve the problem.

Third, we are creating quarantine units for homeless people who have tested positive for COVID, are symptomatic, or are otherwise highly vulnerable. We are housing these people mainly at a few existing motels who have signed contracts with the County. Since hotels/motels have virtually 100% vacancy right now, this is a good fit for both parties. We are allowing homeless people access to the quarantine units based on a ranking, with the top rank being someone who has tested positive for COVID (which we have the complete capacity for). The second rank is for someone pending a test or exposed to someone who

tested positive, the third rank is for someone aged 65+ with pre-existing conditions with symptoms, and the ranks go on from there.

I would like to think that from this overwhelming situation that has arisen, some good may be able to come out of it. For Sacramento County, we may be able to connect more homeless individuals with the services they need than we have in the past. We are getting our foot in the door to talk with them about long term housing and care, ways of getting them out of homelessness. Sometimes, that is how a crisis works. It comes along and throws us into chaos, but it also creates opportunities. Many people are struggling right now, but they are doing it from the comfort of their homes, while many people, including seniors and families, have no such luxuries. I hope we can capitalize on this opportunity and pull as many vulnerable people off the streets as we can, for as long as we can.

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@sac-county.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. ★

IRS Issues Warning About Coronavirus-Related Scams

By David A. Tucker II,
Internal Revenue Service

WASHINGTON D.C. (MPG) - The Internal Revenue Service urged taxpayers to be on the lookout for a surge of calls and email phishing attempts about the Coronavirus, or COVID-19. These contacts can lead to tax-related fraud and identity theft.

"We urge people to take extra care during this period. The IRS isn't going to call you asking to verify or provide your financial information so you can get an economic impact payment or your refund faster," said IRS Commissioner Chuck Rettig. "That also applies to surprise emails that appear to be coming from the IRS. Remember, don't open them or click on attachments or links. Go to IRS.gov for the most up-to-date information."

Taxpayers should watch not only for emails but text messages, websites and social media attempts that request money or personal information.

"History has shown that criminals take every opportunity to perpetrate a fraud on unsuspecting victims, especially when a group of people is vulnerable or in a state of need," said IRS Criminal Investigation Chief Don Fort. "While you are waiting to hear about your economic impact payment, criminals are working hard to trick you into getting their hands on it. The IRS Criminal Investigation Division is working hard to find these scammers and shut them down, but in the meantime, we ask people to remain vigilant."

Don't Fall Prey to Coronavirus Tricks; Retirees Among Potential Targets

The IRS and its Criminal Investigation Division have seen a wave of new and evolving phishing schemes against taxpayers. In most cases, the IRS will deposit economic impact payments into the direct deposit account taxpayers previously provided on tax returns. Those taxpayers who have previously filed but not provided direct deposit information to the IRS will be able to provide their banking information online to a newly designed secure portal on IRS.gov in mid-April. If the IRS does not have a taxpayer's direct deposit information, a check will be mailed to the address on file. Taxpayers should not provide their direct deposit or other banking information for others to input

on their behalf into the secure portal.

The IRS also reminds retirees who don't normally have a requirement to file a tax return that no action on their part is needed to receive their \$1,200 economic impact payment. Seniors should be especially careful during this period. The IRS reminds retirees – including recipients of Forms SSA-1099 and RRB-1099 – that no one from the agency will be reaching out to them by phone, email, mail or in person asking for any kind of information to complete their economic impact payment, also sometimes referred to as rebates or stimulus payments. The IRS is sending these \$1,200 payments automatically to retirees – no additional action or information is needed on their part to receive this.

The IRS reminds taxpayers that scammers may: Emphasize the words "Stimulus Check" or "Stimulus Payment." The official term is economic impact payment; Ask the taxpayer to sign over their economic impact payment check to them; Ask by phone, email, text or social media for verification of personal and/or banking information saying that the information is needed to receive or speed up their economic impact payment; Suggest that they can get a tax refund or economic impact payment faster by working on the taxpayer's behalf. This scam could be conducted by social media or even in person; Mail the taxpayer a bogus check, perhaps in an odd amount, then tell the taxpayer to call a number or verify information online in order to cash it.

Reporting Coronavirus - Related or Other Phishing Attempts

Those who receive unsolicited emails, text messages or social media attempts to gather information that appear to be from either the IRS or an organization closely linked to the IRS, such as the Electronic Federal Tax Payment System (EFTPS), should forward it to phishing@irs.gov.

Taxpayers are encouraged not to engage potential scammers online or on the phone. Learn more about reporting suspected scams by going to the Report Phishing and Online Scams page on IRS.gov.

Official IRS information about the COVID-19 pandemic and economic impact payments can be found on the Coronavirus Tax Relief page on IRS.gov. The page is updated quickly when new information is available. ★

California State Parks Closes Additional Beaches and Parks

California State Parks Press Release

SACRAMENTO, CA (MPG) - With Governor Gavin Newsom's stay-at home order and the critical need to help prevent the spread of COVID-19, California State Parks announced additional temporary full closures of parks. Effective at sunset on April 3, in San Diego County, Torrey Pines State Natural Reserve and the following state beaches are closed until further notice: Cardiff, Carlsbad, San Elijo, Silver Strand, South Carlsbad and Torrey Pines. In Los Angeles County, the popular Antelope Valley California Poppy Reserve State Natural Reserve (SNR) is also closed. A list of the closures can be found online at parks.ca.gov/FlattenTheCurve. The list is dynamic and is updated as needed.

To date, State Parks has temporarily closed some parks fully, meaning all vehicular access, trails and restrooms within these parks are closed. It also has closed vehicular access at all parks, including for off-highway vehicles and recreational boats; closed all campgrounds, museums and visitor centers; and cancelled all events. Some parks with vehicular closures remain open for locals provided they practice safe, physical distancing of 6 feet or more and are visiting parks near their primary residences.

Visitor Guidelines

Many state parks continue to experience visitation surges that make it impossible for the public to implement safe, physical distancing. The State of California understands the public's need to connect with

the outdoors, but activities requiring travel by vehicle to destination parks or beaches are not appropriate at this time.

The public is reminded to adhere to the following guidance:

Stay home if you are sick; Stay close to home when you get outdoors. This is not the time for a road trip to a destination park or beach; Venture out only with people in your immediate household; Walk around the neighborhood and enjoy neighborhood parks; Always maintain a physical distance of 6 feet or more when recreating in the outdoors. If you cannot maintain physical distancing, leave the park; Do not congregate in parks.

State Parks will continue to monitor visitation and physical distancing at all state park units and if the safety measures implemented thus far are not sufficient to protect public health, additional measures may be taken to fully close more state parks. All Californians have the responsibility to "Flatten the COVID-19 Curve at Parks."

Virtual Visits and Distance Learning

Instead of taking road trips to state parks during the stay at home order, State Parks invites the public to explore the nation's largest State Park System virtually. Many state parks are offering live feeds across their social media platforms, and state parks can also be explored online via Google Street View Treks. For those wishing to view the poppy blooms and other wildflowers in bloom right now at Antelope Valley California Poppy Reserve SNR, they can view them via a Poppy Cam, which livestreams the


current bloom conditions. The park is also showcasing the blooms via 360-degree views and upcoming live feeds on the park's Facebook platform.

Additionally, the award-winning Parks Online Resources for Teachers and Students (PORTS) Distance Learning Program is offering free home learning programs for families. Programs are now available between 9 a.m. to 2 p.m. PDT, Monday through Friday. Each hour focuses on a specific range of grade levels where interpreters will read books and tell stories about their parks, tour iconic museums including Hearst Castle and explore majestic redwood forests and marine protected areas.

Families can register for the home learning programs by visiting the new PORTS website www.ports-ca.us. Currently, space is limited to 500 families per program, but thanks to an established partnership with Zoom Video Communications, PORTS will be increasing the spaces available for these webinars in the coming weeks to meet the growing demand.

In addition to the free home learning program, the new PORTS website also offers 360-degree virtual tours of various state parks, online teaching tools and links to popular State Parks YouTube channels and previous broadcasts. The website is updated frequently with new material and will continue to evolve as State Parks creates online content for families and teachers.

Visit www.parks.ca.gov/newsroom for the most up-to-date information on how the department is responding to the COVID-19 pandemic. ★



MEMORIAL DAY CELEBRATION

Fair Oaks Cemetery

Saturday May 23, 2020 at 10:00am
7780 Olive Street, Fair Oaks, CA 95628

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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