



Carmichael Times

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Serving Carmichael & Sacramento County since 1981

APRIL 23, 2021

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Smooth Sailing Ahead



Supervisor Rich Desmond (right) County engineer Melissa Wright and inspector Chris Sanford visit works that will complete the Carmichael Corridor improvement project this summer.

**Story and photo
 by Susan Maxwell Skinner**

CARMICHAEL, CA (MPG) - Good news update: the final phase of Fair Oaks Boulevard's facelift is inching toward completion. An eight-year bugbear for motorists, work along the one-mile corridor will wrap up in June. The bill for this last stage will top \$16 million.

Formulated with community and County input 11 years ago, plans for Carmichael's ugly-ducking central zone envisioned a main-street feel. Execution began in 2013. Initial work revamped Marconi Avenue and Palm Drive corners; the stretch from Landis Avenue to Engle Road was addressed in 2016. Third-phase construction (begun last year) ties in three-blocks between Marconi and Landis.

Upgrades for all phases have included new sidewalks, bike lanes, street lighting, road surfaces, median landscaping, signal modifications and utility burial. Some storm drains have

been rebuilt. Traffic lights were last year installed at the Landis corner; another set now flashes at Robertson Avenue. Beyond improving traffic flow, these signals allow emergency intersection control for Sac Metro Firefighters stationed on Robertson. Within the project, the Grant Avenue corner of Carmichael Park got new sidewalks and an expanded mural garden.

County Supervisor Rich Desmond last week inspected work sites with Principal County Engineer Melissa Wright. Wright noted that while early COVID months crisis thinned traffic and made progress easier, work slow-downs were inevitable. "As in most projects of this nature," she explained, "We encountered undocumented underground utilities. Dealing with these created schedule challenges."

The long project has already glamorized mid-town. Though potholes remain in the final stretch,

boulevard asphalt is generally satin-smooth. Additional giant palm trees and monuments evoke Carmichael's colonial history. New sidewalks are much in use and rose-covered medians daub the corridor with spring color. Finishing touches will include an oak-leaf embellished obelisk at Angelina Avenue. Long accustomed to slowdowns, boulevard motorists must endure about seven more weeks of disruptions. Phase three sidewalks, medians and landscaping are yet to be installed. Surfaces will be sealed and stripes painted days before the County's ribbon-cutting declares mission-accomplished.

Rancho-Cordova-based B & M builders are undertaking remaining work. All three phases - including planning, construction and right-of-way acquisitions - will run up a bill of more than \$31 million. Federal, State and County funding is covering costs. For more information, visit www.sacdot.com ★

Ami Bera's Congressional Art Competition is Now Open



Ami Bera

**From the Office of
 Congressman
 Ami Bera, M.D.**

SACRAMENTO, CA (MPG) - Each year, I'm proud to have my office take part in the annual congressional art competition *An Artistic Discovery*. This is a great opportunity for qualifying high school students from Sacramento County to demonstrate their terrific artistic abilities.

The winner of this competition will have their artwork hung in the U.S. Capitol for one year!

Each student who enters the competition must comply with all of the contest's rules and regulations.

Specifically, please be mindful of the following:

For my office, the deadline to enter the competition is Sunday, April 25th at 11:59 PM PT.

Please submit a photo of your artwork by visiting bera.house.gov/artcompetition and clicking on the submission portal. Make sure the photo is clear and well-lit.

All artwork must be completed by individual high school students residing or attending school in the 7th congressional district of California; If you're not sure if you live within the 7th congressional district see bera.house.gov/california-7th-congressional-district

Accepted mediums in 2-D format: paintings, drawings, collages, prints, mixed-media, computer-generated art, photographs; Entries must be the ORIGINAL work of the student; framed dimensions cannot exceed 26" x 26" x 4" and should not weigh more than 15 pounds, including the frame (Frame Optional); Winning artwork will be displayed in the United States Capitol for the next year!

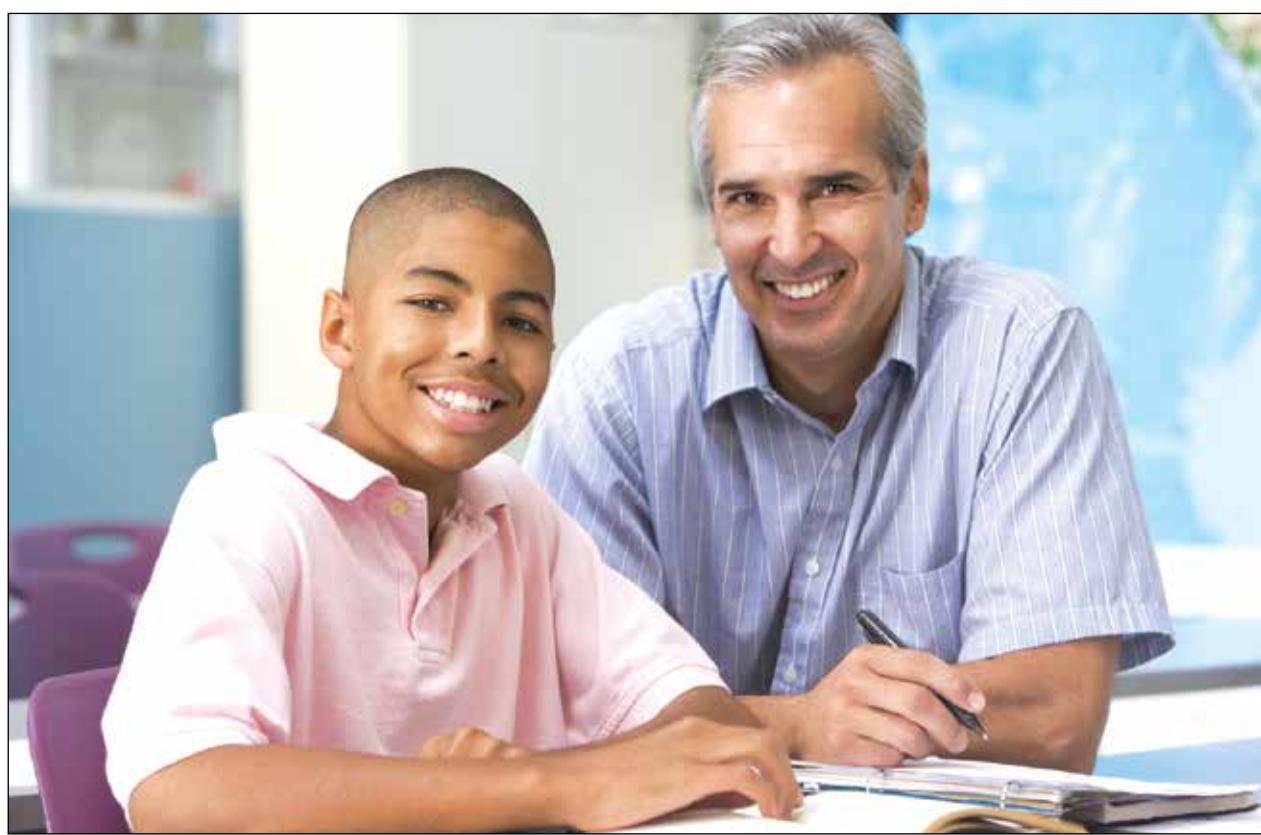
Please review carefully all of the additional documents in the 2021 Rules for Students and Teachers and 2021 Student Release Form.

To learn more about the rules and other information at bera.house.gov/artcompetition 2021 Rules for Students and Teachers.

If you have any questions, please don't hesitate to call my office at (916) 635-0505 to speak with a member of my staff.

Good luck to all of the participants! ★

They are Essential to Care



"Social workers are unsung heroes that are essential to community well-being. They are driven by several core values, including service, social justice and the dignity and worth of human beings," said Michelle Callejas, Director of Sacramento County, Child, Family and Adult Services. Photo MPG file.

**By Andrea Sandoval,
 Sacramento County News**

SACRAMENTO COUNTY, CA (MPG) - Sacramento County is helping

celebrate this year's Social Work Month with the theme "Social Workers are Essential" to highlight the priceless contributions social workers make in our community,

especially during COVID-19.

The goal of Social Work Month is to inform the public, policymakers and legislators about the way the

Continued on page 5

Rebuilding Wind-blown Aviary

Wildlife Care Association Gets a Hand from Wells Construction Corporation

By Cecilia Lee Feser

SACRAMENTO REGION, CA (MPG) - There was a mighty wind in February of this year. Trees were split in two, trampolines were blown out of yards and landed on the roadways. Four large electric and light poles were split in half that were in front of the High School. Yet, the blessing, no one seriously hurt.

One of the wind-blown buildings destroyed was the flight aviary used by The Wildlife Care Association. Again, a blessing, no birds were killed. There were three crows being treated for various issues in the aviary when the storm hit. The next day, two had flown off and one was stunned and sitting next to the twisted wooden and wire mess. The two never returned and live happily out in the wild, the one behind was treated and when well was released too.

Here's some information about the Wildlife Care project while I watch the quick build. The workers that run the rescue at the Wildlife Care Association, are mostly volunteers. Even the workers in front of me, building the new Aviary are volunteers from, Wells Construction Company with their day job being workers for the same Wells Construction. Jim Brown was my contact for the new construction. More about him and the volunteers to come in part 2 of this article.

When I checked in this morning, I met a man named Dave Gish. While we gathered around the donated donuts and coffee, both were still hot, cream filled, jelly filled, french curlers, Okay okay you get it, I love my writing jobs. Anyway, he started telling me all about the how, when, why of the goals of the Wild life Care Association. He



Above: February's gusty winds did some serious damage. Right: Volunteer workers employed by Wells Construction Corporation erect new walls for the Sacramento Wildlife Care Association's new aviary.

Photos by Cecilia Lee Feser



himself has been on board this program since 2015. He volunteered for a year before he was able to go to his first release of a healed bird.

"Amazing to watch", he said. "They sit in the back unsure to move forward. Sometimes you have to tilt the cage forward, sorta making them fall to the front and then they get it and fly off; what a sight!"

I could feel his excitement. He also told me since he started, 1750 animals have been rehabbed and released. When you think about that number in terms of them coming in with all kinds of needs it is amazing they lived. He said they come in a lot from being hit by a car, with the Raptors usually from

systematic poisoning, which is usually caused when they have eaten an affected prey animal killed by poison. They personally do not have the license to keep the raptors, but can care for them until they can be turned over to a licensed care facility. There is an emergency number that is 916-965-9453. It is an answering machine, monitored, and your call will be returned.

I keep talking about "birds" because it is the Aviary being built. But, Dave wants it know they rehab all types of critters.

Raccoons, opossums, turtles, and if they can't or are not licensed they refer you to a care facility that can help you. For instance they do not have the facilities for deer rescue, but they do have, Kindred Spirits up the hill that does only deer rehab. They also are in contact for over 20 years, with Hope Swinimer of East Coast Canada Rehab, for placements.

Most mammals, Dave said, go out to private homes where the care giver has gone through a training and care program before they can actually care for them in their homes. For instance, there is Chris with the endearing name of "the crazy racoon lady". At one time she had 38 in different stages of getting well. He named other such people whom he works with with similar endearing names and preference of certain animals.

Two donuts down, I think, and after writing all these notes, I asked Dave if there was anything else before I closed out this week's story on the beginnings of The Wild Life Association. He said he wanted people to know when animals are well and returned to the wild, they have a policy of where to return the animal. Adult birds are released within 10 miles of where they were found. Raccoons and Skunks must be released within 10 miles from any buildings or properties where people live or work. Lastly, there is ALWAYS A THRILL to be there when you release an animal. He LOVES being here. Also, always looking for volunteers to help with rehab, feedings, cleaning etc.

I thanked him for his time and information. Then looking lovingly back at that half full box of doughnuts, I threw away my napkin and coffee cup. I told him there was too much information for just one article and that the following week's article will be about the Flight Aviary being built all the ins and outs and how they got the money and supplies... Shook his hand and head out to write this up before I can't read my scribbles. Until next week, be safe and hug yourself first!! ★

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 Food Court - 7 Days 11am - 8:30pm
 (Chinese 11:30am - 8:30pm)

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Wayne Farms 40 lb Box **\$25.99**

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ibp Pork Loin Chops Bone In **\$1.69/lb**

Pork Cushion Meat - Boneless **\$1.99/lb**

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Popeye Spinach 10 ct **2/\$3**

Aloe Vera **79¢**

Young Thai Coconut **16.99**

King Oyster Mushrooms **1.99**

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Wafers **\$1.49**

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Instant Noodles **2.99**

777 Mac & Cheese **\$3.99**

Chaohong Milk **\$1.99**

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Royal Armasia 3 in 1 Coffee 20/20 gr **\$8.99**

Mackerel in Tomato Sauce 240 gr **\$2.59**

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Crackers **2.49**

Instant Noodles **9.99**

777 Mac & Cheese **2.49**

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Cooked Abalone with Shell 6 Pcs **\$12.99/ea**

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Columbus Maple Syrup & Honey Cured Bacon **\$8.19**

Columbus Maple Syrup & Honey Turkey Breast **\$8.19**

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Wreaths Across America Tour to Stop in Carmichael



The goal of the Wreaths Across America Mobile Education Exhibit is to bring community together and teach patriotism while remembering the service and sacrifice of our nation's heroes. Photo: WWA

Wreaths Across America Press Release

CARMICHAEL, CA (MPG) - Wreaths Across America (WAA) is proud to announce that its Mobile Education Exhibit (MEE), which has been traveling the country to honor our nations veterans, will make eleven tour stops in California. Starting on April 24, 2021, the WAA MEE will be in California for the first of multiple stops.

On Thursday, May 6th, the tour will be stopping in Carmichael. The General John A Sutter, Sacramento, Gold Trail, Rio Cosumnes Chapters of the Daughters of the American Revolution will host the WAA MEE for an open house to honor our nation's veterans and active duty military at 5631 Cypress Ave. from 10am – 4:30 pm.

“The goal of the Wreaths Across America Mobile Education Exhibit is to bring community together and teach patriotism while remembering the service and sacrifice of our nation's heroes,” said Karen Worcester, executive director, Wreaths Across America. “However, over the last year,

in light of the current health crisis, we feel this exhibit has taken on even more meaning by providing the opportunity for people to safely participate in something that is both educational and inspiring, while supporting and giving back to the communities it visits.”

The MEE achieves this goal by bringing the local community, veterans, active-duty military and their families together through interactive exhibits, short films, and shared stories. The exhibit serves as a mobile museum, educating visitors about the service and sacrifice of our nation's heroes as well as serving as an official ‘welcome home’ station for our nation's Vietnam Veterans.

When the MEE pulls into your area, all veterans, active-duty military, their families, and the local community members are invited and encouraged to visit, take a tour and speak with WAA representatives and volunteers. They can also share more about the national nonprofit, and the work its volunteers do to support our heroes and their communities year-round. ★

The public tours for the MEE are free and open to the public with social distancing, sanitation and COVID-19 safety procedures in place to protect the health of all visitors in accordance with the CDC's recommendation for large gatherings stemming from concerns surrounding the COVID-19 pandemic. Members of the media, dignitaries, veterans and other interested groups are urged to come, ask questions, share stories and experience this one-of-a-kind exhibit.

To host the MEE in your community, whether it be for a parade, a school-related or veterans' organization, or a public or private event, visit <https://wreathscrossamerica.org/mee> to make a request.

You can sponsor a veteran's wreath anytime for \$15 at www.wreathscrossamerica.org. Each sponsorship goes toward a live, balsam wreath that will be placed on the headstone of an American hero as we endeavor to honor all veterans laid to rest at noon on Saturday, December 18, 2021, as part of National Wreaths across America Day. ★

Carmichael Chamber of Commerce • Carmichael Times

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Our community will be hosting a variety of socially distanced booths with local industry professionals, such as realtors, home health & hospice companies, senior financial experts, and more. There will be a light lunch served and valet parking provided, as well as raffle prizes!

First LunchboxWax Salon Opens 11th California Location

By Anastasia Maragos, All Points Public Relations

FAIR OAKS, CA (MPG) - LunchboxWax, the premier full-service, speed-waxing salon, is officially entering the California state capitol. The new salon, located at 8929 Madison Ave. Suite #203 in Fair Oaks, will bring the brand's high-end experience to the community on April 19.

Local couple, Katie and Jim Martin, will be the first to bring this inclusive and body-positive brand to the Sacramento community at large. After 30 years of serving their community through non-profit work, the Martin's decided to contribute to their community through a new venture. The salon operations will closely follow local county guidelines and COVID-19 protocols, keeping guests and waxologists safe during the opening festivities.

"After months of preparation, we are excited to be the first to share the LunchboxWax experience with our neighbors in the Sacramento area," said Katie Martin. "As a woman passionate about business and the self-care industry, providing a high-quality waxing experience to our customers while offering new career opportunities to the community has been an exciting prospect. We are looking forward to building strong relationships with our guests and waxologists alike in the coming weeks that will last us for years to come."

The forthcoming LunchboxWax salons will offer a full range of hair removal services from top



Local Couple, Katie and Jim Martin, to Bring Brand's High-End Waxing Experience to Fair Oaks. Photo credit All Points PR

to toes, bottoms to brows and cheeks to chest. Using its proprietary three-step speed-waxing process, LunchboxWax has a "soft wax" technique that is more effective and less painful than traditional waxing.

"Entering the Sacramento market for the first time with Katie and Jim leading the way has been an exciting process to watch," said Christo Demetriades, COO of LunchboxWax. "With 30+ years of successful business management experience between the couple, and Katie's passion for the self-care industry, I can't think of a more ideal team to partner with LunchboxWax and transition into a new territory. We are excited for the Martin's to open their first location in the coming weeks and provide the community with the high-end waxing they have been waiting for."

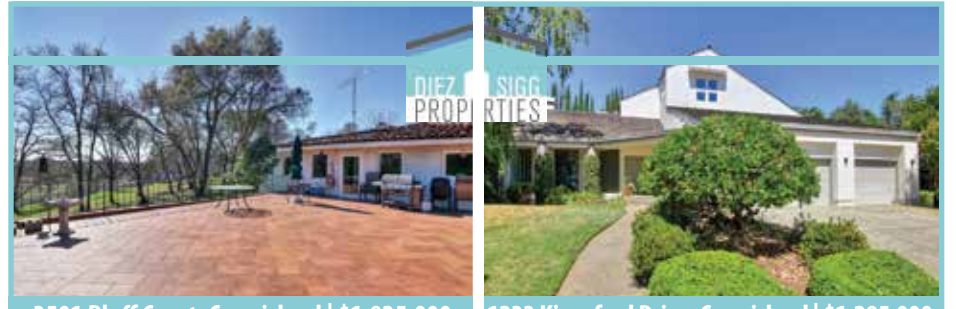
The brand's low-cost investment, along with support from an executive team with extensive salon

and franchise experience, attracts individuals who are passionate about providing exceptional customer service, enjoy working as a team, and possess a desire to create a positive impact in their local community.

For more information on LunchboxWax services, please visit www.lunchboxwax.com.

LunchboxWax is a boutique speed-waxing franchise catering to men and women who are mindful about the businesses and people they choose to perform personal services. Founded as a culture-first business by Debi Lane in Boise, Idaho, in 2010, LunchboxWax began awarding franchises in 2013, and today has 48 salons across the country. In 2021, LunchboxWax ranked on Entrepreneur's Franchise 500 list.

To learn more about LunchboxWax franchise opportunities, please visit www.lunchboxfranchise.com. ★



3501 Bluff Court, Carmichael | \$1,925,000

1233 Kingsford Drive, Carmichael | \$1,295,000

From dusk until dawn, experience remarkable views of the American River at this classic family estate, which is making its market debut for the first time! This secluded 4 bedroom and 3 bath retreat is tucked away on the river bluff and includes a private gated entrance and natural surrounding landscape to ensure the utmost in privacy. Built in 1938, this iconic property features a Spanish Adobe home with a red tile roof, tile pavers, and a minimalist design that showcases the home's breathtaking panoramic river views. The masterfully-designed outdoor deck is ideal for entertaining and gives way to riverfront views and the expansive grounds. There is an adjacent lot available, which allows the unique opportunity to own a 2.6 acre riverfront estate. A desirable cu-de-sac location and 3-car garage add to this home's charm! Centrally located near Highways 50/80, parks, cycling paths, running trails, and excellent schools. Must see!

This timeless contemporary residence captures the best of fine living! A generous floor plan of six bedrooms and five bathrooms with 5,000+ square feet of living space allows everyone their own space. Gather in the inviting living room with soaring ceilings and cozy up to the fireplace. Sliders thoughtfully open up to the bright and airy sunroom and beautiful backyard. The master invites total relaxation with a fireplace, private balcony overlooking the backyard, and walk-in shower and soaking tub. Vast view windows throughout the home soak up the natural light and create a warm and inviting atmosphere. Enjoy seamless outdoor entertaining with a roomy backyard featuring a sparkling pool and basketball court. Just steps away from The American River, walking/biking trails, fabulous shops and restaurants, and top-rated schools.



5244 Fair Oaks Boulevard Carmichael | \$1,295,000



3337 Monteglen Court, Carmichael | \$739,500

This custom 5,500 square-foot estate is a fusion of stunning architectural design and functionality. A private gate entrance and extensive landscaping ensure total privacy. Enjoy a welcoming foyer and expansive family room with soaring ceilings and clerestory windows. Highlights include light maple flooring, a grand sweeping staircase and gorgeous crown molding. The open-concept kitchen features granite countertops, custom cabinetry, pantry, and modern appliances. A generous floor plan offers 5 or 6 spacious bedrooms with 2 downstairs masters, 4.5 baths, game/media room, and formal living/dining rooms. Separate bonus room not included in square footage is perfect for home gym. Backyard features beautiful landscaping and citrus/fruit trees.

From its updated Ranch exterior to its perfectly polished interior, this beautiful 4 bedroom and 3 bath home has it all! Beautifully remodeled with two masters for the multi-generational family. The kitchen features new stainless steel appliances and cabinets, Quartzite counters, a farmhouse sink, and breakfast bar. The family room has a cozy brick fireplace and French doors that open up to the backyard. The master suite addition has a huge walk-in closet, jetted tub, separate his-and-her sinks, walk-in shower, and lovely porch. Enjoy hardwood flooring, raised ceilings, and dual pane windows. Entertain outdoors with a large covered patio, complete with ceiling fans for those warm summer days ahead. The backyard has a play structure, tool shed, citrus trees, and garden beds for your green thumb. Must see!!



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Essential to Care

Continued from page 1

nation's social workers each day meet people where they are and help them live to their fullest potential. Social work is one of the fastest-growing professions in the United States, according to the Bureau of Labor Statistics (BLS).

There are currently about 700,000 professional social workers in our nation, but that number is expected to rise to more than 800,000 by 2029. Social work has been around for more than a century and has made significant contributions to our nation. For example, social workers such as social reformer Jane Addams, former Labor Secretary Frances Perkins, and civil rights leaders Dorothy Height, Whitney Young and Ida B. Wells have helped Americans secure voting rights, equal rights, Social Security, unemployment insurance and other programs.

You will find social workers throughout society – protecting children and vulnerable adults from abuse and neglect and providing mental health and substance use disorder treatment. They can be found assisting active-duty military, veterans and their families; in schools; helping corporations better serve their communities; in community organizations; and in local and state government.

Sacramento County Department of Child, Family and Adult Services (DCFAS) has 524 social workers across the department. They work across a number of areas, including child and elder abuse and neglect investigations and follow-up. They help keep children and families safely together and/or reunify them or help children find “forever families.” Some social workers assess the need for home care services that allow individuals to remain in their homes, rather than institutions. Others serve individuals that are gravely disabled and those who are living with severe mental illness, supporting them to live in the least restrictive settings within our community.

DCFAS social workers link individuals and families to housing services and supports, benefits, employment and so many other resources that promote the safety, health and well-being of community members across the age span. During the COVID-19 pandemic, social workers have also been on the frontlines along with doctors, nurses, law enforcement, grocery store employees and other

essential employees that provided critical services during this time.

Sacramento County Department of Human Assistance (DHA) currently has a team of 45 Human Services Social Workers (HSSWs) assigned to various programs, including Employment Services, Homeless Services and CalWORKs. Since the onset of the COVID-19 Pandemic, much of the customer contact associated with this work has shifted from in-person to virtual services.

HSSWs in DHA are busy helping customers receive necessary resource and case management services. Some focus on helping families who are experiencing homelessness, domestic violence, truancy or other family crisis. There are other HSSWs in DHA that help customers learn skills such as job searching, resume building and interviewing. The biggest division of HSSWs in DHA supports those who are homeless and assist with resources, crisis response and addressing barriers to housing. There is also a team of HSSWs that help customers navigate the challenging disability benefits process and a social worker who provides support at the General Assistance office to assess client needs and makes referrals to other social service agencies and community service agencies.

Despite the great value of social workers, the social work profession faces challenges. There is a shortage of social workers in schools where they are needed to help young people cope with complicated issues such as trauma, poverty, the opioid addiction crises and the need for more resources to help students learn during the pandemic. There is also a need for more social workers in the fields of child welfare and aging and adult services.

“Social workers are unsung heroes that are essential to community well-being. They are driven by several core values, including service, social justice and the dignity and worth of human beings,” said Michelle Callejas, Director of Sacramento County, Child, Family and Adult Services.

“During social work month, we hope you will reach out and say a kind word to the social workers in your lives, and, if you are so inclined, advocate for policies and legislation that benefit the profession and the populations they serve.” ★

A Crucial Link for CHP

By Sarah Richards, CHP

SACRAMENTO, CA (MPG) - Public safety dispatchers, often the first assistance people reach in an emergency, provide a crucial link between the California Highway Patrol (CHP) and the public. In recognition of their service, the CHP joins other law enforcement agencies to recognize National Public Safety Telecommunicators Week on April 11-17, 2021.

California legislation enacted in 2020 reclassified public safety dispatchers as “first responders.” The new classification acknowledges

their vital role in the state's emergency response chain.

“As recognized first responders in California, our CHP public safety dispatchers and operators remain resilient in times of crisis,” CHP Commissioner Amanda Ray said. “They are devoted professionals who provide the timely handling of all calls for services and are the lifeline between the public and emergency services.”

The CHP employs more than 700 dispatchers who provide critical services to communities throughout California. In 2020, these dispatchers who work out of one of the 24 CHP

communications centers statewide handled more than 4.9 million 9-1-1 calls from the public.

In emergency situations, dispatchers must instantly determine the correct response to ensure the safety of all parties involved. They are also in constant communication with patrol officers, looking up license plates, driver license numbers, and running criminal record checks on wanted subjects.

Those interested in a rewarding career as a CHP public safety dispatcher are encouraged to apply at www.chp.ca.gov/chp-careers. ★

New Survey Finds that Remote and Hybrid Working is Here to Stay

By Becky Warren, Elevate Public Relations

SAN FRANCISCO, CA (MPG) - A new survey and economic analysis by the Boston Consulting Group (BCG) and commissioned by Zoom focused on what industries were able to pivot their business processes using video conferencing, resulting in business continuity and even growth during a time of significant economic turmoil. The resulting report, prepared by Zoom based on the survey data and findings made by BCG, spans key industries and six countries around the globe, specifically looking at five U.S. states as well.

“A hybrid approach will also be necessary when it comes to fostering and retaining talent. The pandemic spawned a more geographically diverse workforce — people moved out of certain regions, they applied to and accepted jobs under a remote context. With a widespread, global workforce, creating a hybrid workforce is not a luxury, it's a necessity.” — Zoom blog post.

Key findings from the BCG survey found that businesses are more open than before the pandemic for a flexible work

schedule. Specifically, in the U.S. businesses surveyed expect over a third of employees to work remotely after the pandemic and 65% of businesses surveyed agree or strongly agree that they are considering a flexible remote working model because of successful collaboration through video conferencing solutions.

Furthermore, BCG's COVID-19 employee sentiment survey from 2020 showed that 72% of U.S. managers surveyed are more open to flexible remote working models than they were before the pandemic.

In California, the survey and analysis found - 4% average increase in revenue of SMBs surveyed, 2019-2020;

88% of SMBs surveyed agree “Employees at my company rapidly adopted video conferencing solutions with limited training;” 87% of SMBs surveyed agree “Employees at my company found video conferencing solutions easy to use, leading to a smoother transition to remote work;” 82% of SMBs surveyed agree “Video conferencing solutions helped boost morale and mental well-being of employees at my company during the pandemic.” ★

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\$200 Million of Funding for Transportation Projects

SACOG Press Release

SACRAMENTO, CA (MPG) - Transportation projects across the Sacramento region received \$198 million in funding from the Sacramento Area Council of Governments (SACOG) today. The 2021 funding round is the tenth in the 17-year history of the funding program, which has awarded more than \$1.1 billion over that time. The SACOG board also acted to recommend nearly \$12 million in funding in the regional Active Transportation Program.

The unanimous vote by the SACOG board meant 74 projects were approved to receive funding from two programs: the Regional Program and the Community Design Program. The flexible Regional Program funds cost-effective transportation projects that realize the performance benefits of the **Metropolitan Transportation Plan/Sustainable Communities Strategy** and the Community Design Program provides funding to local governments to build placemaking projects in their communities. Funded projects help implement SACOG Blueprint principles such as a mix of land uses, preservation of natural resources, or housing and transportation options.

"These projects have risen to the top through a rigorous, competitive process and I'm confident they will advance the transportation goals and aspirations for communities throughout the Sacramento region," said SACOG board chair Bonnie Gore, a Placer County supervisor.

Changes to this year's funding round process meant that more weight was given to the priorities submitting agencies gave to their projects. The performance-based recommendations largely ended up reflecting what the submitting counties, cities, and agencies said were most important to them as well as meeting regional priorities that will help meet our regional goals. For example, in the Maintenance and Modernization program, staff recommend funding for 19 of the 20 top priority projects.

The Regional Program comprises two key categories, Maintenance and Modernization and Transformative, intended for larger projects. An example of a Transformative project is the **\$21.9 million awarded to SacRT to go toward the purchase of 16 new light rail vehicles**. The new vehicles will have low-level boarding at every doorway, spacious seating design, and feature improved

accessibility with wider aisles, built-in storage, and areas for bicycles.

In the Maintenance and Modernization category, SACOG awarded \$3.75 million to Yuba City's Walton Avenue project. The City will install sidewalks on the west side of Walton Avenue, creating a complete sidewalk path, pave dirt shoulders for the addition of a buffered bike lane, upgrade traffic signals, upgrade battery backup systems to improve safety during power outages, and repair pavement for a 2.3-mile section of Walton Avenue. The project will promote safety of non-motorized users and pedestrians and encourage increased walking and bicycling among students, especially along a primary walking route to Andros Karperos Middle School and Lincoln Elementary, while providing urgently needed pavement maintenance.

A good example of the Community Design category is the **\$3 million awarded to Sacramento County for a "complete streets" project on Greenback Lane in Orangevale**, from Walnut Avenue to Chestnut Avenue. The streetscape improvements include wide, separated sidewalks, continuous bike lanes, a bus turnout, converting an existing, two-way turn lane into a median with trees and landscaping, traffic signal improvements and signalization, and installing trees and monuments. The award builds on the **momentum in the community** stemming from the energy and outreach of community volunteers, including private investment coming into the area, and the possibilities of infill housing.

In the Active Transportation Program, the top-scoring project is design work and right of way for the **last mile of a five-mile continuous facility for cyclists and pedestrians along the Placerville Drive corridor, which was recommended for a \$1.2 million award to the City of Placerville**. When complete, the community will be able to cycle and walk the full length of Placerville, serving residents not just with a physical link to jobs, but with a social connection between neighborhoods that deepens the community's cohesion and sense of place.

For more information, see the **full list of Funding Round awards**, the **Active Transportation Program recommendations**, and the **project review summary**, which describes each project in more narrative detail. ★

CLG NEWS UPDATES

Provided by Citizens for Legitimate Government (CLG) See legitgov.org

39 vaccinated residents from Bay Area county test positive for COVID-19 | 14 April 2021 | Sonoma County health officials said Tuesday that at least 39 people in the region tested positive for the coronavirus despite being vaccinated, according to a statement from the county. While Sonoma is the only Bay Area county thus far to share instances of inoculated people getting COVID-19, it's assumed all regions are experiencing similar developments as the vaccines do not provide complete protection. One of the 39 people was hospitalized with moderate illness for a short period.

Twitter bans James O'Keefe after major CNN bias exposé | 15 April 2021 | Following a string of undercover exposés into how CNN injects bias into narratives, Twitter has suspended Project Veritas's founder, James O'Keefe. Project Veritas has, for several years, been releasing exclusive undercover video footage that exposes the biases of TV networks, the media, and Big Tech. The Project Veritas account had already been suspended by Twitter earlier this year for a video confronting Facebook's Vice President of Integrity about political bias in which the platform had been partaking.

CBS News Edited Police Body Cam Video to Mask Teen Holding a Gun Before He Was Fatally Shot | 16 April 2021 | CBS News deceptively cropped body camera footage that showed a 13-year-old boy holding a gun before he was fatally shot by Chicago police in March. A law enforcement officer fatally shot Adam Toledo during an encounter in response to gunshots heard on a police scanner. Police said Toledo ignored "verbal directions, fled, used significant force, and was armed with a semiautomatic pistol," which is why the officer fired. Body cam footage released this week appears to show Toledo holding a weapon moments before he was shot, but CBS News posted a clip to its website and Twitter page that cropped out the footage showing the teen's alleged firearm. The CBS News article accompanying the cropped video did not directly acknowledge that Toledo was armed.

Arizona Senate to Start Major Audit of 2.1 Million 2020 Presidential Election Ballots | 18 April 2021 | The Arizona Senate, which is controlled by Republicans, is ready to start a major audit of 2.1 million ballots for the 2020 presidential election. The recount will be done by hand this time. The state Senate said in March they would be conducting a "broad and detailed" audit, adding that they will test voting machines, scan ballots, look for IT breaches, and perform a hand count.

Rasmussen Reports: 51% Believe Cheating Likely Affected Outcome of 2020 Presidential Election | 13 April 2021 | Most voters say it's more important to prevent cheating in elections than to make it easier to vote and, by more than a two-to-one margin, they reject claims that voter ID laws are discriminatory. The latest Rasmussen Reports national telephone and online survey finds that just 29% of Likely U.S. Voters say laws requiring photo identification at the polls discriminate against some voters. Sixty-two percent (62%) say voter ID laws don't discriminate. (See survey question wording.) A majority (51%) of voters believe it is likely that cheating affected the outcome of the 2020 presidential election, including 35% who say it's Very Likely cheating affected the election.

Illegal immigrant, ordered deported but never removed, convicted for child rape in California | 17 April 2021 | An illegal immigrant from El Salvador, who was ordered removed from the U.S. in 2016 but never deported, was convicted this month of child r-pe in California and sentenced to more than 45 years in prison. Fredys Aguilar-Menjivar, a 31-year-old El Salvadoran, was convicted of three counts of forcible r-pe of a child under 14 and one count of child molestation. The victim reported that the man, a family member, r-ped and molested her on several occasions between 2018 and 2020.

Former Pfizer VP: 'Your government is lying to you in a way that could lead to your death' | 07 April 2021 | Dr. Michael Yeaton, Pfizer's former Vice President and Chief Scientist for Allergy & Respiratory who spent 32 years in the industry leading new medicines research and retired from the pharmaceutical giant with "the most senior research position" in his field, spoke with LifeSiteNews in a telephone interview. He addressed the "demonstrably false" propaganda from governments in response to COVID-19, including the "lie" of dangerous variants, the totalitarian potential for "vaccine passports," and the strong possibility we are dealing with a "conspiracy" which could lead to something far beyond the carnage experienced in the wars and massacres of the 20th century. ★

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Bera on Biden's Withdrawal of U.S. Troops from Afghanistan

By Travis Horne, Office of Congressman Ami Bera, M.D.

WASHINGTON, DC (MPG) - Representative Ami Bera, M.D., Chairman of the House Foreign Affairs Subcommittee on Asia, the Pacific, Central Asia, and Nonproliferation, released the following statement on President Biden's decision to withdraw all remaining U.S. troops from Afghanistan by September 11, 2021.

"I applaud President Biden for his decision to drawdown U.S. forces in Afghanistan, which will bring an end to the longest war in our nation's history. After 20 years, it is time to bring our troops home.

Our country owes an enormous debt of gratitude to the brave men and women who served our country in Afghanistan, including the 2,300 Americans who have been killed and over 20,000 who have been wounded. The service and sacrifice of our servicemembers will never be forgotten.

While today's announcement brings an end to our war in Afghanistan, we must remain vigilant against terrorism threats in Afghanistan and in the region. I am pleased that President Biden will continue working with our allies and Afghan partners to ensure we maintain a robust counterterrorism strategy in the region. Additionally, I'm glad the Administration will continue to support the peace process between the Taliban and Afghan government, while continuing to

bolster support for civilian and humanitarian assistance programs to strengthen Afghan civil society. These actions are critical to supporting American security interests and values in the region.

We must also do everything in our power to aid those Afghans that have assisted U.S. forces over the past two decades, including Afghan translators, interpreters, doctors, and engineers. As a proud Representative to a district that welcomes a high number of Afghans with Special Immigrant Visas (SIVs) who contribute to the rich and diverse fabric of Sacramento County, I am disappointed that SIVs are going unissued, despite the high number of applications. We have a moral obligation to provide protection to those who risked their own safety to support U.S. troops, diplomats, and contractors in Afghanistan. I will continue to work closely with the Administration to make sure we meet those obligations.

I look forward to engaging with the Biden Administration over the coming weeks to ensure our troop withdrawal is safe and orderly, that we support those Afghans who supported us, and that we are meeting our national security interests in the region."

Representative Bera chaired a March 2020 Subcommittee hearing examining U.S. policy in Afghanistan and sent a letter to President Biden on March 19, 2021 urging the Administration to timely process Special Immigrant Visa applications. ★

Kiefer Landfill Accepting Treated Wood Waste

Laurie Slothower, Sacramento County News

SACRAMENTO, CA (MPG) - Treated wood, or pressure-treated wood, has been treated with a chemical preservative to protect it from decay. It is considered hazardous waste by the state of California. Fence posts and decking material are the most common household uses. It is also found in guardrail posts, railroad ties and pilings.

On Jan. 1, the state law that allowed disposal of treated wood waste in California landfills expired. As a result, acceptance of treated wood waste at the Kiefer Landfill - and for landfills across the state - was suspended.

The Sacramento County Department of

Waste Management and Recycling applied for and received a variance from the state to accept the material.

Customers are asked to keep treated wood waste separate from any other items in their load. Regular Kiefer Landfill facility fees will apply.

Commercial haulers are required to obtain a California Department of Toxic Substances variance. For information, visit the Department of Toxic Substance Control website.

For location, hours and fee information for Kiefer Landfill, visit the Waste Management and Recycling website.

For more information, visit www.SacGreenTeam.com, or email SacGreenTeam@SacCounty.net. ★



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Pandemic Weight

Would you believe 60% of Americans report an average gain of 29 pounds during the pandemic? **Nicolette Pace**, founder of NutriSource, provides education and counseling on what you can do about it with a few tips she shared on POPPOFF.

- 1. JUICE IT UP.** Drink warm lemon juice with water in the morning. Take the juice of half a lemon and add a pinch of cayenne pepper to strengthen the body and detox. It wakes up the digestive system and contains Vitamin C for skin and immunity and to balance the pH of the body. It flushes out the system and rehydrates the body...a fluid breakfast.
- 2. GET SERVED.** Move your food plate away from the serving area to limit the potential to eat seconds. Family style is a no-no for celebrities who need to be slim for performing on camera, stage, or modeling.
- 3. TAKE MEASUREMENTS.** Measure volume in serving utensils like a favorite ladle or serving spoon as well as glasses, cups, mugs, bowls, and plates that you use frequently.
- 4. BUZZ IN.** Caffeine can perk you up in more ways than one. Take some before a workout since it is a clinically proven ergogenic aid, which means it acts on the central nervous system, reduces fatigue, and allows for greater exertion as feelings of work load and pain are reduced.
- 5. GO WITH YOUR GUT.** Eat probiotic-rich foods to enhance your good gut bacteria, which in turn will keep your weight down. Look for fermented foods like kombucha tea, kefir, yogurt, lebbe, miso and fermented vegetables.
- 6. SKIP PROCESSED FOODS.** Eat

processed foods minimally as much as possible. "Uncured meats (naturally done with celery juice), organic poultry and meat, in season fruits, vegetables, and seafood (preferably locally or regionally grown) will give max nutrients for energy, vitality, and anti-aging and beauty inside and out.

- 7. SIP SMART.** Lighten up on caffeine and replace sugary beverages, artificial sweeteners, and alcohol with nutrient-rich green tea, white or black tea, yerba mate, or cocoa. Drink citrus- fruit, or herb-infused waters like herbal tea and mineral water for daily hydration.
- 8. WORKOUT WISELY.** Before exercising, avoid large volumes of fluid or food, especially when toning core muscles, to avoid cramps and digestive upset. However, be sure to take at least 12 ounces of fluid an hour. Dose protein and slow carbs one to four hours before to enable sustaining energy.
- 9. MIND YOUR MORNING MEAL.** Don't eat if you're not hungry when you wake up. Just make sure that you eat within four hours of waking up.
- 10. FLUSH IT OUT.** She recommends doing a potassium and nutrient flush. It will infuse your body with energy and vitality to help keep your belly flat for a big day.
- 11. DO A DETOX.** Detoxing will help with bloating if you do not go overboard on fiber or dairy (if you're sensitive), which can actually make bloating worse.

Nicolette Pace shares her expertise on CBS, ABC, NBC, Fox News, even Dr. Oz listens. Check out www.nutrisource.org. Lookin' good! ★

DWR Adjusts State Water Project Allocation Following Dry Winter

California Department of Water Resources

SACRAMENTO, CA (MPG) - As California experiences a second consecutive dry year, the California Department of Water Resources (DWR) announced an adjustment to its initial State Water Project (SWP) allocation for the 2021 water year. The department now expects to deliver 5 percent of requested supplies this year, down from the initial allocation of 10 percent announced in December.

Initial allocations are based on conservative assumptions regarding hydrology and factors such as reservoir storage. Allocations are reviewed monthly and may change based on snowpack and runoff information. They are typically finalized by May.

"We are now facing the reality that it will be a second dry year for California and that is having a significant impact on our water supply," said DWR Director Karla Nemeth. "The Department of Water Resources is working with our federal and state partners to plan for the impacts of limited water supplies this summer for agriculture as well as urban and rural water users. We encourage everyone to look for ways to use water efficiently in their everyday lives."

Ongoing drought conditions require the coordination of federal, state and local agencies. Today, the U.S. Bureau of Reclamation, which operates the Central Valley Project, is also expected to adjust its initial CVP water supply allocation accordingly. The State Water Resources Control Board mailed early warning notices to approximately 40,000 water right holders urging them to plan for potential shortages by reducing water use and adopting practical conservation measures.

As a result of the persistent drought conditions, and in accordance with its permit for the long-term operation of the State Water Project, DWR has submitted a revised Drought Contingency Plan to the California Department of Fish and Wildlife. The plan provides updated hydrologic conditions and outlines areas of concern for the joint

operations of the State Water Project and the Central Valley Project, water quality, and environmental impacts.

DWR does not anticipate the need to pursue a Temporary Urgency Change Petition (TUCP) to allow for temporary changes to the water quality and outflow requirements for the Sacramento-San Joaquin Delta.

The severity of the situation is particularly evident in the North State. Lake Oroville is currently at 53 percent of average. The Feather River watershed, which feeds into Lake Oroville, has seen significantly less precipitation this year than normal, on track for its second driest year on record. Following a below average 2020 water year, California's major reservoirs are at 50 percent of capacity.

California is better prepared for drought than in the past. Following the 2012-2016 drought, DWR enacted many programs focused on managing the state's water through a strategic, integrated approach with a strong emphasis on water use efficiency and conservation. The state provides assistance and tools to local water agencies to help them reduce their drought vulnerability. DWR's Water Use and Efficiency Branch (WUE) provides agencies and individuals assistance for improving water use efficiency and developing and meeting efficient water use requirements.

The 5 percent allocation amounts to 210,266 acre-feet of water, distributed among the 29 long-term SWP contractors who serve more than 27 million Californians and 750,000 acres of farmland.

Allocations represent the amount of SWP water that DWR will deliver for the year and are reviewed monthly based on several factors, such as water in storage, environmental requirements, and rain and snow runoff projections. For 2020, the initial SWP allocation was 10 percent and the final allocation was 20 percent in May.

For information on current water conditions at the state's largest reservoirs and weather stations, visit the California Data Exchange Center website at cdec.water.ca.gov/snow_rain.html ★

68% of California Small Businesses Confident to Stay Open for 6 Months

By Janet Fernandez, Elevate Public Affairs

The Global State of Small Business Report reveals the ongoing crisis facing small businesses, and new challenges ahead. This report surveyed 35,000 small businesses around the world and builds on six surveys over the last year to find comprehensive trends over time. For US data, Facebook partnered with the Small Business Roundtable.

As COVID vaccines are being distributed to more and more American and people across California, 68% of California small business owners say they are confident in their ability to stay open for at least six months.

The news continues to be dire for California business owners - 59% of operating small businesses are reporting lower sales, the third

highest state in the nation. Fueling that is the 31% that are expecting a lack of demand and/or no customer challenges from Golden State customers, eight points above the national average.

As of February 2021, 79% of California small businesses were operational or engaging in revenue-generating activities; 33% had reduced employment as a result of the pandemic, 6 points higher than the national average; 22% expect cash flow challenges, 2 points lower than the national average.

Comparatively, other large states saw a mixed bag of results to California, New York only had 69% of SMBs operational or engaging in revenue-generating activities 10 points lower than California. And the results were even more stark when comparing minority-owned

SMBs operational in NY was 58%, which is 16 point difference than California (74%). Texas has 83% of women-owned businesses operational, 5 points below California and only 48% reporting lower sales, 9 points below California.

To help small businesses during what are still challenging times, Facebook launched numerous initiatives aimed at supporting small businesses and helping them navigate the uncertainty of reopening including providing grants to business owners, developing innovative new tools and products, and hosting digital tool training events, such as "Boost with Facebook" events.

Here is the link to the report: <https://about.fb.com/news/2021/02/2020-was-challenging-for-small-businesses/> ★

Women's Empowerment Event Uplifts Women after Impacts from Pandemic

By Caroline Perry, Elevate

SACRAMENTO, CA (MPG) - WEAVE Sacramento and SmileDirectClub teamed up to host a Women's Empowerment Event that featured State Treasurer Fiona Ma, and Senator Susan Rubio as guest speakers - working to uplift women in the Sacramento-region after shouldering outsized impacts from the pandemic ranging from lost jobs and less pay to limited access to healthcare.

"It has been widely reported that the impacts of the pandemic have been especially harsh on women - with women losing more than 5 million jobs in 2020 and many going without healthcare when compared to men," said Beth Hassett, WEAVE CEO. "We hosted the event for our clients who have been under tremendous pressure to get back into the workforce and are not sure where to start. Our goal was that they leave the conversation recognizing the importance of putting themselves first, while also being inspired with a greater sense of confidence."

According to a recent report released by the Kaiser Family Foundation, "Women are more likely to have gone without health care during the pandemic compared to men, and women with health and economic challenges prior to the pandemic have experienced worsening health conditions as a result of skipping health care services during the pandemic." A bright spot in the report highlighted the benefits of telehealth during this time by summarizing that, "People have been largely satisfied with their telemedicine interactions. The share of men and women who at the time of the survey reported having a telemedicine visit during the pandemic tripled since before the pandemic. But not all have had the opportunity or access to telemedicine."

"As a telehealth and oral care pioneer, SmileDirectClub believes in increasing access to affordable premium oral care and understands why maintaining good oral health is so important while these women are getting back on their feet. We

are honored to partner with WEAVE to encourage and support women who have been impacted by the pandemic and welcomed the opportunity to bring women leaders together for a serious discussion on how women can build up each other's confidence and succeed in the workforce," said Cheryl DeSantis, Chief People Officer at SmileDirectClub. "Today's event was an example of how together we can positively impact the communities where we operate, helping people during difficult times of transition."

As noted by research experts at the Center for the Changing Family at the USC Dornsife College of Letters, Arts and Sciences and the USC Rossier School of Education, "women have lost jobs at a higher rate than men during the pandemic and almost twice as many women as men remain without a job. According to the latest national jobs reports, Black and Hispanic women have higher rates of unemployment than white women and saw the largest drops in labor force participation since the beginning of the pandemic."

"Now more than ever, women throughout California need our support as they find paths to reenter the workforce and make themselves a priority," said California State Treasurer Fiona Ma. "It was an honor to participate in an event designed to empower women in the Sacramento-region - as we all have an important role to play in lifting California women up to ensure they come out of the pandemic with the support they need to not only survive but thrive."

"It is energizing to be surrounded by strong women today who have overcome so many struggles. It took a lot of courage for these women to confront their challenges and rebuild their lives," said Senator Susan Rubio. "The least we can do is to help secure resources for them and offer encouragement. That is why I am so thankful for the work WEAVE does every day, and to SmileDirectClub for their contributions."

Watch the Event on SmileDirectClub's YouTube Page: <https://youtu.be/9KYwoQNBEjw> ★

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Crossword Puzzle on Page 11

T	R	O	T			V	I	I			C	P	A						
H	A	L	O			T	O	D	O		S	C	O	O	P				
E	N	I	D			R	I	O	T		A	R	M	O	R				
						G	O	D	Z	I	L	L	A		G	E	A	R	
							L	I	V	E	S				A	G	E		
Y	E	M	E	N	I						F	L	Y	P	A	S	T		
E	G	O				C	A	J	O	L	E				E	R	N	E	
N	E	R	D	S			A	R	E					U	R	G	E	S	
T	S	A	R			S	W	E	A	T	S				U	L	T		
A	T	L	A	S	E	S					O	U	S	E	L	S			
						C	A	W			C	A	D	R	E				
						T	A	U	T		B	A	B	A	Y	A	G	A	
C	H	I	L	I							U	N	I	T		C	O	W	L
R	E	R	A	N							L	O	D	E		O	B	O	E
Y	E	S									L	E	E			W	I	L	D

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CLUES

ACROSS

- "Turkey" dance
- X minus III
- Accounting acronym
- Angel's glow
- Like list of chores
- Inside info
- "National Velvet" author
- Heavy Metal band Quiet
- "Worn by monster hunters and dragonslayers"
- "Sea monster with atomic breath"
- Brooms and cauldrons to a witch, e.g.
- Subject of biographies, pl.
- ___ of Aquarius
- Saudi's southern neighbor
- Ceremonial flight
- "I" problem
- Sweet-talk
- Marine eagle
- The Revenge of the ___ 1984
- ___ you sure?
- Desires
- Russia's Romanov, e.g.
- Comfy pants
- Preceding month
- Google Maps predecessor, pl.
- Blackbird-like birds
- Crow sound
- Group of professionals
- Like a bow string
- "Witch of Russian fairytales"
- ___ con carne
- G in 1000 g., e.g.
- Loose hood
- Was rebroadcasted
- Prospector's mother?
- Bassoon cousin
- Nod up and down
- "He played Dracula and Count Dooku"
- "Like Sendak's Things

DOWN

- Up until now, 2 words
- Like luxurious sheets
- Another name for manatee, 2 words
- Not kayak
- Follow rules
- Shakespearean "you"
- What snob puts on
- *Minotaur is half man, half ___
- Mongolian desert
- Deserter's acronym
- ___, The Beloved Country
- Zeppelin predecessor

Crossword Puzzle Solutions on Page 11

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					
43					44				45		46			
					47				48	49				
					50	51			52			53	54	
55									56			57		58
59									60			61		
62									63			64		

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Sudoku Puzzle on Page 11

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

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

Solutions on Page 11

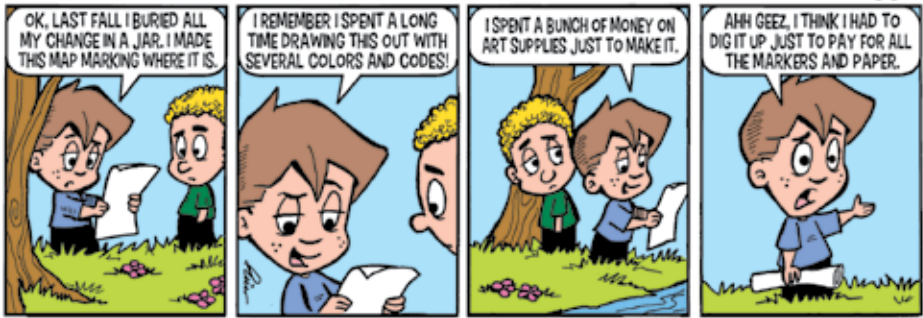
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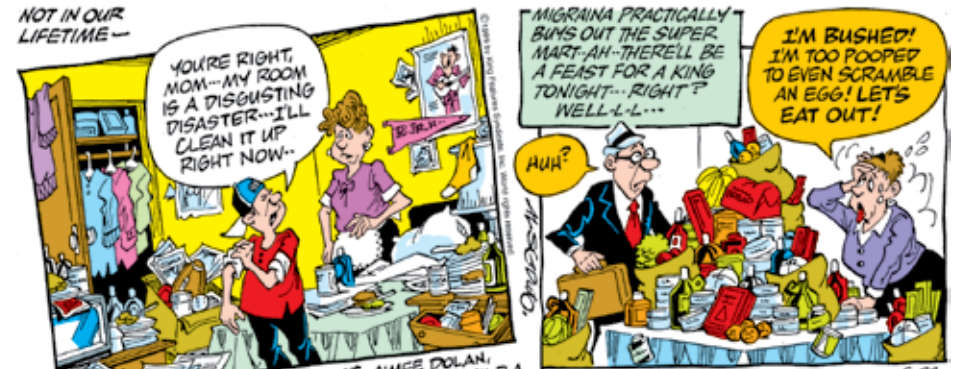
by Jeff Pickering

Out on a Limb



by Gary Kopervas

THEY'LL DO IT EVERY TIME



BY AL SCADUTO

R.F.D.



by Mike Marland



GRIN and BEAR IT



LAFF-A-DAY

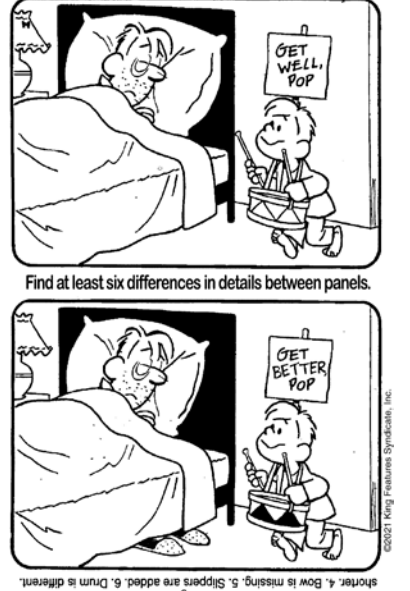


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Toni King

Toni:

My 60-year-old sister who had no health insurance or Medicare was granted Medicaid in January last year. She was granted Medicaid because she had stage 3 breast cancer with lymph-nodes that were removed. She just learned from her Doctor that her Medicaid had been cancelled effective May 1st. My sister has not received anything from Medicaid stating that she was cancelled, and we cannot get anyone at Medicaid to tell us what the problem is. She was being paid \$703.00 as a disability check and recently she got a raise to \$1,431 for Social Security Disability which she has recently qualified to receive effective April 1st. When she went to Social Security to apply for Social Security Disability no one said she would get an increase in her \$703 monthly Medicaid check.

Someone told me about what you do to help people who do not know where to go or what to do. This is overwhelming because my sister cannot receive her chemo treatments any more due to not qualified for Medicaid. Can you tell me what I need to do? Thanks, Gray from Jackson, MS

Oh My... Gray:

I do not get very many problems like this, but after talking with you this week, I wanted to inform my readers about this Medicaid issue. People need to know how vitally critical and important it is, when you qualify for Medicaid to be sure you stay in the monthly income and asset bracket that qualifies you for Medicaid. One dollar (\$1) too much and you can LOSE your Medicaid benefits and will have to pay 100% out of your pocket for your medical expenses.

Gray, my heart ached when you said, "you would have helped your sister with some of her expenses because of her disability check raised from \$703 to \$1,431,

but you could not pay the \$2,600 per chemotherapy treatment with 8 treatments in a cycle that totaled over \$20,800. She lost her Medicaid for only \$400.00." And that you considered the state had given your sister a "death sentence" because her doctor is not giving her chemo since the medical facility is not getting paid.

Here is what I would advise you to do to help your sister:

1. Ask how you can have her Social Security discontinued from the \$1,431 to the original amount of \$703 for Medicaid, so that she can be in the correct income bracket to qualify for Medicaid. Who knows maybe there is a loophole somewhere?
2. Talk to the cancer facility where your sister was receiving her medical care and chemo treatments. Find out if there is a non-profit fund set up for situations like your sister's. See what grants or philanthropic organizations help in this type of emergency.
3. Contact the American Cancer Society area office and explain about her serious situation and how time is slipping away with her not receiving her chemo treatments. She needs help NOW!!

My main goal in writing this week's column is to make the public aware to how important it is when you qualify for Medicaid, whether you are under 65 with no health insurance or are over 65 and have Medicare, that you must stay within the financial limits... *One dollar (\$1) too much and you lose your Medicaid benefits and must pay 100% out of your pocket for medical expenses.*

2021 Confused about Medicare Zoom webinar is Thursday, April 29th at 4:00 PM. Visit www.tonisays.com to sign up for Toni's new webinar event.

Toni King, Medicare author/advocate is giving a \$5 discount to the Toni Says® readers on the new 2021 Medicare Survival Guide® Advanced book at www.tonisays.com. Have a Medicare question? Call 832/519-8664 or email info@tonisays.com. ★

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UC Davis Researchers Targeting Yellow Fever Mosquito

By Kathy Keatley Garvey, UC Davis

DAVIS, CA (MPG) - One reason for the successful spread of the yellow fever mosquito, *Aedes aegypti*, to at least 17 California counties since 2013--from the Mexican border to Shasta County--may be linked to its resistance to pyrethroids, according to newly published UC Davis research examining genetic markers of resistance at five state locations.

The work, published in the current edition of *Parasites & Vectors*, a BioMed Central open-access medical journal, focuses on “determining how informative well-established genetic markers of resistance to pyrethroids are in predicting the resistance phenotype of individual mosquitoes of *Aedes aegypti* within a population,” said lead author Geoffrey Attardo, medical entomologist-geneticist in the UC Davis Department of Entomology and Nematology.

“Specifically, we generated mosquito colonies from invasive *A. aegypti* populations from four locations in the Central Valley (Dinuba, Clovis, Sanger and Kingsburg) and from collections in the Greater Los Angeles Area,” he said. “Mosquitoes from these populations have all demonstrated resistance to pyrethroid-type insecticides and we think this may be part of the reason why these mosquitoes have been so successful in spreading throughout California.”

A. aegypti transmits such viruses as dengue, Zika, chikungunya, and yellow fever. Despite California's aggressive surveillance and treatment efforts, this species presents a “significant challenge to local control agencies,” the nine-member team wrote in their research paper, “Frequency of Sodium Channel Genotypes and Association with Pyrethrum Knockdown Time in Populations of Californian *Aedes aegypti*.”

The paper is online and publicly accessible at <https://bit.ly/3vmUxXR>.

“What was interesting was that while all the mosquitoes from California show resistance to pyrethroids, there is a lot of variability from one individual to the next in terms of the level of resistance, even when they are carrying genetically identical resistance mutations,” Attardo said. “In



Yellow fever mosquito, *Aedes aegypti*. Photo courtesy UC Davis

particular, there seem to be two levels of resistance in these populations. The two levels seem to represent a resistant group and a super resistant group. However, the proportions of resistant/super-resistant differ in the sampled mosquitoes from population to population.”

Of particular interest was that mosquitoes carrying the resistance mutations at all five genetic locations were very resistant, he said. “However, there was also a large amount of unexplained variability in terms of the knockdown phenotypes demonstrated by mosquitoes of the same age and rearing conditions. We compared the knockdown times of mosquitoes positive for all five resistance mutations from different populations and found that these mutations account for only a proportion of the observed level of resistance. We believe that the unexplained variability is likely being mediated by the presence or absence of an undefined resistance mechanism.”

The next step? “Trying to understand what other resistance mechanisms might be present, to identify them, and see if they can be used to develop new methods to monitor pyrethroid resistance levels with a higher degree of accuracy,” Attardo said, adding that “This is especially important as

the frequency of the para gene mutations in the populations has increased yearly and will eventually become fixed if this trend continues. This will make them non-informative for use in detection of resistance. If we can develop a more accurate method to measure resistance in mosquito populations, it will be beneficial to vector control agencies/districts for development of pyrethroid resistance management strategies.”

In launching the project, the researchers designed an assay “to test for the presence of mutations in the gene coding for the pyrethroid target protein, the voltage gated sodium channel (the para gene),” Attardo explained. “Detection of these mutations is used to monitor the level or resistance in populations. However, the actual link between the effect the genotype has on the phenotype of individual mosquitoes has not been looked at in detail.”

The scientists identified mutations from genetic sequences of Californian mosquitoes provided by co-author Yoosook Lee, a former UC Davis mosquito researcher now at the University of Florida-Florida Medical Entomology Laboratory, Vero Beach.

The authors also include research entomologist Anthony Cornel and staff research associate Katherine Brisco of the Mosquito

Control Research Laboratory, Kearney Agriculture and Extension Center and UC Davis Department of Entomology and Nematology; and Lindsey Mack, Erin Taylor Kelly, Katherine Brisco, Kaiyuan Victoria Shen, Aamina Zahid, and Tess van Schoor, all with the UC Davis Department of Entomology and Nematology.

First, they tested the individual resistance phenotype of mosquitoes by placing them into bottles coated with the pyrethroid insecticide permethrin, and observed them to determine how long it takes for them to respond to the insecticide. Said Attardo: “This is a modified version of the assay used by the Center for Disease Control and Prevention to evaluate phenotypic resistance in groups of mosquitoes.”

Then they isolated the DNA from and performed a high-throughput genetic analysis on each individual to determine the composition of the five mutations in each individual. Next they looked at the resulting data to see how well knockdown time correlates with individual genotypes of mosquitoes.

Although *A. aegypti* was first detected in California in 2013, researchers believe that its arrival involved multiple introductions. Populations in Southern California are thought to have crossed the border from Mexico, while Central Valley populations may have been introduced, in part, from the southeastern United States.

“Upon detection in 2013, the Consolidated Mosquito Abatement District implemented an integrated vector control management strategy which involved extensive public education, thorough property inspections, sanitation, insecticide treatment at larval sources and residual barrier spraying with pyrethroids,” the authors wrote. Despite their efforts, the species successfully overwintered and continued to spread, implicating that it arrived in California with genetic mutations “conferring resistance to the type I pyrethroid insecticides applied for vector control in California.”

The project drew financial support from the Pacific Southwest Regional Center of Excellence for Vector-Borne Diseases, funded by the U.S. Centers for Disease Control and Prevention. ★

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