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Carmichael Times

VOLUME 41 • ISSUE 33

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AUGUST 14, 2020

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District 3 Supervisor candidate Gregg Fishman (left) joins rival Rich Desmond for a pre-webinar photoshoot in Carmichael Park.

**Story and photo
by Susan Maxwell Skinner**

SACRAMENTO REGION, CA (MPG) - An August 25 forum will allow District 3 voters to hear rivals for Susan Peters' seat on the Sacramento Board of Supervisors. Sponsored by the Carmichael Chamber of Commerce, the event will offer air-time to candidates Gregg Fishman and Rich Desmond via the Zoom platform.

The face-to-face was originally scheduled for a pre-election member luncheon. When COVID regulations ruled out such gatherings, the program became a webinar. Desmond and Fishman's discussion may be watched live -- or viewed later -- on the Chamber's Facebook page.

"We hope Chamber members and the whole community will tune in and hear what the candidates have to say," says Chamber executive Stephanie Young. "With public meetings so restricted, there aren't many opportunities to hear from people running for office."

Desmond and Fishman were the last candidates left standing from a March primary field of five. Their supporters hail from largely unincorporated communities that include Arden Arcade, Carmichael, Fair

Oaks, Foothill Farms, College Glen, North Highlands and part of East Sacramento. When Desmond garnered 42 per cent to Fishman's 25 percent of the vote, a November 3 run-off was assured.

Raised in Carmichael, Desmond is a Jesuit High school alumnus. He achieved a BA at Santa Clara University before attending McGeorge School of Law. At the age of 25, the graduate became a CHP officer. From patrol work in LA and Sacramento, a series of promotions led him to commanding CHP rank. Budgeting and forming department policy were among responsibilities. In 2018, Desmond became CHP Chief and was temporarily assigned to the State Assembly as Chief Sergeant-at-Arms. He and his Insurance agent wife Lisa have five children. Desmond contests the supervisory seat as an Independent.

Gregg Fishman is an elected director of SMUD. He was raised in Sonoma County and studied journalism at CSU Sacramento. His broadcasting career included work for KFBK and for San Francisco's KGO. Fishman has served his Arden-Arcade Homeowner's Association and was appointed to the Arden Park Recreation and Park District board. While leading a neighborhood

partnership with Sacramento Tree Foundation, he helped plant thousands of trees in Arcade neighborhoods. His job with the California State Association of Counties included fostering new county programs. He and his psychologist wife Debra have two adult daughters. Fishman's campaign has the support of the Democratic Party.

Both candidates miss hands-on-Pre-COVID days. "It's difficult now for a candidate to stay in touch with people," says Desmond. "Normally there are public events where a candidate could show up and meet hundreds of people. Now you have to be more creative. Through the webinar, I'm hoping to learn more about community challenges and concerns."

Says Fishman: "Normally I'd be out walking the precincts right now. Virtual meet-and-greet is not like looking someone in the eye and hearing what they have to say, but I hope the webinar will help people get to know me and what I hope to achieve as supervisor."

Candidate questions may be posed via Zoom during the live webinar. To learn how to access the 7 - 8 pm program on August 15 or later, visit the Carmichael Chamber Facebook page, or Email execdir@carmichaelchamber.com ★

SacRT Receives Funding for Mobility Projects

**By Jessica Gonzalez,
SacRT**

SACRAMENTO, CA (MPG) - The Sacramento Regional Transit District (SacRT) announced it has been awarded \$3.75 million in Low Carbon Transit Operations Program (LCTOP) funding from Caltrans that will assist in five mobility improvement projects, which includes reimagining core bus routes through the SacRT Forward plan and supporting SacRT's light rail modernization program.

Funding for projects include: Folsom Late Night Light Rail Service - Support continued operations of expanded evening service along the Gold Line; Route 11 Bus Service - Sustain increased days of operation, frequency during both midday and peak hour and extension of the route south from downtown to City College Station; Route 13 Bus Service - Sustain increased operation, frequency, and extension of the route north and west in to Natomas; Route 68 Bus Service - Support increased frequency during weekday peak hours and improved headways on Saturday; Low-Floor Light Rail Vehicles - purchase additional modern low-floor light rail vehicles

The LCTOP funding is another example of how SacRT is able to secure state and federal funding during these challenging times, which will help the region's economic recovery. This year alone, SacRT has successfully competed and been awarded over \$125 million dollars.

"Despite the many economic impacts created by COVID-19, SacRT continues to play a vital role for many - providing critical mobility options for thousands of front-line healthcare, public safety, grocery, and service industry workers fulfilling essential roles in our region," said SacRT General

Manager/CEO Henry Li. "This funding will help us guarantee the longevity of transit service while improving the region's carbon footprint by mitigating the impacts of greenhouse gas emissions."

The Low Carbon Transit Operations Program was created in 2014 to provide operating and capital assistance for transit agencies to reduce greenhouse gas emissions and improve mobility, with a priority on serving disadvantaged communities. LCTOP is funded by the Cap-and-Trade Program from the Greenhouse Gas Reduction Fund. ★

American River Parkway Bike Patrol Hits the Trails

**By Ken Casparis,
Sacramento County**

SACRAMENTO COUNTY, CA (MPG) - This past February, the Sacramento County Board of Supervisors voted to authorize the establishment of the American River Bike Patrol to watch over the bike trails on the American River Parkway. The volunteer Bike Patrol, organized by the National Ski Patrol (NSP), has recruited and trained members and began patrolling the trails in July.

The patrol's 55 volunteer members were trained by the NSP in first-aid, CPR and basic bicycle repair. Regional Parks Rangers helped to train volunteers

Continued on page 7



Volunteer bike patrollers are now providing service along the 32-mile American River Parkway multi-use trail from Old Sacramento to Beals Point at Folsom Lake in California. Photo: American River Bike Patrol

It's Still a Mystery

Searching for Answers on Flying Tiger Line Flight 739

By Elise Spleiss and Kimberly Steinman-Elmquist

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

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

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

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

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

Their final destination was to be Saigon, Vietnam. From Travis they



Above: Kimberly Steinman-Elmquist (left) and mother, Tonya Wagner (in her Gold Star outfit) at Sylvan Cemetery for Veterans Day Ceremonies. The plaque has a tag on it, in Memory of Army Sergeant Ranger John Karibo of Ohio. Below: John Karibo before he left for Vietnam when Kimberly was only 20 months old. Photos courtesy of Kimberly Steinman-Elmquist

stopped to refuel in Honolulu, Wake Island and Guam expecting to proceed on to Clark Air Force Base in the Philippines. Somewhere from Guam and the Philippines contact with flight 739 was lost. After three hours with no radio contact Search and Rescue operations was initiated from Guam and the Philippines.

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

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

In March 2019, Elmquist joined three other families in

Washington D.C. on a trip to visit Senate aides, tell their stories and present them with packets bulging with documents for each senator



on the Armed Service Committee.

The trip was organized and led by Donna Ellis Cornell, from Michigan, daughter of Sgt. 1st Class Melvin Hatt from Michigan. A Stars and

Stripes reporter followed the group for 3 days.

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

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

There is one bright light in this fight. Groundbreaking for a private monument to honor all 93 servicemen and 11 crew members took place recently in Columbia Falls, Maine, site of the Wreaths Across

America. It is scheduled to be completed and dedicated by the end of the year.

Elmquist wonders what the military and government could be so afraid of even now, 60 years later, to still be unwilling to release information on the incident. She knows the questions would stop if their loved ones would get the recognition they deserve. "It makes you wonder what was happening with the United States and Vietnam at the time, and what would have happened in the war if their mission had been completed." "I don't care what happened any more, I just want them to be remembered."

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

There currently is a bill sitting in Congress. SB 1891, Flying Tiger Flight 739 Act was introduced on June 18, 2018. According to Elmquist, it was spearheaded by Senator Gary Peters of Michigan but is sitting in the Committee of Natural Resources, dying a slow death. She says, "We believe the Bill should be in the Committee for Armed Services to get the proper attention it needs."

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

Face Book page: Remembering Flying Tiger Line 739

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

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SAFE Credit Union Employees Star in Quirky Ads



SAFE Financial Educators Gina Richardson, left, and Jason Fonseca, far right, film an ad at Ohana Moon Yoga in Cameron Park with owner Gretta Smith. Photo: SAFE CU

**By Carole Ferguson,
SAFE Credit Union**

SACRAMENTO REGION, CA (MPG) - SAFE Credit Union created a unique – and affordable – way to showcase its dynamic financial education experts and promote free, community workshops on social media. An ad-hoc team of do-it-yourselfers writes, directs, shoots, and stars in a series of quirky ads that provides quick financial education tips while teasing upcoming seminars.

The series stars financial educators Gina Richardson (LinkedIn: Gina Richardson) and Jason Fonseca (LinkedIn: Jason Fonseca) who bring their larger-than-life personalities to the spots. They believe that people better learn and incorporate the changes that help them improve their financial well-being through workshops that are engaging, interactive, and presented with personal truth and reality.

“SAFE Credit Union takes its mission to provide quality financial education to the community seriously, but that doesn’t mean that the workshops are stuffy,” says Carrie Johnson, who manages the financial education team in SAFE’s Workplace Financial Wellness program. “We are so fortunate to have Gina and Jason lead our workshops. They bring so much energy and genuineness to the workshops that really help people relax and feel open

to learning important life-changing lessons.”

Financial education is at the heart of SAFE’s mission to help our members and the community improve their financial well-being. Just last year alone, SAFE financial educators connected with nearly 4,500 employees in the greater Sacramento area through the Workplace Financial Wellness program. And about that same number also took mini financial courses at SAFE’s online Financial Fitness Academy. They also helped 1,227 students gain real-world financial insights through financial literacy events held on high school campuses.

The video series touches on a series of free community webinars SAFE launched in response to the COVID-19 pandemic: Navigating Your Debt During Challenging Times; Managing Your Finances During Challenging Times; and Mindfulness and Money. They also promote SAFE’s popular First-Time Home Buyers webinar.

The video series team is comprised of Fonseca, who writes the scripts as well as directs and edits the episodes; Richardson, who joins Fonseca in the leading roles; and Steve Joves, who helps coordinate the locations, shoots the scenes, and provides a final edit of the videos.

The no-frills production is an all-hands on deck enterprise. “The fun part about

the production process is if you’re not on camera, you’re part of the crew,” Fonseca says. “You’re holding the boom mic. You’re setting up the camera, and someone else may be hitting record.”

In every script, Fonseca includes a financial education fact shared in one of the workshops that people may not know. Then he adds a funny twist. Visual humor is also incorporated, with Fonseca and Richardson wearing professional business attire in incongruous situations, such as striking a yoga pose in a yoga studio or sitting poolside in inflatable floats.

“My thought was to put our financial educators in real-life situations because what we teach in our workshops applies to everyday life,” Fonseca says.

Joves helps find the locations with an eye on supporting local businesses, including Ohana Moon Yoga featured in the Mindfulness and Money video.

Richardson says the secret to the videos is the use of comedy to make it fun and accessible for viewers. “It works to be personable,” she says about the videos and what she brings to her financial education webinars and workshops. “You have to bring it to where people are. We make it real. We talk about our own stories, how we went through it, how we became accustomed ourselves to being mindful about money in our own lives.”

For more about SAFE’s Workplace Financial Wellness program, go to safecu.org/employers. ★

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Masks Help Make and Keep America Afraid



Commentary
by Harold Pease, Ph.D.

Last April the Washington Post published an article “Will Americans wear masks to prevent coronavirus spread?” It listed a variety of reasons why some will not wear masks. Unfortunately it missed the main one – masks help make and keep America afraid. The media, WHO and the CDC have been wrong on virtually every aspect of the virus, from early estimates of American death predictions from 2 to 3 million to even the practicality of wearing a mask. For many wearing masks represents submission to those with little regard for the Bill of Rights, not selfish insensitivity to others who might get the virus from the unmasked, as those who wish to take our liberty openly say.

One bluntly said, “If Donald Trump had not been elected president it would not be hyped.” Another, “Nothing more will be said of it if Joe Biden is elected president.”

The media began with the horrific death prediction of millions. When those numbers were not high enough opponents did two things to inflate them: one by counting deaths with Covid-19 as the same as those dying from Covid-19 and two, infecting nursing homes with patients with the virus. Turns out that more than 40% of those dying were in nursing homes. When a drug used to treat malaria – hydroxy-chloroquine – was found to cure the coronavirus as well, instead of excitement over the finding, the media and their accomplices unsuccessfully did everything to discredit its use. Clearly their agenda was to *make and keep Americans afraid*.

It is clear to most that the virus had been weaponized for the election of 2020. It damaged Trump’s best economy in U.S. history, nearly ended the popular Trump rallies, justified Biden’s non-aggressive presidential campaigning because of his obvious cognitive failings, provided the rational

for three or less presidential debates and vote by mail efforts – all benefiting the Democrat Party.

The absolute best strategy for keeping Americans afraid is to keep them wearing and practicing the symbols of fear – masks, distancing, partially closed churches and in small groups. It is a constant reminder that the emergency is present and ongoing. The next best is to keep children from returning to school. That there exists no science that keeping children out of school is a benefit to them does not matter, nor that virtually all of Europe has opened their classrooms.

Nor did it matter that the Asian Pandemic of 1957 with a death of 116,000 Americans, or the Hong Kong Pandemic of 1968 with 100,000 deaths, may still be more than the 130,000 dying from Covid-19, subtracting at least 25% of those who did not actually die from Covid-19, but with it. The populations were much lower then and they wore no masks, closed no businesses, restaurants, churches, sporting events, schools, colleges or large gatherings. The population of America is 328,239,523. Do the math, dividing this number by 130,000 deceased equals .0004 X 100 = .04% – infinitesimally low. Dividing by the three million who got it, and recovered, .009 or 0.9% is not even 1% of the population.

This is why the vast majority of Americans cannot identify a family member or close friend dying from Covid-19. Still, the Left has Americans paralyzed and perpetually afraid. The death rate of the flu two years ago, 61,000, did not even make the news, but this is a presidential election.

Again the media have lost credibility. The same sources now pushing the narrative that those not wearing masks are doing so because of their selfishness and insensitivity toward others are the same people and outlets that were wrong at every turn respecting the coronavirus.

But none of this is new!! We count nine times when these same media outlets, organizations, and persons attempted to upend, even by coup d’etat, the 2016 presidential election.

Let’s review these attempts three happening simultaneously before Trump took office. Spycage the Trump Tower wiretapping,

demonstrations in cities all over the United States (presumably funded by George Soros, to refuse the results of the 2016 election with signs “Not My President”), and finally, the Republican “Never Trumpers” movement. Once inaugurated the effort to get someone in his administration to declare him unfit so as to use the 25th Amendment to remove him followed. Then the Russia Hoax and the resultant 2 1/2 year Robert Mueller Investigation. This followed by disclosure of the FBI/CIA Coup attempt to unseat him, next the Ukrainian Hoax, followed by the failed Impeachment attempt. Nine easily documented attempts to remove Trump from office. On issues relating to Trump it is hard to find anything upon which these media were accurate.

Trump endured three congressional investigations: the Mueller and Horowitz Reports, each exonerating him, and the US Senate Impeachment trial acquitting him. Trump suffered more unjustified opposition/persecution than all U.S. presidents combined.

So what is the main reason so many refuse to wear masks? Americans cannot be convinced that politicalization of the coronavirus is not the 10th attempt to oust Trump and bring down America and the anarchists the 11th. Many feel used, betrayed and undefended as they watch these same sources excuse non-wearing of masks for rioters and anarchists but condemn such for the rest. If most cannot identify a family member that has died from this pandemic after almost six months of headlines of death, why would they trust these falsifying sources? To many the preservation of the Bill of Rights and not wearing the symbols of control and fear are all they have to resist those who want to *make and keep Americans afraid* and take our liberty.

Dr. Harold Pease is a syndicated columnist and an expert on the United States Constitution. He has dedicated his career to studying the writings of the Founding Fathers and applying that knowledge to current events. He taught history and political science from this perspective for over 30 years at Taft College. Newspapers have permission to publish this column. To read more of his weekly articles, please visit www.LibertyUnderFire.org. ★

United States Census 2020 Press Release

WASHINGTON, DC (MPG) - The U.S. Census Bureau continues to evaluate its operational plans to collect and process 2020 Census data. We are announcing updates to our plan that will include enumerator awards and the hiring of more employees to accelerate the completion of data collection and apportionment counts by our statutory deadline of December 31, 2020, as required by law and directed by the Secretary of Commerce. The Census Bureau’s new plan reflects our continued commitment to conduct a complete count, provide accurate apportionment data, and protect the health and safety of the public and our workforce.

Complete Count: A robust field data collection operation will ensure we receive responses from households that have not yet self-responded to the 2020 Census.

We will improve the speed of our count without sacrificing completeness. As part of our revised plan, we will conduct additional training sessions and provide awards to enumerators in recognition of those who maximize hours worked. We will also keep phone and tablet computer devices for enumeration in use for the maximum time possible.

We will end field data collection by September 30, 2020. Self-response options will also close on that date to permit the commencement of data processing. Under this plan, the Census Bureau intends to meet a similar level of household responses as collected in prior censuses, including outreach to hard-to-count communities.

Accurate Data and Efficient Processing: Once we have the data from self-response and field data collection in our secure systems, we plan to review it for completeness and accuracy, streamline its processing, and prioritize apportionment counts to meet the statutory deadline. In addition, we plan to increase our staff to ensure operations are running at full capacity.

Flexible Design: Our operation remains adaptable and additional resources will help speed our work. The Census Bureau will continue to analyze

data and key metrics from its field work to ensure that our operations are agile and on target for meeting our statutory delivery dates. Of course, we recognize that events can still occur that no one can control, such as additional complications from severe weather or other natural disasters.

Health and Safety: We will continue to prioritize the health and safety of our workforce and the public. Our staff will continue to follow Federal, state, and local guidance, including providing appropriate safety trainings and personal protective equipment to field staff.

The Census Bureau continues its work on meeting the requirements of Executive Order 13880 issued July 11, 2019 and the Presidential Memorandum issued July 21, 2020. A team of experts are examining methodologies and options to be employed for this purpose. The collection and use of pertinent administrative data continues.

We are committed to a complete and accurate 2020 Census. To date, 93 million households, nearly 63 percent of all households in the Nation, have responded to the 2020 Census. Building on our successful and innovative internet response option, the dedicated women and men of the Census Bureau, including our temporary workforce deploying in communities across the country in upcoming weeks, will work diligently to achieve an accurate count.

We appreciate the support of our hundreds of thousands of community-based, business, state, local and tribal partners contributing to these efforts across our Nation. The 2020 Census belongs to us all. If you know someone who has not yet responded, please encourage them to do so today online at 2020census.gov, over the phone, or by mail.

The U.S. Constitution mandates a census of the population every 10 years. The 2020 Census counts everyone who lives in the U.S. on April 1, 2020. Census statistics help determine the number of seats each state holds in the U.S. House of Representatives and how billions of dollars in federal funds will be allocated by state, local, and federal lawmakers every year for the next 10 years. ★

Sac County Medicare Counseling Available, Despite COVID-19

By Kathleen Newton,
Northwest Media
Consultants

SACRAMENTO COUNTY, CA (MPG) - Although local HICAP Medicare counseling offices are currently closed due to COVID-19, free one-on-one sessions with local state-registered counselors are still available via telephone and video conferencing.

HICAP (the Health Insurance Counseling & Advocacy Program) is administered by the California Department of Aging. Its trained volunteer counselors are working from home, but are still available

by phone and video-conferencing to answer questions and help seniors and other eligible recipients understand their Medicare rights and benefits.

HICAP counselors can provide information about Medicare supplemental insurance (Medigap policies); Medicare Advantage plans; employee and retiree coverage; long-term-care insurance and how to appeal coverage denials.

HICAP serves clients in El Dorado, Nevada, Placer, Sacramento, San Joaquin, Sierra, Sutter, Yolo and Yuba counties, regardless of income or age.

To schedule a free, one-hour phone or video-conference appointment with a state-registered HICAP Medicare counselor in Sacramento County: Call – (916) 376-8915 or email – hicap@lsnc.net

Once your appointment is scheduled, you will receive an appointment reminder by phone, email or text prior to your appointment. If you need to cancel an appointment for any reason, you are asked to call (916) 375-3763.

For more information, go to www.HICAPservices.net. ★

5 Ways Seniors Can Safeguard Against Cyber Criminals

By Ashley Pontius,
News and Experts

As the use of personal computers and cell phones has grown over the last two decades, identity theft has surged. One study found that over 14 million consumers were victims of identity fraud in 2018, and that their out-of-pocket costs totaled \$1.7 billion.

Seniors have been particularly vulnerable in recent years to online scams and telemarketing tricks. Unfortunately, another negative effect of COVID-19 has been scammers targeting seniors and the elderly by developing coronavirus hoaxes that prey on fears of the virus.

The growing problem of identity theft for all age groups makes it vital for consumers to develop a strategy to protect their devices, and those of their loved ones, although no system is perfect, says Chris Orestis ([www.](http://www.retirementgenius.com)

[retirementgenius.com](http://www.retirementgenius.com)), a senior care advocate known as the “Retirement Genius” and president of LifeCare Xchange.

At a minimum, no one should give out their Social Security number to a stranger and should never click a link in an email from an unknown source. But cyberthieves have many ways to steal your identity, invade your computer, or raid your bank account and credit cards. What should you do to protect yourself from these scam artists and criminals?

“First, it’s important to understand that identity-theft protection services don’t actually stop identity theft,” Orestis says. “There is no fool-proof way to stop identity theft from happening; there are just too many different types of valuable information and avenues for cyberthieves to hack them.

“The Federal Trade Commission actually prohibits identity-theft services from using the word

‘prevention,’ and if a company is promoting that as part of their service they should not be trusted. But regardless of any service you might use, no one can be disengaged from protecting their own identity. It’s important to take care of your identity and credit health with smart and regular maintenance, just like you do with your physical health.”

Orestis offers a five-step plan to help protect your identity:

Register for fraud alerts. “You want these alerts on credit cards and bank accounts so you can be notified quickly of any suspicious activity on your accounts,” Orestis says. “With fraud alerts, data security companies and financial services will text, email or phone you if there is a suspected security breach, or if they detect spending on a card or account that doesn’t align with your spending habits or your location.”

Review accounts regularly. Vigilance of your identity

protection means you should go over your monthly bank and credit card statements and review online account activity weekly. “Immediately notify your bank or credit companies if you detect fraudulent activity,” Orestis says. “Either freeze your account or cancel your card. If you believe there could be a problem with your credit, you can place a credit freeze by phone with each credit agency’s customer service line.”

Monitor your credit reports. Orestis says monitoring credit reports from Experian, Equifax and TransUnion is another way to find discrepancies that may indicate fraud.

Don’t leave a paper trail. “It’s a good idea to get rid of physical private records and statements that include personal or financial data,” Orestis says. “Identity thieves get into mailboxes and trash. They can use receipts to

piece together your personal data, so it’s smart to shred those and avoid any kind of paper trail.”

Create strong passwords. Orestis suggests mixing upper and lower-case letters with numbers and symbols, and to avoid using the same password for every account. “Not having a strong password on your smartphone or computer is like leaving your house with the front door wide open,” Orestis says. “Identity thieves are counting on people to use the same or similar passwords for their electronic devices and financial accounts. Mix up your passwords, and change them whenever you suspect an account has been compromised.”

“Identity theft and cyber security are a very real threat in today’s internet-connected world,” Orestis says. “We all live online and are exposed to a lot of risk if we don’t do the right things to protect ourselves.” ★

Economic Recovery Requires Balanced Leadership

Commentary
by John Kabateck

As many businesses hung on for their existence during the COVID-19 lockdown, they also stepped up to protect jobs, cover health premiums, and expand paid sick leave benefits for workers. They applied for government loans to meet payroll and re-imagined how they could maintain business operations with social distancing, curbside service, and virtual commerce.

Most employers exercised prudence and patience as state and local officials charted a path through an unprecedented pandemic.

Businesses large and small prioritized their employees because workers power California's economy. Many stepped up and stayed on the job to meet the essential needs of Californians. And workers will help drive our economic recovery in the months ahead.

As California moves forward into a staged reopening that balances health and safety with the broader resumption of commerce, employers urgently need ongoing support, balance and flexibility from state government leaders.

A potential pain point for employers is burdening our workers' compensation system with COVID-19 claims that originate outside of the workplace.

In early May, Governor Newsom enacted a temporary measure that COVID-19 claims

among workers from the March stay-at-home order through July 5 are "presumed" to be work related. This presumption means that workers who test positive for the virus do not need to show a connection to work, which is the usual legal standard for workers' compensation claims.

The rationale for such a move is to streamline the ability for workers who fall ill on the job to get benefits. The risk is that presumptions sweep up far more than work-related illnesses. As a result, the employer-funded workers' compensation system will be tasked with serving as broad, societal response to the pandemic. The question is whether such measures are necessary when employers already report accepting claims.

Acknowledging employer concerns, the governor made the presumption rebuttable, time-limited and requiring a positive test or diagnosis within 14 days of work.

Although the ultimate impact is unknown, the fact is employers will bear a greater burden for COVID-19 cases that otherwise would not have come through the workers' compensation system. Cost estimates for these claims stretch into the tens of billions of dollars. Like many things in the pandemic, the fact is we do not know how broad and deep such directives may stretch.

As employers now

struggle to resume operations, restore jobs and public services as quickly as possible, they must now factor in the potential for new workers' compensation costs that could originate from anywhere, anytime outside of their workplace.

Multiple legislative proposals have been submitted that would broaden, extend or expand these workers' compensation presumptions. Given the tendency of the workers' compensation system to enter crisis mode, lawmakers should carefully consider how to take thoughtful, balanced action in this area. They would be right to question whether any additional action in this area is needed – and seek out data to justify further modifications.

Employers have proven through the pandemic they value the health, safety and well-being of their workers. They have gone to extraordinary lengths to take care of their workers, so these workers could be there for the rest of us during the statewide lockdown and in the economic reopening that lies ahead.

During this reopening, lawmakers have an opportunity to partner with employers to deliver a brighter future for us all. Burdensome new costs that inhibit the restoration of jobs will only delay and diminish our opportunity for recovery.

John Kabateck is the President of National Federation of Independent Business California ★



4341 Garden Oak Court, Sacramento | \$595,000

This beautiful 4 bedroom and 3 bath Mediterranean-style home was built in 2007 and is tucked away in a quiet, tree-lined subdivision. Step inside to an open-concept floor plan with impressive 10-foot ceilings and spacious living areas. The roomy kitchen features upgraded LG stainless steel appliances, granite countertops, a kitchen island with seating, and plenty of storage space. Enjoy the utmost in privacy, with 3 en suite bedrooms at opposite ends of the house and a fourth bedroom that is currently being used as an exercise room. Master bedroom has an oversized bathroom, HUGE walk-in closet and private access to the backyard. Large backyard with a covered patio, low maintenance landscaping and RV access on both sides to store all of your toys or hobbies! 3-car garage. Just minutes away from I-80, shopping and restaurants.



6634 Whitsett Drive, North Highlands | \$339,500

This stunning single-story home has been completely renovated. Enjoy a spacious floor plan with 3 bedrooms and 2 baths. Step inside to a bright and airy kitchen and great room with stainless steel Samsung appliances, gorgeous granite countertops, an island and plenty of storage space! Add your personal touches to the roomy backyard with a covered patio and plenty of space for entertaining. Highlights include a beautiful fireplace in the great room, newer flooring throughout, updated baths, newer roof and dual pane windows. Great schools, shopping and restaurants nearby.



4030 Canonero Court, Fair Oaks | \$949,000

This timeless English Tudor home is an entertainer's dream! Tucked away in a large corner lot in a well-established neighborhood. Within 1 mile, you can access Lake Natoma, the American River and Highway 50. Step inside this immaculately kept home where you will find a grand entryway, formal dining room, spacious living room, family room and home office. Large kitchen offers tons of storage space for dinner parties/events. Two separate staircases lead to an oversized master bedroom and 2 guest bedrooms. Backyard has two Brazilian hardwood decks overlooking gorgeous landscaping. New \$80k roof installed 10/18. 3-car garage. Top rated schools K-12.



115 E Street, Rio Linda | \$459,900

This lovingly maintained 3 bedroom and 1 bath home is situated on .63 acres and is the perfect for a buyer who needs a large workshop and plenty of storage rooms/spaces for their hobbies. The backyard is well-maintained with highlights including a 10X10 ft. enclosed storage building, a 20X50 ft. breezeway with a clear height of 11 ft. (complete with power, water & lighting for your projects), and a 25X35 ft. enclosed garage with all new lighting and exhaust fans. Multiple storage rooms with shelving for all of your hobbies. Fully enclosed chicken coop, Zen shack with a covered deck and built-in covered pad for your hot tub, and covered patio. Beautiful garden with herb beds, sprinklers, a planting table, and an 8x8 seed shack/greenhouse.



4308 Hazelwood Avenue, Sacramento | \$639,500

This well-maintained ranch-style home is tucked away on a roomy .45 acre lot in a desirable tree-lined neighborhood. This gracious floor plan features a separate living and family room, and a remodeled kitchen with newer stainless steel appliances, granite counter tops, timeless open shelving and recessed lighting. Main house has 4 or 5 bedrooms (5th bedroom currently serves as a hobby room/laundry room). All 3 bathrooms have been tastefully updated/remodeled. The HUGE lot has a separate oversized one-car garage with a drive through door, and a large 1,200 sq. ft. detached 2-car garage and 1 bedroom, 1 bath guest home with living room and loft bedroom. Enjoy a wonderful neighborhood near top rated schools and fabulous shopping and restaurants.



Craig Diez
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Subscriptions should be mailed to Carmichael Times, 7144 Fair Oaks Blvd. Suite 5, Carmichael, CA 95608. Subscription rate is \$42 per year within Carmichael, \$52 within Sacramento County.

The Carmichael Times is published weekly. Call (916) 773-1111 for more information.

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**Publisher,
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Carmichael Times is a member of Messenger Publishing Group

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Crossword Puzzle on Page 6

O	V	A	L	S	U	P	I	L	L			
R	O	L	E	C	A	L	S	P	R	A	Y	
A	T	O	P	U	L	N	A	E	R	O	D	E
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K	I	E	V	P	O	S	S	U	M	S	E	T
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M	A	O	O	E	R	S	K	U	A			

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Sudoku Puzzle on Page 6

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

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Ask Toni

Turning 65 with Employer Health Insurance ... Need Medicare Help!!!



Toni King

Toni:

I have just enrolled in Medicare A&B. I am still working with my husband and myself covered under my employer plan and I plan to retire in 14 months.

I enrolled in part B for many reasons and discovered that I am being charged a much higher premium because the 2018 tax return showed higher earnings. Now I am wondering if I made a mistake by enrolling while working. Can you please explain what one turning 65 with employer benefits should do?

~ Thanks, Tammy from Dallas, TX

Tammy:

I have good news for you because Medicare does allow employees with "true" employer benefits to delay Medicare Part B enrollment without penalties if you enroll later. Delaying does involve having employer group health coverage thru your or your spouse's employer.

If you do NOT have "true" employer group health coverage, then missing your enrollment period is going to mean that you will be paying penalties. With that in mind, what does Medicare define as employer group health coverage?

Medicare recognizes true employer and union health plans with the Medicare recipient and/or their spouse working full-time for that specific employer as qualified to be able to delay Medicare. If you are in this situation, then you are in the position where you can delay Medicare

Part A and/or Part B for the working health covered individual and their non-working health covered spouse.

"COBRA and retiree health coverage do not count as current employer coverage," according to the Medicare and You Handbook. Essentially, if you have this type of health insurance coverage, you are not going to be able to delay your Medicare Part B.

Most individual health plans or not having health insurance benefits at all are not going to fall under creditable, acceptable health insurance coverage. Let me repeat individual and retirement health plans are not current employer coverage for those that are self-employed or retired.

A Working Spouse: Does It Matter? What if I have a working spouse receive your health insurance coverage from their employer? If the working spouse is providing health insurance benefits from their employer group health coverage, as I previously mentioned, then one may want to delay enrolling in Medicare Part B. It is important to create a paper trail for Medicare and Social Security, so that you do not incur a penalty when one ends up enrolling in Medicare Parts

A and/or Part B using the Special Enrollment Period.

You might continue to work either part-time or as a self-employed individual, taking advantage of the coverage provided by your spouse. I want to point out that some companies may ask you to enroll in Medicare once you are eligible, regardless whether your spouse continues to work for the company. Therefore, it is important to check with your spouse's Human Resources Department to determine if you will still be able to carry coverage under a working spouse.

Self-Employed: Does It Matter? Many years ago, a client turning 65 who was self-employed and was not covered under an employer's group health insurance waited to enroll in Medicare Part B. He received a 10% penalty for each year that he was not enrolled, due to not enrolling in Part B at the right time. His penalty was 20% penalty (2 years, 65 and 66) every month for as long as he is on Medicare. Essentially, he will be paying that penalty for the rest of his life.

Toni Says Confused about Medicare Online Zoom Webinar: Wednesday, August 19th at 4:00pm. Online webinar reservations are limited, and enrolling link is available at www.tonisays.com.

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

STATEPOINT CROSSWORD • BACK TO SCHOOL

CLUES

- CROSS**
- *Egg-like curve in math class
 - a.k.a. stand-up paddleboard
 - Not in good health
 - Flick part
 - *Roll
 - Aerosol can emanation
 - On the mountain peak, e.g.
 - Arm bone
 - Grind down
 - *Proud jacket owner
 - Trident part
 - "Walking _____"
 - Blazer or Explorer
 - Unit of money in Norway, pl.
 - Semiconductor additives
 - Farm layer
 - Agave alcoholic drink
 - Amos or Spelling
 - Analyze
 - Geisha's sash
 - South Korean metropolis
 - Capital of Ukraine
 - T.S. Eliot's "Old _____'s Book of Practical Cats"
 - Get firm
 - Temporary
 - Table linens
 - Where bugs are snug?
 - Nostradamus and such
 - Type of rich soil
 - *Where one graduated
 - Boatload
 - *Chemistry classrooms
 - Lake in Scotland
 - Arabian chieftain
 - Corset rod
 - Encore!
 - Former Chinese leader
 - *_____ the ramparts...
 - Arctic jaeger

DOWN

- *Type of spoken test
- *Class president candidate wants it
- Loads, two words
- Greek money
- Game ragout
- Of #16 Across
- Architect's drawing
- Used to eliminate wrinkles
- Serve soup, e.g.
- Sodium solution
- Arrow poison
- Establish, two words
- *As opposed to public
- Hostile force
- "La" precursor
- Shade of Dockers
- Pine juice
- Beginning of illness
- *Valedictorian's spot
- Gallows' rope
- Comparative form of "true"
- Muddy or sandy
- *2020 classroom venue?
- NCIS network
- *GPA, technically
- Ingratiating behavior
- George Orwell's Napoleon
- On pins and needles
- Grapevine news
- Part of Old Testament
- *Olden day notebook
- Imprison
- Dharma teacher
- Three-layer cookie
- "The Sun _____ Rises"
- Pippin's last name, "The Hobbit"
- Boring hue?
- Actress Perlman
- Eric Stonestreet on "Modern Family"

Crossword Puzzle Solutions on Page 6

1	2	3	4	5	6	7	8	9	10	
11				12			13	14		
15				16			17			
18				19			20			
21				22						
23	24	25			26		27	28	29	
30				31	32	33		34		
35		36			37			38		
39				40			41		42	
43				44			45	46		
47						48	49			
50	51				52			53	54	55
56					57			58		
59					60			61		
62					63			64		



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

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

United Way Covid-19 Relief Fund Helps 1,145 Families

By Kristin Thébaud
Communications,
Thébaud Communications

SACRAMENTO REGION, CA (MPG) - In a span of three months, United Way California Capital Region's COVID-19 Local Relief Fund raised \$572,000 to provide 1,145 families in need across the region with a one-time \$500 distribution to help offset costs of rent, bills and other basic needs. United Way worked with 11 nonprofit partners in Amador, El Dorado, Placer, Sacramento and Yolo counties to identify low-income families whose lives were disrupted by the pandemic and ensure they received the help they needed. The fund closed at the end of June, but the structure remains in place in case of a second wave.

"Stories continue to pour in from families across our region who have received help through our Local Relief Fund," said Stephanie Bray, president and CEO, United Way California Capital Region. "The vast majority of those we served lost income during the stay-at-home order and needed help paying rent and bills. With so many families in our region just one paycheck away from homelessness,

gifts to our fund helped avert an immediate crisis for these families and our community."

The fund's nonprofit partners included 3 Strands Global Foundation, Amador Tuolumne Community Action Agency, Birth and Beyond, Black Child Legacy Campaign Neighborhood Centers, Empower Yolo, International Rescue Committee, Kids First, Lighthouse Community Counseling, Opening Doors, RISE Inc. and Yolo County Children's Alliance.

In addition to individual and corporate donations to the fund, all dollars donated to Donate4Sacramento's Support Families area were distributed to Sacramento families through United Way's fund. For a full list of donors to the Local Relief Fund, visit YourLocalUnitedWay.org.

"It's very meaningful to me to receive this funding because I can continue paying my bills and provide food and clothing for my children," said Nayely, a Local Relief Fund recipient in Sacramento. "When I learned that the funds come from people in the city, I was very grateful to see how they care about the community and that they are always willing to help others during hard times." ★

Governor Must Do Better to Serve the Unemployed

By Nghia Nguyen,
Office of Senator
Jim Nielsen

SACRAMENTO, CA (MPG) - With over half of all adults in California reporting lost income since March and a 17% unemployment rate across the state, Senator Jim Nielsen (R-Tehama) joined over 60 lawmakers to demand the Employment Development Department (EDD) to do better to serve Californians.

"The first and last priority of all government workers is to serve," said

Senator Nielsen. "EDD is failing at its job. There are no excuses for not serving Californians who lost their jobs to no fault of their own, who have depleted their life savings, gone into extreme debt and are filled with anxiety each, and every day."

"Governor Newsom's administration must do better and expedite these funds to desperate Californians."

Since the pandemic, Senator Nielsen's office has resolved over 375 EDD cases, with 136

outstanding. These numbers reflect those who have contacted Senator Nielsen's office. Statewide, 1.13 million Californians are still waiting on benefits.

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

Bike Patrol Hits the Trails

Continued from page 1

on expected trail etiquette. All volunteers are required to wear a volunteer bicycle patrol uniform, distinguishing themselves from regular users of the trail. NSP coordinates bicycle trail volunteer schedules with Regional Parks.

"We are excited for these volunteers to hit the trails to help teach trail users about trail safety and etiquette," said Liz Bellas, Director of Regional Parks. "We have seen an increase in new trail users this year and these new users don't always know proper trail etiquette, which can be dangerous for other trail users. The Bike Patrol members will be great educational resources."

"We are delighted to be part of the Parkway team and our agenda focuses on safety; safe cycling, safe walking and family enjoyment on the trail," said Jim

Cheng, Bike Patrol Representative.

Members of the Bike Patrol will act as trail ambassadors providing directional advice, equipment assistance, safety insights and bike safety programs, assistance with events and first-aid services.

Similar volunteer trail programs exist throughout the state, including the American River Parkway Equestrian Patrol, Fort Ord Friends, East Bay Regional Park District Volunteer Trail Safety Patrol, Oakland Bike Patrol, Santa Monica Mountains National Recreation Area Mountain Bike Patrol, Marin Open Space Bike Patrol, and Tahoe Bike Patrol.

If you see one of the Bike Patrol members while out on our trails, make sure you wave and say hello as you pass! For more information on the bike patrol, visit their website. ★



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Operation Backpack Provides School Supplies to Area Children

By **Christie Holderegger, Volunteers of America Northern California & Northern Nevada**

SACRAMENTO REGION, CA (MPG) - Operation Backpack, Volunteer of America's (VOA) annual school supply drive for students in need, collected over \$97,000 in a virtual drive to purchase school supplies for more than 2,100 children through a collaborative effort between 19 local businesses, 9 corporate sponsors, and 1,000 donors. COVID-19 has presented many challenges and changes to education for students everywhere, and it has been especially difficult for those living in transition from homelessness, in foster care, or in low-income communities. Operation Backpack provides supply-kits with brand new, grade-appropriate school supplies to all of the families and children in VOA's shelters and programs. Additional supply kits will be distributed to 14 partner

agencies, nonprofits and school districts, including Sacramento Food Bank & Family Services, Healthy Start Family Resource Center, and the Youth Service Bureau. VOA's longstanding partnerships in the community ensure as many children as possible get the tools they need to start the school year off on the right foot. "Having new school supplies provides confidence and helps a child's self-esteem," says Ana Bankert, Director of Development, VOA. "Feeling prepared alongside every other child in the classroom is crucial to their ability to thrive. VOA is very grateful to work with sponsors, partners, volunteers, and donors who understand the importance of this cause and the children it supports." Operation Backpack would not be possible without the support and generosity of campaign partners CBS, CW13, and Good Day Sacramento and sponsors

Sutter Health, Niagara Bottling, American River Bank, Kids Care Dental, Phoong Law, and Anthem Blue Cross Blue Shield as well as individual donors and businesses who have hosted fundraisers. Founded locally in 1911, the Northern California & Northern Nevada office of Volunteers of America is one of the largest providers of social services in the region. The professional paid staff operates more than 50 programs: homeless services and shelters; substance abuse treatment and mental health services; senior, veteran, and family services; transitional, permanent supportive, and affordable housing. Volunteers of America provides shelter or housing to 4,500 men, women and children every night in Northern California and Northern Nevada. Learn more about Volunteers of America Northern California & Northern Nevada at www.voanccnn.org. ★

Another version of 'ethnic studies'



California Capitol. Photo by Anne Wernikoff for CalMatters



By **Dan Walters, Cal Matters**

A year ago, the California Department of Education released a draft of guidelines for implementing "ethnic studies" in public high schools.

It unleashed a torrent of controversy – for good reason.

The 303-page document was ersatz Marxist agitprop that, if adopted, would have drummed into young minds the notion that in America, anyone not a white male is virtually enslaved.

"At its core," the draft declared, "the field of ethnic studies is the interdisciplinary study of race, ethnicity, and indigeneity with an emphasis on experiences of people of color in the United States," adding, "The field critically grapples with the various power structures and forms of oppression, including, but not limited to, white supremacy, race and racism, sexism, classism, homophobia, islamophobia, transphobia, and xenophobia, that continue to impact the social, emotional, cultural, economic, and political experiences of Native People(s) and people of color."

In critiquing "systems of power," it advised, "These are structures that have the capacity to control circumstances within economic, political, and/or social-cultural contexts. These systems are often controlled by those in power and go on to

determine how society is organized and functions," adding, "some examples of systems of power are: white supremacy, capitalism, and patriarchy."

Get a veteran journalist's take on what's going on in California with a weekly round-up of Dan's column every Friday.

Some of most pointed criticism came from Jewish legislators who said in a letter, "we cannot support a curriculum that erases the American Jewish experience, fails to discuss anti-semitism, reinforces negative stereotypes about Jews, singles out Israel for criticism and would institutionalize the teaching of anti-semitic stereotypes in our public schools."

Hurriedly, state education officials, including Superintendent Tony Thurmond, promised a makeover. The new version is definitely toned down – less a call for social revolution and more a conventional academic outline.

There's some irony in that transformation. The new draft was released as the fundamental change advocated in the first version was gaining currency in response to the suffocation death of a Black man, George Floyd, with the knee of a Minneapolis policeman on his neck.

Nevertheless, the new draft still contains echoes of the previous proposal, to wit:

"Ethnic studies should help students become more engaged locally and develop into effective civic participants and stronger social justice advocates, better able to contribute to constructive social change. It can also help students connect current resistance movements to those of the past, and to imagine new possibilities for a true democracy."

There's another bit of irony in the declaration that ethnic studies "can help students learn to present their ideas in strong, compelling, jargon-free language."

The draft itself is loaded with undecipherable jargon, such as saying ethnic studies help students "conceptualize, imagine, and build new possibilities for post-imperial life that promotes collective narratives of transformative resistance, critical hope, and radical healing." Can anyone translate that?

When the Legislature required an ethnic studies curriculum to be created, its expressed rationale was that since Californians are a complex matrix of ethnicities and cultures, students should become more aware of who we are and how we got here.

No argument there. And there's absolutely nothing wrong with taking a warts-and-all approach, including slavery, genocidal treatment of native peoples and immigration patterns. Facts are facts and we shouldn't shy away from them.

But ideological indoctrination, which the first draft clearly embraced and still colors the second, is not knowledge. The histories of America and California are not only tales of conflict, including a very bloody civil war, but also narratives of overcoming adversity and achievement, and well-balanced ethnic studies should include them as well.

The Legislature is weighing whether to make ethnic studies mandatory. If so, we'd better get it right.

Email: dan@calmatters.org
Dan Walters has been a journalist for nearly 60 years, spending all but a few of those years working for California newspapers. ★

West Nile Virus Activity on the Rise

By **Luz Maria Robles, Sac-Yolo Mosquito & Vector Control**

SACRAMENTO REGION, CA (MPG) - The Sacramento-Yolo Mosquito & Vector Control District announced that the first signs of West Nile virus activity have been detected in Yolo County as 13 mosquito samples have tested positive for the disease. At the same time, West Nile virus activity continues to gradually increase throughout north Sacramento County as more mosquito samples and dead birds tested positive this week from areas near Carmichael, Fair Oaks and Arden-Arcade. "With the warmer temperatures we've seen recently West Nile virus activity is steadily rising," said Gary Goodman District Manager. "To date, the amount of West Nile virus activity has been lower than other seasons, however we are in the middle of summer and this can quickly change, therefore, it's extremely important that residents continue taking proper precautions to protect themselves from mosquitoes," added Goodman.

In response to the recent findings, the District will continue to monitor all West Nile virus activity through widespread mosquito trapping and testing as well as perform ground treatments in areas where positive mosquitoes have been found to quickly decrease populations and protect public health.

Another ongoing concern is that last year the invasive mosquito *Aedes aegypti* was detected in Citrus Heights within Sacramento County. Invasive mosquitoes pose a significant health

threat because they can transmit dangerous viruses including Zika, dengue fever and chikungunya. To date, invasive mosquitoes have not been discovered within our District area; however neighboring San Joaquin County recently announced that invasive mosquitoes have been found this week in Stockton after their initial detection in 2019.

To see a complete map of the WNV findings and for current information about District activities, please visit <https://www.fightthebite.net/media/west-nile-virus-activity/>

Residents may also subscribe to mailing lists to receive email notifications for upcoming mosquito treatments by zip code. To sign up, go to Spray Notifications on the website at www.FIGHTtheBITE.net.

2020 West Nile Virus Activity Update:

Sacramento County: 27 mosquito samples and 42 dead birds have tested positive for West Nile virus to date.

Practice the District D's of Mosquito Prevention: **DRAIN** standing water that may produce mosquitoes; **DAWN** and **DUSK** are times to avoid being outdoors; **DRESS** appropriately by wearing long sleeves and pants when outside; **DEFEND** yourself by using an effective insect repellent. Make sure to follow label directions! **DOOR** and window screens should be in good working condition; **DISTRICT** personnel are also available to address any mosquito problems. Call them at 1-800-429-1022 or visit www.FIGHTtheBITE.net. ★

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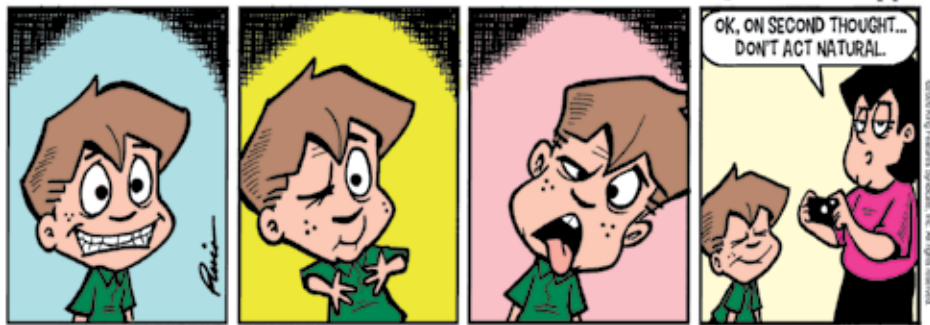
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WEEKLY COMICS

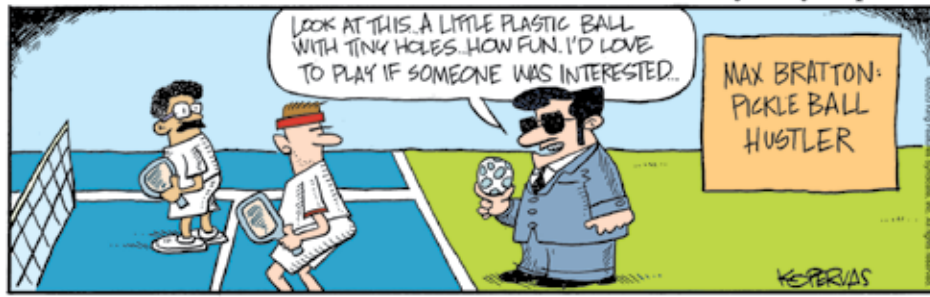
Amber Waves

by Dave T. Phipps



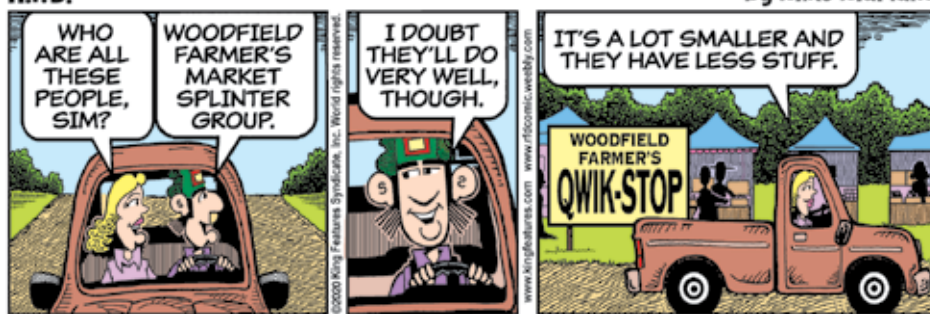
Out on a Limb

by Gary Kopervas



R.F.D.

by Mike Marland



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LAFF-A-DAY



"Taxing, taxing, one-two-three..."



"Do I have time to go shopping?"

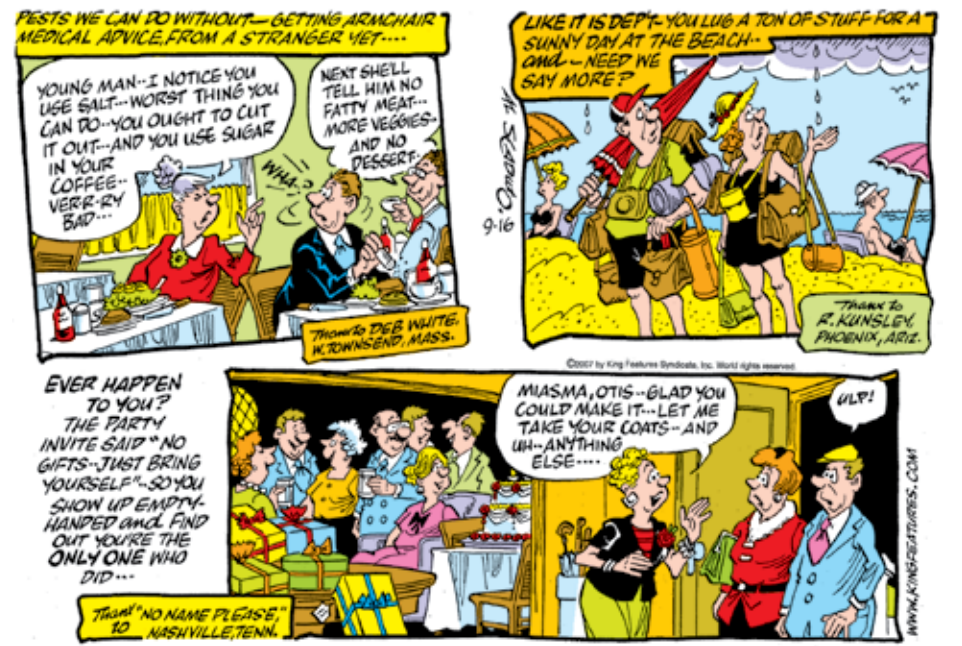
The Spats

by Jeff Pickering



THEY'LL DO IT EVERY TIME

BY AL SCADUTO



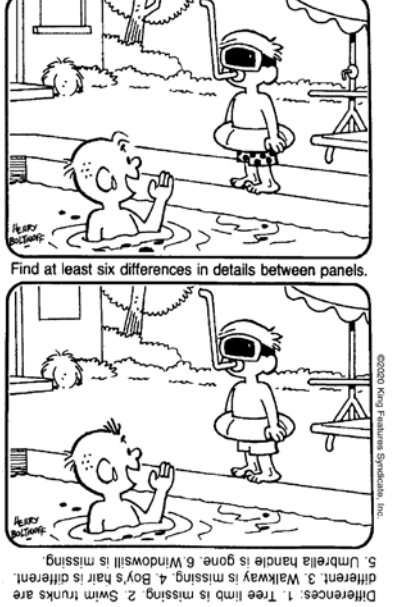
Just Like Cats & Dogs

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HOCUS-FOCUS

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