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# Citrus Heights Messenger

VOLUME 10 • ISSUE 17

Serving the City of Citrus Heights & Sacramento County

APRIL 24, 2020

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“SILENT ANGEL”  
WITH RARE DISEASE**



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PRESORTED STD.  
US POSTAGE  
**PAID**  
PERMIT 350  
Carmichael, CA  
Change Service Requested

## Local Mask Makers Fill Critical Need

Story by Shaunna Boyd

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

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

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

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

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

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



**Above: Giana DeGracia and her daughter, Sawyer Huff, show off their new masks.** Photo courtesy of Cali Quilt Co. **Right: Folsom Mask Maker volunteer Karen Hamer works at her sewing machine to fill the critical need for protective masks.** Photo courtesy of Folsom Mask Makers

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

Singer was happy to help her community in this time of need, and she never even considered selling

the kits: “We don’t want to profit off hardship.”

*Continued on page 3*

**Drive-in  
Church  
Services Now  
Permitted**

**Center for American  
Liberty Special Release**

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

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

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

Subsequently, Riverside County released its final amended Order which references the Governor and Attorney General’s opposition brief to our TRO.

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

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

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

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

“Even after these policy  
*Continued on page 3*

## Sac DA: Enforcement of Public Health Order in Sacramento County

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

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

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

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

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

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

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

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

Public Health Order.”

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

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

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

Read More at [www.CitrusHeightsMessenger.com](http://www.CitrusHeightsMessenger.com)



# Help Needed For 6-Year-Old “Silent Angel” with Rare Disease

*Alisandra Zamora of Gold River is Fighting Rett Syndrome*

By Emily Progin, Help Hope Live

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

“Ali was in and out of the hospital since she was nine months old,” explains Rodriguez. “Doctors discovered she was silently aspirating, meaning that food was going into her lungs. She couldn’t eat by mouth anymore, and from there, it was a downhill battle with seizures, sleep apnea, and life-threatening situations.” Just before she turned four, doctors diagnosed Alisandra with Rett Syndrome, which affects just 1 in 10,000 female children. Because of the diagnosis and other physical issues, she cannot speak, walk, eat, or breathe without assistance, which means she requires 24-hour-per-day care.

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

“Through all the trials and tribulations, she is resilient, always happy and content,” Rodriguez says of Alisandra. “Finding a balance between her needs and raising two other kids can be difficult.” The family’s biggest struggle is



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

financial: insurance refuses to cover the cost of a wheelchair-accessible van, which will allow Alisandra to continue attending weekly doctor’s appointments and physical therapy sessions as she grows. To help with the cost, Alisandra’s family has turned to the national nonprofit Help Hope Live.

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

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

# BareBones Workwear Equals Good Deeds



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

By Seti Long

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

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

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

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

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

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

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

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# Local Mask Makers Fill Critical Need



Tayva Singer, owner of Cali Quilt Co, gave away fabric and elastic so people could sew and donate more than 1,000 masks. Photo courtesy of Cali Quilt Co.

Continued from page 1

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

The Folsom Mask Makers group was launched in mid-March, and volunteers have already made and donated thousands of masks throughout the greater Sacramento area. Karla Burgess, an intensive care unit (ICU) registered nurse (RN), is managing the group, coordinating volunteers from Sacramento, Placer, and El Dorado counties. In addition to sewing the masks, members are also picking up materials, washing and ironing the fabric, preparing sewing kits, and delivering the finished masks. The masks are donated to local hospitals, medical centers, and other healthcare workers on the frontline of this crisis. Some masks are donated to community members as well since guidelines from the Centers for Disease Control and Prevention (CDC) now recommend everyone wear a mask when out in public.

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

seamstress at El Dorado Musical Theatre, is coordinating the volunteers working on the N95 cover masks approved for donation to ICUs at Mercy San Juan Hospital.

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

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

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

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

# Citrus Heights COVID-19 Update from the City Manager

Dear Citrus Heights Residents and Community Members,

Your health and safety remains the highest priority among City Staff and Officials as we face all of the different challenges COVID-19 presents to our community. We are working daily to serve the needs of our residents and businesses, while also planning for the future recovery that will be necessary.

We have recently added to our COVID-19 landing page, which includes ways to work remotely with each of our City service lines, links to the daily COVID-19 counts from the county, information on reporting violations, how to support local businesses, and more. Please visit: [citrusheights.net/covid-19](https://citrusheights.net/covid-19) to access that list of resources.

We must continue to work together to ensure our community is prepared for any future medical or catastrophic emergencies, including adequate, effective public safety services and emergency preparedness. I want to commend the hard-working men and women with our Citrus Heights Police Department. During this unprecedented time, your Police Department has stepped up, and thoughtfully utilized existing resources to ensure our community and businesses stay safe.

Citrus Heights has a strong history of self-reliance and solid community roots. Now, more than ever, it is important that we honor that history by aligning City Hall’s efforts with your priorities. My sincere thanks go out



Citrus Heights City Manager, Chris Boyd. Photo: City of Citrus Heights

to all those who have already provided feedback through our City’s largest survey effort – we have over 1,000 responses to date.

While we continue to serve you and plan for the future of our City, I encourage you to share your priorities at [CHPriorities.net](https://CHPriorities.net) and utilize the resources at [CitrusHeights.net/covid-19](https://CitrusHeights.net/covid-19).

Sincerely,  
  
Chris Boyd  
City Manager

# Drive-in Church Services Now Permitted

Continued from page 1

changes, houses of worship are still very limited in their permissible activities,” Dhillon said. “Many of these activities provide immeasurable societal good, be it delivering food to the elderly, hosting addiction support groups, providing spiritual comfort and counseling for Californians in crisis, and so many other essential services.”

On Tuesday, United States Attorney General William P. Barr issued a statement condemning restrictions on houses of worship that are not applied “evenhandedly” to all businesses.

“We intend to pursue this case until all

Californians are restored the full free exercise of religion guaranteed to all Americans under the Constitution,” Dhillon said.

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

The Center for American Liberty is a nonprofit litigation, education, and public policy organization dedicated to advancing Free Speech rights and Civil Liberties. Founded by Harmeet Dhillon in 2019, the Center for American Liberty offers pro bono and low-bono legal representation to Americans whose fundamental freedoms are violated. ★



Nancy Baker, President of Assistance League of Sacramento

A Message from the President

Recent weeks have challenged us in ways that I never could have imagined.

# Connecting the Community

I hope that you and your family are well and keeping busy as we shelter in place. Here is what's happening in our organization since our last newsletter.

Assistance League of Sacramento was well on its way to meeting our mission and fulfilling this year’s philanthropic program goals. But the devastating effect of the COVID-19

virus halted much of our community outreach and temporarily closed our resale shop, Fabulous Finds on Fulton.

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

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

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

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

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

You can write us a check at any time, or donate online. Please go to our website, [www.assistanceleague.org/sacramento](https://www.assistanceleague.org/sacramento) to use your credit card. Any donation, large or small, will be so appreciated.

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

Nancy Baker  
President



# Please, be safe and stay well.

## Your health, well-being and safety is our top priority.

As we navigate through the COVID-19 pandemic together, we want to assure you we’ll continue to deliver safe, reliable power and work with you on flexible payment arrangements and energy assistance rates during these difficult times.

Learn how we’re helping at [smud.org/Coronavirus](https://smud.org/Coronavirus)

Powering forward. Together.







Blaming China, WHO Isn't Scapegoating

President Donald Trump slammed the World Health Organization at a recent news briefing and was immediately accused of scapegoating. There's no doubt that Trump is inclined to shift blame when possible (and even when it isn't). He'll never take ownership of the testing debacle at the outset of our coronavirus response or admit it was wrong initially to minimize the virus. Yet none of this detracts from the force of his critiques of China (although he blows hot and cold on that) and the WHO, which are at the center of this international catastrophe and must be held to account. Without China's deceit and WHO's solicitude for Beijing, the outbreak might have been more limited, and the world at the very least would have had more time to react. China committed unforgivable sins of commission, affirmatively lying about the outbreak and punishing doctors and disappearing journalists who told the truth, whereas the WHO committed sins of omission

– it lacked independence and courage at a moment of great consequence. In effect, China and the WHO worked together to expose the rest of the world to the virus, at the same time they downplayed its dangers. China acted as you'd expect. Countries that run gulags aren't typically noted for their good governance and transparency. The WHO is supposed to be different. According to its constitution, "The health of all peoples is fundamental to the attainment of peace and security and is dependent on the fullest co-operation of individuals and States." But it's hard to see how the WHO would have acted any differently if its constitution contained a proviso stipulating that it should validate Chinese propaganda as much as possible, especially in the midst of a world-threatening outbreak of a novel virus. On Jan. 14, WHO tweeted that "preliminary investigations" by Chinese authorities had found no evidence of human-to-human transmission. Several days later, it reported "limited" human-to-human transmission, although it downplayed the finding as typical of respiratory illnesses. Then, the WHO declined to call the outbreak in China a public health emergency of international concern on Jan. 22, at the same time there were confirmed cases

in Taiwan, Australia, Japan, Thailand and South Korea. After the WHO finally declared the emergency, it proceeded to drag its feet on declaring a pandemic, waiting until March 12. One of the worst things China did was seal off Hubei province from the rest of the country while flights continued around the world. Was the WHO concerned about that? No, it was fully on board. As a headline in Reuters put it in early February, "WHO chief says widespread travel bans not needed to beat China virus." Incredibly enough, in late January, WHO Director-General Tedros Adhanom Ghebreyesus was praising Chinese officials for "the transparency they have demonstrated." Despite the emerging consensus that China has lied about its number of cases and deaths, WHO hasn't yet said a discouraging word about China's actions. It's been resolute, though, in excluding Taiwan from its workings, just as Beijing dictates. Trump takes more than his share of potshots, but that doesn't mean he's always off the mark. China and the WHO are genuine malefactors who deserve all the obloquy the president, and anyone else, can heap on them. Rich Lowry is editor of the National Review. (c) 2020 by King Features Synd., Inc. ★

# Crime Reports

## Citrus Heights Police Report

April 12<sup>th</sup>  
April 16<sup>th</sup>



**04/12/2020** • Time: 3:45 PM • IR Number: 2020-0121477  
Crime: **459: Burglary-Commercial**  
Location Type: Commercial/Office Building • Public Address: 57XX Greenback Ln  
Agency: Sacramento County Sheriff's Department

**04/12/2020** • Time: 1:39 PM • IR Number: 2020-0120778  
Crime: **PC 273.5: Inflict Crpl Inj Sp/Cohab**  
Location Type: Residence/Home • Public Address: 59XX Devecchi Ave  
Agency: Sacramento County Sheriff's Department

**04/13/2020** • Time: 6:00 AM • IR Number: 12003099  
Crime: **484(A) PC: Petty Theft**  
Location Type: Parking Lot • Public Address: 65xx Briartree Wy  
Agency: Citrus Heights Police Department

**04/13/2020** • Time: 3:45 PM • IR Number: 2020-0122010  
Crime: **PC 211: Robbery Commercial**  
Location Type: Convenience Store • Public Address: 58XX Antelope Rd  
Agency: Sacramento County Sheriff's Department

**04/13/2020** • Time: 9:25 AM • IR Number: 12003123  
Crime: **487(a) PC: Grnd Thft:prop/Etc \$950+**  
Location Type: Theft from Vehicle • Public Address: 61xx Shadow Ln  
Agency: Citrus Heights Police Department

**04/13/2020** • Time: 10:14 AM • IR Number: 2020-0121617  
Crime: **PC 245(A)(1): Force/Assault With A Deadly Weapon-Not Firearm:Gbi Likely**  
Location Type: Residence/Home • Public Address: 60XX Shenandoah Dr  
Agency: Sacramento County Sheriff's Department

**04/13/2020** • Time: 5:30 PM • IR Number: 12003167  
Crime: **484(A) PC: Petty Theft**  
Location Type: Other Public Premise • Public Address: 55xx Sunrise  
Agency: Citrus Heights Police Department

**4/14/2020** • Time: 7:39 PM • IR Number: 12003117  
Crime: **10851(A) VC: Vehicle Theft**  
Location Type: Parking Lot • Public Address: 128xx Fair  
Agency: Citrus Heights Police Department

**04/14/2020** • Time: 4:00 PM • IR Number: 12003127  
Crime: **10851(A) VC: Vehicle Theft**  
Location Type: Parking Lot • Public Address: 63xx Slippery Creek Ln  
Agency: Citrus Heights Police Department

**04/15/2020** • Time: 2:57 AM • IR Number: 12003126  
Crime: **487(a) PC: Grnd Thft:prop/Etc \$950+**  
Location Type: Fenced Storage • Public Address: 59xx Auburn  
Agency: Citrus Heights Police Department

**04/16/2020** • Time: 10:00 PM • IR Number: 12003186  
Crime: **459 PC: Burglary - Commercial**  
Location Type: Other • Public Address: 76xx Greenback Ln  
Agency: Citrus Heights Police Department

Find more info at [citrusheights.net](http://citrusheights.net)



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# Did Governor Newsom Buy PPE from Banned Chinese Company?

By Angela Toft, RCF

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

to the Chinese military and Communist Party, and possible links to forced labor.” On Sunday, Ose tweeted: “I hope our leaders are only doing business with #PPE suppliers who have been properly vetted. It would be infuriating to see the govt #procurement process reward foreign or domestic bad actors at high prices if other suppliers are available. #BuyAmerican if possible.” BYD, which has no history of making personal protective equipment, has

previously delivered such shoddy and potentially dangerous products to local governments, including in California, that a recent law banned federal funds being used to purchase certain BYD products. Ose attempted to obtain a copy of the contract, which transfers \$1 billion Americans tax dollars to this Chinese company, and was surprised to learn that it has not yet been made available even to California’s own state legislators. ★


# Keep on Truckin': Suspend AB 5

Commentary  
by Senator John Moorlach

**SACRAMENTO, CA (MPG)** - ‘It’s absurd to effectively ban “gig” workers while millions are trying to figure out how to make a living from home’ With most Californians hibernating in their homes for “social distancing,” trucking has become even more important. Independent truckers bring us our food, water, medical supplies, clothing and, when available, the most essential commodity: toilet paper. Which is why my Senate Bill 990 is absolutely crucial and ought to be passed when the California Legislature returns to Sacramento. When amended, it would suspend until January 2022 the severe restrictions on independent workers imposed by Assembly Bill 5 from last year. AB 5 restricts the freedom to work in many fields: translators, transcribers, writers, dancers and teachers, among many others. There are too many businesses opportunities that do not fit in the “employer/employee” box. Especially independent

truckers who work for multiple companies throughout the year, using their vehicles and time. Independent truckers are truly essential because, if food is not delivered, people go hungry. If the medicines don’t go to hospitals, patients may die. Trucking is one of the few industries recruiting more people, for obvious reasons. ... Despite the health crisis, independent truckers continue climbing into the cab of their individually owned 18-wheelers every day to make sure the routine, everyday items we take for granted are delivered. No drivers, no deliveries. No deliveries, no store shelves stocked with products. One official who just doesn’t get this is California Attorney General Xavier Becerra. He’s continuing his legal actions against independent truckers .... Gig workers need similar flexibility. ... And independent truckers need the freedom to keep on truckin.’ SB 990 gives Californians room to debate AB 5, while keeping the economy rolling down the Interstate Highway. ★

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

From the Office of Senator Nielsen

**SACRAMENTO, CA (MPG)** - Respected for his experience and keen attention to detail, Senator Jim Nielsen (R-Tehama) was selected to serve as Vice Chair of the newly created Senate budget subcommittee focused on the state's COVID-19 response. The first hearing is scheduled for Thursday, April 16, at 2 p.m. The public can view the hearing by visiting [www.senate.ca.gov](http://www.senate.ca.gov). “We are living through an extraordinary public health event,” said Senator Jim Nielsen. “Millions are without jobs, and schools are closed. Thousands of Californians have tested positive for the COVID-19 coronavirus; most are recovering at home and others are hospitalized. Sadly, several hundred fellow Californians have died.” Prior to the state's unprecedented shelter-in-place policy that led the Legislature

to shut down, Senator Nielsen voted to provide emergency funding and waive rules to support the Governor as he leads the state in its effort minimize the spread of the coronavirus. Nielsen praised Governor Newsom for his leadership and swift action as he emphasized the need to review California's response to the COVID-19 pandemic. “It is the duty of the Legislature to ensure that public funds are used in the most appropriate and cost-effective manner, while also thoughtfully using resources to meet our state's immediate public health and economic challenges,” Senator Nielsen said. “California leaders are doing what we can to work together and minimize the spread of the virus.” To contact Senator Jim Nielsen, please call him at 916-651-4004, or via email at [senator.nielsen@senate.ca.gov](mailto:senator.nielsen@senate.ca.gov). ★

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# There’s Always Tomorrow

By Rev. James L. Snyder

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

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

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

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

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

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

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

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

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

other day.

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

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

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

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

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

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

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

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

Our house is so clean that I have no reason to

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

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

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

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

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

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

Dr. James L. Snyder is pastor of the Family of God Fellowship, 1471 Pine Road, Ocala, FL 34472. He lives with his wife in Silver Springs Shores. Call him at 352-216-3025 or e-mail [jamessnyder2@att.net](mailto:jamessnyder2@att.net). The church web site is [www.whatafellowship.com](http://www.whatafellowship.com). ★



## Pastor Ray's Encouraging Words

Fear Can Motivate You in the Right Direction

Have you ever had one of those kinds of days when you think everything, and everyone is ganging up on you? This is the way Jehoshaphat feels in 1 Chronicles chapter 20. Three enemy nations gang-up on him. He was overwhelmed. Have you ever had a day like that? Just a little bit overwhelmed? When you feel overwhelmed, when you’re stressed out, when you’re at the end of the rope, you’ve got one of two alternatives. You can panic or pray.

Philippians 4 “Don’t worry about anything. Instead pray about everything. Tell God what you need and thank Him for all He has done.” The Bible says you’ve got two alternatives – panic or pray. You can decide what you’re going to do this next week. You’re going to have problems this next week – I guarantee you. You’re going to have problems. You’re going to either panic or pray.

What battle are you’re facing today? Can’t think

of a battle? Let me say it like this “What’s got you worried?” It may be the Coronavirus, “When am I going back to work? How will I pay next month’s bills? Or maybe you think, “Am I ever going to have a baby? ... Am I ever going to get married? ... Am I ever going to get the job I want? ...” What do you do when you’re worried and overwhelmed? Jehoshaphat did six things that reduced his worry and increased his peace; we’re going look at these over the next few days. The first is...

**Pray and ask God for help.** Before you do anything else you go directly to God. Do not pass Go. Do not collect \$200. Go directly to God. Verse 3 says this: “Jehoshaphat was afraid, so he decided to ask the Lord what to do.” Too often when we pray, we treat prayer like it’s the last resort. Like it’s the last thing you do instead of the first choice, the first thing you do.

Sometimes someone will say, “All we can do now is pray.” Then somebody will go, “Has it come to that?” Like now that it’s hopeless

let’s start praying. It should have been your first choice, not your last resort. There’s no problem too big to pray about and there’s no problem in your life too small to pray about. You just pray.

Notice Jehoshaphat’s first reaction was fear. Considering the odds fear was reasonable. Fear is a normal reaction in life. In fact, in some situations if you’re not afraid there’s something wrong with you. The Coronavirus along with the national shutdown may have increased your fear. But fear is not your problem. Your problem is what you do with it. Don’t let it you intimidate you; let it motivate you. Let it motivate you to pray more. Let it motivate you to trust more. It’s not fear that’s the problem. It’s what you do with it. Fear is a good thing if it causes you to pray. If it causes you to get closer to God, to ask God for help. Let it motivate you to get move closer to God, get God’s perspective, to seek God’s help.

**Pastor Ray**  
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By Marlys Johnsen  
Norris, Christian Author

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

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

## “Belief Or Unbelief” Is The Question?

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

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

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

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

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

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

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

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

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

**Marlys Johnsen Norris**  
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Amber Waves by Dave T. Phipps

Out on a Limb by Gary Kopervas

R.F.D. by Mike Marland

GRIN & BEAR IT

LAFF-A-DAY

The Spats by Jeff Pickering

THEY'LL DO IT EVERY TIME BY AL SCADUTO

Just Like Cats & Dogs by Dave T. Phipps

HOCUS-FOCUS BY HENRY BOLTIKOFF

Crossword Puzzle on Page 7

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

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Crossword Puzzle Solutions on Page 7

CLUES

ACROSS

1. \*Like many mythical creatures

6. Second mo.

9. Spill the beans

13. Convex molding

14. "\_\_\_ the President's Men"

15. Ankle support, e.g.

16. Make a logical connection

17. \*E.T.'s craft?

18. Des Moines native

19. \*Fire-breather

21. \*Household spirit

23. Tucker of "Modern Family"

24. Antonym of is

25. \*Grimm's Queen

28. Tailor-made

30. Showing on TV

35. "All's well that \_\_\_ well"

37. Golly!

39. Punctuation mark

40. Seaport in Yemen

41. Hitching post?

43. Additionally

44. Poison ivy or Poison oak

46. One more than The Beatles

47. Hold as a conviction

48. \*Mrs. Potts or her son

Chip

50. Andrew Sean Greer's 2017 Pulitzer-winner novel

52. Toast choice

53. Jack and Jill's water jug

55. "\_\_\_ Now or Never"

57. \*Horse's cousin

61. \*One of the seven dwarfs

64. Ascetic holy Hindu

65. HHS agency

67. Relating to #25 Across

69. Banana treat

70. Go bad

71. Australian canid

72. Lou of "Walk on the Wild Side" fame

73. Card in the hole?

74. "The Forsyte \_\_\_" pl.

DOWN

1. Wisecrack

2. Like a zealous fan

3. Regular attendee

4. Hipbone-related

5. Cuban music genre, pl.

6. \*Half-man, half-goat

7. \*Santa's helper

8. Splottches

9. Arch on a face

10. Croquet turf

11. Popular smoothie berry

12. Well, to Sofia Loren

15. Relating to living organisms

20. Opposite of alpha

22. Genetic initials

24. Parents hope to do this with values

25. \*Beauty's beau

26. Empower

27. Dropsy

29. \*Big Bad One

31. Yellow brick one

32. Feeling worse than before

33. \*Like Curious George

34. \*Garden dweller

36. Finger move

38. Moneyed one

42. Pine product

45. Choose not to do something, 2 words

49. Toni Morrison's "\_\_\_ Baby"

51. 1862 plots, for short

54. Prefix for below

56. Old photo color

57. Stalin's domain

58. Back of the neck

59. Not active

60. Past tense of chide

61. Fill beyond full

62. Sound of passing bullet

63. \*Baba

66. \*Who Bugs Bunny talks to?

68. Numbers, abbr.

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Sudoku Puzzle on Page 7

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

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Sudoku Solutions on Page 7

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



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# Trekboxx Facility to Produce Face Shields to Support Health Care Workers

By Becky Warren,  
Elevate Public Affairs

**SACRAMENTO REGION, CA (MPG)** - Sacramento area company, Trekboxx, which specializes in custom storage units for sport utility vehicles, is keeping their employees working by now converting its manufacturing facilities to produce protective face shields, at cost, for local healthcare providers treating COVID-19 patients. Trekboxx is using clear plastic sheet donated by Dart Container to construct the face shields. The first shipment of over 10,000 face shields will be delivered to UC Davis.

“I saw a need locally and we wanted to do our part. Now is a time for us to do all that we can for those risking their health in order to save lives during the COVID-19 outbreak,” said Trekboxx owner and founder, David Walter. “The least we can do is actively find ways to support health care workers, and we have already received support from partners like Dart Container.”

Trekboxx is making the face shields at cost and keeping their employees working

to make these shields during this crisis. Trekboxx is also providing on its website’s call to action ways other companies can also produce face shields including a video explanation and more information on the face shield’s design and material suppliers.

“We want to support what Trekboxx is doing to help protect and equip health care workers,” said Michael Westerfield, Director of Recycling for Dart Container. “It’s each of us doing our part that will make a difference during this crisis.”

Face shields produced at-cost by Trekboxx will be manufactured from twenty 1,500 lb. rolls of clear polyethylene terephthalate (PET) with 50% recycled post-consumer content.

Trekboxx is asking other businesses or residents who have a CNC router, laser, or plotter that want to help to contact them by email at [faceshields@trekboxx.com](mailto:faceshields@trekboxx.com). The community can also help the effort with a donation on their GoFundMe page.

For more information on Trekboxx, visit <https://www.trekboxx.com>, or on their face shield production, visit <https://www.trekboxx.com/helping-heros>. ★



By County  
Supervisor  
Sue Frost

*Through the generosity of the Citrus Heights Messenger, this column serves to provide an update about matters affecting the community of Citrus Heights.*

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

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

## Citrus Heights Community Update

### Finding Opportunity in Crisis

homeless individuals.

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

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

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

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

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

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

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### NOTICE OF PUBLIC HEARINGS BEFORE THE CITRUS HEIGHTS WATER DISTRICT BOARD OF DIRECTORS (Transition to By-Division Elections for Board of Directors)

NOTICE IS HEREBY GIVEN that the Board of Directors of the Citrus Heights Water District will hold public hearings in Citrus Heights via teleconference at (669) 900-6833 using the following meeting ID: 959 3129 4158, on the following dates:

Wednesday, May 6, 2020, at 6:00 p.m., or as soon thereafter as the matter may be heard, the Board of Directors will hold the third of a series of four public hearings to receive comments regarding proposed maps identifying potential election district boundaries for the Board of Directors by-district elections, the sequencing of elections, and other matters related to the election of members of the Board of Directors. Said maps will be posted by April 29, 2020 on the District’s website at <http://chwd.org/districtelections/>.

Wednesday, May 20, 2020, at 6:00 p.m., or as soon thereafter as the matter may be heard, the Board of Directors will hold the fourth of a series of four public hearings to receive public comments and input regarding final maps identifying potential election district boundaries and sequencing of elections. Said maps will be posted by May 13, 2020 on the District’s website at <http://chwd.org/districtelections/>.

In compliance with the Americans with Disabilities Act, if you need special assistance to participate in a Board of Directors meeting, contact the General Manager at (916) 725-6873 at least three (3) working days before the meeting or time when such special services are needed. This notification will help District staff in making reasonable arrangements to provide you with access to the meeting.

Madeline A. Henry  
District Chief Board Clerk

Publish Date: By April 29, 2020

CITRUS HEIGHTS WATER DISTRICT

Citrus Heights Messenger 4-24-2020

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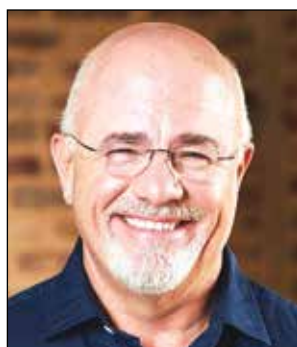
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Dear Dave,

– Peter

Dear Peter

You should only buy a building when you have solid track record of success, and a really good idea of what your building needs will be. A growing business is always a good thing, but you don't want to focus too much on real estate and not enough on generating revenue and managing that growth intelligently. You would also want to make sure you're going to be in anything you buy for a good, long while.

I'm a big fan of leasing the first few years after starting your own business. It's even better if you can work out of your home, but I understand that's not always practical. Down the road, you can choose to lease with an option to buy, or in the right situation, just buy a building.

Remember, make sure you do it all with cash. Don't add debt to the equation!

– Dave

Dear Dave,

Life insurance is one of those things I always said I would get around to buying someday, but for various reasons I just haven't done it yet. Is there ever a time when it is too late to get life insurance? — Angie

Dear Angie,

First of all, I only recommend level term life insurance. It's fairly easy to get until around age 70, depending on your overall health situation. Once you get into your seventies

and beyond, however, it can be more difficult to find reasonably priced coverage.

I recommend that most people have 10 to 12 times their annual income in term life insurance. To be honest, though, you really shouldn't need life insurance if you're 70 or older. At that point, if you've saved and invested wisely over the years, you can be self-insured. By this, I mean you've got enough money in savings and investments to cover funeral expenses—plus enough for a spouse to live on comfortably after you're gone.

Don't wait any longer,  
Angie. Take care of this  
today!

– Dave

*Dave Ramsey is CEO of Ramsey Solutions. He has authored seven best-selling books, including The Total Money Makeover. The Dave Ramsey Show is heard by more than 14 million listeners each week on 600 radio stations and multiple digital platforms. Follow Dave on the web at [daveramsey.com](http://daveramsey.com) and on Twitter at @DaveRamsey.* ★



**Toni King**

*Toni:*

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

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

~ Mary Ann from The Woodlands Area

*Mary Ann:*

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

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

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

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

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

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

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

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

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

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

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

**Now the fun begins:**

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

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

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

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

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



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**CAT LITTER**

•Probiotic •Gently  
 Scented •Scent Free  
 (Natural & Extra Strength)  
 16 Lb \$2.00 OFF  
 28 Lb \$3.00 OFF

**NUTRO PERFECT PORTIONS**  
**GRAIN FREE CANNED CAT FOOD**

•Pate •Cuts In Gravy  
 2.64 Oz Can Limit 1 Case  
**69¢</**