



# Gold River Messenger

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## CRPD Donates to Families in Need



Folsom Cordova Unified School District (FCUSD) Education Services Liaison Marjorie Diaz (left), Cordova Recreation & Park District (District) Office Manager Drey White (middle) and District General Manager Patrick Larkin (right) with donations for FCUSD Homeless Student Services.

*By Shelby Golden,  
Cordova Recreation & Park District*

**GOLD RIVER, CA (MPG)** - The Cordova Recreation & Park District's (District) Community Engagement Program is underway! The Community Engagement Program, spearheaded by District General Manager Patrick Larkin, is a quarterly program that focuses on giving back to the community.

"I have always been a champion of community service. I believe the more we give, the happier we feel," said Larkin. "At Cordova Recreation & Park District, we are doing good for our community which provides a natural sense of accomplishment. I am proud of our generous, kind and thoughtful staff as they bring a higher level of service to the community."

During this quarter, the District collaborated with the Folsom Cordova Unified School District (FCUSD) Homeless Student Services to provide necessities to families in need. The FCUSD Homeless Student Services helps ensure homeless children have an equal opportunity to obtain a high quality education and provides resources to families.

Marjorie Diaz, Education Services Liaison at FCUSD, assisted District Office Manager Drey White in identifying which items would be most beneficial to the families. District staff contributed various necessities throughout the quarter. On April 15, 2021, Larkin and White presented Diaz with donations of underwear, laundry detergent, softener, dish soap, dryer sheets, toilet paper and paper towels.

The District is proud to collaborate with FCUSD Homeless Student Services to help uplift members in our community.

Cordova Recreation & Park District is one of the largest independent special districts in Northern California serving over 130,000 residents and four school districts in the greater Sacramento area. CRPD provides over 42 parks and recreational facilities, as well as youth & adult sports, camps, enrichment classes, educational programs and special events for the community.

*Folsom Cordova Unified School District (FCUSD) Education Services Liaison Marjorie Diaz (left), Cordova Recreation & Park District (District) Office Manager Drey White (middle) and District General Manager Patrick Larkin (right) with donations for FCUSD Homeless Student Services. ★*

## As Kitten Season Begins, Fosters and Donations Needed



Animal shelters around the country are gearing up for what is known as "kitten season." Photo: Pixabay

**Sacramento County News Press Release**

**SACRAMENTO, CA (MPG)** - Animal shelters around the country are gearing up for what is known as "kitten season," when cats begin to give birth to countless kitten litters. Typically beginning in late spring and continuing throughout summer, kitten season stretches the already-thin resources animal shelters and rescues have when the influx of unwanted kittens and cats crowd shelter and kennel space.

The Bradshaw Shelter's Foster Care Program helps save lives and space during this hectic season.

"Fostering animals provides a second chance at life for animals who are too young, sick or injured to be available for adoption," said Dave Dickinson, Director, Sacramento County Bradshaw Animal Shelter. "Fosters provide a safe, loving, temporary place to live where the animals can thrive until they are ready to be adopted to their forever homes."

Residents interested in becoming fosters should submit a foster application to [FosterRescueProgram@saccounty.net](mailto:FosterRescueProgram@saccounty.net). The shelter provides all food, bedding, supplies, toys and more at no cost to the foster. Fostering is a great way to help alleviate the impact of kitten season at your local shelter and can provide temporary companionship for those still working from home.

However, working outside of the home doesn't need to be an impediment to becoming a foster; most animals in foster care do not require constant monitoring. Typically, most animals who need fostering are kittens and puppies less than two months old.

As far as space for fostering, a bathroom, laundry room or spare bedroom is typically appropriate. The time commitment for fostering can be anywhere from one to six weeks, depending on their size at the time of fostering. Additional foster needs include caring for sick or injured animals, nursing mothers and litters, animals who need a break from the shelter, and more.

*Continued on page 3*

## Assemblyman Cooley Honors Lindsey Liebig as 2021 Woman of the Year

*From the Office of  
Assemblyman  
Ken Cooley*

**RANCHO CORDOVA, CA (MPG)** - Assemblyman Ken Cooley presented a resolution honoring Lindsey Liebig as Woman of the Year 2021 at the Fire Station in Herald, CA.

Every year, the California State Legislature honors women from their districts for their various contributions for local communities. Raised in Herald and Southern Sacramento County, Lindsey Liebig is the Executive Director of the Sacramento County Farm Bureau, a non-profit organization representing farmers and ranchers in Sacramento County.

"It is an honor to know Lindsey and to highlight her dedication to our local famers and the agriculture industry," said Assemblyman Cooley. "I am grateful Lindsey returned to her home county after college as she continues to inspire our future generations of local farmers and ranchers."

Prior to becoming the executive director with the County Farm Bureau, Lindsey served



Assemblyman Ken Cooley presents Lindsey Liebig a resolution honoring her as Woman of the Year 2021. Photo: Office of Assemblyman Ken Cooley

as Program Director at the California Farm Bureau Federation. There she managed all aspects of the Young Farmers & Ranchers and Leadership Farm Bureau programs including committee management, conference and event planning and leadership development. She also assisted with membership services including membership demographics and recruitment and retention efforts.

Lindsey earned a Bachelor of Science in agricultural business from California Polytechnic State University

in San Luis Obispo. She is active in volunteering and is an elected member of Herald Fire Protection District Board of Directors and President of the Sacramento Farm Bureau Foundation for Ag Education. She is a Commissioner for the Sacramento County Local Area Formation Committee, a member of the Delta Protection Commission Advisory Committee, the Delta Stakeholder Engagement Committee, and the Delta Conveyance Design & Construction Authority.

"I'm humbled to receive

this award and very appreciative of the recognition from Assemblymember Cooley," said Lindsey. "His dedication to our rural areas is instrumental in our ability to continue to protect and preserve the vitality of the vibrant communities in South Sacramento County."

Lindsey lives on her extended family's farm in southern Sacramento County, where they grow wine grapes. She oversees her late father's scholarship fund providing financial assistance to Galt Future Farmers of America for student and leadership development. ★



# District Attorney Anne Marie Schubert to Run for Attorney General



Anne Marie Schubert candidate for California Attorney General 2022 and current Sacramento County District Attorney. Photo: Office of Sacramento District Attorney

From Anne Marie Schubert for Attorney General

SACRAMENTO, CA (MPG) - Sacramento County District Attorney Anne Marie Schubert has announced she will be a candidate for Attorney General of California in 2022. Schubert made her announcement Monday morning while flanked by numerous crime victims, including victims of the infamous Golden State Killer.

"I am running for Attorney General because California's criminal justice system is in chaos," said Schubert.

"When policy makers and reckless prosecutors talk tough about protecting all of us, yet turn around

and refuse to take action to protect any of us - that's chaos. When politicians talk tough and tell you they will protect the vulnerable, yet they refuse to make hate crimes, domestic violence, child abuse, human trafficking of a child and rape of an unconscious person a violent crime - that's chaos. When politicians pass law after law or issue directive after directive that erode criminal accountability and public safety - that's chaos. When convicted murderers are celebrating in their jail cells that they're going to get out of prison because of these policies - that's chaos. "Let me be clear - the newly appointed Attorney General helped create this chaos by voting for and supporting policies

and laws that are not only destroying the rights of crime victims but are destroying public safety in this state."

In his introduction of Schubert, Marc Klaas, father of murder victim Polly Klaas, said: "Today is a great day for California. One of our state's most accomplished prosecutors and a hero to crime victims has decided to run to be California's top public safety official. Anne Marie Schubert's passion for victims and for justice is unsurpassed. Her record and accomplishments are unrivaled."

While Anne Marie Schubert may be best known for the successful investigation, arrest and conviction of the Golden State Killer and for leading the successful effort to expose the state's \$30 billion EDD scandal, she has spent over 30 years as a top prosecutor, protecting kids from sexual predators and human trafficking and making sure violent criminals are held accountable for their crimes. She is an international expert in DNA/Cold Case investigations and prosecutions.

Schubert's experience stands in great contrast to recently appointed Attorney General Rob Bonta, a former State Assemblyman who was appointed to the job in spite of having no experience in public safety or as a prosecutor.

Visit SchubertForAG.com for more information. ★

# As Kitten Season Begins, Fosters and Donations Needed

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For more information about fostering, including fostering FAQs, visit the Sacramento County Bradshaw Animal Shelter website. To learn more about what to do if you find a kitten or litter of kittens, visit the feral cat

information webpage.

Donations of essential kitten season supplies are also needed, including: Small litter pans; Heating pads; Small nursing bottles; Kitten formula and kitten food; Small pet carriers.

Donations are accepted

at the Sacramento County Bradshaw Animal Shelter's Animal Admissions Door at 3839 Bradshaw Road, Tuesday through Sunday, between 9 a.m. and 4 p.m. For a complete list of supplies needed, visit the shelter's Amazon Wishlist or the donation website. ★



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# CC&Rs: Where's the Law and Order?

By Gold River Resident  
David Dickstein

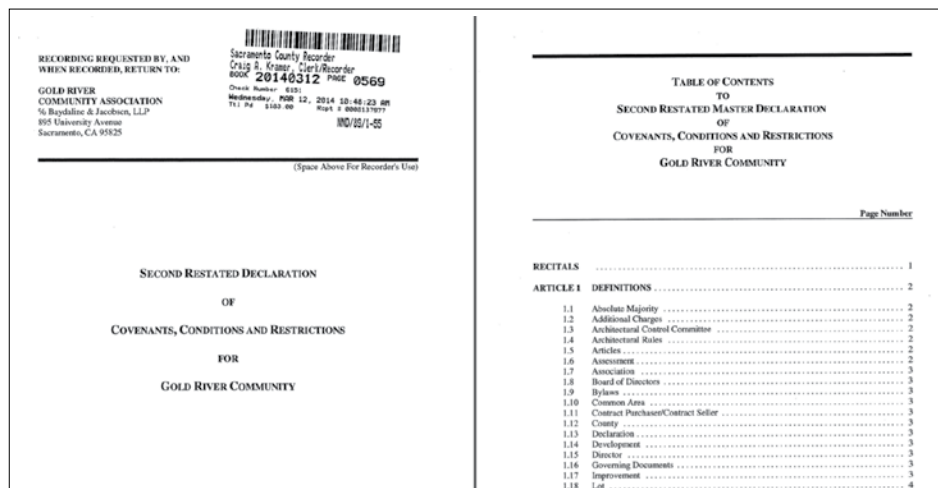
Are you also noticing a growing number of CC&R violations throughout Gold River?

Some rules being broken pertain to aesthetics, like a garden hose left on the side of the house or an erect basketball apparatus visible from the street. Others probably have an interesting backstory; three homes in my own village suddenly ceased work on gate and fence projects. Not sure who's to blame for the many weeks of unsightliness.

Other violations are legitimate health and safety issues – garage doors neglectfully left open for hours, cars parked in driveways beyond the period allowed, and from the C'mon People! Department, dog waste disposal bags left filled on the side of the trails. That just stinks.

Eight years ago, for a story in this paper, I did a ride-along with Gold River Community Patrol. I swear that the number of abuses observed then were a fraction of what it is now.

Why is that?  
Upper-middle-class anarchy is one theory, or perhaps the Gold River Community Association and the various village boards are relaxing the rules during the pandemic. Or maybe some villages don't have an effective rules committee or one at all. I mean, considering how seldom people step up, I can see subdivisions having difficulty finding anyone to volunteer as the local sheriff of covenants, conditions and restrictions. When I served on my village's board, I recruited a rules committee chairman who was absolutely wonderful, and enforcement was done compassionately and consistently during those two thankless years.



A 7-year-old set of CC&Rs can be viewed online. A bit dusty, but still a must read for owners and renters of the 25 Gold River villages. Photo taken from GRCA.info

That gentleman is long gone, sadly, and also sadly, his kind and kindness went with him.

Long-time residents should know better than to abuse the rules, and if anyone has a problem with them, either start a grassroots campaign for change or do what should have been done in the first place and move to a less restrictive community. But when it comes to new occupants, a little bit of slack can be applied if they aren't being handed a set of association and sub-association CC&Rs at the same time as the keys. I was told by a GRCA staff member that residents are provided with the CC&Rs during the title process. I'm too cynical to believe that's always the case, but supposing it is, it's anyone's guess whether these neighbors actually read up. And, no doubt, some villages do a better job orienting newbies to the lay of the land than others. I do recall our Realtor giving us a thick binder with the rules, but that was in 2000 when paper documents were still in vogue.

Today, this vital information is

available online at GRCA.info, albeit outdated as they lack addenda approved over the past several years. Dusty as these docs may be, having immediate access to the CC&Rs – providing the URL is shared – gives no excuse for new neighbors to claim ignorance over the very rules that make Gold River such a desirable place to live.

While we're discussing theories that can explain the apparent rise in rules violations, here's another one: People are scared. The Japanese have a proverb about the nail that sticks out gets hammered down. Few of us want to be that nail, and there's lots of good reasons. Number one is things can backfire on you. Who winds up being the jerk when someone complains about a loudmouth at the movie theater? Not the one who can't stop yapping. Who gets sent home on ABC's "The Bachelor" and "The Bachelorette" after complaining about a vile housemate who isn't there for the right reasons? Not the bully. None of this is fair, but it's a fact of life.

Let's test this by playing out some likely scenarios.

"Hi Bob," says the man seeing his neighbor getting the mail. "Hey, love that you got a new dog, but you're letting him run around the front almost every day. Per the CC&Rs, could you mind making sure your pooch is on a leash from now on? That would be super-dee-duper."

"Go (blank) yourself, neighbor!" Bob responds, before giving the bird and slamming the front door behind him.

And so begins a feud that will last until one of the neighbors moves or dies. Clearly, that strategy didn't work. Let's see if a different approach to a different situation bears better results.

The note left on the front porch reads, "Dear Nancy. It's your neighbor Barbara and I thought a polite note would be better than a call. Because of COVID, I thought it best not to knock on the door. I want to let you know that I can see your portable basketball hoop from over the fence and it hinders my beautiful view from the kitchen window. Don't get me wrong – I love the sound of children merrily playing, but I also like being able to watch nature unobstructed. Whenever your kids and their friends aren't shooting baskets can you be a dear and put away the equipment? I'd

really appreciate it, as would my husband who you may not know is dying of cancer and has less than two months to live."

"Stick it, Barbara, and your husband, too!" reads the note Nancy threw over the fence.

Instead of trying to work things out directly, maybe it's better to let GRCA or the village board handle such issues. Easier said than done, unfortunately. If any official action is taken up, it won't be until after the next board meeting, meaning the problem will go on at least another month or two. And there's no guarantee that the concern will be handled discreetly or effectively.

Another wrinkle: There's no anonymity between neighbors. Rule breakers will figure out who filed the complaint, making for awkward existence through eternity. Not helping matters, at least based on my experiences, few wrongdoers ever take responsibility or handle authority maturely. In their eyes, they're the ones being harassed by meddling, zero-tolerant troublemakers who need to get a life.



A souvenir is left by an uncaring dog owner or walker along a Gold River nature trail. Photo by David Dickstein

Never mind that the garage left open all night is a welcome mat for burglars. So what if a vehicle parked overnight in the driveway makes that house and the entire street more vulnerable to theft. As the security officer told me on my ride-along, a car in the driveway makes for a great hiding spot when community patrol does a drive-by. Not that this ever crosses the mind of a homeowner who stores boxes and junk where the second or third car should be.

What a wonderful world it would be if everyone abided by the rules of a homeowner association, and if any are excessive or outdated there's always the opportunity to change it by taking it up with the board. My position is if you don't like something in the CC&Rs, try to change it by taking it up with the board. Just don't take it out on your neighbors. To quote the late, Sacramento-born Rodney King, "Can't we all just get along?" Then again, Mr. King might have never lived in a community with an HOA.

David Dickstein is a Gold River resident, award-winning writer and principal at the PR firm Prose & Comms Inc. He can be reached at [daviddickstein1@gmail.com](mailto:daviddickstein1@gmail.com). ★

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# A Showdown Over Crime and Punishment Looms



By Dan Walters  
CALMatters

Should California continue to reduce punishment for crimes large and small, or has it gone too far and implicitly allowed criminals to prey upon Californians without fear of imprisonment?

The question has reverberated throughout the state over the last half-decade, ever since former Gov. Jerry Brown lunched a personal crusade to scale back the lock-'em-up laws that California enacted – including some that he signed – in the 1980s and 1990s.

California voters will answer it next year by either giving newly appointed Attorney General Rob Bonta, a fervent believer in the softer approach to crime, a full term or replacing him with someone with a tougher attitude toward lawbreakers.

The conflict jelled on Monday when Sacramento County District Attorney Anne Marie Schubert declared her candidacy, saying, “The California criminal justice system is in chaos” due to laws and policies that value rehabilitation over punishment.

Schubert devoted much of her announcement to denouncing Los Angeles District Attorney George Gascón and San Francisco District Attorney Chesca Boudin as “rogue prosecutors,” criticizing state legislators for ignoring crime

victims in their rush to soften punishments, and tying Bonta to them.

“Rob Bonta has no regard for crime victims,” Schubert told the Sacramento Bee in a pre-announcement interview. “I think Rob Bonta is similar, if not identical, to the district attorney in San Francisco and Los Angeles.”

In Schubert, the state’s criminal justice traditionalists probably have their strongest challenger to Bonta, a state legislator who was selected by Gov. Gavin Newsom as a successor to Xavier Becerra after the latter joined the Biden administration in Washington.

While moderate Republican Nathan Hochman, former assistant U.S. attorney in the Bush administration, also is running, he is little known while Schubert, a former Republican who is not registered with a political party, achieved statewide and even national attention for recently prosecuting serial rapist and murderer Joseph James DeAngelo Jr. Dubbed the Golden State Killer, DeAngelo, a former policeman, was tied to the decades-old crime spree by a novel use of DNA evidence.

Schubert can expect support from all but a handful of the state’s other local prosecutors and police organizations which have opposed efforts by Brown and like-minded legislators to soften punishment. She surrounded herself with families of crime victims as she announced her candidacy.

Bonta, on the other hand, will be backed by the national criminal justice reform movement that has been working state-by-state and county-by-county

to replace traditionalist prosecutors with those favoring rehabilitation over incarceration. Billionaire investor George Soros has been one of the major drivers behind the movement.

Schubert, in fact, had overcome such a challenge in winning re-election three years ago. When Gascón, who had been San Francisco’s district attorney, moved to Los Angeles and unseated District Attorney Jackie Lacey in 2020, it marked a new intensity in the philosophical clash.

He, Boudin and two other like-minded district attorneys have battled with the California District Attorneys Association over policy issues and formed their own group, the Prosecutors Alliance of California, to push for criminal justice reforms.

The next big California battle for the contending factions was to have been in Orange County, where District Attorney Todd Spitzer, a former Republican legislator, will be facing Peter Hardin, a Democrat and former prosecutor, next year.

However, Becerra’s resignation, Bonta’s appointment and Schubert’s declaration of candidacy create an even more intense showdown over crime and punishment in the nation’s most populous state.

Should Schubert prevail next year, it would not only be a big win for criminal justice traditionalists, but also make her a potential candidate for governor or U.S. Senate thereafter.

Dan Walters has been a journalist for nearly 60 years, spending all but a few of those years working for California newspapers. ★



By County Supervisor  
Sue Frost

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

This summer the Sacramento County Board of Supervisors will have a big decision to make regarding whether or not to implement “Laura’s Law.” I want to take this opportunity in my monthly article to explain to you what this law is, why this is coming before the Board of Supervisors, and why it is such a big deal.

Laura’s Law is named for 19-year-old Laura Wilcox, who was a college student working in a Nevada County mental-health clinic in 2001, when she and two others were shot and killed by a man with untreated severe mental illness. After the incident Laura’s parents chose to advocate for assisted outpatient treatment (AOT) for individuals who meet strict legal criteria and who, as a result of their mental illness, are unable to voluntarily

## GOLD RIVER COMMUNITY UPDATE

### Laura’s Law in Sacramento County

access community mental health services.

Since then, California counties have the option to “opt in” to the program, and that has been done so far in most of the larger counties. To date, Sacramento County has been one of the few larger counties who has not opted in and has never held a public hearing at the Board of Supervisors regarding whether or not to implement the program.

This process changed however with the passage last year of AB 1976, which requires counties like Sacramento to hold public hearings at the Board of Supervisors about whether we will “opt in” or “opt out”, and if we choose to “opt out” we have to provide specific reasons for this to the State. The deadline for Sacramento County to have this hearing and formally decide will be July 1st of this year.

Earlier this month a mentally ill homeless man assaulted a child on Freeport Blvd. in Sacramento, only to be released back into the public in less than 24 hours – and this was after he had been captured and released previously for assault and battery

of another woman. As a former emergency room nurse, I understand firsthand that there are people living in our community who cannot take care of themselves, and they desperately need help.

People like this should be able to get help before more crimes are perpetuated in our communities – it’s the compassionate and safe way to move forward. I do not know how I will vote on this issue when it comes before me as I want to have an open ear to both sides as well as be able to fully comprehend the fiscal impacts, but I do know this is a growing problem and we should be handling this problem better than we are right now.

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.

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 and Fair Oaks. ★

## Ask Toni

### Does Medicare Pay for A Gym Membership?



Toni King

Toni:

Two of my neighbors told my wife that they get free gym membership through Medicare.

Any truth to that, as I never heard about this before?

Regards, Sammy from San Diego

Hi there...Sammy:

Sammy the answer is NO! Medicare Parts A and B do not provide a gym membership for those who are enrolled in Medicare. It would be logical if they did because exercise does keep you healthy.

In the Medicare & You handbook under “What’s NOT Covered by Part A & Part B?” It states... “Original Medicare does not cover everything and if you need certain services that Medicare doesn’t cover, you will have to pay for them yourself unless you have other insurance to cover the costs unless...”

• You have other coverage (including Medicaid) to cover the costs.  
• You’re in a Medicare Advantage Plan that covers these services.

Some of the items and services that Original Medicare doesn’t cover include:

- Most dental care.
- Eye examinations related to prescribing glasses and eye wear.
- Dentures.
- Cosmetic surgery.
- Acupuncture.
- Hearing aids and exams for fitting them.
- Long-term care. See more information about paying for long-term care in the Medicare & You handbook.
- Concierge care (also called concierge medicine, retainer-based medicine, boutique medical, platinum practice, or direct care).
- Covered items or services you get from an opt-out-doctor or other provider (except in the case of an emergency or urgent need).

An extra benefit that helps to enhance Medicare Advantage Part C plans is that when one enrolls, they are offered Silver Sneakers or other types of memberships

which provides a gym benefit. The Toni Says® Medicare team always advises those new to Medicare or changing their Medicare plan to discuss if their primary care doctor or specialists are in that Medicare Advantage plans network.

Since Original Medicare does not cover dental, I would recommend that you talk to your dentist and see which dental insurance plan he/she prefers.

There are 2 different types of dental plans:

- 1) Traditional or indemnity dental insurance plans which is generally higher in premium and the preventive services are usually covered at 100%, basic restorative is generally covered up to 80% and major procedures at 50%. Many of the traditional/indemnity dental plans may have a wait for services such as fillings, root canals, bridges, crowns, etc.
- 2) Discount dental plans are generally less expensive than traditional dental plans. These plans provide a discount for services, but your dentist must be part of the plan and agree to give the dental discount.

Medicare and You handbook discuss eyeglasses (after cataract surgery) which is a limited benefit because Medicare will cover one pair of eyeglasses with standard frames (or one set of contact lenses) after cataract surgery that implants an intraocular lens. The Medicare Part B deductible will apply for the cataract surgery and you will pay the 20% of the Medicare-approved amount.

Medicare defines glasses as an elective. I am not sure why glasses are considered elective (not covered), since we do need to see to drive, but it is.

Hearing aids are also considered elective. “Medicare covers the exams if your doctor or other health care provider orders them to see if you need medical treatment. You pay the 20% of – the Medicare-approved amount and the Part B deductible applies.”

For assistance with enrolling and personalizing your Medicare, contact the Toni Says® office at 832/519-8664.

Toni King, Medicare author/advocate is giving a \$5 discount to the Toni Says® readers on the new 2021 Medicare Survival Guide® Advanced book at [www.tonisays.com](http://www.tonisays.com). Have a Medicare question, email [info@tonisays.com](mailto:info@tonisays.com)? ★



## Poppoff!

With Mary Jane Popp

## Mom Knows Best

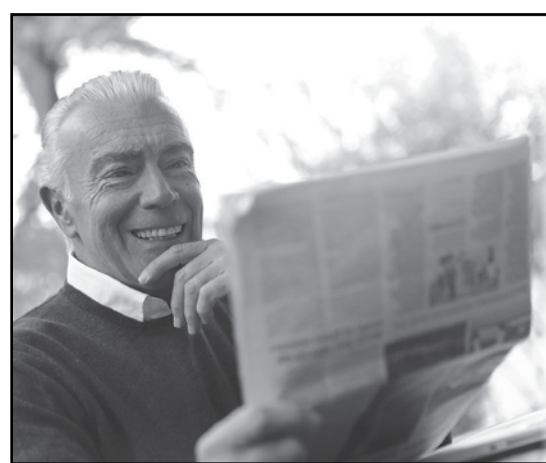
Remember your mom telling you to “eat your vegetables.” I know we sometimes scoff at what mom used to tell us, but she may have been right on target. According to Dr. Susan Smith Jones, vegetables are essential to a healthy diet. They can reduce the risk of chronic diseases, lower blood pressure, improve digestion, bolster energy, revitalize skin, support weight loss, boost immunity, and that’s just the beginning. The recommended daily amount is about three cups, but a 2020 CDC study found that 90% of American adults don’t eat enough vegetables. To help you live a healthier lifestyle, Dr. Smith compiled ten practical ways to eat more vegetables without eating salads every meal. According to what she told me on POPPOFF, just three of the following tips into your routine will boost your veggie intake. I was game, so here goes.

1. **STORE IN PLAIN SIGHT.** Out of sight, out of mind. Give your veggies the prime spot in the refrigerator so you can see them immediately when opening the door.
2. **JUICE YOUR VEGGIES.** Juicing is an easy way to consume a medley of raw vegetables. Your body will be able to quickly absorb the soluble fiber and nutrients of the veggies.
3. **BOOST BREAKFAST.** A green juice or smoothie for breakfast will give you a dose of veggies before you’re fully awake. If you prefer to eat eggs in the morning, add some sliced bell peppers, mushrooms, onions or spinach to your omelet.
4. **MAKE SOUP.** In addition to juices and smoothies, soup is another slurpable way to enjoy vegetables.
5. **CREATE VEGGIE NOODLES.** Spiralize zucchini, carrots, or sweet

potatoes to make veggie noodles. These noodles don’t necessarily need to be cooked, so this is a great way to consume raw vegetables.

6. **GET SAUCY.** You need something to go with your veggie noodles. Adding vegetables to tomato sauce is one of the easiest (and sneakiest) ways to include more vegetables in your meals.
7. **COMBINE WITH DIPS.** An irresistible dip can make even vegetable haters reach for a carrot stick. Dunk fresh veggies into homemade guacamole, humus or ranch dip.
8. **ENJOY LETTUCE WRAPS.** Swap a bun, pita or tortilla with a large leaf of lettuce. Lettuce wraps provide a satisfying crunch and a refreshing twist to sandwiches and tacos.
9. **ADD TO DESSERTS.** That’s right! You can eat vegetables for dessert. Incorporate shredded veggies (or juice pulp) into muffins, breads, and other baked goods.
10. **GROW SPROUTS.** Grow vegetable sprouts, such as broccoli and alfalfa sprouts in the corner of your kitchen. Dr. Smith’s book... “Kitchen Gardening: Rejuvenate with home-grown sprouts... will teach you how to become a kitchen gardener.

Dr. Susan Smith Jones is a holistic health and lifestyle expert. She is dedicated to our well-being and has authored over thirty books including her latest “Wired for High Level Wellness.” She also sends out a monthly newsletter jam-packed with great information on everything from soup to nuts...literally and figuratively. Check out her website [www.susansmithjones.com](http://www.susansmithjones.com) and sign up for the newsletter, absolutely free. Don’t forget ... EAT YOUR VEGGIES!!! ★



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# Metro Fire Arrests Suspect in Overnight Arson Fire

By Captain Chris Vestal, Sac Metro Fire

**RANCHO CORDOVA, CA (MPG)** - The Sacramento Metropolitan Fire District (Metro Fire or the District) Fire Investigations Unit arrested John Paul Walters on April 24, 2021 after an early morning house fire in Gold River. Reported at approximately 5:00 am Metro Fire personnel were able to prevent the fire from spreading to nearby vegetation and residences.

In conjunction with the Rancho Cordova Police Department and Sacramento County Sheriff's Office, a suspect in the fire was identified and located and subsequently arrested. He was booked into the Sacramento County jail on two charges of Arson to an Inhabited Structure (PC 451.b).

The occupants of the home on Discovery Village Ln. in Gold River were



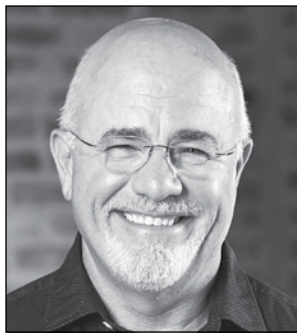
Firefighters ascended the roof of the Gold River home on Saturday, April 24, 2021. Photo: Sac Metro Fire

alerted to the presence of a fire by working smoke alarms which allowed them to escape without injury. The home sustained significant damage as a result of the fire and the occupants were displaced as a result.

Anyone with information on this, or any fire

occurring within Metro Fire's jurisdiction, should contact the Arson Tip Line by phone at (916) 859-3775 or by email at arsontip@metrofire.ca.gov.

For further information and details please contact Metro Fire's on duty PIO at (916) 859-4589. ★



## Dave Ramsey Says

Let's start with a simple definition of *budgeting*. A budget is just a plan. It's not a restriction on spending, it's a strategy for what you'll do with all your money. It's tracking what's coming in and what's going out. When you budget every month, you're giving your money purpose. You're controlling your money, and telling it where to go, instead of scratching your head and wondering where it all went.

The word *budget* gets a bum rap, because some people think it'll be like putting a straitjacket on their spending and their lives. But that really isn't true at all. Budgeting actually gives you the power to spend wisely and with purpose. Budgeting even causes feelings of fear, intimidation, and anger in some folks. Sure, it takes a little time and effort at first to create a budget that really works. But once you get the hang of it, and it doesn't take long, the hard part is over.

Still, to make your cash flow plan work, you have to do it consistently. That means sitting down every

month, and making a budget for the upcoming month. Don't let the fear of what you might find stop you, and don't over-complicate things. It's easy as writing down your income and everything that requires money for the month, then doing a little basic math. And once you have a plan in place, stick to it! Too many people get lazy, or "forget" to do a monthly budget.

Give it a shot, Carter. You'll experience a sense of freedom, security, and accomplishment like you've never felt before once you've taken that first step toward gaining control of your money!

*Dave Ramsey is a seven-time #1 national best-selling author, personal finance expert, and host of The Ramsey Show, heard by more than 18 million listeners each week. He has appeared on Good Morning America, CBS This Morning, Today Show, Fox News, CNN, Fox Business, and many more. Since 1992, Dave has helped people regain control of their money, build wealth and enhance their lives.* ★

### Don't Most People Already Know?

Dear Dave,  
You talk a lot about budgeting, and how important it is in getting control of your money. But don't most people already have a good idea of what they're spending, and how much they have in the bank, without going through all the time and trouble of developing an actual budget?

–Carter  
Dear Carter

Well, if that were true, why are people paying billions in overdraft fees every year? Why are so many people deep in debt and living paycheck to paycheck, even without taking the effects of a pandemic into account? It's because most people *don't* really know where their money's going each month.

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**Crossword Puzzle on Page 7**

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

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**Sudoku Puzzle on Page 7**

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

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**CLUES**

**CROSS**

- Scarecrow stuffing
- Observe
- Kind of ski lift
- "Fear of Flying" author Jong
- Madame Tussauds' medium
- Fervent
- Never say this?
- You to are is as thou to
- Skylit lobbies
- "It isn't easy 'bein' green" for him
- "First bilingual Sesame Street puppet
- Flower precursor
- Rental on the links
- Rowing prop
- Banana remnant
- Besmeat
- Poker variety
- Away from wind
- Like helium gas
- Coconut fiber
- Like an iPhone
- Singular of #33 Down
- Per \_\_\_\_, or yearly
- Guessimate phrase, 2 words
- Raise, as in child
- Bob Marley's music
- TV classic "\_\_\_ Make a Deal"
- Hi-\_\_ monitor
- Oscar Wilde's Dorian
- "Sesame Street's Meryl Sheep
- "Every starred clue in this puzzle
- "Self-described as lovable, cute and furry
- One born to Japanese immigrants
- Be in the red
- He had no cause?
- Thin mountain ridge
- Local area network
- Unmanned flyer
- Hospital statistics unit, pl.
- NaOH
- Church assembly

**Down**

- D.C. V.I.P.
- "Star \_\_\_"
- Either Gauche or Droite in Paris
- Like a lemon
- Beginning of a workout
- Special law enforcement unit, acr.
- Elephant's distinguished feature
- Uncredited actor
- Lake \_\_\_\_, caca, South America
- "Ernie's roommate
- Div's delivery
- Swedish shag rug
- "\_\_\_ your seatbelts"
- Think tank output
- Eyeball shape
- "I can see \_\_\_ now the rain has gone..."
- "Trash can dweller
- Be sorry for one's wickedness
- Repenting
- "He avoids pronouns and speaks in falsetto
- Gloomy
- More competent
- Arm bones
- "Mama, Papa, Baby and Curly
- Chemical cure

**38. Gaelic tongue**  
**42. Load carrier**  
**45. Crow's cousin**  
**49. Old English for before**  
**51. Arya Stark's Needle and Jedi's Lightsaber, e.g.**  
**54. Lagoon wall**  
**56. Each and all**  
**57. Bog down**  
**58. From a second-hand store**  
**59. Four-legged friends**  
**60. Aughty or Wilder**  
**61. Jet black**  
**62. Nevada city**  
**63. Pick up, as in suspect**  
**65. Modus operandi**  
**67. Light-emitting diode**

**Crossword Puzzle Solutions on Page 7**

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	65			66			67
68				69				70			
71				72				73			

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

Solutions on Page 7



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- Starting a new business (restaurant, food truck/cart, automotive, manufacturing, or other business type)?
- Compliance before or after a regulatory inspection?
- One-on-one onsite help at your business with local, state, federal regulatory compliance and permits?
- Compliance with new and existing regulatory and permit procedures?

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