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WE'VE GOT TROUBLE!

By David Dickstein



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Gold River Stingrays Get a New Head Coach



Paul Murphy now coaches the Gold River Stingrays. He is a Certified Level 5 American Swim Coach Association (ASCA) coach. Photo: Gold River Sports Club

By Michael Burchett, Gold River Sports Club

GOLD RIVER, CA (MPG) - Winners of 7 championships in 10 years the Gold River Stingrays start a new decade with a new coach, Paul Murphy. Paul is coming to the Stingray family from the Midwest (Quincy, Illinois) but he is no stranger to Northern California having coached in the Bay Area for a number of years.

Paul began coaching in 1981. He has dedicated his entire professional career to coaching young athletes. He is one of a small number of Certified Level 5 American Swim Coach Association (ASCA) coaches. He is an original member of the World Swimming Coaches Association, and a Certified ASCA Masters Coach. Along with his individual accomplishments, Paul has coached high school, summer league

championships, sectionals and a Junior National Team.

Paul's coaching philosophy is to impart Respect, Character and Integrity into all his swimmers. Paul Murphy swimmers went on to accomplish the following:

- Olympic Trial qualifiers; 5 Olympians; Several USA National Team Members; Master Swimming World Record Holder(s); Over 35 NCAA All Americans at all levels; Over 37 High School All Americans; Over 38 Top 16 Ranked Reportable; National Age Group Record Holder; 2 Region (sectionals) Championships; Several Junior and Senior National Finalist; Several State High School Champions.

In addition to coaching the Gold River Stingrays Paul will be coaching the Bella Vista High School Bronco Swim Team.

The Gold River Stingrays team that

Paul will coach is part of the 23 team NorCal Swim League. The league teams are spread throughout the Sacramento region and are organized into 5 conferences. The Stingrays swim team is in one of the league's top teams in the conference and take on teams 50 to 100 percent larger than the Stingrays.

The Sacramento region is a hotbed for junior swimming with over 8,000 junior athletes competing. These young swimmers, ranging in age from 6 to 18, will be racing up and down the pools in our region from March through August each year.

Why is the sport so popular in our region?

First, our weather is great; with temperatures that range from the 70s in April to 90s in August, what better place is there for your child to spend their time?

Second, swimming is a great workout

Continued on page 9

Census Invites Go Out Starting this Month

By Laurie Slothower, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - Beginning March 12, households in Sacramento County will begin to receive invitations by mail to complete the 2020 U.S. Census. By April 1, the official U.S. Census Day, every household should have received one.

People can respond by phone, by mail and – for the first time – online. Census websites will be available in 12 languages other than English. Surveys may be completed on a computer, smartphone, laptop or tablet.

It's important that you and everyone in your household are counted. The Census determines federal funding for important services and programs that benefit our community. Sacramento County projects that rely on the U.S. Census for funding include the Florin area new street light project, the District Attorney's Human Trafficking Advocacy program, the Supplemental Assistance Nutrition Program (food stamps), and the Small Communities Flood Risk Reduction program.

Census results also ensure your voice is represented in government. The U.S. Census defines boundaries for Sacramento County supervisorial districts, school boards, water and fire districts, and the number of seats California receives in the U.S. House of Representatives.

Information submitted to the Census is safe, secure and 100 percent confidential. By law, your information may not be used to identify individuals or shared with any government or law enforcement agency. Violations are considered a federal offense.

In preparation for enabling online response, the U.S. Census Bureau has partnered with the U.S. Department of Homeland Security to ensure that information is safe from cyber-threats.

Sacramento County is partnering with community-based organizations and public agencies to make sure everyone is counted, especially groups who have historically low rates of census participation. Information on where to find census assistance centers will be available later this month.

For more information, contact the U.S. Census Bureau. ★

Ami Bera Votes for Emergency Funding to Keep Sacramento County Safe from Coronavirus

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

WASHINGTON, DC (MPG) - Rep. Ami Bera, M.D. (CA-07) voted for emergency funding to keep Sacramento County safe from the spread of coronavirus.

"I'm proud to vote for this robust emergency funding package that will keep our communities safe from this growing public health crisis," said Rep. Bera, who chairs the House Foreign Affairs Subcommittee on Asia, the Pacific, and Nonproliferation. "As a public health expert, I will continue to press the administration to ensure they are doing everything



Congressman Ami Bera, M.D. (D-CA) chaired congressional hearings on the coronavirus outbreak for the House Foreign Affairs Subcommittee on Asia, the Pacific, and Nonproliferation. Photo courtesy Office of Representative Ami Bera, M.D.

possible to keep Americans safe, including increasing the availability of testing at our local health facilities. As this disease continues to spread, it is also critical we think of creative ways

to combat its spread and limit its harm to our economy and our neighbors."

The \$8.3 billion appropriations package includes:

- \$1B for state and local

preparedness response, half of which will go to states, cities, and tribes within 30 days;

- Funds for the procurement of medical supplies for the Strategic National Stockpile;
- Vaccine and therapeutic research and development;
- \$300M to ensure Americans can receive the vaccine, regardless of ability to pay; and
- \$100M for community health centers

As a doctor, Congressman Bera has been a strong supporter of American leadership in global health. He is a member on the CSIS Commission on Strengthening America's

Continued on page 7

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California State Parks Reopens American River Bike Trail along Lake Natoma

California Department of Parks and Recreation

SACRAMENTO REGION, CA (MPG) - After a three-year closure, California State Parks reopened the Jedediah Smith Memorial Trail, popularly known as the American River Bike Trail, on Saturday, Feb. 15, 2020. Reopening this section of the trail will once again allow the recreating and commuting public to enjoy the north shore of Lake Natoma.

The American River Bike Trail is part of Folsom Lake State Recreation Area's (SRA) 19,500 acres. The park has 95 miles of trails for hikers, bicyclists, runners and horseback riders. A paved, mostly accessible bicycle trail loops around Lake Natoma, linking Beals Point and the American River Bike Trail.

A large landslide covered portions of the American River Bike Trail, located between Nimbus Dam and the Negro Bar area of Folsom Lake SRA, during the winter storms of January and February 2017.

In late August of 2019, the U.S. Bureau of Reclamation in partnership with State Parks initiated repairs by removing the debris that covered the trail as a result of those storms. The second phase of the project utilized a geotechnical contractor to scale a portion of the bluff to remove loose rock from the face of the bluff directly above the trail. Following the scaling, crews removed the additional debris and repaved the damaged sections of the trail.

State Parks thanks the public for their patience and understanding as it worked with its partners to reopen this popular trail for everyone's enjoyment.

As with any outdoor activity, State Parks encourages its visitors to practice safe and environmentally-sound practices such as staying on designated trails, leaving no trace, controlling your speed and always wearing a helmet. Detailed information on Folsom Lake State Recreation Area can be found online at www.parks.ca.gov/FolsomLakeSRA. ★

Attention Anglers, Hook a Trophy Trout at Rancho Seco

SMUD Press Release

SACRAMENTO REGION, CA (MPG) - Thousands of pounds of trout are up for grabs at SMUD's annual trout derby at Rancho Seco Recreational Area. Anglers reeling in the heaviest catches will win cash and prizes, including an adult and youth grand prize awarded each day for the heaviest trout caught.

Anglers can cast a line into the 160-acre lake from the shoreline or one of six fishing piers. Small boats with electric motors are also allowed (no gas motors). In addition to trout, the freshwater lake is home to bass, bluegill, redear sunfish, crappie and catfish. In preparation for the derby, Rancho Seco Lake was recently stocked with thousands of pounds of catchable trout.

Registration takes place on both days of the derby between 6 a.m. and 10 a.m., rain or shine. Derby tickets are \$5 per person plus a daily park fee available at the park gate. A valid California state fishing license is required for those 16 years of age or older. Anglers hoping to win a prize must weigh their fish at the official weigh station between 2 p.m. and 4 p.m. on the day of the catch. For complete rules, visit smud.org/RanchoSeco.

The 400-acre Rancho Seco Recreational

Area offers more than just fishing. The full-service facility offers picnic areas, RV and tent camping sites, a beach and swimming spots. Kayaks, rowboats, paddleboards and fishing boats are available to rent.

Adult Grand Prize
Fishing Kayak

Youth Grand Prize
Fishing Kayak

Grand prizes are provided by Lasher Auto Group, Angler's Press Outdoors and The Fish Sniffer magazine. The fishing event has become a tradition for many and has attracted thousands of local participants since it began in 1993.

Date/Time

April 4th – 5th: 6 a.m. to 6 p.m. daily (rain or shine)

Location

Rancho Seco Recreational Area, 14960 Twin Cities Road, Herald, CA 95638

Rancho Seco Recreational Area is 25 miles south of Sacramento, approximately 15 minutes east of Highway 99 on Twin Cities Road. Admission to the park is \$12 per car. For more information about the derby or camping, visit SMUD.org/RanchoSeco or call (800) 416-6992. ★

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Women's Empowerment Receives More Than \$39K from U.S. Bank and Union Pacific Foundation

By Kristin Thébaud, Thébaud Comm.

SACRAMENTO REGION, CA (MPG) - Women's Empowerment recently received \$26,500 from U.S. Bank and \$12,600 from Union Pacific Foundation to support the Sacramento nonprofit's job-readiness programs for women experiencing homelessness. Both grants will fund career skills, paid job training, transportation assistance, mentoring and more to help

women re-enter the workforce and break the cycle of homelessness for themselves and their children. Women's Empowerment is one of the only nonprofits in Sacramento providing paid job training to women who are homeless.

"Thanks to the generosity of U.S. Bank and Union Pacific Foundation, our students will have the support and services they need to achieve success," said Lisa Culp, executive director, Women's Empowerment.

"Job training, education and employment are the most effective solutions to ending homelessness for women in Sacramento. Our students are highly motivated to re-enter the workforce and provide a stable future for their children."

Women's Empowerment is funded through private donations from the community and grants. To make a donation: www.womens-empowerment.org. ★

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Popeye's Choice



\$3.29 /lb
Beef Bottom Round Steak - Burgers
Popeye's Choice



\$3.99 /lb
Beef Porterhouse Steak
Filet of Porterhouse



\$1.59 /lb
Pork Loin Roast Boneless
Lunch or Dinner



\$1.79 /lb
Pork Loin Chops Boneless
Chickens or Dinner

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE MARCH 11 - MARCH 17, 2020.

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SALES FOR PRODUCE WILL BEGIN ON WEDNESDAYS @ 12:00PM

Asparagus 1.69	Navel Oranges 2lbs \$1	Lemons 4/\$1	D'Anjo Pear 69¢	Gala Apples 3 lb 1.99	Russet Potato 10 lb Bag 2.59
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ASIAN GROCERY

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EUROPEAN GROCERY

Best Fish Sauce 32 oz \$4.99	Best Fish Sauce 32 oz \$10.99	Best Fish Sauce 32 oz \$3.49	Best Fish Sauce 32 oz \$1.49	Best Fish Sauce 32 oz \$1.79
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KOREAN/JAPANESE GROCERY

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'Fool's Gold' We've Got Trouble!

By Gold River Resident David Dickstein

I've written "Fool's Gold" for this paper since its inaugural edition. That's seven years of championing Gold River and exposing its warts – seven years of looking at our community with a cocked head and cynical mind. Since 2013, I've been identifying areas where we excel and others where we fall down.

Most of the time I use humor to make a point, but sometimes the issue is so severe that the only way to strike an appropriate level of gravitas is to be as serious as a heart attack or a tongue-lashing by Greta Thunberg.

This is one of those times because one too many times I've heard some nasty remarks from Bel Air to the Sports Club meant to shame those who live in certain parts of town. The culprits seem to be clueless that their condescending comments only expose themselves as ignorant, small-minded pseudo-snobs who probably wish they lived in Los Lagos. That's way too close. We don't need these elitists any nearer than Bel Air – LA's Bel Air, not the market.

I might go as far as to call these folks a cancer to our hope to live a harmonic existence. Said another way ...

Sorry, fellow citizens of Gold River, but ya got trouble. Right here near River City.

(Cue your inner orchestra



Broadway Sacramento had its own trouble when "The Music Man" came to town in 2012. Photo courtesy Broadway Sacramento.

to play a certain Meredith Willson Broadway tune.)

Why, sure, I'm a dues-paying homeowner. Certainly mighty proud I say. I'm always mighty proud to say it.

I consider that the hours I spend here in Gold River are golden. Help you cultivate horse sense and a cool head and a keen eye. Ever live somewhere else? Somewhere that allows garage bands to practice past, oh, 9 p.m.?

But just as I say, it takes judgement, brains, and maturity to own in Gold River. But as smart as we are to be here, we can be just as dumb. With over two dozen little communities making up our town, something ugly lives among us. Kinda makes your blood boil if you let it, I should say.

Friends, lemme tell you what I mean. Ya got one, two, three, four ... 25

subdivisions that together make up Gold River – subdivisions that in small minds mark the difference between a gentleman and a bum with a capital "B" and that rhymes with "V" and that stands for "villagism!"

And all week long we River City-adjacent people are fritterin' away. I say our kids and adults are fritterin' away at noontime, supertime, chore time too!

Oh we got trouble, right here near River City! With a capital "T" that rhymes with "V" and that stands for "villagism!"

We've surely got trouble! Right here near River City. Gotta figure out a way to keep grown-ups and youngins similar, equal and parallel like a prism!

Trouble, trouble, trouble, trouble, trouble ...

Mothers and fathers of Gold River! Heed the warning before it's too late!

Watch your kids for the tell-tale sign of elitism. Is your child not playing with classmates living where there's no dues? Is he or she keeping those kids off their birthday party invite list?

What about you? The moment you leave the house, do you think your life is worse or better than someone in another village? Do you snub people from Cobble Oaks? Is your assumption that everyone who lives in a brown house is old? Do you check Zillow to see if your home is worth more than theirs?

Are certain words creeping into your conversation? Words like "Powell" and "gated?" Well, if so my friends, ya got trouble, right here near River City! With a capital "T" and that rhymes with "V" and that stands for "villagism."

We've surely got trouble! Right here near River City! Remember the Maine, Plymouth Rock and antid-establishmentarianism!

Oh, we've got trouble. We're in terrible, terrible trouble. The ugly face of Gold River privilege is our form of racism!

Oh yes we got trouble, trouble, trouble! With a "T"! Gotta rhyme it with "V"! And that stands for "villagism!"

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.

Bill to Provide AB 5 Grace Period Introduced



Kevin Kiley

By Joshua Hoover

SACRAMENTO, CA (MPG) - Assemblyman Kevin Kiley (R-Rocklin) announced a new bill, AB 2075, to provide a Grace Period for AB 5 compliance through the rest of 2020.

"This modest relief provides breathing room while changes to AB 5 are being worked out," Kiley said.

At least 34 bills proposing changes to AB 5 have been introduced by legislators of both parties this year. That includes a bill from the author of AB 5, Assemblywoman Lorena Gonzalez, proposing major changes.

Under AB 2075, hiring entities would still be subject to liability for employee misclassification in 2020, but would not face liability under the new ABC Test – adopted

in AB 5 and the Dynamex decision—until 2021. This minimal relief has been requested by countless businesses and independent contractors who are currently navigating how to comply with AB 5.

The nonpartisan Legislative Analyst's Office has estimated that AB 5 affects 1 million Californians. For a sampling of these effects, see the book of AB Stories compiled by Assemblyman Kiley's office in January. On January 28, a Rally to Repeal AB 5 drew to the State Capitol between 300 and 350 people, as estimated by independent press reports.

"Every day we wait to take action, more Californians are losing their livelihoods as the result of AB 5," Kiley said.

Assemblyman Kevin Kiley represents the 6th Assembly District, which includes the Sacramento, Placer, and El Dorado County communities of Cameron Park, El Dorado Hills, Fair Oaks, Folsom, Granite Bay, Lincoln, Loomis, Orangevale, Penryn, Rocklin, Roseville, and Sheridan.

Source: Office of Assemblyman Kevin Kiley ★

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SAFE Credit Union Named No. 1 Credit Union Lender

By Carole Ferguson, SAFE Credit Union

SACRAMENTO REGION, CA (MPG) - SAFE Credit Union received the No. 1 Credit Union Lender Award for 2019 by the Sacramento District Office of the U.S. Small Business Administration. SAFE has received the award numerous times since it started serving business members in 2007.

"This award is a true example of how SAFE Credit Union supports local business people as they seek to grow their companies," says SAFE Senior Vice President of Commercial Lending Ken Getz. "We serve our 6,000-plus business members in a number of ways, including helping them secure the funding necessary for them to expand their space, add inventory or equipment."

"Each year the U.S. Small Business Administration Sacramento District recognizes the top lenders in various categories in terms of the highest quantity of loans," says Carrie Ellinwood, lead lender Relations Specialist for the Sacramento District Office of the U.S. Small Business Administration. "Out of the credit unions in our district, SAFE did the most loans with the SBA guarantee in FY 2019."

Ellinwood adds that SAFE fills a crucial lending niche in the Greater Sacramento region. "SAFE typically does



Posing for an awards ceremony from left: Carrie Ellinwood, lead lender relations specialist with the U.S. SBA Sacramento District Office; SAFE Credit Union Business Development Officer Cindy Larson, SAFE Credit Union Business Banking Officer Ben Kolada; and SAFE Credit Union Business Development Officer Eric Grabin. Photo: SAFE Credit Union

the smaller loans that the larger lenders don't do," she says. "This is important because there are over 230,000 small businesses in our district and most of them have fewer than 10 employees."

SAFE Credit Union is often in the top five of all SBA lenders in the Sacramento area and is a Preferred SBA Lender. That designation allows SAFE to expedite the loan approval process for its business members, explains SAFE Business Development Officer Eric Grabin. "Being a preferred

SBA lender means we can make the lending decisions in house," he says.

Because SBA loans are guaranteed by the U.S. government, "it allows us to expand our credit box to take on deals that we may not have been able to do without that guarantee," Grabin says. "For SAFE, it allows us to share our already membership-based culture with small businesses. It's in line with our mission to help our small-business members grow."

As one of SAFE's CDC partners, SAFE Credit Union works with the

California Statewide CDC to connect small businesses to SBA 504 loans that allow entrepreneurs to access low interest loans needed for the purchase of owner-occupied commercial real estate or equipment with as low as a 10 percent down payment. "That 90 percent financing is a huge benefit for small businesses," says Mark Schwan, Senior Vice President with California Statewide CDC. "It allows a business owner to keep more capital in their business. Having a smaller down payment lets

them have more money available to grow their business."

An SBA 504 loan is a 10-percent down, fixed-rate, long-term loan designed to expand capital access – filling a market gap in long-term financing for America's small businesses. Financing for a typical 504 loan is broken into three parts, with only the 10 percent put down by the borrower. An additional 40 percent is provided by a Certified Development Company (CDC). CDCs are non-profit corporations that

provide loans to encourage small business growth in their local communities and are unique to the 504 Loan program. The remaining 50 percent is provided by a banking partner such as SAFE Credit Union. Typical project sizes range from \$300,000 to \$20 million.

SAFE Credit Union also recently entered into a Treasury agreement with the city of Sacramento in which the city will deposit funds with SAFE that will be used to support the local economy through loans to businesses and residents. The agreement is part of a 25-year commitment to the city in support of the SAFE Credit Union Convention & Performing Arts District, a completely renovated, state-of-the-art cultural and business events center scheduled to reopen in late 2020.

SAFE Credit Union is one of the few credit unions in the Greater Sacramento area to offer complete banking services to local businesses. SAFE offers lending solutions for commercial real estate, vehicles, and equipment, as well as business savings and checking accounts. Business members can also benefit from a rewards earning Visa® Business credit card, and other banking services such as remote deposit, merchant and payroll services. Learn more about SAFE's banking services at <https://www.safecu.org/business>. ★

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<p>IAMS DRY DOG FOOD •Mini-Chunk •Large Breed •Lamb Meal & Rice •Weight Control \$27.99 \$28.99</p>	<p>PESTELL CLUMPING CAT LITTER 40 Lb. Bag Limit 2 Bags \$8.99</p>	<p>CORE GRAIN FREE DRY DOG FOOD 22-24 Lb Bag Original \$61.99 •Ocean •Reduced Fat \$64.99</p>	<p>NEW OKOCAT CLUMPING WOOD LITTER Super Low Price •Regular •Soft Step 16.7 Lb \$3.00 OFF 19.8 Lb \$4.00 OFF Dust Free Natural Paper \$4.00 Off</p>
<p>SWHEAT SCOOP NATURAL WHEAT LITTER (12 Lb Bag - Original \$10.99 Multi Cat \$11.99) 36 Lb Bag Original \$29.99 Multi-Cat \$31.99 Limit 2 Bags</p>	<p>KAL KAN CESAR SELECT DINNERS DOG FOOD All Varieties 3.5 Oz Limit 2 Cases 75¢</p>	<p>PURINA BENEFUL DRY DOG FOOD •Original •Healthy Weight •Salmon 14 Lb Bag •Puppy (Grain Free Chicken, Select 10 Beef 12.5 Lb) Limit 2 Bags \$13.99</p>	<p>FRESH STEP CAT LITTER 21 Lb Bag (14 Lb Bag - \$4.49) Limit 2 Bags \$6.49</p>

<p>HAMILTON PET LEASHES •Collars •Harnesses All Varieties •Leads •Nylon •Leashes •Leather 20% OFF OUR SUPER LOW PRICES</p>	<p>MARINELAND POWER FILTER SALE MODEL TANK SIZE PENGUIN 100B20 Gal. \$17.99 PENGUIN 150B30 Gal. \$24.99 PENGUIN 200B50 Gal. \$29.99 PENGUIN 350B75 Gal. \$39.99</p>
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<p>BONUS COUPON JONNY CAT PREMIUM CAT LITTER 10 Lb Bag Limit 2 Bags With Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 3/11/20 - 3/17/20 \$1.79 CHM PLU 365</p>	<p>BONUS COUPON WHISKAS TEMPTATIONS CAT TREATS All Varieties 3 Oz. Limit 2 Pkgs With Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 3/11/20 - 3/17/20 \$1.25 CHM PLU 569</p>	<p>BONUS COUPON FANCY FEAST GOURMET CANNED CAT FOOD 3 Oz • All Varieties Except Elegant Medley Limit 1 Case Per Family Limit One Coupon Per Family Price Valid Only With Coupon Effective 3/11/20 - 3/17/20 ON SALE Everyday CHM PLU 361</p>
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Waived Dog and Cat Adoption Fees for CA Veterans



Pets for Vets Act – a win for both veterans seeking companion animals and shelter pets in need of a home. Photo courtesy Pixabay

By Allison Harris, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - Veterans interested in adopting a dog or cat from California public animal shelters are now

eligible for waived adoption fees through the Pets for Vets Act – a win for both veterans seeking companion animals and shelter pets in need of a home.

The new law became effective Jan. 1, 2020 and prohibits any California public shelter from charging an adoption fee for a dog or cat to individuals who present eligible identification in the form of a valid driver's license or ID card with the word "VETERAN" printed on its face. Although the bill waives adoption fees, licensing and other fees may apply depending on the shelter. The bill also limits the number of dogs and cats adopted from that public animal shelter by an eligible veteran to one dog and

cat each six month period.

Sacramento County's Bradshaw Animal Shelter currently offers \$25 adoption fees for dogs, cats and rabbits which include spay and neuter surgery, vaccines and microchipping. With the new law in effect, the shelter is honoring the waived adoption fees for veterans with eligible identification.

"Standard adoption counseling is still applied to make sure a good match is made between the animal and the adopter," said David Dickinson, Director of Bradshaw Animal Shelter.

Once the adoption process is complete, the adopter is responsible for paying required licensing fees and obeying local

animal regulations and ordinances.

Those interested in adopting a pet can visit the shelter during open hours Tuesday and Thursday 12:30 p.m. to 6:30 p.m., Wednesday and Friday 12:30 p.m. to 5:30 p.m., Saturday and Sunday 12:00 p.m. to 4:30 p.m. at 3839 Bradshaw Road, Sacramento, CA 95827. The shelter also operates an offsite adoption center inside Petco located at 8840 Madison Ave in Fair Oaks, CA which is open daily 11:30 a.m. to 6:00 p.m.

For a list of available adoptable pets, visit the Bradshaw Animal Shelter's website. Can't adopt? Consider volunteering, fostering a shelter animal or donating to the Bradshaw Animal Shelter today. ★

California Seeks Volunteers to Help Keep Waterways Clean

California Department of Parks and Recreation

SACRAMENTO REGION, CA (MPG) - California's Boating Clean and Green Program is looking for individuals to become Dockwalkers and help keep the state's waterways clean. Dockwalkers raise awareness among the recreational boating community about clean boating practices by distributing educational boater kits at marinas, boat launch ramps and boating events.

Since 2000, more than a thousand Dockwalkers have taught over 20,000 boaters about oil, fuel, sewage, trash and marine debris prevention. California has one of the highest levels of recreational boating activity in the nation. With approximately four million motorized and non-motorized boaters, even a small amount of pollution per vessel can cause serious harm to waterways and marine wildlife.

"We urge any water enthusiast who wants to make a difference in keeping our waterways clean to become a Dockwalker," said Vivian Matuk, Boating Clean and Green Program Manager. "Educating the public on a one-on-one level can really make a difference for the health of our environment and boaters."

Anyone who is interested in this effective educational program can view our online Dockwalker videos to learn what we do and see our success stories. Individuals



California has one of the highest levels of recreational boating activity in the nation; Train to keep it clean! Photo by Dockwalker Civ Corps

15 years of age and older can become Dockwalkers by simply taking a free, three-hour training class. Training opportunities are available throughout the state from March through May 2020. Pre-registration is required. Participation in the program, including the training sessions qualify as community service.


Dockwalker trainings for this year are:

- Brisbane (Wednesday, March 11)
- San Rafael (Saturday, April 4)
- Vallejo (Saturday, April 11)
- Sacramento (Saturday, May 2)

Marinas and yacht clubs are also encouraged to participate. Participating facilities receive educational materials and tools to operate a clean boating facility and minimize water quality impacts. This program provides marinas with points towards the Clean Marina Designation. Participation in the Dockwalker Program counts towards the nomination of the Club of the Year under the community service category. In addition, yacht clubs and marinas are essential in spreading awareness directly to boaters.

Partnerships with The Bay Foundation, U.S. Coast Guard Auxiliary, U.S. Power Squadrons, Save Our Shores, Lake Berryessa Partnership and many more organizations are integral to this program's success.

The Dockwalker Program is part of California's Boating Green and Clean Program. The program is an education and outreach program conducted through California State Parks and the California Coastal Commission. For more information, please visit BoatingCleanAndGreen.com. ★



SACRAMENTO TAXPAYERS ASSOCIATION

59th

ANNUAL BANQUET

Thursday, April 16, 2020

SACRAMENTO ASSOCIATION OF REALTORS

MACK POWELL EVENT CENTER

2003 HOWE AVENUE, SACRAMENTO, CA

5 PM No Host Reception 6 PM Buffet Dinner

EMCEE
Phil Cowan

KEYNOTE SPEAKER
John Kabateck, NFIB State Director
"The Negative Impacts of AB-5"

SPECIAL PRESENTATION
Jon Coupal, President Howard Jarvis Taxpayers Association
"Split-Roll Property Tax Initiative"

TRIBUTE TO DOUG HAALAND

2020 GOOD GOVERNANCE AWARD
Presented by Jon Coupal & Craig Powell

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Gold Sponsor	\$1,200
Silver Sponsor	\$1,000
Table Sponsor	\$400 for 8
One Person	\$55

To purchase tickets go to
sacramentotaxpayers.com
and follow the "Annual Dinner Event" link on the main menu.

Spring Genealogy Seminar to be Hosted by Root Cellar

By Linda Johnson, Sacramento Genealogical Society

SACRAMENTO REGION, CA (MPG) - Sacramento Genealogy Society aka Root Cellar, is presenting D. Joshua Taylor as our guest speaker for an all day Seminar on Saturday, March 28, 2020. Joshua is an internationally known speaker who began researching his family history at age ten after listening to his Grandmother's stories. He is the current President of the New York Genealogical and Historical Society, was a Co-Host on the PBS Genealogy Roadshow Series and has been a researcher/consultant on the Who Do You Think You

Are series.

His topics are: Bridging the Gap: Finding Ancestors in the United States Between 1780 and 1840; Online Resources for Colonial America: Help to break through your Brick Walls; Beyond Belief: The Wealth of Information in Genealogical and Historical Societies; Online Library Catalogs: A Genealogist's Best Kept Secret.

Root Cellar's Spring Seminar on March 28, 2020 will be at the Fair Oaks Presbyterian Church. For more information and Registration (Don't delay as NO Registrations will be accepted after March 14, 2020), go to www.rootcellar.org. ★

Baby Basket Drive Raises \$16K

By Kristin Thébaud, Thébaud Comm.

SACRAMENTO REGION, CA (MPG) - The Sacramento Life Center's sixth annual Baby Basket Drive for new moms raised \$16,000 from the community in December, which will buy 320 baskets for Sacramento Life Center patients throughout 2020. The drive is held each December to kickstart the 500 baby baskets needed so that every Sacramento Life Center patient who gives birth in the coming year can receive a basket of needed items, including formula, diapers, newborn clothes, pacifiers and more. Last year's drive raised \$10,000.

Donations will be accepted throughout 2020 and can be made online at www.saclife.org by writing Baby Basket Drive in the message box on the donation page. Gifts can be made in any increment, but a donation of \$50 buys one basket.

"One of the most overwhelming feelings is learning that you're pregnant and fearing you won't have the resources to care for your



A patient and her children receive a baby basket from Sacramento Life Center, thanks to the group's Baby Basket Drive held each December. Photo by Kristin Thébaud Communications

vulnerable baby," said Marie Leatherby, executive director, Sacramento Life Center. "Sometimes something as simple as a gift of diapers and newborn clothes can give expecting mothers the confidence that they have a support system to help raise their child. These baskets give expecting mothers proof that they will always have a family here at the Sacramento Life Center and supporters out in the community rooting for their family." ★

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POPPOFF!

with Mary Jane Popp

FOUR LETTER WORD

Now don't get ahead of me because I said four letter word. We all have to face times when our backs are up against the wall. So how do we learn to deal with it and maybe even learn to laugh? **Dr. David Levy** faced adversity and learned to laugh at himself and get up to face life. **Dr. Levy** is an award-winning Professor of Psychology at Pepperdine University, and he has been sought out for appearances on CNN, PBS, NPR and Nat Geo as a media consultant on current events. So came his book **"Life is a 4-Letter Word"** laughing and learning through 40 life lessons.

Here are ten he shared with me on my POPPOFF Radio Show. **1) SOMETIMES A TIE IS REALLY A WIN.** This lesson can apply to relationships, friendships...basically all human interactions. It is a shift in perspective that allows everyone to

emerge a winner, with no necessity for losers. **2) EMPTY THREATS ARE WORSE THAN NONE AT ALL.**

This lesson became especially poignant and relevant as he became a parent. He remembered this lesson every

time he went to Disneyland with his kids. I'm sure you get what he means. **3) TRY TO REPLACE ENVY WITH SELF-ACCEPTANCE.** Envy knows no bounds, but self-acceptance can stem the tide. **4) WHEN YOU DON'T KNOW WHAT TO DO, FAKE IT 'TIL YOU MAKE IT.** With this lesson, you can get a lot further than you think, and hey, no one can tell you otherwise. **5) FIND FORGIVENESS THROUGH EMPATHY.** He told me it is easier said than done, but with practice, it can become easier. I remember when a concert pianist was asked how he got to Carnegie Hall, his answer was simple... practice, practice, practice. **6) HAVE THE WISDOM NOT TO FIGHT EVERY BATTLE.** Because sometimes it is not even about winning, but knowing that the battle may not be worth fighting over. **7) LEARN TO**

TRUST FACTS OVER FEELINGS. This lesson has the backing of the United States Navy, so if you don't like it, take it up with them. **8) DIFFERENTNESS IN ITSELF IS NOT A THREAT.** Something to keep in mind, especially in today's society, when circumstances can get so divisive among people. It's okay to be different. **9) LOVE SOMETHING ENOUGH TO LET IT GO.** This is a lesson from one of his personal favorite stories. Long live Zorro, his beloved Labrador. This story has a special place in his heart, and he knows pet loves will really relate to this story. I know I sure do and more than once. **10) WITH AGE, THE ABSENCE OF CATASTOPHIC NEWS IS GREAT NEWS.** It was the first time in his life when he was genuinely ecstatic to have a kidney stone. I guess what he means is all you have to do is think of all the other much worse possibilities!

My favorite lesson was "Things could always be worse." So enjoy the moment at www.dravidlevypsych.com. Live the 4-Letter word...**LIFE!** ★



By Marlys Johnsen Norris, Christian Author

God alone is the Author of truth, true love and grace that provides what is true and everlasting. Our Heavenly Father's standard for love was established by Him. It proved as the example and standard of Christ's obedient love, when He willingly died to provide eternal life for those who accept his life, death and resurrection. And His words of unconditional love taught His Beloved Son to all of us GIVING a new commandment:

"To love one another as He has loved us!" He willingly gave His life for us! Jesus, the Son of God the Father loved us that much!

The world's standard for love is much different than the love given to us by the Lord. God's message of "love is truth" described in the Gospel. The other

The Law Of "True Love"

kind of love is often mistaken and exists only to satisfy the "flesh". Being understood all the laws of God well. He was expected to live by them. He was obedient and seriously considered the words spoken by His Father. He believed they meant something and important and they all mattered.

A blessed "legacy" some parents still give to their children. In His time there was no printed Bible, just the spoken word. (*Bibles were not printed until the 1500's*)

Today all prophetic Scriptures in the Old Testament have been literally fulfilled and it is urgent that those who have faith and believe follow God's Holy Word "living-out" the new commandment of Divine Love. Jesus lived it out and taught others to see and experience Agape kind of love. We are to become living by examples and hopefully others will accept Jesus as their Savior and Lord of their life. Living a life of a Christian is a believing faith, following and DOING the

commandments of God in our daily life.

Therefore, let us live in close personal intimacy in the presence of God by living by a higher standard so others will see us as His disciple "marked by infinite unconditional love!" **"By this all will know you are My disciples, if you have love for one another."** (*John 13:35*) It is when someone does experience God's love through us, they begin to understand the depth of God's love for them! When others "see and experience" God's Agape (unconditional) love through us, they see and experience how we are DIFFERENT because we are **"alive with the Spirit of Christ in us"** - because they experience the reality of true love from God in and through us. Honor and Praise be to God alone!

Marlys Johnsen Norris
Christian Author
and Stephen's Minister
"Messages in the Dust
for the Searching Soul"
Marlysjn@gmail.com
PO Box 114, Orangevale,
CA 93662 ★

I Sure Miss My Old Typewriter

Dr. James L. Snyder

I was going through my office the other day looking for something, and then I saw it for the first time in many years. It was my old typewriter.

Most people today have no idea what the typewriter is.

In those old typewriters, what you typed was exactly what you got. If you mistyped a word, it was mistyped. I cannot remember how many times I yanked the paper out of the typewriter, put in a new piece and started typing all over again.

The thing so exciting was if I wanted several copies of what I was typing, I could use carbon paper between each page. What I typed on the first page was typed on the second and third pages. That sure was exciting because now I had copies of what I was typing.

The problem was, when I made a typo on the first page, it went all the way through to the last page. You could not fool those carbon copies. What was on one was precisely on the other.

That typewriter was a friend of mine, and we worked like a well-oiled machine. The thing about that typewriter, it never

tried to correct me. It always went along with what I said and wrote - and never talked back to me. I was actually in charge.

At the time, I thought I had no better friend than that old typewriter of mine. To look at it now, I kinda smile as I remember how things have changed.

I was writing my first book, typing each page, when I learned about this new thingamajig called a computer.

The more I learned about these computers, the more interested I became. According to the people I was talking to, I could increase my output 100 times faster. I initially did not believe that.

Finally, halfway through that first book, I decided to switch over to a computer. Those first computers had no hard drive, so you had to put a floppy disk in to run any program that you might be using. You also had to save what you were writing to a floppy disk.

I set that new computer up in my office and started fiddling around with it to try to understand how it worked. Much to my surprise, the more I fiddled, the more I liked the music I was hearing.

I did not have to use paper

until the manuscript was completed and I could print it out on a printer. If I made a typo, I could correct it right there on the screen, no problem.

Getting adjusted to it was difficult for me. I remember the first chapter I did and worked very hard to complete, but I forgot to save it on a disk and lost that whole chapter. I was a little provoked because my old typewriter would never have done that!

Looking at that old typewriter, I thought of what Solomon once said. "The thing that hath been, it is that which shall be; and that which is done is that which shall be done: and there is no new thing under the sun" (Ecclesiastes 1:9).

Maybe the way I do certain things today has changed, but the message is always the same. Techniques change, but words never will.

Dr. James L. Snyder is pastor of the Family of God Fellowship, PO Box 831313, Ocala, FL 34483. He lives with the Gracious Mistress of the Parsonage in Silver Springs Shores. Call him at 1-866-552-2543 or e-mail jamesnsnyder2@att.net. His web site is www.jamesnsnyderministries.com. ★



Dare to Live Without Limits

by Bryan Golden

Are You Aware?



Are you aware of the direction of your life? Are you aware of what's happening around you? Are you aware of what path you are on? Are you aware of the impact you have on others? Are you aware of the effect of your actions?

Without awareness, you are walking around in a fog. You have no clue as to what's happening, or why. Imaging driving your car with the windshield painted over. Since you would have no idea where you are going, crashing would be a certainty.

In order to drive safely, you require an awareness of where you are, what's up ahead, visibility, weather, traffic, along with any other conditions which affect your trip. This information enables you to make sound decisions, which keep you safe.

Although being aware while driving is considered common sense, a surprising number of people don't maintain awareness of what is going on with their lives. This deprives them of the feedback necessary to keep their lives on track.

People are unaware for a variety of reasons. Not facing reality leads people to be unaware of what is going on. Being close minded limits a person's ability to see things accurately. Self-absorbed people are unaware of how others react to them. Unawareness, regardless of the cause, leads to numerous problems.

Let's review some of the aspects of your life you should be aware of. Start with what's happening right now. Are things going the way you would like, or are you dissatisfied with your current situation? If things are going well, identify what you are doing right and stay on your current path.

Where there is room for improvement, determine how you arrived at your current circumstances.

Next, figure out what steps are necessary to change course. Taking action to employ the new strategy will begin adjusting your path to a more desired direction.

You should always be aware of the relationship between cause and effect. Every action you take has an impact. In order to change your results, you need to change your actions. So being aware of your actions, and their effects, enables you to make adjustments as needed.

Be aware of your level of happiness. If you are not as happy as you want to be, look for any issues which are negatively affecting you. Rectifying these problems will have a corrective impact. Awareness of what you like, and don't like in your life, positions you to maximize the positive, while minimizing or eliminating the negative.

Maintain an awareness of the condition of important interpersonal

relationships. How the other people involved feel is just as important, if not more so, as how you feel. Being aware of how you impact others is essential for successful and satisfying relationships.

An awareness of your goals, and the progress you are making towards them, is vital to achieving your objectives. Your goals may change over time. You can drift off track. Awareness allows you to make the appropriate adjustments, which keeps you on your desired heading.

There are many other aspects of life which are also important to you. Remaining aware of each one, along with whether or not you are satisfied, provides an opportunity to make adjustments.

Awareness is focused on the present, along with looking ahead. Don't waste time lamenting what has already transpired. The past teaches you what worked, and what didn't. Use this experience to move forward more effectively.

Awareness empowers you to make things happen, rather than waiting and hoping for situations to change. Awareness enables you to take control of your life. Being aware of all aspects of your life leads to greater satisfaction, as you make positive adjustments.

NOW AVAILABLE:
Dare to Live Without Limits, the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnist.com or write him c/o this paper. © 2017 Bryan Golden. ★

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Ask Toni

Need to Stop Medicare Part B



Hello Toni,
My husband, John enrolled in Medicare Parts A and B when he turned 65 last September because friends had said if he does not enroll in Part B, he will get a penalty. He is fully employed with excellent employer benefits.

Last week, I spoke with a representative at the Social Security office when I went to apply for my Social Security check and asked them if he would really be penalized if he had delayed enrolling in Medicare with employer benefits. They said he would not if he provides evidence that he has maintained employer health insurance signed by my employer. The agent said he should go to the local Social Security office and ask to have his Medicare Part B removed since he is fully employed with employer benefits.

This information seems opposite to what he has been advised regarding his Medicare. Please explain what John should do to disenroll out of Medicare Part B? Sherry from Spring Branch area

Sherry:
Social Security gave you excellent advice about John's Medicare. John should visit his local Social Security office and explain to the representative that he needs to have his Medicare

Part B terminated due to having employer benefits and fill out form CMS-1763 or call Social Security at 1/800-772-1213 to discuss his options. Social Security advises those wishing to terminate their Medicare Part B to have a personal interview at a local Social Security office. John working full-time with employer benefits is what protects anyone who wishes to delay their Medicare Part B.

Enrolling in Medicare correctly can be stressful. When you enroll in Part B the wrong way, it can cause you to not qualify medically for the Medicare Supplement you want when you leave your employer benefits. You will be in your Medigap Open Enrollment period.

There are special Medicare rules for employees or spouses who are "still working" with "true" company benefits.

The process to enroll in Medicare Part B, if you have delayed Medicare Part B is:

- There are 2 forms available from Social Security's website or you can ask the Toni Says® office. (info@tonisays.com) On the top of each form write in red letters "Special Enrollment Period." This tells the Social Security agent processing them, you are signing up at the right time and keep from giving you a penalty. You are applying for a SEP (Special Enrollment Period).

1. Form #1 Request for Employment Information: proof of employer group health care coverage based on

current employment. If you have had 2 or more jobs since turning 65, then all companies you have worked for from age 65 to the time you are retiring, to sign this form. If you are married, you will need the same number of forms for you and/or your spouse filled out and signed by each company's HR department which you have worked, proving that you and/or your spouse were covered by employer group health insurance.

2. Form #2 Application for Enrollment in Medicare: this is your application for medical insurance from Medicare known as Part B. Social Security fills out this form.

For a Medicare Enrollment Checkup, call the Toni Says Medicare call center at 832/519-8664 regarding your Medicare plans and options.

March 2020 Confused about Medicare Workshop:

- West Houston/Katy-Tuesday, March 24th Spring Creek BBQ-Katy 6:00 – 8:00 PM at Spring Creek BBQ-Katy-Banquet Room (dinner not provided) 21000 Katy Freeway, Katy, TX 77449

RSVP 832/519-8664 or visit tonisays.com and sign up via the Toni Says® website.

Toni King, author of the Medicare Survival Guide® is giving a \$5 discount on the Medicare Survival Guide® Advanced book at www.tonisays.com. Have a Medicare question? Email Toni at info@tonisays.com. ★

Social Security Matters

Does Social Security Ever Make Mistakes on Benefits?



By Russell Gloor, AMAC Certified Social Security Advisor



explore why you feel your benefit may not be correct.

When you say you "retired early at age 61" I assume that means you claimed your Social Security early at age 62 (the minimum age). Since your full retirement age is age 66, that means that by claiming at age 62 your benefit was cut by 25% from what it would have been at age 66. Also, any benefit estimate you had from Social Security prior to claiming made the assumption that you would continue to earn at your current level until you reached your full retirement age. If you "retired" and stopped working and earning at age 61, the benefit you are entitled to is less than that estimate you had from Social Security at age 61.

So, how can you address your concerns? I suggest the first thing you do is get a copy of your lifetime earnings record from Social Security. You can do this by calling them and requesting it or, if you have a "My Social Security" personal account, you can obtain it online. You should verify that all of your lifetime earnings are properly reflected in Social Security's records (SS gets your earnings data from the IRS). Note that only your earnings up to the maximum payroll tax for each year count because that's all you paid SS FICA tax on; if your actual earnings in any year

were more than the annual payroll tax cap, only the amount up to that year's tax cap is used. Be aware that if you find an error, you will need to prove it to Social Security by showing them a copy of your W-2 or your Federal Income tax return for the year(s) in question. If your lifetime earnings record is in order, then you are almost certainly getting the correct benefit. When computing your benefit, Social Security adjusts each year of your lifetime earnings to today's dollar value, so inflation shouldn't be a factor either. The highest earning 35 years over your lifetime (adjusted for inflation) are used to determine your benefit amount.

If you're still uncomfortable that you may not be getting the correct benefit, you should call Social Security directly and ask them to review your benefits to make sure you are receiving the correct amount. Social Security has all of your lifetime earnings data immediately available and can quickly determine if your benefit amount is correct based upon the earnings history shown in your record.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website or email us. ★

Celebrate Pi Day and Walk with the Sacramento Walking Sticks

By Barbara Nuss, Sacramento Walking Sticks

SACRAMENTO REGION, CA (MPG) - The Sacramento Walking Sticks Club will be celebrating the ratio between the circumference of a circle to its diameter – approximately 3.14 – on Pi Day, Saturday, March 14, 2020. We invite everyone to join in on our event, walking and eating "pie" with us before and/or after the walk.

The start/finish of our event will be Marie Callender's Restaurant & Bakery, 5622 Freeport Blvd, Sacramento, CA 95822.

Registration for the walk will be from 9:00 a.m. to 12:00 Noon, finishing by 3:14 pm.

Everyone will have their choice of walking either a 5k (3.14 miles) or a 10k (3.14 x 2) route that is rated a 1A. The routes are wheelchair and stroller friendly; the family dog will love the outing, but

they cannot come into Marie Callender's. Children are encouraged to come and walk on foot, use their scooters or skates and if they're 12 and under—they can eat FREE at the last remaining Marie Callender's in town. Families are encouraged to come and walk.

We walk for the fun and fitness of the event and to see new places along the way and hopefully meet some new friends as well. The walk takes people into little known areas of Sacramento – the Little Pocket neighborhood, Belle Cooledge and Bahnfleth Parks as well as walking by the Sacramento Executive Airport and the Sacramento Public Safety Center.

Everyone can walk for FREE or pay \$3.14 for volkswalk credit. (The normal fee for volkswalk credit is \$3.00 per walk – the extra 14¢ will be donated to a local food closet.

For more Pi information visit http://www.piday.org/ Or http://mathforum.org/dr.math/faq/faq.pi.html. ★



Ami Bera Votes for Emergency Funding to Keep Sacramento County Safe from Coronavirus

Continued from page 1

Health Security, which made a series of recommendations to prevent pandemics in November 2019. He has held two Congressional hearings on the coronavirus outbreak, sounded the alarm when the White House disbanded the office in charge of preparing for pandemics, and also sought to include funds to combat coronavirus over a month ago through

other legislation.

Congressman Bera urges constituents to follow everyday preventative actions like washing your hands with soap and water, avoid touching eyes, nose, or mouth with unwashed hands, and cleaning and disinfecting frequently touched objects. For more information, please consult resources provided by the Centers for Disease Control and Prevention.



SMUD and BERCC have partnered to offer several tours as a continuation of the Sustainability Series with information about waste diversion, electric transportation, sustainable communities, urban agriculture and a tour of SMUD's Headquarters building.

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2415 23rd St., Sacramento
- Greater Sacramento Urban League**
Wednesday, May 6, 2020, 9 – 10:30 a.m.
3725 Marysville Blvd., Sacramento
- Soil Born Farms**
Wednesday, June 3, 2020, 9 – 10:30 a.m.
2140 Chase Dr., Rancho Cordova
- SMUD Headquarters Building**
Wednesday, July 8, 2020, 9 – 10:30 a.m.
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Register and learn more at smud.org/Workshops



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Gold River Stingrays Get a New Head Coach

Continued from page 1

because you move your whole body against the resistance of the water. Swimming is a good all-round activity because it keeps your heart rate up but takes some of the impact stress off your body, builds endurance and muscle strength, and provides cardiovascular fitness.

Third, swimming is also the perfect supplemental sport for those juniors competing in soccer, running, tennis etc.

offering great cross training with low impact to growing bodies.

Swim team season starts March 1 with technical clinics for learning each stroke so there is still plenty of time to get your child signed up for an incredible season! Even if your child has no swim experience we can help get them into the pool and ready for an exciting season ahead. For more information go to www.goldriverstingrays.org. ★



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.

The discussion around the ever growing homeless crisis often gets linked to the issue of mental illness, and rightfully so. But mental health issues are something that we have become more aware of as society over time. We know that mental health problems can manifest themselves in different ways and affect everyone differently. Too often, we do not become aware of the severity of a mental health problem until we see the manifestation of it before our eyes. It is those moments, when a person is in crisis, that law enforcement is often forced to become involved.

I was pleased to be able to announce last year that my colleagues and I approved an increase of \$72 million for mental health spending, largely from state funding sources. At the time, I was excited that part of that funding would go to expand the number of Mobile Crisis Support Teams (MCST) in the County and even wrote

GOLD RIVER COMMUNITY UPDATE

Growing Solutions for a Growing Crisis

one of my monthly articles about it.

For those who may not be familiar, an MCST consists of a Sheriff's Deputy or law enforcement officer partnered with a licensed mental health counselor. Together, they respond to 911 calls involving a person experiencing a mental health crisis. The licensed mental health counselor makes contact with the subject of these calls, unarmed, and takes an informed, compassionate approach. This approach enables the MCST to evaluate the situation and identify what services an individual may be in need of. The results of the MCST have been significant in reducing arrests and connecting homeless individuals with services.

When I wrote about the MCST expansion last year, the entire north part of the county was going to expand from having two mobile crisis teams to the three. While that was a positive development to be sure, I knew that we would need more. That is why I could not be any more thrilled to say that my district will now have five full time MCSTs dedicated. For the people of Gold River, this means going from having one dedicated team at the Sheriff's North Division, to two. More dedicated MCSTs means that our communities will be better equipped to

address the growing number of mental health crisis calls.

In total, the county is seeing the number of MCSTs going from six teams to eleven. When I heard that we would be seeing this type of increase, I knew I had to fight to get the people of my district as many dedicated teams as possible. As a result, district four will be served by five of the eleven total teams. The Folsom and Citrus Heights police departments will both have a full time licensed counselor working with their officers and the unincorporated portions will have three licensed counselors, each with a Sheriff's Deputy. I look forward to seeing these teams up and running this March making our communities safer. MCSTs offer a balanced approach to a delicate problem and I am thankful for this development.

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. ★

SacRT Issues Update on Precautions against Coronavirus

By Jessica Gonzalez, Sacramento Regional Transit

SACRAMENTO REGION, CA (MPG) - The Sacramento Regional Transit District (SacRT) issued an update on the precautions being taken by the agency in response to the coronavirus (COVID-19). Knowing viruses can spread in confined spaces similar to the flu, SacRT has been proactive in sanitizing its buses and light rail vehicles every day. With the number of coronavirus cases going up, SacRT has taken a number of aggressive steps to provide information about the virus to our employees and increased sanitation of vehicles.

The safety and well-being of our employees and customers is our top priority and we are taking the following proactive measures:

Buses and light rail vehicles are sanitized every night;

During the flu season, trains and buses are fogged with Chlorine Dioxide to sanitize every couple of weeks. With the discovery of coronavirus, we are increasing that practice to every five days;

For our employees, we provided a notice with guidelines to follow as provided by the Center for Disease Control and Prevention (CDC) along with the California State Government, City of

Sacramento and Sacramento County Department of Public Health;

We are providing hand sanitizer, disinfectant wipes and disposable gloves to employees that come in contact with the public such as operators, transit ambassadors and customer service representatives.

SacRT is urging riders to take precautions to keep themselves and others healthy, which applies to the coronavirus, flu or common cold. Advice from the CDC includes washing hands frequently and for at least 20 seconds, avoid touching your eyes, nose and mouth, and covering your mouth and nose when sneezing or coughing. ★

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Verdi Requiem - A Concert Dedicated To Biba Caggiano

By Erica Castillo,
Digital Marketing Public Relations

"A work of staggering beauty and enormous drama from start to finish."
- Johannes Brahms

SACRAMENTO REGION, CA (MPG) - The Sacramento Choral Society and Orchestra (SCSO) with Music Director Donald Kendrick, and a roster of world-class soloists, are proud to present Giuseppe Verdi's powerful Requiem in concert on March 21, at 8:00 PM in the recently-renovated Sacramento Memorial Auditorium. The performance will serve as a special tribute honoring the late Biba Caggiano.

Italian American Biba Caggiano, a popular chef, author, and television figure, was the driving passion for the well-known Italian restaurant Biba in Sacramento, established in 1986. The Bologna-born chef graciously contributed to the cuisine life of many known figures, such as former SF mayor Willie Brown, as his personal chef for a time, and Patrick Mulvaney of Sacramento restaurant Mulvaney's B&L. The Sacramento Bee quoted Mulvaney on Biba's contribution: "The love that Biba and her crew put into food and hospitality have set a standard to which we should all aspire." "Her influence on the cooking of Sacramento is deep and wide. Generations of cooks have looked up to her and she will continue to inspire us."

Giuseppe Verdi, one of the greatest Italian composers of the 19th Century, was primarily known as a composer of opera. To commemorate this special tribute to Biba, the City of Sacramento will present



Image of the well-known local Italian American restaurateur, the late Biba Caggiano. Photo: SCSO

a Mayoral Proclamation to her family members at the concert. Following the performance, the SCSO Team will honor Biba's family member at a reception in Sacramento Memorial Hall. This invigorating performance of the Verdi Requiem will feature a large chorus of 206 singers, along with soloists from the Metropolitan Opera and a robust professional symphony orchestra, all conducted by Donald Kendrick. Featured Soloists include: Othalie Graham (Soprano), Linda Baird (Mezzo Soprano), Robert Breault (Tenor), and Malcom Mackenzie (Dramatic Baritone).

Tickets to this unforgettable performance and tribute are still available online at sacramentochoral.com or at the Memorial Auditorium Box office, call 916-808-5181. ★



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