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More Changes**

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Chemical
Exposure in
Pregnant Women**

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THE NEWS

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VOLUME 41 • ISSUE 23

Serving Rio Linda, Elverta and Sacramento County

JUNE 10, 2022

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PUBLIC HEALTH
ADVOCATES**



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TO DAD**

By Mary Jane Popp



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ON AGENDA**



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**Rio Linda Grads
are All Smiles**



The 59th Rio Linda High School Class graduated with more straight A's than ever before, tallying up plenty of credits for college and future careers. All photos on page 1 and 2 of graduates courtesy of TRUSD.

By Patrick Larenas

RIO LINDA, CA (MPG) - The Rio Linda High School Class of 2022 celebrated their graduation ceremony at Sutter Health Park on Thursday, June 2. This year's graduation was filled

with renewed enthusiasm as many relished in the fact they did not have to muffle their faces and smiles with COVID masks. The graduation program began with the presentation of the U.S. and California flags by the accompanying

color guard, and the singing of the national anthem by graduating student, Ameiah Williams. High School Principal Paul Orlando was the Master of Ceremonies for the 59th Class of Rio Linda High School. *Continued on page 2*

**Sac County
Artists Eligible
for \$10,000
in Grants**

**Sac County
News Release**

SACRAMENTO COUNTY, CA (MPG) - The City of Sacramento's Office of Arts and Culture is now accepting applications for its \$450,000 "Seeding Creativity" individual artists grant program. The grant program will support 45 individual artists located within Sacramento County with \$10,000 grants to create and/or present new work in the county during the grant period. The Seeding Creativity grant program is funded through an award to the Office of Arts and Culture from the National Endowment for the Arts' federal American Rescue Plan dollars. Funds may be used to provide fees/stipends for artists to support services for specific project work. In addition to grant funds, artists will receive one year of support programming to assist them in career building skills such as building entrepreneurial expertise, leveraging resources, deepening collaborations, developing portfolios and work samples, and crafting work statements. All grantees are obligated to produce a project by the end of the grant period within one of four chosen pathways: Creation, performance/presentation, social impact and research. Emerging and mid-career artists with a three-year work history in visual, craft, media, design, performing and/or literary arts are encouraged to apply. Applications close at 11:59 p.m. on June 20, 2022. A free virtual application workshop to review program goals, guidelines and help individuals apply will be held at 4:30 p.m. on May 18. Register on the City's website. The Office of Arts and Culture also provides one-on-one peer mentors to support artists in application preparation. Applications for grants will be reviewed and scored by a diverse panel comprised of artists from throughout the country as well as community members. Find more details on eligibility criteria, project pathways and grant program on the Office of Arts + Culture's website. ★

County's Response to Homelessness

**Sac County
News Release**

SACRAMENTO COUNTY, CA (MPG) - Sacramento County is actively engaged in multiple strategies to provide services that unhoused residents need to transition into safe, stable housing. In Fiscal Year 2021/2022 alone, we have invested nearly \$50 million in homeless specific programs, services, shelter, re-housing and data infrastructure to serve our community, with funding from the American Rescue Plan Act (ARPA), the Mental Health Services Act (MHSA) and the County's General Fund, among others. **Notable projects this year include:** Safe Stay community developments - providing on-site services, security and re-housing to move people from unsheltered homelessness into housing and other supportive services while providing much needed respite to the neighborhoods through a reduction in trash, tents, violence and blight. Encampment Service teams: Comprised of Outreach navigators, re-housing staff and clinical staff to provide behavioral health assessments and referrals for those living in encampments. Additional investment of the construction of Marisol



Sacramento County is actively engaged in multiple strategies to provide services that unhoused residents need to transition into safe, stable housing. MPG file photo

Village - an affordable housing project slated to add an additional 116 units to the final project. Invested three years of funding to greatly expand Coordinated Access (CAS), a powerful collaboration designed to ensure that homeless persons and persons at risk of homelessness are matched, as quickly as possible, with the services that will most effectively end their homelessness. This funding provides for increased coverage at 211, and new field-based staff to assist households into

crisis support services and rehousing. Landlord Engagement and Re-Housing Supports: conducting outreach and educational events to recruit landlords and expand the availability of rental units; investment in incentives such as sign-on bonuses, move-in assistance, vacancy loss payments, etc. to support landlord retention; and increasing flexible rental subsidies to improve the efficacy of voucher and homeless housing subsidy programs. Funding 60 beds through

December 2024 to support the Parkway Navigation team, prioritizing those exiting the portion of the Parkway between Interstate 5 and Highway 160. The Salvation Army will provide 24/7 staffing, food, laundry, case management and re-housing supports, with an annual goal of rehousing 180 people who previously lived on the Parkway. Mental Health Services Act (MHSA) Housing Program adding 60 units that provide a continuum of interventions including *Continued on page 10*

**WE
SUPPORT
OUR
MILITARY**

Rio Linda Grads are All Smiles

Continued from page 1

With the Jumbotron at Sutter Health Park congratulating this year's class in the background, the stage was seated with attending TRUSD school board members: Superintendent Dr. Steve Martinez; Associate Superintendent, Dr. Lori Grace; Assistant Superintendent, Kristen Coates, Ed.D.; Secretary Director of Education, Dr. Brett Taylor; Vice President School Board, Mike Baker; Board Clerk, Christine Jefferson; and Board Member Stacey Bastian.

Principal Orlando greeted and congratulated this year's graduates and their families, and then reported, "We have over 270... graduating seniors committed to enroll in colleges and universities. We have a total of 84 students who are Career Technical Education (CTE) completers ... [with] 81 students receiving the Golden State Seal, 50 seniors earning the Seal of Biliteracy and 33 AVID students." He proudly reported that 42 seniors had maintained straight A's. "That's the most

ever!" he proclaimed. Class of 2022 Salutorian Makaila Chow spoke to her classmates about the intense four years of study they just finished, the significance of academic and personal sacrifices made and finally enjoying this moment of achievement. "I anticipated this future so much that everything else in my life became insignificant," Chow said, "Now that I finally finished high school, I realize that the funny thing about anticipation is that you never really learned to

enjoy the present when you spend all of your time worrying about the future. Yesterday, we were all high schoolers. Today, take time to be proud of yourselves!" Class of 2022 Valedictorian Trayvon Thorpe also spoke, but he focused more on how to move forward with adult life. "I know from my own experience [that] if you try every single day, get up in the morning and put effort into what you are actually wanting to do, then you are successful no matter what anyone else says," Thorpe said, "The

life you lead and how you define yourself is completely up to you." Principal Orlando congratulated students on their achievement and experience (referring to COVID) saying, "I am a firm believer that something good will come out of something bad. The Class of 2022 has proven this to be true in every sense of the word. Congratulations, Class of 2022! You have travelled a path to graduation that very few have." "And remember once a Knight, always a Knight!" he finalized. ★



Congratulations to all the 2022 Graduates!





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Drought Requires Changes



The new regulation bans irrigating turf at commercial, industrial, and institutional properties, such as grass in front of or next to large industrial or commercial buildings. Photo courtesy of Diana Ivanova | Dreamstime.com

California Water Boards News Release

SACRAMENTO, CA (MPG) - In response to Governor Gavin Newsom’s March 28 Executive Order the State Water Resources Control Board adopted an emergency water conservation regulation that will ensure more aggressive conservation by local water agencies across the state.

The new regulation bans irrigating turf at commercial, industrial, and institutional properties, such as grass in front of or next to large industrial or commercial buildings. The ban does not include watering turf that is used for recreation or other community purposes, water used at residences or water to maintain trees. The regulation also requires all urban water suppliers to implement conservation actions under Level 2 of their Water Shortage Contingency Plans.

In March 2022, the state’s urban retail water suppliers reported average water use statewide that was nearly 19% greater than in March 2020, lowering the state’s cumulative water savings since July 2021 to 3.7%. On May 23, 2022, Governor Newsom convened leaders from the state’s largest urban water suppliers imploring them to take more aggressive action to combat drought.

“The severity of this drought requires all Californians to save water in every possible way,” said Joaquin Esquivel, chair of the State Water Board. “The regulation compels water systems and local authorities to implement a range of additional critical conservation measures as we enter the hot and dry summer months.”

Level 2 water shortage contingency plans are meant to address up to a 20% shortage of water supplies. In addition to implementing Level 2 actions, the regulation requires urban water suppliers to fast-track supply and demand assessments to plan for potential

extended dry conditions.

Level 2 actions often include things such as: Limiting outdoor irrigation to certain days or hours; Increasing patrolling to identify water waste; Enforcing water-use prohibitions; Increasing communication about the importance of water conservation.

Some water suppliers already have imposed strong new restrictions on customers’ water use in accordance with their drought management plans. However, about half of the state’s 436 water suppliers (both urban water retailers and wholesalers) have not yet activated Level 2, and 36 have not submitted drought plans. The emergency regulation will require suppliers without drought plans to take certain conservation actions, such as conducting outreach to customers about conservation, restricting outdoor irrigation to two days a week and enforcing against wasteful water practices.

The approved regulation will be submitted to the Office of Administrative Law (OAL) for approval, which typically occurs within 10 calendar days. The ban on non-functional turf becomes effective upon OAL approval and the Level 2 requirements for urban water suppliers are proposed to take effect on June 10, 2022.

The regulation will give suppliers new options to reduce water waste if they choose to use them. A violation of the non-functional turf irrigation provision, for example, would be an infraction and subject to a fine of up to \$500.

People who see water waste should report it at savewater.ca.gov.

The State Water Board’s mission is to preserve, enhance and restore the quality of California’s water resources and drinking water for the protection of the environment, public health and all beneficial uses, and to ensure proper allocation and efficient use for present and future generations. ★



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Senator Pan Joins Public Health Advocates for the PublicHERO Initiative

By **Randall Echevarria,**
Paschal Roth Public Affairs

SACRAMENTO REGION, CA (MPG) - State Senator and Health Committee chair Dr. Richard Pan joined California Can’t Wait, a coalition of public health officials, local public health leaders, front-line workers, and health equity advocates for a virtual press conference urging Governor Newsom and state lawmakers to dedicate a small fraction of the state’s \$97 billion budget surplus to one-time Public Health Equity Readiness Opportunity (PublicHERO) initiative investments. The public health and equity advocates said on top of boosting the state’s annual commitment to core, local public health services, California must dedicate one-time funds to recruit, retain, educate and train the next generation of public health workers to respond to existing and emerging public health threats.

“I want to thank Governor Newsom for his commitment for \$300M annually for public health departments for ensuring that we build our public health infrastructure. With the emergence of a suspected case of monkeypox in Sacramento County from an individual who recently returned from traveling abroad in Europe, it is a good reminder of the critical work that our public health and medical professionals do daily to keep our community safe and healthy from infectious diseases,” said

Dr. Richard Pan, California State Senator and Chair of the Senate Committee on Health. “Beyond the \$300M the Governor is proposing, we need to also help shore up our existing workforce. Well-funded and fully staffed public health departments equipped with necessary viral surveillance and testing tools help us quickly identify emerging health threats, and isolate infectious individuals, helping protect life and treat people resulting in the best possible health outcomes.”

The California Can’t Wait Coalition stressed the urgency to rebuild California’s local public health workforce after the pandemic exposed how a decade of disinvestment in local public health departments left them understaffed, under-resourced and underprepared to protect and save lives. Historic underfunding coupled with stress, burnout, and harassment during the pandemic has had a significant impact on the public health workforce and is projected to cause additional public health workers to leave their field. In fact, the recent de Beaumont Foundation and the Association of State and Territorial Health Officials Public Health Workforce Interests and Needs Survey of nearly 45,000 state and local public health workers found that:

More than half of public health employees report at least one symptom of post-traumatic stress disorder; Many public health workers, especially executives,

report bullying, threats, and harassment; and, nearly 1 in 3 public health employees say they are considering leaving their organization within the next year

On a call with news reporters today, Kim Saruwatari, Public Health Director of Riverside County, said her county has been unable to hire a public health lab director, preventing an expansion of crucial public health services to protect the health and well being of their communities.

“We do not have enough qualified public health lab directors to meet the demand that exists today let alone when we look forward to our aging workforce that may be retiring and moving on,” said Kim Saruwatari, CHEAC President and Riverside County Public Health Director. “Our public health labs are critical and often unknown to the public. They play a critical role in our day to day operations and emergency response. We have to be able to recruit and retain lab directors, public health microbiologists, public health nurses, and all of our public health positions so we can protect and serve the public.”

Dr. Karen Relucio, President of the Health Officers Association of California and Public Health Officer in Napa County said California is experiencing an exodus of public health staff that has gutted local public health and must dedicate resources in development of our public health

workforce pipeline.

“Sixty-two local public health officials in California’s cities and counties have left their positions since the start of the pandemic. This includes 21 health officers, 20 agency directors, and 21 local health department directors,” said Dr. Karen Relucio, Public Health Officer in Napa County. “This great resignation has affected more than just senior leadership and has gutted the public health workforce from top to bottom. In order to sustain public health operations, it is more important than ever to invest in public health workforce pipelines and workforce development to attract future public health staff and future public health leaders and to retain the staff that we have.”

Michelle Gibbons, Executive Director of the County Health Executives Association of California said the Public Health Workforce Interests and Needs Survey demonstrates why California must invest in the PublicHERO initiative.

“Nearly 1 in 3 public health employees say they are considering leaving their organization within the next year. This highlights why we need our PublicHERO initiative,” said Michelle Gibbons, Executive Director of the County Health Executives Association of California. “We continue to call on state lawmakers and Governor Newsom to dedicate resources to our Public HERO Initiative to

develop our workforce pipeline to ensure local public health departments have the capacity to respond to public health threats and deliver on the promise of health equity.”

The news conference took place a day after Sacramento County officials announced the first suspected case of monkeypox in California. Officials emphasized that while the disease presents a low risk to the public at this time, Sacramento County’s swift response and work to educate the public illustrates why a robust public health workforce is essential. Public health response including testing and contract tracing as new communicable disease threats emerge keeps Californians safe.

In 2021, the California Can’t Wait coalition successfully advocated for \$300 million in ongoing state funding to rebuild California’s decimated public health infrastructure, a commitment that was kept in Governor Newsom’s May Revision budget proposal this month. As scientists expect COVID-19 to become endemic and with the clear need to address the social determinants of health that led COVID to have such devastating impacts on communities of color, it’s clear California must do more. The PublicHERO initiative would support the SMARTER plan to stay ready for future waves of COVID-19 and build the diverse pipeline of public health workers needed to address health disparities. ★

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As Drought Persists, Water Rights on Agenda



By Dan Walters
CALMatters.org

As a third year of drought continues, California officialdom is increasing pressure for more water conservation.

Last week, the state Water Resources Control Board imposed a statewide ban on watering of “non-functional” turf, such as grass around commercial buildings, and directed local water agencies to implement water use restrictions.

“California is facing a drought crisis and every local water agency and Californian needs to step up on conservation efforts,” Gov. Gavin Newsom said in a supportive statement.

Despite the official bal-lyhoo, last week’s actions were tepid at best, stopping well short of the mandatory reductions that Newsom’s predecessor, Jerry Brown, imposed during a previous drought.

It appears that Newsom, running for re-election, does not want to be the guy who tells Californians they can’t water their lawns as much as they would like. He’d rather leave it to local water officials to crack down.

However, no matter how they are framed, the new directives are highly unlikely to have more than a marginal impact on California’s increasingly dire water shortage for the

simple reason that residential use is a relatively tiny factor in the water equation. California’s largest-in-the-nation agricultural industry is by far the largest user of developed and managed water supplies.

The larger question is whether the state is doing anything to confront the longer-term gap between water supply and water demand as climate change alters precipitation patterns. Conservation will help, particularly more efficient use of agricultural water, but we need more storage, such as the long-delayed Sites Reservoir, to take advantage of wet years.

Newsom’s latest budget proposal claims to make big investments in improving water security, but most of the money would go to small-scale projects that tinker on the margins. It proposes just a half-billion additional dollars for water storage while dumping several billion more dollars into the state’s ill-conceived and ill-managed bullet train project.

If we’re serious about dealing with semi-permanent drought conditions, the most important – and the most controversial – step would be to reconsider how limited supplies are allocated among agriculture, urban users and flows needed to support endangered species such as salmon.

By necessity, such a comprehensive approach – more or less starting with a clean sheet of paper – would require a fresh look at the state’s bewilderingly complex water rights.

Those who hold such rights consider them to be sacrosanct. But drought is so severe that even senior rights

holders are feeling the pinch, as CalMatters writer Rachel Becker details in a recent article on drought’s impacts in the Sacramento Valley.

Reconsideration of water rights seems to be gaining momentum in water policy circles.

A water policy paper issued by the state Senate leadership this month proposes that the state purchase rights from agricultural holders to provide more water for habitat improvement as part of a \$7.5 billion plan “to build a climate resilient water system.”

As the state water board was pushing for more conservation last week, a coalition of Indian tribes and environmental groups demanded that it become more aggressive about enforcing water quality standards in the Sacramento-San Joaquin Delta “and restructure water rights as necessary to implement these standards.”

The demand cites the history of white settlers appropriating water supplies from native peoples in the 19th century and suggests that water rights can be reconfigured under the state constitution’s provision that only “reasonable use” of water is legal.

The water board had been considering such direct action, but put it on hold while the Newsom administration has attempted to forge so-called “voluntary agreements” that would divert more water from agriculture to enhance river flows.

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



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SUNDAY

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Worship: 11:00 a.m.

Worship: 6:00 p.m.

Wednesday Bible Classes: 7:00 p.m.

NEW LIFE CHRISTIAN CHURCH

2037 Elkhorn Boulevard

(916) 991-3001

Sunday School: 9:45 a.m.

Sunday: 10:45 a.m.

Sunday Evening: 6:00 p.m.

Wednesday: 7:00 p.m.

Pastor James A. Duncan

LIBERTY MINISTRIES CHRISTIAN FELLOWSHIP

Pastor Shannon Fannin

Liberty Ministries extends an

invitation to come and join us for

Celebration Worship

Sunday 9:00 a.m.

Youth Extreme and Food Closet.

(916) 922-6442

4840 Marysville Blvd.

www.libertymcf.net

Local Classified

Announcement

Become a Published Author. We want to Read Your Book! Dorrance Publishing-Trusted by Authors Since 1920 Book manuscript submissions currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution. Call for Your Free Author's Guide 1-877-538-9554 or visit <http://dorranceinfo.com/Call> (Cal-SCAN)

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DONATE YOUR CAR TO KIDS Fast Free Pickup - Running or Not - 24 Hour Response - Maximum Tax Donation - Help Find Missing Kids! Call 1-888-491-1453. (Cal-SCAN)

DONATE YOUR CAR OR TRUCK TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing. All Paperwork Taken Care Of. CALL 1-844-491-2884 (Cal-SCAN)

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DIRECTV - Watch your favorite live sports, news and entertainment anywhere. More top premium channels than DISH. Restrictions apply. Call IVS - 1-888-641-5762. (Cal-SCAN)

AT&T Internet. Starting at \$40/month w/12-mo agmt. Includes 1 TB of data per month. Get More For Your High-Speed Internet Thing. Ask us how to bundle and SAVE! Geo & svc restrictions apply. Call us today 1-855-397-7909. (Cal-SCAN)

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Custom Desktop Computer Configurations
• PC Repair • Home Wireless Networking
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Over \$10K in Debt? Be debt free in 24 to 48 months. No upfront fees to enroll. A+ BBB rated. Call National Debt Relief 1-888-231-4274. (Cal-SCAN)

Advertise in
your local
community
newspaper

Call
916 773-1111

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NASM
Age Well
At Home
Avoid Assisted Living
*Keep Strength and Mobility
Be Active, Call Today!
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(916) 768-8767

For Rent

Property is under construction and will soon have 1,2,3, & 4 bedroom units for rent!

The Housing Authority of the County of Butte is currently accepting applications for its Farm Labor Housing property in Gridley, CA. We have 2 Bd. units available at this time. Rental assistance is available and provided by USDA Rural Development for those that meet USDA Rural development guidelines. For more information contact our office at (530) 895-4474 or TDD 1-800-735-2929.

"The Housing Authority of the County of Butte is an Equal Opportunity Employer and Housing Provider"

The Housing Authority of the County of Butte is an Equal Opportunity Employer and Housing Provider"

Hall Rentals

VFW Post 6158

8990 Kruithof Way,
Fair Oaks, CA
916-966-1663
vfw6158.org/rent-our-hall/
Call or come by

Hall Rentals VFW

Post 4647
3300 U Street, Antelope
916-607-8344
Call for available dates

Handyman

A Quality Home Maintenance

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Study group for ADHS/autism. Call Tim 916-370-0858 for more info. TFN

Health & Wealth

JOIN FOR FREE - NO KITS OR QUOTAS & FREE WEBSITE. CTFO (Changing The Future Outcome) has the best CBD oil available. Products for health, beauty, weight or hair loss and even for your pets. Check out these products: canderson.mycfto.com

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Attention: Oxygen Users! Gain freedom with a Portable Oxygen Concentrator! No more heavy tanks and refills! Guaranteed Lowest Prices! Call The Oxygen Concentrator Store: 1-844-653-7402 (Cal-SCAN)

SAVE BIG on HOME INSURANCE! Compare 20 A-rated insurance companies. Get a quote within minutes. Average savings of \$444/year! Call 1-844-410-9609! (M-F 8am-8pm Central) (Cal-SCAN)

Miscellaneous

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The difference in winning and losing market share is how businesses use their advertising dollars. Mark Twain said, "Many a small thing has been made large by the right kind of advertising". So why spend your hard-earned dollars on social media where you already have an audience? For more info call Cecelia @ (916) 288-6011 or cecelia@cnpa.com

Miscellaneous

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 844-327-2824. (Cal-SCAN)

The difference in winning and losing market share is how businesses use their advertising dollars. CNPA's Advertising Services' power to connect to nearly 13 million of the state's readers who are an engaged audience, makes our services an indispensable marketing solution. For more info call Cecelia @ (916) 288-6011 or cecelia@cnpa.com

Messenger Publishing Group
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& Installation. Est 1987
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Maintenance Company
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Lic#690968

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www.allamericanwillkits.com

Music Lessons

Guitar Lessons - Beginner to Advanced. \$15/half hour. \$25/hour. freddiebbalbert@gmail.com. 916-Music Lessons 507-6658 (MPG 12-31-22)

Steve Estabrook's private music studio in Orangevale is now accepting students for
Piano: classical, rock, some jazz
Guitar: rock, folk, blues, classical
Voice: all styles
Steve has a BM and MM in music from CSU Sacramento and over 35 years teaching experience. \$30/half hour. References Available.
916-599-6156
Steve@steveestabrook.com
Steveestabrook.com

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Pets/Animals

Use Happy Jack® Kennel Dip as an area spray to control lyme disease ticks, fleas, stable flies, & mosquitoes where they breed. At Tractor Supply® (www.fleaabeacon.com). (Cal-SCAN)

DOG RESCUE
Gary
(916) 334-2841
Please Adopt or Foster
Because so many really great dogs are dying for a good home...
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Professional, Loving PET SITTING
*Established Reputation
*Kennel Free
*Lots of TLC
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Call Madeline
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Real Estate

RETIRED COUPLE \$\$\$\$ for business purpose Real Estate loans. Credit unimportant. V.I.P. Trust Deed Company www.viploan.com Call 1-818-248-0000. Broker-principal DRE 01041073. No consumer loans. (Cal-SCAN)

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916.920.0100
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Looking for assisted living, memory care, or independent living? A Place for Mom simplifies the process of finding senior living at no cost to your family. Call 1-844-741-0130 today. (Cal-SCAN)

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MOBILE NOTARY.(bonded and insured). Will travel to you. Linda Bailey 916-716-8346. lgbailey.com

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BP TREE SERVICES LLC.

TREE & STUMP REMOVAL
TREE TRIMMING/ SHAPING
FREE ESTIMATE
10% OFF WITH THIS AD
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916-722-6321
BPTreeServices.com
VISA/ MASTER CARD
California Contractors Lic #1036031

Wanted to Buy

FREON WANTED: We buy old refrigerators: R11, R12, R113 & more! Quick, local pickup & dropoff available. Call 312-827-6204, RefrigerantFinders.com. ¡te pagamos por tu refrigerante! (Cal-SCAN)

Wanted Collectibles

Sports and non sports card Collections WANTED!! Excellent cash prices paid! Serving all of California. Purchasing large and small accumulations alike! Collections purchased daily. 1-209-204-1404 Sportscardliquidator@yahoo.com (Cal-SCAN)

Wanted antique guns, old law badges, police, sheriff, WWII military souvenirs Licensed 916-300-8045

Wanted Collectibles

Stamp Collections, Postcards and ephemera. Call Dale at 530-417-0627

MPG
Visit
mpg8.com

Is it time to declutter and clean your garage and house? I can help! And I prune and weed and wash windows. References, College grad. Call Tim, 916-370-0858. (MPG 12-31-22)

Work Opportunities

TECHNICAL - Cisco Systems, Inc. is accepting resumes for multiple positions in Rancho Cordova, CA: Site Reliability Engineer (Ref: RAN190A). Design, write, and build tools to improve the reliability, availability, and scalability of key systems and services. Telecommuting permitted. Please mail resumes with reference number to Cisco Systems, Inc., Attn: G51G, 170 W. Tasman Drive, Mail Stop: SJC 5/1/4, San Jose, CA 95134. No phone calls please. Must be legally authorized to work in the U.S. without sponsorship. EOE. www.cisco.com

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CA 95670

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Be wary of out of area companies. Check with the local Better Business Bureau before you send any money for fees or services. Read and understand any contracts before you sign. Shop around for rates.

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Cell: **(916) 206-1613**

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Helping People and the Community
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Over 20 Years in Business!

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

STATEPOINT CROSSWORD • CARS

CLUES

ACROSS

- Fountain treat
- Pharaoh's cobra
- "...the Woods," movie
- Gulf V.I.P.
- Native American tent
- Rapper Dogg
- Hindu princess
- *Used to alert when driving
- "...me, then who?"
- *Corvette, e.g.
- Cambodian money
- *Like Stephen King's Christine
- "Some Nights" (2012) band
- *Aston follower
- State legislature's home
- 7th letter of Greek alphabet
- *What I used to step on the gas
- Lowest brass
- Salon offerings
- Exclamation of surprise
- Fathered
- Do like phoenix
- Underarm
- The Jackson 5's "..." Be There
- 3 or 6 in 3+6=9
- Knit cap
- Shed tears
- Winter Olympics participant
- Embarkation location
- *Earth traveler (2 words)
- 2-time NBA Champion Rajon
- Double-reed instrument
- Muscovite or biotite
- Lopsided
- Undesirable dwelling
- Causing pain
- Like certain military tent
- Between "ready" and "go"
- *63 Across, pl.

DOWN

- J. Lo's ex
- Wet nurse
- *Don't cross it when driving
- Hot dish stand
- Garlicky mayonnaise
- Shopping ...
- Pub offering
- *Car name that sounds like "unending" synonym
- Opposite of all
- Hammer or sickle
- Choose or select
- Like a rosebush
- Maple goo, alt. sp.
- French city, popular coronation location
- Like a certain Tuesday
- First "M" in MGM
- Awkward
- Turn toddler into an adult
- Chicken house
- Home of famous shroud
- Obelus, pl.
- Soup server
- *Car company founded by a Henry
- Unit of electrical resistance
- *German luxury car
- *Driving maneuver
- Take your pick
- In the same place, in a footnote
- Cupid's ammo
- Smells
- Expensive fur
- Type of whip
- Do like a model
- Squid's defense, pl.
- Death, to some
- Kamala Harris, e.g.
- Not counterfeit
- Dose of sunshine, pl.
- *Car name that also means Aries

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Classified Advertising

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Reach 1000's of Readers Every Week!

MPG

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

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dish

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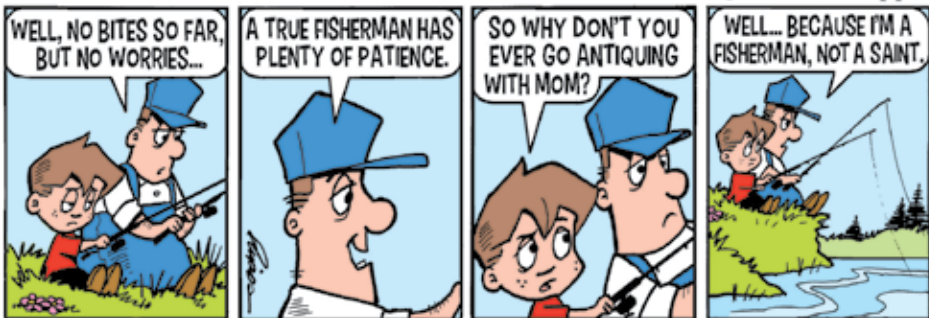
SUDOKU

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

© Standard Sudoku
Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

WEEKLY COMICS

Amber Waves



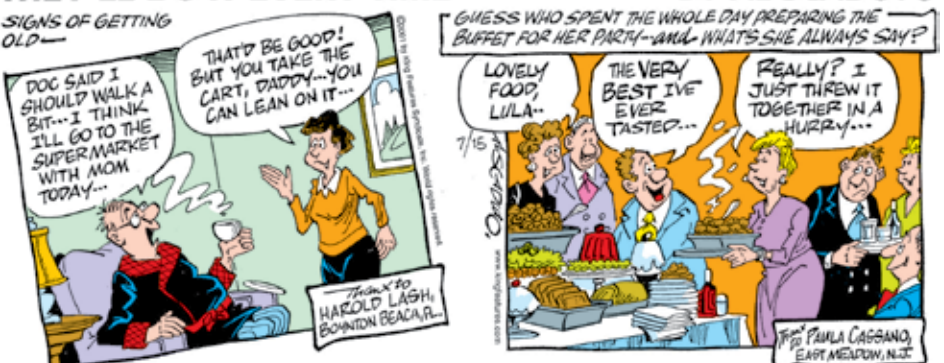
The Spats



Out on a Limb



THEY'LL DO IT EVERY TIME



R.E.D.



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Super Discount Prices* Hot Specials & Coupons
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Rancho Cordova, CA Roseville, CA
916-635-5008 916-781-8500

M-F 9-7, SAT 9-7, SUN 10-7 Effective 6/8/22 - 6/14/22

Map showing locations in Rancho Cordova and Roseville.

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GRAIN FREE DRY DOG FOOD

•Wetlands •Sierra Mountains •Pacific Salmon •High Prairie •Southwest Canyon

28 Lb Limit 2 Bags

\$39.99

Effective 6/8/22 - 6/14/22

9 LIVES

CANNED CAT FOOD

All Varieties 5.5 Oz

Limit 2 Cases Per Family

47¢

Effective 6/8/22 - 6/14/22

CANIDAE

DRY DOG FOOD FOR ALL LIFE STAGES

•Multi-Protein •Chicken Meal & Rice •Large Breed 44 Lb

(Multi Protein, Chicken Meal & Rice, Lamb & Rice •Less Active 30 Lb)

\$15 OFF

As Marked Our Regular Low Prices!

Effective 6/8/22 - 6/14/22

FUSSIE CAT

PREMIUM CANNED CAT FOOD

Black Label Gold Label 2.8 Oz.

Limit 2 Cases Per Family

ON SALE

Effective 6/8/22 - 6/14/22

BLUE BUFFALO WILDERNESS

DRY DOG FOOD

•Selected Varieties 24 Lb Bag

100% Grain Free Limit 2 Bags

\$4 OFF

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JONNY CAT

PREMIUM CAT LITTER

20 Lb Bag •Regular •Multiple Cat Formula

Limit 2 Bags Per Family

\$5.39

Effective 6/8/22 - 6/14/22

FRISKIES

DRY CAT FOOD

16 Lb Bag •Seafood •Surfing & Turfing

Limit 2 Bags per Family

\$12.99

Effective 6/8/22 - 6/14/22

FELINE PINE

HEALTHY CAT LITTER

20 Lb Bag

Limit 2 Bags

\$8.99

Effective 6/8/22 - 6/14/22

BLUE BUFFALO

CANNED CAT FOOD

Tastefuls •Pate •Flaked 3 oz & 5.5 oz.

ON SALE

SCIENCE DIET

SMALL BITES DRY DOG FOOD

•Adult •Light •Mature 15 Lb Bag (Lamb & Rice Small Bite Sensitive Stomach 15.5 Lb \$31.99) Limit 2 Bags

\$26.99

HEINZ

PUP-PERONI DOG TREATS

•Beef •Lean •Bacon •Prime Rib 22.5 & 25 Oz Pkgs Limit 2 Bags

\$9.49

WELLNESS

DRY DOG FOOD

•Large Breed Adult •Chicken •Healthy Weight •Senior •Grain Free Adult •Grain Free Lamb •Grain Free White Fish

\$5 OFF

OUR REGULAR LOW PRICES

Market Fresh Recipe

FUSSIE CAT

PREMIUM DRY CAT FOOD

•Selected Varieties 2 Lb, 4 Lb, 10 Lb bag

As Marked **10% OFF** OUR REGULAR LOW PRICES

Limit 2 Bags

CHICKEN SOUP FOR THE SOUL

DRY DOG FOOD

•Adult (including Beef) •Large Breed (including Beef) •Mature •Weight Care •Puppy (Reg & Lrg Breed) 28 Lb Bag

10% OFF OUR REGULAR LOW PRICES

20 Lb Box Limit 2 Boxes

PRECIOUS CAT

CAT LITTER

Cat Attract Touch of Outdoors

\$12.99 \$8.49

13 Oz (Reg & Grain Free) All Varieties (Cat Food 5.5 Oz) Limit 2 Cases

CHICKEN SOUP FOR THE SOUL

CANNED DOG FOOD

As Marked **10% OFF** OUR REGULAR LOW PRICES

MERRICK'S

GOURMET CANNED DOG FOOD

•Selected Varieties 13.2 Oz Limit 1 Case

ON SALE

SWHEAT SCOOP

NATURAL WHEAT LITTER

(12 Lb Bag - Original \$11.99 Multi Cat \$12.99)

36 Lb Bag Limit 2 Bags Original **\$31.99** Multi-Cat **\$33.99**

60 Liter (Ultra Not Included)

CAREFRESH

PET BEDDING

\$16.49

MERRICK'S

WHOLE EARTH FARMS DRY DOG FOOD

•Grain Free Chicken/Turkey •Grain Free Pork, Beef & Lamb 25 Lb Bag Limit 2 Bags per Family

\$8 OFF OUR REGULAR LOW PRICES

ADVANTAGE FLEA CONTROL & TREATMENT

Dog Small (Green) Dog Extra Large (Blue) Dog Medium (Teal) Cat Small (Orange) Dog Large (Red) Cat Large (Purple) Limit 2 Per Family. Cannot be combined with any other offer.

\$4 OFF OUR REGULAR LOW PRICES

DR. MARTY

NATURAL FREEZE-DRIED RAW COMPLETE MEAL & TREATS

All Varieties

20% OFF OUR REGULAR LOW PRICES

FLEXI

RETRACTABLE LEASHES

•Classic •Comfort •Neon All Sizes

20% OFF OUR SUPER LOW PRICES

VAN NESS

BOWLS

•Cracks •Ecoware •Stainless All Varieties

20% OFF OUR SUPER LOW PRICES

SENTRY PETROMALT & PETRODEX

PRODUCTS All Varieties

Tooth Care •Hairball Relief

20% OFF OUR SUPER LOW PRICES

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MODEL...TANK...PET CLUB SALE

107...25 GAL...**\$104.99**

207...40 GAL...**\$119.99**

MODEL...TANK...PET CLUB SALE

307...70 GAL...**\$159.99**

407...100 GAL...**\$189.99**

AQUEON BOXED 10 GALLON TANK

With Economy Kit

Just add Heater For Tropical Fish

\$48.99

Limit 1 Per Family

TETRA FISH FOOD SALE

Tetrafin Goldfish 7.06 oz.**\$9.99**

Tetrafin Staple 7.06 oz.**\$13.99**

Tetra Color 7.06 oz.**\$13.99**

KORDON CORAL SEA

50 GAL SALT MIX WITH AMQUEL

\$14.99

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National Study of Pregnant Women Finds Increase in Chemical Exposure



A group of pregnant women, including women in the Sacramento region, found rising exposure to chemicals from plastics and pesticides that may be harmful to development. Photo courtesy of Image by r P from Pixabay

UC Davis Health News Release

SACRAMENTO, CA (MPG) - A national 12-year study that enrolled a highly diverse group of pregnant women, including women in the Sacramento region, found rising exposure to chemicals from plastics and pesticides that may be harmful to development.

“This is the first time we’ve been able to measure the amounts of chemicals in such a large and diverse group of pregnant women – not just identify chemicals,” said Tracey J. Woodruff, senior author of the paper. Woodruff is a professor and director of the UC San Francisco Program on Reproductive Health and the Environment and co-director of the UCSF EaRTH Center.

The results of the study, which included co-authors from UC Davis Health, were published May 10, 2022, in *Environmental Science & Technology*.

Prenatal exposure to industrial chemicals can come from air, food, water, plastics, and other industrial and consumer products. Although these chemicals could be harmful to pregnancy and child development, few of these chemicals are routinely monitored in people.

All Participants had Chemical Exposure

To determine exposure, researchers measured 103 chemicals, mostly from pesticides, plastics, and “replacement chemicals,” new forms of chemicals that were banned or phased out, like bisphenol A (BPA) and phthalates. Certain phthalates have been identified as neurotoxic chemicals that can harm child brain development and increase children’s risks for learning, attention, and behavioral disorders.

All participants had chemical exposure, and several compounds were detected in all 171 participants. More than 80% of the chemicals were found in at least one of the women in the study, and more than a third of the chemicals were found in a majority of the participants. The study also found that some of these chemicals were present in higher amounts than seen in earlier studies.

The multi-institutional study included 171 women from California, Georgia, Illinois, New Hampshire, New York, and Puerto Rico who are part of the National Institutes of Health Environmental influences on Child Health Outcomes program.

About one-third (34%) were white, 40% were Latina, 20% were Black, and the remaining 6% were from other or multiple groups.

Latinas had Higher Levels of Exposure

The study found higher exposures for non-white women, those with lower educational attainment, or who were single or had been exposed to tobacco. Latinas had especially high levels of parabens, which are used as preservatives, as well as phthalates and bisphenols, which are used in plastics.

“While pesticides and replacement chemicals were prevalent in all women, we were surprised to find that Latinas had substantially higher levels of parabens, phthalates and bisphenols,” said Jessie Buckley, associate professor of environmental health and engineering, as well as of epidemiology, at Johns Hopkins Bloomberg School of Public Health and first author of the study.

“This could be the result of higher exposures to products with chemicals, such as processed foods or personal care products,” Buckley said. “Our findings make clear that the number and scope of chemicals in pregnant women are increasing during a very vulnerable time of development for both the pregnant person and the fetus.”

Many of the chemicals the women had been exposed to were replacement chemicals, which may turn out to be just as harmful as the ones they replaced. The study also found many women had been exposed to neonicotinoids, a widely used insecticide that is toxic to bees.

“Exposure to chemicals in the environment is inevitable because they are used widely. We know some of the chemicals cause harm, but for some of the ones being measured for the first time, all we can say with certainty is that exposure to these compounds is occurring. More work needs to be done to determine potential risks,” explained Deborah Bennett, a co-author of the study. Bennett is a professor of environmental health in the UC Davis School of Medicine Department of Public Health Sciences. She helped identify which chemicals to track.

“Exposures are generally low, so pregnant moms should continue to live their lives and not be too concerned,” Bennett said. According to Bennett, there are steps people can take to help limit chemical exposures.

“Cook at home using fresh or frozen ingredients – rather than processed or packaged foods – when possible,” Bennett said. She also recommends avoiding pesticides and controlling household pests without chemicals. “People can also learn which personal care products have fewer harmful chemicals by checking with organizations such as the Environmental Working Group.”

Many of the children in this study will be followed as part of the Environmental influences on NIH Child Health Outcomes (ECHO) program study.

Bennett is leading a separate study funded by the Environmental Protection Agency that is looking at children’s exposure to chemicals in household dust. Bennett and her team will track more than 80 chemicals in dust collected from participating homes, including many plasticizers, flame retardants and environmental phenols. ★



Letter to Dad

It’s hard to believe you left us so long ago Dad. But I can tell you that I still think of you more in my actions than in words. You taught me so much about strength of character and dedication to what you believe in, and following through to the end if you make a commitment. That came from your strength as you came across on a steamer from Romania because you wanted to be an American...at only 14 years old. You were born in America, but your parents returned to Romania, and at 14, you had to make a decision to stay in Romania or come to the America where you were born. I’m so glad you chose the latter. But how difficult it must have been to be a kid alone in a new land. That never deterred you as you lied about your age, got a job and never looked back. From training to be a furrier, you worked for MGM in Hollywood designing fur coats for the stars to becoming a full-fledged Ironworker. From your influence I have never said I can’t. It was always just show me how.

I am so grateful for your devotion to family because you had to make it on your own. You did all you could to be with us for every event we had. When Johnny (my brother) and I would perform together you were always there. You would record our performances with a smile that would light up the room with pride. When you had a terrible accident and were in the hospital, they could not keep you from driving me to the state championships to compete in song, playing violin and drama. It was in a blinding snow storm and I know it must have been so painful and against all doctors orders. But that was you dear Dad.

Did we always agree? Nope! We had our differences, but to this day, I remember it was like you were arguing with your mirror image. We were so much alike. I valued your opinion and still remember when you sat Rick and I down when we got engaged and asked us if we liked each other. I was startled because we LOVED each other. But you were so right that if you want a long and happy marriage, you



Above: Dad in Hollywood when he worked for MGM. Below: Later years but still going strong. Photos courtesy Mary Jane Popp



need to love and like each other. After 52 years, Rick and I realize how important that question was. There is so much we have had to face from Rick’s deployment to Vietnam to times of serious illness and so much more, and it meant the world to know we cared enough to make it through the good and the bad times. You had a temper, and it was in my DNA, but I also learned not to hold grudges (for the most part) and move on with my life.

To say I miss you would be putting it mildly. Thank you for all you taught me with love. I will always love you Dad! ★

HAPPY FATHER’S DAY!!!

County’s Response to Homelessness

Continued from page 1

homelessness prevention, flexible housing funds, rapid rehousing, and permanent supportive housing for persons experiencing both homelessness and mental health issues. These units are on top of a recent \$27.3 million in No Place Like Home (NPLH) funding to build/renovate 137 additional dedicated apartments. Another \$9.5 million in NPLH funding is currently under State review to build an additional 37 dedicated apartments.

Additionally, working with our partners in all our cities is crucial to address the issue. Sacramento County and the City of Sacramento in particular must remain focused on addressing issues together, taking into account our responsibility to constituents, stakeholders and our homeless neighbors.

The County and City of Sacramento have collaborated for the past several years to identify and pursue opportunities to partner on projects that will serve the homeless population in the most efficient and effective way possible. While there are many good ideas to address the immediate and long-term needs around homelessness, not every project is feasible.

For example, the City and County were recently exploring a large site to potentially purchase and renovate as shelter with on-site wrap around services for people experiencing homelessness. After careful consideration, the County decided not to pursue the project for multiple reasons, including the cost of the real estate, the limitations imposed by the property owner

that would interfere with provision of critical services and the relatively small number of people who would be served for such a large investment. The County has multiple sheltering projects under consideration for a similar or lesser amount of funding that will serve greater numbers of people over the long term and result in permanent exits from homelessness.

Critical to our success is the ability to partner with the City of Sacramento – and the other six cities in our jurisdiction - but also weighing the benefits and drawbacks of every dollar spent with the end goal of reaching every person experiencing homelessness. The County is ready to support projects and programs that are aligned with evidence-based approaches to addressing homelessness.

Sacramento is facing an unprecedented crisis of homelessness in our community. This crisis cannot be pinpointed to one specific cause, rather a myriad of complicated issues including a housing affordability gap, the impacts of COVID-19 and the overwhelming need for mental health and drug and alcohol rehabilitation services.

The Point-in-Time count results will likely show a significant increase in unhoused residents in Sacramento County. Now more than ever, the County and cities can work side by side to address this crisis. Together we are stronger, more effective and more capable of success.

For more information on the County’s response to homelessness, visit our website. ★

VBS and Father's Day Celebration

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