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VOLUME 19 • ISSUE 13

Serving Fair Oaks, Orangevale & Sacramento County

JULY 12, 2024

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Spice Up Your Summer

Helping Hands OV's 3rd Annual Salsa Cook-Off Returns



The 2023 Salsa Cookoff winners pose with their prizes. Photo courtesy of Helping Hands Ov

Helping Hands OV News Release

ORANGEVALE-FAIR OAKS, CA (MPG) -

Helping Hands OV organizers are "thrilled to announce the return of the much-anticipated third annual Salsa Cook-Off" from 11 a.m. to 2 p.m. Aug. 17 at the historic Orangevale Grange (5807 Walnut Ave., Orangevale).

Prepare your taste buds for an electrifying experience as the event promises a fusion of flavors, live music and vibrant cultural performances.

School of Rock will set the stage on fire with their energetic tunes while OG Salsa Academy and Grupo Folklorico Los Saguaritos will dazzle the audience with their mesmerizing dance moves.

Guests can also indulge in a diverse array of offerings from local vendors and crafters, enjoy food trucks and quench their thirst at the beer garden.

The event will feature raffles with exciting prizes to add an extra layer of excitement to the festivities.

But the real stars of the show? The homemade salsas. Whether you're a

culinary master or a salsa aficionado, there's something for everyone. Enter your homemade salsa for a chance to claim the title for just \$20 or embrace the role of the ultimate taste-tester by judging the flavorful concoctions for only \$5.

Last year's winners have set the bar high but who will rise to the occasion and claim the title this year? Here's a recap of last year's champions:

Hot: First-Place - Art Valdez. Second-Place - Clark Marckwordt

Mild: First-Place - Jordy Burns. Second-Place - Anita Cooney

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New Community Starts with a Snip



He is joined by company staffers and Carmichael Chamber of Commerce members.

Story and photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Designed as an all-electric

community, a subdivision of one of few remaining parcels in Carmichael welcomed buyers last weekend.

Developers report four

homes have already sold. Many more potential buyers registered during the open day. "It's a good start," said Homes by Towne Division President

already lots of interest in The Paseos."
The Paseos (Spanish for

Jeff Pemstein. "There's

The Paseos (Spanish for "pathways") will offer 46

Continued on page 3

Cell Tower Leases' Sales Approved Renovation

By Shaunna Boyd

FAIR OAKS, CA (MPG) - Fair Oaks Recreation and Park District Board of Directors at their June 26 meeting heard from a Fair Oaks resident during public comment who was concerned about the Miller Park disc golf course, which she said poses a significant danger to other park users.

The resident said that areas where children play are too close to the disc golf course and a child was hit by a disc. She asked the board to consider relocating the disc golf course.

Board Chair Ralph Carhart asked District Administrator Mike Aho to look into ways to improve park safety and bring the issue back for board discussion at a future meeting.

Another resident asked for an update about Village construction, stating that it seemed nothing was moving forward. Carhart said they often get similar questions "because of the unfortunate delays" that have plagued this project. While it is taking longer than originally planned, Carhart said, "a lot of internal work" is happening inside the facilities.

"We're beginning to see the light at the end of the tunnel," Carhart said, as project completion is expected by late December or possibly early January.

Vice-Chair Delinda Tamagni said, "We feel your frustration. ... We all want it to be done as soon as possible." Many delays were caused by unanticipated issues, Tamagni said. such as utilities that had to be relocated or discovering the Community Clubhouse foundation was set on boulders. There were also significant rain delays and often long waits for Sacramento County permit approvals, Tamagni said. Aho said the dis-

trict's website has weekly updates to keep the public informed about construction progress. He also invited residents to reach out to him directly if they want a more detailed discussion.

The board then con-

sidered a potential plan to renovate the outdoor seating area as part of the Veteran's Memorial Amphitheatre improvements in the Village. Originally, the district

didn't plan to include the seating as part of the project in an effort to reduce costs on an already expensive and complicated renovation. As the theatre construction nears

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Bench Honors Sharon Ruffner

Story and photos by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - Passionate about keeping plastics out of waterways and landfills, the late Sharon Ruffner spearheaded the re-purposing of more than a ton of plastic bags.

Since her January death, Ruffner's project continues. A growing gang of volunteers, many of them Carmichael Kiwanis Club members, gather bags for recycling.

Inspired by example, Sacramento churches and nonprofit organizations have contributed; several have begun their own plastic drives. The bounty is shipped to the Trex company in Virginia and turned into composite lumber. Every 1,000 plastic pounds is rewarded with a bench for nonprofit organizations.

Jackie DeLu shared Carmichael Kiwanis presidency with Ruffner when their project began in 2021.

"Sharon and I were inspired by a Stockton Lions Club that began a similar effort," DeLu explained. "We didn't realize how strongly people felt about recycling plastic. The community really stepped up.

"Sharon's garage was soon completely full of bags. Her church, her yoga class, our neighbors: they all contributed plastic bags."

The latest seat to reward club efforts found a special place. Koobs Nature Area (5325 Engle Road, Carmichael) is a reserve supported by the club; a place where Ruffner and her husband volunteered. Ruffner's family and 30 chums joined a recent ceremony to dedicate the bench.

"Sharon would be so happy," noted her husband, Bob Ruffner. "I doubt she realized how successful this project would be for the community."

Any household can support the Kiwanis Club's ongoing drive. Donations must be clean, dry and of stretchable composition. Bubble wrap, cling wrap and mailers are also welcome (paper labels must first be removed). Unacceptable items include frozen food and candy packaging; pet food bags; plastic gloves; beverage rings; bottles and rigid containers.

Said Ruffner on launching the recycling drive: "Millions of pounds of plastics are in our landfills and floating on our oceans. It's exciting to find meaningful use for so many products that have been inflicted on our environment."

Since Ruffner's death, collection management has fallen to fellow Kiwanian Linda Rose Jones. For information on contributing plastic to the Kiwanis club, e-mail jones.lindaer@comcast.net.

Right: The late Recycling initiator Sharon Ruffner said: "It's exciting to find meaningful use for so many products that have been inflicted on our environment."



Bob Ruffner (seated) enjoys a park bench dedicated to his community leader wife, Sharon Ruffner. The composite seat was recently installed in Koobs Nature Area, Carmichael. Friends are Kiwanians Linda Rose Jones (left) and Jackie DeLu and singer Frank McClory.









OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY: Sorry NO RAINCHECKS. PRICES EFFECTIVE JULY 10 - JULY 16, 2024.

1.5 lbs

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New Community Starts with a Snip



Builder Jeff Pemstein (center) gives SMUD Director Heidi Sanborn (second from right) and husband Brad a kitchen tour. They are joined by sales broker Christopher Rockey (left) and Christine Pemstein.

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dwellings, set among landscaped walkways that lead to a small park. For now, it is 6.5 acres of dirt heaps and houses under construction. The main street — Caminata Lane — boasts three completed demonstration homes.

A steady flow of visitors inspected models and considered available lots last weekend. Live music and free taco lunches sweetened deals. Escrow and loan officers were on hand, as was SMUD Director Heidi Sanborn, who touted all-electric household benefits to potential purchasers. "With SMUD power 54% below PG&E, operational costs here will be much lower," she explained. "In new communities like this, electricity is underground. This improves aesthetics and power reliability. Electric appliances are better for residents' health. They also reduce the risk of fire."

Milwaukee-based Homes by Towne corporation bought the property — part of historic Carmichael Colony — five years before breaking ground. "We're excited to at last bring homes to this location," said Carmichael resident Pemstein. "Few opportunities exist to buy new properties here.

"California's now in the midst of a hous-

ing crisis," said the builder. "The County

had visions of an even higher-density

neighborhood. We told them there wasn't

a market for that. The scale of Carmichael

lends itself to 46 homes on this parcel." Planned around three streets, the community will contain conventional-sized dwellings and small patio homes. Yards allocations are uniformly petite. Landscaping will include drought-tolerant natives. These will be maintained by a homeowner association. "That's what many people prefer these days," explained Pemstein. "Some homeowners just don't want much responsibility for maintenance."

Prices range between \$590,000 and \$675,000. "We've done all we can to make our homes attainable for families," said Pemstein. "Carmichael's a fantastic place to live. I've been a builder and a town planner for many years and it's a joy for me to hand over the keys to homes where people can begin making memories."

Weekend viewing opportunities will continue at The Paseos through summer. Weekday visits are by appointment. For information, visit The Paseos Facebook page or call (916) 262-8800 x 1.

Orangevale History Museum Celebrates First Year



The Orangevale History Museum features a wide variety of historical artifacts, including a **bacon press pictured here.** Photo courtesy of the Orangevale History Museum

By Teena Stern and Mary Witcraft

ORANGEVALE, CA (MPG) - Newly formed in early 2022, the Orangevale History Project (OHP) has a mission to preserve, chronicle and promote the history of Orangevale, and to educate our community. Come spring of 2023, the Orangevale Recreation & Park District provided a building, and our generous community provided the labor and donations to help transform a small parsonage house into its first History Museum that opened in July 2023.

OHP has been assembling materials for long-term preservation and the documentation of Orangevale history. Both the Fowler Family and Mary Henter have added to their family collections which will be on exhibit to provide a more complete picture of what it was like to live in this northern part of Sacramento County.

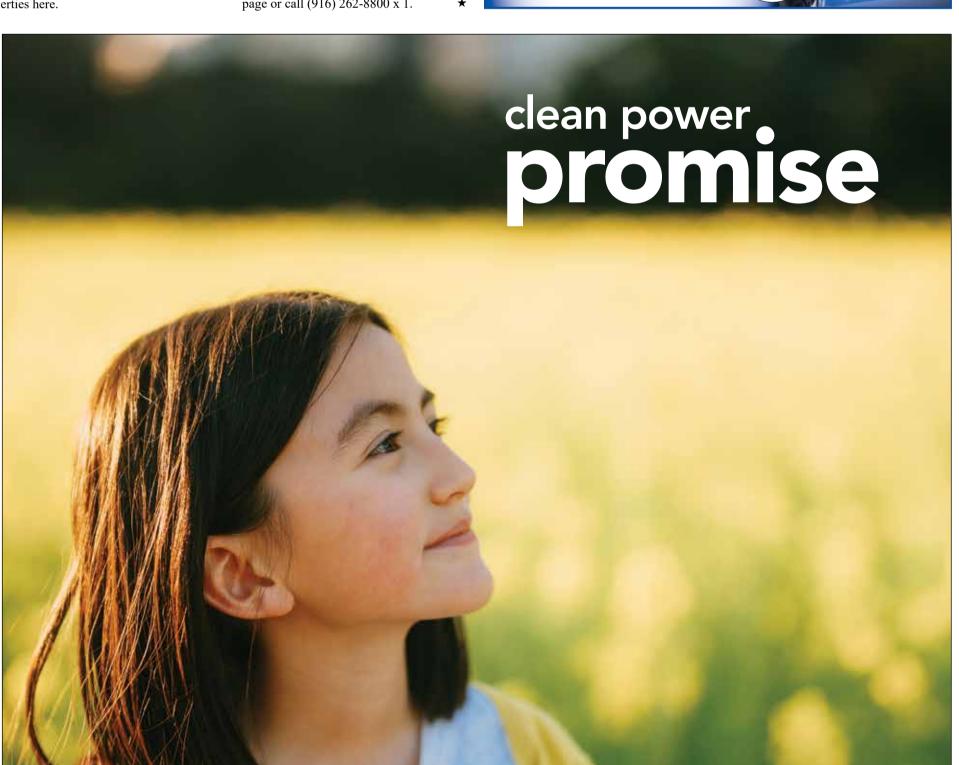
One of our new exhibitions features items used in the home – for work, play, food preparation and because you just got to have shoes. Visitors can also see fruit packing crates, a vintage record player, and albums.

Throughout the first year, OHP has also sought to document the business history of the area. With that in mind, OHP is working with the owners of The Boardwalk, Sara Green and Derek Clark, to showcase the dynamic story of this musical venue.

Come join us to celebrate the Museum's first anniversary at our free Ice Cream Social at the Orangevale History Museum to be held Saturday, July 13 from 3 to 5 p.m. There will be new exhibits showing Orangevale's history, two interactive touchscreens, a gift shop, music, and fun with a trivia game.

The Museum is located at 6920 Hazel Avenue, just north of the Orangevale Community Center. Turn right into the driveway through the gate and continue to the far-right building. The free admission Museum is open Tuesday, Thursday, and Saturday from 12 to 4 p.m., except for it being closed on July 4 and 11. To learn more about OHP and the Museum, visit our website at OrangevaleHistory.org. ★





The Clean PowerCity® movement is happening. Hundreds of thousands have taken action to join the charge, drive electric, make clean power choices at home and work and save money with SMUD rebates. Together, we're creating Clean PowerCities, while we keep our promise to deliver world-class safety, reliability and some of the lowest electricity rates in California. For 99 ways to join the charge, visit CleanPowerCity.org today.





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California Capital Airshow Returns Spice Up Your Summer with Dazzling Night Show



California Capital Airshow will offer four hours of non-stop aerial performances from 5:30 to 9:30 p.m. July 13 and 14. Photo courtesy of the California Capital Airshow

California Capital Airshow News Release

MATHER, CA (MPG) - The 18th annual California Capital Airshow, presented by Sacramento County in partnership with the City of Rancho Cordova, runs from 3:30 to 9:30 p.m. July 13 and 14 at Mather Airport in Sacramento.

The two-day event will feature an extraordinary lineup of performers, including the Italian jet team, Frecce Tricolori, and the United States Air Force Thunderbirds, plus miles of ground attractions and the return of nighttime aerial performances concluding with a massive pyro-musical fireworks and 500-drone show.

The Airshow is part of Frecce Tricolori's first North American tour in more than 30 years and is the only location in the Western United States where spectators can witness its full performance. Frecce Tricolori consists of 10 high-flying Aermacchi MB-339 aircraft, making it the Guinness World Record holder of the most jet aircraft in a military aerobatic display team.

Aerial performances will run 5:30 to 9:30 p.m. both days and will begin with the United States Air Force Thunderbirds, followed by Frecce Tricolori, U.S. Navy F-18 Super Hornet, U.S. Air Force F-35 Lightning and C-17 Globemaster demo teams, and an impressive roster of highly-skilled civilian performers.

Tickets are still available for purchase at CaliforniaCapitalAirshow.com and will not be sold at the gate. Adult General Admission tickets start at \$42.50 and each ticket includes free admission for up to six youth (ages 15 and under) and free parking. A variety of upgraded tickets and experiences are also available for

California Capital Airshow gives special thanks to generous partners Sacramento County, the City of Rancho Cordova, Modern Aviation, Keurig Dr. Pepper Snapple Group, Visit Rancho Cordova, Folsom Lake Dodge, Donaghy Sales, SMUD, Thunder Valley Casino Resort, Kaiser Permanente, Atlas Disposal, Sunbelt, Teichert, Elite Power, FOX 40, iHeart Media, and UPS.

In addition, the Airshow team is grateful to its 1,000 passionate volunteers, a long list of committed community supporters, as well as the teams of law enforcement and emergency services that give their time and energy to keep every-

Tickets and more information can be found at CaliforniaCapitalAirshow.com.★

Continued from page 1

Blended: First-Place - Ken Glass. Second-Place - Jessica Lampela

Chunky: First-Place - Joel Garcia. Second-Place - Sandra Sandoval-Gonzales

Whether you prefer your salsa hot, mild, blended or chunky, there's a category for every palate. Will someone dethrone last year's champions or will they defend their titles with gusto? The only way to find out is to join us at the Orangevale Grange for an unforgettable culinary adventure.

Thank you to our event sponsors, Supervisor Sue Frost, Desert Capital Management Group and Reliable Home Improvement Inc for helping to bring the spice to this spicy event.

Helping Hands OV's main mis-

sion is to assist low income, elderly

and disabled in the community with small household tasks they cannot do or afford. For more information, visit https://helpinghandsov.ticketspice. com/salsa-cook-off-2024 or contact

helpinghandsov@yahoo.com. Or call 916-426-8583 for more information. ★

Strike Up the Money



Sacramento Valley Symphonic Band Association President David Meyer awards a \$1,000 scholarship to music student Megan Lynch. The presentation followed the teenage percussionist's performance in Carmichael Park.

Story and photo by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - Presented during the Sacramento Valley Symphonic Band Association's recent festival in Carmichael Park, a \$1,000 youth scholarship was awarded to student musician Megan Lynch.

The prize crowned the Granite Bay High graduate as the association's 2024 soloist contest winner. Accompanied by the Amador County Concert Band, Lynch, 18, gave a xylophone performance that delighted park audiences.

"She mastered a new piece of music

your meal!

📵 👔 @mowsac

just for this performance," said contest chair Grant Parker. "Not only was Megan virtuosic, she also showed the sense of humor the 1925 piece called for. She was poised, professional and the crowd loved her."

The cash prize will go toward Lynch's studies at the University of Cincinnati Conservatory of Music.

The Sacramento Valley Symphonic Band Association Youth Artist Soloist Scholarship has been awarded annually for 30 years. Applicants must be enrolled in a Northern California high school band program. For more information, go to www.svsva.net.

(916) 461-6601

Community Cafes near you

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to find other MoW

Assessor Wynn Releases Property Assessment Roll

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) -Sacramento County Assessor Christina Wynn announced on July 8 that the annual assessment roll reached a new record high of nearly \$243 billion, a 5.18% increase over last year. The assessment roll reflects the total gross assessed value of locally assessed real, business, and personal property in Sacramento County as of January 1, 2024. After the deduction of property tax exemptions for homeowners, disabled veterans, and charitable organizations, the net assessed value is just over \$233 billion.

The annual increase is primarily attributed to the sustained increase in average home prices over the last few years and ongoing new housing development and construction projects.

The 2024-25 assessment roll will generate approximately \$2.3 billion in ad valorem property tax revenue. This year's roll growth will yield an additional \$115 million in gross revenue over last year. Property tax revenue funds over 175 local government agencies, including schools, special districts such as fire, park, and community service districts, as well as cities, and redevelopment agencies and is one of the largest sources of discretionary revenue for Sacramento County's General Fund.

While the total assessed value for the County increased by 5.18%, the assessed value of most properties increased only 2% due to the protections of Proposition 13. Most of the roll growth resulted from assessed values established at current market levels for properties that changed ownership or experienced new construction in 2023. Properties appraised and assessed at market value each year include properties impacted by decline in value conditions (Prop 8), mobile homes, and personal property not subject to

Proposition 13 such as boats, aircraft, and business personal property. The values of these properties may fluctuate more than 2% each year.

The 2024-25 assessed values of secured real property are viewable at https://assessor.saccounty.gov/DeclineInValue/Pages/ Prop8Viewer.aspx to access the Assessor's "Assessed Value Look-Up" and "Parcel Viewer" website tools.

Property owners who disagree with their assessed value should contact the Assessor's office to discuss their concerns. If the market value of a property is less than the assessed value, property owners can request a review online, by mail, or in-person. This free service is available now through Dec. 31, 2024. Any corrections to annual secured real property values processed by Sept. 1 will appear on the annual property tax bill issued in October. Corrections processed after Sept. 1 will require the issuance of a revised

annual secured real property tax bill. The Tax Collector will mail 2024-2025 unsecured property tax bills beginning July 12. For questions regarding business personal property and fixtures, taxpayers can contact the Business Personal Property Division at (916) 875-0730 or PPdutyapr@saccounty.gov. Taxpayers can contact the Marine and Aircraft section to get assistance with vessels and general aircraft valuations at (916) 875-0740 or ASR-marine@saccounty.gov. Leased equipment questions can be referred to (916) 875-0745 or ASR-leasing@saccounty.gov.

Visit the Assessor's website at https:// assessor.saccounty.gov to learn about property tax savings programs or contact us at assessor@saccounty.gov or (916) 875-0700. Technical staff and duty appraisers are available in-person weekdays 8-5, no appointment necessary, at 3636 American River Drive, Suite 200, Sacramento (free parking).





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Concerts in the Park Returns July 25 and August 22

Fair Oaks Chamber of Commerce News Release

FAIR OAKS, CA (MPG) - Concerts in the Park return to Fair Oaks on July 25 and August 22 from 8 to 10 p.m. at the softball field at Fair Oaks Park, 11549 Fair Oaks Blvd. Performing July 25 will be Tom and the Broken Hearts, and on Aug. 22 Jim Anderson and The Rebels will take

The Fair Oaks Recreation & Park District, the Fair Oaks Chamber of Commerce, and the Fair Oaks Foundation for Leisure and the Arts are excited to present the annual summer concerts series! Thank you to our stage sponsor Buck Wealth Management and grand sponsors Miller's ACE Hardware, Woman's Thursday Club, Sacramento Credit Union and County Supervisor Rich Desmond.

Important Attendance Guidelines

Free event! First come first serve.

Gates will open at 7:30 p.m. for preevent seating.

No glass permitted at the event as

location is an active playing field.

Please help us keep the players who use this field safe by ensuring no glass is brought onto the field.

Coolers will be checked for glass and

Please bring items in plastic containers and/or solo cups.

Food is permitted within the event, no glass. Carnival Food Truck will be available for purchase at each concert.

No animals permitted within the fence, this includes service animals, as this is an active playing field. If you wish to bring an animal, includ-

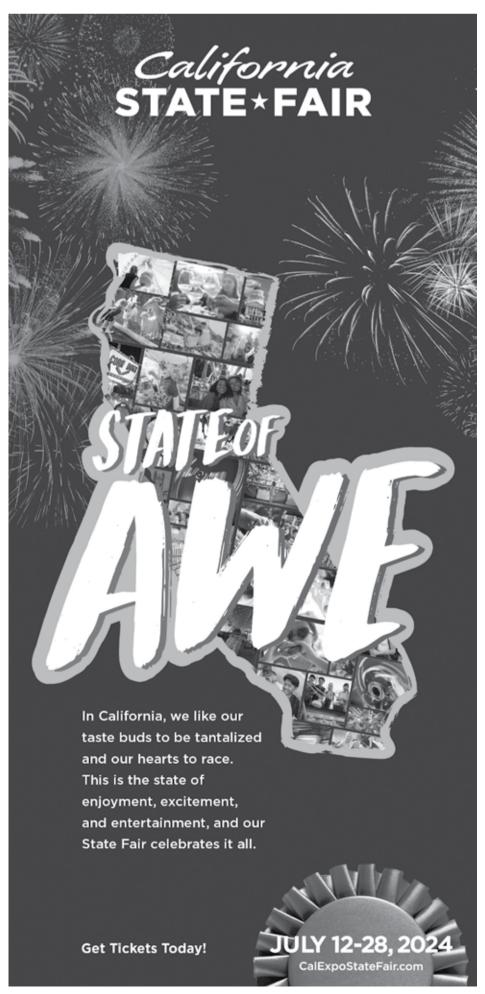
ing service animals, they must be leashed at all times. Seating for those with pets, including service animals, is available along the out-

side of the fence line. No smoking permitted in the park at any

Volunteers Needed

We need vou! Interested in volunteering at Concerts in the Park? Contact Kim Pitillo at info@fairoakschamber.com. ★







By County Supervisor Sue Frost

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

This summer, as Californians prepare for road trips and vacations, I wanted to share my thoughts on the Road Charge Collection Pilot, a mileage-based tax program designed to help fund road maintenance. This pilot program offers drivers the chance to voluntarily sign up and test a new funding approach, where they pay a set fee for each mile driven or a fee based on their vehicle's fuel efficiency. The program is set to run from August 2024 to January 2025.

In 2014, the California legislature passed SB 1077 to research a road charge system, which involved over 5,000 vehicles and documented 37 million miles of travel. The study proposed a shift to a per-mile charge to distribute road maintenance costs among all drivers, regardless of their vehicle's fuel efficiency.

Historically, road

Orangevale Community Update

Concerns Over California's New Road Charge Plan

maintenance has been funded through the gas tax. When you buy fuel, a portion of that expense helps maintain our roads. However, as electric vehicles (EVs), which bypass traditional fuel consumption, become more popular, revenue from this tax has been declining. The proposed state solution is to charge drivers based on the miles they drive.

Although this may seem fair on paper, it's important to consider the potential negative impacts. Firstly, charging by the mile could potentially increase your costs, especially when you're planning vacations or visiting relatives. This might discourage some from traveling, potentially affecting our state's tourism industry.

Another concern is privacy. If this pilot program were adopted nationwide, how would mileage be tracked and reported without infringing on individual privacy? How much would it cost to administer the tax?

Also, this mileage-based tax could impact lower and middle-income families. Those who rely on their vehicles for daily commutes, especially in less fuel-efficient vehicles or from remote areas, might find this system feels like a double tax, disproportionately affecting them. How is that fair?

Lastly, California's push to move to electric vehicles by 2045 presents some infrastructure challenges. For instance, last summer's heatwaves led to blackouts that disrupted EV charging, showing that our current infrastructure may not yet be equipped to support a fully electric future.

While the Road Charge Collection Pilot has good intentions, its unintended consequences could place an extra burden on hardworking residents. Instead of creating more tax burdens, we should focus on managing our money better and prioritizing the use of funding.

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.gov.

Sacramento County Supervisor Sue Frost represents the 4th District, which includes the communities of Citrus Heights, Folsom, Orangevale, Antelope, North Highlands, Rio Linda, Elverta, and Rancho Murieta.

Cell Tower Leases' Sales Approved Renovation

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completion, Aho said, it has become clear that updating the seating later will not be feasible. After the new theatre is finished. he said, it will be impossible to access the outdoor seating area with the large equipment necessary to do the work. Delaying the work would also end up costing the district more than if done now as part of the existing contract, he said.

The current seating renovation estimate is \$777,248, which includes design, permitting, demolition, removal, grading, construction and installation.

Not enough funding is available to cover the seating renovation, Aho said, but a potential plan to sell the district's cell tower leases, scheduled later in the agenda, could provide more than enough funds to cover the cost. The board decided to consider the cell tower item first and return to the seating plan vote.

In May, the board approved soliciting bids in the potential sale of the lease of cell towers located in Miller Park and multiple offers were received. The highest and most beneficial to the district was from Towerpoint Capital, which offered \$2,055,000 for a 99-year lease, with an option to expand the lease area by up to 1,000 square feet and half of any revenue generated by the expansion would go to the

The sale would only be for the cell towers' lease; the district would retain land ownership.

If approved, the district would net \$1,948,250 after closing costs and fees. Aho said that some funds could cover renovation costs for the amphitheater seating and the district would be left with more than \$1 million for other uses, such as revenue-generating investment options.

Because technology is always changing, Carhart said, cell towers might become obsolete so "it's a good idea to sell them now and get that money while they can." "I'd like to see investments for the

future," Carhart said.

Tamagni said she had mixed feelings about the sale, because it would remove a steady revenue source as the district currently receives approximately \$9,000

per month in revenue from the cell tower

leases. Tamagni suggested that they delay

the sale a few months to see if other funding sources could be found.

Aho said he is "always" looking for other funding and moving funds around to where they can be most effective but delaying the seating plan would cause further delays to

the overall project. The board voted 3-1 to approve the sale of the cell tower leases, with Tamagni dissenting (and Director Darren Mounts

absent). With a funding source now identified, the board returned to discussing the amphitheater seating renovation and voted unanimously to approve the plans and authorize the construction contract change.

The board then considered a costshare agreement with the Fair Oaks Water District for waterline work at California Avenue.

In July 2021, Fair Oaks Recreation and Park District and the Fair Oaks Water District agreed to relocate public water facilities impacted by the district's Village improvement projects. The agreement was for work not to exceed \$260,000, which was to be covered by the Fair Oaks Water District. In exchange, Fair Oaks Water District would receive a future water well site in an area still to be determined at Phoenix Park.

However, the waterline work extended beyond the original scope outlined in the agreement and Fair Oaks Water District sent a bill to Fair Oaks Recreation and Park District to cover the additional cost of \$106,706. Aho said they immediately rejected that bill, because additional costs had to be approved by the Fair Oaks Recreation and Park District and Fair Oaks Water District boards.

After discussion, Fair Oaks Water District and Fair Oaks Recreation and Park District agreed to a potential cost-share, with each covering \$53,353, since the expanded work benefits both agencies. Because the work is part of the park's essential infrastructure, Aho said, the cost is eligible to be covered by Measure J funds. The board voted unanimously to approve

the cost-share agreement.

The next Fair Oaks Recreation and Park District Board of Directors meeting will be at 6 p.m. July 17 at the Fair Oaks Water District, 10326 Fair Oaks Blvd.



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Social Security Matters Will IRA Withdrawals Affect My Medicare Premiums?



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: I am a member of AMAC and learn so much from the Ask Rusty column. I hope you can give me some information about a question that has come up in my family. My husband is retired and has reached full retirement age. He is considering withdrawing money from an IRA to pay off our mortgage. We are wondering what, if any, penalties may be incurred on Social Security, Medicare, and income tax. Thank you for your help in this matter. Signed:

Concerned Taxpayer **Dear Concerned:** Thank you for contacting the AMAC Foundation Social Security Advisory Service. Regarding your question on the impact of withdrawing IRA funds, there is no impact to your husband's gross Social Security benefit. The amount withdrawn, of course, is considered ordinary income for federal income tax purposes, and will need to be included as such on your federal income tax return and will therefore affect vour federal income tax liability when you file the

Depending on the amount withdrawn, there could be an impact to the Medicare premium due to the Income-Related Monthly Adjustment Amount (IRMAA) provision. Assuming you file jointly, you will pay a higher Medicare Part B premium if your modified adjusted gross income is above certain thresholds (i.e., more than \$103,000 for an individual and \$206,000 for a married couple). Please note that Medicare's procedures will not note this income change for two years, so if you make the withdrawal in 2024 it will not trigger the increases until your 2026 Medicare premiums. A change to your Medicare premium might also result in a change to your net Social Security payment at that time (since Medicare is automatically deducted from your Social Security payment).

Also depending on the amount withdrawn, you may have to pay an additional amount on top of your Medicare Part D premium. The Part D adjustment amount is calculated based on a percentage of the Part D national base beneficiary premium, not on a percentage of the plan premium.

The Social Security Administration mails letters to beneficiaries who currently pay a Part B Income-Related Monthly Adjustment Amount (IRMAA) and, according to the Centers for Medicare & Medicaid Services (CMS), are in a Part D plan. The letter explains the additional Part D amount, and how exactly Social Security will collect it. You can contact SSA at 1-800-772-1213 or your local SSA agency if you have any further questions about your Part D IRMAA premium.

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 (amacfoundation.org/ programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org.

Environmental Opposition to Vital Sacramento Area Highway Project is Ridiculous



By Dan Walters, CALMatters.org

Some things are just so ridiculous that they demand critical attention. One of them is the opposition from environmental groups to widening the Interstate 80 freeway between Sacramento and Davis.

For years, motorists have complained about what has been dubbed the "Davis bottleneck" that often backs up traffic for miles. What should be no more than a 10- or 15-minute drive can often take 45 minutes or

The state Department of Transportation wants to convert median strips into new traffic lanes that would require a toll payment to traverse. Environmentalists, who are trying to block the project in court, contend that it would merely encourage more drivers to use the stretch of freeway and therefore relief from congestion would be only temporary.

Opponents also complain that Caltrans and local officials are using the subterfuge of improving pavement to widen the freeway, and that the project runs counter to official state policy of reducing vehicular traffic as a way to reduce greenhouse gasses.

"These projects are being oversold to the public as a way to reduce congestion; they are not," Susan Handy,

director of the National Center for Sustainable Transportation, told the Los Angeles Times. "A court decision is going to be very important."

Ironically, Handy's organization is housed in the UC Davis campus, where the chronic congestion spills over.

The complaints might have some validity if this stretch was merely another local commuter route, but it isn't. Interstate 80 is one of the nation's most important transcontinental arteries, running 2,901 from San Francisco to the New York City metropolitan area with much of its route in western states following 19th-century immigrant trails.

The only other east-west interstates are either hundreds of miles to the north or hundreds to the south. That makes I-80 an extremely important route for interstate cargo, a fact evident to anyone who shares the freeway with an endless stream of large trucks.

Moreover, there are no alternative routes because the eastern portion of the freeway is a causeway over a marshy area that's home to wildlife and is often flooded during winter and spring months. Water is diverted into the "Yolo Bypass" from the Sacramento River as an important element of the Sacramento region's flood protection system.

Simply put, trucks and cars must either use I-80 between Sacramento and the Bay Area or not move at all. The notion that widening will increase traffic is ludicrous: The traffic will be there regardless because it has nowhere else to go.

"We experience some of

the most severe congestion in California seven days a week," Autumn Bernstein, executive director of the Yolo Transportation District, told the LA Times. "We have more than five hours of congested traffic in the eastbound direction and (in) Davis every afternoon."

The ultimate fate of the project is not certain. The California Transportation Commission gave its approval in May and allocated money to begin work, but the environmental groups are suing, characterizing it as a showdown over the state's official policy of avoiding projects that increase carrying capacity and lead to more traffic

It's unfortunate that Caltrans officials decided they needed to hide expansion of the freeway as a pavement improvement project and make it a joint project with local officials with some token funding for mass transit — to sidestep a direct confrontation over environmental impacts.

In a more rational world, the need would be obvious, and officialdom would be criticized for waiting so long to do something about a bottleneck.

Dan Walters is one of most decorated and widely syndicated columnists in California history, authoring a column four times a week that offers his view and analysis of the state's political, economic, social and demographic trends. He began covering California politics in 1975, just as Jerry Brown began his first stint as governor, and began writing his column in 1981.

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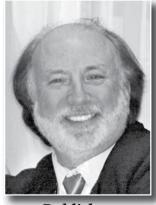
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California Expands Access to Naloxone

Office of Governor Gavin Newsom News Release

SACRAMENTO, CA, (MPG) - On June 21, Governor Gavin Newsom announced that CalRx-branded over-the-counter naloxone HCL nasal spray, 4 mg, will be available for free to eligible organizations through the Naloxone Distribution Project.

This follows the state's contract with Amneal Pharmaceuticals to purchase an over-the-counter naloxone nasal spray product through CalRx's Naloxone Access Initiative at a significantly lower price.

"The CalRx brand is more than a logo; it's a way to show that the state cares. CalRx is proof positive of California's innovation, business acumen, and most importantly, our heart. California is spending smarter by making life-saving drugs more affordable so that we stretch our dollars further – and make that same low price accessible to more people," Newsom said.

Eligible entities can obtain CalRx over-the-counter naloxone HCL nasal spray, for free through the California Department of Health Care Services Naloxone Distribution Project. CalRx is also working on an option for individuals to buy CalRx over-the-counter naloxone nasal spray directly. Additional details will be shared on the Naloxone Distribution Project website as they become available.

Qualifying California business entities and organizations seeking to purchase CalRx over-the-counter naloxone HCL nasal spray, for \$24 per twin-pack can do so by visiting CalRx's Get Naloxone website at https://calrx.ca.gov/get-naloxone.

In May alone, the state purchased approximately 24,000 units, leading to \$415,000 in savings. Since the Naloxone Distribution Project was created, more

than 4,433,700 units have been distributed, and more than 277,000 lives have been saved.

"By making naloxone widely available and affordable, we are empowering communities and saving lives," said California Health and Human Services Agency Secretary Dr. Mark Ghaly. "This is a crucial step in our ongoing efforts to tackle the opioid crisis head-on."

The overdose epidemic claims thousands of lives each year throughout the nation – and California is combatting this through an all-hands-on-deck approach. A critical component of that is through harm reduction services and methods like naloxone, which can reverse opioid overdoses swiftly and effectively.

By making CalRx-branded over-thecounter naloxone nasal spray readily accessible, and maximizing the state dollars used to purchase it, California is taking a significant step toward reducing the number of opioid-related deaths and ensuring that over-the-counter naloxone is available when and where it is needed most.

Governor Newsom released the Master Plan for Tackling the Fentanyl and Opioid Crisis to support overdose prevention efforts like the CalRx Naloxone Access Initiative. Recently, Governor Newsom launched Opioids.CA.GOV, a one-stopshop for Californians seeking resources around prevention and treatment.

The CalRx Biosimilar Insulin Initiative continues to move forward to bring this lifesaving and life-sustaining drug to market as soon as possible. Following recent meetings with the US FDA, CalRx's partner Civica has a clear path forward. California is using its market power as the 5th largest economy in the world to save lives and make health care and medication more affordable. More information about CalRx can be found at https://calrx.ca.gov



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Office Administration - We are seeking a full-time administrative support person for our newspaper group This position works in the Carmichael office and works directly with the Office Manager. Work hours are between 8:30 to 5:00 Monday through Friday. Previous office experience is required. Primary duties are working with customers and assisting with weekly legal advertising filings. We also have a part-time position available in West Sacramento available in August.

City Reporter - We are seeking a fulltime City Reporter for our newspaper group. This position may be assigned to work in the Carmichael office or another area office and works directly with the Managing Editor. Work hours are flexible depending on assignments. Previous reporting experience is required.

Copy Editor - We are seeking a part-time copy editor for our newspaper group. This position works in the Carmichael office and works directly with the Managing Editor. Work hours are flexible between 8:30 to 5:00 Monday through Friday. Previous editing experience is required.

Delivery Driver - Weekly Hauling to Marysville- We are seeking a parttime Delivery Driver for our newspaper group. This position would transport newspapers from our Carmichael office to our offices in Marysville and Gridley. Work hours are from 8:30 to 4:00 every Thursday. Must be able to lift and move bundles of newspapers without assistance. Must have your own reliable cargo van. This is an independent contractor position and pays a flat rate for your service.

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- We are seeking a part-time Newsstand Deliver Driver for our newspaper group. This position works from the Carmichael office and delivers to our locations in the West Sacramento/Sacramento Region. Routes also available in Elk Grove, Pocket, East Sacramento, Arden Arcade. Work hours are from 8:30 to 5:00 Thursday and/or Friday. Must be able to lift and move bundles of newspapers without assistance. You must have a reliable vehicle. This is an independent contractor position. Previous experience preferred.

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1. REJUVENATE AND REFRESH. Make sure to build breaks into your day. From sunrise to bedtime—reset and refresh. It's okay to unplug now and then, or at least press the "reset" button.

2. EXERCISE FOR VITALITY. Everyone is different when it comes to the time of day that's best to exercise. Henry David Thoreau wrote: "An early morning walk is a blessing for the whole day."

3. JOIN THE BREAKFAST CLUB. The word "breakfast" literally means breaking the fast from the night before. It jumpstarts metabolism. Your body needs to be refueled for the tasks ahead of it.

4. UTILIZE NATURE'S HEALING **POWER.** Go outside to play and pray. The more time we get outdoors into nature and appreciate the beauty and blessings of God's splendor, the more compassionate, forgiving and kind we become.

5. VISUALIZE YOUR DAY AHEAD. Albert Einstein said: Your imagination is a preview of your life's coming attractions." Visualizing success and positive outcomes can help prepare us for the real thing.

6. EAT MORE FRUITS AND **VEGGIES.** The fiber in these foods helps your digestive tract keep humming along the way it was designed. Eating your fruits and veggies has the added bonus of beautifying skin, boosting metabolism, and elevating mood.

7. NOURISH YOUR OVERALL WELL-BEING WITH AMPLE SLEEP. Too little sleep makes you hungry, especially for calorie-dense foods It's harder to pass up that cupcake or order of fries) and primes your body to hold on to all the calories you eat.

8. ADJUST YOUR ATTITUDE TO INCLUDE PLENTY OF ATTITUDE. Those who catalog the positive things in their lives are healthier, happier, more motivated, less stressed, and more well-rested.

9. TAKE TIME TO PRAY, MEDITATE AND BREATHE DEEPLY. This simple, cost-free practice has been scientifically proven to heal the body, boost immunity, reverse aging, and lift your mood from negative to positive. It's a salve for the mind, body, and spirit.

10. ENJOY DAILY LAUGHTER AND TICKLE YOUR FUNNYBONE. Laughter releases endorphins into your body that act as natural stress busters. It helps relieve pain, counteracts fear, anger, and depression, all of which are linked to depression, and linked to illness and stress.

You can find these ten tips and so much more in her latest book "A Hug in a Mug." And don't forget to sign up for her free monthly newsletter. All you have to do is go to her website www.susansmithjones. com and look up in the right corner. One click on subscribe and you're in for a real treat with tons of great information and inspiration. STAY WELL!

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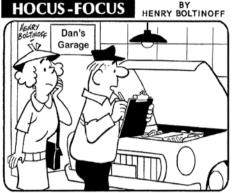
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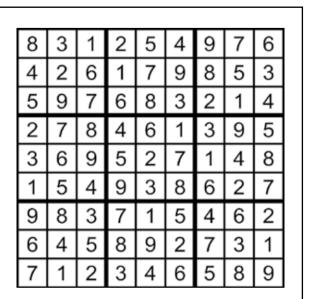
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ACROSS 1. Croat or Moravian,

e.g. 5. Paid player

8. Not Miss or Ms

st-rate 12. Mattress with

memory? 13 Re of use 15. "It's time!" signal

16. _____-de-camp 17. Like an unhealthy dog 18. *First one to circum-

navigate globe, almost 20. March Madness org.

21. Bring upon 22. Orange Lavaburst

drink 23. *Rita first Latina to win Academy

∆ward

26. Winter rides, in Russia

30. Brewery order 31. Unties or unbuttons

34. Nearly 35. One born to Japanese immigrants

37. Good times 38. Rheumy 39. Tel ____

40. Bequeath 42. Once known as 43. West African

country 45. *Chuck break speed of sound

47. Genetic info carrier,

48. City near Düsseldorf 50. Short for Dorothea 52. *First artificial

satellite (2 words) 55. Clay and silt deposit 56. Marine eagle

57. Mercantile establishment

59. Singer Piaf

60. Concert series 61. Indian nursemaid 62. Craggy peak 63. Little troublemaker

64. Solitary DOWN

1. Give in to gravity 2. Weaver's apparatus 3. The "I" in "The King and I"

4. Carrots or peas, slangily 5. French soldier in WWI

6. Speed gun 7. *First horror film about

Damien Thorn, with The 8. Supernatural life force

9. Capital of Latvia 10. Canny

12. Han Solo's "Millennium 13. Prenatal test, for short

14. *The first one helped combat smallpox

19. Tedium

22. 120 mins.

23. #8 Down, pl. 24. Martini garnish

25. Pine product

26. Midterm, e.g.

27. a.k.a. Tibetan wild ass 28. Feel the same

29. Timider 32. Deadly challenge 33. Military moves

36. *Mount first conquered

by Hillary and Norgay 38. 10 to 12-year-old 40. Ewe's cry

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41. Half-shell delicacy 44. Grind with teeth 46. Fauna member

48. Erasable programmable read only memory

53. Boxer's last blow

49. Break of day 50. List of chores 51. Prince of Wales to King 52. Searching for E.T. org.

54. Azerbaijan's southern 55. "____ the wild rumpus begin!" __ one and only"

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

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