

**NORTH STATE DINING & ENTERTAINMENT GUIDE INSIDE**

# AFTER FIVE

## THE NORTH STATE MAGAZINE

JULY 2022 / 35th Year / No. 9

THE NEWS, ARTS & ENTERTAINMENT MONTHLY



### ON THE COVER

## TRACY LAWRENCE

Tracy Lawrence (photo above) is slated to headline the Lassen County Fair July 23. Other musical artists are on stage this month at the Trinity County Fair in Hayfork, July 14-17, and the Plumas Sierra County Fair in Quincy, July 28-31. See page 2

## DAVID SPADE

Stand-up comedian David Spade (at right) is set to perform July 17 at The Obsidian Spirits Amphitheater at Rolling Hills Casino and Resort in Corning. See page 5



## SUMMER OF PLAYS

Axiom Repertory Theatre in Redding continues its large slate of productions in July and August with a Summer Season of plays and musicals. See page 5

## GUN LAW RULING

On June 23, the U.S. Supreme Court issued one of its most significant gun law rulings in more than a decade, tossing out New York state's tight restrictions on who can carry a concealed gun in public. Gun rights activists are celebrating the 6-3 decision, while advocates for stricter gun laws decry it. See page 18



Ben and Hoel Haggard, left, are scheduled to perform at the Trinity County Fair on July 15. Tracy Lawrence, above, will be at the Lassen County Fair on July 23. The Plumas Sierra County Fair is scheduled July 28-31.

## Trinity, Lassen county look to hopefully put pandemic, fires behind them as they move full steam ahead with July fairs

By Aaron Williams

After a few years of Covid coupled with summertime fires dotting the North State, the county fairs in Lassen and Trinity counties are full steam ahead.

And with some top-notch musical acts and all the things that make a county fair worth the price of admission, Trinity County Fair CEO Carrie Bayley and Lassen County Fair Manager Kaitlyn Midgley each shared their excitement at bringing back some "normal" with the opening of their fairs.

The Trinity County Fair runs from July 14-17 in Hayfork and the Lassen County Fair in Susanville takes place July 20-24.

Information can be found at [www.trinitycountypfair.com](http://www.trinitycountypfair.com) and [www.lassencountypfair.org](http://www.lassencountypfair.org).

"We are full-speed ahead," Midgley said. "Trying to get back to where we were has been a long haul, but we are a small town and the fair is deep rooted in this community."

And while Trinity had a modified fair last year, Lassen has felt the effects of not only Covid, but last year's Dixie Fire.

"Last year we had a modified fair because of the fires," said Bayley. "We evacuated the day after the fair closed. It was crazy, but it's great to be back and looking forward to it."

The Trinity County Fair features a full slate of summertime fun and activities. From the Baby Creeper Contest to Cowboy Poetry to a Logging Contest and even an Ugly Dog Contest, the happenings in Hayfork are a staple of the mountain community.

"We are a smaller community and aren't competing against Knott's Berry Farm or an amusement park," Bayley said. "We are the Disneyland."

And while there's no lighted parade, the musical acts booked for the Trinity County Fair have folks coming from far and wide.

The headliners are Ben and Noel



Fryed Brothers



Aaron Watson



Haggard and the Strangers Band performing at 7 p.m., July 15, at the Main Arena. They were scheduled to perform last year before the Monument fire forced them to cancel.

But Bayley said a second act this year is also getting a ton of attention - the Fryed Brothers Band, which also are performing Friday night.

"We had reached out to Ben and wanted to do a tribute concert to Merle," Bayley said of the country music legend who calls the North State home. "We haven't had a concert in about 15 years, but they'll be coming up and playing the same day as the Fryed Brothers."

Billed as the "best biker band in the world," the Fryed Brothers' inclusion has had folks calling from the coast and Oregon wanting to camp at the fairgrounds in order to see them play as



they work their way toward the annual rally in Sturgis, South Dakota.

"The campgrounds are filling up pretty quick," Bayley said.

And while Bayley said the Trinity County Fair was the smallest in the state - a badge of honor, she boasted - they have also worked with Lassen and Plumas counties to share vendors, an economy of scale thing. The Plumas Sierra County Fair in Quincy is scheduled July 28-31.

"We're all doing them back to back and many of the vendors are just doing the circuit," Bayley said.

Midgley said the Lassen County Fair has more vendors booked than it has had in some time and they're looking for space to put them all.

The entertainment in Susanville will no doubt have plenty of fairgoers

flocking to the fairgrounds as Tracy Lawrence headlines the festivities at 6 p.m. Saturday July 23. But it doesn't stop there as country artists Aaron Watson with special guest Matt Stell take the stage Friday with gates opening at 6 p.m.

"Ticket sales are doing great," Midgley said. "Tracy Lawrence was here almost 18 years ago and we can't wait to have him back."

"We've actually just added a third act, Leaving Austin, to the co-headlining night with Aaron Watson and Matt Stell."

Both Bayley and Midgley said the return of the fair is about fun, music, rides and all the pageantry of your county fair, but it's also an important cog of the community in terms of giving back.

"We also have local vendors who, through their sales during fair week, sustain themselves and in turn are able to give back to the community," Midgley said.

Bayley said the junior livestock auction has brought in nearly \$1.4 million in the past two years.

"People love supporting the kids," she said.

And while blue ribbons will be handed out in many of the categories that existed for decades, the fact Trinity moved its fair up a month to help ensure it wouldn't be hampered by fire season means a few categories might have to wait a month or two.

"We went into July to get out of fire season," she said. "It did affect floriculture and horticulture. We're at 3,000 feet and getting flowers ready in July is hard."

"But we're planning a rodeo in September with an exhibit for those. You've gotta get creative."

And she also summed up perfectly the feeling of being back ... "When you're in the event business, you make it happen."

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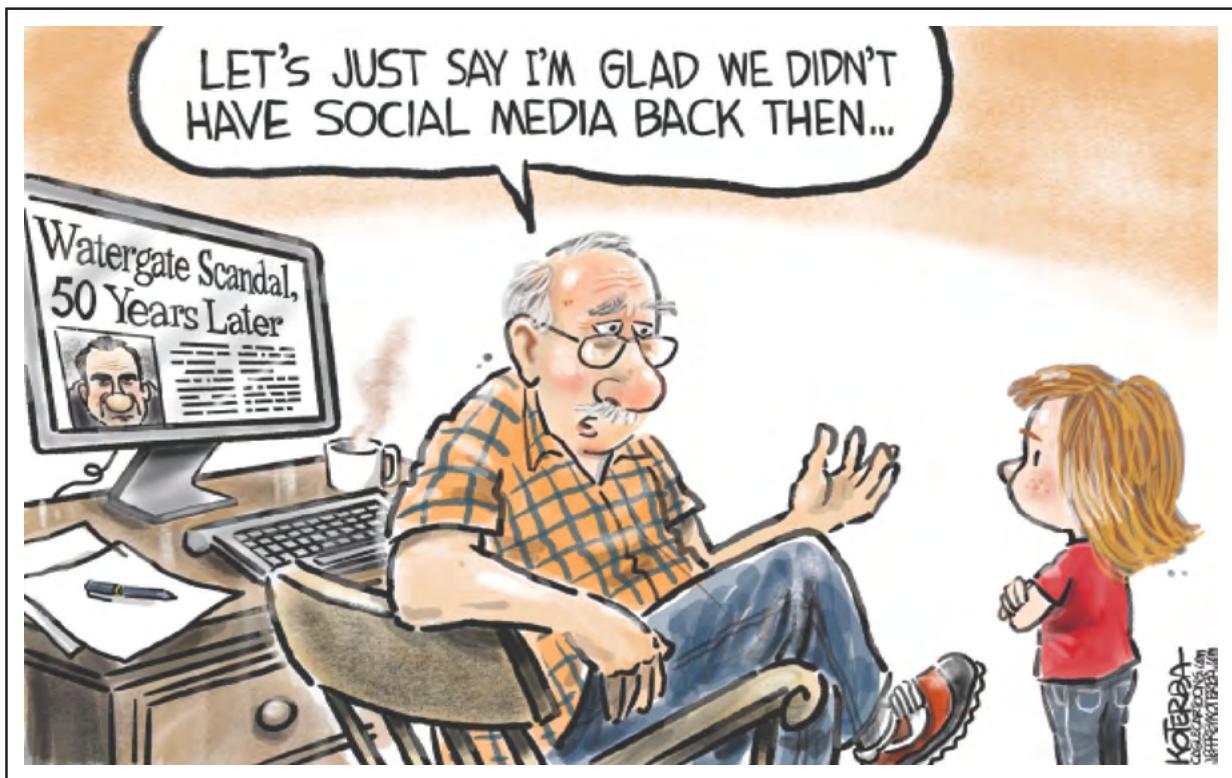
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Phil Fountain's "Toe Wrestling" (left) and his "Taking Out The Trash as Dorothy" illustrations.

## After Five recognized with five California Journalism Awards

After Five Magazine's News of the Weird cartoonist Phil Fountain was recognized with both a third place and a fourth place award in the print category for Best Illustration for all weeklies in the state of California in the 2021 California Journalism Awards, which were announced in late May. His two awards were among five After Five Magazine entries honored in the annual contest.

Fountain placed third for his "Toe Wrestling" illustration in the June issue of After Five for a Weird News item about the toe wrestling championships being held in England. "Very nice composition with a lot of fun details to discover the more time you spend with it," a judge wrote in the comments. Fountain also placed fourth in the same category for "Taking Out The Trash As Dorothy" for his image in the March 2021 issue concerning a news item about a woman in England who would dress in different costumes when she took out her trash during the pandemic.

After Five also was recognized for three other entries: A third place in the Special Publication category for all weeklies for the North State Visitors Guide; a fourth place for Best Profile Story in the weeklies 11,001 to 25,000 circulation category for a story written by Jon Lewis on Ant-Man 3 Screenwriter Jeff Loveness; and a fifth place for Best Sports Feature (weeklies 11,001 to 25,000) for a story written by Aaron Williams on the time Babe Ruth made a stop in Dunsmuir during a 1920's barnstorming tour.



# AFTER FIVE

## The North State Magazine

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## David Spade at Rolling Hills Casino July 17

Stand-up comedian David Spade is scheduled to perform at 8 p.m., Sunday, July 17, at The Obsidian Spirits Amphitheater at Rolling Hills Casino and Resort in Corning. Doors open at 6 p.m. The 1990s Saturday Night Live cast member is on a national and Canadian tour that currently has him performing into December. Spade said in a recent article that he's still a bit edgy. "Every comic has their style," he told the Calgary Herald in a late June feature "I do still like being edgy or just pushing things. That's the way most comics always have been ... I just try to keep it dry, keep it clever and do what I've been writing for the past three years, four years and taking the best stuff that I liked." Tickets for the Corning show are priced from \$30 to \$75 and are available at [rollinghillscasino.com](http://rollinghillscasino.com)



Axiom continues their run of shows with their Summer Season of plays and musicals

PHOTOS / Daniel Hill

Among Axiom's July productions is the Neil Simon play **Chapter Two**. Pictured above, left to right, are cast members Lauren Stanfield (Jennie Marlowe), Brittany Williams (Faye Medwick), Keith Rose (Leo Schneider), and Jeffrey O'Brien (George Schneider). Right, cast members for **Ruthless**. Left to right Sam Bautista (Judy Denmark), Michaela Duarte (Tina Denmark), and Mat McDonald (Sylvia St. Croix)



Axiom Repertory Theatre in Redding continues their large slate of productions in July and August with their Summer Season of plays and musicals.

**Woody Guthrie's American Song** by Peter Glazer, directed by Nancy Hill. July 3 and 4 only.

**Chapter Two** by Neil Simon, directed by Tim Nascimento. July 15-17 and 23-24, Aug. 12-13 and 26.

**Ruthless** by Joel Paley, directed by Ken Hill. July 22-23, Aug. 6-7 and 11, and Aug. 20-21 and 25.

**Roe** by Lisa Loomer, directed by Nancy Hill. Aug. 5-6 and 13-14, and 18-19 & 27.

**Every Brilliant Thing** (presented by Axiom Children's Theatre, Young Adult), by Duncan Macmillan, directed by Jessica Fletcher. July 1-2 (two shows on July 2).

**Disney's The Little Mermaid Jr.** (presented by Axiom Children's Theatre). Directed by Cassie McEachen. July 28-30 (two shows on July 30).

Sunday performances are 2 p.m. matinees. All other shows begin at 7:30 p.m.

For more information, check out their website at [axreptheatre.com](http://axreptheatre.com), visit their box office at 2613 Bechelli Lane, Redding, or call 530-605-0500.

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# Now is the summer of my discontent

By Jason Graves



As I sit here in my uneasy chair, I can hear the screams and guffaws of what sound like about 500 teenagers in my backyard swimming pool for my middle daughter's high school graduation party, and I wonder if a sufficient supply of chlorine shock treatments exists for that water ever to recover.

Even the dulcet tones of Taylor Swift blasting throughout the neighborhood at thermonuclear decibels aren't enough to drown out the reality that this will be no ordinary summer.

Yes, our happy-go-lucky middle daughter recently graduated from high school, and we are extremely proud of her for gaining 13-years' worth of knowledge and life skills, especially her mastery of the self-checkout at Target and her expertise in breaking up with goobers.

Since she is the middle child, we wanted to make sure she felt loved and appreciated at this special time in her life, so my wife and I threw her a big graduation bash to make up for all the times we kept her fed and occupied as a toddler by scattering a handful of Cheerios on the floor and hoping for the best.

With the passing of fall, winter and early spring, our back yard and pool looked like they had suffered a major incursion by the Russians, so I spent two weeks of raking, scrubbing, hauling, digging, planting, slipping disks and ignoring inflation at Lowe's and The Home Depot to make the area relatively safe for teenaged-human occupancy.

After purchasing the yard improvements, pool chemicals, decorations, and a taco bar large enough to satisfy a biblical plague of locusts, we should still be able to afford sending our middle daughter to college sometime before her 50th birthday.

And speaking of college, our eldest and most expensive daughter came home from Texas A&M University for the summer and began her first "real" job – other than working frantically to return her bedroom to its original appearance as a giant clothing donation drop box. At first, she seemed reluctant to apply for summer jobs – until I gave her the choice of either working outside the home or serving as my personal assistant, pedicurist, toilet sanitizer, underwear folder, minesweeper for dog bombs, and other duties as assigned. I couldn't help but giggle inside a little at the end of her first week of work when she told us how tired she was and that we were all going to have to start going to bed at a decent hour.

Because we will have two daughters in college this fall (I couldn't talk either of them into a plumbing career) and we now have to finance a tank of gas, my wife and I decided to forgo our annual week-long summer road trip to Orange Beach, Alabama, in order to save money. But to keep our three daughters from forming a special House select committee to investigate this atrocity, we are considering a shorter jaunt to New Orleans to enjoy the food and history – with the added bonus of reminding them why we go to Sunday school.

Yes, this summer will be different. Our little birds are getting ready to fly, and we'll soon only have one left in the nest to complain because we bought the Walmart Great Value worms instead of the name brand.

When I'm alone and feeling pensive about these changes, I pause to thank God for the wonderful years we've had with our girls and the exciting, if different, years to come. Then I put in my vintage, hand-me-down AirPods from one of my daughters, turn on some Taylor Swift and snack on a handful of Cheerios for old times' sake.

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Graves is an award-winning humor columnist from East Texas. His columns have been featured in Texas Escapes magazine, The Shreveport Times, The Longview News Journal, and The Kilgore News Herald. Contact Graves at susanjase@sbcglobal.net.

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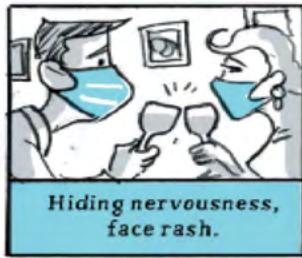
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The message on Steven Paul Owens' tombstone at the Warren-Powers Cemetery in Polk County, Iowa, reflects the sentiments of the family the 59-year-old left behind when he died in September of 2021, but the message within the message has the community in an uproar, WHO-13 reported.

That's because if one reads the first letter of each line vertically, the phrase "F— OFF" can be found.

Owens' daughter said not only was the message intentional, but her dad would have loved it: "It was a term of endearment. If he said that to you, it meant he liked you. If he didn't like you, he didn't talk to you."

A statement from the board of trustees that oversees the cemetery says community members are organizing a legal response and "will not stop until the headstone is removed."

When Richard Kaser of Shelbyville, Indiana, took his friend Jon Hoop out fishing in the Ohio River, the hope was that Hoop would catch his first blue catfish, Fox 59 News reported.

And Hoop succeeded with the first fish he hauled in, though the fish's stomach seemed unusually lumpy.

Expecting to discover upon cutting it open that the catfish had swallowed another fish or perhaps a turtle, Kaser instead found a foam ball, part of a fish and ... a rather large sex toy.

"When it came out, Jon, my wife and I started laughing," Kaser recalled in a Facebook post.

"My wife immediately covered my daughter's eyes and turned her away from it."

No word on when Hoop's next fishing outing will be, but it will be hard to top his first.

There's a big difference between paying one's respects and spraying one's disrespect, and Laurie Lynn Hinds, 51, of Quitman, Texas, knows better than anyone.

KLTV-7 reports that Hinds was arrested on June 5 and charged with state-jail abuse of corpse for a November 2021 incident in which Hinds walked into a Tyler, Texas, funeral home, made her way directly to an open casket and spit on the corpse inside.

A witness to the incident said Hinds was angry with the family of the deceased.

# NEWS of the WEIRD



Things got heated in a Pasadena, Maryland, community on May 31: As residents waited for their mail, WBAL-TV reported, two letter carriers got into a fight in the street. One witness said that one of the mail carriers "punched the window on the other one's mail truck," and that "one backed up and slammed into the other one like bumper cars." Another witness, Brenda Rippetoe, said, "There was mail all over the street. They kept going around the block, and at one point, they were front-to-front, hitting their bumpers together." Residents called 911, and the postal service sent other carriers to pick up the mail, which was delivered by 7 p.m. People along the route said their regular carrier was on vacation, so the angry stand-ins were unfamiliar to them.

Abuse of a corpse is a state-jail felony in Texas, punishable by six months to two years in a state jail and up to \$10,000 in fines.

Daniel Hughes was kayaking recently in the Ohio River in Maysville, Kentucky, when a bright yellow object tangled in debris on the riverbank caught his eye, KDKA-TV reported.

Upon closer inspection, Hughes discovered that the object was a helmet – specifically a firefighter helmet with markings identifying it as property of the Franklin Park Fire Department in

Pennsylvania, some 422 miles away.

The helmet had an ID card still attached, and when Hughes shared photos to the Franklin Park FD Facebook page, Chief Bill Chicots got in touch and shared the whole story.

"The helmet belonged to Dave Vodarick, he's been a member of our fire department since 1974; he lost the helmet during a water rescue in October 2019," Chicots said.

The rushing water failed to sweep Vodarick away three years ago, but it succeeded in ripping off his helmet, and

efforts to find it had come up empty.

The well-traveled helmet is set to return to Franklin Park, where it will be displayed in the fire department's trophy case.

It's not unheard of for a library to receive a late book return in the mail, but the package the Tooting Library in London received from Canada recently won't be forgotten anytime soon.

CBC News reported that the package contained a copy of the book "A Confederate General From Big Sur" by Richard Brautigan, a book that

had last been checked out in 1974 – making it approximately 48 years and 107 days overdue.

Efforts to track down and thank the borrower were successful, and Tony Spence, 72, a retired judge living in British Columbia, will be spared the late fees – not only the \$7,618.10 that would be charged if the fines weren't capped, but also the \$10.50 maximum fine.

"We're pleased to have the book back in a condition good enough to return to the shelves, if we wanted, and under the circumstances we're waiving the fines," a statement from the library said. "We thank Mr. Spence for returning it and hope he enjoyed it."

A bus driver from Boston learned the hard way that in areas where cannabis is legal, it pays to read every label.

As AP News reported, police found Jinhuan Chen, a 10-year veteran driver for Go Go Sun Tour with an exemplary record, unconscious at the wheel of a bus pulled over on the side of Interstate 95 in Stratford, Connecticut.

Chen, who, according to his manager, "doesn't drink, he doesn't smoke, but he has a sweet tooth and likes candy," had been transporting 38 passengers and munching on a package of gummy candies when he blacked out.

Turns out the gummies were Smokies Edibles Cannabis Infused Fruit Chews, and toxicology reports revealed a high level of THC, the active ingredient in cannabis, in Chen's bloodstream.

"This would never have happened a couple of years ago," Go Go Sun Tour manager Victor Chen said, "but now there's marijuana everywhere here."

Jinhuan Chen will face 38 counts of reckless endangerment at his court date in August.

When you gotta go, you gotta go, and apparently people gotta go quite often in Boston elevators.

So much so, in fact, that AP News reports that the Massachusetts Bay Transit Authority is incorporating new technology in four downtown elevators to help solve the problem of public urination.

The new sensors, which use a fan to draw in odors and detect if urine is present, will alert transit ambassadors, who will send cleaning crews to deal with the situation.

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Dining, Brewery and Entertainment Guide Map on page 14.

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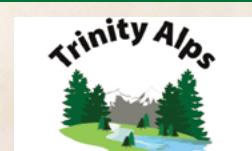
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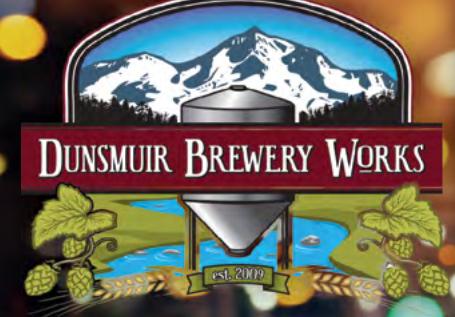
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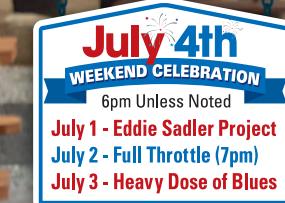
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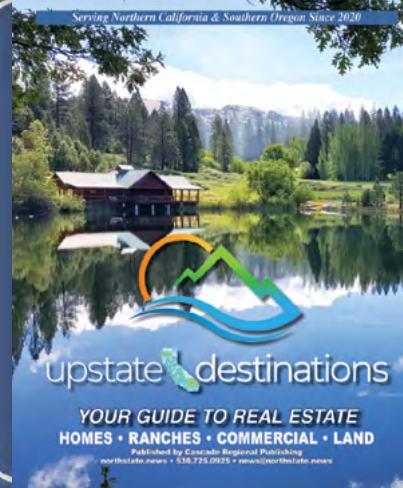
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# Supreme Court ruling puts target on California gun laws

By Ben Christopher  
CalMatters.org - June 23, 2022

On June 23, the U.S. Supreme Court issued one of its most significant gun law rulings in more than a decade, tossing out New York state's tight restrictions on who can carry a concealed gun in public.

Gun rights activists are celebrating the 6-3 decision, while advocates for stricter gun laws decry it. Both agree that California's similar law may be next to be challenged.

The ruling likely marks the most dramatic expansion of gun rights in the United States since 2008, when the Supreme Court clarified for the first time that the Second Amendment's right "to keep and bear" firearms applies to individual citizens, not just state militia members. But that ruling only affirmed the right for "self-defense within the home," leaving states with wide discretion over whether and how to restrict guns elsewhere.

This ruling brings that constitutional right outside the home.

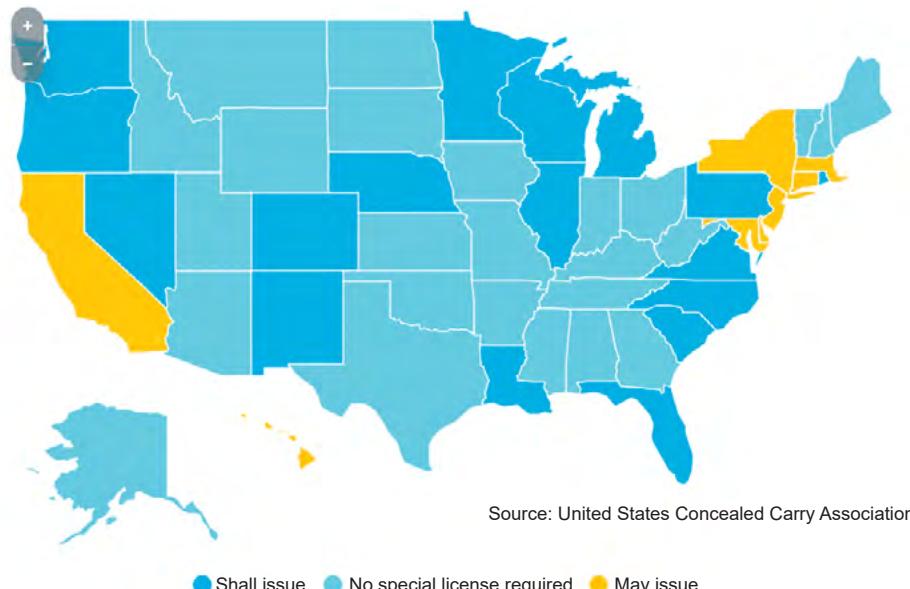
"Confining the right to "bear" arms to the home would make little sense," Justice Clarence Thomas wrote for the court's majority.

Gov. Gavin Newsom called the ruling "shameful" and a "dark day for America."

"This is a dangerous decision from a court hell bent on pushing a radical ideological agenda and infringing on the rights of states to protect our citizens from being gunned down in our streets, schools, and churches," the governor said on Twitter.

Most states either issue concealed carry licenses upon request or do not require licenses at all. But in eight states, applicants are required to show a compelling need before being granted permission to tote around a concealed firearm. Until today's ruling, New York was one of those states. California is another.

"We know of no other constitutional right that an individual may exercise only after demonstrating to government officers some special need," Thomas



## Concealed carry rules, state by state

California is one of only eight "may issue" states, where licenses to carry concealed guns are given out at the discretion of issuing authorities (usually local law enforcement). Most states either issue licenses to qualified applicants on demand or do not require specific concealed carry licenses at all.

wrote, offering a description of New York's concealed carry law, but also California's.

How easily a Californian is able to obtain a concealed weapon permit depends on where they live. That's because in California these licenses are issued by local law enforcement — either city police chiefs or county sheriffs. And while state law requires applicants to demonstrate "good cause," local law enforcement officials have wide latitude to define what that means.

In counties with Republican sheriffs — Sacramento and Tehama, for example — permits are issued to all qualified applicants so long as they pay the necessary fees, take a firearms safety class as required by state law and don't have a criminal record.

San Francisco sits on the opposite end of the spectrum. According to county sheriff guidelines, an applicant living in the city must "supply convincing evidence" that

they are at "significant risk of danger" that local law enforcement "cannot adequately address" and "cannot reasonably be avoided by alternative measures."

The court's ruling doesn't immediately invalidate restrictive concealed carry policies like those in San Francisco. But it does make legal challenges against California's entire discretionary system much more likely to succeed.

But the ruling could have much more sweeping implications that touch on all areas of California gun laws — from the state's ban on assault-style weapons and high-capacity magazines to its restrictions on "ghost guns." That's because today's ruling sets a higher bar for any firearm restrictions.

"To justify its regulation, the government may not simply posit that the regulation promotes an important interest," Thomas wrote. "Rather, the government

must demonstrate that the regulation is consistent with this Nation's historical tradition of firearm regulation."

Chuck Michel, president of the California Rifle & Pistol Association (the state's National Rifle Association chapter), told CalMatters on June 23 that he plans to file a host of new legal briefs in existing court challenges against the state's assault weapon ban, its background check requirements, its large capacity magazine ban and against Los Angeles County's concealed carry restrictions.

He said the Supreme Court's ruling is "going to simplify the whole process of judging whether or not a gun law is constitutional" and that the State of California will now have a harder time arguing that its strict rules are legal.

At the same time the nation's highest court expands the scope of the Second Amendment, Congress is on the verge of adding a few modest extra guardrails. In response to the mass shooting in Uvalde, Texas, in which a gunman killed 19 children and two teachers with a semi-automatic rifle, the U.S. Senate passed a bipartisan gun bill on June 22 over the objections of the National Rifle Association.

If passed by the House of Representatives and signed by President Joe Biden, as is expected, it would ratchet up some background checks for younger would-be gun buyers. It would also provide funding to states interested in introducing "red-flag laws," which make it easier for authorities to temporarily remove firearms from those deemed to be a threat to themselves or others.

Democratic lawmakers in California are also considering their own raft of new gun bills. That includes legislation that would open gun vendors and manufacturers to an array of lawsuits for violating state gun rules or marketing guns and ammunition to minors or others who aren't allowed to own them.

CalMatters.org is a nonprofit, nonpartisan media organization explaining California policies and politics. Read more at [calmatters.org](#).

## Controversy over Asian American education embroils Capitol

By Emily Hoeven  
CalMatters.org - June 23, 2022

Move over, ethnic studies and "woke math" — there's a new education controversy in California.

A bill that would encourage schools to teach students in grades 1 through 12 about Asian American and Pacific Islander contributions to the history of California and America has stalled in the state Legislature — despite bipartisan support and the backing of California's most prominent Asian American officials, including Attorney General Rob Bonta, Treasurer Fiona Ma and Controller Betty Yee.

The reason? "Petty politics," state Sen. Jim Nielsen, the Roseville Republican who authored the bill (and whose district includes Tehama, Butte, Glenn and Colusa counties), told me in a June 22 conversation in front of the state Capitol, where he gathered with advocates from the Asian Pacific Islander American Public Affairs Association to decry the bill's stagnation in the Assembly Education Committee.

Squabbling between lawmakers may seem like small-town Sacramento gossip, but it can have significant implications for residents across the state. Private negotiations, opaque processes and powers granted to certain legislative leaders can shape

everything from the contents of California's \$300 billion budget to which bills are considered in public hearings and eventually signed into law — or shelved without a vote.

Nielsen told me: "That is so disgusting and so reprehensible that those individuals would be so petty and so partisan. ... They didn't think of it, it wasn't their idea, so it can't be anybody's idea. And it's even worse if it's a Republican Anglo-American" sponsoring the bill.

By "they," Nielsen was referring to the nine-member, all-Democratic Asian American & Pacific Islander Legislative Caucus, which officially announced its opposition to the bill on June 22: "The Asian Pacific Islander American Public Affairs Association chose not to inform or work with the (caucus) or the education community before introducing this bill and chose to introduce a performative bill that only 'encourages' teaching the contributions of California Asian Americans and Pacific Islanders." The bill also "does not require any school in California to teach AAPI studies and does not provide any funding for curricula or educators to teach this critical history," the caucus said.

But the caucus' position had been clear for some time. As I previously reported, Democratic state Sen. Richard Pan of Sac-

rramento, the caucus' leader, abstained from voting during an April hearing, saying, "I wish that the sponsors of the bill had come and approached our ... caucus ... so we could work on something more substantive." Nielsen offered during the hearing to strengthen the bill to mandate Asian American inclusion in social studies curriculum, but Pan still withheld his support. And, according to emails I obtained, Nielsen had reached out to the caucus on March 22 to "humbly" ask for members' support "as coauthors of this important and necessary bill."

CC Yin, founder of the Asian Pacific Islander American Public Affairs Association: "The API Legislative Caucus told us they would only sign onto (the bill) if they were the lead author and Republicans were removed. APAPA is a nonpartisan community-based organization so that was just something we could not agree to."

The bill faces a July 1 deadline to advance out of the Assembly Education Committee; if it doesn't, it's essentially dead for the year. The bill has not yet been scheduled for a hearing.

Patrick O'Donnell, the Long Beach Democrat who leads the committee, told me in a statement: The bill "has strong opposition from within the AAPI community

that was thoroughly outlined in the California Asian American and Pacific Islander Legislative Caucus statement issued (June 22). I defer to my colleagues, who have stated this bill is not comprehensive enough to properly recognize the contributions and achievements the AAPI community has made to help shape our collective history. I urge all stakeholders to work together to find common ground to move this important issue forward."

Perhaps the most passionate speaker at the Juine 22 press conference in support of the bill was Evan Yuan, a 16-year-old student at Mira Loma High School in Carmichael.

Yuan: The bill is "being denied a democratic forum, the opportunity for it to be voted upon. This is the very antithesis of the founding principles our great nation was built upon. Do not let this bill die here in the darkness. Let this be clear — it is not an issue that only affects one group of people. A lack of education, an increase in hate crimes — these are issues that affect all of us. How can we expect to dream of a better world we can all live in, if not everyone is included in its making?"

CalMatters.org is a nonprofit, nonpartisan media organization explaining California policies and politics.

# Should you take daily aspirin for your heart?

Dear Savvy Senior,

I've been taking daily aspirin for almost 20 years now because I have a family history of heart disease. But I recently read that using aspirin is not recommended anymore. What can you tell me about this change in philosophy?

- Confused Aspirin User

Dear Confused,  
There's no doubt that taking low-dose daily aspirin is beneficial to most people who've had a heart attack or stroke. But if you don't have heart disease, should you take it as a preventative measure? The answer for most people is probably not, according to new guidelines from the U.S. Preventive Services Task Force (USPSTF), a widely respected independent panel that develops recommendations on preventive health care.

Here's what you should know.

## New Guidelines

For years, aspirin has been a go-to pill Americans use to help ward off cardiovascular disease because of its blood thinning capability. But like most medicines, it can cause serious side effects. Aspirin irritates the stomach lining and can cause bleeding in the stomach, intestines and brain which can be life-threatening. And the risk of



By Jim Miller

bleeding increases with age.

About one-third of Americans age 40 and older, and more than 45 percent of people over age 70 – who don't have cardiovascular disease – already take a daily aspirin to help prevent cardiovascular disease because it's been recommended for decades by many different health experts.

But in the past few years, new research has emerged showing that for many people without diagnosed heart disease, the risk of bleeding may outweigh the benefits of taking a daily aspirin. This research, along with the advent of other effective therapies in preventing heart attacks and strokes that don't cause bleeding – better blood pressure drugs and statins for lowering cholesterol – has narrowed the role aspirin plays.

Here's a breakdown of the updated USPSTF guidelines of who should, and shouldn't, take a daily aspirin, and for

those who should, how to take it safely.

## Who Should Take It?

There are two categories of people who can still benefit from using aspirin. People with established cardiovascular disease, especially those who have already had a heart attack or stroke.

There's strong evidence that taking a daily low-dose aspirin significantly reduces the risk of a second cardiovascular event. And adults ages 40 to 59 with a 10 percent or higher risk for a cardiovascular disease over the next decade. They may see a small benefit to daily aspirin, but it should be an individual decision and discussed with your doctor.

## Who Should Skip It?

People who are 60 and older – without established cardiovascular disease – who do not currently take a daily aspirin to prevent heart

disease should not start now. This is particularly true for people with a history of bleeding, say from ulcers or aneurysms, or those taking medications such as blood thinners, steroids or anti-inflammatories such as ibuprofen or naproxen.

If they already take a daily aspirin now, they should ask a doctor about how to proceed, because there may be a serious risk to suddenly stopping.

## How to Use it Safely

The best approach is to talk to your doctor about the potential risks and benefits of aspirin specifically for you. Because the risk of bleeding raises with dosage, if aspirin is recommended, take the lowest possible amount, which for most people is an 81 mg baby aspirin. And if you experience any stomach pain, talk to your doctor.

You should also know that in 2016 the USPSTF suggested that daily aspirin use could also help lower the risk of colorectal cancer along with cardiovascular disease. But the group now says there's not enough evidence to support that claim.

*Send your senior questions to:  
Savvy Senior, P.O. Box 5443, Norman,  
OK 73070, or visit [SavvySenior.org](http://SavvySenior.org).  
Jim Miller is a contributor to the NBC  
Today show and author of "The Savvy  
Senior" book.*

## Can you detect self-neglect?

Self-neglect happens when older people no longer take care of themselves well. The behavior is usually unintentional. Seniors may not recognize these signs – but you can. Check in on loved ones, friends and neighbors. Take action when elders need help.

### Watch for warning signs:

- Self-isolation or isolation caused by others
- Lack of adequate food, water
- Dirty clothing or hygiene
- Unusually messy home, or a change in previous tidiness
- Lack of medication or medical aids; Untreated medical conditions
- Unpaid bills, eviction notices or utilities shut off



Shasta County  
Health & Human  
Services Agency

Do you suspect self-neglect or elder abuse?

Call Shasta County  
Adult Protective Services

**(530) 225-5798**

24-hour hotline. Don't wait to help someone in need.



KNOW ABUSE | REPORT ABUSE



# THE BACK PAGE

August  
Deadline  
Wednesday  
July 20

(530) 275-1716 • (530) 725-0925

## Need to run a LEGAL NOTICE?



The Intermountain News is adjudicated and accepts legal notices for Shasta, Lassen and Plumas counties  
(530) 725-0925  
P.O. Box 1030  
Burney, CA 96013  
news@northstate.news

**NorthState.News**

FIRST SATURDAYS

JULY 2 & AUGUST 6, 2022

5:00 pm Art Walk  
7:30 pm Dinner & Drinks  
8:00 pm Free Concert

LEE FONG PARK AMPHITHEATER  
101 Lorenz Rd., Weaverville, CA

Jul 2 - Taco Night!  
Beer by Trinity County Brewing Co.  
Free Live Music by One Sol

Aug 6 - Nacho Night!  
Beer by Trinity County Brewing Co.  
Free Live Music by Tiger Knife

WEAVERVILLE CHAMBER  
ASCENDA WILDERNESS EXPERIENCE

KIXE PBS  
DONATE ALL MONTH LONG AT  
TRINITYCOUNTYARTS.ORG

Proceeds support local non-profits



## Give in to the Groove



July 1 - Live music with  
Isaac Haile Selassie  
5 - 8 pm

August 5 - Black Widow  
Bellydancers  
5 - 8 pm



Watch our Facebook page for more exciting events  
coming to Riverfront Playhouse this summer!



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[www.RiverfrontPlayhouse.net](http://www.RiverfrontPlayhouse.net)



LASSEN COUNTY  
**FAIR**  
JULY 20<sup>TH</sup>-24<sup>TH</sup>, 2022  
COWBOY BOOTS & COUNTRY RIDES



Aaron Watson  
with special guest  
Matt Stell

Friday Night  
July 22  
@6PM



Aaron Watson's career is perhaps summed up best by Forbes, who says he's "one of country music's biggest DIY success stories."

For the past 20 years, Watson has achieved success on his own terms, hand-building a lauded career through songwriting, relentless touring and more than a dozen self-released albums. His independent Texas spirit and strong work ethic are emblematic of the western lifestyle; virtues which have taken him from humble honky-tonks of Texas to multiple sold-out tours around the world.

**Tracy Lawrence**  
**Saturday Night**  
**July 23 @7PM**

Tracy Lawrence is one of country music's truest traditionalists and this year he is celebrating his 30th anniversary in the Country music industry. His impressive catalog of timeless music has made Lawrence a mainstay in the genre selling more than THIRTEEN MILLION albums and charting EIGHTEEN No. 1 songs. He has garnered numerous CMA and ACM awards and nominations, as well as a Grammy nomination.



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- Beaded Jewelry
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Some items excluded. Expires 07/31/2022



A5