

Walking Through Every Open Door

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Statewide Award for Hazel Ave



The county's Department of Transportation received an award for the Hazel Avenue Improvement Project which widened the road from 4 to 6 lanes to reduce congestion from Highway 50 to Madison Avenue. Photo courtesy of Sacramento County

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - It has been less than a year since the County Department of Transportation (SacDOT) finished work on the final portion of the Hazel Avenue Improvement Project. It was a project designed to reduce congestion along Hazel Avenue and improve mobility for bicyclists and pedestrians, and that work recently earned SacDOT a statewide transportation award.

The \$60 million project caught the eye of the California Transportation Foundation, which presented SacDOT with its 2023 Local Street Project of the Year award on June 6. For more than 30 years, the non-profit organization has recognized transportation achievements,

innovations, and excellence throughout the state.

This year's award-winning project was the final phase of a fifteen-year effort to beautify Hazel Avenue from Highway 50 to Madison Avenue. The project widened Hazel Avenue from 4 to 6 lanes to reduce congestion while increasing safety and mobility for all modes of transportation.

Other significant improvements

Bikeways and ADA-compliant pedestrian facilities. These new bicycle and pedestrian facilities provide safe connections to the American River Parkway and the trail system adjacent to the Hazel Avenue Bridge and Lake Natoma; Public transit enhancements with new turnout lanes for buses so the traffic can keep moving; The turn-out lanes also

allow bus riders to board safely.

SacDOT Chief Civil Engineer, Steve White, accepted the award on behalf of the County. White praised Principal Civil Engineer, Melissa Wright, and her in-house design team, led by Project Manager, Tim Stevens and Project Engineer, James Eslabon, for designing and developing the final phase of the Hazel Avenue Improvement Project. Teichert Construction, Pacific Excavation, RNR Construction Inc., TRC Companies Inc., County Construction Management Inspection Division, and County Real Estate Division were also acknowledged as integral members for helping build the project.

White also pointed out that completion of the Hazel Avenue work

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CHP Distributes Over \$19 Million To Fight Impaired Driving

CHP News Release

SACRAMENTO, CA (MPG) -The California Highway Patrol (CHP) announced on June 26, 2023, more than \$19 million in grant funding to 71 California law enforcement agencies, crime laboratories, and nonprofit organizations to help address the dangers of driving under the influence of alcohol and/or drugs. Law enforcement recipients receiving the education and toxicology grants include Sacramento County District Attorney Laboratory of Forensic Services, Arrive Alive and Sacramento County District Attorney Crime Lab.

The grants are the result of Proposition 64, the Control, Regulate and Tax Adult Use of Marijuana Act, which tasked the CHP with administering grants for education, prevention, and enforcement programs to help communities combat impaired driving. Money is also available to crime laboratories conducting forensic toxicology testing. Funding for the grants comes from a tax on the cultivation and sale of cannabis and cannabis products sold in California.

"Communities throughout California will benefit greatly from the disbursement of these grant funds intended to help make California's roadways safer for all who use them," said CHP Commissioner Sean Duryee. "The money will be used to help enhance traffic safety by educating the public on the dangers of impaired driving, removing impaired drivers from the roadway through enforcement operations, and advancing research on the issue."

Fifty-four recipients of law enforcement grants will use funds to address impaired driving within their communities. In addition to traditional impaired driving enforcement, funds will also be used for drug recognition evaluator training to enhance their respective agency's ability to detect drug-impaired drivers. Additionally, funding will allow for public outreach campaigns, including educational presentations and community events.



Federspiel Park Improvements Complete!

By Shelby Golden, CRPD

RANCHO CORDOVA, CA (MPG) - On June 2, 2023, Cordova Recreation & Park District (CRPD) and the community celebrated the successful completion of the Federspiel Park Walkway Improvements Project!

This project began with the initiative of a dedicated community member, Angel Ball, who approached CRPD to support a funding request to the City of Rancho Cordova for a new walkway and site furnishings at Federspiel Park. CRPD was excited to work with and support the community on this project. The project had the backing of the community with over a hundred petition signatures and letters of support from Folsom Cordova Unified School District, It Takes a Lincoln Village Community Group and Bicycling Advocates for

Rancho Cordova.

After the City Council



Cordova Recreation & Park District Board of Directors, staff and community members celebrate the completion of the Federspiel Park Walkway Improvements Project. Photo courtesy of CRPD

approved the project, CRPD staff began the process of designing the walkway and getting all required permits. Soon, construction began on the park improvements and now the project is complete! This project truly demonstrated a community-initiated, multi-agency and multi-team project.

Today, instead of walking to school on the street, Federspiel Park neighbors have a safe park path to use each day. Residents

also now have new tables, benches and drinking fountains to enjoy.

CRPD is grateful to Angel Ball and the Federspiel Park neighbors for the way they have transformed and enhanced their community through their activism.

Enjoy Federspiel Park's new walkway and latest enhancements at 2549 Chassella Way, Rancho Cordova, CA 95670. For more information, visit

Cordova Recreation & Park District is one of the largest independent special districts in Northern California serving over 128,00 residents and four school districts in the greater Sacramento area. CRPD provides over 44 parks and recreation facilities, a full-service 18-hole golf course, as well as youth & adult sports, camps, enrichment classes, education programs and special events for the community.

www.crpd.com.

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State Parks Reopens Application Period for Peace Officer Cadet Exams

California State Parks News Release

SACRAMENTO, CA (MPG) -

California State Parks has reopened the application period for the State Park Peace Officer Cadet exams. The department invites individuals to "Live the Parks Life" as rangers or lifeguards in the nation's largest state park system. The new deadline to apply is Monday, July 31, 2023. Cadet academy graduates can serve the state as rangers and lifeguards to safeguard both visitors and the historical, cultural and natural resources found in 280 state park units. Offices are located near beaches or waterways, or in deserts, parks, museums, historic parks and state vehicular recreation areas.

"I know firsthand how rewarding it is to be a ranger to not only ensure public safety, but to educate our visitors about the rich history and amazing state parks available here in California," said California State Parks Director Armando Quintero. "We invite you to Live the Parks Life by applying to the State Park Peace Officer Cadet Academy."

The minimum age to be a peace officer is 21 years old. Candidates are required to have a valid California driver's license and have 60 units of college credits, with 21 units being general education.

The entire selection process for becoming a ranger or lifeguard takes approximately 15 months. The first step in the selection/ examination process is to mail, email or hand deliver an application during the open application period. The application is used to determine if the candidate meets the minimum qualifications for admission into the examination, which consists of the Peace Officer Standards and Training (POST) Entry Level Law Enforcement Test Battery written exam. This exam is used to admit the candidate into the next phases of the selection process, which include the



Serving in California's State Park System is a unique opportunity to make an everlasting impact on the state's natural landscapes. In the image: State Park Peace Officer Angelica Stevens and K-9 Halo. Photo courtesy of California State Parks

physical agility test, background investigation, oral interview, and medical and psychological evaluations. Successful applicants will be sent a notification to attend the eight-month-long POST-certified law enforcement academy.

The academy instruction prepares cadets physically, mentally and emotionally to enter the workforce as a state park peace officer ranger or lifeguard. Rangers and lifeguards are sworn officers equipped with a firearm and badge. Cadets will learn how to conduct investigations, make physical arrests, use firearms and perform emergency responses. Training also includes how to actively protect park resources, assist visitors and run interpretive programs.

Below are some frequently asked questions regarding the State Park Peace Officer Cadet Academy:

Do I have to carry a firearm to serve as a ranger or lifeguard?

Yes. Cadet training includes how to conduct investigations, make physical arrests, use firearms and perform emergency responses.

What is the age minimum and age maximum to apply?

Candidates must be at least 21 years of age to become a peace officer. State Park Peace Officer's mandatory retirement age is 65 years, but there is no maximum application age.

I have not completed two years of college yet. Can I still apply while I am still taking classes?

Candidates may be enrolled in college at the time of application

but must have at least 21 units of general education credits satisfying general education curriculum standards with courses (which may include courses in natural science, social science, mathematics, language and humanities). By the time of appointment, a candidate must have completed 60 semester units of study at a state-accredited college or university. A degree in park administration, natural sciences, social sciences, law enforcement or a related field is desirable.

Where is the Cadet Academy located?

Most cadets attend training at Butte College Law Enforcement Academy (Butte County). However, the department may utilize several academy sites, including Mott Training Center at Asilomar in Pacific Grove, South Bay Regional Public Safety Academy at Fort Ord in Monterey, and the Ben Clark Law Enforcement Training facility in Riverside. It is at the department's discretion to determine an academy location for each class.

Do I get paid while at the academy?

Yes. Cadets earn a salary; currently, the monthly salary range is \$3,930 to \$5,300. Most cadets start at the low end of the range unless they are a current state employee with a salary within the range.

To hire a workforce reflective of California's diverse population, California State Parks is committed to ensuring equal access and connecting all job seekers to opportunities through fair hiring and employment practices. For more information on the cadet exams, minimum qualifications, additional frequently asked questions and a timeline of the recruitment cycle, please visit LiveTheParksLife.com.

Please send questions regarding other employment opportunities at California State Parks to the Workforce Planning and Recruitment Office at recruiting@parks.ca.gov ★



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Sacramento County Sheriff's Office Welcomes New Volunteers



The Sacramento Sheriff's Department recruits VIPS for a variety of programs they offer the community. Photo courtesy of Sacramento Sheriff's Department

By Tamara Warta

SACRAMENTO COUNTY, CA (MPG) - On June 22, the Sacramento County Sheriff's Office announced they are looking for additional volunteers to round out the variety of programs they offer the community. Despite the fact many living within county lines are unaware volunteer tasks even exist, residents should know that the tasks available often coincide with duties of trained law enforcement. Many of the county's volunteers have experience working as a police officer or in emergency services, however, anyone who is of applicable age and meets the requirements is welcome to give their time.

According to the Sacramento County Sheriff's Office, there are currently five different divisions volunteers are welcome to apply to: The Sheriff's Amateur Radio Program (SHARP), Volunteer Reserve Officer, Volunteers in Partnership with the Sheriff (VIPS), Search & Rescue, and a youth program called the Sacramento County Sheriff's Office Explorer Program.

SHARP was created in 1977 after an increase in theft crimes hit the region. It was further inspired by the level of participation from the community that came about when the Police were working to apprehend the East Area Rapist. It became clear that year how valuable citizens were when it came to operating radio and helping to relay emergency information. All volunteers are licensed by the FCC, and, according to their website, "have the responsibility of assisting the Sacramento County Emergency Operations Center with any emergency requiring auxiliary communication."

VIPS meanwhile, provide clerical support, work in the Community Service Center, assist with Missing Person follow-ups, and patrol neighborhoods. They are granted authority to

report code and parking violations, perform vacation checks on homes, and other basic Officer duties as directed by patrol.

Margie, a VIPS since 2013 stated, "After I retired as a teacher, I wanted to give back to the community a little more and have something to do. The main reason I do this is to help the public and the small chores I do for the department keep that kind of thing off the shoulders of the deputies, so they are able to do more to keep us safe."

Those wishing to be a VIPS should note it is one of the biggest time commitments – the Sheriff's Office requires its volunteer team to give at least 16 hours per month – and participants should realize they won't necessarily be the most popular people in town. Since the VIPS are known for issuing citations throughout the County, they sometimes ruffle the feathers of those on the receiving end. When asked about the volunteer group, resident Stephanie Vasquez stated, "No thank you! You couldn't pay me to be around crooked people."

For those who have a passion for serving with law enforcement, volunteering at the Sacramento County Sheriff's Office is not just for adults. The Sheriff's Office Explorer Program is another group that's been around since the 1970s and is aimed at young people aged 14-20 who are interested in a career in law enforcement. As resident Bill Shanklin stated, the youth involved in the program are "our hope for the future."

Explorers learn self-defense, training in search and seizure laws and arrests, practice public speaking and learn to work on a team. There are also opportunities for Explorers to compete with sister groups around the nation.

If you wish to become a volunteer with the Sacramento County Sheriff's Office, you can request an application by emailing volunteers@sacsheriff.com or calling 916-874-7339.

Boy Scout Project Introduces Sightseeing to Heron Landing Community Park

By Patrick Owen, CRPD

RANCHO CORDOVA, CA (MPG)

- There's a new attraction at Heron Landing Community Park, and it's all thanks to a remarkable Eagle Scout project undertaken by a passionate young scout. With the installation of a brandnew binocular post, park-goers can now marvel at the diverse and vibrant wildlife thriving in the neighboring wetland preserve.

The Boy Scouts of America have long emphasized the importance of environmental stewardship and conservation. Scouts are encouraged to take an active role in their communities, particularly through their Eagle Scout projects. These projects serve as a platform for scouts to demonstrate leadership skills while making a positive impact on their surroundings.

Enter young scout, Gianni Chauppette, an aspiring environmentalist and nature enthusiast from Troop 363 who recognized the potential for wildlife observation at Heron Landing Community Park. Combining his passion for nature and dedication to scouting, Gianni proposed a unique project that would enhance visitors' connection with the surrounding environment. As part of his project, he was able to raise nearly \$11,000 thanks to contributions from 60 generous community members and Cordova Recreation & Park District.

After thorough research and coordination with park authorities, Gianni



New binocular post at Heron Landing Community Park. Photo courtesy of CRPD

led the installation of a pair of ADA-compliant stationary binoculars at a strategic location within Heron Landing Community Park. The binoculars provide park-goers of all abilities with a closer look at the fascinating wildlife inhabiting the adjacent wetland preserve, fostering a deeper appreciation for the delicate ecosystem.

By providing park visitors with access to nature viewing, Gianni has encouraged a greater connection with the environment, sparking curiosity and promoting conservation values. The increased understanding and appreciation for the wetland ecosystem fostered by this project can inspire individuals to take further action to protect and preserve natural habitats.

This new installation at Heron Landing Community Park stands as a testament to Gianni's dedication and commitment to environmental conservation. His project serves as a lasting feature that will benefit both current and future generations of park visitors. It also serves as an inspiration to other scouts and community members, showcasing the potential for impactful projects that benefit local ecosystems and communities. Gianni's achievement serves as a shining example of how one individual, driven by passion and commitment, can make a lasting positive impact on their community and the environment.

Learn more about the park at https://crpd.com/parks/heron-landing-park/.

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Statewide Award for Hazel Ave

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would not have been possible without the continuing support of the Sacramento County Board of Supervisors and our partnerships with local funding partners Fair Oaks Water District and Sacramento Municipal Utility District (SMUD). SMUD removed overhead powerlines and placed them underground, while

the water district used the project to upgrade its water system for residents and businesses.

The California Transportation Foundation's annual awards program was held in Sacramento at the Grand Sheraton where SacDOT beat out other local street project finalists from Truckee, Live Oak, and Caltrans.

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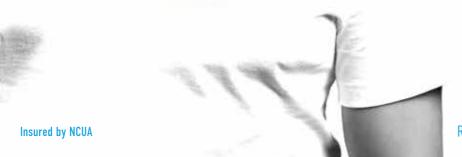
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5 Over 50 Award Recipients Honored

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Eighteen people were nominated for Sacramento County's 5 Over 50 Award, which recognizes volunteers in the County who are over the age of 50. During the Tuesday, May 23 Board of Supervisors meeting, Sacramento County's Adult and Aging Commission honored all of them.

Some of the award recipients wanted to share why they volunteer. They also wanted to highlight what they do to help others in Sacramento County.

One of the volunteers who was honored is John Seigal. He is a member of the Kiwanis Club of Rancho Murieta. He also volunteers at the Elk Grove Food Bank and the California State Railroad Museum. John has volunteered over 28,000 hours at the State Railroad Museum since 1999. John says he enjoys staying busy.

"I'm enjoying my life. I get up every morning and I have something to do," he explained.

John says being retired doesn't mean you have to lose your sense of purpose. He encourages older adults to get out and find ways to stay involved in their community.

"When you get to retirement age, what's the purpose in life? To sit around the house all day? No. Choose to volunteer, do what you want to do, and bloom where you're planted. Find out about all of the new things happening. Share your wisdom now that you are



The 5 Over 50 Award recognizes volunteers in the County who are over the age of 50. Photo courtesy of Sacramento County

older," said John.

Howard Hatch is another award recipient who loves history. He volunteers at the Sacramento History Museum. During the pandemic, he became a TikTok celebrity. Videos of Howard running the old printing press went

Now, he uses the videos to teach people around the world about his volunteer work and Sacramento's history. His fellow volunteer at the museum, Jared Jones, makes the videos. People love watching Howard so much, viewers have donated thousands of dollars to the museum. But Howard says he doesn't volunteer or star

in the videos for the fame. He loves running the printing press and teaching younger generations about history.

"I always figure, if you want to know something about what you're doing right now, you need to see where it came from and how it developed," said Howard.

Howard started volunteering at the Sacramento History Museum more than 20 years ago. Right now, he has no intention of slowing down. He plans on creating more videos to continue educating people. Those who have volunteered with Howard say they are thankful for his dedication

to the museum and want to recognize Howard for bringing so much attention to the museum.

Award recipient Marilyn Lewis was recognized for her dedication to keeping her community safe. She serves as Neighborhood Watch Coordinator in her Old Foothill Farms neighborhood. She's helped coordinate the community watch efforts for more than 11 years. She also goes out of her way to make new neighbors feel welcome by sending them letters.

"Marilyn is reliable, trustworthy, honest, and extremely loyal to our neighborhood. Our safe

community is a testament jokester and cheering up to her dedication," said those around him. Susan Holtgrave, who Other award recipients nominated Marilyn for the include:

5 Over 50 Award. Award recipient Ed Stone was a math teacher before he retired. Now, he uses some of those skills to build handrails to help older adults and people Carol Stirnaman, Maggie with mobility issues. Ed Roehm, Jeanmarie Willbee, Corecia Davis, Stone has volunteered Wayne Harmer, David at Rebuilding Together Sacramento for 20 years. Ishikawa, and Teresa Rebuilding Together helps vulnerable residents live in safe, healthy, efficient homes and neighborhoods. Fellow volunteers wanted to recognize Ed not just for his work but

Daniel Aderholt, Mark Baker, Mark Harrington, Dr. Ali Tucker Lichtenstein, Jayasri Mechineni, Nancy Woo, Sharon Ruffner,

Sacramento County's Adult and Aging Commission thanks all of the 5 Over 50 Award recipients for their dedication to making Sacramento County a great place to live.





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JULY **2023** GOLD RIVER MESSENGER • **5**

CSLB Sting Uncovers Unlicensed Contractors in Rancho Cordova

CSLB News Release

SACRAMENTO REGION, CA (MPG) - The Contractors State License Board (CSLB) recently partnered with the Sacramento County District Attorney's Office to conduct a highly successful undercover operation aimed at targeting unlicensed contractors. This operation took place in Rancho Cordova on June 7 and 8, 2023, and resulted in the identification of multiple individuals engaged in illegal contracting practices.

During the operation, CSLB cited 10 individuals for allegedly conducting contracting activities without the required license. These offenders have been issued Notices to Appear in criminal court, where they could face legal consequences, including fines up to \$15,000 and/ or jail time. Engaging in contracting work without a contractor's license is a misdemeanor offense in California.

The individuals targeted during this operation submitted bids ranging from \$1,500 for bathroom improvements to more than \$10,000 for concrete work. A California contractor's license is required to bid or contract for construction work exceeding \$500 in value, including materials

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and labor. CSLB remains steadfast in its mission to enforce contracting laws and protect consumers from unscrupulous individuals involved in unlicensed contracting activities.

Unlicensed contractors apprehended in this operation may also face additional charges for advertising their construction services without the necessary license. It is illegal under California law for anyone to advertise construction or home improvement work without a valid license in the advertised classification. If unlicensed individuals advertise contracting services, they must explicitly disclose their lack of licensure and cannot bid or contract for work valued at more than \$500.

"CSLB is unwavering in our dedication to protect homeowners from the risks posed by unlicensed contractors," emphasized CSLB Registrar David Fogt. "Our commitment includes providing continuous consumer education on the critical significance of hiring licensed contractors. We urge homeowners to verify a contractor's license before embarking on any construction project in California."

During the operation, it was discovered that some

individuals demanded excessive down payments before commencing work. California law strictly limits contractors to requesting no more than 10% of the project cost or \$1,000, whichever is less. Violating this provision constitutes a misdemeanor offense, punishable by substantial fines of up to \$5,000 or a potential one-year county jail sentence, or both

or both.

CSLB, in collaboration with the Sacramento County District Attorney's Office and other agencies across the state, will continue to work to combat unlicensed contracting activities. Together, they will enforce the law, promote consumer protection, and uphold the integrity of the construction industry.

For further information or to report suspected unlicensed contractor activities, please visit the CSLB website at www. cslb.ca.gov or contact CSLB toll-free at 1-800-321-CSLB (2752). For ongoing information and updates from CSLB, connect with us on Facebook, Twitter, Instagram, and YouTube.

CSLB operates under the umbrella of the Department of Consumer Affairs and licenses and regulates nearly 285,000 contractors in California. ★



No Second Mortgage!

Dear Dave,

My husband was recently told layoffs are about to happen at his company, and that it might be a good idea for him to start looking for another job. He has found a couple of good possibilities, but the jobs are located 100 miles away. In preparation for a possible move, we spoke with a real estate agent who told us we'd have to remodel our kitchen to sell the house. We've got about \$4,000 in savings, but the agent said remodeling would take between \$2,500 and \$3,000. Should we get a second

Dave Ramsey Says

mortgage to pay for the work?

– Natalie

Dear Natalie,

For starters, I'd suggest cutting expenses any way you can, living on a strict budget and saving as much cash as possible. But taking out a second mortgage? No! You don't want that hanging over your heads.

You might want to get another opinion on the kitchen remodel, too. Sure, a new kitchen would be nice, but would it be a make-or-break kind of thing if you decide to sell your home? Probably not, unless it's in really terrible shape right now. Regardless, there's no way I'd go into debt to make this happen. I mean, your house isn't even on the market yet. There's no reason to fix up a house that's not for sale, especially

when you've got just \$4,000 to your names.

My advice is to wait and see how the whole job situation plays out before making any big decisions. Then if you end up selling the house and moving, you might take \$500 or so from savings to freshen up the kitchen a little bit.

-Dave

*Dave Ramsey is an eight-time national bestselling author, personal finance expert and host of "The Ramsey Show." He has appeared on "Good Morning America," "CBS This Morning," "Today," Fox News, CNN, Fox Business and many more. Since 1992, Dave has helped people take control of their money, build wealth and enhance their lives. He also serves as CEO for the company Ramsey Solutions.

SAFE Credit Union Awards \$24,000 in Scholarships

SAFE Credit Union News Release

SACRAMENTO REGION, CA (MPG) - SAFE Credit Union is awarding \$24,000 in scholarships to 12 Amador, El Dorado, Placer and Sacramento area 2023 high school graduates.

Doubling its annual award from previous years, SAFE gave each recipient a \$2,000 scholarship.

"Congratulations to this year's remarkable group of scholarship award winners," says SAFE Credit Union President and CEO Faye Nabhani. "We are proud to support you in your educational journey toward rewarding and fulfilling careers."

SAFE offers 10 high school scholarships to its members and to two SAFE employee family members each year.

This year's winners are Dulce Terrazas Villa, (Bella Vista High School), John Hayes (Whitney High School), Grace Gonzales (Roseville High School), Analaura Gasca, (Center High School) Derek Larson (Christian Brothers High School), Shamar Knox, (C.K. McClatchy High School), Rosalinda Sanchez-Gonzales, (Union Mine High School), Sofia Perez-Lanza, (St. Francis



Dulce Terrazas Villa, Bella Vista High School. Photo courtesy of SAFE Credit Union

High School); Abigail Rose, (Mesa Verde High School), Emma Lee, (Amador High School), Olivia Moniz, (Rocklin High School), and Tait de Boer (C.K. MClatchy High School).

The scholarships – offered to high school seniors with membership ties to SAFE and who plan to continue their education at college, community college, trade school or university – were awarded based on grade point average, personal statements, and letters of recommendation.

"Congratulations to this year's scholar-ship recipients – you rocked it," says SAFE Community Impact Specialist Brit Kelleher. "Our scholarship committee was very impressed with your award submissions, and we are so happy to be



Abigail Rose, Mesa Verde High School. Photo courtesy of SAFE Credit Union

able to support you as you further pursue your education."

Since first offering the scholarships more than 20 years ago, SAFE has awarded over \$200,000 to students living in the 13 Northern California counties the credit union serves.

To be eligible, high school applicants must attend schools in Alameda, Amador, Butte, Contra Costa, El Dorado, Nevada, Placer, Sacramento, San Joaquin, Solano, Sutter, Yolo and Yuba counties and be members of SAFE, or their parents or guardians are members of SAFE.

SAFE annually gives the awards as part of its commitment to the credit union principle to share its success with communities, as well as its three pillars of philanthropy: education, health and veterans.

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(Dr Stirton)...is wonderful and attentive. He is very knowledgeable and I feel wonderful after my adjustments! Richard C (google review)

More than just an adjustment. Dr Stirton helped...with my shoulder pain...made it so I can enjoy what I do... without chronic pain. Rebekkah F (yelp review)

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Governor Signs Bill to Strengthen **Domestic Violence Restraining Orders**

Office of Assemblymember Jesse Gabriel

SACRAMENTO, CA (MPG) - Governor Gavin Newsom recently signed into law Assembly Bill (AB) 467, a bipartisan measure authored by Assemblymember Jesse Gabriel (D - Encino) that will strengthen the ability of judges to grant and modify domestic violence protective orders.

"At a time in which violence against women and domestic abuse have increased to record levels around the world, it is crucial that we ensure domestic violence restraining orders are offering the fullest possible protection," said Assemblymember Gabriel. "This legislation will clarify a judge's authority over these orders, and extend the amount of time a court can modify the orders to ensure that we are providing ample protection to victims of domestic abuse."

Santa Clara County District Attorney Jeff Rosen, sponsor of the bill, hailed the new law as crucial to make sure that victims of crime can petition the court to change the terms of restraining orders during the 10-year lifetime of those orders. In some instances, victims will need more protections from the court, and in others fewer. District Attorney Rosen said, "Giving judges the ability to modify

their own court orders will help victims of domestic violence manage the protections to keep them safe. We are so grateful to Assemblymember Jesse Gabriel for championing this important new law."

Ambiguity in current law has left some courts confused as to when and for how long they have authority over domestic violence restraining orders and when they can modify provisions related to contact between the restrained person and the protected person, which can either be a "peaceful contact order" (PCO) or a no contact order (NCO). Victims often seek to modify the order from PCO to NCO or

Some courts have determined that if the defendant is no longer serving a sentence and is not on probation, they do not have the jurisdiction to modify the order, even if both the victim and defendant request it. This confusion in current law is detrimental to both victims and defendants. AB 467 gives sentencing courts the authority to modify the terms of a peaceful contact order or no contact order and make modifications to the order throughout the duration of the domestic violence protec-

Jesse Gabriel proudly represents the San Fernando Valley in the California State Legislature.



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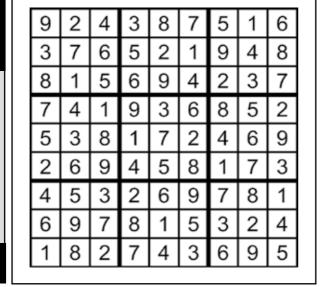
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8 • GOLD RIVER MESSENGER JULY 2023



COBRA, Health Insurance, Covered California, Medicare: Researching Plans By Tim Coughlin

If you've been covered by group health insurance through your employer for a while and now find yourself in need of getting your own health insurance or choosing between COBRA, Covered California, or Medicare, evaluating the numerous options can feel overwhelming.

Determining plan premium costs, Covered California "Premium Assistance" amounts, Medicare costs based on income, plan deductibles, copays, out-of-pocket maximums, and making sure the doctors you want to see accept the plans are essential to making a good decision. Not being familiar with all the rules, enrollment deadlines, provider network, and the pros and cons of each option can result in paying more than you need to or getting coverage that doesn't best meet your needs.

The services of a local insurance agent can help make the process of choosing the right plan easier by saving you a significant amount of time and effort trying to sort out all the options. People new to this process may not know that they don't pay fees for the services of an independent agent. Instead, agents are paid by the insurance companies.

When looking for an agent, you will want to consider what the agent specializes in since insurance agents can represent various kinds of policies as well as how long they have been in the industry. Reading their reviews can help you learn more about their quality of service.

If you work with a "captured" insurance agent who only represents one carrier, you may miss out on more affordable policies or plan options with stronger coverage. By working with an independent insurance agent who represents multiple carriers, you'll be provided with several coverage options to consider. And when you work with your neighborhood insurance agent, you will also benefit from their knowledge of the local market and can count on their services for the years to come.



Tim Coughlin is an award-winning independent agent in Gold River specializing in Medicare and health insurance for over 35 years. He can be reached at (916) 346-4417, by email at tim@summitindins.com, or through the agency website; summitindins.com. (LIC # 0669552)



Spend the summer with the Stellis Trio, featuring three Symphony d'Oro musicians: Carlos McMillan Fuentes on piano; Lorraine Crozier on violin; and Chris Allen on cello. The Trio will play in July at the locations below. Come join us for a fun mixture of music and conversation with the trio musicians.

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Friday, July 21, 11:30am Rancho Cordova Lunceon, Rancho Cordova City Hall







GOLD RIVER MESSENGER • 9 **JULY 2023**

Walking Through Every Open Door

Advice and Insights from Diplomatic Consultant W. Bruce Lee

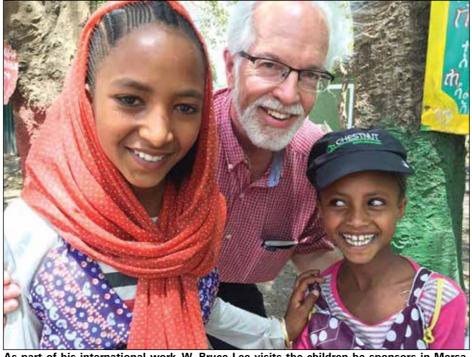
Story by Shaunna Boyd

SACRAMENTO REGION, CA (MPG) - W. Bruce Lee is a man of experience and humility, and he said he attributes his success to always saying yes to the next challenge — accepting the next invitation, undertaking the next assignment, choosing to "always walk through doors that are open for me."

Lee's work spans the industries of government, business, and education. He has taught at the University of Phoenix and William Jessup University, worked in the Governor's Finance Department for the State of California, and worked as a business coach for various national corporations. Lee has served in the halls of government most of his life — running statewide initiatives, twice elected as Mayor of Loomis, and elected as Director of the Placer County Water Agency, among other offices. Currently, he serves as the executive officer of the Phoenix Correspondence Commission, a nonpartisan governmental entity (established by all 50 states) that works to balance State and Federal authority.

In recent years, Lee has turned his skills toward diplomatic consulting—helping communities, businesses, and governments around the world find pathways to success as well as hope for the future.

Born and raised in the Sacramento Region, Lee has traveled the world, advising organizations in places such as Nepal, Singapore, and China. He has worked in South America,



As part of his international work, W. Bruce Lee visits the children he sponsors in Mersa, Northern Ethiopia. Photo provided by W. Bruce Lee

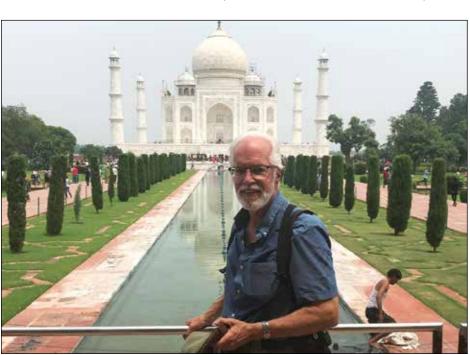
In all nations — regardless of differing systems of government, economy, and cultural standards — the same basic needs exist. And people always seek to overcome challenges, achieve their goals, and better their lives. But Lee has also seen that "there is a human tendency toward selfishness, and selfishness creates greed, which in government will lead to shortterm benefits in one's own self-interest, but does

be people who are willing to stand up," said Lee, "and look not at what is right for themselves, but what is right for their constituents, and for their society as a whole." Practical soluimproving the situation — and Lee strives to help everyone find that hope. "We need to exercise sound critical thinking and wisdom in how we approach our problem solving," said Lee. "We have to take responsibility for ourselves and for our society."

In his life, Lee spends his time and money investing not in himself, but in others, wherever he sees a need: "Wherever I am able to be of benefit, it is my honor and privilege to be of service," said Lee. "I can offer what I have."

As a deeply religious man, Lee credits God for his many accomplishments. "God has been good to me," said Lee. "I live in a country where I've been able to get a good education and develop useful skills. God has treated me much better than I deserve. And it's easy to take these things for granted, but it's essential that we do

Seeing the struggles of communities around the world has broadened Lee's perspective. He believes that many Americans don't realize how fortunate they are. "Our social, economic, and political freedoms are hard-won," said Lee. "Diligence is necessary in their protection, otherwise they may easily slip away." For many around the world, America is "still the light on the hill," said Lee. "They see we're doing things differently, and we need to protect that."



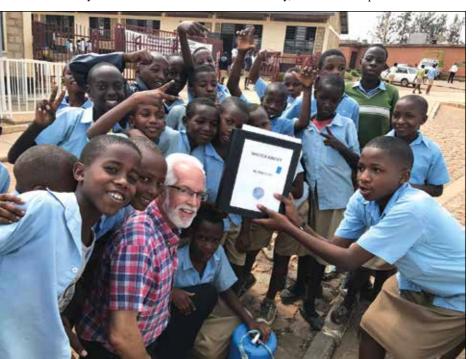
W. Bruce Lee at the Taj Mahal in Northern India, where he worked to develop leadership training programs and advised on the ongoing relationships between India and Pakistan. Photo

Australia, New Zealand, Europe and Eastern not create any long-term sustainability." Europe, the Middle East, and various African countries -including Cameroon, Rwanda, Ethiopia, Zimbabwe, Tunisia, Uganda, Nigeria, and South Sudan.

Lee has found that all societies are built upon three main systems: economic, government, and culture. And every society is unique in the way these features integrate and reinforce each other. But Lee cautioned that different cultures don't always support the same economic or governmental systems. So, as an outsider in these countries, Lee said, "I don't assume." His first and most important step is to listen: "You tell me what you need, and then I can help to achieve those results."

And the same can be seen in businesses and local communities. "Throughout the world, the powerful often abuse the powerless," said Lee. 'Whether that power is political, economic, or positional, the ills of the world stem from the motivation of self-interest and greed. The powerful take advantage of their power and use it to benefit themselves at the expense of others."

Lee explained that in nations with corrupted governments, the surrounding communities are afflicted by "massive deprivation" — overty, lack of opportunity, and no hope for the future. A society in such crisis is not a strong or sustainable system. To have a successful government that can be sustained long-term, "there must



In Juba, South Sudan, W. Bruce Lee instructs boys on leadership skills and how to make the most of their future, while also consulting with the National Legislature. Photo provided

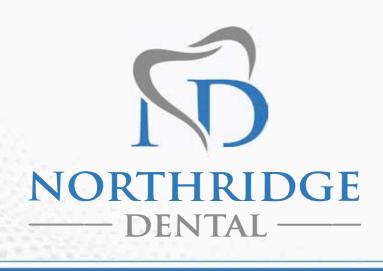
tions are needed, so that is where Lee comes in, offering guidance on how governments can provide opportunities that better serve their people, creating stronger communities that support a stronger nation. In business settings, the advice is similarly applied: better products and services create a more satisfied customer base, better employee morale, and a stronger company for the long term.

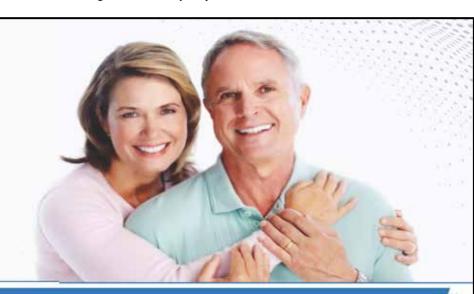
Whether in a classroom, boardroom, or the legislature of foreign governments, Lee said the core of his work is about "equipping people" and showing them that there are practical solutions to every challenge. He often sees "a lot of activity, with plenty of energy and money to make things happen — but a lack of results." While people often want an easy answer, Lee cautions that there is "no one right answer, no magic bullet." Change takes effort and discipline. There are answers, and while they won't come overnight, there is always hope for

Lee cautioned that many people here live lives of privilege and feel no sense of responsibility toward others. But Lee said, "We have a massive responsibility to our community." Whatever skills each of us have, Lee believes we are called to use them for the good of others, whether that is in construction, farming, teaching, etc. "If it benefits people in a tangible way, inspires them, gives them hope—that's a blessing," said Lee.

His advice can be boiled down to a simple message: "Let's love our neighbors. Let's not take things for granted. Let us be of good hope, because whatever challenges we may see around us, they are resolvable if we work together in a civilized way, not marred by violence in word or action. ... Let us seek to honor each other and learn from each other. All of that takes commitment and humility.'

To learn more about Lee's work, visit https:// wbrucelee.com/the-work-of-bruce/.





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NUTRO WHOLESOME ESSENTIALS DRY DOG FOOD

Lamb Meal & Rice 30 Lb Bag •Adult •Large Breed •Small Bites •Healthy Weight

Effective 7/12/23 - 7/18/23 ARM & HAMMER

SUPER SCOOP CLUMPING CAT LITTER 20 Lb Box *Unscented *Double Duty (Clump n Seal 19 lb, Slide 19 lb **\$13.99**) (*Absorbx 15 lb

Per Family

Effective 7/12/23 - 7/18/23

\$**10**99

EUKANUBA DRY DOG FOOD

30Lb Baa Limit 2 Baas Per Family •Medium Breed Adult •Large Breed Adult •Large Breed Senior •Large Breed Puppy •Large Breed Lamb

Large Breed Fit & Body 28 Lb Our Discount Price Effective 7/12/23 - 7/18/23

SCOOPAWAY **CLUMPING CAT LITTER** 42 Lb Bag

Multi-Cat Formula

Limit 2 **Per Family**

Per Family

Effective 7/12/23 - 7/18/23 Effective 7/12/23 - 7/18/23 PURINA PRO-PLAN
CANNED CAT FOOD
Selected Varieties 3 Oz
(Focus & Selected Varieties \$1.35) Limit 1 Case Natural
Grain-Free

Primitive Feast • Great Plains Feast • Meadow Feast • Coastal Catch
• Weight Control • Large Breed 25 lb Bag Limit 2 Bags FANCY FEAST 3 Lb Bag DRY CAT FOOD
(Purina One Dry Cat Food 3 Lb. \$**2**49 Limit 2 Cases **EARTHBORN**HOLISTIC CANNED CAT FOOD

Selected Varieties

Including •Catalina Catch •Harbor Harvest \$ 125 \$ 179
•Monterey Medley •Chicken Catcciatori 3 Oz. 5.5 Oz. ACANA **DRY DOG FOOD**

10% off

CORE GRAIN FREE
DRY DOG FOOD •Original •Reduced Fat •Ocean 22-24 Lb bag

9 LIVES DRY CAT FOOD •Grilled Tuna & Egg 12 lb Bag Limit 2 Bags Per Family

MEOW MIX CAT FOOD Market Fresh 2.75 Oz Cup Limit 1 Case **69**[¢]

ODOR LOCK ULTRA PREMIUM CLUMPING CAT LITTER 20% OFF

NATURALLY FRESH CAT LITTER 100% Natural

14 Lb Bag Limit 2 Bags Pellets \$599 Clumping \$999 Multi-Cat \$1099 • Probiotic • Gently Scented • Scent Free Natural & Extra Strength)

BOXIE CAT CAT LITTER

28 Lb \$300OFF \$200OFF 16 Lb DIAMOND PRO 89 DRY DOG FOOD

MIDWEST METAL PRODUCTS •Exercise Pens •Folding Crates

 Ovation Trainer 20%

SCOTT PET PORK CHOMPS NUTRI CHOMPS **OFF** VAN NESS CAT PANS

REGULAR HI-SIDES
Large CP2 53.99 Large CP2HS 55.99 Giant CP3 *6.99 Giant CP3HS *7.99

0% OFF **MULTI-PET**

SOFT DOG TOYS

All Varieties SENTRY FLEA & TICK PRODUCTS (Excluding Fiproguard)

•Sentry Home •Squeeze-On •Natural
Defense •Shampoo •Sprays •Collar

OUR SUPER LOW PI

BOXED GLASS TANK WITH STARTER KIT

10 Gal Tetra LED Deluxe.

29 Gal Tetra LED Deluxe . . **\$136.99** \$66.99 20 Gal Tetra LED Deluxe . \$113.99 55 Gal Tetra LED Deluxe . \$224.99

AQUEON PRE-PRICED AQUARIUM KITS . (Pre-Priced \$79.99) (Pre-Priced \$124.99 (Pre-Priced \$139.99) (Pre-Priced \$229.99)

TETRA WATER TREATMENT

Effective 7/12/23 - 7/18/23

BONUS COUPON FANCY FEAST **GOURMET CANNED CAT FOOD**

3 Oz - All Varieties Except Elegant Medley Limit One Coupon Per 1 C...

Limit One Coupon Per 1 C...

Price Valid Only With Coupon

Effective 7/12/23 - 7/18/23 Limit One Coupon Per Family Price Valid Only With Coupon Effective 7/12/23 - 7/18/23

FRISKIES PARTY MIX CAT TREATS 2.1 Oz •Selected Varieties

OFF

BONUS COUPON

BONUS COUPON JONNY CAT

PREMIUM CAT LITTER Limit 1 Bag With Coupon Limit One Coupon Per Family Price Valid Only With Coupon