



Keeping Civil War History Alive

PAGE 4

CRPD Staff Donates to Unhoused Students

PAGE 9



Gold River Messenger

VOLUME 11 • ISSUE 2

Serving Gold River and Sacramento County

FEBRUARY 2023

SEE INSIDE

VIRTUAL REALITY COMES TO TRAINING FIREFIGHTERS



PAGE 8

VITALANT AT TEMPORARILY CLOSED



PAGE 2

CSLB URGES TO HIRE LICENSED CONTRACTORS



PAGE 8

Cautiously Optimistic



On left is Diann Rogers, president and CEO, Rancho Cordova Chamber of Commerce with Business Outlook featured speakers Sadie St. Lawrence, founder and CEO, Women in Data; and Dr. Sanjay Varshney, PhD, CFA, founder and principal, Goldenstone Wealth Management. Photo by Margaret Snider

By Margaret Snider

RANCHO CORDOVA, CA (MPG) - The 2023 Business Outlook and Economic Forecast, sponsored by the Rancho Cordova Chamber of Commerce, presented statistics, economic information, and opinions of involved and informed people in the know about our area. Featured speakers on Friday, February 3, included Dr. Sanjay Varshney, founder and principal of Goldenstone Wealth Management and Sadie St. Lawrence, founder and CEO, of Women in Data.

Varshney, who is also chief economist for the Sacramento Business

Review, as well as professor of finance at California State University, Sacramento, began the subject of his address to the sold-out crowd at Sacramento Marriott Rancho Cordova with, "Is the Sacramento Region Ready for a Recession?" He continued with this: "Is the party over and has the hangover begun?" He followed it with a quote from Warren Buffet, "Only when the tide goes out do you know who has been swimming naked."

Varshney comes originally from northeastern India. He has lived in the United States for 34 years and the Sacramento area for 18 years. "I do a lot of economic forecasting for the

region," Varshney said. "I've been doing it for the last 14 years in a row."

He earned an undergraduate degree in accounting and financial management from Bombay University, a master's degree in economics from the University of Cincinnati, and a PhD in finance from Louisiana State University in Baton Rouge. He also holds the Chartered Financial Analyst (CFA®) designation.

"We have a good tailwind," Varshney said. This includes low inventories, chronic underinvestment in housing, and household formation. "We made fun of the millennials," Varshney said. "They were living in

Continued on page 3

Heidi Sanborn Elected SMUD Board President



Heidi Sanborn. Photo courtesy of SMUD

SMUD News Release

SACRAMENTO REGION, CA (MPG) - SMUD's Board of Directors elected Heidi Sanborn as President of the Board. Her term as president will run from January through December 2023. Director Sanborn was first elected to the SMUD Board of Directors in 2018 and represents Ward 7, which includes North Highlands, northern Arden Arcade, Carmichael, Antelope and Foothill Farms.

Sanborn is the Founder of the National Stewardship Action Council and has served as its Executive Director since 2015. She is also the founding Director of the California Product Stewardship Council where she worked for 12 years. These nonprofits are dedicated to reducing waste, increasing recycling and advocating for an equitable, circular economy.

She was later appointed by State Treasurer Fiona Ma to the Green Bond Market Development Committee in 2019, tasked with raising billions to build climate-friendly infrastructure. She was also appointed by CalEPA to serve on the Statewide Commission on Recycling Markets and Curbside Recycling in June of 2020 and was elected Chair. The voluntary Commission submitted 34 policy recommendations to the California Legislature, many of which were passed in 2021 and 2022.

Sanborn has a personal interest in going green. Sanborn and her husband have remodeled their current home to include solar panels, used the SMUD store to replace old lighting with LEDs, and used SMUD rebates for a new heat-pump water heater and HVAC units. She is also proud to be a SMUD Greenergy® customer.

Sanborn is also active in the community. She is on the Board of the Children's Receiving Home of Sacramento and is co-chair of the Giving Tree committee of the Kiwanis Club of Carmichael, which recently planted 12 trees from the Sacramento Tree Foundation at Cameron Ranch Elementary School. She served as the President of the Sacramento Chapter

Continued on page 5

SacRT Receives Gold Award

SacRT News Release

SACRAMENTO, CA (MPG) - The Sacramento Regional Transit District (SacRT) has been awarded the Transportation Security Administration's (TSA) Gold Standard Award for its transit security and emergency preparedness programs. This prestigious award is the highest recognition TSA can give to a transit agency for achieving top scores during an annual review of 17 categories of security and emergency preparedness elements. Out of the 6,800 public transit agencies the TSA oversees, SacRT is one of only four nationwide to receive this recognition this year. SacRT was presented the award during the SacRT Board of Directors meeting on January 23, 2023.

The review evaluates several aspects of a transit agency's operations including the security plan; security training; drills and exercise programs; public outreach efforts; and background check processes.

"TSA is pleased to

recognize SacRT for achieving excellence in its transit security and emergency preparedness programs. The Gold Standard Award symbolizes SacRT's adherence to its customers, its commitment to core principles and its leadership in mass transit security," said TSA Assistant Administrator Sonya Proctor, the agency's lead official for surface security. "We are

proud of the strong partnership between TSA and SacRT and commend them on their continued commitment to transportation security."

"The safety and security of our passengers and employees is our top priority every day," said Henry Li, SacRT General Manager/CEO. "We are honored to be recognized for our hard work and commitment to strive

for the highest level of excellence."

"SacRT is a regional pillar, ensuring that our neighbors can get where they need to go in a safe and efficient manner," said Congresswoman Doris Matsui. "The TSA Gold Standard Award is a well-deserved recognition - showcasing SacRT's commitment to their riders by prioritizing their safety

Continued on page 2



SacRT Receives TSA Gold Standard Award for Transit Security and Emergency Preparedness Programs. Courtesy SacRT



Scan our QR Code for a direct link to our online edition!

OR CURRENT POSTAL CUSTOMER



PRSR STD U.S. POSTAGE PAID RANCHO CORDOVA, CA PERMIT NO. 91

Bera and Kiley Join Bipartisan Effort in Support of Iranian Protestors



Ami Bera, M.D. (D-CA) and Kevin Kiley (R-CA) participated on January 27, 2023, in a bipartisan event at the U.S. Capitol in support of human rights protestors in Iran. Photo courtesy office of Representative Ami Bera

Office of Representative Ami Bera, M.D.

WASHINGTON, DC (MPG)

Sacramento-area Representatives Ami Bera, M.D. (D-CA) and Kevin Kiley (R-CA) released the following statements after participating on January 27, 2023, in a bipartisan event at the U.S. Capitol in support of the human rights protestors in Iran.

“As a senior member of the House Foreign Affairs Committee, I stand in strong support of the brave citizens across Iran who have taken to the streets to fight for their fundamental human rights,” said Representative Ami Bera. “Despite Iranian police meeting demonstrators with horrific and brutal force, the brave people of Iran continue to risk their lives to fight for their rights, justice, and freedom. I will continue to

stand with my colleagues of both parties to demand justice and accountability for the courageous women and men who have lost their lives at the hands of Iranian authorities.”

“These have been trying times, fearful times, but also hopeful times. It is so important that we stand united, as we are today, on a strong bipartisan basis in supporting the bravery, heroism, and resolve of the people of Iran. I want to thank everyone in the amazing Iranian American community in my district and across California, and promise I will do everything in my power to tilt the pendulum towards hope,” said Representative Kevin Kiley.

Last fall, the death of 22-year-old Mahsa Amini at the hands of Iranian “morality police” sparked widespread protests across Iran and around the world. The inhumane actions

taken by state police in response to these protests have resulted in the death of hundreds of demonstrators including dozens of children.

On January 25th, the House of Representatives passed a bipartisan resolution recognizing the bravery, courage, and resolve of the Iranian people during their ongoing protests against the Iranian regime’s human rights abuses. The resolution was cosponsored by both Representatives Bera and Kiley and passed the House of Representatives with overwhelming bipartisan support.

Representatives Bera and Kiley both spoke today at a bipartisan event hosted by Representative’s Claudia Tenney (R-NY) and Josh Gottheimer (D-NJ). Iranian-British activist and actress Nazanin Boniadi also spoke at the press conference. ★

Vitalant at Fair Oaks Temporarily Closed Beginning February 14

Story and photo by Thomas J. Sullivan

FAIR OAKS, CA (MPG) - The Vitalant blood donation center at 11713 Fair Oaks Boulevard in Fair Oaks near the corner of Fair Oaks Boulevard and Madison Avenue in the Almond Plaza will temporarily close for at least eight weeks starting on, or about February 14 as necessary repairs to a deteriorating concrete floor and other general interior improvements are made.

“Until that upcoming closing date, it’s business as usual,” said Lorraine Schlak, RN, BSN, supervisor of the Fair Oaks blood donation center. Schlak has worked for Vitalant for over 26 years, and truly loves her work.

“There continues to be an urgent need for both blood and blood plasma. We want the public to know during our temporary closure, that their donations are welcomed and encouraged at all of our nearby Vitalant facilities,” said Schlak.

This is the first significant closure for Vitalant since it moved to the Fair Oaks location 12 years ago. The closure affects 12 medical donation staff members who will be reassigned to other local Vitalant centers while equipment and office furnishings are placed in temporary storage.

Two full-time technicians will work from the Vitalant Granite Bay location on Saturday and Sunday, days in which that location would normally be closed. The Granite Bay donation is located at 8425 Sierra College Boulevard.

The Fair Oaks center has 15 donation stations, that on average, receive 600 whole blood donations per month. Each whole blood donation takes about 45 minutes to complete from intake



Lorraine Schlak, RN, BSN, supervisor of the Vitalant Fair Oaks blood donation center.

interview screening to post-donation patient recovery where volunteers serve snacks and refreshments.

The average time to complete a plasma donation is longer, she said. “We typically receive 24 plasma donations per day, or up to 120 each month,” she said.

“We will be reaching out through social media, email and phone calls to our regular donors and many volunteers about the upcoming closure in the weeks ahead.”

“We’re especially grateful to our many regular volunteers who actively support our center and speaking of our long-time donors, we don’t want to lose any of them,” she said. “They are much too important to us, and we count on them.”

After February 14, telephone calls to Vitalant (877) 258-4825 will refer all blood or plasma donation appointments to other nearby facilities including 3099 Fair Oaks Boulevard in Sacramento, 150 Natoma Station in Folsom and 8425 Sierra College Boulevard in Granite Bay.

Vitalant remained open during the pandemic with protocols in place as it accepted donations. A lobby waiting area has re-opened, post donation snacks are being served and masks

are no longer required but encouraged.

Prospective donors should visit: www.vitalant.org/Donate/Health-History-Questionnaire to view basic donation requirements. Appointment pre-registration and screening is encouraged, said Schlak.

Founded in 1943, Vitalant is one of the nation’s oldest and largest non-profit transfusion medicine organizations, comprising a network of about 120 community blood centers. In all, Vitalant provides lifesaving blood and comprehensive transfusion medicine services for about 900 hospitals and their patients across the U.S.

According to Vitalant, every day in the U.S., patients in hospitals, surgical centers and emergency treatment facilities need approximately 29,000 units of red blood cells, 5,000 units of platelets and 6,500 units of plasma.

All healthy donors are urged to donate now, she said. “If you’ve had COVID-19 and have been symptom-free for 10 days, you are eligible to donate,” she said. “Whatever your COVID-19 vaccination status, you are absolutely allowed to give blood or platelets.” ★

SacRT Receives Gold Award

Continued from page 1

and security. I applaud SacRT for continually going above and beyond for our community.”

“Congratulations to SacRT for being recognized with the Gold Standard Award, one of only four transit agencies nationwide to receive this prestigious award for security this year,” said Congressman Ami Bera, M.D. “SacRT continues to be a national leader in transit security and emergency preparedness, and its implementation of innovative security programs has ensured the safe and secure transportation of Sacramento-area riders for decades.”

“I’m thrilled. This is a big deal. The fact that we have gotten this twice is illustrative of the changes we have made to make our system clean, safe, and convenient. This is an example of how we are looked at as a leader in the industry,” said SacRT Board Chair Patrick Kennedy.

TSA has oversight of 6,800 public transit agencies in the country. Every year, the TSA assesses a select number of transit agencies nationwide for evaluation through its Baseline for Security Enhancement (BASE) program. A select few achieve scores high enough to receive the Gold Standard Award.

In the most recent round of BASE evaluations, TSA reviewed 108 transit agencies. This is the second time SacRT has earned the Gold Standard Award, the first award was in 2019.

SacRT has substantially upgraded its overall safety and security operations in recent years, creating a sophisticated multi-faceted system that includes a 24-7 Security Operations Center (SOC) where SacRT crews monitor over 1,000 live-feed video cameras throughout the bus and rail system. SacRT has several thousand security cameras in use, many of

them video cameras, on buses, light rail trains, at all light rail stations and at other SacRT facilities.

The SacRT SOC is operated in a shared facility with the Sacramento Police Department’s security operations center and can be jointly used by police and SacRT as a command center during emergency operations.

The agency also currently employs 32 Transit Ambassadors, 30 sworn police officers, 20 private security guards, and 10 monitors at the SOC hub. Notably, SacRT also employs a social service practitioner who often takes the lead

working with issues involving the unhoused to better connect them with resources.

SacRT’s mission to dramatically improve safety and security in every corner of its system has resulted in several other national award recognitions, including the 2021 Women in Transportation Innovative Solutions Award for SacRT’s Social Worker Program; 2021 American Public Transportation Association’s Rail Safety Gold Award; 2020 American Public Transportation Association’s Rail Safety Gold Award; and 2019 Federal Transportation Security Administration’s Gold Standard Award for System Security. ★

LOCALLY OWNED SINCE 1955

Your e-Bike Headquarters

9920 FAIR OAKS BLVD.
FAIR OAKS, CA 95628
(916) 961-6700
(Corner of Fair Oaks and Sunrise)

378 NORTH SUNRISE AVE. STE 300
ROSEVILLE, CA 95661
(916) 784-2255
(Across from the Auto Mall)

bobsyclecenter.com

America's Choice in Homecare

Visiting Angels
LIVING ASSISTANCE SERVICES

Select Your Caregiver®

- Meal Preparation
- Light Housekeeping
- Errands & Shopping
- Bathing Assistance
- Dressing Assistance
- Hygiene Assistance
- Assistance with Mobility
- Friendly Companionship
- Flexible Hourly Care
- Respite Care for Families
- Medication Reminders

916.971.9333

www.VisitingAngels.com/Sacramento

Each Visiting Angels agency is independently owned and operated. Lic. #344700003

Prepare and Stay Optimistic, Say Business Outlook Speakers

Continued from page 1

their parents' basement at age 35, not getting married, not having children, not buying a house, not buying a car. That's changed." Further tailwinds are the millennials finally coming into wealth so they can actually spend money, the consumer remains strong, the job market remains strong.

Countering the tailwinds are the headwinds: employer layoffs, workers being asked to return to the office, inflation remains persistent, policy errors by the Federal Reserve and Congress.

"Then what happens if the whole thing goes radically wrong, which affects policy and we enter a period of stagflation with high inflation?" Varshney said, "So I made these comments last year, too, right? And I'm still sticking to my guns. I'm probably in a minority group of people who still believe that a soft landing is possible . . . The stock market, which is usually 6 months ahead of the game, has done okay. So I'm optimistic. That's my message for you guys this morning – stay optimistic. Rancho Cordova is a great place to be."

Sadie St. Lawrence, founder and CEO of Women in Data, an international non-profit organization, focused on increasing diversity in data careers. "We have a community of over 40,000 individuals and representation in 55 countries, and we started here in Sacramento, California," she said of Women in Data.

St. Lawrence earned a bachelor's degree in psychology, a master's degree in data science and worked in neuroscience. She also has an associate degree in piano performance and has performed on the concert stage.

"Now my new thing is learning to play the harp," St. Lawrence said. "I grew up in Iowa, actually, and then I moved out to Sacramento for college and fell in love with the region and have never left."

The subject of St. Lawrence's address was based on was, "How AI is rapidly changing the business landscape and what you need to do to stay competitive." She gave surfing as an example, saying, "out in the ocean on your surfboard you can't just sit still. You have to paddle forward and build up speed to match the velocity of the approaching wave to catch the wave. Similarly, with AI, you can't just wait for the wave to hit you, you must take the time to learn and invest in it. I'll be honest with you, the best

time to invest in AI would have been the wave prior to 2020, but it's never too late to start the process. Companies that were early adopters to AI (prior to 2020) are expected to see 100% increase in cash flow by 2030, whereas companies who do not adopt AI are expected to see a 20% decrease in cash flow by 2030, so the best time to start is now . . . I'll just close by saying that the best way to predict the future is to invent it, and we are living in the perfect time to create a better world alongside AI."

Diann Rogers, President and CEO of Rancho Cordova Chamber of Commerce, gave the results of the Business Confidence Survey comparing the first quarter of 2022 results with last quarter of 2022. Overall, at least in expectations, in the areas of sales, profits, employment; and expectations for local, state and U.S. business conditions the results for conditions to improve was 62.5% in February of 2022 versus 51.1% in November 2022 expecting conditions to improve.

New Rancho Cordova City Manager Micah Runner (new to that position, but not new to Rancho Cordova), and Amanda Norton, economic director for the City, reported on business conditions for the City of Rancho Cordova:

New company Solidigm™ chose Rancho Cordova for its global research and development campus, which will be home to more than 1,900 professionals in highly paid technology jobs over the next five years, investing more than \$100 million into the facility;

ThermoGenesis will bring rentable wet lab space and GMP compliant clean rooms in a single facility, an industry first;

The City has partnered with SiFi on the FiberCity® initiative. The fiber network will enable connectivity to every home and business in the city, helping to close the digital divide, and will allow multiple providers to deliver internet services, giving customers more choice;

The new Highway 50 interchange is scheduled to have the design completed by end of calendar year 2024. The bicycle and pedestrian overcrossing on Zinfandel Drive is in the planning stages;

Home construction for fiscal year 21/22 was 652 homes with future construction anticipated to be 400 units per year with an existing base of over 4,000 units. ★



Economic and Business Outlook featured speakers on Friday, February 3, included Sadie St. Lawrence, founder and CEO of Women in Data; and Dr. Sanjay Varshney, PhD, CFA, founder and principal of Goldenstone Wealth Management. Photo courtesy of Tia Gemmill Media



Rancho Cordova City Mayor Linda Budge, Diann Rogers, president and CEO, Rancho Cordova Chamber of Commerce, and Gregg Fishman, SMUD Director Ward 3 get together for some visiting after the presentations on Friday, February 3. Photo courtesy of Tia Gemmill Media



Attending the Business Outlook and Economic Forecast were BJ Yu, owner of KP International Market in Rancho Cordova, and Pat Hume, newly elected Sacramento County Supervisor. Photo courtesy of Tia Gemmill Media

Rancho Cordova Area Chamber of Commerce Thanks the Following Sponsors of the Business Outlook 2023

TITLE SPONSOR & HOST



GOLD SPONSORS



SILVER SPONSORS



SPEAKER SPONSORS



BRONZE SPONSORS

- California American Water
- Heritage Community Credit Union
- KP International Market
- Murphy Austin Adams Schoenfeld LLP
- Visit Rancho Cordova

TABLE SPONSORS

- ABSOTechnologies
- Berkeley Strategy Advisors
- Chamber Ambassadors
- City of Rancho Cordova
- SMUD
- Woodside Homes

Sons of Union Veterans Keep Civil War History Alive

By Thomas J. Sullivan

SACRAMENTO REGION, CA (MPG) - The Sacramento membership of the non-profit Sons of Union Veterans of the Civil War (SUVCW) is a fraternal, patriotic and educational organization to help keep the history of the Grand Army of the Republic (GAR) and its role in the history of California alive.

"We're actively looking for new members throughout California to consider joining us," said Steve Bogart, whose ancestor Sgt. George S. Rhoades, served in Company D, of the 44th Missouri Infantry.

Organized in the structure of a military camp, as the Union Army itself was during the Civil War, members of the General George Wright Camp 22 of the Sons of Union Veterans of the Civil War meet on the first Friday of every month at Sam's Hofbrau Restaurant on 2500 Watt Avenue in Sacramento from 6:30 to 8 p.m.

Members and their guests are welcome to attend monthly meetings. Its organization follows the guidelines of the national SUVCW, with a Camp Commander, Senior Vice-Commander, Junior Vice-Commander, Secretary, and Treasurer, all of whom are elected annually by the Camp members. The camp serves Northern California, Sacramento, and the Central Valley region.

In addition to meeting socially, SUVCW members wear the blue dress enlisted and officer uniforms of the Grand Army of the Republic era as they participate in historical re-enactments within the state and perform official honors and ceremonies throughout the year.

Bogart acknowledges ancestors in his family who served opposing sides during the Civil War and has fulfilled the role of chaplain in both the Sons of Union and Sons of Confederate groups. He's a former member of the California State Military Museum in Old Sacramento and a recipient of the California Military History medal.

"I'm proud of their individual military service during the



Members of Sacramento Camp 22 of the Sons of Union Veterans of the Civil War at Sylvan Cemetery in Citrus Heights who rendered annual military honors on Memorial Day. Photo courtesy of SUV

Civil War, and I feel it's important to honor them and their legacy," he said.

"Our Sacramento-based (SUV) group began in 1995," he said. "Many of our members can trace their ancestors to those served during the Civil War in Union volunteer infantry units from the states of Indiana, New York, Illinois, Pennsylvania and Massachusetts, just to name a few."

In the Sylvan Cemetery at 7401 Auburn Blvd in Citrus Heights, the resting place of almost 1,400 Veterans, has some of its earliest burials from survivors of the Civil War. Nine soldiers who came to the area after the Civil War ended and are buried there.

"SUV members have been involved in four gravesite dedications of Civil War soldiers at the Sylvan Cemetery in Citrus Heights where a memorial headstone was... placed on a soldier's grave where there was none, and a full civil memorial grave ceremony was then held," Bogart said.

"In doing so, our members honor the history and legacy of heroes who fought and worked to

when Camp Union became California's most prominent provider of troops for camps in the West throughout the years of the Civil War.

A rifle color guard of the SUV has also fired at numerous annual Memorial Day and Veteran's Day ceremonies held there annually, he said.

The National Organization of the SUVCW now oversees the operation of 31 departments, each consisting of one or more states, along with a department-at-large, a national membership-at-large, and over 200 community-based camps.

In California, the history of the Grand Army of the Republic (GAR) at Sutterville, in the Sacramento area is a fascinating one. Sutterville, known as Sutter and Sutter City, was located on the Southern Pacific Railroad about 2.25 miles south-southwest of the city limits. Pioneer John A. Sutter had Lansford W. Hastings and John Bidwell lay out the town in 1844, south of his embarcadero on a low bluff overlooking the Sacramento River. When the town of Sacramento developed at Sutter's embarcadero, Sutterville fell into decline.

Its fortunes quickly changed

when Camp Union became California's most prominent provider of troops for camps in the West throughout the years of the Civil War.

A third of California's 15,000 volunteers who served in the GAR trained at Camp Union, located at Sutterville Road and Land Park Drive. The site has since been designated a state historical landmark.

Members of the 5th Infantry Regiment California Volunteers were organized at Camp Union on October 8, 1861, and trained by Brevet Brigadier General George W. Bowie for duty in Arizona, New Mexico, and Texas against the Confederate forces. The camp operated from 1861 until it was evacuated due to the flood waters from the Great Sacramento Flood of 1862.

The 5th Regiment joined the California Column and marched across southern New Mexico Territory to Texas. There it occupied Franklin, Texas until the regiment was mustered out in December of 1864.

Towards the end of the Civil

War, Camp Union became a discharge center for returning troops until the post was closed and abandoned in 1866.

In all, members of the 5th Regiment California Volunteer Infantry spent much of their time in service in the western United States, attached to the Department of the Pacific and Department of New Mexico.

Hereditary membership is available to a male descendant, 14 years of age (6 to 14 for Juniors), who descends from a soldier, sailor, Marine or member of the Revenue Cutter Service (or directly descend from a brother, sister, half-brother, or half-sister of such Soldier, etc.) who was regularly mustered and served honorably in, was honorably discharged from, or died in the service of, the Army, Navy, Marine Corps or Revenue Cutter Service of the United States of America or in such state regiments called to active service and was subject to the orders of United States general officers, between April 12, 1861 and April 9, 1865.

"We're a very active group in California," Bogart said. "A number of men have also participated in the Civil War re-enactments both at Fort Point in San Francisco during Civil War Days and as Friends of Civil War Alcatraz in recognition of its defensive role during that war."

Men with an interest in joining the SUVCW but who do not live in an area where an SUVCW Department or Camp exists, may join as "members-at-large," Bogart said.

Those interested in learning more about the Sacramento SUV group can contact Bogart by phone at 916-489-8895 or attend a monthly meeting on the first Friday of every month at the Hof Brau Restaurant on 2500 Watt Avenue in Sacramento from 6:30 to 8 p.m. Visit <https://camp22.org/> or <https://www.suvpac.org/> for a listing of upcoming activities in the California region. ★

We Beat Almost All Online Prices on Premium Brand Pet Foods. Including Blue Buffalo, Chicken Soup, Earth Born, Diamond Naturals, Pinnacle, Taste of the Wild, & Royal Canin.

PET CLUB
FOOD AND SUPPLIES

EVERYDAY LOW PRICES
Super Discount Prices • Hot Specials & Coupons
(Short term promotions only, excludes) (No Membership Fees)

We Only Accept ATM, Cash, & Checks

2344 Sunrise Blvd. 318 N Sunrise Blvd.
Rancho Cordova, CA Roseville, CA
916-635-5008 916-781-8500

M-F 9-7, SAT 9-7, SUN 10-7 Effective 2/8/23 - 2/14/23



COUPON

59¢/Lb
WHOLESALE PREMIUM DOG BISCUITS
with the purchase of pet, fish food or supply. Reg \$1.99
Limit 1 Lb PLU 332 CHM
Limit 1 Coupon Per Customer
Effective 2/8/23 - 2/14/23

COUPON

\$5.00 OFF
ANY PURCHASE OF \$15.00 OR MORE OF PET OR FISH SUPPLIES (Excluding Pet Food or Litter) Cannot be used in conjunction with similar dollar or percentage off coupons & advertised sale items.
Limit 1 PLU 351 CHM
Limit 1 Coupon Per Family
Effective 2/8/23 - 2/14/23

Look for Advertised Sale Items Everyweek at www.petclubstores.com

BLUE BUFFALO DRY DOG FOOD
30 Lb Bag Limit 2 Bags
•Chicken (Regular & Large Breed)
•Fish & Oatmeal •Puppy (Reg & Large Breed) •Senior (Reg & Lrg Breed)
•Lamb & Rice
•Weight Control (Reg & Lrg Breed)
\$6 OFF
Our Regular Prices!
Effective 2/8/23 - 2/14/23

PRO-PLAN DRY DOG FOOD
30-35 Lb Bag
•Chicken & Rice •Beef & Rice
•Weight Control •Sensitive Skin & Stomach •Performance
\$5 OFF
Limit 2 Bags per Family
OUR REGULAR PRICES!
Effective 2/8/23 - 2/14/23

NATURAL BALANCE DRY DOG FOOD
•Ultra Free 24 Lb •Potato & Duck 22 Lb
•Fat Dog 28Lb •Salmon & Brown Rice 24 Lb
•Chicken & Brown Rice 24 Lb
•Ultra Original (Reg & Lrg Breed) 26 Lb
\$5 OFF
Limit 2 Bags Per Family
Our Regular Prices
Effective 2/8/23 - 2/14/23

MERRICK'S GRAIN FREE DRY DOG FOOD
•Chicken/Sweet Potato •Duck/Sweet Potato
•Bison/Beef/Sweet Potato •Salmon/Sweet Potato •Texas Beef/Sweet Potato
22 Lb Bag
Limit 2 Bags Per Family
\$10 OFF
OUR REGULAR PRICES!
Effective 2/8/23 - 2/14/23

FRISKIES BUFFET CANNED CAT FOOD
5.5 Oz All Varieties
ON SALE
Limit 2 Cases Per Family
Everyday
Effective 2/8/23 - 2/14/23

FUSSIE CAT PREMIUM CANNED CAT FOOD
•Black Label •Gold Label 2.8 Oz. Un-opened Cases Only
\$9 OFF
Super Buy Per Case
Our Regular Prices!
Effective 2/8/23 - 2/14/23

TIDY CATS SCOOPABLE CAT LITTER
20 Lb Jug
•Regular
•Unscented
Limit 2 Jugs Per Family
ON SALE
Effective 2/8/23 - 2/14/23

HI-COUNTRY WILD BIRD SEED
20 Lb Bag (Kaytee, 20 Lbs - \$10.99) (Audubon Friends, 20 Lbs - \$9.99)
Limit 2 Bags Per Family
\$9.99
Effective 2/8/23 - 2/14/23

WELLNESS CANNED CAT FOOD Full Case
•Pate •Gravy Selected Varieties Also •Signature Select •Core 5.3 Oz Can Limit 1 Case
15% OFF
OUR REGULAR PRICES

PESTELL CLUMPING CAT LITTER
40 Lb. Bag Limit 2 Bags
\$10.99

CANIDAE ACTIVE GOODNESS DRY DOG FOOD
30 Protein/20 Fat •Multi-protein •Salmon Meal 30 Lb Bag
NEW \$39.99

PRO-PLAN CANNED DOG FOOD
13 Oz Cans Limit 1 Case
Reg Price \$1.99
\$1.99 Reg. Price \$2.19

EVERCLEAN PREMIUM CAT LITTER
•ES Unscented •US Ever Fresh 25 Lb. Box Limit 2 Boxes
\$15.99

KAL KAN CESAR DOG FOOD
All Varieties 3.5 Oz. Limit 1 Case
\$1.29

FRESH STEP SCOOPABLE CAT LITTER
42 Lb Bag Limit 2 Bags
\$19.99

CHICKEN SOUP FOR THE SOUL CANNED FOOD SALE
Dog Cans 13 Oz (Reg & Grain Free) Cat Cans (5.5 Oz) Selected Varieties
10% OFF
OUR REGULAR PRICES!

WELLNESS CANNED DOG FOOD
Natural 12.5 Oz Full Case
•Regular •Stew •Core Limit 2 Cases
15% OFF
OUR REGULAR PRICES

FRESH STEP CAT LITTER
21 Lb Bag (14 Lb Bag - \$5.49)
\$7.49

MILK-BONE DOG BISCUITS
•Large 10 Lb Box
\$13.99

OKOCAT CLUMPING CAT LITTER
•Regular •Soft Step 11-12 Lb
\$13.99 16.7 Lb **\$19.99** 19.8 Lb **\$19.99** Dust Free 12.3 Lb **\$19.99**

COASTAL & HAMILTON PET LEASHES
•Leashes •Harnesses All Varieties
•Leads •Collars
20% OFF
OUR SUPER LOW PRICES

PARAGON WHIMZEE Dental Dog Treats
Edible Dog Treats All Varieties
20% OFF
OUR SUPER LOW PRICES

VITAKRAFT & KAYTEE TREATS & STICKS
•Small Animals •Birds All Varieties
20% OFF
OUR SUPER LOW PRICES

VAN NESS ENCLOSED CAT PANS
Regular Translucent
Large CP6 - CP6TR **\$13.99 \$15.49**
Giant CP7 - CP7TR **\$17.99 \$19.99**

THUNDERSHIRT DOG & CAT ANXIETY CALM PAWS CALMING PRODUCTS
20% OFF
OUR SUPER LOW PRICES

MARINELAND POWER FILTER SALE

MODEL	TANK SIZE	PET CLUB SALE
PENGUIN 100B	20 Gal.	\$24.99
PENGUIN 150B	30 Gal.	\$33.99
PENGUIN 200B	50 Gal.	\$40.99
PENGUIN 350B	75 Gal.	\$55.99

AQUEON PRE-PRICED AQUARIUM KITS

10 GALLON	(Pre-Priced \$79.99)	\$59.99
20 GALLON	(Pre-Priced \$124.99)	\$99.99
30 GALLON	(Pre-Priced \$139.99)	\$129.99
55 GALLON	(Pre-Priced \$229.99)	\$199.99

TETRA FISH FOOD SALE
Tetrafin Goldfish 7.06 oz. **\$9.99**
Tetrafin Staple 7.06 oz. **\$13.99**
Tetra Color 7.06 oz. **\$13.99**

MARINELAND PREMIUM FISH FOOD
ALL VARIETIES
•Goldfish •Cichlids
•Tropical •Wafers
20% OFF
OUR SUPER LOW PRICES

BONUS COUPON

FANCY FEAST GOURMET CANNED CAT FOOD
3 Oz - All Varieties Except Elegant Medley
Limit 1 Case Per Family
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 2/8/23 - 2/14/23

ON SALE
Everyday
CHM PLU 361

BONUS COUPON

JONNY CAT PREMIUM CAT LITTER
10 Lb Bag
Limit 2 Bags Per Family
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 2/8/23 - 2/14/23

\$2.79
CHM PLU 365

BONUS COUPON

WHISKAS TEMPTATIONS CAT TREATS
•All Varieties 3 Oz.
Limit 2 Pkgs with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 2/8/23 - 2/14/23

\$1.99
CHM PLU 569

5 Over 50 Award Nominations Now Open

Sacramento County News Release

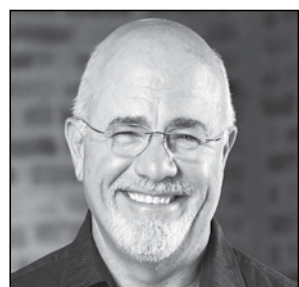
SACRAMENTO COUNTY, CA (MPG) - If you know someone in Sacramento County who does amazing volunteer work and is over 50, you can recognize their efforts by nominating them for The Sacramento County Adult and Aging Commission's 5 over 50 Award. The award honors volunteers over the age of 50 who contribute to the health and vitality of the Sacramento County community.

The ideal nominee is someone who makes our County a great place to live, work and play. This award aims to recognize those who make a difference in our community. The candidate must be 50

or older and a Sacramento County resident. Members of the Adult and Aging Commission are not eligible for the award.

Applicants will need to provide information about the communities that benefited from the volunteer's work and how the volunteer positively impacted those communities. Applicants will also need to include information on how to contact the nominee. You can find more information and the application on the Adult and Aging Commission's webpage.

Applications are due by Feb. 15. Applicants will know the outcome by the end of March. The awards will be presented in May, coinciding with the recognition of Older Americans Month. ★



Dave Ramsey Says

sound a lot harder than it really is. The key is making and living on a budget, and that's not rocket science. It's a simple, written planning process where you give a name and a job to every dollar you make before the month begins.

Food, shelter, clothing, transportation and utilities are necessities, so they come first. After that, make sure you're current on your debts. Once all that is out of the way, put every spare dollar you can into your emergency fund. If you do this with a sense of urgency, and limit spending to necessities, you'll be surprised by how fast it will happen. And you'll love the newfound sense of security.

The truth is you really need a starter emergency fund of \$1,000 if you're at

a point in life where student loans and other debts are in the picture. That may seem like an impossible goal right now, but it should be your first priority. And a written, monthly budget will go a long way toward helping you achieve that goal.

You can do this, Jonas!

- Dave

Dave Ramsey is an eight-time national best-selling author, personal finance expert and host of "The Ramsey Show," heard by more than 18 million listeners. He has appeared on "Good Morning America," "CBS This Morning," "Today," Fox News, CNN, Fox Business and many more. Since 1992, He also serves as CEO of Ramsey Solutions. ★

It's not as Difficult as you Think

Dear Dave,

I'm single, and I make \$35,000 a year. Next year, my salary and bonuses should be around \$50,000. I have a little over \$30,000 in debt right now, including student loans, and I'm not sure how I'll be able to keep up with bills and everything else right now if I have to save \$1,000 for a starter emergency fund like you recommend. Can I get by with a starter emergency fund of \$500?

- Jonas

Dear Jonas,

I really think you're making this whole thing

California Loses Population Again

Commentary by Ted Gaines

California reigned for decades as the unmatched destination for people around the country. Now people can't leave fast enough. Recently released numbers from the U.S. Census Bureau indicate that between July 2021 and July 2022, California lost roughly 343,000 residents to other states. This number is a "domestic net migration" figure, meaning that 343,000 more Americans moved out of California over those 12 months than moved here from other states.

Where are they going? The number-one net migration winner over that period was Florida, which gained around 319,000 residents from other states.

It's too easy to say exclusively that Newsom is driving people out of state and Florida Governor Ron DeSantis is attracting them, but to the extent the two governors symbolize different approaches to taxation, regulation, and liberty, it holds true. People are leaving Newsom-like states and flocking to DeSantis-like states. If you want to handicap the 2024 presidential election, this is a good place to start.

The states shedding domestic population are progressive strongholds, with extensive regulatory regimens, strong public employee unions and other Democrat policy priorities. They are, simply, big government states. High tax, high cost of living states. Joining California in the top five net losers are New York, Illinois, New Jersey, and Massachusetts.

States attracting Americans are lower-cost, lower-tax, Republican strongholds. Trailing Florida in the top five net gainers are Texas, North Carolina, South Carolina, and Tennessee.

And even if your individual tax burden is not too bad in California, big government, supported by high taxes (regardless of who pays them) indicates a mindset that the state should always be doing more and additional money for government is inherently good.

This bigger-is-better approach leads to government solutions in search of problems.

It's why California government seeps into every crack of your life, blocking

the exercise of what you can eat, what house you build, what car you drive, how much you keep of the money you earn, down to such trivialities as what drinking straws you can get in a restaurant. Do you feel as though you personally need government monitoring your straw usage, or is that a decision you are competent to make as an adult? Florida trusts you to choose your own straw, California does not.

The California government mindset drives up costs in every area of living. Looking at taxes alone doesn't tell a complete story of government-imposed costs. How many taxes would have to move lower to make up for policy-driven expenses in California? Would a one-percent decrease make up for gas that's two-dollars-a-gallon higher than the national average? Would slightly lower sales taxes offset electricity costs 80-percent higher than the national average? Exactly what tax would offset the cost of an \$800,000 starter home, driven in part by extraordinary regulatory costs in our state?

California will always be desirable for the wealthy. I defy another state to produce a Yosemite, a Golden Gate, giant redwoods, Lake Tahoe, Big Sur, Santa Monica beach...the list of our wonders is long, if you can afford to enjoy them. But our unmatched beauty is apparently overwhelmed by policy failures of colossal dimension. People are voting with their feet and moving.

It says so much about our government's misguided agenda that hundreds of thousands of people last year abandoned everything this state has to offer because of everything this state takes away. It's time for an affordability revolution in California to turn us once again into a destination state.

Senator Ted Gaines (Ret.) was elected to represent the Board of Equalization's First District. He is a leading taxpayer advocate, defender of Prop. 13, and is committed to providing trustworthy and transparent representation for nearly ten million constituents in 34 counties of northern, eastern, and southern California. For more information, visit www.boe.ca.gov/Gaines. ★

Heidi Sanborn Elected SMUD Board President

Continued from page 1

of the National Alliance for Mental Illness in 2006-07-- spearheading the walk for mental health, conducting police trainings and teaching family-to-family classes. She was also a Big Sister for six years to a local graduate from the Sacramento Unified School District.

Over the past 16 years, Sanborn and her husband have also volunteered with Front Street Animal Shelter,

fostering 67 dogs to date.

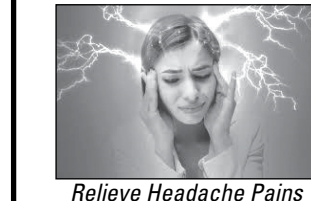
A native of Pennsylvania, Sanborn also lived in Delaware, Massachusetts, and Michigan before moving to California. Sanborn is a graduate of U.C. Davis where she earned a bachelor's degree in Political Science-Public Service. She also earned her master's degree in Public Administration from University of Southern California. Heidi and her husband have lived in Sacramento for 32 years. ★

Protect and Heal your whole family with Affordable CHIROPRACTIC MEMBERSHIPS



All-inclusive monthly memberships from \$35-\$55 per visit. CALL or TEXT us today!

- Affordable memberships - plan for your health
- All inclusive - services and therapies
- Relieves pain from head/back/neck/sciatica
- Improves mobility, maintains flexibility
- Family owned and operated
- 20+ years experience serving the community



Relieve Headache Pains



Reduce Chronic Back Pains



Release Neck Pains

★★★★★
(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)

AMERICAN RIVER CHIROPRACTIC
2280 Vehicle Drive, Suite 110 Rancho Cordova, CA 95670
916-776-6362
americanriverchiropractic.com
CALL or TEXT today!



Scan for Directions



Scan for Membership Benefits

Thank A Veteran Today

Be a part of something important
Local Writers Wanted
We are looking for local Freelance Writers to provide great coverage.
MPG Call us today at 916-773-1111

TUNNEL TO TOWERS HONORS OUR MILITARY AND FIRST RESPONDERS

WHO CONTINUE TO MAKE THE SUPREME SACRIFICE OF LIFE AND LIMB FOR OUR COUNTRY



IN THE LINE OF DUTY
★★★★★
Providing mortgage-free homes to Gold Star and Fallen First Responder families with young children and building specially-adapted Smart Homes for our most severely injured.

FDNY Firefighter Stephen Siller gave his life while saving others on September 11, 2001
★★★★★
THE FOUNDATION HAS BEEN SUPPORTING OUR NATION'S GREATEST HEROES EVER SINCE AND EDUCATING PEOPLE ABOUT 9/11
★★★★★
DONATE \$11/MO TODAY
T2T.ORG

Robbery Suspect Arrested with Enough Fentanyl to Kill 125,000

Sacramento Sheriff's Dept News

SACRAMENTO COUNTY, CA (MPG) - On January 9, 2023, at approximately 11:45 P.M., a gas station on Walerga Road in the North area was robbed. The suspect threatened the employee with a gun and a hunting knife, made off with money and merchandise, then fled in a black four-door, a red sticker where the license plate should have been.

On the morning of January 13, 2023, at approximately 3:45 A.M., Central Frank Watch (Night Shift) Deputies observed a black 2006 Infiniti with a red sticker in place of where the plate should have been. As deputies approached the vehicle to initiate contact, they observed the

suspect, later identified as 57-year-old Adrian Rayford, who they recognized from previous contacts. They knew Rayford was on active probation and he was detained without incident. A probation search of his vehicle revealed an unloaded, unregistered handgun, multiple containers of marijuana, promethazine, various assorted pills, and a large amount of cash.

Robbery detectives responded to the scene and conducted a follow-up search of Rayford's hotel room and located over a half pound of fentanyl (enough to kill approximately 125,000 people according to the Drug Enforcement Agency). Rayford was booked into custody for various felony charges. ★

Social Security Matters

Will Social Security Be There for Me?



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: I am 56 and hope to hold out to get maximum Social Security at age 70. However, with all of the talk of Social Security funds being depleted, is it wise to continue with this mindset? Will there even BE Social Security benefits for folks in my age bracket? Should I think about starting Social Security benefits as soon as I am eligible? I am employed; however, I don't have a large amount of savings. I contribute to my company's 401(k) and receive the match, and I own my own home (almost paid off) with an estimated \$250,000.00 in equity, but I won't be able to stay in the home long term. Any insight you can provide would be greatly appreciated. **Signed: Weary Worker**

Dear Weary Worker: I don't suggest changing your strategy due to fears of Social Security not being there - it will be. Although the program is facing some future financial issues, the very worst that could happen is that everyone's benefits might be cut by 20% if Congress fails to act to restore the program to solvency before the Trust Funds are depleted in the early to

mid-2030s. In my opinion, Congress will not likely fail to act because to do so would be political suicide. The fact is, they already know how to fix Social Security's financial issues; they just lack the bipartisan spirit and political fortitude to do so until they extract every possible ounce of political capital from the issue. So, it's largely a matter of how long Congress will wait to reform the program.

Right now, the Social Security Trust Funds hold about \$2.8 trillion in reserves to ensure full benefits will be paid. But Social Security now pays out more in benefits than it receives in revenue, so the extra money needed to pay full benefits is taken from those reserves. What is needed is reform which addresses the reality that people today are living much longer and collecting benefits for much longer than the program is structured to accommodate. Many possible solutions are on the table in Congress, including raising the full retirement age a bit to deal with the reality of people living much longer, and increasing the program's tax revenue by withholding a bit more from American workers. The eventual reform will likely include some variation of both, as well as other "tweaks" which further guarantee the program will be there for future generations.

As for the thought of claiming your benefits as soon as you are eligible (age 62), be aware that Social Security has an "earnings test" which applies to anyone who collects benefits before reaching full retirement age (FRA). If you are

working full time when you first become age-eligible, you likely wouldn't be able to collect benefits because your benefit amount would be insufficient to pay the penalty for exceeding the earnings limit (\$1 for every \$2 over the limit) within one year. And, as you may already know, your age 62 benefit would be cut by about 30% from your FRA amount, while your benefit at age 70 would be about 76% more than your age 62 benefit.

So even if the worst case scenario happens (which it almost certainly won't), an across the board cut of 20% to your age 70 benefit would yield a higher monthly payment than that same cut to your age 62 benefit amount. So, I suggest you stick with your current strategy to continue working and wait as long as practical to claim your benefits (up to age 70). As an aside, AMAC (Association of Mature American Citizens) has, for years, been proposing (to Congress) its "Social Security Guarantee Plus" which would restore Social Security to solvency for generations to come and would not require an increased payroll tax rate. Congressional reaction has been generally positive, leading us to be hopeful for a reasonable solution to the problem.

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). ★

Suspect Arrested in Lumber Fraud Cases

Sac County Sheriff's News Release

SACRAMENTO COUNTY, CA (MPG) - On Wednesday, July 27th, 2022, the Sacramento County Sheriff's Office responded to Berry Lumber in Sacramento, for the report of multiple fraudulent lumber purchases of approximately \$8000. Deputies were provided with video surveillance which captured the incident. The case was investigated by detectives assigned to the Centralized Investigations Division Property Crimes Bureau. During the investigation, it was determined that both Berry Lumber and Berco Redwood sustained additional losses at other locations. Detectives identified James Eugene Smith as one of the suspects involved in the original case.

On Wednesday, January 25, 2023,

detectives executed an arrest warrant for Smith at his residence in Discovery Bay. Smith was taken into custody without incident and booked into the Sacramento County Main Jail for grand theft and unlawful use of personal identifying information. He posted bond and was released from custody hours later.

The Sacramento County Sheriff's Office is continuing to investigate similar instances at local businesses within the county that Smith may have defrauded. Detectives are asking anyone with information related to any previously unreported fraud incidents involving Smith, to please contact the Sheriff's Office at (916) 874-5115 or Sacramento Valley Crime Stoppers at (916) 443-HELP. Tip information may also be left anonymously at www.sacsheriff.com or by calling (916) 874-TIPS (8477). ★

LEGAL ADS FOR SACRAMENTO COUNTY?
We Can Do That!
 Call to place your legal advertising **916-773-1111**
 All Legal Ads Published by Messenger Publishing **MPG**

Local Classified

<p>Announcement</p> <p>Become a Published Author. We want to Read Your Book! Dorrance Publishing, Truist by Authors since 1920. Book manuscript submissions currently being reviewed. Comprehensive services: Consultation, Production, Promotion and Distribution. Call for your Free Author's Guide 1-877-538-9554 or visit http://dorranceinfo.com/Cal (Cal-SCAN)</p> <p>Prepare for power outages today with a GENERAC home standby generator. \$0 Money Down + Low Monthly Payment Options. Request a FREE Quote - Call now before the next power outage. 1-844-439-5645 (Cal-SCAN)</p> <p>Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-855-424-7581 (Cal-SCAN)</p> <p>NEW AUTHORS WANTED! Page Publishing will help you self-publish your own book. FREE author submission kit! Limited offer! Why wait? Call now: 1-855-667-0380 (Cal-SCAN)</p>	<p>Financial</p> <p>Over \$10K in Debt? Be debt free in 24 to 48 months. No upfront fees to enroll. A+ BBB rated. Call National Debt Relief 1-888-231-4274. (Cal-SCAN)</p> <p>Fitness/Yoga</p> <p>Your Fitness Genie Your Virtual Sessions Silver Sneakers NASM Age Well At Home Avoid Assisted Living *Keep Strength and Mobility Be Active. Call Today! Jenn@YourFitnessGenie.com (916)768-8767</p>	<p>Health/Wellness</p> <p>JOIN FOR FREE - NO KITS OR QUOTES & FREE WEBSITE. CTFO (Changing The Future Outcome) Has the best CBD oil available. Products for health, beauty, weight or hair loss and even for your pets. Check out these products: canderson.myctfo.com TFN</p> <p>Insurance/Health</p> <p>SAVE BIG on HOME INSURANCE! Compare 20 A-rated insurance companies. Get a quote within minutes. Average savings of \$444/year! Call 1-844-410-9609! (M-F 8am-8pm Central) (Cal-SCAN)</p>	<p>Landscaping</p> <p>YARD SERVICE ONE-TIME CLEANUP Mow, Weed, Prune & Haul NEED: Landscaping bark? Gutters cleaned? Light fence work? CALL 916/205-9310 or 916/688-9310</p> <p>CREATE YOUR PARADISE</p> <p>Winter Yard Cleanups, Complete Landscape Design/Installation, Sprinkler System Installs/Repairs, All Types Concrete Work, Fence Installation, Retaining Walls-All Types, Drainage Systems-all types, Landscape Lighting, Residential/commercial American Landscape Design & Installation, Est 1987 American Construction & Property Maintenance Company WE ACCEPT VISA & MASTER CARD (916)612-0776 Lic#690968</p>	<p>Real Estate</p> <p>EAST TEXAS LAND SALE! Timber AG exempt with many streams! Only \$5.00 per acre in property taxes! Become a Texas resident/no state income tax! Rolling terrain with views! Pre-construction offering! Ten acres up to 25 acres starting at \$69,900! Call, text or shoot David an email address at 512-596-9662 (Cal-SCAN) 021023</p> <p>RETIRED COUPLE \$\$\$\$ for business purpose Real Estate loans. Credit unimportant. V.I.P. Trust Deed Company www.viploan.com Call 1-818-248-0000. Broker-principal DRE 01041073. No consumer loans. (Cal-SCAN)</p>	<p>Roofing</p> <p>BERNARDINO ROOFING Reroofs, Repairs, Maintenance, Dryrot, Gutters, Family Operated. BBB MEMBER! ***FREE ESTIMATES*** SENIOR DISCOUNTS Lic.#817945 43 Years Experience 916.920.0100 www.bernardinoroofing.com</p>	<p>Wanted to Buy</p> <p>TOP CASH PAID FOR OLD GUITARS! 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins/Banjoes. 1-844-910-1960. (Cal-SCAN)</p> <p>Work Wanted</p> <p>It's time to declutter and clean out your house and garage. I can help. I do errands/personal assistant work. Prune and weed. College grad. Tim 916-370-0858. 123023</p> <p>NOTICE TO READERS California law requires that contractors taking jobs that total \$500 or more (labor and/or materials) be licensed by the Contractors State License Board. State law also requires that contractors include their license numbers on all advertising. Check your contractor's status at www.cslb.ca.gov or 800-321-CSLB (2752). Unlicensed persons taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors State License Board.</p> <p>DISCLAIMER Be wary of out of area companies. Check with the local Better Business Bureau before you send any money for fees or services. Read and understand any contracts before you sign. Shop around for rates.</p>
<p>Autos Wanted</p> <p>DONATE YOUR CAR TO KIDS. Fast Free Pickup - Running or Not - 24 Hour Response - Maximum Tax Donation - Help Find Missing Kids! Call 1-888-491-1453. (Cal-SCAN)</p> <p>DONATE YOUR CAR OR TRUCK TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. CALL 1-844-491-2884 (Cal-SCAN)</p>	<p>Hall Rentals</p> <p>VFW Post 6158</p> <p></p> <p>8990 Kruihof Way, Fair Oaks, CA</p> <p>916-966-1663</p> <p>vfw6158.org/rent-our-hall/ Call or come by</p>	<p>Internet</p> <p>FREE high speed internet for those that qualify. Government program for recipients of select programs incl. Medicaid, SNAP, Housing Assistance, WIC, Veterans Pension, Survivor Benefits, Lifeline, Tribal. 15 GB internet service. Bonus offer: Android tablet FREE with one-time \$20 copy. Free shipping & handling. Call Maxisp Telecom today! 1-855-480-0769 (Cal-SCAN)</p> <p>Job Opportunities</p> <p>Kp International MARKET</p> <p>Many Positions are Available. Please no phone calls. Apply in person.</p> <p>10971 Olson Dr. Rancho Cordova, CA 95670</p>	<p>Painting</p> <p>PAINTER INTERIOR & EXTERIOR \$30 Hourly or Fixed Price Cell: 650-773-5221 Insured & Bonded Guarantee Work 083123</p>	<p>Rental</p> <p>1 bdrm, furnished, \$850/mo. No deposits, free utilities, kitchen privileges, free laundry. No drugs or alcoholics, prefer non-smoker. Call 916/988-2669</p> <p>Property is under construction and will soon have 1,2,3, & 4 bedroom units for rent!</p> <p>The Housing Authority of the County of Butte is currently accepting applications for its Farm Labor Housing property in Gridley, CA. We have 2 Bd. units available at this time. Rental assistance is available and provided by USDA Rural Development for those that meet USDA Rural Development guidelines. For more information contact our office at (530) 895-4474 or TDD 1-800-735-2929.</p> <p>"The Housing Authority of the County of Butte is an Equal Opportunity Employer and Housing Provider"</p>	<p>Tree Service</p> <p>BP TREE SERVICES LLC.</p> <p></p> <p>TREE & STUMP REMOVAL TREE TRIMMING/ SHAPING FREE ESTIMATE 10% OFF WITH THIS AD Insured. Workman's comp. Arborist 916-722-6321 BPTreeServices.com VISA / MASTER CARD California Contractors Lic #1036031</p>	<p>Messenger Publishing Group</p> <p>Call To Advertise Here</p> <p>916-773-1111</p>
<p>Cable/Satellite TV</p> <p>DIRECTV for \$79.99/mo for 12 months with CHOICE Package. Watch your favorite live sports, news & entertainment anywhere. First 3 months of HBO Max, Cinemax, Showtime, Starz and Epix included! DirecTV is #1 in Customer Satisfaction (JD Power & Assoc.) Some restrictions apply. Call 1-888-641-5762. (Cal-SCAN)</p>	<p>Handyman</p> <p>A Quality Home Maintenance</p> <p>Light Hauling Yardwork Gutters Cleaned</p> <p>Scott Lehman Timeless Maintenance Services (916) 613-8359</p>	<p>Miscellaneous</p> <p>DID YOU KNOW Newspaper-generated content is so valuable it's taken and repeated, condensed, broadcast, tweeted, discussed, posted, copied, edited, and emailed countless times throughout the day by others? Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email cecilia@cnpa.com (Cal-SCAN)</p> <p>The difference in winning and losing market share is how businesses use their advertising dollars. CNPA's Advertising Services' power to connect to nearly 13 million of the state's readers who are an engaged audience, makes our services an indispensable marketing solution. For more info call Cecilia@cnpa.com (916) 288-6011 or cecilia@cnpa.com</p>	<p>Pets/Animals</p> <p>DOG RESCUE Gary (916) 334-2841 Please Adopt or Foster Because so many really great dogs are dying for a good home... ShelterMOU @hotmail.com</p> <p>WANTED Used large dog house for Labrador. Tim 916-370-0858 TFN</p>	<p>Classified Advertising</p> <p>916 773-1111</p>	<p>WE BUY TRUST DEEDS</p> <p>We Purchase and Loan on Partial Interests*</p> <p>V.I.P. TRUST DEED COMPANY</p> <p>OVER 40 YEARS OF FAST FUNDING Principal (818) 248-0000 Broker WWW.VIPLAN.COM *Sufficient equity required - no consumer loans</p> <p>Real Estate License #01041073 CA Department of Real Estate, NMLS #339217 Private Party loans generally have higher interest rates, points & fees than conventional discount loans</p>	<p>We Support Our Military</p>
<p>Computer Services</p> <p>Zinsky's PC Configurations Don't replace it - REPAIR IT! Custom Desktop Computer Configurations • PC Repair • Home Wireless Networking • Installations • Viri & Spyware Eradication</p> <p>Alan Zinsky Phone: 916-622-2269 Zcomfig@sbcglobal.net Bus. Lic. # 305312 • B. E. A. R. Reg. #84416 www.zinskypcrepair.com</p>	<p>Computer Services</p> <p>Zinsky's PC Configurations Don't replace it - REPAIR IT! Custom Desktop Computer Configurations • PC Repair • Home Wireless Networking • Installations • Viri & Spyware Eradication</p> <p>Alan Zinsky Phone: 916-622-2269 Zcomfig@sbcglobal.net Bus. Lic. # 305312 • B. E. A. R. Reg. #84416 www.zinskypcrepair.com</p>	<p>MPG</p>	<p>MPG</p>	<p>MPG</p>	<p>MPG</p>	<p>MPG</p>

CALL A PRO BUSINESS DIRECTORY

SLS Superior Landscape Services
Landscaping and Maintenance

- Sprinkler Repair/Install • Pruning
- Mowing/Trimming • Fertilizing

Insured Lic#794551
(916) 728-5812 • Cell (916) 761-0999
Dave Cochran Owner • dave_SLS@surewest.net

MARTY MOEN
Fencing and Decks

Free Estimates

- Ornamental Iron
- Wood • Chain Link

(916) 796-1005 License # 852410

GREENWAY TREE SERVICE
Specializing in Expert Tree Pruning,
Tree Removal & Stump Grinding

Free Estimates
Competitive Prices
Licensed and Insured

(916) 224-9750

A-1 AFFORDABLE ROOFING SERVICES, INC

- New Roofs • Certifications • Roof Repairs
- Dry Rot Repairs • Roof Inspections • Gutters

John Fleenor, Contractor
1741 L Street, Rio Linda, CA 95673
Cell: **(916) 206-1613**
Contractor Lic. #1064966

CLEAN & SOBER
LIVING
CSTL, Inc.

Helping People and the Community
with the Alcohol and Drug Problem!
Over 20 Years in Business!

Sober Living - 916.961.2691

Rio Linda Eye Care

Laser Surgery • Eye Glasses • Contact Lenses
• Eyewear for Computer Users

Dr. William Fleischmann
(916) 991-8444

Saturday Appointments Available
6716 RIO LINDA BLVD., SUITE B, RIO LINDA

DUDEPRESSURE
BUIDE, THAT IS CLEAN!

Pressure Washing Services

License Number SPB12021-00112

Robert Beard
916-825-0999
DUDEPRESSURE@GMAIL.COM
DUDEPRESSURE.SIMDIF.COM

HOME SERVICES
DRIVEWAYS
PATIOS
SIDING
ROOF
AUTO SERVICES
CAR WASH
CARPET
SEATS
WAX
UV PROTECTANT

Just Send It Postal

justsendit11@yahoo.com
Phone: (916) 723-8855 • Fax: (916) 723-0208
Mon.-Fri. 10 - 5 Sat. & Sun. CLOSED
7250 Auburn Blvd. #C Citrus Heights, CA 95610
www.justsenditpostal.com

NOTARY * PRINTING * SHREDDING

Lenie's Pictures

LENIE'S PICTURES
ALLENE & FRANK SALERNO

SPORTS PHOTOGRAPHY & GRAPHIC ART
WEBSITE: LENIESPICTURES.SMUGMUG.COM

LENIESPICTURES
LENIE'S PICTURES

MORE TIME ON YOUR BUSINESS
...and less time
managing
payroll

FREE PAYROLL PROCESSING FOR ONE MONTH IF YOU CALL NOW!

Pinnacle
EMPLOYEE SERVICES
916-760-7227
www.pinnaclehr.com

Follow Us for Local News
and So Much More

Messenger Publishing Group
Facebook: @MPG8dotcom
Twitter: @MPG8dotcom

f t

TRACTOR SERVICE

- Mowing • Rototilling
- Discing • Scraper/Loader

Call
(916) 991-8431

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

STATEPOINT CROSSWORD • U.S. PRESIDENTS

- CLUES**
- ACROSS**
- Biased perspective
 - Male sibs
 - Monday Night Football audience
 - Tapiridae representative
 - Rock opera version of "La Bohème"
 - Object of worship
 - Opposite of alpha
 - Spumante
 - Novice
 - Unanimously elected President
 - Gusto
 - Eggy drink
 - Jig music, pl.
 - Stashed in a hold
 - Penniless
 - Wood turning device
 - Toll payment, e.g.
 - Not slouching
 - Like nay-sayers
 - Of many years
 - Malaria symptom
 - Instagram post
 - River, in Spanish
 - Bell-bottoms bottom
 - Dodge
 - Unexpected
 - The Cat in the Hat's headgear (2 words)
 - Campbell's container
 - International Civil Aviation Organization
 - "President Hayes" first name
 - "Through" in a text?
 - Pelvic bones
 - Plural of #54 Down
 - Andrew Sean Greer's 2018 Pulitzer Prize winner
 - Reverse action
 - Mother-of-pearl
 - "Lake off Ohio, the state known as "the Mother of Presidents"
 - Baseball's "The Say Hey Kid"
 - Navigate
- DOWN**
- *Present tense of #26 Across
 - Tibetan priest
 - "Singes" in "La Planète des singes"
 - Nearly
 - Apprentice
 - Name on apple cider vinegar bottle
 - R in R&R
 - Cognizant of
 - "Sophie's Choice" protagonist
 - *F in JFK
 - Bye, to Emmanuel Macron
 - Relating to Scandinavia
 - Casino bandits
 - Sign of assent
 - *Civil Rights Act of 1957 signer
 - Dueler's blow
 - Hyperbolic tangent
 - Football great Graham
 - *Executive Mansion, colloquially (2 words)
 - Misrepresent
 - Make over
 - *One of four presidents to have never been elected
 - "Goodness gracious!"
 - "Kiss Me, Kiss Me, Kiss Me" band, The _____
 - High school student, usually
 - Spermatozoa counterparts
 - Not marathons, pl. (2 words)
 - Central court in domus
 - Certain frat house letters
 - Ownership document
 - Autumn color
 - Zoroaster follower
 - Pandemonium
 - Elbow-wrist connection
 - Not a slob
 - Like certain Stanley
 - A third of thrice
 - Steak choice
 - Whitetail, e.g.

CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	12	13	
14					15					16			
17					18					19			
20					21					22			
					23				24	25			
26	27	28	29			30	31						
32						33			34	35	36	37	
38						39			40				
41					42	43			44				
48	49	50						51					
52						53	54	55		56	57	58	59
60									61				
63									64				
66									67				

SWITCH & GET \$25

Off First Month of New Service!
USE PROMO CODE: GZ590

Consumer Cellular

CALL CONSUMER CELLULAR 888-804-0913

© 2023 Consumer Cellular Inc. For promo details please call 888-804-0913

Classified Advertising

Sell Your Stuff!
Reach 1000's of
Readers Every Week!

MPG

916.773.1111

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

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!

Call to place your legal advertising **916-773-1111**

All Legal Ads Published by Messenger Publishing **MPG**

SUDOKU

Call today and receive a
FREE SHOWER PACKAGE
PLUS \$1600 OFF

SAFE STEP WALK-IN TUB 1-855-576-5653

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

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.

Fire Training Program Brings Virtual Reality to Firefighter Training



Firefighter training is unique and quite often comes with a calculated risk. VR technology can help reduce some of that risk during training by exposing the firefighter to the experience they will be dealing with firsthand in a completely virtual atmosphere, without the risk. Photo: Virtual Reality Lightfieldstudiosprod | Dreamstime.com

Cosumnes River College News Release

SACRAMENTO, CA (MPG) -

Firefighters must possess the necessary skills to function in a fast-paced, changing environment and Cosumnes River College's Accredited Regional Fire Training Program (ARTP) plans to prepare them using virtual reality (VR). The program recently received 20 new VR devices that will provide fire academy students the opportunity to virtually work through challenging scenarios side-by-side with their team and instructor.

The program will be demonstrating the new VR equipment on Monday, January 30, 2:00 to 3:00 p.m. in the Winn Center Room 150 at Cosumnes River College.

"The VR training will not change the

firefighter's job per se, but what I believe it will do is allow the students the opportunity to see what they will be up against before they do it. Going into a real fire while in Virtual Reality will let them see all of the fire dynamics without all of the stress. This will lead to greater understanding of how fire burns and how it will be properly extinguished," said Rick Haas, Jr., Fire Internship Coordinator, Cosumnes Fire Department.

Firefighters are frequently the first emergency personnel at the scene of a traffic accident or medical emergency. They may be called upon to put out a fire, treat injuries, or perform other vital functions. For students in the CRC Fire Technology program, being able to learn through virtual reality will help raise the bar

in training, while also providing the added benefit of helping save lives and conserve valuable resources.

"Firefighter training is unique and quite often comes with a calculated risk. VR technology can help reduce some of that risk during training by exposing the firefighter to the experience they will be dealing with firsthand in a completely virtual atmosphere, without the risk," said Haas.

Completing community college courses and a degree in fire science may significantly improve firefighter applicants' chances for an appointment. The National Fire Academy (NFA) and the National Fire Protection Association (NFPA) have made it clear that higher education is an essential ingredient in the career advancement of fire personnel and that higher education is critical to managing the complexities of the fire service. The fundamental issue is to raise the organizational capacity of fire departments.

The US Fire Administration (USFA), an entity of the US Department of Homeland Security's Federal Emergency Management Agency (FEMA), published an article advocating for the use of virtual reality (VR) technology to help save the lives of firefighters in training. According to the USFA, from 2008 - 2019, 110 firefighters lost their lives due to training injuries. ★

CSLB Urges Homeowners to Hire Licensed Contractors



The Contractors State License Board (CSLB) is reminding homeowners to use licensed contractors for any construction repairs above \$500. Photo courtesy Monkey Business Images | Dreamstime.com

CSLB News Release

SACRAMENTO, CA (MPG) - After a series of severe damaging storms and with more wind and rain expected to impact California, the Contractors State License Board (CSLB) is reminding homeowners to use licensed contractors for any construction repairs above \$500.

After a disaster, CSLB's mission is to help ensure unlicensed or unscrupulous contractors do not take advantage of consumers.

Homeowners should use CSLB's Find My Licensed Contractor feature to build personalized lists of licensed contractors

in their area. They should always check all contractors' license numbers on the CSLB website and check each contractor's pocket license to confirm the person representing the construction business is listed as personnel of record on the license. A CSLB-issued state license is required for any construction job of \$500 or more (labor and/or materials).

"Disaster survivors take a huge risk when they hire unlicensed contractors," said CSLB Registrar David Fogt. "Most are not properly insured and likely don't have the skills or knowledge to perform the work."

Homeowners should be aware that CSLB offers a designated Disaster Help Center section online, which provides publications that can be downloaded or ordered. These include "Debris Removal and Construction Scams," "After a Disaster, Don't Get Scammed," and "What You Should Know Before Hiring a Contractor." In addition, information can be requested by calling CSLB's Disaster Hotline, 800-962-1125, staffed Monday through Friday from 8 a.m. to 5 p.m., or via the automated assistance line, 800-321-CSLB (2752).

Californians seeking information about the state's response and recovery efforts should visit the California Governor's Office of Emergency Services (Cal OES) website.

About CSLB: CSLB operates under the umbrella of the Department of Consumer Affairs and licenses and regulates nearly 285,000 contractors in California. In 2022, CSLB helped consumers recover more than \$40 million in ordered restitution. ★

FOLLOW US

for Local News and much more!

Gold River Messenger

Facebook: @GRMMPG8

Twitter: @GRM_MPG8

Season 27 SPRING 2023

Donald Kendrick Music Director

EUROPEAN MASTERWORKS

Saturday, March 4 at 8 pm
Pre-concert talk at 7 pm
SAFE Credit Union Performing Arts Center

Stabat Mater – Charles Villiers Stanford
A work of unspeakable beauty and transcendence

Lobgesang (HYMN OF PRAISE) – Felix Mendelssohn
Majestic and powerful, Mendelssohn's masterpiece

Performance in Memory of
Michael Meeks
SCSO Principal Trumpet

Projected Supertitle Translations

OUTSTANDING SOLOISTS

Marina Boudart Harris, Soprano	Chadwick Somers, Tenor
Jennifer Mitchell, Soprano	Craig Verm, Baritone
Kelly Clarke, Mezzo Soprano	

TICKETS ON SALE!
Box Office | 916.808.5181
or Ticketmaster.com

Scan for information & tickets

SACRAMENTO CHORAL.ORG

PAYROLL and HR Support

\$250 a month

Offer valid through 3/31/2023

We specialize in small and mid-sized businesses. Offering comprehensive and intuitive payroll and HR solutions.

DIRECT DEPOSIT
QUARTERLY TAXES FILING
PAYROLL TAXES PAY
ACCRUAL TRACKING
FILING AND REPORTING
PAYROLL APP
HR COMPLIANCE

916-760-7227

Serving Gold River and Sacramento County

Publisher,
Paul V. Scholl

Gold River Messenger is a member of Messenger Publishing Group

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: publisher@mpg8.com. Be sure to place in the subject field "Attention to Publisher." If you do not have email access, please call us at (916) 773-1111.

The Gold River Messenger is not responsible for unsolicited manuscripts or materials. The entire contents of the Gold River Messenger are copyrighted. Ownership of all advertising created and/or composed by the Gold River Messenger is with the publishing company and written permission to reproduce the same must be obtained from the publisher.

Gold River Messenger, 7144 Fair Oaks Blvd., Suite #5, Carmichael, CA 95608. The Gold River Messenger is published monthly. Call 916-773-1111 for more information.

We are proud members of these newspaper associations.

CRPD Staff Donates to Unhoused Students



Cordova Recreation and Park District (CRPD) staff and Folsom Cordova Unified School District (FCUSD) staff with donations for Homeless Student Services. From left to right: CRPD CFO Matt Goodell, FCUSD Social Emotional Learning & Equity Director Dr. Iyanna Pease, CRPD HR Manager Andrea White. Photo courtesy of CRPD

By Patrick Owen, Cordova Recreation & Park District

RANCHO CORDOVA, CA (MPG) - The Cordova Recreation and Park District's (CRPD) Community Engagement Program is underway! The Community Engagement Program, spearheaded by District General Manager Patrick Larkin, is a quarterly program that focuses on giving back to the community.

During this year's fall quarter, the District collaborated with Folsom Cordova Unified School District (FCUSD) Families in Transition (F.I.T) Program to provide donations to students in need. FCUSD F.I.T. program helps ensure children have an equal opportunity to obtain a high-quality education and provides resources to their families. Throughout the quarter, District staff and Board of Directors contributed Target gift cards to be used for shoes, clothing and other essentials. On December 16,

2022, CRPD Chief Financial Officer Matt Goodell and Human Resources Manager Andrea White proudly presented FCUSD with donations totaling \$1,420.

"I'm proud of our generous and caring CRPD staff for their continued support for the unhoused students in Rancho Cordova. Many of the CRPD staff are residents of Rancho Cordova so this opportunity to work with FCUSD for the students in need has special meaning," said Larkin. "We look forward to more opportunities to work in partnership with FCUSD to make the community stronger and to meet the needs of our most vulnerable youth."

CRPD is proud to collaborate with FCUSD Families in Transition Program to help support local students.

"FCUSD appreciates the generosity and strong partnership we share with the staff at CRPD," shared FCUSD Social Emotional Learning & Equity Director Dr. Iyanna Pease. ★

Unprecedented Levels of High Severity Fire Burn in Sierra Nevada Forests

By Kat Kerlin, UC Davis News and Media Relations

High-severity wildfire is increasing in Sierra Nevada and Southern Cascade forests and has been burning at unprecedented rates compared to the years before Euro-American settlement, according to a study from the Safford Lab at the University of California, Davis, and its collaborators. Those rates have especially shot up over the past decade.

For the study, published in the journal *Ecosphere*, scientists analyzed fire severity data from the U.S. Forest Service and Google Earth Engine, across seven major forest types.

They found that in low- and middle-elevation forest types, the average annual area that burned at low-to-moderate severity has decreased from more than 90% before 1850 to 60-70% today.

At the same time, the area burned annually at high severity has nearly quintupled, rising from less than 10% to 43% today. (High-severity burns are those where more than 95% of aboveground tree biomass is killed by fire.)

Lead author and UC Davis project scientist John N. Williams said this ratio is severely out of balance.

"We're seeing more 'bad fire' and less 'good fire,'" said Williams, who is the coordinator of the California Prescribed Fire Monitoring Program. "Any consolation we'd get from the idea that, 'At least we're burning more than we used to,' isn't really a consolation because it's often coming in the form of the wrong kind of fire."

Good Fire, Bad Fire

Many fire ecologists talk about the need to burn more acreage by putting "good fire" on the ground, such as through prescribed burning, while preventing "bad fire." In forests like oak woodland, yellow pine and mixed conifer, good fire refers to the low-to-moderate severity burning that the dominant species are adapted to. They are typically ignited by lightning or by people to enrich and restore the land. Many such fires were set by Native Americans before the mid-19th century through the practice of cultural burning.

Before 1850, much more land burned each year in California compared to the present day. The study indicates that gap is beginning to close. Unfortunately, more of what is burning comprises damaging, high-severity fire.

That represents the most concerning result, say the authors: The average area of high-severity burning in the region is

now above the best estimates of high-severity burning that took place before Euro-American settlement, even though overall burning in the modern day is still much lower.

"At current or even projected rates of forest management by federal and state agencies, the amount of forest treated or restored is going to be a drop in the bucket compared to the need and compared to the huge unmanaged areas that are going to burn, often at high severity," said senior author Hugh Safford, a UC Davis fire ecologist and chief scientist of environmental public benefits corporation Vibrant Planet. "I'm not exaggerating when I say that the very existence of montane conifer forest in California is at risk, especially in the southern part of the state."

A Severe Decade

Nine of California's 10 biggest wildfires occurred within the past decade. The state's record-breaking 2020 fire year — when nearly 9,900 fires burned 4.3 million acres — was the only year in which the annual area burned exceeded historical levels, but much of that burned at high severity.

The authors say this trend is especially concerning because most of the low- to middle-elevation forest types affected are adapted to low-to-moderate severity burning. Excessively severe fires in these forests can harm landscapes and the habitat and ecosystem services they provide.

Other research carried out by the Safford Lab at UC Davis and its partners has shown that negative effects of severe burning in these forest types are serious and long-lasting to biodiversity, carbon storage, soil biogeochemistry, air quality and forest regeneration.

Getting the Right Mix

The study's results highlight the need to better balance fire exclusion with management practices that proactively reduce forest fuels and increase resilience to climate change and other ecological disturbances.

"We need to burn much more each year, but we want the right mix," Williams said. "The current trend is going in the wrong direction if we want to restore forests and their natural ecological processes."

The study's additional co-authors include Nic Enstice of the California Department of Conservation, Zack Steel of the USDA Forest Service Rocky Mountain Research Station, and Alison Paulson of USDA Forest Service Humboldt-Toiyabe National Forest. ★

Be a part of something important
Help deliver the news to your neighborhood

We are looking for people who want to deliver newspapers in their neighborhoods.
 Provide great customer service to our readers every Friday.
 Earn money to help pay those monthly bills.

MPG Must have a valid California drivers license and current auto insurance. Previous newspaper delivery experience a plus but not required. **Call us today at 916-773-1111**

MPG
Advertise in your Local Community Newspaper
 Call **916-773-1111**

NORTHBRIDGE DENTAL

DENTAL IMPLANTS - THE BEST OPTIONS FOR MISSING TEETH
 Discount Membership Plan
 "No Dental Insurance, No Problem"

SNAP ON REMOVABLE

FULL ARCH BRIDGE TO IMPLANT

SINGLE IMPLANT FIXED

ALL ON FOUR FIXED

BRIDGE FIXED

Free Consultation ☎ **916-944-1197**

NORTHBRIDGE DENTAL
 6600 Madison Ave. Ste. 4b
 Carmichael, CA 95608

All implant treatment performed in one location from start to finish



Reward Yourself

IRA Contribution Deadline is April 18, 2023

IRA Certificate **4.35% APY**

You choose the term 3-18 months

- ★ Open with as little as \$500
- ★ Only 50% must be funds new to First U.S.
- ★ A good option for rollover funds
- ★ Or open as a regular certificate
- ★ Rates are guaranteed, and funds are NCUA insured

Stop by, call (800) 556-6768, or visit firstus.org to reward yourself with a good rate for your retirement funds. But hurry – this special rate is only available for a limited time.



Visit firstus.org



Call (800) 556-6768



Stop by your local branch

FIRST US
Community Credit Union

11220 Gold Express Dr., Gold River

Certain restrictions apply. Annual Percentage Yield (APY), offers, rates and terms effective 01/26/2023 and subject to change without notice. \$500 minimum. \$500,000 accumulated maximum per member. At least 50% of deposited funds must be new to First U.S. APYs assume principal and dividends remain on deposit to maturity. Penalty for early withdrawal. Withdrawals will reduce earnings. Special certificates mature as standard rate certificates.

Federally insured by NCUA

MEMBER OWNED AND OPERATED SINCE 1936



Won't You Be Our Valentine?

Join us for lunch and a tour... We'll call it a date!

Summerset
Senior Living

Independent • Assisted • Memory Care

2341 Vehicle Drive • Gold River/Rancho Cordova

summersetseniorliving.com

916-400-3831



RCFE #347005361

KP International MARKET
FOOD COURT NOW OPEN
1097 Edison Drive, Rancho Cordova, CA 95670
916.853.8000
Market: Mon-Sat 8am-9pm
Food Court: 9 Days, 11am-2:00pm
Korean/Mexi/West: 7:30pm-late call
Chinese/Japanese: 8:00pm-late call

FROZEN & FISH DEPT

<p>Seasoned Pollock Roe 1 lb REG. \$15.99/EA \$10.99/ea</p>	<p>BLOOD CLAM REG. \$6.99/EA \$3.99/ea</p>	<p>Cooked Half Shell Blood Clam 1 lb REG. \$6.99/EA \$3.99/ea</p>
--	---	--

WEEKLY MEAT SPECIALS

<p>Beef London Broil & Top Round Roast Pulpa Para Hornear Roast sin Hueso \$3.99/lb</p>	<p>Beef New York Roast - Boneless Carne de Res Nueva York Asado Desahusado \$4.99/lb</p>	<p>Beef New York Steak - Boneless Carne de Res Nueva York Filete sin Hueso \$5.49/lb</p>
<p>Chicken Leg Quarters Pernas y Muslo de Pollo 79¢/lb</p>	<p>Pork Loin Chops Bone In Chuletas de Cerdo con Hueso \$1.69/lb</p>	<p>Pork Cushion Meat - Boneless Carne de Cerdo Desahusado \$1.99/lb</p>

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE FEBRUARY 06 - FEBRUARY 14, 2023.

HAPPY HOURS

Draft Beer **\$2.50 & UP**

Mon-Thu 4PM-9PM
Fri-Sat 2PM-9PM

KP KARAOKE SPECIAL

Sun-Thu Come before 6pm (Valid Time)
Fri-Sat Come before 5pm (Valid Time)

<p>For 6 people \$85.00</p> <p>3 Hours Karaoke + Pizza + Pitcher Soda + 2 Main Dishes (12 total) (4 to 5 people) (12:00-1:00am)</p>	<p>For 18 people 275.00</p> <p>3 Hours Karaoke + 3 Pizzas + Pitcher Soda + 7 Main Dishes (18 total) (12 to 15 people) (12:00-1:00am)</p>
<p>For 12 people \$185.00</p> <p>3 Hours Karaoke + 2 Pizzas + Pitcher Soda + 4 Main Dishes (12 total) (6 to 8 people) (12:00-1:00am)</p>	<p>For 28 people \$350.00</p> <p>3 Hours Karaoke + 3 Pizzas + Pitcher Soda + 8 Main Dishes (28 total) (12 to 16 people) (12:00-1:00am)</p>
<p>For 14 people \$210.00</p> <p>3 Hours Karaoke + 2 Pizzas + Pitcher Soda + 5 Main Dishes (14 total) (10 to 12 people) (12:00-1:00am)</p>	<p>9 Dishes To Choose From</p>

FRESH PRODUCE

Blueberry 18 oz \$4.99/ea	Mini Sweet Pepper 1 lb \$3.99/ea	Roma Tomato 89¢/lb	Asparagus \$2.99/lb
Russet Potato 10 lb \$4.59/ea	Grape Tomato 2/\$3.00	Tomatillo 69¢/lb	Navel Orange 10 lb \$4.99/ea

AMERICAN/HISPANIC GROCERY

Ducal Beans 29 oz \$4.99/ea	Masito Mesquite Charcoal 15 lb \$11.99/ea	Wish Bone Dressing 2 kinds 15 lbs \$2.49/ea	TSINGTAO Beer 6 pack 6 x 12 oz \$10.99/ea	A1 Steak Sauce Original 10 oz \$5.99/ea
------------------------------------	--	--	--	--

ASIAN GROCERY

Viet Way Rice Noodle 4 kinds 14 oz \$1.99/ea	Rafina Fish Sauce (juste) 25 Lbs \$3.99/ea	Dragonfly Beef Flavor Broth 40.58 Lbs \$2.99/ea	Danisa Premium Butter Cookies 16 oz \$4.99/ea	China Slim Tea Extra Strength 19 oz \$4.49/ea
---	---	--	--	--

EUROPEAN GROCERY

Zepko Safflower Oil 2 liter \$12.99	Zepko Double Cream Fat 800 g \$10.99	Indo-European 100% That Jamaica Rice 6 lb \$6.99	Ashland Carbonara Tea (20 x 1/2 oz) 100 c's \$5.99	Calvary Triple Chocolate Fingers 110 g \$2.49
--	---	---	---	--

KOREAN/JAPANESE GROCERY

Sushi Rice Premium Grain 44 lb \$7.99	Matin Coffee 100 x 2.7 g \$12.99	Seasoned Sesame Oil 24 x 4 g \$6.99	Korean Traditional Cookings 152 oz \$3.99	Onigiri Savory Black Beans & Spicy 5 x 1.53 oz \$4.99	Sample Soy Sauce 17 liter \$6.99
Red Pepper 2.2 lb \$10.99	Serrano Cheese Soft Cream 5.29 oz \$3.99	Serrano Gluten Protein 490 g \$3.99	Crispy Protein Topping Mix 1 lb \$2.99	Graki Sake 720 ml \$24.99	Primo Coconut Milk 13.5 oz \$1.99

HOUSEWARES

HAMILTON BEACH KITCHENWARE 99¢/ea	ELECTRIC BBQ GRILL \$39.99
ELECTRIC RICE COOKER (4 CUP) \$39.99	ELECTRIC RICE COOKER (6 CUP) \$45.99

FROZEN & FISH DEPT

Scallop with Garlic & Vermicelli 200 g **\$3.99/ea**

EUROPEAN DELI

Columbus Black Forest Ham \$7.99	Pitted Olive Medley \$4.39
Maple Syrup & Honey Turkey Breast \$9.79	Primo Italiano Olives with Garlic & Pepper \$5.59

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE FEBRUARY 06 - FEBRUARY 14, 2023.