



Get Out and Vote!

Empowering the Most Vulnerable

PAGE 3



# Gold River Messenger

VOLUME 10 • ISSUE 11 Serving Gold River and Sacramento County NOVEMBER 2022

SEE INSIDE

THE MACC IS FIVE YEARS OLD



PAGE 8

BLANKETS FOR SACRAMENTO AREA KIDS



PAGE 6

FOLSOM LAKE COLLEGE ANNOUNCES TRANSITION



PAGE 3

OR CURRENT POSTAL CUSTOMER



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

## Capital SouthEast Connector Ahead

Decades-long Dream Results in Ribbon Cutting Celebration



From Left to Right: Mark Rackovan, City of Folsom Public Works Director; Councilmember YK Chalamcherla; Elaine Andersen, Folsom City Manager; Derek Minnema, Capital SouthEast Connector Executive Director; Sue Frost, Sacramento County Supervisor; Ami Bera, U.S. Representative, 7th Congressional District; Kerri Howell (yielding scissors), Folsom Mayor and Connector JPA Board Member; Ken Cooley, State Assembly Member, CA 8th Assembly District; Pat Hume, Elk Grove City Councilmember and Connector JPA Board Member; Councilmember Sarah Aquino and Councilmember Mike Kozlowski.

Story and photos by Bill Bird

SACRAMENTO REGION, CA (MPG) - They believe in planning for the future. They believe in progress. They gathered Wednesday, October 26th to celebrate a ribbon cutting event and completion of a goal to serve the residents of Folsom, Rancho Cordova, and residents of Southeast Sacramento County.

That achievement is the completion of the Folsom segment of the Capital SouthEast Connector. It is a three-mile segment of expressway that is

now open to motorists, cyclists, and pedestrians. White Rock Road from Prairie City Road to East Bidwell Street in Folsom has been transformed from a narrow and winding country road into a safer, higher-capacity four-lane expressway.

"Anything that's worth doing in Folsom typically takes 20-years to get done," said Folsom Mayor Kerri Howell during the ribbon cutting event. "We've had our challenges. Not everybody in the region believes that this project is as important as those who are here today."

The new segment is part of a much larger four-lane expressway project that will eventually stretch for 34-miles. The new transportation option for commuters and bicyclists will eventually stretch from Interstate 5 in Elk Grove to Highway 50 in El Dorado County.

Congressman Ami Bera (D-Elk Grove) grew up in the Inland Valley area of Los Angeles County and understands the importance of the connector project. The growth of the Southern California region was not

Continued on page 4

## CHP Receives Grant to Reduce Teen Distracted Driving

CHP News Release

SACRAMENTO, CA (MPG) - The California Highway Patrol (CHP) announced today that it received a grant from the Office of Traffic Safety (OTS) to help promote safe driving behaviors for teens.

The Teen Distracted Driving (TDD) II grant announcement coincides with National Teen Driver Safety Week October 16-22. The number one killer of teens in America is car crashes. Using cell phones, eating, drinking, changing the music, or simply talking with friends are all activities teens engage in every day, but these activities become life-threatening hazards while driving. Distracted or inattentive driving presents a significant danger to all motorists.

The grant-funded Teen Distracted Driving campaign consists of an education component that will allow CHP officers and traffic safety partners to make appearances at schools and community events throughout the state. Distracted driving enforcement operations will be conducted during National Teen Driver Safety Week in October and National Distracted Driving Awareness Month in April.

According to the California Department of Motor Vehicles, there are nearly 792,970 licensed teenage drivers in California, which increased by 6 percent since last year. Data from the CHP's Statewide Integrated Traffic Records System indicated that in 2020 there were 6,644 fatal and injury crashes involving teen drivers between 15 and 19 years of age. This age group has the largest proportion of drivers who were distracted at the time of the fatal crashes.

"The combination of inattention and inexperience behind the wheel can lead to tragedy," said CHP Commissioner Amanda Ray. "This grant will assist our officers in keeping California's roads safe, while addressing California's distracted driving crisis among the state's teens."

Funding for this program was provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration. ★

## In a Land Far Away and Long Ago

Story and photos by Lonni Maier

GOLD RIVER, CA (MPG) - "In a land far away and long ago..." is the opening line of many fairytale stories.

Those who have lived in Gold River have that sort of backdrop to our homes. We revere, and feel blessed to have, the iconic network of meandering trails and nature areas that lie along the American River.

The labyrinth of pathways that interlace the community is an opportunity to meet neighbors from "far-away lands" from Discovery to Mother Lode Villages. I've seen some of the same neighbors for the nearly 30 years we've lived here. Old friends, most of them nameless, but unforgettable people who greet each other like family.

One of the connectors trails our twin daughters used to call the "Secret Trail," lies somewhat hidden amongst the shorter pathways, and has a special feature gracing one of the rest benches that have been added in the past few years by scouts and others.

Mr. Underwood has



92-year-old Gold River resident Mr. Underwood has been working on a recent project he'd like to share with his community.

lived in Gold River for 40 years. You might have recognized him with his endeared companion "Dolly," a full-sized bloodhound that he would walk several times a day; she would be seen pulling him in any direction she wanted to go, with Mr. Underwood at the other end of the leash at the mercy of her

beckoning. Dolly passed away a couple of years ago, so he's been busy with a little project.

Three years ago, he got the idea of building a rock monument around one of the benches. He started with an outline of river rock, eventually filling in the outline with larger rocks — some of them

35-40 pounds — finally filling it out to a graceful contour that looks like an architectural design contracted by an engineering firm. Actually, Mr. Underwood knows his rocks. He worked for the US Geological Survey for 38 years and has been retired for nearly as much.

Through the journey of the three years, He hand-carried each rock from various locations within Gold River, one at a time to meet his design criteria, until his creation was completed. Mr. Underwood is 92 years old.

I tried lifting one of the larger rocks and felt immediate pain. He's a spry older man with a kid's heart that doesn't seem to tire easily. His modest outlook is apparent. He doesn't like to talk much about himself.

If you ask him why he wanted to build it, he'll tell you: "It gave me something to do." No longer married and children all grown, he wanted something to do to keep himself busy. He's not a large man, and to take on the task of delivering over

Continued on page 2

# Proven Leadership



**Experience • Dedication • Knowledge!**

**Serving this District Since 2006, We Have Provided: Award-Winning Parks**

**Exceptional Recreation Programs**

**Facilities that Unite Us and Enrich the Quality of Lives for Our Youth, Adults and Seniors**

**Parks that are Safer, Cleaner and Accessible for All**

**Community Driven Decisions!**



Visit Inez's Website at: [Reyes4Rec.com](http://Reyes4Rec.com) Or Contact her by Email: [Reyes4Rec@gmail.com](mailto:Reyes4Rec@gmail.com)

**"I Love this Community and the Opportunity to Serve... to Make it Better!"**

# In a Land Far Away and Long Ago



Through the journey of the three years, Mr. Underwood hand-carried each rock from various locations within Gold River, one at a time to meet his design criteria, until his creation was completed.

*Continued from page 1*

500 rocks to his monument construction site is a bit emotionally stirring. One stands back and sees the detailed symmetry of the rocks, and immediate appreciation for the creator's work is felt.

I've known Mr. Underwood for 15 years, usually a casual wave and smile on the trail. When I met with him this week, he was busy at his duty

station doing what he calls "maintenance work," realigning and smoothing the contours to his exacting specifications. "Kids see the rocks and like to climb on them, so I come every day to straighten them out and keep them looking nice." He gets on his knees, visually scans the top line of rocks, adjusts them for an hour or so, then takes a break sitting on the bench to greet anyone who might

be passing by. You may see him sometime in your nature travels. Stop and say "hi." He'll be happy to spend some time with you but be forewarned. It will be a short conversation. He'll see another rock that needs adjusting and correcting its course. May his dream, however seemingly small, be appreciated by those who find it on the Secret Trail. ★

# Round 4 of Microbusiness Grant Program Now Open

**Sacramento County News Release**

**SACRAMENTO COUNTY, CA (MPG)** - Sacramento County is launching the fourth round of grant funding for microbusiness owners who may have missed an opportunity to apply for a \$2,500 grant in a previous round. Applications for the Sacramento County Microbusiness Grant Program will be accepted from Oct. 10 to Dec. 20, 2022.

The Grant Program is funded by the State of California's Office of the Small Business Advocate and administered by Sacramento County to assist

microbusinesses impacted by the COVID-19 pandemic.

Microbusinesses can receive grants of \$2,500 that do not need to be repaid. To qualify, microbusiness must receive less than \$50,000 in gross revenue annually and has fewer than five full-time employees. An eligible business must also have been in operation by the end of 2019.

Additional information on the Grant Program's complete eligibility requirements, application, frequently asked questions and assistance is available on the Sac4Micro website. ★

PAID POLITICAL ADVERTISEMENT

# Re-Elect Assemblyman Ken Cooley

**ABOUT KEN**

**Assemblyman Ken Cooley** and his wife of 47 years, Sydney, have made their home in eastern Sacramento County since 1977. Since they moved here as newlyweds, life in Sacramento County is what has shaped them and their dreams.

In 1980 Ken began to study law at night at UOP's McGeorge School of Law. They believed it would help their future. Upon graduation, Ken was admitted to the practice of law in 1984. While the hard work of studying law did indeed reshape Ken's career, it turned out his McGeorge connection would influence his approach to public service in a wholly unforeseeable way..

That influence came unexpectedly in the form of a very small envelope from the biggest court in America.

In 2003, US Supreme Court Justice Anthony Kennedy, (who had taught constitutional law at McGeorge) sent Ken a short note in anticipation of the day Ken would take his Rancho Cordova oath of office.



Justice Kennedy words were inspiring to the Cooley's in 2003, coming as they did just before he began his public service. Re-reading them today, they still are. They express a remarkable clarity about both the privilege, and the inherent obligation, of life in a democracy which is profound. That clarity has centered Ken's approach to public service for almost two decades:

**"Congratulations to you and all of your colleagues for working to reinvigorate the principle of participatory democracy. Self-government must not be an abstract ideal, but must be a reality, and we must be unceasing in our efforts to make it more effective and more respected by our people."**

In striving to follow Justice Kennedy's advice in the City of Rancho Cordova, Ken worked hard to turn the page on the city's past of too much crime and neglect by the County. During 10 years on the City Council, he was Mayor twice. Although California has almost 500 cities, Ken quickly became known and respected for his skills and collegiality in the League of California Cities, and in just 4 years was advanced to its number two officer statewide.

In the Assembly the last ten years, Ken's efforts to make government "more effective and respected by our people", has earned him the respect and support of California's Police Chiefs, Crime Victims United, and the California Small Business Association. They have supported him and his commonsense approach to lawmaking, which has included increasing law enforcement's ability to do their work to keep our communities safe, protecting Prop 13, and by steadfast opposition to spending billions more on High Speed Rail.



Congratulations to you and all of your colleagues for working to reinvigorate the principle of participatory democracy. Self-government must not be an abstract ideal, but must be a reality, and we must be unceasing in our efforts to make it more effective and more respected by our people.



Read more at [www.kencooley.com](http://www.kencooley.com)

Re-elect Assemblymember  
**KEN COOLEY**  
 Independent, Thoughtful Leader

# Empowering the Most Vulnerable



Nadia Niazi, who started Fitrah (left). To the right are: Amreen Keval, operations manager; Ingrid Rosten, board member; and Phyllis Needelman, secretary and board member.

Story and photos by Margaret Snider

**RANCHO CORDOVA, CA (MPG)** - "It's not hoarding if it's books," was the message on the T-shirts worn by Fitrah volunteers advertising their non-profit online book reselling business. Fitrah empowers Sacramento County's most vulnerable youth: those who are in the foster care system, court-involved, homeless or out of school. "We empower them by letting them run our businesses," said Nadia Niazi, president and executive director of the nonprofit. During COVID, Niazi decided to focus on collecting and reselling books online, but things moved slowly, and Fitrah had its grand opening and ribbon cutting in Rancho Cordova on September 29, 2022.

Several years ago, Canadian-American Nadia Niazi made the acquaintance of a 60-year-old woman who had been homeless for 19 years. In visiting the homeless encampments, Niazi became aware of a lot of homeless youth, many of whom have "aged out" of the foster care system, now no longer eligible. Over 800 children and youth in foster care attend school in Sacramento County school districts. Phyllis Needelman, who is secretary and member of the Fitrah board, said that there are programs that will extend support for several more years if the youth continue their education. But often, she said, "Education is the last thing they want to think about." Needelman works in foster youth services at San Juan Unified School District.

Program participants receive training and mentoring in the skill-based work of operating the bookselling business, and also receive help with personal development such as resume writing, interview techniques, obtaining an ID and setting up a bank account. The name Fitrah refers to the Arabic word relating to the state of a person at birth. "Every single youth is born pure, innocent, and deserving of a future to thrive regardless of their race, religion, or gender," Niazi said. With her vision, energy and ability, Niazi has collected a cadre of enthusiastic and able volunteer helpers, who work with the youth who have joined the program.

Amreen Keval met Niazi at an event unrelated to Fitrah, but when they got to know each other, she was invited to join the board. She declined, but is now operations manager, preferring hands-on work more than an administrative or financial position. "I have a 17-year-old, he's a senior and . . . I'm going to college fairs with him," Keval said. "A lot of these foster kids don't have that kind of support, where they have the guidance such as, 'You need to be doing this now, this is how you apply for college, this is how you apply for financial aid.' We want to fill that niche."

The first client to complete the program was Stallion King, who is now a volunteer trainer and coordinator. Addressing the large group attending the grand opening, King said that she had lacked confidence when she started with Fitrah, and never in the past would have felt able to address a group such as she was doing. "Fitrah for me over time has become a family," King said. "With the love and support from them, I'm able to conquer everything." Three other participants in the program received their certificates of completion at the event: Emily Evans, Annie Lindberg, and David Diaz.

Start-up entrepreneur investor Ingrid Rosten is on the Fitrah board. The thing that Rosten sees that is different with Fitrah from some other programs is the hands-on work and pay to work. They get mentored along the way, but just by doing that work and learning the skills, it boosts their confidence so much that they are able to "take on life from a different lens."

The Fitrah program has sponsorship and support from many organizations, such as United Way, CASA, JPMorgan Chase, and many others, and in the past has received a grant and SHINE award from SMUD.

The Rancho Cordova drop box for donated books can be found at 3259 Monier Circle, Suite 200, Rancho Cordova. Other drop boxes are located in Fair Oaks, Rocklin, Folsom, Roseville, and South Sacramento. To volunteer or donate online, go to [www.Fitrah.org](http://www.Fitrah.org). To buy books go to [fitrahbooks.webstoreplace.com/?categoryId=182882](http://fitrahbooks.webstoreplace.com/?categoryId=182882)

For more information, please call 916-970-0770, or e-mail [Nadia@Fitrah.org](mailto:Nadia@Fitrah.org). ★

# Folsom Lake College Announces Presidential Transition



Former Folsom Lake College President Dr. Rachel Rosenthal has been appointed Interim President, effective September 1, 2022. Courtesy headshot

**FOLSOM, CA (MPG)** - Dr. Whitney Yamamura, the President of Folsom Lake College, left the college on Aug. 31, 2022, after serving in the position for over five years. Dr. Yamamura was the third president in the school's eighteen-year history. Former Folsom Lake College President Dr. Rachel Rosenthal has been appointed Interim President, effective September 1, 2022.

Dr. Whitney Yamamura began his presidency in July 2017, as the culmination of his more than three-decade career in the Los Rios Community College District. The district which serves nearly 70,000 students in the greater Sacramento region is the second largest community college district in California. Within the district, Yamamura proudly served at all four Los Rios Colleges (American River, Cosumnes River, Folsom Lake, and Sacramento City Colleges) in a wide range of positions both inside and outside the classroom, starting as a teaching intern in 1989 before being hired as a part-time adjunct faculty and then full-time tenured faculty teaching economics and working his way up the administrative ladder as area and center dean, vice president of instruction, and interim president.

During Yamamura's tenure at Folsom Lake College, he guided the institution through the update of the college's Facilities Master Plan which included the planning and design of the college's new science building and phase two of the Rancho Cordova Center, supported the implementation of new placement standards which empowered all students to place into transfer-level English and

math courses, expanded the Rancho Cordova Promise program to include military veterans, broadened support services for students of color and underserved populations including the creation of the college's Equity Center, supported the transition of the college's Harris Center for the Arts to managing partner VenueTech, developed new career education programs and business partnerships, institutionalized the Prison Reentry Education Program to serve incarcerated students at five correctional partner facilities and formerly incarcerated students upon their return to the college and the community, and successfully navigated the college's transition to fully remote operations and instruction during the COVID-19 pandemic.

"In more than three decades in Los Rios, Whitney Yamamura served the students, faculty, and staff of our colleges with grace and compassion, and our colleges - as well as the students we serve - are better off as a result of Dr. Yamamura's service," said Dr. Brian King, Chancellor of the Los Rios Community College District. "Dr. Yamamura served as the President of Folsom Lake College at perhaps the most challenging time to ever be a college president, and yet was still able to move critical work forward on behalf of our students. He will be sorely missed, both personally and professionally, by everyone in Los Rios. We are exceptionally fortunate that Dr. Rosenthal has agreed to temporarily pause her retirement to return to the college until the search for a permanent president is complete."

As a fourth-generation Japanese American and Sacramentan, Yamamura has deep roots in the community. He is the grandson and great-grandson of farmers and farmworkers. His father's family was interned in California during WWII and his father later taught in the Elk Grove Unified School District for more than 30 years. Yamamura has been active in the community having served on the boards of the Folsom Tourism & Economic Development Corp., the

Citrus Heights and Natomas Chambers of Commerce, and the Sacramento Asian Chamber of Commerce, while maintaining professional memberships with Asian Pacific Americans in Higher Education, the Association of California Community College Administrators, and as Vice President of the Asian Pacific Islander Trustees and Administrators Association. He was named Folsom Chamber of Commerce Educator of the Year in 2020 and was co-recipient of the national Asian Pacific Americans in Higher Education (APAHE) Annual Award in 2018.

"It's truly been my privilege to serve our students, our faculty and staff, and our communities. Folsom Lake College is a special place," Yamamura shared. "I am forever grateful to my wonderful mentors and so many great people who supported me along the way. I know Folsom Lake College has a bright future and I will watch proudly as it continues to grow and prosper."

To honor Yamamura's legacy and dedication to removing barriers and providing resources to historically underrepresented students, the FLC President Yamamura Scholarship for Equity has been established by the Los Rios Colleges Foundation. The scholarship will support the ongoing efforts of the college's Equity Center and students from disproportionately impacted populations. Students will be able to apply for the scholarship starting January 2023.

Yamamura has accepted a promotional opportunity to serve as the Chancellor of the Coast Community College District in Costa Mesa, CA, and assume his new position as of Sept. 1, 2022.

Dr. Rosenthal, who served as Folsom Lake College's second president from July 2012 to December 2016, has paused her retirement and has returned to serve as Interim President starting Sept. 1, 2022, while the Los Rios Community College District conducts a nationwide search for Yamamura's successor. ★

## Election Information

### November 8, 2022 - General Election

Vote Early and Vote by Mail.

	<b>Oct 10</b>	Ballots begin to arrive by mail. Ballot Drop Boxes are now open.
	<b>Oct 24</b>	Close of registration. Register today!
	<b>Oct 29</b>	11-Day Vote Centers open through Election Day.
	<b>Nov 5</b>	All Vote Centers open through Election Day.
	<b>Nov 8</b>	Election Day! Last day to turn in your ballot.

Vote Early! Don't wait for Election Day

Take advantage of early voting and avoid the lines! You can return your ballot in the mail, at any Ballot Drop Box, or at any Vote Center. No postage is necessary.

Track your Ballot

Sign up for "Where's My Ballot?" with Ballottrax, a free ballot tracking and alert system. It is available to all voters who wish to track the status of their Vote by Mail ballot- from printed to accepted. This provides additional transparency to voters on the status of their ballot.

Vote Early! Vote by Mail.

Visit [www.elections.saccounty.gov](http://www.elections.saccounty.gov) or Call Toll Free (800) 762-8019

# Capital SouthEast Connector



Sacramento Bike Hikers ride by in an honorary first ride on the newly opened Class 1 bike/pedestrian trail on Wednesday, October 26.

Continued from page 1

well planned, he said. He watched as population growth turned sections of State Route 91 into “a parking lot.”

“Nobody wants that here,” Bera said during the event. “We need to think about the future. That’s what this connector (project) is all about. Where are we going to live? How are we going to move around? We need to visualize what this region will look like over the next 25-years.”

The Sacramento Area Council of Governments (SACOG) first unveiled plans for the expressway more than two decades ago. The project gained even more urgency in 2006, when the cities of Elk Grove, Folsom, and Rancho Cordova, as well as El Dorado and Sacramento Counties formed the Capital SouthEast Connector Joint Powers Authority (JPA).

Sacramento County Supervisor candidate Pat Hume called the project an example of “smart planning.” State Assemblyman Ken Cooley (D-Rancho Cordova) believes the connector will eventually give motorists more options, removing traffic pressure from Highway 50.

“This project is an example of the kind of government work that people want,” Cooley said during the event. “It’s an example of working smarter, not harder. This roadway is like a regional auxiliary lane to get people off Highway 50 and reduce air quality problems.”

The new three-mile segment also includes new traffic signals that replace time-consuming four-way stops, improved intersections designed to reduce the number of accidents, bridges over Alder Creek, and a Class 1 bike and pedestrian trail.

“This project is so important to our region,” said Sacramento County Supervisor Sue Frost. “It fills a major gap in connecting our rural communities to each other and the urban core. The Capitol Connector is an important asset to the residents I serve.”

Completed sections of the Capital SouthEast Connector include the Grant Line Road and Kammerer Road Interchange off State Route 99, the Grant Line Road Railroad Grade Separation Bridge over Union Pacific Railroad tracks, and the Silva Valley Parkway Interchange off US 50. ★

**WE SUPPORT FIRST RESPONDERS**



*Celebrating Life's Journey*



*and*  
**Having FUN along the way!**

Summerset offers restaurant style dining. Pets are welcome. Visitors are encouraged and **welcomed**.

Call to schedule a tour **TODAY!**

**Summerset**  
Senior Living

Independent • Assisted • Memory Care  
2341 Vehicle Drive • Gold River/Rancho Cordova

[summersetseniorliving.com](http://summersetseniorliving.com)

**916-400-3831**



License: 347005361

RCFE #347005361

LOCALLY OWNED SINCE 1955

**Your #1 stop for e-Bikes**

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

378 NORTH SUNRISE AVE.  
SUITE 300  
ROSEVILLE, CA 95661  
*(across from the Auto Mall entrance)*  
(916) 784-2255

[bobscyclecenter.com](https://www.bobscyclecenter.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](http://www.VisitingAngels.com/Sacramento)

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



**We're GIVING you great rates to say THANKS**

**24 MONTH CERTIFICATE**

**\$50,000 or more 3.00% APY**

Personal or Business. Regular Certificate or IRA

**36 MONTH CERTIFICATE**

**\$50,000 or more 3.60% APY**

Personal or Business. Regular Certificate or IRA

Stop by, call or visit [firstus.org](http://firstus.org) to take advantage of great rates for certificate funds. Better rates, lower fees, and excellent member service that you can depend upon from your member-owned community credit union.



Visit [firstus.org](http://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 10/21/22 and subject to change without notice. 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.



MEMBER OWNED AND OPERATED SINCE 1936

# Social Security Matters

## Why Don't I Get Annual Cost of Living Adjustments (COLA)?



By Russell Gloor, AMAC Certified Social Security Advisor

**Dear Rusty:** I get a NET amount of \$210 from Social Security plus get an alimony check of \$1,400. Other people I know get a COLA increase every year, but I was told I am not eligible? But no reason was given. Why am I not eligible? **Signed: Struggling Senior**

**Dear Struggling Senior:** Everyone who collects Social Security receives the annual Cost of Living Adjustment (COLA), so whoever told you that you aren't eligible for a COLA increase was incorrect. However, keep in mind that COLA is applied to your gross Social Security payment, not your net payment. One thing which can happen, especially to those whose Social Security payment is small, is that an increase to the Medicare

Part B premium may consume your COLA increase. Here's an example of how that might occur:

You say your NET Social Security amount is \$210. Assuming you are enrolled in Medicare, your gross Social Security payment (before the Medicare Part B premium is deducted) is probably about \$380. The COLA increase for 2022 was 5.9%, which would increase your gross Social Security payment from about \$380 to about \$402, an increase of about \$22. However, the 2022 Medicare Part B premium also increased by nearly \$22 and, since your Medicare premium is deducted from your Social Security benefit, your NET Social Security payment wouldn't change. I suspect this is why you didn't see the Cost of Living Adjustment in your Social Security payment - an increase to your Medicare Part B premium most likely offset all of your COLA increase.

I know (and agree) this seems unfair, but inflation has also affected healthcare costs in general and Medicare premiums in particular, and a Medicare premium increase

unfortunately offsets at least some of, and sometimes all of, the annual COLA received by all Social Security beneficiaries. I suspect the above, or some variation of it, is why you are not seeing a COLA increase in your net Social Security payment. Rest assured, however, that you ARE receiving an annual COLA increase to your gross Social Security amount - every recipient of Social Security receives each COLA increase granted.

*This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org. ★*

# Something We Can All Agree On – We All Hate Measure A



Bruce Lee

## From Sacramento Taxpayers Association

We live in a time of extreme polarization, even more obvious during the run up to an election. But there is one issue on the Sacramento County ballot this November where almost everyone seems to agree. Organizations across the political spectrum urge a "NO" vote on Measure A.

Measure A would impose a countywide half percent sales tax increase that Sacramento area taxpayers would pay for the next 40 years, raising the sales tax in Folsom and Elk Grove to 8.25%, Sacramento City and Rancho Cordova to 9.35% - almost \$1 on every \$10 spent, \$10 on every \$100. The Measure is bankrolled by wealthy special interests like the Cordova Hills Development Corporation, who want taxpayers to pay hundreds of millions of dollars to build new roads that will enable them to profit or "line their pockets" by developing the surrounding land.

The proponents claim that the new tax will provide funding for needed roadway infrastructure, and these proponents primarily include developers and construction labor unions, as well as politicians who are indebted to them. Developers will benefit because road construction opens up new development opportunities.

Measure A includes 26 new capacity building projects that will exceed the 2020 "Metro Transportation Plan & Sustainable Communities Strategy" produced by the Sacramento Area Council of Governments (SACOG) after years of analysis and negotiated agreement among the six counties (El Dorado, Placer, Sacramento, Sutter, Yolo and Yuba). The big prize is the Capital

Southeast Connector, a 34-mile highway between Interstate 5 in Elk Grove and Highway 50 in Folsom. This idea was defeated in 2016, withdrawn at the last moment in 2020, and now tossed onto the ballot along with 25 other projects.

But look at who is opposing Measure A!

The Sacramento Taxpayers Association opposes Measure A because it exploits the "citizens' initiative," which only requires a majority vote, by using a loophole that would normally require a new special tax to require a two-thirds vote. The special interests who are sponsoring Measure A spent \$1.7 million (or \$22.25 per signature) to buy the signatures for it to qualify as a "citizens" initiative.

The Sierra Club and Save the American River Association oppose Measure A because it will promote sprawling development, create more traffic, and destroy hundreds of acres of open lands, wildlife habitat, and farmland, all of which help to take carbon out of our atmosphere and keep it there. The Sacramento County Farmers Bureau is against it because it will destroy valuable agricultural land.

Environmental groups like ClimatePlan and 350 Sacramento urge a no vote on Measure A because it will exacerbate climate change and worsen our air quality. According to the American Lung Association, Sacramento consistently ranks in the top ten worst cities in the country for its poor air quality. Analysis by the Sacramento Area Council of Governments (which was peer reviewed) concluded that if the Measure passes, the region will likely fall short of meeting its state mandated climate goals, which in turn will jeopardize the region's ability to compete for billions of critical state and federal funding for affordable housing, infrastructure, and transportation.

Transit riders and the Sacramento Area Bicycle Advocates oppose Measure A because it heavily favors roads and cars over other options like transit, walking, and biking. Only 3% of the tax dollars raised would be spent on seniors

and the disabled.

And the biggest surprise of all? Republicans and Democrats alike oppose the Measure. The Sacramento County Republican Party urges a no vote. On the other side of the aisle, the Environmental Democrats of Sacramento County, the Town and Country Democratic Club, Queer Democrats, and the American River Democrats are in opposition. The non-partisan League of Women Voters, Sacramento, urges a no position.

And the list of strange bed fellows continues! Former Sacramento Mayor Heather Fargo (2000 to 2008); Michael McKeever, former Executive Officer of the Sacramento Area Council of Governments; the Libertarian Party of Sacramento County; the Howard Jarvis Taxpayers Association; and others from across the political spectrum have lined up to consistently oppose Measure A as there seems to be something for everyone to hate!

W. Bruce Lee, President of the Sacramento Taxpayers Association comments, "They aren't concerned that this new tax will hit low and middle income households and seniors the hardest, at a time when we are already being crushed by inflation. This is why the NAACP and the National Action Network worked with us previously to stop this measure. Developers or land speculators aren't concerned about the fact that more cars and traffic will lead to more air pollution and health problems, or that more greenhouse gas emissions will worsen climate change."

Even the Sacramento Bee, which is generally pro-labor, says that "voters must reject Measure A." In their opinion, "The proposal was sponsored and dishonestly crafted by political operatives, mega-developers, and other special interests seeking to benefit from more than \$8.5 billion in taxpayer money. They concocted an initiative loaded with pet projects that will make them rich, counting on voter apathy in a midterm election and understandable frustration with the condition of local roads and infrastructure." ★

# FEMA Updates Flood Maps in Sacramento County and Select Cities

## FEMA News Release

**OAKLAND, CA (MPG)** - The Federal Emergency Management Agency (FEMA) has delivered preliminary flood maps for Sacramento County and the cities of Citrus Heights, Folsom and Sacramento. The maps identify revised flood hazards along Arcade Creek, Cripple Creek, Hinkle Creek, Humbug Valley Basin and Alder Creek tributaries. These new maps will help building officials, contractors and homeowners make effective mitigation decisions, thereby contributing to safer and more disaster resilient communities.

Before the new Flood Insurance Rate Maps (FIRMs) become effective, there is a 90-day appeal period from Oct. 6, 2022 to Jan. 4, 2023. During that time, residents or businesses with supporting technical and scientific information, such as detailed hydraulic or hydrologic data, can appeal the flood risk information on the preliminary maps, which can be viewed at [fema.gov/preliminaryfloodhazarddata](http://fema.gov/preliminaryfloodhazarddata).

Flood hazards are dynamic and change frequently for many reasons, including weather patterns, erosion and community development. Officials from FEMA, Sacramento County and the cities of Citrus

Heights, Folsom, and Sacramento worked together to provide updated information that accurately reflects the flood risk. These changes may also affect future building standards or insurance requirements.



The local mapping project is part of a national effort led by FEMA to increase local knowledge of flood risks and support actions to address and reduce the effects of flooding on new and improved structures. FEMA encourages residents to review the preliminary flood maps to learn about local flood risks, potential future flood insurance requirements and identify any concerns or questions about the information provided.

Risk of flooding affects almost every corner of the nation. In total, 98% of counties have experienced a flood event, which makes floods the most common and widespread of all weather-related natural disasters.

For more information, contact Sacramento County at (916) 874-8646 or [johnsonm@saccounty.gov](mailto:johnsonm@saccounty.gov). Other community information is available for the cities of Citrus Heights at (916) 727-4770 or [GeneralServices@citrusheights.net](mailto:GeneralServices@citrusheights.net), Folsom at (916) 461-6212 or [dwolfe@folsom.ca.us](mailto:dwolfe@folsom.ca.us), and Sacramento at (916) 808-5061 or [floodinfo@cityofsacramento.org](mailto:floodinfo@cityofsacramento.org). ★

## 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

Tunnel to Towers Foundation

## Thank A Veteran Today

## Be a part of something important

### Help bring the local news to Your Neighborhood

**We are looking for families who want to deliver the local newspaper in your neighborhoods.**

Provide great customer service to our readers every Thursday/Friday.

Make money as a family effort by working together to get the job done.

Earn money to pay those growing monthly bills.



Must have a valid California drivers license and current auto insurance. Previous newspaper delivery experience a plus but not required.

\*Delivery must be completed by an adult.

**Call 916-773-1111**



# Blankets for Sacramento Kids Readies for Holiday Giveaway



This holiday season you can do something to give the gift of joy to Sacramento region kids. Photo courtesy of SBSK

By Claire Gliddon, SBSK News Release

SACRAMENTO REGION, CA (MPG) - Every September, SBSK picks as many of the lowest-income elementary schools we can and finds out how many kindergartners they have, and they make double fleece blankets (about 40" x 60") for ALL of them, and a little fleece pouch with a Beanie Baby in it to go with each blanket. SBSK gives these to the kids right before Christmas break. (Even during this time of distance learning, the teachers will get these to their students.) Some of these kids live in their cars or in places without heat.

And this is ALL they get for Christmas.

The double fleece blankets and Beany Babies are WILDLY popular with the teachers AND the kids! Spread the word, too! We've done this for 9 years and hope to continue doing it, as long as we can get Beanie Babies. In 2022, SBSK will need 1,400 blankets and Beanie Babies.

SBSK is always looking for new volunteers to make blankets all year round for children in need. SBSK is asking for donations of Joann's fleece blanket kits (48 x 60) all year long. Beanie Baby Explanation - SBSK is asking for donations of new or "almost

new" Beanie Babies all year long. If you'd like more information about SBSK, please go to www.sacblankets4kids.com and sign in! No pressure, no timelines, no meetings... just people who enjoy blanket-making and helping a whole lot of children at the same time.

Sacramento Blankets for Sacramento Kids (SBSK) is a nonprofit organization that gets volunteers to make handmade blankets (sew, quilt, crochet, knit, no-sew fleece) for children in need from infants to 18-year-olds. They do this all year long! But they also have a "special" project they do around this time of year. ★

**PAYROLL and HR Support**  
**\$250 a month**  
 Offer valid through 12/31/2022

**916-760-7227**

**PINNACLE**  
 EMPLOYEE SERVICES

**Gold River Messenger**  
 Serving Gold River and Sacramento County

It is the intent of the *Gold River Messenger* to strive for an objective point of view in the reporting of news and events. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

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.

**MPG**

We are proud members of these newspaper associations.

ENPA CIRCULATION VERIFICATION COUNCIL

## Local Classified

**Announcement**

Become a Published Author. We want to Read Your Book! Dorrance Publishing, Tru...  
 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 (SCAN)

**Flooring**

Beautiful waterproof flooring Certified Home Depot installer, more than 30 years experience! I have all material in stock! Material is 100% waterproof, 20 mil wear layer, extreme performance! For free estimates call or text Joseph, jffloors916@gmail.com 916 215-7558, lic#1023377

**Health & Medical**

Study grp. for ADHS/Autism. Tim 916-370-0858 for more info. TFN

**Landscaping**

FALL YARD CLEAN UP Mow, weed, prune, haul, rock, bark, and gutters. Light Fence Work 916 205-9310 916 688-9310

**Painting**

PAINTER INTERIOR & EXTERIOR \$30 Hourly or Fixed Price Cell: 650-773-5221 Insured & Bonded Guarantee Work 9-30-2022

**Roofing**

BERNARDINO ROOFING Reroofs, Repairs, Maintenance, Dryrot, Gutters, Family Operated. BBB MEMBER! \*\*\*\*\*ESTIMATES\*\*\*\*\* SENIOR DISCOUNTS Lic.#817945 43 Years Experience 916.920.0100 www.bernardinoroofting.com

**Wanted Collectibles**

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

**Financial**

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)

**Fitness/Yoga**

Your Fitness Genie Virtual Sessions Your Fitness Genie Silver Sneakers NASM Age Well At Home Avoid Assisted Living \*Keep Strength and Mobility Be Active, Call Today! Jenn@YourFitnessGenie.com (916)768-8767

**Health & Wealth**

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

**Landscaping**

CREATE YOUR PARADISE 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

**Pets/Animals**

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

**Schools/Training**

COMPUTER & IT TRAINING PROGRAM! Train ONLINE to get the skills to become a Computer & Help Desk Professional now! Grants and Scholarships available for certain programs for qualified applicants. Call CTI for details! 1-877-806-0935 (M-F 8am-6pm ET). Computer with internet is required. (Cal-SCAN)

**Work Wanted**

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. (MPG 12-31-22)

**Autos Wanted**

WANTED! Old Porsche 356/911/912 for restoration by hobbyist 1948-1973 Only. Any condition, top \$ paid! PLEASE LEAVE MESSAGE 1-707-339-5994. Email: porsche\_restoration@yahoo.com (Cal-SCAN)

**Hall Rentals**

VFW Post 6158 8990 Kruthof Way, Fair Oaks, CA 916-966-1663 vfw6158.org/rent-our-hall/ Call or come by

**Household**

FREE: Glass hutch, 7ft Christmas Tree, 4-tier wooden filing cabinet, twin roll-away bed. In Rancho Cordova, call 307/684-7654.

**Legal Services**

All American Will Kits Do-It-Yourself Legal Will Written by an attorney Valid in all states Order online at www.allamericanwillkits.com

**Real Estate**

Professional, Loving PET SITTING \*Established Reputation \*Kennel Free \*Lots of TLC \*Happy & Safe Environment \*Affordable Rate Call Madeline (916) 723-1608

**Tree Service**

BP TREE SERVICES LLC. TREE & TRUMP REMOVAL TREE STUMPING / 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

**Work Opportunities**

Allstate Insurance in Carmichael is looking to employ an enthusiastic person (with or without an insurance license). Great benefits, unlimited income! call 916-944-5090 or email your resume to alain@allstate.com

**Autos Wanted**

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)

**Hall Rentals**

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

**Insurance/Health**

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

**Music Lessons**

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

**Rental**

Property is under construction and will soon have 1,2,3, & 4 bedroom units for rent! The Housing Authority of the County of Butte is currently accepting applications for its Farm Labor Housing property in Gridley, CA. We have 2 Bd. units available at this time. Rental assistance is available and provided by USDA Rural Development for those that meet USDA Rural Development guidelines. For more information contact our office at (530) 895-4474 or TDD 1-800-735-2929.

**Wanted to Buy**

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

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

**Cable/Satellite TV**

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)

**Handyman**

A Quality Home Maintenance Light Hauling Yardwork Gutters Cleaned Scott Lehman Timeless Maintenance Services (916) 613-8359

**Miscellaneous**

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

**Miscellaneous**

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

**Real Estate**

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

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

**International MARKET** Many Positions are Available. Please no phone calls. Apply in person. 10971 Olson Dr. Rancho Cordova, CA 95670

**Child Care**

Half Pints Daycare Rio Linda, (916) 243-8681. Openings for 6 weeks-5 yrs old

**Computer Services**

Zinsky's PC Configurations Don't replace it - REPAIR IT! Custom Desktop Computer Configurations • PC Repair • Home Wireless Networking • Installations • Virus & Spyware Eradication Alan Zinsky Phone: 916-622-2269 Zconfg@sbglobal.net B. Lic. # 305312 • B. E. A. R. Reg #84416 www.zinskyspcrepair.com

**MPG**

**BASEBALL** Tours DC Cherry Blossom Tour Mar. 31 - Apr. 4, 2023 Home games for Washington Nationals, Yankees and Red Sox. Includes 4-hour tour of DC and ends in Boston. East Coast Tour Aug. 18 - Aug. 27, 2023 Home games for Washington Nationals, Orioles, Phillies, New York (Yankees/Mets) and Red Sox. Guided tour of Manhattan, DC/Philadelphia, and Baltimore. Also includes Little League World Series in PA. Tour begins in DC and ends in Boston. Tours include deluxe motor coach transportation, additional sightseeing opportunities and quality game tickets/hotels. For More Information: 507.217.1326 or BobsBaseballTours.com

**Support Our Military**

**GOT LOCAL NEWS?** Call 916-773-1111

**Computer Services**

Zinsky's PC Configurations Don't replace it - REPAIR IT! Custom Desktop Computer Configurations • PC Repair • Home Wireless Networking • Installations • Virus & Spyware Eradication Alan Zinsky Phone: 916-622-2269 Zconfg@sbglobal.net B. Lic. # 305312 • B. E. A. R. Reg #84416 www.zinskyspcrepair.com

**Handyman**

A Quality Home Maintenance Light Hauling Yardwork Gutters Cleaned Scott Lehman Timeless Maintenance Services (916) 613-8359

**BASEBALL** Tours DC Cherry Blossom Tour Mar. 31 - Apr. 4, 2023 Home games for Washington Nationals, Yankees and Red Sox. Includes 4-hour tour of DC and ends in Boston. East Coast Tour Aug. 18 - Aug. 27, 2023 Home games for Washington Nationals, Orioles, Phillies, New York (Yankees/Mets) and Red Sox. Guided tour of Manhattan, DC/Philadelphia, and Baltimore. Also includes Little League World Series in PA. Tour begins in DC and ends in Boston. Tours include deluxe motor coach transportation, additional sightseeing opportunities and quality game tickets/hotels. For More Information: 507.217.1326 or BobsBaseballTours.com

**Support Our Military**

**RETIREMENT COUPLE** Has \$1Mil to lend on California Real Estate\* V.I.P. TRUST DEED COMPANY OVER 40 YEARS OF FAST FUNDING Principal (818) 248-0000 Broker WWW.VIPLAN.COM \*Sufficient equity required - no consumer loans 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

# 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**  
BUDS THAT IS CLEAN

**Pressure Washing Services**  
License Number SPB12021-00112

Robert Beard  
916-825-0999  
DUDEPRESSURE@GMAIL.COM  
DUDEPRESSURE.SIMDI.F.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

**Photo Sessions**  
Professional  
Personal  
Beautiful Photos

jtfaye.photography@gmail.com (916) 856-0115

**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

**DITARANTO LEGAL DOCUMENT SERVICES**  
Nicholas Ditaranto, LDA

Divorce • Family Law • Immigration • Probate  
Willis & Living Trusts • Other Low Cost Services

Helping "Self-Helpers"  
Since 1997

6929 Sunrise Blvd., Ste. 112, Citrus Heights, CA 95610  
916-676-1096 office  
**916-225-8437 call or text**

Registered and Bonded - 2022 Exp. 03/19/2024 Sacramento County  
www.ditarantolegal.com | legalconcepts1@gmail.com

**TRACTOR SERVICE**

- Mowing • Rototilling
- Discing • Scraper/Loader

Call  
**(916) 991-8431**

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

**STATEPOINT CROSSWORD • ANIMAL WORLD**

**CLUES**

ACROSS

- Canned meat
- Like low relief
- First prime number
- Itty bit
- Deity, in Sanskrit
- Adams of "Summer Of '69" fame
- Wild plum in gin fizz
- Type of mountain goat
- Nest for an eagle
- Plant and animal lover
- Dapple animal mark
- Conform, according to Darwin
- Battleship game success
- Summer shoe
- Famous Roman historian
- Don McLean: "A long, long time \_\_\_\_\_"
- Diaphragm spasm
- Reluctant
- Whatchamacallit
- "Days of \_\_\_ Lives" soap opera
- Like Halloween
- On a deck, perhaps
- Assembly of all members
- Card with single pip
- Hindered
- Unfortunate outcome
- Business master
- Soil for cultivation
- Highlands hillside
- Host's unwelcome guest
- Dough
- Biblical birthright seller
- Volcanic rock
- Rainbow-producing device
- Badger's den
- Newspaper piece
- Hair controller
- Miner's bounty
- Deer group

DOWN

- Sib
- Horseback rider's ball game
- Minute bit
- Dionysus' follower
- Yardbird's jazz style
- Deflect
- Original home of the Saxons
- Pro's opposite
- Hang around
- Bit of binary code
- Festival of Lights
- Fundamental
- Snake or lizard
- Montana's neighbor
- Accident
- Long stories
- To take in and feed livestock for payment
- Like Curious George
- Zig or zag
- Synagogue scroll
- Carthage's ancient neighbor
- First animal clone
- \* \_\_\_-blooded, like a snake
- Prompter's line
- Orca and elephant, but not crow or fish
- Gives off
- Princess tester?
- Two dots above a letter
- Letter-shaped girder
- Civil War battle
- Policeman's shocker
- About to explode
- Not the life of the party

**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			45		46
					47				48	49		
50	51						52				53	54
55							56			57		58
59							60			61		
62							63			64		

**dish** BRING EVERYTHING YOU LOVE TOGETHER!

Blazing Fast Internet! ADD TO YOUR PACKAGE FOR ONLY \$19.99/mo. where available

2-YEAR TV PRICE GUARANTEE \$69.99/mo. 190 CHANNELS Including Local Channels!

CALL TODAY - For \$100 Gift Card (Promo Code 9519)

1-888-416-7103 Offer ends 11/30/22

**Classified Advertising**

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

**MPG**

**916-773-1111**

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

**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

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

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.

## STUDENTS MAKING THE GRADE

We recognize local students who have achieved scholastic honors at their institutions of higher learning.

- ❖ **ROBERT TURNPSEED** (Gold River) earned a Bachelor of Science in Engineering from George Fox University (Newberg, OR)
- ❖ **ALISON BRADUS** (Gold River) was named to the Spring 2022 President's List, and graduated Summa Cum Laude with a Bachelor of Business Administration from Gonzaga University (Spokane, WA)
- ❖ **CHAD CORTVRIENDT** (Gold River) earned a Master of Science in Computer Science from the Georgia Institute of Technology (Atlanta, GA)

Gold River Messenger, July 2022

## The MACC is Five Years Old

Story and photos by Margaret Snider

### RANCHO CORDOVA, CA (MPG)

The Mills Station Arts & Culture Center (MACC) is celebrating its 5th birthday with the show "How Sweet It Is." Cheryl Gleason, Art Director/Curator of The MACC, issued an open call to Northern California artists, focusing on Sweet Treats, and Gleason juried the show. There was also a cake decoration contest, won by Ana Navarro from Fairfield, California. There were many works by Oreo artist Christopher Creek, and upstairs was the solo show of wildlife photographer Paul Anderson.

Clay Vorhes won Best of Show for Banana Split, oil on Masonite. Penny S. Hanscom took first place with her fiber art Sweet Treats. "(The MACC) is wonderful," Hanscom said. "Not just the shows - the workshops, the movies, the presentations, Meet the Artist night . . . It's all because Cheryl puts it together, it is! She works for it."

Lauryl Rose's work Eye Candy took second place using mirrors, mylar, magnets, and adhesives. "The pieces are made from mylar from balloons that I cut up from my daughter's 17th birthday party," Rose said.

Polly LaPorte was in third place with Sundae Cupcake, in oil. LaPorte has around 40 paintings now hanging at the Elk Grove Fine Arts Center. "I took (some) out of that show to enter into this show," LaPorte said.

Sherry Morris won two honorable mentions, while another was earned by Dawn Pedersen.

The historic building that houses The MACC was built in 1911, used to be located on Folsom Boulevard and was moved to its current location in 1993. As an arts and culture center, The MACC had a soft opening in November 2017 when it the annual Holiday Pop Up Gallery featuring 12 Rancho Cordova artists. January 2018 was Gleason's official start date with Cordova Community Council and The MACC. The MACC had its grand opening and official ribbon cutting in February 2018 the first show being Danny



"I am not just getting an art education, I'm viewing wonderful art and meeting phenomenal people," said first place winner Penny S. Hanscom about the MACC. Photo by Margaret Snider



"I do some painting, a little bit of everything," said second place winner Lauryl Rose. Lately it's mostly fiber arts and then this creation came from life with my daughter and my friends." Photo by Margaret Snider

Schieble and his tapagami (tape art) exhibit. "In addition to local and regional artwork," Gleason said, "the MACC has procured several excellent traveling exhibits." These have included David Hockney - six fairy tales; Anne Frank - her story; Natural Wonders - pollinators, seeds, and mushrooms; 1968: A Folsom Redemption; Our Voice: Coretta Scott King Award Winners; Forced to Flee; Facing the Inferno; Stitching California; Pigskin Peanuts; and Danny Lyon: Memories of the southern civil rights movement.

"It takes a lot more time to start something from scratch, to build something, than it does to take over something that already has processes and guidelines and things in place," Gleason said. "I

would rather create something than just take over something. It was a once in a lifetime kind of thing . . . I feel incredibly grateful for the honor and privilege of being the person who got to bring the MACC alive and fill it with such amazing things, creative exhibits that people want to come see."

The MACC show is open Thursdays, Fridays, and Saturdays. This exhibit runs from Thursday, October 6, through Saturday, October 22. Hours are 3-8 p.m. Thursdays and Fridays, and 11 a.m. to 4 p.m. Saturdays. Admission is free.

The MACC is located at 10191 Mills Station Rd., Rancho Cordova. For more information, call Cheryl Gleason, 916-273-5712, or e-mail cheryl@cordovacouncil.org. ★

# Holiday Craft Faire

**Thursday, November 17th  
5:00 to 7:30 pm  
Rancho Cordova City Hall**


**The Rancho Cordova Chamber Ambassadors present our annual Holiday Craft Faire!**


**Local crafters, artists, and direct sales vendors participate in this popular event.**

FREE ADMISSION

**Get a creative jump on holiday shopping and find unique gifts for everyone on your list!**


**WE SUPPORT FIRST RESPONDERS**



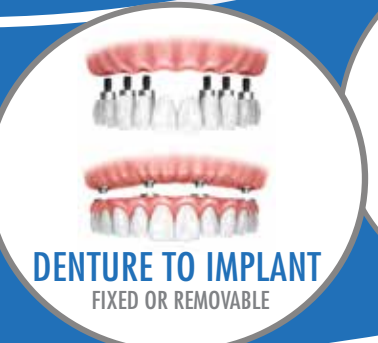


**NORTHBRIDGE DENTAL**

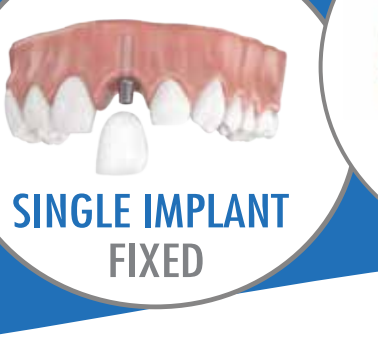
## DENTAL IMPLANTS - THE BEST OPTIONS FOR MISSING TEETH



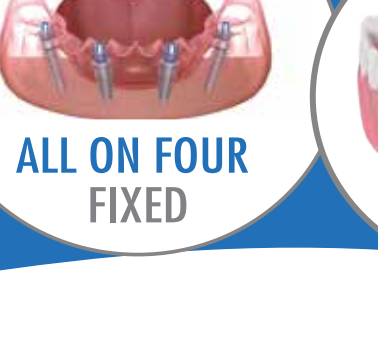
**SNAP ON REMOVABLE**



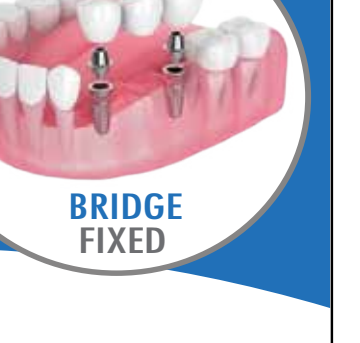
**DENTURE TO IMPLANT  
FIXED OR REMOVABLE**



**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**



# SacRT Offers Free Rides to Help Drive the Vote

## SacRT News Release

SACRAMENTO, CA (MPG) - The Sacramento Regional Transit District (SacRT) has teamed up with Sacramento County to drive community members to Vote Center and Ballot Drop Box locations across the

Sacramento region to help Drive the Vote.

SacRT is offering free rides system-wide on all bus, light rail, SmaRT Ride, and SacRT GO paratransit services on Election Day, Tuesday, November 8, 2022.

“By removing the

transportation barrier, we hope that Sacramento area voters take advantage of free rides to help cast their ballot,” said SacRT General Manager/CEO Henry Li. “It is free to vote and SacRT is making it free to drive you to vote.”

“It is terrific to have SacRT as

a partner in our effort to make voting easier and more accessible to all Sacramento County voters,” said Sacramento County Interim Registrar of Voters, Hang Nguyen. “It is important that we see high voter participation and having great partnerships like SacRT makes

that goal more attainable. We appreciate their support in our effort to increase voter turnout.”

Visit [elections.saccounty.net](http://elections.saccounty.net) to learn more about vote center locations.

For trip planning options and to learn more, visit [sacrt.com/drivethevote](http://sacrt.com/drivethevote). ★

# Gold River TOWN CENTRE

Gold River Town Centre is where you can find a variety of local eateries, shops, and services. If you are looking to grab a quick bite to eat, enjoy quality time with friends and family, or glam up with a beauty service, Gold River Town Centre has everything you need and more.



## DIRECTORY OF STORES

ARIGATO SUSHI  
BEACH HUT DELI  
BEL AIR FRESH MARKET  
BELLISSIMA NAIL SPA  
BLAZE PIZZA  
BROCKWAY HAIR DESIGN  
GOLD RIVER DENTAL

GOLD RIVER SHOE REPAIR  
IL FORNO CLASSICO  
JACK'S URBAN EATS  
THE JOINT CHIROPRACTIC  
PAPA MURPHY'S TAKE 'N' BAKE  
PERSONAL EXPRESS INSURANCE  
QUEST DIAGNOSTICS

RITE AID  
STARBUCKS COFFEE  
SWANSONS CLEANERS  
URBAN DESSERTS  
WELLS FARGO BANK

Located at the corner of Sunrise Blvd & Gold Field Dr on Golden Centre Ln

**KP International MARKET**  
 FOOD COURT NOW OPEN  
 10971 Olson Drive  
 Rancho Cordova, CA 95670  
 916.853.8000  
 Market: 7 Days 8am-9pm  
 Food Court: 3 Days 11am-7:30pm  
 Korean/Mex/Viet 7:30pm last call  
 Chinese/Japanese 7:00pm last call

**FROZEN & FISH DEPT**

Cut Pollack with Hot Sauce 1.1 lb REG. \$9.99/EA **\$5.99/ea**

Frozen Cuttlefish 12 oz REG. \$5.99/EA **\$3.99/ea**

**WEEKLY MEAT SPECIALS**

Beef Chuck Roast Boneless \$3.99/lb

Beef New York Roast - Boneless \$4.99/lb

Beef New York Steak - Boneless \$5.49/lb

Pork Spare Ribs (Single Pack) \$1.99/lb

Boneless & Skinless Chicken Thigh Meat \$1.69/lb

Pork Butt - Bone In \$1.69/lb

Country Style Pork Loin Ribs - Bnds \$2.29/lb

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 NOVEMBER 02 - NOVEMBER 08, 2022.

**HAPPY HOURS**  
 Draft Beer **\$2.50 & UP**  
 Mon-Thu 4PM-9PM  
 Fri-Sat 2PM-9PM

**KP KARAOKE SPECIAL** Sun-Thu Come before 9pm (Valid Time) Fri-Sat Come before 9pm (Valid Time)

For 6 people \$85.00  
 For 12 people \$185.00  
 For 14 people \$210.00  
 For 18 people \$275.00  
 For 28 people \$350.00

9 Dishes To Choose From

**FRESH PRODUCE**

Blueberry 18 oz \$4.99/ea

Burro Banana 89¢/lb

White Mushroom 8 oz \$2.19/ea

Peeled Sugarcane 1 lb \$2.49/ea

Wood Ear Mushroom 6 oz \$2.49/ea

Hawaiian Purple Yam \$2.99/lb

Yali Pear \$1.79/lb

Satsuma Mandarin 79¢/lb

**AMERICAN/HISPANIC GROCERY**

GM Corn Puffs 104 oz \$2.99/ea

La Finca Chile Gasolera 8 oz \$3.99/ea

Kirin Ichiban Beer 12 pk 12 oz \$11.99/ea

Del Monte Pineapple Turbide 20 oz \$2.29/ea

**ASIAN GROCERY**

Instant Noodle 6 boxes 6 x 2.5 oz \$9.99/ea

Sina Soft Ginger Candy 4.4 oz \$2.29/ea

Jin Shan Zhenjiang Vinegar 15.6 Lit \$2.49/ea

Honey Bee Thai Tea Drink 10.5 Lit \$1.49/ea

LKK Sauce Protection Packs 2 kinds \$9.99/ea

**EUROPEAN GROCERY**

Vin Verde Extra Virgen Olive Oil 1 Liter \$7.99/ea

Zest Mild Pepper 67g \$2.99/ea

Saffron Pink Candy 360g \$5.99/ea

Galina Premium Backbones 300g \$4.69/ea

Meat Pellets Organic White 250g \$3.69/ea

**KOREAN/JAPANESE GROCERY**

Korean Gaba Bean 4 lb \$24.99/ea

Onion-Ju Ramen 15 x 4.25 oz \$14.99/ea

Soybean Sprout 5 x 20 g \$3.99/ea

Wheat Flour 41.1 lb \$1.99/ea

Korean BBQ Marinade 2 kinds 1.56 lb \$2.99/ea

Hard Shell Noodles 6 oz \$3.99/ea

**HOUSEWARES**

Hamilton Beach Kitchenware \$99/ea

Electric BBQ Grill \$39.99/ea

Electric Rice Cooker \$39.99/ea

Electric Rice Cooker \$45.99/ea

Electric Rice Cooker \$49.99/ea

**FROZEN & FISH DEPT**

Blood Clam Half Shell (cooked) 1 lb REG. \$6.99/ea **\$4.99/ea**

**EUROPEAN DELI**

Oven Roasted Chicken \$7.19/ea

Green Olives Stuffed w/ Almonds \$5.39/ea

Pastrami \$12.09/ea

Olive Medley \$4.09/ea

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 NOVEMBER 02 - NOVEMBER 08, 2022.

**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 from vendors (No Membership Fees)

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

We Only Accept ATM, Cash, & Checks M-F 9-7, SAT 9-7, SUN 10-7 Effective 11/2/22 - 11/8/22

Map showing location at Sunrise Blvd and Douglas Blvd.



**COUPON \$250 OFF**  
 ANY PURCHASE OF \$7.00 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 331 CHM Limit: 1 Coupon Per Family Effective 11/2/22 - 11/8/22

**COUPON FREE PURE NESS PET BOWL**  
 Sm. Size #00201 or #000A1 with any purchase of pet, fish food or supply. Limit 1. \$1.29 Value PLU 338 CHM Limit: 1 Coupon Per Family Effective 11/2/22 - 11/8/22

Look for Advertised Sale Items Everyweek at [www.petclubstores.com](http://www.petclubstores.com)

**NATURAL BALANCE DRY DOG FOOD**  
 22-24 Lb Bag  
 Lamb Meal & Rice (Reg & Lrg Brd) • Sweet Potato & Salmon • Sweet Potato & Chicken • Sweet Potato & Venison • Sweet Potato & Bison

Limit 2 Bags Per Family **\$5 OFF**  
 Our Regular Price Effective 11/2/22 - 11/8/22

**AVODERM NATURAL DRY DOG FOOD**  
 26-30 Lb Bag Limit 2 Bags Per Family  
 •Lamb Meal & Rice •Chicken Meal & Rice •Lite •Senior •Large Breed

OUR DISCOUNT PRICE!  
**\$4 OFF**  
 Effective 11/2/22 - 11/8/22

**NUTRO WHOLESOME ESSENTIALS DRY DOG FOOD**  
 •Lamb Meal & Rice 30 Lb Bag •Adult •Large Breed •Small Bites

Limit 2 Bags Per Family **\$44.99**  
 Effective 11/2/22 - 11/8/22

**FRISKIES DRY CAT FOOD**  
 16 Lb Bag •Tender Crunchy Combo

Limit 2 Bags per Family **\$12.99**  
 Effective 11/2/22 - 11/8/22

**FRISKIES BUFFET CANNED CAT FOOD**  
 5.5 Oz All Varieties

Limit 2 Cases Per Family **ON SALE Everyday**  
 Effective 11/2/22 - 11/8/22

**FUSSIE CAT PREMIUM CANNED CAT FOOD**  
 •Black Label •Gold Label 2.8 Oz.

Limit 2 Cases Per Family **ON SALE**  
 Effective 11/2/22 - 11/8/22

**ARM & HAMMER SUPER SCOOP CLUMPING CAT LITTER**  
 20 Lb Box •Unscented •Double Duty •Clump n Seal 19 lb •Slide 19 lb •Absorbx

Limit 2 Boxes Per Family **ON SALE**  
 Effective 11/2/22 - 11/8/22

**SCOOPAWAY CLUMPING CAT LITTER**  
 42 Lb Bag •Multi-Cat Formula

Limit 2 Bags Per Family **\$13.99**  
 Effective 11/2/22 - 11/8/22

**PURINA PRO-PLAN CANNED CAT FOOD**  
 •Selected Varieties 3 Oz (Focus & Selected Varieties \$1.25) Limit 1 Case **\$1.09**

Limit 2 Cases **EARTH BORN HOLISTIC CANNED CAT FOOD**  
 Including •Catalina Catch •Harbor Harvest •Monterey Medley •Chicken Calcatorini 3 Oz. 5.5 Oz. **\$1.79**

**NATURE'S MIRACLE PREMIUM ORGANIC CORN COB LITTER**  
 Bio-Enzymatic Formula 10 Lb Bag Limit 2 Bags **\$7.49**

15 Lb Bag **SCIENCE DIET SMALL BITES DRY DOG FOOD**  
 •Adult •Lite •Mature •Lamb & Rice (Sensitive Stomach 15.5 Lb \$34.99) **\$28.99**

Natural Grain-Free **EARTH BORN HOLISTIC DRY DOG FOOD** Limit 2 Bags Per Family  
 •Primitive Feast •Great Plains Feast •Meadow Feast •Coastal Catch **\$43.99**  
 •Weight Control •Large Breed 25 Lb Bag

**NATURALLY FRESH CAT LITTER** 100% Natural Walnut-based Multi-Cat Clumping **\$10.99**

14 Lb Bag 10 Lb Pellets **\$5.99**  
 Limit 2 Bags Clumping

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

**CORE GRAIN FREE DRY DOG FOOD**  
 •Original •Reduced Fat •Ocean 22-24 Lb Bag **\$6 OFF**  
 OUR REGULAR PRICES

**9 LIVES DRY CAT FOOD**  
 •Grilled Tuna & Egg 12 lb Bag Limit 2 Bags Per Family **\$10.99**

**GRAVY TRAIN DRY DOG FOOD**  
 35 Lb Bag Limit 2 Bags **\$19.99**

1.4 oz. All Varieties Limit 2 Pkgs **FANCY FEAST CLASSIC BROTH \$1.19**

•Probiotic •Gently Scented •Scent Free (Natural & Extra Strength) **BOXIE CAT CAT LITTER** Veterinarian Recommended Limit 2 Bags  
 16 lb **\$2.00 OFF** 28 lb **\$3.00 OFF**

**MIDWEST METAL PRODUCTS**  
 •Exercise Pens •Folding Crates •Ovation Trainer **20% OFF**  
 OUR SUPER LOW PRICES

**DOGSWELL HIP & JOINT** (Immune System) Jerky •Safe Strips Grillers **20% OFF**  
 OUR SUPER LOW PRICES

**Bramton SIMPLE SOLUTION TRAINING PADS** 23" x 24" 50 Pads (Extra Large 50 Ct. \$22.99) **\$13.99**

**PET AG ESIBILAC** Puppy Milk Replacer Weaning Food KMR Kitten Milk Replacer Weaning Food **20% OFF**  
 OUR SUPER LOW PRICES

**BOXED GLASS TANK WITH STARTER KIT**  
 10 Gal Tetra LED Deluxe... **\$66.99** 29 Gal Tetra LED Deluxe... **\$136.99**  
 20 Gal Tetra LED Deluxe... **\$113.99** 55 Gal Tetra LED Deluxe... **\$224.99**

**AQUEON BOXED 10 GALLON TANK** With Economy Kit Just add Heater For Tropical Fish **\$48.99** Limit 1 Per Family

**REPTILE SUPPLY SALE**  
 Zoo Med Reptibark 5 Oz... **\$7.99**  
 Tetra Reptom 3.7 Oz... **\$4.99**  
 Tetra Reptom 10.56 Oz... **\$10.99**

**REEF CRYSTALS** 50 Gal. Salt Mix **\$22.99**

**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 11/2/22 - 11/8/22 **ON SALE Everyday**

**BONUS COUPON FRISKIES PARTY MIX CAT TREATS**  
 2.1 Oz •Selected Varieties Limit 2 Pkgs with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 11/2/22 - 11/8/22 **\$1.49**  
 CHM PLU 573

**BONUS COUPON JONNY CAT PREMIUM CAT LITTER**  
 20 Lb Bag Limit 1 Bag With Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 11/2/22 - 11/8/22 **\$5.39**  
 CHM PLU 362

**BONUS COUPON JONNY CAT PREMIUM CAT LITTER**  
 20 Lb Bag Limit 1 Bag With Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 11/2/22 - 11/8/22 **\$5.39**  
 CHM PLU 362