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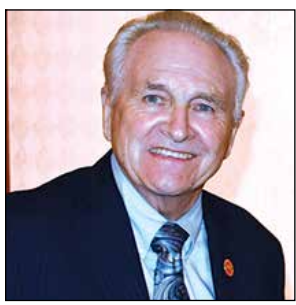


# Gold River Messenger

VOLUME 10 • ISSUE 9 *Serving Gold River and Sacramento County* SEPTEMBER 2022

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**NIELSEN RECOGNIZED**



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OR CURRENT POSTAL CUSTOMER



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## Back to School with CRPD!



Cordova Recreation & Park District and Folsom Unified School District staff with donations for unhoused students. Photo courtesy of CRPD

By Tarianna Perez, CRPD

**RANCHO CORDOVA, CA (MPG)** - The Cordova Recreation & Park District's (CRPD) Community Engagement Program continues with Back-to-School donations! The Community Engagement Program, led by CRPD General Manager Patrick Larkin, is a quarterly program that focuses on giving back to the community.

"I'm proud of our generous and caring CRPD staff for their continued support for the unhoused students in our community. 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."

This quarter, CRPD collaborated with the Folsom Cordova Unified School District (FCUSD) to collect school supplies to build Back-to-School bags for students in need. Throughout the months of April to June, CRPD staff contributed various Back-to-School supplies including backpacks, notebooks, binders and more. On July 21, 2022, CRPD staff presented FCUSD with over 500 supplies of Back-to-School items for students.

"Folsom Cordova Unified School

District is grateful for the generous donation of school supplies from Cordova Recreation & Park District employees," said Education Services Liaison Marjorie Diaz. "Your partnership is key to support the needs of students experiencing homelessness. With these school supplies the kids in our program will be ready for the first day of school and looking forward to a successful school year."

CRPD is proud to collaborate with FCUSD to help support local students.

*Cordova Recreation & Park District is one of the largest independent special districts in Northern California serving over 128,000 residents and four school districts in the greater Sacramento area.* ★

## Volunteers Invited to Join the Airshow Team

CCA News Release

**SACRAMENTO, CA (MPG)** - California Capital Airshow (CCA), presented by Sacramento County in partnership with the City of Rancho Cordova, is looking for Sacramento's finest volunteers to join the Airshow team for a weekend of hard work and tons of fun featuring the hottest jets in North America and the coolest pilots in the world!

Volunteering for the 2022 Airshow gets you a backstage pass to the sights, sounds and excitement of this massive festival from the ground up and the chance to play a role in delivering an exceptional experience for enthusiastic families from across the region.

"Airshow volunteers play a vital role in supporting the mission of the non-profit Airshow - to inspire young people using the power and magic of flight," says Ronlyn Vasconcellos, CCA volunteer coordinator. "Many have served for a decade or more and they build a great deal of community around this event while experiencing the behind-the-scenes excitement of helping to produce this massive aviation festival. Warning: Volunteering at the Airshow can become addictive."

The Airshow is looking for adults, age 18 and older, to volunteer their time working from 1pm-8pm Friday, September 30 and 9am-5pm on Saturday, October 1, and Sunday, October 2, 2022. Volunteers will be fed, provided water throughout the day, receive an awesome 'Airshow Crew' t-shirt, the chance to make some new friends and our deepest gratitude for supporting this nonprofit event.

If you enjoy helping people (LOTS of people!), are customer service minded, appreciate a fun, fast-paced, high-energy work environment on your feet, outdoors in the sun - this project is for you! Don't miss the action! For details or to register to become a volunteer, please visit: [californiacapitalairshow.com/become-a-volunteer/](http://californiacapitalairshow.com/become-a-volunteer/)

Established in 2004, the California Capital Airshow 501(c)3 plans and operates the exciting, family-friendly annual event designed to honor the Sacramento region's rich aviation heritage and veterans while using the power and magic of flight to inspire young people. CCA gives back to the community through scholarships, charitable group donations and exciting educational youth programming throughout the year. For more information about the airshow, performers, and discount tickets, please visit [www.californiacapitalairshow.com](http://www.californiacapitalairshow.com). ★

## Reducing Homeless Deaths in Sac County

**Sacramento County News Release**

**SACRAMENTO COUNTY, CA (MPG)** - In Sacramento County, 2021 was an unprecedented year for loss of life in this region. The Sacramento County Coroner had more overall deaths reported to their office than any other year in history - 8,677 deaths reported. Sacramento County similarly saw an increase in the deaths of its unhoused population.

*NOTE: The Coroner's Office does not receive a report of every county resident's death. For example, deaths signed off by a supervising doctor are not reported to the Coroner. Additionally, natural deaths occurring in a hospital or medical facility and/or under a hospice physician's care are not coroner cases which*

*require a coroner death investigation.*

The Coroner releases a report every year of the deaths, causes and some demographics for people experiencing homelessness at the time of death. In 2021, 199 deaths were reported to the coroner's office that were investigated and determined to be people who were experiencing homeless. While this is an increase from the years prior, it is not the same incremental increase as the overall increase in the homeless population, based on the most recent point in time count.

The causes of death among the unhoused population vary, but overwhelmingly, the causes are unnatural - death by substance use, vehicular or homicide. Decedents were overwhelmingly male, and there was a

disproportionate number of black and Hispanic deaths compared to the overall homeless population demographics.

Substance abuse continues to be the leader in untimely deaths of the unhoused population at nearly half of all deaths in 2021, as compared to just 3 percent of the overall county population.

Sacramento County continues to invest in existing and new programs to help meet the needs of the homeless population. The County is investing \$181 million annually on current and new programs, and services and to mitigate the impacts of homelessness. Not only does the County fund 1,300 indoor shelter beds on any given night, but continues to fund new and diversified programs such as:

Increasing the offerings

in 2022/23 to those experiencing behavioral health, both mental health and substance abuse, crises:

\$10 million to procure an additional 156 beds for Substance Use Disorder residential treatment;

\$5 million for behavioral health crisis stabilization units required in Medi-Cal;

\$7.5 million in Mental Health Services Act (MHSA) funds and federal match for additional Full Service Partnerships;

The County has approved two new-concept locations for Safe Stay Communities, adding another 165 indoor beds that provide privacy, dignity and a place for people to receive services to end their homelessness;

The County added 11 new behavioral health staff to the Encampment Service Teams to connect people to

*Continued on page 3*

# Food Locker Gets New Leader

**RC Food Locker News Release**

**RANCHO CORDOVA, CA (MPG)** - The Rancho Cordova Food Locker announced the hiring of its first-ever Executive Director, Carrie Johnson. With an extensive background in non-profit and community-focused engagement, Johnson is leading the RCFL into a new era of leadership and service to the East Sacramento County region.

The Rancho Cordova Food Locker is the largest official USDA food distribution site in the greater Rancho Cordova/eastern Sacramento County area, distributing approximately 44,000 lbs. of food to over 1,000 households each month. Since its establishment in 1987, the Rancho Cordova Food Locker has been dedicated to serving individuals and families in need throughout the greater Rancho Cordova area.

“Bringing Carrie on as our Executive Director provides an opportunity for us to increase the quality of our services and, ultimately, expand access to fresh and healthy food choices for families fighting hunger in our neighborhoods,” said Ross Johnson, president of the Rancho Cordova Food Locker board of directors.

For most of its history, the Rancho Cordova Food Locker was run by a passionate group of volunteers. Since 2019, the Food Locker has seen a 30% increase in the number of households facing food insecurity. In 2020, the Food Locker took an important next step, becoming an official USDA food distribution site and 501(c)(3) nonprofit organization.

“This new role with the Rancho Cordova Food Locker is an important opportunity for me to help those most in need in a community I care deeply about,” said Carrie Johnson. “As a longtime Rancho Cordova resident and supporter of the Food



The Rancho Cordova Food Locker volunteers look forward to their new leadership. Photo by Margaret Snider via MPG archive

Locker, I’ve seen how access to food directly impacts the day-to-day lives of our most vulnerable populations. By investing in the operations and sustainability of the Food Locker, we are going to be able to expand not only our ability to provide healthy food options for the community, but also – in time – identify and expand our reach to other satellite facilities across the city.”

With more than 15 year’s experience in the not-for-profit sector, Johnson is a recognized leader in convening private, public, and non-profit organizations to better communities in-need. Her recent experiences at Paratransit, Inc. and SAFE Credit Union allowed her to partner with executive leadership teams to craft strategic initiatives that directly benefited clients. While a Stanford Youth Solutions (formerly Stanford Home for Children), Johnson led fundraising and outreach efforts, a skill important to the success of the Rancho Cordova

Food Locker. Johnson is also very familiar with the Rancho Cordova community, living in the city since 1985.

“I feel like my entire career has been building up to this point. I know the power relationships can bring to businesses and non-profits. Whether it’s identifying new resources – both in time and money –or helping shine a light on the need for support services in our own backyard, I am excited to bring my experience to this community I care so much about,” said Johnson. “I’ve seen the power of the Food Locker as a volunteer and member of the community, and I know we are starting a new chapter in its history that will leave a lasting mark on this city and beyond.”

The Rancho Cordova Food Locker currently operates under the umbrella and oversight of the Catholic Charities, although there are no religious activities or requirements associated with its food

distribution program. Supported by the Sacramento Food Bank and Family Services affiliate network program, the Food Locker benefits from collaborating with a group of like organizations throughout the Sacramento Region, which are providing food-related support to those in need.

The Food Locker also has a strong partnership with the City of Rancho Cordova. Thanks to the support over the past six years from the city’s Community Enhancement & Investment Fund and American Rescue Plan Act funds, the Food Locker has purchased a box truck and forklift, upgraded IT and food storage, focused on capacity building, and more. In addition, the Food Locker works with the city’s Homeless Outreach Team to provide food and wraparound services for homeless individuals and families.

“The City of Rancho Cordova is proud to partner with the

Rancho Cordova Food Locker to support those in need in our community,” said City Manager Cyrus Abbar. “We have seen the demand for healthy food and support services increase, especially during the pandemic. Through an ongoing investment in the Food Locker’s services and operations, we can fight food insecurity and provide a helping hand to our residents.”

“Many of our guests are members of the working poor and immigrant communities. And children make up nearly one-third of the individuals we serve. Our guests are our friends, neighbors, colleagues and classmates,” said Johnson. “Providing wraparound services with the City of Rancho Cordova helps those seeking food identify if other programs can alleviate hardships they’re facing.”

While some of the food distributed from the Rancho Cordova Food Locker is provided through the USDA food distribution program, the Food Locker also receives regularly donated food from local grocery stores and restaurants.

Operating three days per week and offering special annual food giveaways for both Thanksgiving and Christmas, the Food Locker is also identifying additional access points to support the community. The growing need as well as the quantity of food donated indicate a significant need for improved and expanded facilities to continue operating at the pace needed to support current and future guests.

“We are committed to expanding access to fresh and healthier food choices through our network of food partners, fighting hunger and feeding hope to the residents of Rancho Cordova and surrounding communities,” said Johnson. “We envision becoming a connector for residents facing food insecurity by providing more than just food, but also the resources that would allow them to live the life they wish with dignity and grace.” ★

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

**FROZEN & FISH DEPT**

<b>Korean Corndog</b> 5 pieces REG. \$9.99/EA <b>\$6.99</b> /ea	<b>Tandoori Garlic Naan</b> 1.2 kg / 15pcs REG. \$9.99/EA <b>\$5.99</b> /ea
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**WEEKLY MEAT SPECIALS**

<b>Beef Ribeye Roast - Boneless</b> Chuletón de Ternero Asado <b>\$5.49</b> /lb	<b>Beef London Broil &amp; Top Round Roast - Boneless</b> Polpa Para Hornarse Sobras con B. carne. <b>\$3.99</b> /lb	<b>Chicken Leg Quarters</b> Piermas y Muslo de Pollo <b>99c</b> /lb
<b>Beef Ribeye Steak - Boneless</b> Filete de Chuletón de Ternero <b>\$5.99</b> /lb	<b>Pork Spareribs Single Pack</b> Costillas de Cerdo <b>\$2.49</b> /lb	<b>Pork Loin Roast - Boneless</b> Lomo de Cerdo Asado sin Hueso <b>\$2.29</b> /lb
<b>Pork Loin Chops - Boneless</b> Chuletón de Cerdo sin Hueso <b>\$2.69</b> /lb	<b>Top Round Steak</b> USDA CHOICE <b>\$3.99</b> /lb	<b>Paipai Steak Thin-Cut</b> <b>\$4.99</b> /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 AUGUST 31 - SEPTEMBER 06, 2022.

**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)

<b>For 6 people \$85.00</b> 3 Hours Karaoke + 2 Pizzas + Pitcher Soda + 2 Main Dishes (12 total)	<b>For 18 people \$275.00</b> 3 Hours Karaoke + 3 Pizzas + Pitcher Soda + 7 Main Dishes (30 total)
<b>For 12 people \$185.00</b> 3 Hours Karaoke + 2 Pizzas + Pitcher Soda + 4 Main Dishes (18 total)	<b>For 28 people \$350.00</b> 3 Hours Karaoke + 3 Pizzas + Pitcher Soda + 8 Main Dishes (36 total)
<b>For 14 people \$210.00</b> 3 Hours Karaoke + 2 Pizzas + Pitcher Soda + 5 Main Dishes (20 total)	

9 Dishes To Choose From

**FRESH PRODUCE**

<b>Rainbow Bellpepper 2lb</b> <b>\$7.49</b> /ea	<b>Mini Watermelon</b> <b>\$1.99</b> /ea	<b>Green Grape Premium</b> <b>\$1.99</b> /lb	<b>Yukon Potato</b> <b>99c</b> /lb
<b>Mexican Onion</b> <b>59c</b> /ea	<b>Ginger</b> <b>79c</b> /lb	<b>Black Watermelon</b> <b>59c</b> /lb	<b>Yellow Onion</b> <b>2lb/\$1</b>

**AMERICAN/HISPANIC GROCERY**

<b>Soft &amp; Strong</b> EED Beef Tissue Soft & Strong 12 lbs <b>\$5.99</b> /ea	<b>Al Steak Sauce Original</b> 10 oz <b>\$5.99</b> /ea	<b>Frank's Red Hot Original</b> 12 oz <b>\$3.99</b> /ea	<b>Mixed Coconut Juice with Pulp</b> 9.5 oz <b>\$1.99</b> /ea	<b>Kingford Charcoal Original</b> 16 lb <b>\$12.99</b> /ea
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**ASIAN GROCERY**

<b>SPAM</b> Spam with Tofino 12 oz <b>\$6.49</b> /ea	<b>Beanitos</b> Beanitos 16 oz <b>\$3.79</b> /ea	<b>BBQ Sauce</b> BBQ Sauce New Orleans 3.9 oz <b>99c</b> /ea	<b>Dynasty Pure Sesame Oil</b> 5 oz <b>\$4.29</b> /ea	<b>Orch Tea Tropic Pearl</b> 5 lb <b>\$9.99</b> /ea
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**EUROPEAN GROCERY**

<b>Crisp Lettuce</b> Crisp Lettuce 100 T-11 <b>\$7.99</b> /ea	<b>Zippit Tomatoes</b> Zippit Tomatoes 400 gr <b>\$1.99</b> /ea	<b>Drain</b> Drain 900 gr <b>\$2.99</b> /ea	<b>Flour</b> Flour 2.5 lb <b>\$2.99</b> /ea	<b>Lychee &amp; Passion Fruit Drink</b> 250 ml <b>\$1.19</b> /ea
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**KOREAN/JAPANESE GROCERY**

<b>ALLIUM</b> Allium 12 oz <b>\$9.99</b> /ea	<b>Black Bean Sauce</b> Black Bean Sauce 400 gr <b>\$6.99</b> /ea	<b>Lowrey's Mint</b> Lowrey's Mint 32 oz <b>\$5.99</b> /ea	<b>Whole Flour</b> Whole Flour 2.5 lb <b>\$2.99</b> /ea	<b>Oven Roasted Chicken</b> Oven Roasted Chicken 100 g <b>\$3.99</b> /ea	<b>Overnight Oats</b> Overnight Oats 100 g <b>\$1.99</b> /ea
<b>River Beer</b> River Beer 32 oz <b>\$2.99</b> /ea	<b>Rice Noodle</b> Rice Noodle 800 g <b>\$4.99</b> /ea	<b>Korean Soba</b> Korean Soba 375 ml <b>\$2.59</b> /ea	<b>Archie Coffee</b> Archie Coffee 100x12 g <b>\$13.99</b> /ea	<b>Hot Sauce</b> Hot Sauce 67 oz <b>\$1.99</b> /ea	<b>Chili Shrimp Chips</b> Chili Shrimp Chips 5 oz <b>\$3.99</b> /ea
<b>Kimchi</b> Kimchi 12 oz <b>\$2.99</b> /ea	<b>Kimchi</b> Kimchi 12 oz <b>\$4.99</b> /ea	<b>Kimchi</b> Kimchi 12 oz <b>\$2.59</b> /ea	<b>Kimchi</b> Kimchi 12 oz <b>\$13.99</b> /ea	<b>Kimchi</b> Kimchi 12 oz <b>\$1.99</b> /ea	<b>Kimchi</b> Kimchi 12 oz <b>\$3.99</b> /ea

**HOUSEWARES**

<b>HAMILTON BEACH KITCHENWARE</b> Kitchen Utensils 4 Piece <b>99c</b> /ea	<b>Electric Rice Cooker</b> Electric Rice Cooker 4.5 Qt <b>\$39.99</b>	<b>Electric Rice Cooker</b> Electric Rice Cooker 4.5 Qt <b>\$39.99</b>	<b>Electric Rice Cooker</b> Electric Rice Cooker 4.5 Qt <b>\$39.99</b>
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**FROZEN & FISH DEPT**

<b>Salmon Fillet</b> REG. \$8.99/lb <b>\$4.99</b> /lb
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**EUROPEAN DELI**

<b>Oven Roasted Chicken</b> Oven Roasted Chicken 100 g <b>\$7.19</b> /lb	<b>Applesauce Ham</b> Applesauce Ham 100 g <b>\$7.99</b> /lb	<b>Greek Black Olives</b> Greek Black Olives 100 g <b>\$4.49</b> /lb	<b>Pine Kalamata with Garlic &amp; Pepper</b> Pine Kalamata with Garlic & Pepper 100 g <b>\$4.59</b> /lb
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# Nielsen and Nottoli Recognized at Elected Officials Reception



California State Senator Jim Nielsen (left) and Sacramento County Board of Supervisors Chair, Don Nottoli (right), included some of the elected officials present at this year's reception. Diann Rogers (center), CEO and President of Rancho Cordova Chamber of Commerce congratulates them. Photo by Rick Sloan

## Rancho Cordova Area Chamber News Release

**RANCHO CORDOVA, CA (MPG)** - On August 3rd, the Rancho Cordova Area Chamber hosted their tenth 'Elected Officials Reception.' Guests gathered at a cocktail party setting at the Sacramento Marriott Rancho Cordova for the opportunity to meet the elected representatives who represent them at the local, regional, and federal levels. Over 100 business and community leaders engaged with twenty-two elected officials to share ideas, insights, and solutions to business challenges in today's economic climate.

The Chamber also recognized two well-respected public servants representing their respective constituencies for a combined 89 years. Honored were Supervisor Don Nottoli for his tireless work serving the fifth Sacramento County Supervisorial District and State Senator Jim Nielsen for well-representing much of Northern California in the California State Senate and Assembly.

Advocacy is a vital responsibility of this Chamber. We value our relationships with elected officials and work diligently to maintain open communication channels. The annual Elected Officials Reception is an integral part of our advocacy efforts. ★

# County's New Inspector General Appointed

## Sac County News Release

**SACRAMENTO COUNTY, CA (MPG)** - The Sacramento County Board of Supervisors voted unanimously today to approve Francine Tournour as the new Inspector General for Sacramento County. Tournour will begin serving in that role on Sept. 1, 2022.

"Following a nationwide recruitment, we're pleased to announce Francine Tournour was selected as the best and most qualified candidate," said Board Chair and District Five Supervisor Don Nottoli. "We look forward to welcoming Ms. Tournour and her work in providing independent review and accountability in her role as Inspector General."

Two collaborative interview panels were convened for the Inspector General search, whose members included the Chair of the board, the Sheriff, representatives from both the Law Enforcement Management Association and the Deputy Sheriff's Association, and members

from the Community Review Commission.

Tournour began her career in law enforcement as a Deputy Sheriff in Contra Costa County, where she quickly gained an appreciation for the complex field of law enforcement. After working in law enforcement for a brief period, she began working for the City of Sacramento as a Deputy Director for the Office of Public Safety Accountability.

In 2008, she was promoted to the Director role of that office, where she was responsible for conducting all complex and sensitive investigations for the City's 1,300 employees.

Tournour has a bachelor's degree in Criminal Justice from Madonna University and a master's degree in Emergency Management from California State University, Long Beach.

The Office of Inspector General was created to facilitate the Board of Supervisors' responsibility to oversee without interfering with the Sheriff's investigative or personnel deployment functions.

The Inspector General ensures the integrity of the citizen complaint process and the thoroughness and fairness of related Sheriff's Office investigations, while fostering positive relations with the community. The Community Review Commission acts in a supporting role to the Office of Inspector General and acts as a conduit between the community and the Office of Inspector General.

Sign up to receive email or mobile text messages when new Community Review Commission meeting information is available.

The Inspector General works independently on items detailed in the scope of services. The Inspector General will present recommendations relating to these examinations to the Board of Supervisors, County Executive and the Sheriff.

The Office of the Inspector General is a contract position. The current contract is effective Sept. 1, 2022, through Aug. 31, 2023, with the option to renew the agreement for two additional one-year terms. ★

# Reducing Homeless Deaths in Sac County

Continued from page 1

mental health and substance abuse services; Allocated \$1 million in the 2022/23 budget to expand the scattered site sheltering program; Allocated \$10 million in

ARPA funding for a Landlord Engagement and Assistance Program (LEAP), which will fund re-housing of 300+ households from shelters and encampments; Allocated \$28 million in

MHSA funding since 2017 through the MHSA Housing Program and No Place Like Home Program;

The County has 221 housing units funded through MHSA

and an additional 234 coming in the next two years.

The solutions to end homelessness are complicated and multi-faceted, and there is no "one size fits all," but through

the hard work and dedication of the County, our cities and our partners, we are committed to work with compassion and urgency to decrease deaths in our homeless population. ★

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MEMBER OWNED AND OPERATED SINCE 1936

# Excelsior Pre-School Gold River Now Open

Story and photos by Margaret Snider

**RANCHO CORDOVA, CA (MPG)**

Excelsior Pre-School Gold River's grand opening took place on the evening of August 10 with ribbon-cutting, open house, tours of the facility and festival of food trucks. "We're doing this so we can get out to the community, so they know what we're about," said director Nancy Fugate, "(so) they know that we're really high quality and we're there for the families and the children." The facility is located at 2317 Gold Meadow Way, Rancho Cordova. Attending were the pre-school staff, present clients and possible future ones, Win Pont home office representatives, and a bunch of obviously delighted pre-school age children.

The school uses an emergent curriculum in its program. Teachers observe and listen to the children as they play, determine their areas of interest, then develop a plan which reflects those interests. This process provides greater insight into the needs of the individual child, and allows for learning that is play-based, project-based and promotes investigative learning. The curriculum supports the whole child development and improves kindergarten readiness. It is also interesting to the children and more likely to keep their attention.

Fugate explained that the programs at Excelsior can be for either an 8-hour or a 10-hour day, and the school can also provide



Excelsior Pre-School staff pose on the playground at Excelsior Pre-School. From left are: Jenna Boyd, receptionist; Mariana White, teacher; Serina Busch, teacher; Maren Padilla, office manager; Brandi Higgins, assistant director; Haley Hamilton, teacher; Nancy Fugate, director.

half days, anywhere from three half days to five half days a week. The cost is very competitive. The roomy, well-organized facility has artistic and positive images throughout halls and classrooms. The whole facility is spacious and light with easy access to learning centers that invite the attention of young children. The grounds feature a large playground with equipment that kept the young visitors at the grand opening continually running, playing, and exploring.

Wesley and Dawn McClenahan attended the opening with their daughter Winslow who was almost 2 years old, and Winslow's grandmother Lori Petty. Some of the others who were there were Sara Rock and her son Jameson, 2½, and Jameson's grandmother Janna Rock. One of the fathers visiting was so impressed with the appearance and functionality of the facility he joked that he wished he could enroll himself.

"We have a team of professional teachers who are full of love and

highly qualified," Fugate said. "They are paid more; they have a lot of special benefits for themselves through work here." Classroom ratio is better than average at the school; rather than the usual 1 teacher to 12 students, the Excelsior ratio is 1:8. "I think that really we are bringing something new to this field," Fugate said. "We're bringing a secure place for children, but it is also perfect for staff, a place where they can really grow and learn."

Fugate herself has a

bachelor's degree in early childhood education and administration, with 30 years of experience in the field, an associate degree in business, and many different classes and training along the way.

For those who are

interested in touring Excelsior Pre-School Gold River with an eye toward enrolling their child, or are interested in employment, please call Excelsior Pre-School Gold River at 916-775-8618 or e-mail nancy.fugate@excelsioredu.com. ★

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# Poppoff!

With Mary Jane Popp

## Max Happy

Why would a successful financial advisor become a self-actualization coach and happiness expert and never look back? It actually happened after a terrifying car accident in 2018 that put **Trish Ahjel Roberts** on a new path. And that path led to her founding Mind-Blowing Happiness LLC IN 2019. With a summer of tempers running hot around the country, dealing with Supreme Court rulings setting life on a different path, mass shootings cropping up like wild flowers, the pandemic that we thought was looking better, but is still causing havoc, how do we heal? Add monkeypox, some cases of polio and I'm really afraid to ask "What's next" with the fear it could even get worse.

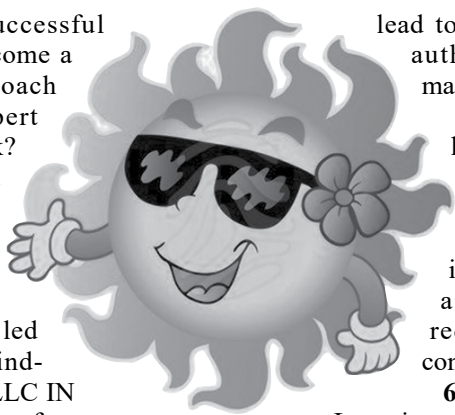
I'm just as anxious to find happiness amid all the chaos, but where does one begin? According to Trish, it begins with twelve steps to put chill back in your life. She shared those steps from her book "12 Steps To Mind-Blowing Happiness" on my POPPOFF Radio Show. It's a journal of insights, quotes and questions to Juice Up Your Journey. You know what? They made some good sense.

**1. HEALING.** Processing and recovering from life traumas, big and small, is the first step on the path to Mind-Blowing Happiness.

**2. SPIRITUALITY.** Having a sense of Self that is separate from your physical body and a feeling of connection with the Universe of God.

**3.CONNECTION.** Developing meaningful relationships with family, friends and a support system which might include doctors, therapists, babysitters spiritual leaders etc.

**4. AUTHENTICITY AND SELF-LOVE.** Developing self-awareness of likes, dislikes, talents and goals that can



lead to self-acceptance and authenticity, and ultimately, self-love.

**5. PEACE.** Learning how to reframe feelings of anger by recognizing the heat of temper, creating space with breath and empathy, and redirecting energy to constructive behaviors.

**6. GENEROSITY.** Learning to share your talents and resources without the expectation of immediate payment, whether it's a thank you, a smile or money.

**7. DETACHMENT.** Learning to release our grip on people and things with the recognition that everyone is precious and impermanent, so we should treasure them without the pain of hanging on too tightly.

**8. SURRENDER.** Learn to lean into the idea of a greater power as a guiding force, whether God, Nature, or a benevolent Universe, much like a fish that finds a current to make its journey easier.

**9. PATIENCE.** Learning to slow down and wait without complaining when given the gift of unexpected, unscheduled time.

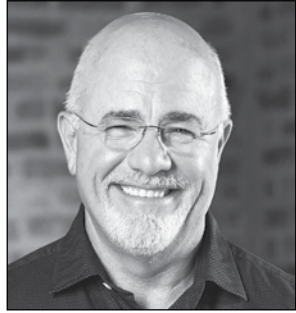
**10. COMPASSION.** Learning to stop harming others directly or indirectly and actively working towards non-harming.

**11. PASSION.** Learning to identify and pursue paid or unpaid work either part-time or full-time that sets your soul on fire.

**12.FREEDOM.** The beautiful culmination of the steps which allow you to identify your passions, live with ease, and experience exceptional joy and freedom from emotional pain.

Trish told me you can access the free **Mind-Blowing Happiness 12 Month Book Club Leader's Guide** at [www.TrishAhjelRoberts.com](http://www.TrishAhjelRoberts.com). Just hit the start button. ★

**HAPPINESS IS THE GOOD LIFE!!!**



## Dave Ramsey Says

### Time to Get Serious

Dear Dave,

My husband and I have always gotten by. We both make about \$40,000 a year, we each turned 50 last month, and we only have a little bit of debt. Recently, my mother-in-law moved in with us due to health issues. Since that time, we have been struggling financially due to the added expense of having her with us. We love her and want her to be here, but we are unsure how we will continue to make things work. Can you help?

– Renaye

Dear Renaye,

It's completely understandable that your mother-in-law moving in tightened things up for you guys – to a point.

What it has also done is trained a spotlight on the fact you and your husband need to start behaving better with your money. That means living on a written, monthly budget, and telling your money where to go instead of "getting by" and wondering where it all went.

That sound you hear is a phone ringing, and it's your wake-up call. If I were you, I'd pick up. That call's saying you two have been disorganized and a little sloppy with your finances in the past, but you've made just enough money to get away with it. Now, you're going to have to get serious and get organized, because you've chosen to take care of her. Don't get me wrong, it's an honorable decision you've made to bring her into your home. But it also means some changes have to be made in terms of the day-to-day finances around your place. You're going to have to sit down with your husband and

separate the wants from the needs.

The good news, Renaye, is that with a budget you can analyze, in detail, the need to cut expenses, generate extra income – or both. But for this thing to work, you've got to create a little margin. Because if you continue to just wander along without a plan, you're going to have a real mess on your hands.

God bless you folks.

– Dave

*Dave Ramsey is a seven-time #1 national best-selling author, personal finance expert, and host of The Ramsey Show, heard by more than 18 million listeners each week. He has appeared on Good Morning America, CBS This Morning, Today Show, Fox News, CNN, Fox Business, and many more. Since 1992, Dave has helped people regain control of their money, build wealth and enhance their lives. He also serves as CEO for Ramsey Solutions.* ★



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**Social Media Support** - MPG is seeking a part-time Social Media Assistant to work in our Carmichael office. This position requires current knowledge of social media platforms. This position has a flexible work schedule and you would be working directly with the publisher.

**Freelance Contributing Writer** - We are seeking local writers for our ten local newspapers. These are independent freelance positions compensated on a per article basis. These are work from home positions.

**Advertising Services Support** - We are seeking a part-time Advertising Services Support person for our newspaper group. This position works in the Carmichael office and works directly with the owner of the company and the advertising/graphics staff. Work hours are flexible between 8:30 to 5:00 Monday through Friday. Previous newsprint sales experience is required.

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

**Home Delivery Driver** – We are seeking home delivery independent contractors for delivery in the Sacramento Region. Compensation is determined on a per piece basis. Delivery begins every Thursday morning and newspapers are picked up at our Carmichael office.

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# Abstract Portraits – Just Go for It!

By Margaret Snider

**RANCHO CORDOVA, CA (MPG)** - The theme of this quarter's City Hall Art Show is Abstract Portraits. "I want to commend you all on thinking about what was probably a little bit out of the box for many of you, and really knocking it out of the park," said Cheryl Gleason, MACC event coordinator and curator. "Great job!"

Winners in this show are, for Best of Show – Mary Fong, *After he saw my Macy's bill*; First Place – Su Wickersham, *Lady in Blue*; Second Place – Ron Hall, *Who Put Catnip in my Coffee*; Third Place – Lyla Paakkanen, *Drag'n Me*; and First Place Youth – Janessa Hernandez, *Elephant Circus*. Honorable mentions were earned by David Peterson, *Vietnam Ghost*; Ondra Ward, *The Cow Says Moooo*; Cheryl Gleason, *Sisters*; Penny Hanscom, *Picassoese #3*; Jennifer Coulter, *Neurographic Woman Tres*; and Denise Schmidt, *Judy*.

"I could easily have given out more awards as this exhibit displays merit in the theme of abstract portraits," said Juror Cherie Hacker. Hacker holds a Master of Fine Arts from the Maryland Institute College of Art, Bachelors in Studio Art from UC Davis, and served a graduate internship for the Smithsonian American Art Museum "Much recognition is deserving – Bravo to all!" Hacker said.

Fong has been doing art for a long time and has been entering City Hall art shows once or twice a year. She and her husband are both retired. She went back to school from 2015 to 2017 to get her MFA, and works in many mediums, "Oils, watercolors, charcoal – you know, whatever I can get my hands on," Fong said. This painting happened when she was working on a portrait of the whole family, and she asked her husband to pose for her. "He just viewed my Macy's bill . . . so he instantly posed with that expression," Fong said. The expression was very unique, so she did a fast sketch, 20 minutes, and in another 20 minutes used color to fill in the background. "I think art is a kind of expression and you just go do it," Fong said. "When inspiration comes up, just go for it."

Wickersham said she doesn't usually do portraits, but during COVID was taking a lot of lessons and classes online and her winning painting came out of that. "I'm always thrilled to be entered into a show, that's the best thing," Wickersham said, "but when you win, it's even more." That's not the purpose of her art, though, she does it for herself. "I believe everybody's an artist, and we're all creative, and we all have something to give. If your piece doesn't get accepted in the show, it doesn't mean that you're a bad artist. It means nothing, really . . . We're all artists and we're all good."

Abstract Portraits runs from July 30 to October 28, 2022, at Rancho Cordova City Hall, 2729 Prospect Park Drive.



Jessica Hernandez won first place in the youth category. Cheryl Gleason called her a "frequent flyer," since she has entered the City Hall Show often. Photo by Rick Sloan



Ron Hall won second place. He has said in the past, "The thing I love to do most is the process and trying new things." Photo by Rick Sloan



Susan Wickersham won first place in the City Hall Art Show, Abstract Portraits. Wickersham is working on a 3-dimensional build for the upcoming Mother Lode Art Show. Photo by Rick Sloan



Mary Fong won best of show with *After he saw my Macy's bill*. Juror Cherie Hacker said of her work, among other things, "This painting was accomplished with unabashed use of bold, colorful, painterly brushstrokes." Photo by Margaret Snider.



From left are Mary Fong, best of show; Janessa Hernandez, first place youth; Cheryl Gleason, MACC event coordinator/curator; Ron Hall, second place; Cherie Hacker, Juror; and Su Wickersham, first place. Photo by Margaret Snider



David Peterson won an honorable mention with *Vietnam Ghost*. Photo by Rick Sloan



This piece, *Woman – Homage to Picasso*, is one of two artworks in the show by Rick Sloan. Photo from Rick Sloan

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## Crowley Joins the First Northern Financial Advisors Team



**First Northern Bank News Release**

**DIXON, CA (MPG)** - David R. Davis, Senior Vice President/Manager of First Northern Advisors is pleased to announce that Matt Crowley has joined the First Northern Advisors Team as Vice President.

As a financial advisor with Raymond James, Matt is responsible for providing non-FDIC insured investment and brokerage services, as well as investment advisory services for the Bank's Rancho Cordova, Davis, and Dixon markets. These products include securities, mutual funds,

401(k) plans, annuities, tax and investment planning, asset management, retirement planning and estate planning. First Northern Advisors is a part of the Bank's Wealth Management Division.

In his announcement David Davis said, "Matt is a seasoned financial professional who brings years of experience to our Financial Advisors team. First Northern Bank's clients will benefit from his depth of knowledge, his friendly manner, and personalized approach to helping them achieve financial independence with carefully selected investment options."

Matt has 22 years of financial advisory experience; he most recently served 13 years as an Assistant Vice President/Financial Advisor of Wells Fargo Advisors, where he worked with the firm's priority clients to establish long term investment objectives, provided investment

solutions for those objectives, and monitored their ongoing performance. Prior to that, he did the same at Merrill Lynch where he got his start in the industry.

Matt has a bachelor's degree from University of California at Santa Cruz. He holds Securities Licenses (Series 7 and 66) and a Life Insurance license in the state of California. He currently lives in El Dorado Hills with his wife, Shawna, and three teenage children. In his spare time, he enjoys surfing, snowboarding, and vacationing with his family.

Matt's office is located at 2901 Sunrise Blvd., Rancho Cordova, CA 95742. He can be reached at 916.642.1474 or mcrowley@thatsmybank.com. Matt is also available by appointment at the Bank's Dixon and Davis Branches to discuss specific investment needs. CA Insurance License #0C57346. ★

## Office of Education Appoints New Executive Director of Communication

**SCOE News Release**

**SACRAMENTO COUNTY, CA (MPG)** - The Sacramento County Office of Education (SCOE) has announced the appointment of Xanthi Soriano as SCOE's Executive Director of Communications. Soriano will start the new position at SCOE on September 26.

"With her experience in education and the business world, her commitment to learning, and deep knowledge of our region, Xanthi Soriano is an ideal person to lead communications for the Sacramento County Office of Education," said David W. Gordon, Sacramento County Superintendent of Schools.

Xanthi Soriano has served as the Director of Communications and Public Information Officer at the Elk Grove Unified School District since 2015.

A credentialed teacher, Soriano teaches civics to adult English learners in the Folsom Cordova Unified School District and was a high school teacher who taught English and world languages as well as

a dance director at Valley High School in the Elk Grove Unified School District from 2010-2014.

Soriano previously served in the private sector as a corporate communications manager at Siemens Mobility from 2003-2009 and as a business research analyst and marketing supervisor at McDonald's Corporation from 1999-2002.

Fluent in English, German, Spanish, French, and Italian, Soriano was a U.S. Department of State Fulbright Specialist in communications and education from 2021-2024.

Xanthi Soriano earned a bachelor's degree from U.C. Irvine, a teaching credential from San Francisco State University, a master's degree in public administration from the USC Sol Price School of Public Policy, and an administrative services credential from Sacramento State University.

Soriano replaces Tim Herrera, SCOE's previous Communications Director, who retired in July 2022. ★

## Ranadivé Buys River Cats

**By Shaun Holkko, sports editor**

**WEST SACRAMENTO, CA (MPG)** - In 2013, Vivek Ranadivé purchased the Sacramento Kings. Now nearly a decade later, he has reached a deal to acquire another Sacramento-based professional sports franchise.

It was first reported by The Sacramento Bee on July 26, that Ranadivé and a group of investors have been negotiating a deal with the Savage family dating back to last year, in the ballpark of \$100 million. However, it was reported by Sportico on August 18 that the actual sale price may be closer to \$90 million.

Even at a lesser price

than what was initially reported, the cost for Ranadivé and his group would be a record for the selling



price of a Minor League Baseball (MiLB) team and its corresponding stadium. According to Ballpark Digest, most MiLB teams have an estimated value of around \$40-50 million.

The Savage family has owned the River Cats and its ballpark since the franchises' inception in 2000.

Ranadivé made the following statement back in

2015 when he invested in Sacramento Republic FC, a USL Championship team, a league that is one tier below Major League Soccer.

"This is another major step in revitalizing downtown and making the entire Sacramento region an even better place to work, live and play," Ranadivé said. "We're committed to our vision of making Sacramento the world class city its citizens deserve."

With the purchase of the River Cats and potential looming purchase of Sac Republic, Ranadivé may be positioning himself to stand alongside other sports owners of multiple teams like Stan Kroenke, Joel Glazer and Shahid Khan. ★

## Final Recommended Budget Hearings Begin September 7

**Sacramento County News Release**

**SACRAMENTO COUNTY, CA (MPG)** - The Sacramento County Board of Supervisors will begin Fiscal Year (FY) 2022-23 Revised Recommended Budget hearings on Wednesday, Sept. 7, at 9:30 a.m. in the Sacramento County Administration Building located at 700 H Street, Sacramento, 95814. If necessary, hearings will continue on Sept. 8 and 9 at the same time and location.

The hearing schedule, in order: IHSS Public Authority Budget Deliberation and Approval; Introduction by the County Executive to the FY 2022-23 Revised Recommended Budget; Public Comment; Board Deliberation and Approval to Revisions of the Approved Recommended Budget

The numbers in the recommended budget change between June and September when the County receives new information, including the impact of the State Budget and updated revenue totals. Because of that new information, the Revised Recommended Budget comes back to the Board for review and

adoption in September.

The Board of Supervisors approved the FY 2022-23 Recommended Budget on June 9. The \$7.3 billion spending plan reflected substantial investments in new and enhanced programs based on the Board's priorities and a survey of Sacramento residents. The budget included annual commitments of an additional \$6.5 million to fund new programs and services addressing homelessness in the County; \$10 million to procure an additional 156 beds annually for substance use disorder residential treatment; \$7.5 million in Mental Health Services Act (MHSA) and Federal matching funds to fulfill permanent supportive housing commitments; and \$20 million in one-time costs to fund pavement maintenance and road rehabilitation in the unincorporated County, among others.

Members of the public may attend the hearings and be heard on any item in the budget, either publicly, over the phone or through written comments. The budget hearings will also be telecast live on Metro Cable 14 and on [sccob.saccounty.gov/Pages/BOSPublicMeetings.aspx](http://sccob.saccounty.gov/Pages/BOSPublicMeetings.aspx). ★

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Here are just 3 different examples (out of many) that I have seen over the years, where a Reverse Mortgage was used to benefit seniors.

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### Example 2:

These Seniors had a decent monthly income, but they felt like their retirement portfolio was dwindling and inflation was causing them to worry about running out of money in the future. They were worried that their lifestyle and budget might have to change.

### Example 3:

These Seniors had retirement savings that were in good shape, but they felt that it made sense to pull from the equity in their home rather than from their investment accounts.

*If a Reverse Mortgage sounds interesting to you, and you would like to talk more about it, feel free to call me. I have been a Mortgage Consultant for over 25 years.*

*Jim Langdon is the branch manager for Mortgage Consultants Group, which is one of the top producing branches in the American Pacific Mortgage network. They are located in Sacramento Area, California. He has enjoyed working in the mortgage business for over 25 years. Feel free to call him at (916) 717-5626*

Paid for by Mortgage Consultants Group



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Fair Oaks Recreation & Park District Presents:



# 17th Annual Fair Oaks Chicken Festival

## Saturday Sept. 17th, 2022

### 12:00pm -6:00pm

## Fair Oaks Park

11549 Fair Oaks Blvd. Fair Oaks

# FREE

## General Admission & Parking

- Food Court and Beer & Wine Sales
- Quality Craft & Vendors
- Kid's Park Free & Pay-to-Play Activities
- Cornhole Tournament
- And Much More!



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- Live Entertainment
  - Todd Morgan & The Emblem 12PM-2:30PM
  - Cluck n' Crow Contest 3PM
  - Cherrybomb 3:30PM-6PM

**Pancake Breakfast 7:30AM-10AM @ Orangevale Grange**

for more info visit [www.forpd.org/chickenfest](http://www.forpd.org/chickenfest)

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