



**It's Swim Season so
Make a Healthy Splash!**
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Moving Up While
Helping People Who
Are Moving Out**
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Gold River Messenger

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VOLUME 6 • ISSUE 8

Serving Gold River and Sacramento County

AUGUST, 2018

**FAIR RULING ON
FAIR SHARE**



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**CHILDREN'S BOOK
DONATIONS NEEDED**



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Goodbye to the Great Race

Eppie's Great Race Concludes After 45 Years of Tradition



**By Susan Peters,
County Supervisor**

RANCHO CORDOVA, CA (MPG) - Eppie's Great Race (otherwise known as the World's oldest no swim triathlon) concluded after its 45th year on Saturday, July 21, and celebrated its con-

tributed at the William B. Pond Recreation Area located at the end of Arden Way.

The race was organized by the Eppie's Great Race Foundation and the primary beneficiary is the Therapeutic Recreation Services Division within the Department of Regional Parks which provides therapeutic recreation opportunities for individuals with disabilities residing in Sacramento County. To date more than one million dollars have been raised for therapeutic recreation services since the race's inception.

The Foundation and the Johnson family decided to end the Great Race after its 45th year, noting that Eppie was 45 years old when he started the event. While this unique challenge will fade into history, the Foundation will continue to sponsor Eppie's Kids Duathlon, featuring running and bicycling, for children ages 3 to 13, in the fall - and the Foundation is set up to continue funding Sacramento County Therapeutic Recreation Services despite the triathlon's demise. ★

The Eppie's Great Race Foundation and the Johnson family decided to end the Great Race after its 45th year, noting that Eppie was 45 years old when he started the event. Photos by Rick Sloan

tribution to our area's history.

Founded by the late Sacramento-area restaurateur/entrepreneur Eppie Johnson in 1974, the race became an annual summertime tradition for elite athletes, fitness enthusiasts and families. This last contest featured a 5.82-mile run, a 12.5-mile bike route and a 6.35-mile kayak paddle held along the scenic American River Parkway. It started and

Covered California to Increase Rates

By MPG Staff

SACRAMENTO REGION, CA (MPG) - Covered California announced last week that 2019 premiums are going up once again. The 8.7% average increase marks the fifth consecutive year of rising health plans.

"The proposed rates, negotiated with Covered California and filed Thursday with regulators and subject to their final review, mean those who receive a subsidy to help purchase coverage will pay an average of 6 percent more if they renew in the same plan next year, which translates to an estimated monthly premium of \$123 after tax credits," according to an official statement from California Covered. "Subsidized consumers account for 88 percent of Covered California's enrollment, and those subsidies rise along with rates to help offset any increases."

With rising costs and the zeroing out of the federal penalty for not enrolling in coverage, an estimated 260,000 people in California are expected to drop health coverage in 2019, according to Covered California Executive Director Peter Lee. This includes approximately 160,000 people who buy insurance through Covered California and an additional 100,000 people who buy directly from insurers.

Covered California claims the largest reason for another increase in premiums is due to the alarming rate of increased medical cost that is far and away outpacing general inflation and wage gains for workers. ★



Cordova Recreation and Park District Celebrates 60 Years of Service

**By Alyssa Rasmussen,
CRPD**

RANCHO CORDOVA, CA (MPG) - Cordova Recreation and Park District residents of all ages celebrated the District's 60th Anniversary at the Neil Orchard Senior Center and Lincoln Village Community Park on July 20, 2018. District Administrator, Patrick Larkin, said the occasion exemplified what the organization stands for:

"The 60th Anniversary community celebration was a great opportunity for our residents to see firsthand the benefits and value of recreation and parks. The smiles and fun the attendees were having; dancing, swimming, playing and just enjoying the band and park environment is what CRPD is all about. We

create community and facilitate its positive growth. We strive to maintain and sustain a high quality of life for our residents through our parks and recreation services."

The District's Party in the Park highlighting the 60th Anniversary celebration was well attended. Hundreds of

Continued on page 3



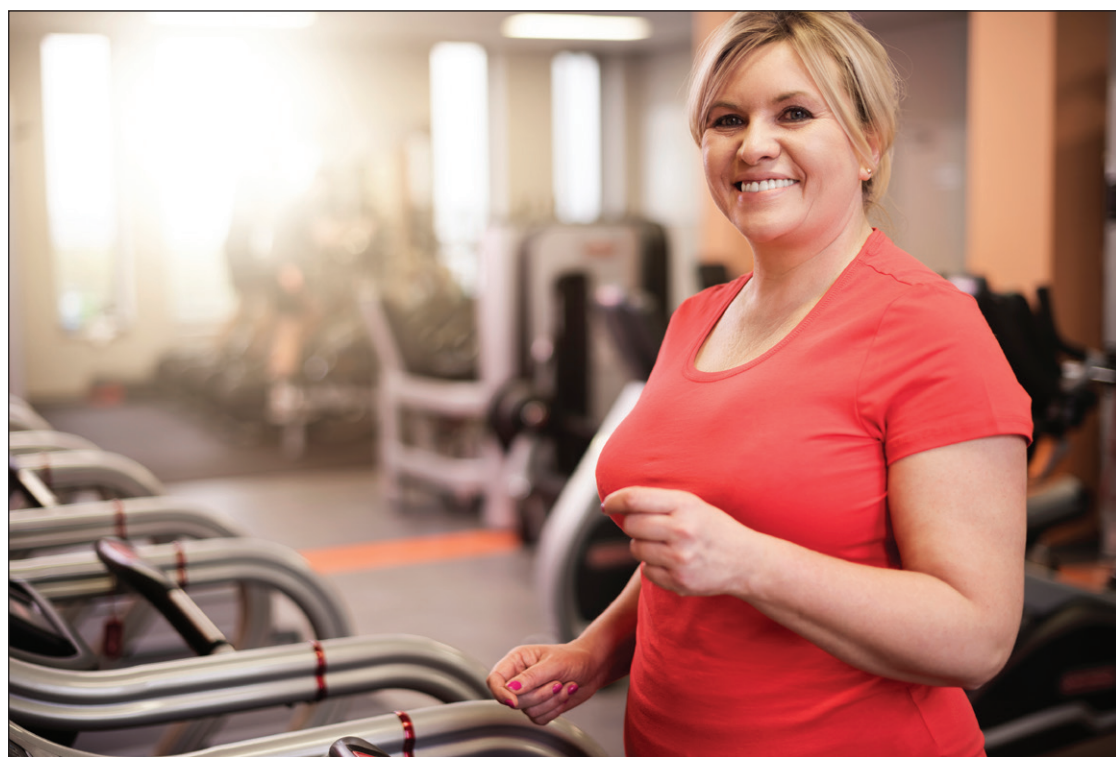
Back Row (left to right): Laura Taylor, Park Planning & Development; Bob Thurbon, CRPD Legal Counsel; John Biundo, Construction Inspector; Alyssa Rasmussen, Marketing and Communication Specialist; Danielle Jones, Clerk of the Board/Executive Assistant; Matt Goodell, Finance Manager Front Row (left to right): Cristina James, Park Planner; Pam Wickens, Administrative Assistant; Andrea White, Human Resource Manager; Jill Nunes, Recreation Superintendent; Patrick Larkin, District Administrator. Photo by Rick Sloan

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Spare Time Clubs owns and operates 12 multi-purpose sports clubs located in the Greater Sacramento Metropolitan Area, Lodi and Oakley. Founded in 1973 by William M. Campbell III and his wife Margie, Spare Time Clubs specializes in providing state-of-the-art fitness programming, sports facilities and individual services for every member of the family.

SACRAMENTO REGION, CA (MPG) - Applications are now available for Lean Up. The FREE wellness program, now in its 10th season, is for area residents seeking to get healthier and fit. The program, which begins September 10, 2018, is open for all to apply, but limited to 225 participants. The wellness program is offered locally at the following location:

Gold River Racquet Club
Gold River, CA

Johnson Ranch Racquet Club
Roseville, CA

Apply on-line at www.LeanUp.net.

Lean Up is designed by fitness professionals for people who have had a lifelong struggle to be fit and healthy. This

is a life-changing program for those who need it most.

Those individuals selected for the 8-week fitness program will participate in a small group boot camp three days a week, meet with a personal trainer once a week, attend a nutrition and motivational group meeting, and enjoy other fitness activities at one of 10 participating sports clubs. In addition, Lean Up team members receive a membership at their host club. From September 10 through November 2, 2018 selected participants will enjoy free, unlimited access to the club and all its amenities.

All area residents are welcome to apply. Selected applicants will offer their most compelling reasons for wanting to dedicate themselves to

this life-changing commitment. Those deserving participants will receive the program absolutely free. Anyone 13 and over is welcome to apply, although individuals under 18 must obtain parental consent. All selected participants must receive medical clearance from their health care provider.

Applications are available online at www.LeanUp.net or at your participating club.

The deadline to apply is August 31, 2018. So come on people -- Let's get lean!

Also at www.LeanUp.net: Read first person accounts about how Lean Up has inspired past participants to change their lives. ★

Dignity Home Services: Moving Up While Helping People Who Are Moving Out

By Andrew Rose

SACRAMENTO REGION, CA (MPG) - James Radford, founder and CEO of Dignity Home Services, would like to see his new business succeed. In fact, he truly wants to clean up.

The Missouri native specializes in helping homeowners in transition. When an individual is moving out of their home and needs help with the process, Radford is now the one to call in the greater Sacramento area.

Radford says that he sets his business apart from other home cleaning services through a "solid, precise process." In one fell swoop, Radford and his colleagues will haul items for residents, as well as clean carpets and windows.

The amiable man of thirty nine understands that his clients, leaving their homes, are often facing a challenging transition. Radford recognizes their situation and makes it his personal mission to help them any way he can. If needed, he will even assist clients with selling, storing, or disposing items removed from their homes. "I take it from a servant's heart and a servant's approach," Radford maintains.

In this process, he emphasizes an expedient manner of serving them. "We do everything," he proclaims. "What can take people two or three months, we can do in six or seven days."



James Radford and his wife, Kate, with their children (L-R) Abigail, Silas and Joel.

Radford started his business when a friend of his fell and broke her hip. She needed to move out of her house immediately for assisted living and turned to James for help. Radford had a background in janitorial service, and was eager to pitch in. "Hey, why don't we bring a crew out?" he thought, and Dignity Home Services was born. The job was done in five days and Radford was off and cleaning.

That was last February, and he now employs a crew of 10-12 people. The Dignity in Dignity Home Services extends to Radford's employees as well as his clients. Instead of considering them mere laborers, Radford provides his workers with the opportunity to grow with him. "Everybody's involved in the business," he asserts. Radford encourages his

associates to literally buy into his vision, giving them the option to become stock holders. What's more, he lets them in on the company's internal workings, such as teaching them how to read profit and loss statements.

Radford asserts that this high level of employee involvement is his recipe for long term growth. Thus, the plain talking Eagle Scout from the Show Me State plans to enable his associates to grow their own businesses through franchising. His goal is to build a nationwide company in this manner.

On his road to success, the father of three (Joel is 16, Silas is 12, and Abigail is 4) also involves himself in the Roseville community as an active participant in Boy Scouts Troop #1051. His wife, Kate, serves as Director of Children and Youth for Roseville Baptist Church. She also pitches in to develop their homegrown business.

Dignity Home Services serves the following areas: Carmichael, Citrus Heights, El Dorado Hills, Grass Valley, Orangevale, Rancho Cordova, Rocklin, Roseville, and Sacramento. Radford provides free estimates and can be reached at 916-247-2425. Online, he can be found at <http://www.dignityhomeservices.com>. ★



The Dignity Home Services crew. Radford provides free estimates and can be reached at 916-247-2425 or online at <http://www.dignityhomeservices.com>.

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Cordova Recreation and Park District Celebrates 60 Years of Service

Continued from page 1

residents joined the District in playful reflection of its past, present, and future goals in the Cordova community; with July being National Parks and Recreation month it is the perfect time to celebrate the role of parks and recreation.

In recognition of this role, Larkin said, "We look forward to continuing to provide excellent service to the Cordova Recreation and Park District community to the best of our abilities and are honored that so many people joined us to help celebrate the past 60 years. Our future is very bright. We thank you for your support, partnerships and friendships."

In attendance and presenting the Cordova Recreation and Park District Board with Resolutions were Congressman Ami Bera, Mayor Linda Budge, Assemblyman Ken Cooley, Senator Jim Nielson, Congresswoman Doris Matsui, Sacramento County Supervisor Don Nottoli and Rancho Cordova Chamber of Commerce President Diann Rogers.

The Party in the Park and 60th Anniversary event was made possible by local sponsorships from KP International, California American Water and 'Ol Republic Brewery. The incredible music was provided by the local City of Trees Brass Band.

Please join the Cordova Recreation and Park District at their next event, visit www.crpdc.com to see the calendar. ★

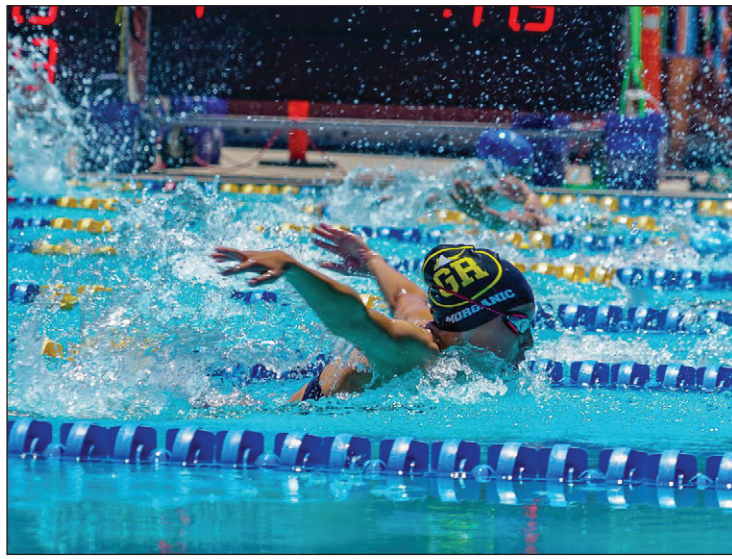


Cordova Recreation and Park District residents of all ages celebrated the District's 60th Anniversary. Photo by Rick Sloan

The Stingrays' Best

By Jan Float

GOLD RIVER, CA (MPG) - The Stingrays' season has been yet another successful experience for the team, coaches and parents alike. It was capped off last week with a very special awards night. This is the annual nod to all swimmers that featured ribbons, medals, photo ops and shout-outs to all age groups for their exciting relays and individual performances. The Pins and Needles presentation of the special Stingrays Awards, decided upon by the coaches, is always memorable. The ceremony concluded with a closing highlight: A retrospective Stingrays slide show! ★



The Stingrays will dive back to in the pool on August 4-5 for the Meet of Champs, and that's a wrap. Photos by Tom Jones

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Crossword Puzzle on Page 5

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Sudoku Puzzle on Page 5

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4	1	8	3	7	2	5	9	6
5	8	4	7	1	3	6	2	9
6	7	9	5	2	8	4	3	1
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'New Way California' is Wrong Way



By Katy Grimes, Investigative Journalist

SACRAMENTO REGION, CA (MPG) - An odd group of Republican centrists and political has-beens formed New Way California earlier this year. They claim New Way is needed because they are "committed to policies that increase opportunities for all Californians."

As the Los Angeles Times explains in *Schwarzenegger and Kasich back Republicans looking for a 'new way' for California's party*, Mayes "started it after he stepped down as the leader of his Assembly caucus last summer amid criticism for helping Democrats renew California's landmark climate program." New Way is promoting compromise, and expects to "increase opportunities" through compromise — ironic because compromise in politics never means the Left gives something up in negotiations. It's only Republicans who are expected to do the compromising. And that is because this is a group of "centrists." Centrists "avoid major social change or extreme political ideas," and largely stand for nothing other than being a part of something.

"Californians deserve elected leaders who understand civil discourse and servant leadership will make our government

more responsive and improve the lives of all Californians," New Way says.

In a ridiculous sacbee.com op ed, New Way California proponents Dan Schnur and Steve Westly advocate "centrist" Republican politics and refer to Donald Trump as a "partisan extreme." Tell me how lifting up the national economy, lowering unemployment to the lowest level in 50 years (African-American and Hispanic unemployment rates have hit record lows), creating 3 million jobs, lowering taxes, overturning business-killing regulations, addressing illegal immigration and open borders, dealing directly with China and North Korea, and addressing the imbalance in tariffs and trade policies is "partisan." What is happening in the U.S. is good for everyone. These are the policies that need to be emulated in California, and are still advocated by sincere Republicans.

The shamelessness exhibited in politics today is not new. But the current willingness by Republicans to sell out is audacious and unprincipled.

New Way leaders include Assemblyman Chad Mayes, former California Governor Arnold Schwarzenegger, and former Assembly Minority Leader Kristen Olsen. Schwarzenegger and Olsen are on the New Way California Board of Directors.

New Way's Schwarzenegger and Mayes, and Schnur and Westly embrace California's cap and trade scheme, and want New Way Republicans to jump on board the climate change train. The only problem with this is California's cap-and-trade program has absolutely no effect on climate change. California accounts for only 1 percent of global greenhouse gas emissions.

If New Way didn't sound problematic up to this point, embracing climate change

and cap and trade shows what utter frauds they really are, and only interested in seeking power.

Last year I explained: *If the level of air pollution in the United States is among the lowest on the planet, according to the World Health Organization, why does California Governor Jerry Brown believe "the threat of climate change could be more dangerous than that of fascism during World War Two?"* Will someone please tell Chad Mayes and Arnold only the Solomon Islands, the island of Vanatu, New Zealand and Micronesia are more pollution free, according to the most recent WHO report on air pollution. In the report, charts and graphs show the U.S. is one of the countries with the cleanest air in the world.

I'm really starting to wonder if Tom Steyer is funding this group.

Centrist Republican policies (Democrat-lite) are the knee jerk reaction to being wrong and then rejected, like Ohio Gov. John Kasich, Schwarzenegger, Assemblyman Chad Mayes, and Assemblyman Rocky Chavez. They should have just followed former-Republican-Nathan Fletcher-Gonzalez, and switched parties.

Even the New York Times calls centrists "reliable and cooperative," with the left. "Centrist House Republicans have always been like the dependable partner in a turbulent relationship — slightly dull, predictable, the one who remembers family birthdays and pays the bills."

A better plan would be a refresher course on the Republican platform. Centrists are ineffective and unwilling to fight for anything but themselves. Moving left always fails and only enables the left. ★



By David Dickstein, Gold River resident

Whatever is the opposite of a blue ribbon, that's what we Californians would earn for supporting our state fair. Less than 2 percent of us attend the one statewide festival that celebrates and promotes the economic, natural and talent-driven riches of our land and people. All I know is I had a great time at this year's fair. The day with my youngest son was filled with award-winning arts and crafts, educational exhibits and an eclectic array of shows.

Here's a few highlights and observations:

- Walked through the main gate and — bam! — a rep from Golden 1 Credit Union handed everyone who entered a nifty tote bag with handy zipper pouch. Instant swag!

- First awesome smell of the day was from a vendor selling "German Kettle Corn." I asked what makes the kettle corn German, thinking maybe they add a sweet Bavarian spice such as Lebkuchengewuerz. Nein. "It's the kettle. The kettle is from Germany," said the dude with the California surfer accent.

- Worst smell of the day happened inside the livestock-filled Big Barn. Holy cow, did the mother of all stinks nearly singe our nostril hairs as we moseyed our way through the beef cattle area. Making a mad (cow?) dash toward the exit, we noticed a particularly proud steer whose hindquarters butted against an oscillating industrial-grade fan. Once we were able to breathe again, my son and I clinked our plastic souvenir cups of Diet Coke in honor of the odorous offender. If he's already slaughtered, at least he went out in a blaze of gaseous glory.

- Always nice to see Gold River's Michael Marks, aka "Your Produce Man," educating fairgoers on fruits and vegetables at the Save Mart California Kitchen. Waxing on avocado oil, the affable authority on all things harvested taught me that the correct pronunciation of Hass avocados isn't "Haws," as I've done for decades. Instead, the fruit developed by amateur horticulturist Rudolph Hass is pronounced like one's posterior with an "H" in front of it. Holy guacamole!

- Two exhibitors we actually sought out were the Sacramento County committees of the Republican and Democratic parties. The GOP booth had a positive vibe thanks to volunteer worker Nina Caron, who just

'Fool's Gold'

My Day at the State Fair



GOP fair — Nina Caron of Empire Village talks up Republican candidates at the GOP booth. Photo by David Dickstein

happens to be from Gold River. Besides plenty of campaign paraphernalia, the well-trafficked space featured selfie-ready life-size cut-outs of President Trump and the First Lady. Meanwhile, the party that has nearly twice as many registered voters than the GOP in California was MIA this fair. "The Democrats show up whenever they feel like it," said the lady at the information center.

- The professionally printed sign above the hand-washing station at the main food area read, "Please remember to wash your hands before eating." Below, between the two sinks, was a paper towel with a note in pen that read, "No water." Not cool and not sanitary. And get this: The sign that encourages

but he lost all sense of dignity thanks to a handler who lamely wrote on the glass, "My name is Cha-Cha!"

- Too bad no one was at the Ghost Scream Hot Sauce booth when we walked through the indoor bazaar. I wanted to ask about their slogan, "Enjoy with Your Eyes Wide Open." I'm thinking ingesting hot sauce through the eyes would be anything but enjoyable.

- Boycotted two food vendors for sloppy writing. Oriental Cuisine Express misspelled "broccoli" on a menu that featured "Broccoli Beef Combo" and "Broccoli Beef Rice Bowl; and Texas Steakout couldn't decide whether it was serving "Tex's Turkey Legs" or "Texa's Turkey Leg."



TexasSteakout — Also appalled by signage errors is Mother Lode Village's Ross Mantell, a freshman at Rio Americano High. Photo by David Dickstein

proper hygiene asks, "Have you been visiting the animals?" Like that's the only reason for washing one's hands.

- Stumbled upon one of the so-called Cool Spots sponsored by ABC10's "Morning Blend" program. Pushed the "Press to Refresh" button to enjoy some mist to the face and body, but nothing happened. Just as I was about to claim this as another example of fake news, typical of ABC, my son noticed that the special sign wasn't even plugged in.

- Surely felt sorry for the Mexican Red Knee tarantula in the Insect Pavilion. Not only was he confined to a small terrarium throughout the fair,

Also stayed away from the Sweet Cheek's Fried Treats, but for more healthful reasons.

- "I'll take the deep-fried cheesecake, deep-fried Oreos, deep-fried cookie dough, deep-fried Nutella, deep-fried Snickers, deep-fried Moon Pie, deep-fried brownie, deep-fried Pop-Tart, deep-fried cinnamon roll and deep-fried Reese's Peanut Butter Cup with a side of four-way bypass surgery, thank you."

Can't wait for next year!
David Dickstein is a Gold River resident. He can be reached at davidickstein1@gmail.com. ★

STATEPOINT CROSSWORD • CHILDREN'S STORIES

- CLUES**
- ACROSS**
- Imposing house
 - de deux
 - Fan's approval
 - Cordial disposition
 - Eastern title
 - Water border
 - Wife of a raja
 - "If ___ Give a Mouse a Cookie"
 - Cautious gambler
 - "He won a golden ticket"
 - "C.S. Lewis' fantasy realm"
 - "___'s Island"
 - "One of Three Bears"
 - Disreputable vagrant
 - "Matilda" creator
 - Nancy Drew's focus, e.g.
 - "Put a lid ___!"
 - Cheap trinket
 - Small Asian ungulate
 - Approximately
 - Florentine iris
 - Member of National Socialist German Workers' Party
 - Type of wave
 - Per person
 - Design detail
 - Exactly right
 - Grassy land tracts
 - "But I heard him exclaim ___ he drove out of sight"
 - Living quarters
 - "12-year-old tribute from District 11"
 - "A boy raised by wolves"
 - "The Wind in the ___"
 - Like a haunted mansion
 - Dashboard unit
 - Shinbone
 - One Beatle
 - Word of possibility
 - Lack of muscle tension
 - Opposite of sun-kissed
 - Lt.'s inferior, in the Navy
 - As opposed to wants
- DOWN**
- Designer Jacobs
 - Wet nurse
 - Columbus' caravel
 - "The Howard ___ Show"
 - Pupil protector
 - "Pay as you earn" tax system
 - "Four score and seven years ___"
 - Finnish steam bath
 - Keep it up!
 - Mischievous Norse deity
 - S squared in a square
 - p in mph
 - Bounced
 - Idealized image
 - "Ivan in" "The One and Only Ivan," e.g.
 - Plural of more than one, linguistically speaking
 - "Puss' footwear"
 - Same as rip
 - Botch
 - *Tortoise's opponent
 - They have their pluses and negatives
 - "The Fox and the ___," sing.
 - Hardwood drinking bowl
 - Rabbit hole wonderer
 - To perfection
 - Vegas cube
 - "___ Lewis, voice of Lamb Chop"
 - Tenant in a home
 - Nada
 - "Scheherazade's listener"
 - "Gimme ___ Gimme" by ABBA
 - Chosen few
 - Of higher order, prefix
 - Never written down
 - Traitor's device
 - "The ___ and wherefores"
 - Double-reed instrument
 - Kite driving force
 - What Simon does
 - Sixth sense
 - *J.M. Barrie's Peter

CROSSWORD

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For Solutions See Page 4

Gold River Messenger

Serving Gold River and Sacramento County

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By County Supervisor
Sue Frost

Through the generosity of the *Gold River Messenger*, this column serves to provide an update about matters affecting the unincorporated community of Gold River.

In June, the United States Supreme Court issued a decision in the case of *Janus v. AFSCME*, ruling that the First Amendment protects public employees from being required to pay money to a union without their consent. As this was a high profile case that drastically changes the way unions operate, I wanted to use my monthly article to discuss the history of this issue, how I believe this will impact Sacramento County, and why I support the decision.

In 1977 the Supreme Court ruled that even though public employees cannot be required to financially support its political activities, they are still required to pay the union a "fair-share" fee to pay for the union's collective bargaining activities (the costs the union incurs in negotiating their wages, pensions, benefits, work conditions, grievance procedures, etc.). This fair-share fee was only a small bit less than paying the full fee, and as such, less than 800 of our roughly 11,000 employees elected to only pay the fair-share fee.

But now with this latest ruling, any union member can cease paying the entirety of their union dues while still receiving all the benefits of being a union

GOLD RIVER COMMUNITY UPDATE

Fair Ruling on Fair Share

member. New employees will be given the option of whether to pay into the union or not, and existing employees can leave the union whenever their union contract has to be renegotiated (every three years).

From the County of Sacramento's perspective nothing will change — we will still negotiate contracts with unions just as we always have. But from the union's perspective everything is changing. Almost half of our union employees have contracts up for renegotiation this year, and I expect a large number of employees to opt out of their union dues. This will force the unions to cut staff and limit the number of donations they make to political campaigns.

It is important to note that this Supreme Court decision does not impact all public sector unions the same. Public safety unions like the Sheriffs, Firefighters, and Probation are not worried about the impact, because they focus on service to their members, and don't tend to plunge into unrelated political fights that their membership doesn't support. I do not expect union membership in these public safety organizations to dwindle.

I agree with the Supreme Court decision because I fully believe any person should be able to have a career teaching children, fighting fires, or being any other form of public servant without having to pay a private third party for the opportunity to do so. I also believe it will bring some real benefits to the employees of Sacramento County.

Now, unions will have to work harder to justify their importance to the employees. They will need to ensure they are offering real value to their members, and they will be less likely to pick controversial political

fighters that end up angering their members who disagree. Public labor unions should be encouraging membership and dues on the merit of the benefits they provide, rather than require employees to pay what is essentially a payroll tax.

There are other good things about this ruling as well, such as lower wage workers seeing a boost to their paycheck and making it easier for them to support their families. The average union dues are over \$500 annually — which means workers who decided to stop paying dues will effectively get an annual raise. This money could be the difference between starting a college account for their kids or not, being able to reduce debt, or simply feeling more secure that the bills are taken care of.

I have no burning desire for unions to die off, or even to shrink. But I do have a desire to ensure that the employees of Sacramento County are given options regarding what they can do with their hard earned paychecks. The unions can come out of this situation alright, just so long as they truly listen to their members, deliver the types of services people need, and stay out of political campaigns that their membership aren't fully in support of.

Thank you for reading — and as always, if you want to contact me, call me at 916-874-5491 or e-mail me at SupervisorFrost@saccounty.net.

Sue Frost represents the 4th District, which includes all or part of the communities of Citrus Heights, Folsom, Orangevale, Antelope, Rio Linda, Elverta, Gold River, Rancho Murietta, North Highlands, Carmichael, Foothill Farms and Fair Oaks and Rancho Cordova. ★

Sacramento County DA Reports



Defendant Sentenced for 13 Counts of Sexual Assault

DATE: June 29, 2018

CASE: Andy Kelly (Case #17FE019449)

PROSECUTOR: Deputy District Attorney Monica Robinson, Special Assault and Child Abuse Unit

The Honorable Geoffrey Goodman sentenced Andy Kelly to 129 years to life in prison. On April 20, 2018, a jury convicted Kelly of 13 counts of sexual assault including committing an act of oral copulation or penetration on a child 10 years old or younger, intercourse with a child 10 years old or younger, and lewd or lascivious acts with a child under the age of 14.

From 2015 to 2016, Kelly molested a family member. DNA evidence was recovered and corroborated the child's description of what happened to her.

Defendant Sentenced for Kidnapping, Carjacking, Sexual Assault

DATE: June 29, 2018

CASE: Eddie Ray Jones Jr. (Case #16FE019308)

PROSECUTOR: Deputy District Attorney Kevin Jones, Adult Sexual Assault Prosecution Unit

The Honorable Patrick Marlette sentenced Eddie Ray Jones Jr. to 65 years to life in prison. On January 11, 2018, a jury convicted Jones of two counts of kidnapping during a carjacking, two counts of robbery and one count of oral copulation by force or fear with kidnapping and use of a dangerous or deadly weapon or firearm allegations. The jury also found true a use of a firearm allegation on all counts.

On September 10, 2016, Jones was inside a restaurant on Mack Road when the female victim entered the restaurant with her 2-year-old granddaughter. After purchasing food to go, the victim returned to her vehicle and began placing her granddaughter in her car seat. Jones approached the victim from behind, told her he had a gun and pointed it at her through his coat pocket. He proceeded to order the victim into the vehicle and to drive. Over the next hour, the victim was forced to drive around while Jones smoked drugs. He then pulled out the gun, switched seats with the victim and drove to a secluded area where he forced the victim to orally copulate him. He then stole money from the victim's purse, dropped her and her granddaughter off on the side of the road and drove off in her vehicle. Jones was arrested later that month after leading police on a high-speed vehicle chase and attempting to escape on foot.

The victim was able to describe Jones' distinctive tattoos and picked him out of a photo lineup. DNA evidence found on the victim's

shirt was also analyzed by the District Attorney's Crime Lab and was a match to Jones.

Defendant Sentenced for Sexually Assaulting Two Family Members

DATE: June 29, 2018

CASE: Robert Dew (Case #17FE000718)

PROSECUTOR: Deputy District Attorney Monica Robinson, Special Assault & Child Abuse Unit

The Honorable Trena Burger-Plavan sentenced Robert Dew to 20 years in prison. On May 22, 2018, a jury convicted Dew of eight counts of committing lewd acts on a child under the age of 14. The jury also found true a multiple victims allegation.

In 2016, Dew sexually assaulted a 5-year-old family member. During the course of the investigation into the assault, it became known to law enforcement that Dew had also sexually assaulted another family member from 2000 to 2002.

Defendant Convicted for Murder of Moped Business Partner

DATE: July 13, 2018

CASE: Kyle Billy Fletcher (Case #15F02336)

PROSECUTOR: Deputy District Attorney William Satchell, Homicide Unit

Kyle Billy Fletcher was convicted by a jury for the first-degree murder of Daniel Aiello and possession and transportation of methamphetamine for the purpose of sales. The jury also found true that Fletcher personally used a dangerous weapon.

Daniel Aiello had known Kyle Billy Fletcher for several years and was his business partner at Midtown Moped, a moped shop on X Street in Sacramento. On April 14, 2015, Mr. Aiello accused Fletcher of embezzling from the business and informed him that he filed a police report. On April 15, 2015, the Sacramento Police Department responded to a report of loud noises at the business. Officers found Fletcher in the process of moving a surveillance system from the business to his vehicle and detained him. Shortly after, officers located Mr. Aiello deceased inside the business with a belt around his neck. Officers also located approximately 50 grams of methamphetamine in Fletcher's vehicle. An autopsy was performed and the cause of Mr. Aiello's death was determined to be strangulation.

Fletcher faces a maximum sentence of 30 years to life in prison. Sentencing is set for August 24, 2018, at 9:30 a.m. in Department 11 before the Honorable Trena Burger-Plavan. ★

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How you can help!

- Hot coals, ashes, or fireworks, should NEVER be placed in your garbage, green waste or recycling carts.
- Cool coals, ashes, and spent fireworks for several days by placing in a grill, a fireplace, or a non-galvanized metal container.
- Never place used coals, ashes or fireworks in plastic, paper, or wooden containers.
- Do not place other combustibles in the cart with these items.
- Soak charcoal, ashes, and spent fireworks in water before disposing in your garbage cart.
- Place cooled items in a non-galvanized metal container with a tight lid before disposing in the garbage cart.

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Meet Chloe a Sweet Puggle



By Kay Burton



Ms. Bernie Tully met Chloe at The Bradshaw Animal Shelter.

She is part Beagle and part Pug. Ms. Bernie Tully met Chloe at The Bradshaw Animal Shelter.

She is the sweetest dog she had ever met. There was no doubt she was going home with Ms. Tully.

She was told that she was a stray about 2 years old and

house broken but after their first day at home

Mrs. Tully learned she was not housebroken and after visiting the Vet for a health check she was less 1 year old.

She was enrolled into a pet training class so she would

know how to behave at home. She graduated at the top of her class. She is very smart. Chloe learned our house rules very quickly and began to teach our cat, Coco, to abide by the same rules. They are very funny and have become best friends.

A Puggle is a mix between the Beagle and Pug dog breed. This breed has become fairly popular thanks to their fun-loving personality and cute looks. They get along with kids and other dogs and can make a great family companion. They weight about 30 pounds.

Kay Burton is a longtime columnist and supporter of the SSPCA and other Rescue groups. To share your family pet story with our readers, email: Kayburton@comcast. ★



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BOOK SHELVER WANTED

9845 Folsom Blvd., Sacramento CA

This Job is for 4 Hours A Week Only

Salary: \$11.00 an hour

Duties include:

- Emptying book drop, lifting and removing books and other library materials from shelves and boxes.
- Pushing carts of books from check-in area to shelves.
- Placing books and other library materials in order on shelves.
- Other duties as assigned

Qualifications:

- Verification of High school diploma, G.E.D., or work permit
- Must not be a member of CalPERS

Must be available these days & times:

- SUNDAY: 11-3 pm** (4 hrs)
Starts October 7th 2018

For the test
No Registration needed. Test covers math, Dewey Decimal system, and alphabetizing.

SACRAMENTO PUBLIC LIBRARY saclibrary.org

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That's what we're building.*

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12 Locations • Try B4 You Buy!

Offer good through 8/31/18 and is a first visit joining incentive. Free month awarded after paying regular dues for two consecutive months. Some restrictions may apply.

Children's Book Donations Needed



Donations of children's books can be dropped off at the main office or at FCCP's Job Center location at 10826 Gadsten Way in Rancho Cordova.

By Robert Sanger, FCCP

RANCHO CORDOVA, CA (MPG) - Folsom Cordova Community Partnership, a non-profit serving Rancho Cordova, Folsom, and surrounding areas, is seeking children's book donations for their "Little Free Library." The "Little Free Library" was built by a Boy Scout in April 2015 and registered with the support of the Rotary Club of Rancho Cordova Sunrise.

FCCP strives to keep the library filled with books for children that are visiting the Family Resource Center with their parents to encourage early literacy activities. Studies show children born into poverty will experience 30 million fewer words within the first three years of life than their peers of higher income households. This word gap continues to grow as the year's progress, causing slower development and growth for children who are economically disadvantaged. FCCP's "Little Free Library"



FCCP strives to keep the library filled with books for children that are visiting the Family Resource Center with their parents to encourage early literacy activities.

is one way this multi-faceted agency seeks to bridge the gap in opportunity for low income families. FCCP's main office and Family Resource Center is housed in the shopping complex at 10665 Coloma Road, Suite 200, next to Sacramento County's Women's Infants

and Children nutritional program, Mi Rancho Market and other social service partner services. Donations of children's books can be dropped off at the main office or at FCCP's Job Center location at 10826 Gadsten Way in Rancho Cordova. ★

DON'T FLUSH YOUR MEDS

Help prevent medication misuse and keep them from entering our waterways.



Please dispose of unused prescription and over-the-counter medications responsibly.

Proper disposal is as easy as 1-2-3!

1. Remove pills from containers and put them in a clear zipper bag. Keep medicated liquids and creams in original containers.
2. Recycle your empty containers, but first scratch off or black out personal information.
3. Find a medication collection bin near you, and place the zipper pill bags, liquids, and creams in the bin.

Only household prescription, over-the-counter, and pet medications are accepted.

Controlled medications are accepted at select locations. Sharps and business waste are not accepted in the bins.



dontflushyourmeds.com

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Short term promotions from vendors (No. Member to Member) (No. Member to Member)



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Rancho Cordova, CA
916-635-5008

8515 Bond Rd,
Elk Grove CA
916-686-7808



PET CLUB is Excited to Offer: Blue Buffalo, Chicken Soup, Earth Born, Evo, Diamond Naturals, Pinnacle, Taste of the Wild, & Royal Canin Pet Foods

COUPON
1 FREE PEDIGREE DOG FOOD
22 Oz Tin All Varieties
With Any Purchase of Pet, Fish Food, or Supply PLU 321
Limit: 1 Coupon Per Family GRM
Effective 8/1/18 - 8/7/18

COUPON
\$150 OFF
ANY PURCHASE OF PET OR FISH SUPPLY
(Excluding Pet Food or Litter)
Cannot be used in conjunction with advertised sale items or similar percentage or dollar off coupons. Limit 1. PLU 324
Limit: 1 Coupon Per Family GRM
Effective 8/1/18 - 8/7/18

BLUE BUFFALO DRY DOG FOOD
•Chicken (Reg. \$11.00 Off) 30 Lb Bag
•Chicken (Large Breed) •Fish & Sweet Potato (Reg & Lrg Breed) •Puppy (Reg & Lrg Breed)
•Senior (Reg & Lrg Breed)
•Lamb & Rice
•Healthy Weight
AS MARKED \$8 OFF
Our Regular Low Prices!
Effective 8/1/18 - 8/7/18

NATURAL BALANCE ULTRA-PREMIUM DRY DOG FOOD
•Potato & Duck, 26 Lb
•Reduced Calorie, 28 Lb
•Regular, 30 Lb
SUPER BUY!
Limit 2 Bags Per Family
\$5 OFF Our Super Low Prices
Effective 8/1/18 - 8/7/18

MERRICK'S GRAIN FREE DRY DOG FOOD
•Chicken/Sweet Potato •Duck/Sweet Potato •Buffalo/Sweet Potato •Salmon/Sweet Potato •Venison/Chick Peas
25 Lb Bag
Limit 2 Bags
\$10 OFF
OUR REGULAR LOW PRICE!
Effective 8/1/18 - 8/7/18

PURINA KIT N' KABOODLE DRY CAT FOOD
16 Lb Bag
Limit 2 Bags Per Family
\$8.99
Effective 8/1/18 - 8/7/18

FRISKIES BUFFET CANNED CAT FOOD
5.5 Oz All Varieties
Limit 2 Cases Per Family
4/\$1.89
Effective 8/1/18 - 8/7/18

FUSSIE CAT PREMIUM CANNED CAT FOOD
Black Label 2.8 Oz
Gold Label 2.8 Oz. 20/\$14.00
Limit 2 Cases Per Family
20/\$13.00
Effective 8/1/18 - 8/7/18

TIDY CATS SCOOPABLE CAT LITTER
20 Lb Jug
•Regular
•Unscented
Limit 2 Jugs Per Family
\$6.99
Effective 8/1/18 - 8/7/18

HI-COUNTRY WILD BIRD SEED
20 Lb Bag
(Kaytee, 20 Lbs - \$8.99)
(Audubon Friends, 20 Lbs - \$4.99)
Limit 2 Bags Per Family
\$4.99
Effective 8/1/18 - 8/7/18

CANIDAE DRY DOG FOOD \$8 OFF
FOR ALL LIFE STAGES
•Multi Protein (30 Lb & 44 Lb) •Chicken Meal & Rice
•Lamb Meal & Rice •Less Active 30 Lb Bag Limit 2 Bags
OUR REGULAR LOW PRICES

EARTHBORN HOLISTIC DRY DOG FOOD \$39.99
Natural Grain-Free
•Primitive Feast •Great Plains Feast •Meadow Feast
•Coastal Catch 28 Lb Bag Limit 2 Bags Per Family (Reg Price \$43.99)

KAL KAN CESAR SELECT DINNERS DOG FOOD 69¢
All Varieties 3.5 Oz Limit 2 Cases

OKOKAT CLUMPING WOOD LITTER \$3.00 OFF
•Regular 11-13 Lb \$19.99 \$4.00 OFF
•Soft Step 12.3 Lb \$4.00 OFF
Dust Free Natural Paper
OUR SUPER LOW PRICES

MERRICK'S GOURMET CANNED DOG FOOD On Sale
13.2 Oz All Varieties Limit 2 cases

NUTRO CANNED CAT FOOD 55¢
Selected Varieties •Max Cat •Kitten
3 Oz Can Limit 1 Case

PESTELL CLUMPING CAT LITTER \$8.99
40 Lb. Bag Limit 2 Bags

CORE GRAIN FREE DRY DOG FOOD \$55.99
22-24 Lb Bag
•Ocean
•Reduced Fat

EVERECCLEAN PREMIUM CAT LITTER \$11.99
•ES Unscented •US Ever Fresh
25 Lb. Box Limit 2 Boxes

WHISKAS DRY CAT FOOD \$9.99
With Savory Nuggets
15 Lb Bag Limit 2 Bags Per Family

WELLNESS DRY DOG FOOD \$49.99
30 Lb Bag Limit 2 Bags (Lrg Breed Adult \$51.99)
•Chicken •Senior •Healthy Weight •Grain Free Adult •Grain Free Lamb •Grain Free White Fish

FRESH STEP CAT LITTER \$5.99
21 Lb Bag (14 Lb Bag - \$4.19)
Limit 2 Bags

ADVANTAGE FLEA CONTROL & TREATMENT \$4.00 OFF
OUR REGULAR LOW PRICE
Dog Small (Green) Dog Extra Large (Blue)
Dog Medium (Teal) Cat Small (Orange)
Dog Large (Red) Cat Large (Purple)
Limit 2 Per Family. Cannot be combined with any other offer.

CRAZY PET TRAIN ME TREATS - 3.5-16 Oz 20% OFF
PET BOTANICS Training Rewards - 20 Oz Grain Free Omega Treats All Varieties OUR SUPER LOW PRICES

KAYTEE BIRD FOOD & SMALL ANIMAL FOOD 15% OFF
All Varieties
Wild Bird 10 Lb Song Bird 7 Lb OUR SUPER LOW PRICES

NATURAL CHEMISTRY NATURAL/DEFLEA Biospot (Spot-On) Flea & Tick Products 20% OFF
OUR SUPER LOW PRICES
•Shampoo •Sprays

VAN NESS CAT PAN LINERS 20% OFF
All Sizes
•Regular •Drawstring OUR SUPER LOW PRICES

MARINELAND POWER FILTER SALE
MODEL TANK SIZE PET CLUB SALE
PENGUIN 100B20 Gal. \$17.99
PENGUIN 150B30 Gal. \$24.99
PENGUIN 200B50 Gal. \$29.99
PENGUIN 350B75 Gal. \$39.99

TETRA BOXED 10 GALLON TANK With Economy Kit \$36.99
Just add Heater For Tropical Fish Limit 1 Per Family

KORDON WATER CONDITIONERS \$6.49
Amquel 16 Oz \$6.49
Amquel Plus 16 Oz \$6.49
Novaqua Plus 16 Oz \$6.49

KORDON CORAL SEA 50 GAL SALT MIX WITH AMQUEL \$12.49

BONUS COUPON JONNY CAT PREMIUM CAT LITTER \$1.59
10 Lb Bag
Limit 2 Bags With Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 8/1/18 - 8/7/18

BONUS COUPON WHISKAS TEMPTATIONS CAT TREATS \$1.19
•All Varieties 3 Oz.
Limit 2 Pkgs with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 8/1/18 - 8/7/18

BONUS COUPON FANCY FEAST GOURMET CANNED CAT FOOD 55¢
All Varieties except Elegant Medleys - 3 Oz
Limit 1 Case Per Family
Limit One Coupon Per Family
Price Valid Only With Coupon Effective 8/1/18 - 8/7/18

It's Swim Season So Make a Healthy Splash!

SACRAMENTO REGION, CA (MPG)

- As the weather heats up in Sacramento County, residents will be heading to the water to cool off. Whether it's a public swimming pool, water park, or our lakes and rivers, you should be aware of healthy swimming behaviors.

Swimming is fun and has great healthful benefits from the physical activity, but that's why it's also important to keep it clean. The water we swim in is rarely germ free. Even when the concentration of pool chemicals is well maintained, or a lake or river looks clear, bacteria and microorganisms can still be present.

Protect your health with a few steps to keep germs out of the water and off you:

Keep it clean - stay out of the water if you feel ill; shower before you get in; have everyone get out to take bathroom breaks every hour; and don't swallow the water.

Anyone enjoying public lakes, rivers and waterways should:

Not drink recreational water or use the water for cooking.

Wash your hands or shower after swimming.

Not enter the water if you have cuts or open sores, as these are pathways for bacteria to enter your body.

Avoid algae blooms (brightly colored water) and trash in the water.

Pay attention and follow any



Swimming is fun and has great healthful benefits from the physical activity, but that's why it's also important to keep it clean. The water we swim in is rarely germ free.

warning signs and postings. Do not access a water body if posted warnings indicate it is not safe to do so.

Contact your healthcare provider if you have concerns regarding your health after swimming in recreational waters.

"Environmental Management Department inspects more than 2,200 public pools, spas and water parks in Sacramento County annually," said Marie Woodin, Sacramento County Environmental Management Department Interim Director. "Whether in a pool at an apartment complex, fitness club, hotel or water park, we can all safely cool off, exercise, and have fun with a few common sense practices and proper pool maintenance."

For more information on

recreational water illness and injury prevention, pool and spa inspections, and public pool operator workshops, visit the Sacramento County Environmental Management Department website. If you are curious about what Sacramento County Pool Inspectors look for, watch the video to follow our Pool Inspectors as they inspect a public pool to ensure public safety.

If you are going to the American River Parkway, check out the Sacramento County Regional Parks Healthy Swimming Status web page or if you want to find a public pool, spray park, or swim lessons, check out the website that has a collection of park information in the County: Your Sacramento Area Parks.

Source: SacCounty News ★



There is such a thing as a **FREE LUNCH** in Rancho Cordova!



A BUSINESS TO COMMUNITY EVENT



- ◆ Free lunch samplings
- ◆ Check out nearly 100 vendors and local businesses
- ◆ Free admission & free parking
- ◆ Door prizes and give-a-ways

Thursday, August 16
10 a.m - 2p.m.
Rancho Cordova City Hall
2729 Prospect Park Drive

What are you doing for lunch?
Let's meet at the Expo!

Presented by:

Event Sponsors:



Visit RanchoCordova.org or Call 916.273.5700 For More Information

Fair Oaks EcoHousing

A Family-Friendly Green Neighborhood

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- Close to Fair Oaks Village
- Large Clubhouse and Gardens
- 30 Townhomes and Flats

Join us for a monthly site tour

For more information, visit FairOaksEcoHousing.org

FUTURE FORWARD

KNOW WHERE TO START—TALKING TIPS FOR PARENTS

- ★ Know the facts. Understand that marijuana negatively affects the developing teenage brain
- ★ Talk often—build strong trust
- ★ Have shorter, more frequent conversations
- ★ Remember as they become teens, the conversation needs to change
- ★ Listen! Conversations go both ways
- ★ Remember, kids watch what you do along with what you say

For more information visit:
sacramentoccy.org

MARIJUANA IS NOT FOR ME



I want Mom to:

- ✓ laugh
- ✓ make friends
- ✓ eat well
- ✓ feel secure
- ✓ have fun
- ✓ feel loved

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WED	THU	FRI	SAT	SUN	MON	TUE
1	2	3	4	5	6	7

PRICES EFFECTIVE AUGUST 1 - AUGUST 7, 2018

WEEKLY MEAT SPECIALS

Tyson
Chicken Leg Quarters
Pierna y Muslo de Pollo
40 lb Box.....\$22.99/ea
59¢/lb

SPECIAL VALUE
Beef Tri Tip - Peeled
Punta de Ternera
\$3.49/lb

USDA CHOICE
Beef London Broil & Top Round Roast - Bnls
Pulpa Para Hornear Roast sin Hueso
\$2.69/lb

USDA CHOICE
Beef Top Round Steak & Pulpa Slt - Thin Sliced
Pulpa Para Hornear Stk sin Hueso
\$2.99/lb

BONUS BUY
Pork Hocks
Huesos del Cuello
99¢/lb

GREAT SAVINGS
Pork Loin Chops - Bone In
Chuletas de Cerdo con Hueso
\$1.29/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 AUGUST 1 - AUGUST 7, 2018.

WEEKLY PROMOTION!

MUG CUPS
11 OZ - 12.6 OZ
4 KINDS
\$1.49 ea
reg. price \$3.49

BAMBOO CAR SEATS
BLUE OR BROWN
\$5.99 ea
reg. price \$15.99

FRESH PRODUCE

SALES FOR PRODUCE WILL BEGIN ON WEDNESDAYS @ 12:00PM

Red Potatoes 2lbs/\$1	White Onions 2lbs/\$1	White Corn 3/\$1	Key Limes 2 lb Bag 2/\$3	Cantaloupe 2/\$3	Fuji Apples 69¢/lb	Tomato Cluster 1.29/lb
American Eggplant 69¢/ea	White Potatoes 10 lb Bag 2/\$5	Spinach 69¢/ea	Napa Cabbage 39¢/lb	Golden Kiwi 19.99/box	Shitake Mushrooms 3.99/lb	

AMERICAN/HISPANIC GROCERY

TSINGTAO 24.75 BOTTLES 24 x 12 fl oz \$2.99/ea	El Mexicano Breadcrumbs 4 oz 99¢/ea	JASMINE RICE 4.99/ea	COCONUT WATER 69¢/ea	Valentina Salsa Paste 34 fl oz \$1.49/ea
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ASIAN GROCERY

Sunjee Grass Jelly 79¢/ea	Condensed Milk 14 oz \$1.99/ea	Instant Noodle 3.3A 3.3 lb \$4.99/ea	Yuzu Juice 4.99/ea	COCONUT MILK 99¢/ea
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EUROPEAN GROCERY

Zakuski Baby Dill Pickles 1 Ltr \$2.99/ea	Sadaf Solid Light Tuna 6 oz \$2.99/ea	Cear Nikolas II Thyme Tea 20 T/B \$1.49/ea	Mishka Koslavy Wafer Cake 250 gr \$2.99/ea	Vitas Gods Limonad 1 Ltr \$1.99/ea
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KOREAN/JAPANESE GROCERY

CJ Chun Ha 11 Mi Rice 40 lb Bag 19.99/ea	Shin Cup Ramen Box 6 x 2.64 oz \$4.99/ea	Dried Kelp 100 g \$1.99/ea	Roasted Seasoned Liver 12 x 4.2 g \$2.99/ea	Vermicelli Asian Noodle 4 lb \$5.99/ea	Fresh Dried Seaweed 3 oz \$1.99/ea
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HOUSEWARES

DIMCHAE PREMIUM PRESSURE COOKERS

5.5 QT \$399	6 QT \$449	8 QT \$479
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FREE GIFT: 100% BPA FREE 4 X 8 COOKING MAT

FROZEN DEPARTMENT

Melona Creamy & Fruity Dessert Bars 4 Kinds • 8 Pcs • 560 mL \$3.99/ea	Squid Loligo Whole Cleaned 12 oz (340 g) \$2.99/ea
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EUROPEAN DELI

Norchester Smoked Lain Paleowica Looselown \$7.49/lb	Krino's Domestic Kielbasa \$3.79/lb	Schulz's Kreyonaka Kielbasa \$3.99/lb
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