



**You Must Have
Priorities**

PAGE 2

**Dr. Stirton
Turns Passion
into Practice**

PAGE 9



Gold River Messenger

VOLUME 11 • ISSUE 9 *Serving Gold River and Sacramento County*

SEPTEMBER 2023

**SEE
INSIDE**

**TO WHOM IT
MAY CONCERN**



PAGE 3

**I WANT
TO KNOW
YOUR NAME**



PAGE 4

**TAXPAYER
HERO RETIRES**



PAGE 5



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

OR CURRENT
POSTAL CUSTOMER



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

The Airshow Is Back



Above: The Thunderbirds show off in the sky during 2022's air show. Inset: Young air show attendees learn how military planes fly. Photo courtesy of California Capital Airshow

By **Tamara Warta**

SACRAMENTO REGION, CA (MPG) - The popular California Capital Airshow is back at Mather this September, featuring the U.S. Air Force Thunderbirds as its headlining act. The airshow was founded in 2014 and, with the exception of a pause for COVID-19, has been entertaining enthusiasts annually with a variety of modern and historic planes.

This year's airshow is happening on Saturday, September 23 and Sunday, September 24. Admission costs are \$40-\$50 per ticket, but each ticket comes with up to 6 free admissions for youth aged 15 and younger, making it a reasonable deal for entire families who want to enjoy the marvels of air travel and military planes. Tickets are valid for only one day of the airshow, with most acts performing on both days.

Unlike prior years, 2023 tickets are only available online. There will be no onsite sales, and space is limited for both general and VIP ticketing options. High-end tickets used to include a grandstand and bleacher option, but this year has been converted into a new location called The Hangar. This brand-new chalet offers both indoor and outdoor seating areas along the front line of the shows, and

Continued on page 5

Adam A. House Sworn in as New Fire Chief



New Fire Chief Adam A. House.
Photo courtesy of Sac Metro Fire

**Metro Fire
News Release**

SACRAMENTO COUNTY, CA (MPG) - The Sacramento Metropolitan Fire District (Metro Fire) Board of Directors will host a momentous swearing-in ceremony at its regular meeting on August 10, welcoming the appointment of Fire Chief Adam A. House. Selected by the Board of Directors, Chief House will serve as the district's seventh Fire Chief following an extensive nationwide search. His selection will succeed the distinguished service of Interim Fire Chief Dan Haverty, whose dedication to public safety has spanned over three decades throughout the greater Sacramento region. Chief House holds the distinction of being the first Fire Chief to serve continuously as a member of Metro Fire since its inception in 2000.

Chief House has accumulated an impressive 36-year tenure in public service, which includes four years in the United States Army as a Firefighter. Following active duty, he continued his fire service career in 1991 as a Firefighter in Yuma, Arizona, and eventually promoted to the rank of Captain. In 2000, he joined Metro Fire, ascending the ranks from Firefighter to Captain, Battalion Chief, and ultimately Assistant Chief. He was instrumental in establishing the Metro Fire Special Operations Division, specifically the Type 1 Hazardous Materials program where he served as the initial Program Manager. Furthermore, Chief House has played pivotal roles in Firefighter recruitment, and the Fire Academy where he served as a Drill Master.

As a Chief Officer at Metro Fire, Chief House served as the Division Manager within the Training, Health & Safety Division with direct oversight of the Training Academy, task level and promotional opportunities and training, special operations training, and the physical and mental well-being of the membership. Additionally, he contributed as a member of the FEMA Urban Search & Rescue Task Force 7,

Continued on page 5

Play for All: CRPF's Gift Boosts Recreation Inclusivity

By **Shelby Golden,
CRPD**

RANCHO CORDOVA, CA (MPG) - In a heartwarming display of community support and dedication to fostering inclusivity, the Cordova Recreation & Parks Foundation (CRPF) proudly presented the Cordova Recreation & Park District (CRPD) Board of Directors with a generous check amounting to \$8,000 during their regular Board meeting on August 16, 2023.

This substantial contribution is earmarked for two programs under the Fee Assistance umbrella. A \$2,000 portion will be utilized to support the Folsom Cordova Unified School District's (FCUSD) Social Emotional Learning and Education Equity Department's initiative to facilitate opportunities for recreational programs and serves for both foster



Cordova Recreation & Parks Foundation (CRPF) Board Members present Cordova Recreation & Park District (CRPD) Board Members with a check to provide funding for the Fee Assistance Program. Photo courtesy of CRPD

families and those families experiencing homelessness. The remaining \$6,000 will be designated for CRPD's Fee Assistance Program, a vital program

that seeks to make recreational opportunities accessible to all members of the community regardless of their financial circumstances.

"We are thrilled to present this \$8,000 contribution to the Cordova Recreation & Park District. At the heart of our Foundation's

Continued on page 6

You Must Have Priorities

Story and photos by Margaret Snider

RANCHO CORDOVA, CA (MPG) - In his talk at the Rancho Cordova August Luncheon, Sacramento County Supervisor Pat Hume, District 5, said he would address five issues, “three of which were my top priorities when I was seeking this office.” The fourth and fifth were just impossible to leave behind. Hume was elected last year, replacing Don Nottoli when he retired.

His list of five began with homelessness. Hume said, “We need measurable, quantifiable, actionable metrics by which we can evaluate what we are spending that money on in the programs that we are funding, and whether or not they are being successful so that we can . . . make sure that we are moving in a positive direction.”

The second issue was crime and law enforcement. “I think Prop 47 is probably the most egregious thing that has been foisted upon us,” Hume said, “wherein we lower the standard of what certain acts are to be considered whether they are felonies or misdemeanors.”

In the third issue, roads, Hume referred to PCI, or Pavement Conditions Index. In Folsom or Elk Grove within the city limits you might find a PCI of 60 to 70. A road that was newly paved would have a rating of 100, and 0 would be a dirt road. “The County of Sacramento on the average has a PCI hovering in the low mid-40s. “It takes about \$50 million a year just to keep status quo so that the roads don’t get worse,” Hume said, “and we only have about \$27 million of identified funding.”

The fourth issue, flooding, forced its way into Hume’s top five. The atmospheric river of this past season, Hume said, “caused millions of dollars in property damage, broke through



County Supervisor Pat Hume, District 5, 5th from left, spoke at the Rancho Cordova Luncheon on August 18. With him from left are Shelly Blanchard, Executive Director, Cordova Community Council; Rich Desmond, County Supervisor, District 3; Chris Clark, FCUSD Board Member; and Siri Pulipati, Rancho Cordova City Council Member. To the right of Hume are Rancho Mayor Linda Budge; Police Chief Brandon Luke; and Chamber of Commerce President and CEO Diann Rogers.

levees, flooded roads, cost people their lives . . . We have literally and figuratively been digging out of that since day one and working hard to find some sort of long-term stable solution . . . to ensure that it doesn’t happen in the future.”

Fifth on the list is one that Hume didn’t know was an issue before he was supervisor. “Every time I mention it, people go, ‘Wow, that is a big problem,’” Hume said. There is something called “ambulance-patient offload time,” or APOT. The State standard for that is about 20 minutes. Sacramento County has an average APOT of 68 minutes, the worst in California.

When patients call 911 to go to the ER, by law the first responder must take them and must remain until the hospital has accepted responsibility for that patient. Crowded



Seen at the Rancho Cordova Luncheon are Cliff Billings, Vietnam veteran; Sacramento County Supervisor Pat Hume from District 5, who spoke at the luncheon; and County Supervisor Rich Desmond from District 3.

conditions at ERs are exacerbated by some patients’ use of it instead of Urgent Care or general practitioner. “We’ve convened first responders and

folks from all of the major healthcare providers in the region in order to seriously try and address the issue.”

Diann Rogers, President


and CEO of Rancho Cordova Chamber of Commerce said she met Hume when he was a member of the City Council in Elk Grove. “We now have two County Supervisors who represent the City of Rancho Cordova, that’s new to all of us,” Rogers said. “He has made a very high priority of being here, being a part of the community.”

Hume attended elementary school and Jesuit High School while in Elk Grove. He tried football and competitive swimming but found that theater was more where his passions lay. He holds a Bachelor’s degree from San Diego State University and a Master’s degree in ethical leadership from Claremont Lincoln University. After college he worked in the family business of land development and semicustom residential subdivisions.

Hume served on the City of Elk Grove planning commission from incorporation in 2000, was elected to the Elk Grove City Council in 2006 and served a total of four terms there. As a County Supervisor, Hume serves on a multitude of Boards and Commissions. Lisa Hume, Pat’s wife, is director of philanthropy at Sutter Health, in charge of raising money for different Sutter Health programs.

In the past, Hume was asked to be a celebrity auctioneer for the Strauss Festival in Elk Grove, though he had never done that. “Having an acting background I thought, ‘Well, I’m just going to act like an auctioneer,’” Hume said. He ended up graduating from the Western College of Auctioneering in Billings, Montana, and takes great pleasure in performing as auctioneer pro bono to raise money for worthy causes.

Contact Supervisor Pat Hume at PatHume@saccounty.gov or call (916) 874-5465. ★



Business Environmental Resource Center presents the

16TH ANNUAL


SUSTAINABLE BUSINESS


8 AM TO 11 AM
SEPTEMBER 20, 2023

THE URBAN HIVE
1007 7TH STREET, SACRAMENTO

Community members and business owners are invited to join Sacramento County at this event celebrating businesses and their commitment to environmental sustainability.

Register for this free event today!







Become a certified Sacramento County Sustainable Business today!

- Free to the business
- Unlock potential cost savings and incentives
- Business promotion and advertisement opportunities

Visit sacberc.saccounty.gov to learn more!



Business Environmental Resource Center
700 H Street #6750 Sacramento CA 95814
916-874-2100



Fair Oaks Recreation & Park District Presents:



18th Annual

Fair Oaks Chicken Festival

Saturday

Sept. 16th, 2023

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!**
- **Live Entertainment**
 - Group Therapy 12PM-2:30PM
 - Cluck n' Crow Contest 3PM
 - Cougar Adams Band 3:30PM-6PM



visit us  **@fochickenfest**

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

for more info visit www.forpd.org/chickenfest

Sponsored by





Local Author Delves into Adoption, Identity and her Memoirs from China

Submitted by Kim Orendor

GOLD RIVER, CA (MPG) - After working more than 20 years as a journalist, Gold River resident Kim Orendor sought a new way to see her name in print: books.

The transition wasn't easy, but it has been successful.

"As a journalist, I was trained to write a very specific way," said Orendor, who lives with her mother in Bret Harte Village. "I didn't know there was a totally different way to write for books. My first book—a 2021 memoir on living in China—needed a lot of editing."

That's right, her first book. Her second book, "To Whom It May Concern," was published on Tuesday (Aug. 8) with Idun, an imprint of W. Brand Publishing, and was trending as a top new release on Amazon. It was also ranked No. 1 in teen and YA fiction dealing with adoption.

While her earlier work was non-fiction, Orendor is delving into the world of teen and young adult fiction with her newest work. "To Whom It May Concern" is about Logan Fisher, whose life is turned upside down when he learns the family secret: He's adopted. This shocking news sets him on a quest for answers.

"I was adopted at a few months old, but I've always known that truth," Orendor said. "I have friends who were adopted that didn't find out until they were much older and not always from their parents. It really messed with their heads."

"This novel is my imagining what it would have been like to be in a similar situation. The ideas of identity and family and what defines them drove my writing."

Orendor was adopted in Los Angeles County by Navy veteran Gerry and Nickie Orendor. The family moved several times before settling in Gold River's Bret Harte Village in the late-1980s.

"When we first moved here, we had to rent a place because our 'house' was a dirt lot," Orendor recalled. "It was fun watching it being built. It's crazy that the empty field across from our house is now the Gold River park and school. A lot has changed."

Kim Orendor earned degrees from American River College and Sacramento State before joining the sports staffs of the Sacramento Bee and The Davis Enterprise. In 2006, she moved to central China for five years to teach reading, journalism and American culture through film at Sias International University in Henan Province.

Upon returning to the States, Orendor moved south to Los Angeles to explore her roots and try to find a job that didn't involve writing. She worked as Visitors Experience Specialist for The Broad museum in downtown Los Angeles.

"Basically, it's a fancy name for tour guide," Orendor said with a smile. "I was in an amazing creative space, working with talented creative people, and I couldn't help but want to explore my own creative side."

Now, she wanted to write again. "Like any good journalist, I journaled while living in China,"

journalist, print space is at a premium. It's about telling the best story with the fewest words. Now,

Everything is easy and quick to get to, and the Villages are great for walking."

Her memoir, "Unbound Feet: Finding Freedom in Communist China," published Feb. 2, 2021.

"It was surreal to hold it in my hands and see my name on it," Orendor said. "The downside was the pandemic had everyone sheltering in place, so I couldn't do any public readings."

The Orendor trio traveled as a family to book festivals in Tucson, Ariz., and Los Angeles in March and April of 2022.

"After all the travel, we needed a good rest," Kim said. "At that point, my dad couldn't read on his own, so I decided to read my memoir to him and my mom. After I finished reading it, I came across an older folder on my laptop that had random stories I'd written and saw 'To Whom It May Concern.'"

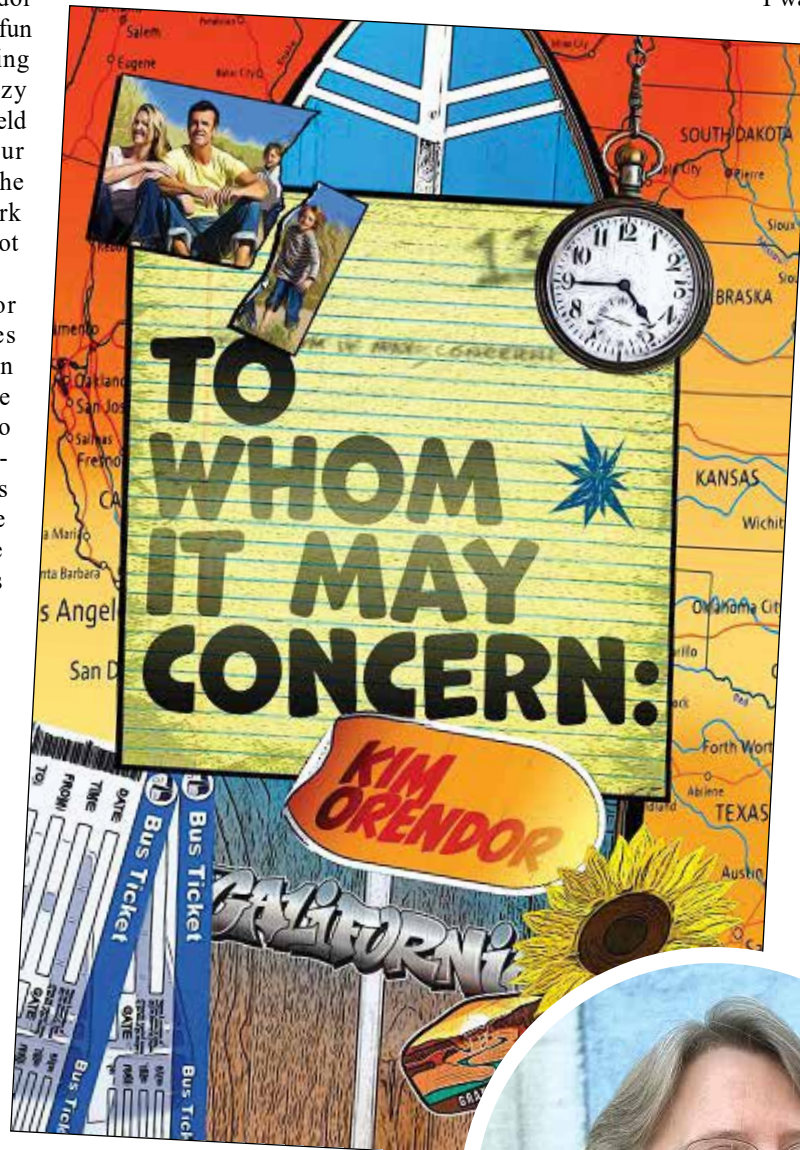
"I asked my parents if they wanted to hear a new story, and they said, 'Yes.' After I finished reading it to them, they both said it needed to be the next one published."

Before Orendor could get confirmation from her publisher on the new book, Gerry Orendor passed away peacefully in his sleep in June.

"It was super hard, and I couldn't think about books or writing or much of anything for a long time," Kim recalled. "But, I knew both my parents really liked the story, I really liked the story, so I went back to the publisher, and she liked the story. And now that it's published, I'm hoping lots of other people will like it as well."

Orendor's books are available in paperback and e-reader versions. Orders can be placed through major carriers or local bookstores.

To learn more about the team at W. Brand Publishing and their innovative approach to publishing, visit their website at <https://www.wbrandpub.com>. ★



she said. "My journal along with emails home during that time gave me a solid start for my memoir. I wasn't sure it would be published, but I felt it was a good exercise in writing and discipline to see it through."

"It did feel odd at first to write so many words at one time," she recalled with a laugh. "As a

happier reason, it was nice to be back in Gold River," she said. "The pace here is the opposite of L.A.

Protect and Heal your whole family with Affordable CHIROPRACTIC MEMBERSHIPS

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

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

Relieve Headache Pains

Reduce Chronic Back Pains

Release Neck Pains

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

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

AMERICAN RIVER CHIROPRACTIC

2280 Vehicle Drive, Suite 110 Rancho Cordova, CA 95670

916-776-6362
americanriverchiropractic.com

CALL or TEXT today!

Prime Rate went up in July.

Our fixed-rate Visa didn't!

Get one of the last fixed-rate cards available – the First U.S. Platinum Visa.®

Enjoy:

- ★ **0%** interest for the first 6 months. Then a **fixed-rate as low as 9.90% APR.**
- ★ No Balance Transfer Fees
- ★ No Annual Fees

For more details please visit firstus.org.

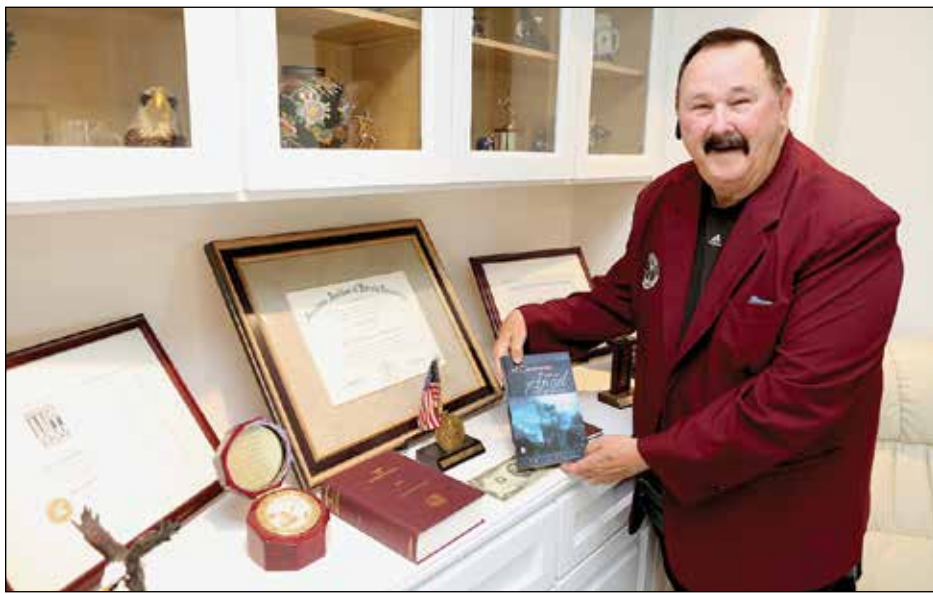
FIRST US Community Credit Union

11220 Gold Express Dr., Gold River

APRs, rates, terms and offers accurate as of 09/01/2023 and subject to change without notice. Income, credit, and other criteria will determine actual APR. After intro rate period, your rate will not increase. New Visa accounts only. Cannot be used to refinance an existing First U.S. loan.

Member Owned and Operated Since 1936

Dr. Jan Cooper Wants to Know Your Name



Dr. Jan Cooper with a copy of one of his most recently published books. Photo by Jim Spears

By Tamara Warta

SACRAMENTO REGION, CA (MPG) - In today's busy world where people sometimes feel isolated and alone, Dr. Jan Cooper has set out to ensure people feel seen.

"I prayed one day," he said, "Lord give me something I can do in five minutes that will make other people happy and will make me happy."

The quick happiness solution ended up being quite simple - he learns people's names and draws them. The name might turn into a dog, cat, or alligator. He allows himself to be inspired by the individual sitting in front of him, and the pen does the rest.

Cooper, who has two upcoming book signing events this fall, is a local author that has dedicated his life to learning and sharing his gifts and his faith.

"I just kept writing. It just kept coming out," he shared, "The reason I know it's from the Holy Spirit is because I know I'm not smart enough to write things like that. I flunked English twice in high school and college."

And continuing to write he has. He is currently the author of ten books, including one translated into Spanish and a coloring book. He is also a former teacher. His career started by teaching inner city youth on an Indian reservation in North Dakota. He made \$4800 for the entire year. In 1967, he went to Sacramento and got job offers right away as a teacher in the Grant Union School District but had to "teach himself English by teaching English." He retired in 2004 but continued to pour into local young people by substitute teaching for another



Dr. Jan Cooper enjoys "drawing" the names of folks he meets. Art courtesy of Dr. Jan Cooper

17 years. He has also taught art - specifically painting and drawing - for over 20 years to both children and adults.

With a teaching career that led him to interact with inner city youth often, he did not shy away.

"Some considered them dangerous, some considered they just didn't care," he said. "But I loved the students, and they knew that."

His love of young people also carries into his love of his country. His books clearly have a conservative tone, and he has a passion to see faith and rationality become part of the political landscape again.

"America has fallen asleep into a state of name calling, bickering, and fighting. Our leaders are supposed to be setting the best example for our youth. All my folks did was yell, scream, holler and fight. I don't want that in our country because I can see how it can affect our youth."

Now, Cooper is continuing his mission to share his faith, and his political concerns. He is of the camp that believes socialism is a threat to our nation, and he isn't shy

about saying so.

"My main concern when the pandemic hit was I had so many good ideas, bad ideas, wrong ideas about what was happening in our country," he said. "I was raised in the military - I went to high school in Japan. I saw what was going on in different parts of the world."

Being a writer is also healing for himself as well. Recently, he has dealt with chronic pain, and he finds relief when he is artistic.

"When I do what I know God wants me to be doing, the pain goes away," he said.

You can meet Dr. Jan Cooper in person at two upcoming book signing events. He will be at the Citrus Heights Barnes & Noble on October 28 from 11am-2pm, and at the Arden Barnes & Noble on November 4 from 11am-2pm. You can also check out his collection of books for sale on his website, drjancooper.com.

At his book signing events, he will have his drawing pad. For everyone who buys a book - and maybe even for those who do not - he will be ready to draw their name. ★



Get Over Weight

I've had many guests on POPPOFF talking about ways to lose weight. But **Laura Pickett** takes on a rather unique way in her book "Get Over Weight." You know me...always curious! So here are her Steps.

1. SPIRIT. Work with your personal trainer. To lose weight, often people turn to personal trainers for knowledge and help. But the Holy Spirit knows all things and was sent to guide and help us succeed in all areas.

2. QUICK TRIP. QT is the name of a chain of convenience stores where you buy gas and other necessities like food, etc. She refers to Quiet Time as a "QT" Stop to get spiritually fueled and fed for your weight loss journey.

3. KNOW THE TRUTH. Scripture teaches us that if you continue in the Word, you'll know the truth and the truth will set you free. She learned a truth that broke the chain so she could finally lose the weight.

4. STOP, DROP AND ROLL. Laura found there are things we can carry that are too heavy for us like unforgiveness, worries, cares etc. Whatever is keeping us stuck, we need to stop or drop or roll that weight and Let It Go.

5. STEPS FOR SOUL. Keep your G.P.S. on...Goal Positioning System. Having a specific goal is vital to succeeding weight loss. Vague goals produce vague results. Set the goal and the way will be made.

6. REBOOT: Your body is not the only thing that needs to change. Often we try to lose weight and get our bodies to change

when we fail to get our minds to change. Remember: As a man thinks, so is he.

7. BELIEVING IS SEEING. Scriptures say if you can believe all things are possible, then believing is an act of your will. Decide to believe and you will achieve.

8. BEAT THE B.E.A.S.T. Not yourself. She found that when we struggle with weight loss we often are struggling with the B.E.A.S.T. That is Boredom, Emotional eating, Anger, Stress. Learn to beat them and not yourself.

9. STEPS FOR BODY. The weight loss Plan is Eat, Drink and Get Moving. To lose weight we need a healthy eating plan. Not a Die-IT, but a LIVE-IT Plan. Any plan can work if you work it. She shares the right plan for you.

10. FASTING IS YOUR RESET BUTTON. Fasting is a great way to remove foods that challenge us and reset eating habits. But more important, fasting connects us to God, the real source of POWER to succeed on this journey

11. DECLUTTER YOUR WAY TO WEIGHT LOSS. Clutter affects our weight like things out of order, not dealt with and stuffed away. They represent issues we're facing when struggling with weight loss.

12. FEED THE HUNGER THAT MEAT CAN'T MEET. Christ said my meat is to do the will of HIM that sent me. It's like no matter how much you eat, you're still not satisfied. You may be hungry to fulfill your purpose, not our plate!

That's her take. Check out **Laura** at www.LauraPickett.org. **Keep POSITIVE!!!**

COBRA, Health Insurance, Covered California, Medicare: Researching Plans

By Tim Coughlin



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

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

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

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

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



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

This is a paid advertorial

America's Choice in Homecare

VisitingAngels
LIVING ASSISTANCE SERVICES

Select Your Caregiver®

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

916.971.9333
www.VisitingAngels.com/Sacramento

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

MPG

WE SUPPORT FIRST RESPONDERS

Taxpayer Hero Retires



Jack Frost, Sacramento Taxpayers Association.
Courtesy photo

Sacramento Taxpayers Association News Release

SACRAMENTO, CA (MPG) - Sacramento Taxpayers Association (SacTax) Executive Director Jack Frost, who has been an instrumental leader within SacTax for the past 30 years, has announced his retirement from his position but will remain as a member of the Board of Directors. In an outgoing speech, Frost said, "It's been a very long time since an organization could point to the success that we have enjoyed. Much of the success is due to many of our members who showed up at the rallies, the meetings, and who helped us turn out concerned citizens."

In 2019 Frost sat down with W. Bruce Lee, SacTax President, and asked if he would serve as the Association's President during a time when he saw that the organization needed more structure, leadership and "pizzazz."

After many hours of discussion, Bruce accepted the job.

Under Lee and Frost, SacTax's successes include the defeat of a few county and city tax initiatives such as Measure A, a 40-year half-percent sales tax increase in Sacramento County, and the defeat of Measure M, a one percent forever sales tax increase in Citrus Heights.

SacTax also contributed to the defeat of Proposition 15, which sought to create a split roll property tax; Proposition 21, which proposed increased local government rent control authority; and the change of election cycle for the County Sheriff, District Attorney, and Tax Assessor. Additionally, SacTax was instrumental in the withdrawal of COVID-19 enforcement fines of up to \$10,000 on businesses within the county.

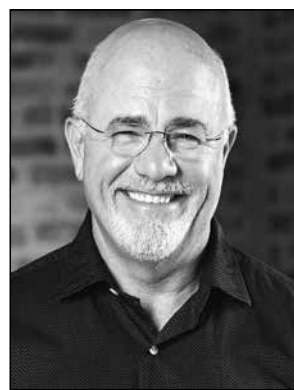
"Jack Frost has contributed immeasurably to the Sacramento Taxpayers Association," Citrus Heights City Mayor Tim Schaefer said, "His measured approach to necessary taxes should be studied before any additional tax measure is put before the voters. I am proud to have served on the Sacramento Taxpayers Association Board of Directors with Jack. I wish him well in the next step of his journey."

Frost will be succeeded by current Secretary, Nick

Bloise, into a new role as Director of Operations. Bloise, who brings a wealth of experience to the job, is eager to carry on Frost's legacy and continue to push for fiscal responsibility and accountability in government.

"Jack Frost has proven himself to be one of the Sacramento area's most effective defenders of taxpayer rights. He is a stalwart defender of Proposition 13, ensuring that Sacramento homeowners can stay in their homes without being forced to sell due to excessive taxation and he has advocated for government transparency throughout his tenure with SacTax," said Jon Coupal, SacTax Board Vice President, and President of Howard Jarvis Taxpayers Association.

The SacTax Board of Directors has expressed its gratitude to Frost for his service and commitment to the organization. Per SacTax President, Bruce Lee, "Jack is so much more than a co-laborer for quality, effective government within our region, he is a true friend who is always ready to support the cause of taxpayer rights. Always eager to give credit where credit is due, he has served faithfully, diligently, and with distinction for years. He has been my beloved "right arm" and certainly will be missed by all of us! It is an honor to serve the community with him." ★



Helping Take Care of Mom

Dear Dave,

My mother-in-law is 85, and she's had some health setbacks recently. The family got together with her, and as a group, we decided it was time to sell her property and move her into an apartment at a nice senior living facility. She should see a little over \$300,000 from the sale of her house. Aside from that, she has about \$10,000 in a savings account. The problem is, she'll only receive \$2,100 a month in Social Security, and rent at the facility is \$2,600 per month. Plus she loves making donations to charities. With interest rates where they are, is a CD ladder a good place to put the money to help her cash flow expenses in the future?

- Ed

Dear Ed,

If this were my mother-in-law, I'd want her to do better than a CD (certificate of deposit) ladder. Even with the deficit between

Dave Ramsey Says

her Social Security income and the cost of rent, she'll only need to see \$6,000 a year from the investment to make up the difference. And plus, she's 85. Even if she got nothing in terms of interest, the chances of her burning all the way through her nest egg before she dies are almost zero. I know the thought of her passing away isn't pleasant, but it's something you have to take into consideration.

As far as the charities go? Right now, she's the charity. Maybe not in the traditional sense of the word, but it's time for mom to come first. Only the strong can help the weak. I didn't let my toddlers carry our newborn. And when it comes to money, you've got to have the financial strength—the free and clear assets—to carry others. Take care of your own household first. That's her responsibility at this point.

Ed, you're not going to mess this up unless you put the money in crypto, or something stupid like that. If you want to do some high-yield savings as a part of it, that's fine. If it were me, I'd probably end up investing some of it too. Here's the thing: Overall, if you could make 8% on it, that's \$2,000 a month, and it lasts indefinitely. That's not even touching

the principal. But like I said before, even if you make nothing on it, just divide \$6,000 into \$300,000. See what I mean? It's probably going to last as long as she does.

Of course, there may be some other medical bills, and you'd probably want her to have a life other than just paying bills. That's why I'd like to see that extra \$2,000 a month happening. It would provide a little cushion. And there may be a few other little things from time to time the family would have to pick up, but that's not unusual in a situation like this.

You all can make this work for her. Just don't be super aggressive, but don't be super conservative either.

- Dave

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

The Airshow Is Back

Continued from page 1

also includes private restroom access, beer tasting, and access to food truck purchases. Those willing to spend more can also join the Flight Line and Capital clubs, both of which provide catered food and beverages, as well as premium seating areas.

If you're attending the show on a budget, don't worry. While you must find your own seating, there are plenty of perks to still enjoy both on the ground and by gazing up at the sky. Ground level entertainment this year includes vintage combat aircraft and trainers including warbirds that date back to the 1930s. Beale Airforce Base will also be represented at the show, bringing a Lockheed U-2 'Dragon Lady' and T-38

Talons to admire. Children and families will enjoy the opportunity to walk through a large military transport plane as well as the impressively large cargo holds of the FedEx and UPS planes parked onsite. Lastly, public safety workers and first responders will be interacting with guests, teaching young guests how planes and helicopters are used to save lives.

While there's certainly a lot to do on the ground, the real show is overhead. The airshow features both individual plane hobbyists and professional fighter jet pilots. This year's headliner, the United States Air Force Thunderbirds, will roar through the sky in their F-16 Fighting Falcon jets. Their close formations are captivating but new airshow attendees be warned. ★

California Capital International Documentary Film Festival Announced

City of Rancho Cordova News Release

RANCHO CORDOVA, CA (MPG) - The 2nd Annual California Capital International Documentary Film Festival will be held on September 30 and October 1, 2023, in Rancho Cordova.

The festival will take place at three screening locations: Rancho Cordova City Hall Council Chambers and The American River Room, 2729 Prospect Park Drive, Rancho Cordova, and Cal Cap Black Box Theatre, 9845 Horn Road, Sacramento.

This year's program includes over 90 percent of films selected from the festivals open call, with submissions coming from 43 countries. The documentaries explore a wide range of themes including, art, politics, portraits, poverty, social issues, homelessness, sports, environmental crisis, war, world traditions, and the dynamic nature of our changing world.

The lineup will consist of feature and short documentaries that will include world and U.S. premiers.

Additionally, three locally made documentaries will be featured. They include: *N-Men: The Untold Story*, *Rancho Cordova: From the Gold Rush to the Space Age*, and *Auburn Dam: The Dam That Never Was*.

The festival aims to provide an international program to local audiences and will feature screenings in cinematic 6k with surround sound. The Mills Station Arts and Cultural Center (MACC) will serve as the festival hub for networking and filmmaker discussions.

We are proud to honor the talented filmmakers who have poured their passion into creating exceptional documentaries that shed light on diverse subjects from around the world. Below are the categories of this year's festival:

The Belka & Hagin Family Award for "Best Doc of Festival" - \$1,000; The KP International Market Award for "Best Foreign Film" - \$500; The SMUD award for "Best Short Documentary" - \$250; The California Capital Arts Foundation Award for "Most Interesting Documentary Subject" - \$250.

The 2022 California Capital International Film Festival awarded honorariums in the following categories:

SMUD - Clean PowerCity Champion Film Award - *8 Billion Angels*; Comstocks Magazine - Best of Festival Award - *Hell or Clean Water*; California Capital Arts Foundation - Best Short Award - *Ali and his Miracle Sheep*.

The Event is sponsored by the City of Rancho Cordova, Belka & Hagan Families, SMUD, Comstock's Magazine, Sactown Magazine, Sacramento Magazine, Visit Rancho Cordova, Sacramento Film & Media, and Cordova Community Council and is supported in part by the Measure H Community Enhancement & Investment Fund from the City of Rancho Cordova.

For more information about the festival, including the lineup and ticket availability, visit www.calcapdocfest.org or call 916.706.2000.

California Capital Arts Foundation provides a safe, nurturing, and inclusive environment, where an individual is free to develop his or her own artistic expression. ★

LOCAL CRIME REPORTS

Find out what's happening in your local area

Arrest Logs updated daily

GOLDRIVERMESSENGER.COM

Serving Gold River and Sacramento County

Publisher, Paul V. Scholl

Gold River Messenger is a member of Messenger Publishing Group

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

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

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

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

We are proud members of these newspaper associations.

Adam A. House Sworn in as New Fire Chief

Continued from page 1

California Governor's Office of Emergency Services (CAL OES) Task Force 9, and the Type 3 Sacramento Regional Incident Management Team (SRIMT), deploying numerous times to major devastating incidents throughout California.

A Sacramento area native, Chief House proudly graduated from Cordova High School in 1987, and currently resides within the community of Sloughhouse. He met his wife Gia in middle school, and they recently celebrated 30 years of marriage together. They are proud parents of two grown children, their son Joshua and daughter Taylor. Joshua is currently a Firefighter at Metro Fire, assigned to Firehouse 65 in Gold River.

"As a trusted member of Metro Fire's leadership team for many years, Chief House has the experience and respect of the Board members and the district's employees to lead this organization in the coming years," stated Metro Fire Board President D'Elman Clark. "We have great confidence that under his leadership Metro Fire will remain one of the best fire districts on the West Coast for effectiveness and innovation." Congratulations to Fire Chief Adam House on his well-deserved appointment.

A formal Transfer of Command ceremony will be announced in the near future. For media inquiries, contact PIO Captain Wilbourn (916) 616-2430. ★

Play for All: CRPF's Gift Boosts Recreation Inclusivity

Continued from page 1

mission lies a deep commitment to enriching lives and strengthening our community," said CRPF President Kim Oliver. "We are proud to play a role in breaking down barriers and fostering inclusivity, ensuring that our community members can access the enriching programs that Cordova Recreation & Park District offers. Together, we are making a tangible difference in the lives of our fellow community members."

CRPF is an independent, non-profit entity that is driven by an unwavering commitment to enriching the lives of residents through charitable gifts that support the diverse range of recreation and park programs offered by the Cordova Recreation & Park District. Guided by their mission, CRPF serves as a beacon of goodwill, channeling resources to preserve and protect the invaluable facilities and programs that contribute to the community's overall well-being. One of these resources is providing funding for the Fee Assistance Program.

The Fee Assistance Program operates with a clear purpose: to ensure that financial limitations never hinder anyone's ability to engage in enriching recreational experiences. This program operates on a first-come, first-served basis, extending a helping hand

to individuals and families seeking to be part of the CRPD's diverse recreational offerings. By removing financial obstacles, the Fee Assistance Program fosters an environment of inclusivity, enabling community members to partake in activities that contribute to their physical, mental and social well-being. To learn more about the Fee Assistance Program visit crpd.com.

CRPF's contribution exemplifies the potential of collective action to effect positive change. As a reader, you too can be part of this transformative movement. There are several ways you can contribute and support CRPF's initiatives:

Your financial contributions, no matter the size, can make a significant impact on CRPF's ability to support programs like the Fee Assistance Program. Visit crpfdoundation.org to make a secure online donation or to become a member;

Join the ranks of dedicated individuals by volunteering your time and skills. Your assistance in fundraising events, community outreach and support can help CRPF achieve its goals;

Become an advocate for CRPF by spreading the word about CRPF's mission and initiatives.

Learn more at crpfdoundation.org. ★

Project Roomkey Closes with 1350 Hopeful Outcomes

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - On Friday, August 25, the Sacramento County Department of Human Assistance, through the steadfast work of County staff and community partners, was able to close Project Roomkey (PRK) earlier than the originally anticipated October timeframe.

The end of Project Roomkey marks nearly 40 months of operation and is a testament to what the community can do in a time of great urgency.

During the ramp-down phase of the final PRK site, every participant was offered shelter or housing. The PRK participants that have been transitioned to shelter or are on a motel voucher will continue to work with County staff and Next Move on their path to rehousing.

PRK Ramp down support and transition stats

On May 1, 2023, there were 192 people still in PRK. On May 21, Next Move brought their rehousing team onsite to transition participants into housing.

The transitions for the 192 people are as follows: 42 in housing; 7 in Behavioral Health interim or permanent housing; 40 enrolled in County Scattered Site shelter; 60 people placed with a motel voucher.

For those vouchered: 42% have housing lined up and are waiting on their unit to be ready; 14% are working with BHS to transition into interim or permanent housing; 10% have housing vouchers and are close to housing; 30% are transitioning into the County Scattered Site Shelter; 4% are working with other providers on next steps

13 self-exits; 22 exits due to rule violations (violence, destruction of property); 8 exited due to long-term hospitalization or other institutions

Behavioral Health supports June - August 2023: 28 clients agreed to screenings for services; 26 consented to referrals to mental health programs; 6 into Community Outreach Recovery Empowerment (CORE) Program; 20 into Full-Service Partnerships (FSPs)

The History of PRK

Sacramento County has been funding and operating PRK since April 2020 in response to the COVID-19 pandemic. The program started out as four motels with 522 prevention rooms and 41 medical isolation motel rooms and trailers. While in PRK, residents received three meals delivered to their door daily and were provided laundry services, transportation, and connections to community resources, public benefits and health providers.

By August 2020, it was clear that the sheltering model was transitioning into a longer term COVID-19 prevention approach, and the PRK team, inclusive of county staff from DHA and Behavioral Health, the City of Sacramento and Sacramento Steps Forward, incorporated new oversight measures that supported the rehousing of PRK participants.

While there were many partners, including other jurisdictions, PRK was initially funded primarily through CARES Act and Federal funding through FEMA. These funds were braided together to operate this program which, for the most part, went away with the end of the Public Health Emergency, leaving the County to fund the program solely with General Fund and the American Rescue Plan Act (ARPA).

In late May 2023, five rehousing navigators and one behavioral health representative, dedicated solely to participants in PRK, began meeting with clients to create a comprehensive rehousing plan for each participant, as well as assess behavioral health service and program needs. Rehousing navigators assessed client resources and housing needs and worked with each participant to offer options and a path to housing. Behavioral health staff screened willing and eligible clients and connected them to existing county programs.

As of August 30, 2023, County staff and community partners supporting the rehousing of PRK participants have directly housed 580 people in permanent housing and 892 people to safe, transitional locations - many of which eventually led to housing.

For more information of Sacramento County's response to homelessness, visit the Department of Homeless Services and Housing website. ★

PAYROLL and HR Support
\$299 a month
 Only available for businesses with up to 10 employees
916-760-7227
PINNACLE
 EMPLOYEE SERVICES
 HR | Payroll | Benefits

Local Classifieds Advertise in your local community newspaper Call 916-773-1111

Announcement

Prepare for power outages today with a GENERAC home standby generator. \$0 Money Down + Low Monthly Payment Options. Request a FREE Quote - Call now before the next power outage: 1-844-439-5645 (Cal-SCAN)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-855-424-7581 (Cal-SCAN)

NEW AUTHORS WANTED! Page Publishing will help you self-publish your own book. FREE author submission kit! Limited offer! Why wait? Call now: 1-855-667-0380 (Cal-SCAN)

Autos Wanted

DONATE YOUR CAR TO KIDS. Fast Free Pickup - Running or Not - 24 Hour Response - Maximum Tax Donation - Help Find Missing Kids! Call 1-888-491-1453. (Cal-SCAN)

Autos Wanted

Donating your vehicle? Get more! Free Towing, Tax Deductible. Plus a \$200 restaurant voucher and a 2-night/3-day hotel stay at one of 50 locations. Call Heritage for the Blind to donate your vehicle today. CALL 1-844-491-2884 (Cal-SCAN)

GOT AN UNWANTED CAR?? Your car donation to Patriotic Hearts helps veterans find work or start their own business. Fast free pick. Running or not! Call 24/7: 1-877-529-0495. (Cal-SCAN)

Tiene un vehiculo no deseado? Donelo a Patriotic Hearts! Recogida rápida y gratuita en los 50 estados. Patriotic Hearts ofrece programas para ayudar a los veteranos a encontrar trabajo o iniciar su propio negocio. Llame ahora: 1-844-244-5441 (24/7) (Cal-SCAN)

WANTED! Old Porsche 356/911/912 for restoration by hobbyist 1948-1998 Only. Any condition. Top \$ paid! PLEASE LEAVE MESSAGE 1-707-339-5994. Email: Porschere restoration@yahoo.com (Cal-SCAN)

Business Opportunity

Ambitious/Energetic individual to manage growing internet business, this area. Training provided. eXciting! fUn!! No risk!!! Please contact John - Txt: 916 517 8005 or Email: jandre100@yahoo.com for more information 929 223



Computer Service

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

Fitness/Yoga

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

Financial

Over \$10K in Debt? Be debt free in 24 to 48 months. No upfront fees to enroll. A+ BBB rated. Call National Debt Relief 1-888-231-4274. (Cal-SCAN)

For Sale

'V-8 (Cadillac Engine) in 1995 Oldsmobile Aurora. 64,000 original miles. Must take whole car. Transmission is no good. \$500 or best offer. Call 530-742-9144 and leave message. (TFN)



Mobility Scooter For Sale
 Brand New. Never Used and is in good working condition. It comes with powercord, battery, keys, booklet. If interested call Nikki at 916-613-3950. Will offer lower price depending on each person case. Price is \$750!

General/Employment

Structural Designer for Response Structural Engineers, Carmichael, CA (multiple openings). Responsible for seismic analysis, design of structural members. Reg. B.S. Civil Eng., Structural Eng. or related, and proficiency in AutoCAD, Revit, Excel. Send resume to: info@response-eng.com. 98/23

General/Employment

Structural Designer II for Response Structural Engineers, Carmichael, CA. Responsible for seismic analysis, design of structural members. Reg. B.S. Civil Eng., Structural Eng. or related, 2 yrs exp. as Structural Designer, Structural Engineer, Civil Engineer or related, and 1 year proficiency in AutoCAD, Revit, Excel. Send resume to: info@response-eng.com. 98/23

Hall Rentals

VFW Post 6158

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

Health/Wellness

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

Stroke and Cardiovascular disease are leading causes of death, according to the American Heart Association. Screenings can provide peace of mind or early detection! Contact Life Line Screening to schedule your screening. Special offer - 5 screenings for just \$149. Call 1-888-892-5598 (Cal-SCAN)

Insurance/Health

SAVE BIG on HOME INSURANCE! Compare 20 A-rated insurance companies. Get a quote within minutes. Average savings of \$444/year! Call 1-844-410-9609! (M-F 8am-8pm Central) (Cal-SCAN)

Internet

FREE high speed internet for those that qualify. Government program for recipients of select programs incl. Medicaid, SNAP, Housing Assistance, WIC, Veterans Pension, Survivor Benefits, Lifeline, Tribal. 15 GB internet service. Bonus offer: Android tablet FREE with one-time \$20 copay. Free shipping & handling. Call Maxisp Telecom today! 1-855-480-0769 (Cal-SCAN)

Visit: mpg8.com

Home Remodel

Jacuzzi Bath Remodel can install a new, custom bath or shower in as little as one day. For a limited time, we're waiving all installation costs! (Additional terms apply. Subject to change and vary by dealer. Offer ends 9/30/23) Call 1-833-985-4766 (Cal-SCAN)

Safe Step. North America's #1 Walk-In Tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our FREE shower package and \$1600 Off for a limited time! Call today! Financing available. Call Safe Step 1- 888-989-5749 (Cal-SCAN)

Job Opportunities

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

Landscaping

CREATE YOUR PARADISE

 Winter Yard Cleanups, Complete Landscape Design/Installation, Sprinkler System Installs/Repairs, All Types Concrete Work, Fence Installation, Retaining Walls- All Types, Drainage Systems-all types, Landscape Lighting, Residential/commercial American Landscape Design & Installation. Est 1987 American Construction & Property Maintenance Company
 WE ACCEPT VISA & MASTER CARD
(916)612-0776
 Lic#690968

YARD SERVICE ONE-TIME CLEANUP
 Mow, Weed, Prune & Haul
NEED: Landscaping bark?
 Gutters cleaned?
 Light fence work?
 CALL 916/205-9310 or 916/627-9000!

Advertise in your local community newspaper
 Call (916) 773-1111

Miscellaneous

DID YOU KNOW Newspaper-generated content is so valuable it's taken and repeated, condensed, broadcast, tweeted, discussed, posted, copied, edited, and emailed countless times throughout the day by others? Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email cecilia@cnpa.com (Cal-SCAN)

The difference in winning and losing market share is how businesses use their advertising dollars. CNPA's Advertising Services' power to connect to nearly 13 million of the state's readers who are an engaged audience, makes our services an indispensable marketing solution. For more info call Cecilia @ (916) 288-6011 or cecilia@cnpa.com

Music Lessons

Guitar Lessons
 Beginner to Advanced . \$20/half-hour; \$30 full hour. 916-507-6658, freddiebalbert@gmail.com (12/30/23)

Pets/Animals

DOG RESCUE
 Gary
 (916) 334-2841
 Please Adopt or Foster
 Because so many really great dogs are dying for a good home...
ShelterMOU @hotmail.com

Real Estate

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

Roofing

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



Tree Service

BP TREE SERVICES LLC.

TREE & STUMP REMOVAL
TREE TRIMMING/ SHAPING
FREE ESTIMATE
10% OFF WITH THIS AD
 Insured. Workman's comp. Arborist
916-722-6321
BPTreeServices.com
 VISA / MASTER CARD
 California Contractors Lic #1036031

My wife laughed when I wanted to be a CEO. But when I took the company public?

- > Can't Get That Right Job?
- > Is Age A Problem?
- > Have You Been Downsized?
- > Want To Change Industries?
- > Do You Find Sending Resumes To Job Boards Unproductive?
- > Are You Reaching The Unpublished Market?
- > Would You Be Open To Remote or Hybrid Work?
- > Are You Getting The Compensation That You Deserve?

Executives: FREE Resume Evaluation and Free Position Evaluation and Guidance

Next Level 646 219-0000

Resume to vpcareers20@gmail.com

THE NATIONAL CENTER FOR PATRIOTIC RESEARCH

Take the Smell Test Challenge

A free scratch-and-sniff test can help researchers learn more about brain health.

Request your test at mysmelltest.org/news or scan the QR code.

RETIRED COUPLE HAS \$1MIL TO LEND ON CA. REAL ESTATE*

V.I.P. TRUST DEED COMPANY
 Buys T.D.s and Buys/Lends on Partial Interests

OVER 40 YEARS OF FAST FUNDING
 Principal **(818) 248-0000** Broker
WWW.VIPLoan.COM *Sufficient equity required - no consumer loans
 Real Estate License #01041073 CA Department of Real Estate, NMLS #5339217
 Private Party loans generally have higher interest rates, points & fees than conventional discount loans

CALL A PRO BUSINESS DIRECTORY

SLS
Superior Landscape Services
 Landscaping and Maintenance

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

Insured
 Lic#794551

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

A-1 AFFORDABLE ROOFING SERVICES, INC

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

John Fleenor, Contractor
 1741 L Street, Rio Linda, CA 95673

Cell: (916) 206-1613
 Contractor Lic. #1064966

GREENWAY TREE SERVICE

Specializing in Expert Tree Pruning,
 Tree Removal & Stump Grinding

Free Estimates
Competative Prices

Licensed and Insured

(916) 224-9750

TD SNELL CONSTRUCTION
 GENERAL BUILDING CONTRACTOR

Concrete, Foundation, Flatwork,
 Rough Framing
 Residential and Commercial
 Remodel and New Construction
 Tiny Houses, ADU Homes

Tom Snell
 Cell 916-432-9380 | Office 916-991-1932 | tom.snell@sbcglobal.net

DRAINS ONLY
THE DRAIN & SEWER CLEANING CO.

Charles Mitchell
 916-868-5771
 CMJR6348@GMAIL.COM

4 Picket Ct. Sacramento, CA 95823
 SPB12018-00953

Rio Linda Eye Care

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

Dr. William Fleischmann
 (916) 991-8444

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

All American Pro Construction
 Family-owned & operated.
 We offer Veterans & Senior Discounts
 Great Craftsmanship & Customer Service

Specializing in Kitchen & Bath
 Remodels, plus Much More

BIG or SMALL, We Do It All. Give Us a Call.
916-504-0188

CSLB# 1089369, Licensed, Bonded & Insured

Just Send It Postal

justsendit11@yahoo.com
 Phone: (916) 723-8855 • Fax: (916) 723-0208
 Mon.-Fri. 10 - 5 Sat. & Sun. CLOSED

7250 Auburn Blvd. #C Citrus Heights, CA 95610
 www.justsenditpostal.com

NOTARY * PRINTING * SHREDDING

RETIRED COUPLE
 HAS \$1MIL TO LEND ON CA. REAL ESTATE*

V.I.P. TRUST DEED COMPANY
 Buys T.D.s and Buys/Lends on Partial Interests

OVER 40 YEARS OF FAST FUNDING
 Principal (818) 248-0000 Broker
 WWW.VIPLoan.COM *Sufficient equity required - no consumer loans

Real Estate License #01041073 CA Department of Real Estate, NMLS #339217
 Private Party loans generally have higher interest rates, points & fees than conventional discount loans

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

FREE PAYROLL PROCESSING FOR ONE MONTH IF YOU CALL NOW!

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

AFFORDABLE TRENCHLESS & PIPE LINING

Install a Water/Electric
 line under your
 existing driveway!

SEWER PROBLEMS? WATCH OUR VIDEO.
 www.ydig.com

We're #1 in the #2 business

Off (916) 488-1215 Lic #754886

TRACTOR SERVICE

- Mowing • Rototilling
- Discing • Scraper/Loader

Call
(916) 991-8431

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

STATEPOINT CROSSWORD • NURSERY RHYMES

CLUES

ACROSS

- Ground grain
- *Black sheep answer: "Yes ____, three bags full."
- Estimator's phrase (2 words)
- Washer cycle
- Australian bird
- Plants and animals
- Chipped in
- Dashboard acronym
- Not over
- *Rhymes with Porgie
- *Container in nursery rhyme and Ella Fitzgerald's song
- Ray shooter
- Gloomy
- Dichlorodiphenyltrichloroethane
- The Wise Men
- Type of mold
- Civil Rights icon
- Front of ship
- Marilyn's real name
- Distinctive elegance
- Meal in a shell, pl.
- Plant anchor
- Strong and sharp
- *"Three Little Kittens" cry
- Shower with affection
- Bungle (2 words)
- Snow ride
- P in mpg
- Debilitating spray
- *"How I wonder what you ____"
- *Bed on the tree top
- *John, or Fr re Jacques
- Formerly known as Pleasant Island
- Commotion or fuss
- One of journalism's Ws
- Vinyl collectible
- *"Tom, Tom, the Piper's ____"
- Israel's neighbor
- Big Bang's original matter
- Deviled one
- One deserving of respect?

DOWN

- Hand grenade
- Pick-up expression
- On top of
- Website visitors
- Wrigley's Big ____
- Bone-dry
- Elf on the Shelf, e.g.
- Cuban dance
- *Old MacDonald's farm sound
- Traveled on
- Proofreader's mark
- Sail alternative
- Boot that reaches halfway or more to knee
- Unsuitable
- Pitcher's pride
- Bishop's jurisdiction
- *Life is but this
- Marcello Mastroianni's "La ____ Vita"
- Some Romanovs
- SI unit of mass
- *"Here goes my ____ a trot, a trot..."
- Sag
- Portray emotion
- *Jack and Jill's quest

CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	12	
13					14			15				
16					17			18				
19					20		21	22				
		23				24						
25	26	27		28	29		30		31	32	33	34
35		36		37		38		39				
40				41			42		43			
44			45		46				47			
48				49		50			51		52	
				53		54			55		56	
	57	58	59				60			61	62	63
64					65	66			67			
68					69				70			
71					72				73			

Consumer Cellular
 888-804-0913

Classified Advertising

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

MPG

916.773.1111

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

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!

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

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

SUDOKU

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

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

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

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Four Sacramento Luminaries Join Sacramento Philharmonic and Opera Board of Directors

Sacramento Philharmonic & Opera News Release

SACRAMENTO, CA (MPG) - The Sacramento Philharmonic & Opera (SP&O) received a fresh injection of board leadership last week with the election of four new members to the Board of Directors. The four new members, who include journalist Lora Painter of ABC10, arts advocate Lars Gjerde, Sacramento State administrator Jennifer Harris, and corporate leader Adam Marszal, begin their tenure immediately.

“SP&O is honored to have these four experienced business and community volunteers join our Board of Directors,” said SP&O President Sheree Meyer. “Our board has a track record of tremendous success, as our recent accomplishments demonstrate, but with these new members sharing their passion and knowledge, SP&O is poised to reach even greater heights.”

The new board members join the board at a time when the SP&O is on a trajectory of growth and success. SP&O’s recently completed 2022-23 season ended with a chorus of unprecedented achievements, including a reliable and growing subscription base, sold out performances and, since 2015, over \$10 million



The Sacramento Philharmonic & Opera (SP&O) received a fresh injection of board leadership last week with the election of four new members to the Board of Directors. Courtesy photo Sacramento Philharmonic and Opera

in gifts and sponsorships made to the Sacramento Philharmonic & Opera and the Sacramento Philharmonic & Opera Foundation.

Lora Painter anchors weeknights at 5, 6, & 11 p.m. for ABC10. The California native has a master’s degree from New York University in Broadcast News & Documentary, and a Bachelor’s Degree in Communication from California State University San Marcos. She has two Emmy nominations for anchoring and writing and has twice received a “Best Anchor” award from the Michigan Association of Broadcasters. Lora has been a board member of the Kalamazoo Institute of Arts and continues to



Lora Painter. Courtesy photo



Lars Gjerde. Courtesy photo



Jennifer Harris. Courtesy photo



Adam Marszal. Courtesy photo

be a member of its Asian Art Advisory Council. She is a former professor

at Anyang University in South Korea. She is also an accomplished singer

and plays several instruments including piano and clarinet.

Norwegian native **Lars Gjerde** earned his doctorate in organ from the Eastman School of Music. During his church music career, Lars taught, led choirs and orchestral musicians, and created events to support charities. He engaged in regional leadership through the American Guild of Organists. Lars later earned his Nurse Practitioner degree from Yale University and is now a Nurse Practitioner Supervisor at UC Davis Medical Center. A recent Chapter President of the California Association for Nurse Practitioners and Chapter Dean for the American Guild of Organists, Lars is thrilled

to serve the visionary board of the Sacramento Philharmonic & Opera.

Jennifer Harris is the Associate Vice President of Budget Planning and Administration at Sacramento State University. A Sacramento native and Sac State Alumna, Jennifer has worked in a variety of fiscal management and oversight roles with the State of California, including the California State Auditor’s Office, the Department of Finance, and CalPERS. Jennifer credits her love of classical music to her elementary school violin teacher who took her to hear the Camellia Symphony Orchestra perform. She is excited to help support classical music and opera in our community, and in particular increasing youth access to and appreciation of music.

Adam Marszal was born and raised in Carmichael, CA and currently serves as the CEO of his family’s petroleum company and commercial real estate business. He takes pleasure in being involved in organizations and different causes in Sacramento. In his free time, Adam enjoys golfing and being with his wife, Maggie, and their two daughters, Lucy and Blair. Adam’s interest in music stems from his time in Jesuit High School’s choir as a teenager. ★

Board Approves Responses to Reports on Homeless

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - The Board of Supervisors, at its August 8 meeting, approved responses to two Grand Jury reports regarding responses to homeless issues and behavioral health resources including planning, coordination, funding, and measurable outcomes.

The Grand Jury issued two reports related to homelessness that require a response from the County Board of Supervisors. The Grand Jury Report, “Homeless Should Not Mean Hopeless: Homeless Solutions Elude Local Leaders” was issued on May 26, 2023. The report asserts that local governments have failed to work together effectively to address the increasing number of homeless and related issues which has resulted in millions in direct and indirect costs. The report recommended that Sacramento County leaders prioritize

a formal, comprehensive approach to homelessness. The report included five findings and four recommendations related to the information in the report along with a list of individuals and agencies required or invited to respond.

The Grand Jury Report, “Mental Health Care For The Homeless: Who Cares?” was issued on June 9, 2023. This report asserted that mental illness and substance abuse among the homeless needs to be addressed through a streamlined, coordinated, and transparent service delivery system and approach that uses measurable, quantifiable outcomes with proven success to make meaningful change. The report included 11 findings and 11 recommendations.

The landscape of the County’s homeless and behavioral health programs and services have been rapidly evolving, even over the past year. Some of the Grand Jury findings may have been true at the time, but

the County has already taken steps to remedy in recent months.

The County has many programs and strategies under development that will help to move the needle on some of the findings and recommendations that have either not yet been fully stood up or are still in development and have not yet seen the benefits or outcomes.

For example, the Grand Jury indicates that the outreach teams are poorly supported and understaffed. At the time this report was being researched, those findings were likely correct, however, since that time, there has been significant progress made in not only staffing up those teams, but in allocating additional resources to these teams and to the Behavioral Health CORE centers, fostering meaningful engagement. The County has already committed to semi-annual reports on outreach efforts which can be found at our County’s Homeless Services Website.

There are some findings and recommendations that the County didn’t agree with either partially or fully – in part because the County has another strategy in the works that will meet the same need, or a strategy being recommended warrants further analysis. One example is the formation of a Joint Powers Authority (JPA) to address homelessness countywide.

A JPA is one model that may work. However, with the Governor’s new budget requirement for HHAP funding, the County and all regional city partners and Continuum of Care (CoC) will be required to develop a regional plan to coordinate services and funding – therefore a JPA may or may not be the best structure for achieving the intent of this regional plan. As the State issues guidance and requirements, the County and its partners will do a more in-depth analysis.

There are some findings and recommendations that the County has already implemented, but the lack

of broad knowledge of these strategies are an indication that the County needs more robust communication efforts. For instance, the Grand Jury indicated that there is no strategic plan that includes the mental health and substance abuse issues facing the homeless. The sixth pillar of the Local Homelessness Action Plan is mental health/substance abuse. Additionally, the Grand Jury indicated that there are not quantifiable metrics, however the plan includes both timelines and measure goals. Read the full LHAP on the County Homeless Services website.

Read the full finding and recommendation response to “Homeless Should Not Mean Hopeless: Homeless Solutions Elude Local Leaders.”

Read the full findings and recommendations response to “Mental Health Care For The Homeless: Who Cares?”

The response from the Sacramento County Sheriff Office is available. ★



JOIN THE FUN!
RIVERCATS

SOMETHING EXTRA FUN EVERY DAY

RIVERCATS.COM | 916.371.HITS (4487)




TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>TOYOTA FAMILY VALUE TUESDAYS</p> <p>\$2.00 HOT DOGS AND ICE CREAM</p>	<p>WET NOSE WEDNESDAYS</p> <p>DOGS GET IN FUR FREE</p>	<p>THIRSTY THURSDAYS</p> <p>DRINK SPECIALS DURING THE GAME</p>	<p>SMUD ORANGE FRIDAYS</p> <p>LIVE MUSIC BEFORE THE GAME</p> <p>FIREWORKS FOR ALL FANS IMMEDIATELY AFTER THE GAME</p>	<p>SUTTER HEALTH PARK FIREWORKS SATURDAYS</p> <p>FIREWORKS FOR ALL FANS IMMEDIATELY AFTER THE GAME</p>	<p>SUNDAY FUNDAY</p> <p>PLAYER AUTOGRAPHS BEFORE THE GAME AND KIDS GET TO RUN THE BASES AFTER THE GAME</p>

Dr. Stirton Turns Passion into Practice

American River Chiropractic News Release

RANCHO CORDOVA, CA (MPG) - As it turns out, not all chiropractic practices are created equally. That's why Dr. Stirton, the head doctor at American River Chiropractic and Winters Family Chiropractic, is ready to break down what sets his methodology apart from other practices bound by money and insurance coverage limitations.

With around 23 years of experience under his belt, Dr. Stirton's been around the block and seen his fair share of booboos, aches, pains, injuries and beyond. Although there's a wide variety of treatments and remedies people can receive, unfortunately, the corporate health entities Dr. Stirton used to work for were more focused on getting as many patients in as possible and doing only as much as insurance companies would allow.

This wealth over health approach to wellness didn't sit well with Dr. Stirton or coincide with how he wanted to administer medicine and remedies. So, for the past decade he's been the head honcho of his own practice at American River Chiropractic and Winters Family Chiropractic for the last five.

"When you include the insurance, it can change how the patients value their health. Because the carrier ultimately has the decision whether they give the care or not and don't know how well the person is doing. To be honest, what I found is the insurance benefits are all essentially the same - there are tiers to it where people are only allowed 10 to 12 visits," said Dr. Stirton. "In reality, working in that paradigm I saw that people weren't getting their healthiest and weren't getting what chiropractic has been designed and proven to provide patients because it doesn't plug into the medical insurance model very well. It's a minimalist model and made to provide you with the minimalist care possible to reach a basic level of improvement. They may advertise that they care, but the reality of that business is they want to take most of your money and spend the least amount on your care. Chiropractic has always been treatment that gives you the best results when you have enough of it."

Dr. Stirton has always been one to emphasize the importance of regular upkeep of one's chiropractic care. However, folks often neglect their own healthcare due to any number of reasons with insurance and cost being amongst them. To Dr. Stirton, this diminishes the patient's and doctor's involvement in the overall health journey with insurance coverage



Dr. James Stirton, head doctor at American River Chiropractic, conducts his practice from his location at 2280 Vehicle Drive, #110, in Rancho Cordova. Photo courtesy of American River Chiropractic

being the ultimate authority.

"My idea opening this practice was to charge a copay level fee for a more all-included service so there's no feel of nickel and diming for this or that, so that the patient still got to feel like they can afford everything - and they could - even though insurance wasn't involved. And, they had endless visits at that copay price," explained Dr. Stirton. "I've been operating my practices this way for the last five years and they've blossomed and been well-embraced from cradle to the grave. The hardest working people enjoy it, people with chronic arthritis enjoy it because they can count the healthcare is there and their body gets ample treatment. More than just bringing you up to a minimal level."

Unbound by insurance bureaucracy, Dr. Stirton is able to throw the clock out of the window and administer treatment for as long as it takes and focus on multiple parts of the body. With customizable/fluid scheduling suited to the needs of each, individual patient, Dr. Stirton able to instill the notion that one's healthcare journey isn't a race with a finish line, rather, a lifestyle. Which is why Dr. Stirton's practice encompasses so much more than just back support.

"I'd say my practice is very much about vitality, and so we also cover nutrition here. My office does more testing than any other office on average for the

average patient. In that regard, other offices will be more focused on one thing or do a blood test that just measures levels of things at that time and if you don't have high cholesterol then you're good and they won't worry about you. If you do, they'll just give you pills to take care of it," said Dr. Stirton. "My testing is more about finding out what your ratios are

have heavy metals that are elevated in certain tissues. We look at your overall intake of nutrients and everything we teach our patients here is to help them learn how to create balance in every aspect that's going to support their health."

Beyond that, Dr. Stirton also helps his patients tackle sleep issues and how they impact their

their own two feet.

"Insurance companies think they're in charge of your health, and that's why I wanted to start a practice where the patients are in charge of their health and that I'm on their health team. All my staff is trained to care for people like they're the valet to the king or queen," said Dr. Stirton. "They'll ask how the patients are sleeping, how life's going and treat them like human beings. With parents, treatment is usually a financial and time burden, but with my treatment, it gets cheaper the more you come in for it. That's the other thing I like, I designed it that way so that the unhealthiest people or the people who value health the most, whatever spectrum you're on, you won't get dinged for getting more care or wanting more time and advice. That's how we reward our patients."

To learn more about Dr. Stirton's prices, treatment and more, one can visit his website at americanriverchiropractic.com. One can also visit his Winters office at 9 East Main St, suite 9-F or call at 530-795-4500. Dr. Stirton's other location is at 2280 Vehicle Drive, #110, Rancho Cordova with phone number 916-776-6362.

To reach out to Dr. Stirton directly, one can email him at jimstirtondc@gmail.com. It's like the good doctor always says, "If you're not certain, ask Dr. Stirton." ★



Dr. James Stirton, along with medical staff such as Jennifer Astorga Quiroz, are ready to help you meet your health goals. Photo courtesy of American River Chiropractic

between the different minerals in your body. That's the real science behind how your physiology works. I can test your hair, we can test your mineral balance and at the same time I'm also looking if there's a toxicity load. Say, if you

overall health as well as using state-of-the-art technology in laser scanning to yield a three dimensional rendering of one's foot to determine where one's arches are failing - and order functional orthotics to help one feel better on

**One Team, One Cost,
One Location**

Financing Available

A Great Smile Can Start Today

All on 4 Fixed Denture with Temporary Denture

\$ 14,995*

*does not include the final Prosthesis. After the Temporary Prosthesis has healed a Final Prosthesis will be placed, Extra charges will Apply.

2 Implant Denture with Existing Denture

\$ 4,995*

*does not include Extractions or New Denture

TEETH IN A DAY IN MOST CASES

NORTHRIDGE DENTAL

6600 Madison Ave Suite 4B
Carmichael, CA 95608

Call Today to Schedule your FREE Consultation | **(916) 944-1197** | www.NRD916.com

UNITED STATES AIR FORCE
Thunderbirds
 SACRAMENTO COUNTY presents
CALIFORNIA CAPITAL AIRSHOW
 MATHER AIRPORT • SEPTEMBER 23-24, 2023
 in partnership with
RANCHO CORDOVA CALIFORNIA

BUY DISCOUNT TICKETS NOW!
 SEPTEMBER 23-24, 2023 | CaliforniaCapitalAirshow.com

County Receives \$43 Million Bridge Housing Award

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - The State Department of Health Care Services announced that Sacramento County Behavioral Health Services (BHS) will be awarded more than \$43 million in Behavioral Health Bridge Housing (BHBH) funds to support its continued efforts to address homelessness and improve the lives of individuals living with serious mental illness and experiencing housing instability. With the award of this State funding, County BHS is set to expand interim housing options as an important resource along the continuum to permanent supportive housing to accommodate the growing need for supportive housing and mental health services.

The BHBH award will enable Sacramento County BHS to expand interim housing by adding 110 beds across three Safe Stay communities. This County-sanctioned bridge housing will provide individuals experiencing homelessness with a safe and supportive environment to stabilize their health and safety. Additionally, the funding will facilitate the development or renovation of shovel-ready projects for another 100 beds, including renovated hotels, board and care homes, and sober living facilities. These clean and well-maintained sites will offer on-site supportive services to help individuals transition towards permanent housing.

Bridge housing funds will support individuals in the target population of the Community Assistance, Recovery, and Empowerment (CARE) Act who are experiencing homelessness, have serious mental illness, and/or substance use disorder. The range of services provided will encompass care coordination to enhance both mental and physical well-being, the development of essential life skills, the promotion of income growth, and the facilitation of vocational/educational opportunities and skills. The ultimate objective is to assist participants in transitioning

to permanent housing within a nine-month timeframe.

To provide holistic care, Behavioral Health collaborates with various county agencies such as Primary Care for medical support, the Department of Human Assistance (DHA) for benefits, Managed Care Providers for Enhanced Care Management (ECM), and additional linkages to enhance the provision of services. These collaborations ensure that individuals experiencing homelessness receive the necessary support and resources to improve their overall well-being.

“Through the power of compassion and investment, the \$43 million bridge housing award to Sacramento County is a significant step in transforming lives and communities,” says Sacramento County Behavioral Health Director Dr. Ryan Quist. “This funding will help behavioral health expand comprehensive bridge-housing supports for those in need.”

To address the diverse needs of individuals experiencing homelessness, a phased approach will be adopted for individuals entering the program. New participants will enter Safe Stay beds, sober living facilities, or board and care homes to stabilize their health and safety and determine eligibility for housing programs. Once stable, they will move to other BHBH interim beds, where they will receive life skills training and housing navigation services. Finally, participants ready for permanent housing will receive intensive housing navigation services, utilizing rental assistance funds from the grant, to secure and transition into stable housing.

The \$43 million BHBH award to Sacramento County is another significant step towards addressing homelessness and providing vital support to individuals living with serious mental illness and experiencing housing instability. With expanded interim housing options and comprehensive services, this funding has the potential to transform lives and create lasting positive change within the community. ★

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 last call
 Chinese/Japanese: 7:00pm last call

NOW OPEN
 ENJOY OUR FRESHLY BAKED BREAD & CAKE
 10971 OLSON DR RANCHO CORDOVA, CA 95670

FRESH PRODUCE

Yellow Sweet Onion 3 lbs \$2.59 ^{bag}	Russet Potato 69¢/lb	Honey Gold Potato 3 lbs \$2.99 ^{bag}	Banana 2 lbs \$1.00
Mexican Papaya 99¢/lb	King Oyster Mushroom \$1.79/lb	Shingo Pear 3 ct \$7.99 ^{ea}	Mixed Mushroom 400g \$2.99 ^{ea}

AMERICAN/HISPANIC GROCERY

Ausorbent EED Mighty Absorbent Paper Towel 6 rolls \$11.99 ^{ea}	Bob's Red Mill Organic Flour 5 lb \$3.99 ^{ea}	Dole Tropical Fruit Cocktail 822 g \$6.49 ^{ea}	Nescafe Cafe de Olla 170 g \$3.99 ^{ea}	Van Camp's Chunk Style Wahoo 5 oz \$5.99 ^{ea}	Masked Rider Gun Smoke Red Wine 750 ml \$5.99 ^{ea}
--	--	---	---	--	---

ASIAN GROCERY

Excellent Canton Flour Stick 16 oz \$3.99 ^{ea}	Lee Kum Kee XO Sauce 7.8 oz \$17.99 ^{ea}	Sunlax All Very 4 lb \$2.99 ^{ea}	Maggi Mistic Srimp Seasoning 3.36 oz \$2.99 ^{ea}	High Verde Sugar Honey Crystal Brown Sugar 15.9 oz \$6.99 ^{ea}
---	---	---	---	---

EUROPEAN GROCERY

Lloyd The Magic Experience Tea 50 T/B \$4.99 ^{ea}	Monastyrsky Kras with Black Currant 2 liters \$3.39 ^{ea}	Seabees Natural Raw Honey Acacia 400 g \$8.99 ^{ea}	Sesame Snack 100 g \$1.69 ^{ea}	Monte Pollino Water 4 liter 275 g \$3.49 ^{ea}
--	---	---	---	--

WEEKLY MEAT SPECIALS

Chuck Roast - Bnls \$4.99 ^{ea}	Beef New York Roast - Boneless \$5.99 ^{ea}	Beef New York Steak - Boneless \$6.99 ^{ea}
Ground Beef Lean \$4.99 ^{ea}	Pork Butt Bone In \$2.99 ^{ea}	Boneless & Skinless Chicken Thigh Meat \$1.99 ^{ea}

KOREAN/JAPANESE GROCERY

Produce of Korea White Rice 20 lbs \$19.99 ^{ea}	Seaweed 16 x 0.14 oz \$7.99 ^{ea}	Silk Arom 4.5 oz \$12.99 ^{ea}	Korean Topyokki 12.5 g \$1.59 ^{ea}	Low Aje 4 liter 6x2-40ml \$4.99 ^{ea}	Crushed Garlic 2.2 lbs \$2.99 ^{ea}
--	---	--	---	---	---

HOUSEWARES

HAIR DARKENING SHAMPOO \$19.99 ^{ea}	ELECTRIC BBQ GRILL \$39.99 ^{ea}
WOK \$14.99 ^{ea}	WATERMELON SLICE KNIFE \$3.99 ^{ea}

FROZEN & FISH DEPT

Cleaned Salted Rex Sole 340 g \$4.49 ^{ea}	Columbus Seasoned Boar Beef \$12.19 ^{ea}	Columbus Black Forest Ham \$7.99 ^{ea}
--	---	--

EUROPEAN DELI

Olives Stuffed with Jalapeno \$4.69 ^{ea}	Green Cracked Olives \$3.99 ^{ea}
---	---

Advised 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 SEPTEMBER 06 - SEPTEMBER 12, 2023.

Advised 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 SEPTEMBER 06 - SEPTEMBER 12, 2023.