



**Meals on Wheels
Seeks Volunteers**
PAGE 2

**Nature on
Parade**
PAGE 14



Citrus Heights Messenger

VOLUME 13 • ISSUE 38 *Serving the City of Citrus Heights & Sacramento County* SEPTEMBER 22, 2023

**SEE
INSIDE**

New Banquet Facility Approved



Interior rendering of the dining hall for the newly proposed Citrus Town Event Center. Image courtesy of Sam Hameed

By Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG) - Citrus Heights Planning Commissioners have unanimously approved a use permit for the new Citrus Town Event Center at 7942 Arcadia Drive.

Commissioners only had brief comments during the 10-minute portion of the meeting on September 13th that addressed the event center proposal. No members of the public spoke during a public hearing held prior to the vote.

After the meeting, the center's owner, Sam Hameed, said he's looking for a late December or early January 2024 opening date.



Interior rendering of the entrance lobby turret for the newly proposed Citrus Town Event Center. Image courtesy of Sam Hameed

The Citrus Town Event Center will be used for weddings, birthdays, baby showers, graduations, conferences, and seminars, he said. The facility will have a parking capacity of 100 spaces under a shared parking agreement with Citrus

Town Shopping Center. Hameed said he has begun to actively market the new facility, launching a website which provides an email contact and business telephone listing for future bookings.

Interior construction has

started, and the building's exterior recently received a fresh coat of paint.

"The hall will be available and affordable for a wide range of celebratory personal and public events, including weddings, business gatherings and corporate functions," Hameed said.

The 6,000-square-foot brick façade building, vacant since 2018 and built in 1975, features a prominent round glass-block turret. The interior is being fully refreshed with new interior designs.

A second-floor bridal room is also planned, Hameed said.

Senior city planner

Continued on page 7

Council Approves Agreement for Homeless Assistance Program

Story by Shaunna Boyd

CITRUS HEIGHTS, CA (MPG) - At the September 14 meeting, the Citrus Heights City Council considered a Memorandum of Understanding with Sacramento County in order to address homelessness in the Citrus Heights community.

The City's previous Homeless Navigator Program – which provided resources to help homeless individuals in Citrus Heights find housing and other assistance – was temporarily suspended in May when the service provider, Sacramento Self-Help Housing, was dissolved due to bankruptcy. Staff spent the summer looking into options to bring the program back. The City recently reached an agreement with Sacramento County's Department of Homeless Services and Housing (DHS), which contracts with the non-profit Sacramento Covered, to expand Community-Based Navigation Program services into Citrus Heights.

The funding – \$344,836 from Sacramento County's federal American Rescue Plan Act (ARPA) award – was approved by the Sacramento County Board of Supervisors, with the support of District 4 Supervisor Sue Frost. The funding will run through December 31, 2025, to cover one full-time Sacramento Covered community health worker (or Navigator) focusing on Citrus Heights clients. And City staff are working to identify permanent funding sources to maintain the position when that funding term ends.

Kyle Stefano, vice president of clinical programs at Sacramento Covered, said the nonprofit helps homeless people get medical care, cell phones, transportation, ID cards and documentation, and anything else they need to pursue housing opportunities. Stefano said that just this year alone, they have made about 350 housing placements; some were at shelters, but the majority were permanent housing. They currently have 22 Navigators who work in the community, reaching out to the homeless population. Many of them have experienced homelessness

Continued on page 3

LITTLE RALLY FOR HOMELESS STRUGGLES



PAGE 4

RIEHLE RUNNING TO END THE TYRANNY



PAGE 4

HEALTH SCREENINGS



PAGE 5



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

PRESORTED STD.
US POSTAGE
PAID
PERMIT 350
Carmichael, CA
OR CURRENT
POSTAL CUSTOMER

Planning Commission Hears Sylvan Corners Housing Project

By Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG) - Members of the Citrus Heights Planning Commission voted 4-1 at their most recent meeting on September 13th to approve seven individual recommendations prepared by planning staff for the proposed Sylvan Corners subdivision.

Specific recommendations included a general plan amendment, a tentative subdivision map, a design review permit, a tree permit, and a change in zoning.

Approval of the general plan amendment changes the designation of the project site from public to medium density residential (MDR). The city zoning code amendment rezones the property into the Sylvan Corners Special

Planning Area.

A project presentation to the commission was led by city project planner Alison Bermudez.

Michael LaFortune, vice president of land acquisition and development at Woodside Homes followed her presentation with a slide presentation recently featured at a second community meeting on August 22nd, which provided a Sylvan Corners project update, described the character and lot types of the new residential community and illustrated traffic circulation patterns. An overview of landscape concept plans and the features of a water retention basin which will face Old Auburn Boulevard was also described.

Commissioners Marcelle Flowers, Thomas Scheeler, Andrew Van Duker, Oleg

Shishko voted to approve the recommendations of planning staff, and vice chair Natalee Price voted no. Commissioners James Remick and Max Semenenko were absent.

The development proposal by Woodside Homes includes the creation of 94 lots and 6 open space lots to allow for 94 single-family homes on a 11.3-acre site where the original Sylvan School, demolished in 2016 once stood.

Plans show 81 homes would be priced at market-rate, while 14 are shown as affordable units. The project features two entrance and exit driveways, both along southbound Auburn Boulevard.

Should the Citrus Heights City Council vote to approve the project by the end of October 2023,

LaFortune said general site work and construction could start in April 2024 with the first model homes completed for sale by the end of 2024.

The 11.3-acre site was purchased by the City of Citrus Heights in 2019 for \$3.4 million from the San Juan Unified School District. The city hoped to turn the property around and sell it to a preferred developer for mixed-use development. Only one offer was received, which was from Woodside Homes during an offering period in 2020.

Enhanced pedestrian connections will connect the property to nearby businesses, Sylvan Plaza and the adjoining Sylvan Middle School. A pedestrian access gate, provided at the southwest portion of the project, adjacent to

Continued on page 7

Meals on Wheels Seeks Volunteers

By Tamara Warta

SACRAMENTO REGION, CA (MPG) - When COVID-19 hit our world, many businesses and organizations were paused or shut down completely, never to reopen. For some that were fortunate enough to survive, bouncing back after such an event hasn't been simple. While the shut-downs may now seem like ancient history to many people, non-profit organizations in particular are still recovering. One such local group is Meals on Wheels by ACC Senior Services.

Meals on Wheels is a well-known national organization, and locally it's quite known as well. The group helps keep seniors in their homes and communities by providing nutritious meals, safety net services, social contact, and community resource information. Sacramento Valley's Meals on Wheels division alone is home to 126 routes that deliver meals all throughout the region – stretching all the way out through the delta, as well as 13 congregate programs where seniors can go eat at a cafe and socialize.

According to Michelle Bustamante, the operations manager of the Sacramento Meals on Wheels division, they adjusted during the pandemic by switching from hot delivered meals to frozen meals that arrived with little to no face-to-face contact. And now, they are aiming to work their way back up to their full meal distribution services pre-pandemic.

“We need volunteer



Gladys and Jean enjoy a meal together at the Meals on Wheels sponsored All Seasons Cafe. Photo courtesy of Meals on Wheels by ACC

drivers,” said Bustamante. “We are still looking to convert four routes back [to hot meals with face-to-face contact] and need drivers.”

Meals on Wheels also has several programs outside of its home meal delivery service. All Seasons Cafe is an in-person restaurant-style space.

“It is for people who are more mobile and can get out and want to go have lunch with peers,” Bustamante explained. “It’s an opportunity for them to socialize.”

While All Seasons Cafe

currently has 13 locations, they are looking for one more. Meals on Wheels currently does not have a Citrus Heights location. They are urgently seeking anywhere with a commercial kitchen and enough space for seniors to congregate. These cafes typically take place in community centers, senior centers, or in senior apartment complexes. With each lunch hosting 20-90 folks each meal, Bustamante hopes to raise awareness of the need and find a willing partner so they can serve the seniors of Citrus Heights.

With the holidays quickly approaching, Meals on Wheels will also again host Project Warm Wishes, which distributes gifts to seniors served by their organization. Both fun and functional items are appreciated, including toiletries, small household items, blankets, gloves, and amusements like adult coloring books and magazines.

“We just want to make sure those people know that they’re not forgotten and are cared for,” Bustamante said about the holiday project, which is

completely delivered by volunteers.

Project Warm Wishes starts in mid-October and donations are accepted through December 8. Used items are not accepted, but brand-new donations are enthusiastically welcomed.

One other very special program operated by Meals on Wheels? Animeals. Through this, they deliver food to roughly 200 cats and dogs throughout Sacramento County. After it was discovered that some home-bound seniors were sharing their meals with their animals to get by, the

group realized the need and took action. Most of the pet food or the funding for the program are donated.

“Pets are more than just animals – they are family to many of our seniors,” says Bustamante.

From cafe workers to route drivers, all of Meals on Wheels’ volunteers receive a background check and go through a training program. When Bustamante asked how volunteers are chosen and implemented, she mentioned that both individuals and groups like churches and service clubs apply. The goal is to plug people in where their heart is.

“The initial onboarding is done online nowadays, and we meet up with a volunteer and find out what their availability is and what they would like to get out of volunteering.”

Volunteers are greatly needed at Meals on Wheels in Sacramento, and any adult with a passion to help can get involved. While help for the organization comes through various sources including Community Block Grants, city funding, private donors, and the Agency on Aging (Area 4), volunteers are still very difficult to find at times.

Meals on Wheels currently has a waitlist for seniors needing services, and the more volunteers they can train and recruit, the smaller that waitlist gets. Those hoping to get involved can contact Michelle Bustamante at (916) 444-9533 or by emailing mbustamante@mowsac.org



CULTIVATE NEW BEGINNINGS



Ask us about our Move-In Specials!

COGIR OF STOCK RANCH

Offering Independent and Assisted Living



Engaging Activities



Caring Staff



Spacious Apartments



Desirable Amenities

Experience the Cogir Difference, schedule your tour today!

(916) 725-7418

COgir of STOCK RANCH Senior Living

7418 Stock Ranch Road
Citrus Heights, CA 95621

License #342700471

COGIROFSTOCKRANCHSENIORLIVING.COM



Outreach Regarding Homelessness in Citrus Heights Continues through County MOU

City of Citrus Heights News Release

CITRUS HEIGHTS, CA (MPG) - The City of Citrus Heights is pleased to announce City Council's approval of the Memorandum of Understanding with Sacramento County Department of Homeless Services and Housing to deliver the Community Based Navigation Program to the City. This program will provide homeless outreach and navigation services to unsheltered individuals in the City of Citrus Heights.

Sacramento County Department of Homeless Services and Housing (DHS) will expand on its new service model used throughout unincorporated Sacramento County, with non-profit Sacramento Covered, to provide support services, emergency shelter, interim, and permanent housing. Sacramento Covered employs Community Health Workers (CHWs) to deliver services and establish a positive relationship with local community organizations, residents, and businesses in order to foster a supportive coalition for unsheltered individuals in the City.

Through this collaboration and ARPA district-directed funding allocation of \$344,836 from Sacramento County District 4 Supervisor Sue Frost, funding will be directed to DHS to support one (1) full-time CHW, client assistance support, and associated administrative costs for the City through December 2025.

"I'm proud to help support the homeless outreach efforts of Citrus Heights through funding for their partnership with Sacramento Covered," said Board of Supervisor for District 4, Sue Frost. "We've seen the services provided by Sacramento Covered work throughout the County and are looking forward to the impact this partnership will have on those affected by homelessness in the City of Citrus Heights."

"This partnership with Sacramento County and Sacramento Covered will allow us to continue our efforts in helping those experiencing homelessness in Citrus Heights. The funding provided by Supervisor Sue Frost has given this partnership the support it needed to get to work on improving the quality of life for all our residents," said Mayor Tim Schaefer.

This partnership is an opportunity to build on the foundation the City established through the prior relationship with Sacramento Self-Help Housing, which closed in June of this year. The Community Based Navigation Program partnership with DHS and Sacramento Covered provides for a more effective service delivery model that results in greater efficiencies and advancements in addressing this important challenge.

For more information about outreach services in Citrus Heights, please contact Nicole Piva, Housing & Human Services Program Coordinator with the City of Citrus Heights at 916-727-4752 or npiva@citrusheights.net.

For those wanting the connectedness of a true community along with urban proximity, Citrus Heights, rooted in California's Capital Region, is a new city with the timeless values of resourcefulness and pragmatism, offering you the stability and support to realize your aspirations. ★

Council Approves Agreement for Homeless Assistance Program

Continued from page 1

in the past, and Stefano said, "They are all heart and in it to serve the community."

Vice Mayor Bret Daniels said he is excited the program is back. "It's been an unfortunate gap, and visually I think we can see what is the result of that gap." He said that by getting people the resources and help they need, he is hoping to soon see a reduction in the number of homeless residents in Citrus Heights.

Mayor Tim Schaefer said, "I hope we're able to sort of move the needle with this additional funding."

The Council voted unanimously to approve the agreement with Sacramento County DHS to expand the Community-Based Navigation Program into Citrus Heights.

The Council also considered recommendations from the Finance Committee (comprised of Vice Mayor Daniels and Councilmember Jayna Karpinski-Costa) on the allocation of Fiscal Year 2023/2024 Community Support Funding. This limited one-time funding is available for non-profit organizations that provide services to residents of the Citrus Heights community. For this fiscal year, \$180,000 is available in the fund and six applications were received.

Campus Life Connection requested \$20,000 to support their after-school programs at the Sayonara Center. Citrus Heights Marching Band requested \$20,000 for instructional staff compensation, equipment, and materials, as well as support and traffic control for their Howl O' Ween Parade. Community Link Capital Region requested \$2,498 to support their home delivery of meals using an existing partnership with DoorDash to deliver food pantry items from Sunrise Christian Food Ministry to those in need. Meals on Wheels requested \$82,000 for meal delivery to seniors in Citrus Heights. Single Mom Strong requested \$25,365 to increase existing programs and services to support single-parent families. Sunrise Christian Food Ministry requested \$21,600 to support the daily redistribution of recovered food from

local grocery stores to those experiencing food insecurity.

The Finance Committee recommended the approval of all applications except for the Sunrise Christian Food Ministry. They also added a stipulation to the Meals on Wheels request that, if approved, 20 Citrus Heights seniors on the waitlist be included and covered with these funds.

Councilmember Porsche Middleton asked the Committee why they didn't recommend approval for the Sunrise Christian Food Ministry application. Councilmember Jayna Karpinski-Costa explained that the request specified the funds would help cover rent costs and porta-potties. And she added that only about 25% of their clients are in Citrus Heights, while the Committee wanted to focus more on non-profits specific to Citrus Heights. But she said that the City does generally approve other funding to support the Sunrise Christian Food Ministry through their annual Community Development Block Grant (CDBG) award.

After funding the applications recommended for approval, \$30,137 would remain available in the Community Support Funding, which can be used for other economic development and community engagement grant programs this fiscal year.

In a written comment, Sunrise Christian Food Ministry Director of Operations April Jacek asked Council to reconsider the recommendation. She wrote that there has been a huge increase in need in the community over the last couple years, and that has, in turn, increased their costs as they work to collect food every day from the large grocery stores and package it for redistribution to families in need. "By denying our request, you are sending a message to the residents of Citrus Heights and our volunteers that the work we do does not hold value," wrote Jacek.

Mayor Schaefer asked if the Finance Committee wanted to reconsider their decision, but they declined.

The Council voted unanimously to approve the funding allocations as recommended.

Finally, the Council considered the Objective Design and Development Standards (ODDS) for the Auburn Boulevard Special Planning Area. Since the Boulevard Plan (which envisions a dynamic, livable, and walkable urban community) was adopted in 2005, the State has passed a series of housing laws intended to streamline the construction of qualified housing projects. These laws eliminate the use of subjective standards that might cause a project to be rejected by local governments, thus limiting the City's ability to ensure new developments meet the architectural and aesthetic vision of the Boulevard Plan. So, in order to comply with new legislation, Objective Design and Development Standards (ODDS) need to be adopted.

The ODDS essentially take the existing standards from the Boulevard Plan and transition them into objective design rules, including things like parking requirements, minimum and maximum setbacks, building height, building density, and architectural design. These objective standards will ensure that the appearance of new development is compatible with the City's vision for the Boulevard, while still complying with State laws.

Vice Mayor Daniels expressed concern that the standards don't do enough to restrict the possibility of tall apartment complexes being built behind single-family residences: "We have an obligation to protect those people out of the gate." He asked about adding building height restrictions for certain locations within the plan area. But the ODDS are only quantifying existing standards in the Boulevard Plan, and City Manager Ashley Feeny suggested that such questions required "a deeper dive, and a much wider conversation" about the Specific Plan, so he suggested an upcoming Work Plan discussion could provide Council with the time for "a more informed conversation."

The Council voted unanimously to approve the ODDS to comply with current State housing legislation.

The next Citrus Heights City Council meeting is scheduled for September 28, 2023. ★

Exercise your well power.

CalPERS members, choose a plan that gives you access to Dignity Health.

The life you live and the people you love are a magical mix of chance and choice. When it comes to health care, the choices you make can really make a difference. If you're comparing health plans during Open Enrollment, consider the advantages of a plan that connects you to Dignity Health Mercy Medical Group's award-winning doctors. And your choice of where to see them, from virtual care to medical complexes with on-site primary and specialty care, labs and imaging all in one location. All backed by nationally recognized hospital programs for heart, stroke, cancer care and other specialties. Learn more about the Dignity Health difference and the plans we accept at DignityHealth.org/CalPERSOE.



Dignity Health.
Mercy Medical Group

A Service of Dignity Health Medical Foundation



Little Rally for Homeless Struggles



Citrus Heights homeless advocate Alfred Sanchez with members of the unhoused community and supporters gathered on September 14 for their 5th Peaceful rally protesting the city's response to the 2018 U.S. Court of Appeals 9th circuit ruling on homeless camping. Left to right: Ramona, Carla, Shane, Bill, Mari, Alfred AKA Snack Man, Amie, Ernie. Photo by Elise Spleiss

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) -

The struggle of the unhoused and homeless community and those who would decide where they can sleep at night continues in the city of Citrus Heights.

On September 14, a handful of those who call Citrus Heights home but without an address of their own and their supporters gathered for the 5th Peaceful Assembly for Homeless Rights in front of city hall to call attention to their ongoing plight of being made to “keep moving” when trying to sleep at night or even rest during the day.

According to rally organizer Alfred Sanchez, aka Snack Man, “By the strict wording of their Citrus Heights ordinance, a blanket is camping. Camp means to pitch or occupy camp facilities, to use camp paraphernalia. Camp facilities include, but are not limited to tents, huts, or temporary shelters. Camp paraphernalia includes but is not limited to, bed rolls, tarps, cots, sleeping bags etc.”

Sanchez questions the constitutionality of an ordinance that punishes someone for sleeping outside when they have nowhere else to go.

It is a complex issue. Citing the words of Circuit Judge Marsha Berzon in a federal court ruling in 2018, “sitting, lying and sleeping on the streets was an ‘unavoidable consequence’ of homelessness, and that it would be an Eighth Amendment violation for cities to punish that conduct when their shelter had too few beds.

As long as there is no option of sleeping indoors, the government cannot criminalize indigent, homeless people for sleeping outdoors, on public property, on the false premise they had a choice in the matter.”

The 2018 decision by the U.S. Court of Appeals for the Ninth Circuit was the response to Martin vs. Boise, a 2009 lawsuit by six homeless plaintiffs against the City of Boise, Idaho regarding the city’s anti-camping ordinance. The ruling held that cities cannot enforce anti-camping

ordinances if they do not have enough homeless shelter beds available for their homeless population. It did not necessarily mean a city cannot enforce any restrictions on camping on public property.

The decision was based on the Eighth Amendment to the U.S. Constitution’s prohibition on cruel and unusual punishment. Source: Wikiwand

There are two issues being worked on to allow those who must be outside to maintain a quality of life that does not impede on those around them, and to make more beds available to those who want them.

A new program which the General Services Department oversees is the City’s new Beautification program. The team’s goal is to “patrol and proactively maintain public areas, including removing abandoned carts and debris, unlawful camp abatement, illegal dumps, trash/litter removal, graffiti, debris removal, illegal signs from poles and public spaces, and weed abatement.”

This includes items abandoned in public areas and anything blocking roads, sidewalks and other areas.

This may have been successful, however, Shane, a resident of Citrus Heights his whole life who found himself homeless since 2017 when his grandmother died, recently had all of his clothes and bedding stored in a duffel bag next to the Citrus Heights library taken by the Beautification team. He has pride that he keeps everything he owns close by, keeps his area and the park clean and only leaves his belongings for a short time.

He works almost full-time recycling to survive, but now is not looking forward to the cold, wet winter.

Another new program to “support the un-housed population and facilitate pathways out of homelessness” will replace the former homeless “Navigator” program with “Community Health Workers. According to a City June 23, 2023 press release, the partnership involves the city partnering with the Sacramento County Department of Homeless and

Housing and Sacramento Covered, with a goal to enhance outreach and navigation services for the homeless population in the city of Citrus Heights.”

In an email from Citrus Heights Police Sergeant Seth Cimino, who has been extensively involved with the homeless community, the City shared their formula to work with the homeless: respond, educate, resources and enforcement.

“Homelessness is not a crime; unhoused individuals can enjoy our city’s public spaces like any citizen would. This enjoyment includes resting and recreating. An area of concern may be when that resting turns into illegal camping loitering or other actions that may disrupt other individuals or businesses in the area.

The main goal and objective of our police officers when responding to a homelessness-related call for service is to offer resources and education to unhoused individuals about local outreach programs that are there to assist them.

Officers respond to homelessness-related calls for service on both public and private properties. The Department also works closely with private property owners or representatives to help them find solutions to ongoing concerns involving homelessness-related issues. Sometimes, these may include issuing a formal trespass notice at the private property owner’s request, and depending on the situation, enforcement action may need to be taken.”

Cimino shared that not all areas the homeless occupy are the same. Within one neighborhood, or even feet away, there can be public and private parcels of land. The rules for what is allowed are not the same on every property.

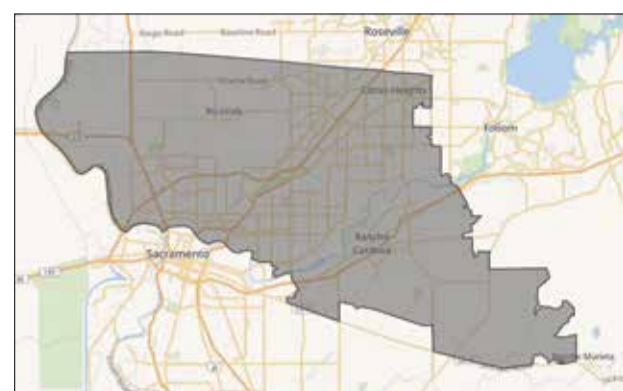
It is agreed that all parties involved want what is best to maintain the balance between our unhoused residents and those who also live, work and play in Citrus Heights.

For more information on the Beautification program: Citrus Heights Cares – Citrus Heights, CA – Official Website. ★

Riehle Running to End the Tyranny of Insiders and Extremists



Ray Riehle. Courtesy photo



Ray Riehle for Congress News Release

CITRUS HEIGHTS, CA (MPG) - Local business owner Ray Riehle is running for Congress.

“Ami Bera talks like a moderate, but he votes with New York socialist Ocasio-Cortez 93% of the time and San Francisco’s Nancy Pelosi 100% of the time,” said Riehle. “His votes make it more expensive to put food on the table, fill your gas tank, or buy a home. Bera voted to make it harder to tackle homelessness and keep our families safe. He even voted against HR 734, which would protect women’s sports.”

“Ami Bera does not listen to families or voters anymore, he’s voting for his party and special interests who fuel his campaign and lifestyle,” Riehle continued. “In one year, Bera took \$825,215 from

special interest PACs he’s supposed to regulate and \$608,429 from wealthy donors. He’s doesn’t represent us, he represents them.”

Riehle is a longtime local business owner and community volunteer who serves on the Citrus Heights Water Board, Chamber of Commerce, and Rotary. He is a board member of the Notre Dame Club of Sacramento, where he earned a degree in History.

Riehle says: “Politicians like Ami Bera make us less safe. They make it harder for Americans to put food on the table, run a business, buy a home, send our kids to college or trade schools, and live the American Dream.

“Bera has done nothing to secure our borders and stop the free flow of illegal immigrants and drugs. Countries hostile to the US like Russia and China

imprison our citizens, steal our technology, and take advantage of the weak and feckless foreign policy of the Biden Administration that Bera supports.

“Bera’s policy at home and abroad will make scarcity a way of life in our great nation. Instead, we should have an abundance of energy, water, economic opportunity, and financial security. We should have affordable education choices, ample healthcare, unshakable public safety, and quality housing for us and our children.

“We need leaders who stand for and with everyday Americans, not the special interests who are bleeding us dry.”

In Congress, Riehle will use his business experience, clear values, and proven community commitment to restore prosperity and opportunity to the district and America. ★

SEPTEMBER 24
11 AM TO 3 PM
RUSCH PARK – 7801 AUBURN BLVD

- Food Trucks
- Inflatables
- Citrus Heights Community Marching Band
- Tours of Rusch Home

citrusheights.net/sundayfunday



ORANGEVALE WOMAN'S CLUB

BUNCO NIGHT

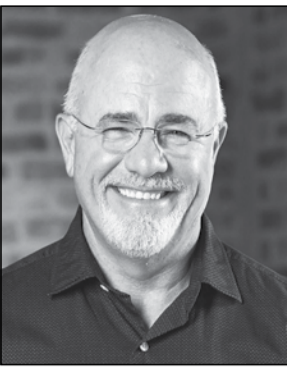
Friday • October 6, 2023

Doors open 6 pm • Games begin 7 pm
 Orangevale Community Center • 6826 Hazel Ave

\$25 ADVANCE ONLY
 CALL/TEXT 916.417.9750 OR 916.849.5261 FOR TICKETS

Join us for a night of fun, desserts, prizes and opportunity baskets! Everyone over the age of 18 is welcome and no experience necessary!

A portion of the proceeds will go back to the Orangevale Community to support our scholarship fund and local school needs.



Dave Ramsey Says

you and their mom have worked hard, been smart with your money, and that's why you're in the position you're in.

We taught all our kids, from a very young age, just how important it is to work. Work equals money. When you do that, and kids see it in their parents' attitudes and actions, it makes a big impression. With little kids, it can start with simple things like cleaning up their rooms or clearing the table after dinner. And it should carry over into their teenage years, as well. Every able-bodied child should be working and earning money, whether it's their own entrepreneurial idea, at a fast food joint or babysitting.

Another thing we did was based in our faith. As Christians, we taught our kids that we don't really own anything. It all belongs to God, and one of our jobs is to wisely manage the things He entrusts to us. The first rule is to take care of your own household—the important stuff. After that, it's okay to have some

nice things, but it's not all about fun. It's also about thoughtful giving and being generous.

As a parent, your job isn't to be a buddy to your kids. It's not to give them every little thing they want, and make sure they're running around carefree and playing every hour of the day. Your job is to teach them about the important things in life, and over time, mold them into mature, responsible human beings who can survive—and succeed—in the real world.

—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. ★

Be Workers and Givers

Dear Dave,
My wife and I have been very fortunate in our careers. We both have six-figure incomes, and as a result we have a little over \$2 million in savings and investments. With this in mind, do you have any advice on how to make sure your kids aren't spoiled as they grow up in a family that's doing well financially?

—Gary

Dear Gary,

First, don't spoil them! Teach them to work, and teach them to be givers. Oh, and gently remind them every so often that it's you and your wife who are wealthy—not them. Yeah, I know. This probably sounds mean to some folks, but I'm talking about simply explaining to them how



Health Screenings

We always seem surprised when disease strikes. But is there something we can do to stem the tide of any disease? And we have all done this. We wait until we get sick to focus on our health. Longtime nurse **Allen Daugherty** says we have it backwards. It's preventive care we should add to our vocabulary. Routine screenings at various stages of our lives can save our lives. **Allen** worked in the medical field for some 50 years, first as a U.S. Air Force medic, then RN and certified dialysis nurse. He has seen a lot, and he understands the pain a diagnosis of life-threatening disease can cause. It can work on both your physical and mental state. So he authored "**An Ounce of Prevention is Worth More Than You can Imagine.**" I asked him to give us some good reasons to have screenings when I interviewed him on POPPOFF. Here are ten that you might want to keep in mind.

- 1. EARLY DETECTION OF DISEASES.** Health screenings can detect diseases before symptoms appear, allowing early intervention and treatment.
- 2. PREVENTION OF DISEASES.** Some screening tests can help prevent the disease they are designed to detect. For example, colonoscopies and Pap smears can identify precancerous abnormalities that can be addressed so they cannot continue to grow and become cancerous.
- 3. IMPROVED OUTCOMES.** Early detection and treatment of diseases can lead to better outcomes and improved quality of life.
- 4. REDUCED HEALTHCARE COSTS.** Preventive care screenings can help identify health issues before they become more serious and costly to treat.

5. INCREASED LIFESPAN. Regular health screenings can help people live longer by detecting and treating diseases early on.

6. BETTER MANAGEMENT OF CHRONIC CONDITIONS. Health screenings can help people with chronic conditions manage their health more effectively by detecting changes in their condition early on.

7. IMPROVED QUALITY OF LIFE. Early detection and treatment of diseases can improve quality of life by reducing symptoms and complications.

8. REDUCED RISK OF COMPLICATIONS. Health screenings can help reduce the risk of complications associated with certain diseases, such as heart disease and diabetes.

9. INCREASED AWARENESS. Health screenings can increase awareness about the importance of preventive care and encourage people to adopt healthier lifestyles.

10. PEACE OF MIND. Regular health screenings can provide peace of mind by detecting potential health issues early on, before they become more serious.

Allen advised checking with your doctor to see what you might need and at what stages you need to check things out. I think the problem we all face is we may not want to know. But **Allen** is right. Knowing early can perhaps save our lives. It's painful to deal with getting that diagnosis, but if it can save our lives, it's something we need to heed. You can check out **Allen Daugherty** at www.preventivehealthandsafety.com. His book "**An Ounce of Prevention is Worth More Than You Can Imagine**" is available at all the regular places. Who knows? It might save YOUR life! ★



LET'S HELP OUR NEIGHBORS WHO WE ARE

We're a family, just like you. For the past 14 years, we've made it our mission to help our unhoused neighbors in and around the Sacramento area during the winter season. We create care packages for them that include hats, gloves, hand warmers, \$5 in cash, toiletries, and other items that would be helpful. Once we've created the care packages, we hand-deliver them to our impacted neighbors. Each year, we try to come up with another creative way to raise funds for our efforts, often enlisting the help of our friends and family. We've decided to combine two of our passions this year - gardening and serving others!



EVENT DETAILS	LOCATION & DATE TIME
We're inviting the community to donate to our cause. No donation is too small. In exchange for your donation, you will receive the plant of your choice.	7516 Wooddale Way Citrus Heights, CA 95610
Some examples of the plants we're giving away include succulents, rosemary, fruit trees, lemongrass, and more!	Sept. 28th, 2023 & Sept. 29th, 2023 2pm - 6pm PST
	Sept. 30th, 2023 10am - 4pm PST

Call 540-292-7327 for more information

A PLANT FOR YOUR DONATION

We THANK you!




THE RIVER CITY TOY TRAIN SHOW

Saturday, September 30, 2023 10 am to 3 pm
Carmichael Elks Lodge
5631 Cypress Avenue - Carmichael, CA 95608



Toy Trains, Accessories, Parts & Supplies
Buy, Sell or Trade • Operating Train layouts

Drawing for Kids with Paid Adult
Must be present to win

FREE PARKING • ADMISSION \$10.00 (Cash)
Children 12 and under Free with Paid Adult
Info: Bryan Stanton - 916-838-0095 - brsta@comcast.net



AMERICAN LEGION POST 637 - CITRUS HEIGHTS, CA

Are you or a member of your family a Veteran?
We can help with any questions you may have about Veteran benefits. You can also become a member as easy as 1,2,3! - Contact us at **916-871-2184** or come to our meeting held the **3rd Tuesday of every month** at Citrus Heights City Hall starting at 6:00pm.

We look forward to serving you.



ROSEVILLE SEPT 8 - 24

CircusVargas.com

Buy Now! CIRCUS VARGAS THE BIG ONE IS BACK!

Bonjour Paris

LOCAL CRIME REPORTS

CRIME SCENE DO NOT CROSS

Find out what's happening in your local area at...

CITRUSHEIGHTSMESSENGER.COM

ARREST LOGS UPDATED DAILY

Social Security Matters

Will Opening a Joint Account Affect My Disabled Father's "SSI?"



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: I live in Michigan and my senior disabled father lives in rural Kentucky. His income is part Social Security and part disability. I talked to a local credit union near his home and explained I would like to open a joint account. They said as long as he comes in with his ID it's possible. My question is - will adding money to our joint account affect his SSI and disability? **Signed: Caring Daughter**

Dear Caring Daughter: First, I need to clarify that there are two types of disability programs administered by the Social Security Administration - Social Security Disability Insurance (SSDI), and Supplemental Security Income (SSI). The acronym "SSI" normally refers to "Supplemental Security Income" which is a benefit for disabled senior adults (and children) who have very little income and very few assets. "SSI" is not Social Security income; rather it is a general benefit program jointly administered by the Social

Security Administration and the State in which your father lives. In contrast, Social Security Disability (SSDI) benefits are earned from working and are not affected by the recipient's assets, as are "SSI" benefits.

From what you've written, I assume that your father may have a small Social Security retirement benefit (because he has reached his full retirement age and SSDI isn't available after full retirement age), and he is also receiving Supplemental Security Income (SSI) disability benefits. If this is the case, although your father's Social Security retirement benefit would not be affected by opening a joint account at the credit union, his Supplemental Security Income (SSI) disability benefit likely will be. As co-owner of the joint account your assets would count towards your father's "SSI" asset limit, and your assets, as well as any "in kind" assistance you otherwise provide, would likely put your father over the SSI income/asset eligibility limit and result in his SSI benefits being terminated.

So, although the credit union may be willing to open a joint account for you and your father, I'm afraid that would result in your father losing his SSI (Supplemental Security Income) benefits, leaving him with only his small Social Security retirement benefit. You may wish to review the SSI

eligibility information at this link: www.ssa.gov/ssi/eligibility or you could contact the Social Security Administration and ask to speak with someone experienced with Supplemental Security Income matters. For clarity, "SSI" assistance is jointly administered by the Social Security Administration and each State's Human Services department, and assistance available varies somewhat depending on the recipient's state of residence. Thus, since your father lives in Kentucky, you might also contact that state's human services agency to discuss your options for providing remote assistance to your father without jeopardizing his Supplemental Security Income (SSI) benefit: www.chfs.ky.gov/Pages/contact.aspx.

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

Compromise Settles Dispute Over Status Of Franchises In Fast Food Industry



By Dan Walters, CALMatters.org

In some ways, the most interesting — and perhaps most significant — event of the 2023 legislative session's closing days was a compromise agreement on state oversight of the fast food industry.

Last year, unions pushed through legislation that would have created a new state commission to set wages and working conditions in the industry.

Inferentially, the legislation set aside the industry's franchise system and treated local outlets of as merely branches of their corporate franchisors.

While the wage increases that would have resulted garnered most of the media attention, erosion of the franchise model was most worrisome aspect to the fast-food corporations and their franchisees.

Immediately, big guns in the industry pledged tens of millions of dollars for a campaign to challenge the legislation via a referendum that qualified to go before voters in 2024.

The Legislature's response was entertaining another bill that would have doubled down on attacking the franchise model by making corporate franchisors legally responsible for labor law violations in their franchisees' fast-food outlets.

With the outcome of the referendum election in doubt, the long-warring factions began negotiating and last week a bargain was struck.

The 2022 legislation would be repealed, the 2023 legislation would be scuttled and a substitute for both would retain the fast-food council, but alter its membership slightly, limit its authority to set wages and working conditions, provide a new \$20 per hour minimum wage for fast food workers, prohibit local efforts to affect wages, and remove threats to the franchise model.

Like all legislative compromises, this one, written into Assembly Bill 1228, had something for everyone but didn't give every stakeholder everything it wanted.

"For the last decade, fast-food cooks, cashiers and baristas in California have been sounding the alarm on the poverty pay and unsafe working conditions plaguing our industry," Ingrid Vilorio, a fast-food union leader, said in a statement. "We have always known that to solve these problems, we need a seat at the table with our employers and the power to help shape better rules across our industry."

"It provides meaningful wage increases for workers, while at the same time eliminates more significant — and potentially existential — threats, costs, and regulatory burdens targeting local restaurants in California," International Franchise Association CEO Matt Haller said in a statement.

Haller's statement hints that on balance, it appears that given the

circumstances, the fast-food industry's big players, such as McDonald's, came out ahead, although their franchisees will feel whatever financial pinch ensues.

The \$20 minimum wage is only slightly over what, on average, fast food workers are being paid now, the industry having boosted wages sharply in the last few years in an effort to fully staff the outlets. Current California fast food wages average \$19 an hour.

More significantly, the agreement protects the franchise system's assumption that the operators of fast-food outlets are independent businesspersons who invest their money and are fundamentally responsible for hiring, training, paying and sometimes firing their workers.

Had state regulation of fast-food wages and working conditions survived as originally proposed, with franchisees indirectly considered to be merely branch managers rather than entrepreneurs, it could have undermined franchising in other consumer industries.

Union leaders much prefer to deal with large scale sectors rather than individual employers in both organizing workers and negotiating contracts. The recently ratified labor contract affecting every West Coast port is an example of sector-wide negotiations, as is the current standoff over a new auto industry contract.

Cracking the fast-food franchise system would have been a big step in that direction.

Dan Walters has been a journalist for more than 60 years, spending all but a few of those years working for California newspapers. ★

City of Citrus Heights to Host Fall Volunteer Day!



Looking for a way to chip in to your community? Our Fall Volunteer Event on October 14th is the perfect chance! Photo courtesy of City of Citrus Heights



Help revitalize bark along the perimeter of City Hall's campus and planting a tree for Tree City USA. Photo courtesy of City of Citrus Heights

City of Citrus Heights News Release

CITRUS HEIGHTS, CA (MPG) - All are welcome to our annual Fall Volunteer Event on Saturday, October 14th! At 8:30 a.m. you'll be welcomed with a light continental breakfast and given the tools you need to volunteer. This year volunteers will be doing hands-on work revitalizing bark along the perimeter at City Hall's campus. In addition to the bark, we'll also be

planting a tree for Tree City USA.

A pizza lunch will be provided for all volunteers to enjoy after a morning of work. Volunteers will also be able to enter a raffle for prizes donated by the City's contractors!

This event has been hosted by City Hall since 2012 and has seen hundreds of community groups, youth organizations, churches and neighbors give back to their community. We hope to see you there this year! ★

GRACE BAPTIST CHURCH

Come and Experience God's Amazing Grace

Come grow with us at Grace Baptist Church where the Old Time Gospel Message is still preached and God-Honoring music is still sung. Grace Baptist still stands on the Principles, Doctrines and Separation, found and taught in The Bible.

SERVICE SCHEDULES

Sunday Schools (All Ages)... 9:45 am
Sunday Worship..... 11:00 am
Sunday Evening..... 6:00 pm
Wednesday Evening..... 7:00 pm

6724 Palm Avenue, Fair Oaks, CA 95628
(Located one block South of Madison; just East of Dewey)

PASTOR CHARLES CARTER

CALL FOR MORE INFORMATION (916) 967-3915 WWW.GBCFAIROAKS.NET



Publisher, Paul V. Scholl

Citrus Heights 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.

Citrus Heights Messenger

Serving Citrus Heights and Sacramento County Since 2006

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

Subscriptions should be mailed to:

Citrus Heights Messenger,
7144 Fair Oaks Blvd. Suite 5, Carmichael, CA 95608.
Subscription rate is \$52 per year in Citrus Heights.
\$62 within Sacramento County.

Citrus Heights Messenger is published weekly.
Call (916) 773-1111 for more information.

We are proud members of these newspaper associations.



Town Center Banquet Facility Approved



The 6,000-square-foot building at 7942 Arcadia Drive features a prominent round glass-block turret and has been approved to be a new Citrus Town Event Center. Photo by Thomas J. Sullivan

Continued from page 1

Alison Bermudez said concerts and other events could be held at the event center, so long as attendance was capped at 400 people and the facility is in full compliance with noise restrictions.

No music or organized events will be allowed in the outside patio area, and no doors may be propped open during an event to minimize noise. The conditions were added to the use permit due to the close proximity of homes along Arcadia Drive in the new Mitchell subdivision which is within 200 feet of the site.

The approved use permit also specifies a 10 p.m. cutoff for music and patio use at the event center.

In an earlier interview, Hameed said he had been in the banquet business for 11 years, helping to turn his uncle's Fleur

de Lis Banquet Hall located in the city of Modesto into one of the most successful ones in greater Stanislaus County.

With his family's help and support, and seeking to build on their ongoing success, Hameed said he looks forward to going out on his own with his new banquet hall in Citrus Heights.

"Whether you're planning a wedding, a milestone celebration, a quinceañera, graduation, a baby shower or a corporate event, our versatile banquet hall will soon be able to fully accommodate your every need," Hameed said.

Visit www.citrustowneventcenter.com for event scheduling inquiries and general information. The public may also call (916) 750-9001 or email him: CTEventCenter@gmail.com to learn more about the facility and its capabilities. ★

Planning Commission Hears Sylvan Corners Housing Project

Continued from page 1

Sylvan Middle School, will also be provided to create a safe route for students to get to and from school, as well as to serve as an emergency exit, LaFortune said.

The Citrus Heights City Council will take up the Planning Commission's approval of the seven project recommendations at their

next scheduled meeting. A second reading of the project with council recommendations will take place before the Planning Commission at a later date.

The project plans and the completed environmental studies are available for review at: <https://www.citrusheights.net/DocumentCenter/Index/864> ★

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

We are looking for people who want to deliver newspapers in their neighborhoods.

Provide great customer service to our readers every Friday.
Earn money to help pay those monthly bills.



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



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)

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. Llama 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: Porsch restoration@yahoo.com (Cal-SCAN/21724)

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 9/29/23

Advertising Works!

GOT LOCAL NEWS?

Call
(916) 773-1111

Computer Service

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

Fitness/Yoga

Your Fitness Genie
Virtual Sessions
Your Fitness Genie
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)

'84 Corvette, 88,000 miles, engine is extremely strong, 4 speed tranny, get's up and goes. Interior needs work. Primered. First \$2,500 drives it away. 530-742-9144 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!

For Sale

Auctioning off 1964 Biltmore Mobile Home. October 7, 2023 11 AM. 10x40 ft. View at Skylark Mobile Home Park. 3205 W. Capitol Ave #14 West Sacramento Ca 95691 Starting bid \$5,000 (916) 873-3193 (10/6/23)

Hall Rentals

VFW Post 6158
8990 Kruithof 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)

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 Maxsip Telecom today! 1-855-480-0769 (Cal-SCAN)

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)

Home Remodel

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? Cutters cleaned? Light fence work?
CALL 916/205-9310 or 916/627-9000/

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 cecelia@cnpa.com (Cal-SCAN)



Miscellaneous

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 Cecelia @ (916) 288-6011 or cecelia@cnpa.com

Music Lessons

Guitar Lessons
Beginner to Advanced . \$20/half-hour; \$30 full hour. 916-507-6658, freddiebbalbert@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
BP Tree Services.com
VISA / MASTER CARD
California Contractors Lic #1036031

Visit: mpg8.com

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

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.

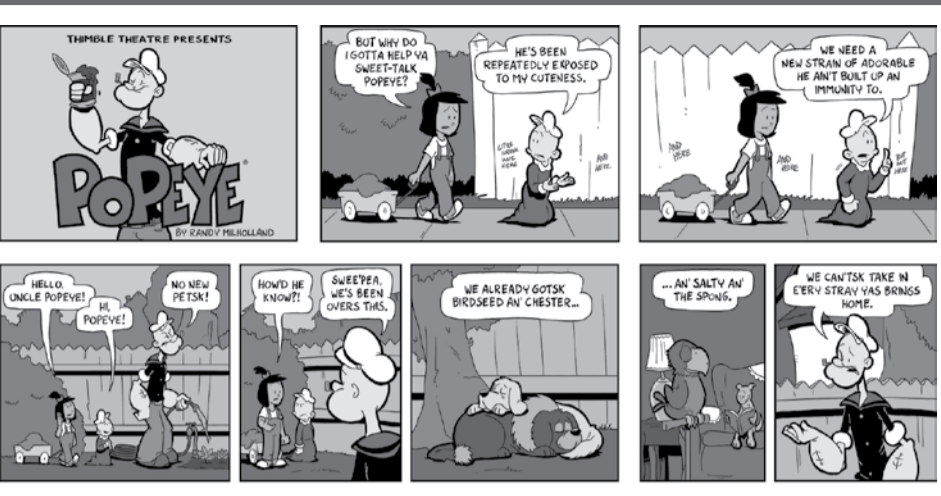
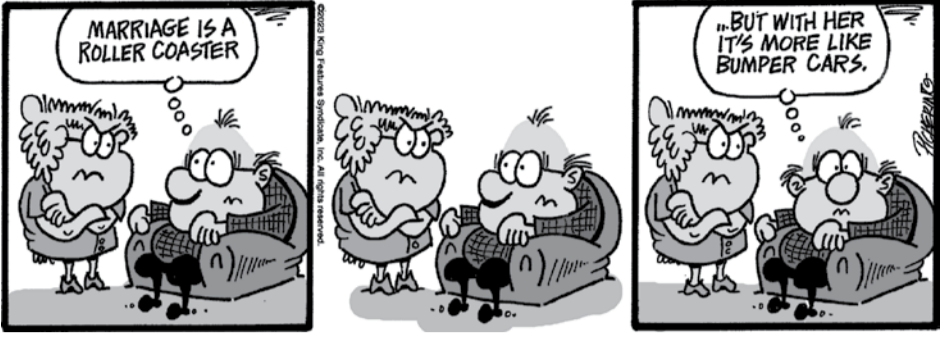
RETIRED COUPLE
HAS \$1MIL TO LEND ON CA. REAL ESTATE*
V.I.P. TRUST DEED COMPANY
Buys T.D.s and Buys/Lends on Partial Interests
OVER 40 YEARS OF FAST FUNDING
Principal **(818) 248-0000** Broker
WWW.VIPLoan.com *Sufficient equity required - no consumer loans
Real Estate License #01041073 CA Department of Real Estate, NMLS #339217
Private Party loans generally have higher interest rates, points & fees than conventional discount loans

We Support Our Military

COMICS & PUZZLES

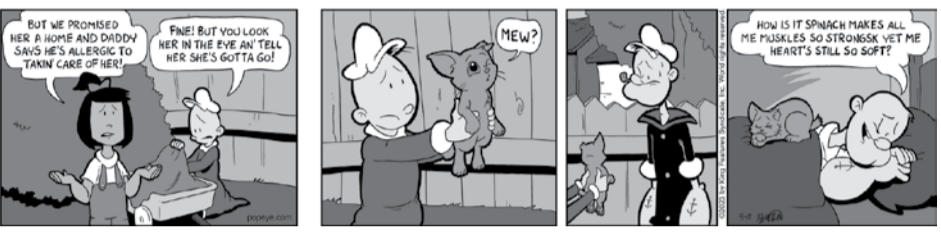
The Spats

by Jeff Pickering



Amber Waves

by Dave T. Phipps



Out on a Limb

by Gary Kopervas



TIGER

by Bud Blake



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

STATEPOINT CROSSWORD • WORLD SERIES

CLUES

ACROSS

- In the middle of 6.
- "...the Beloved Country"
- Start of "The Night Before Christmas"
- Anoint
- "...three strikes, ...re out, at the old ball game"
- Capital of Egypt
- *Yanees owner, George _____ brenner
- Mandela's org.
- Back street
- *Walk-off move (2 words)
- *One of MLB countries
- Start an engine
- Salvador Dali's muse
- Old French coin
- Select
- Pass, as time
- Antonym of is
- Rumpelstiltskin's weaver
- Virgo's brightest star
- Snack, in Spain
- Rose oil
- *Yogi Berra - 295 PA, e.g.
- *Player's representative
- Eyelid affliction
- Shade of beige
- *a.k.a. Mr. October
- Small island
- In the know
- Part of armor
- Octopus' defense
- *Last year's World Series winners
- *Ronald Acu a Jr.'s home base
- Indian monetary unit
- Sun, in Mexico
- _____ Asimov
- Artemis' companion
- E.T.'s craft, acr.
- Shelf material
- Cry like a baby
- Young newt
- Shermans, in World War II

DOWN

- It starred Alan Alda from 1972-1983
- Digging, so to speak
- Think
- More like a fox
- Madagascar's hedgehog-like animal
- Printer cartridge color
- *Guidry, Cey or Gardenhire
- New Mexico's state flower
- Samoa money
- *_____ card
- Length times width
- Tofu ingredient
- Lock sites
- Soft palate hanger
- Kind of beer
- Speech organ
- Fretted instrument
- a.k.a. People of the Middle Waters
- Remove pegs
- Auction portions
- Cathedral recess
- *_____ clock
- Close call
- Relish (2 words)
- NASA's orange drink

Consumer Cellular

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

CALL CONSUMER CELLULAR 888-804-0913

Classified Advertising

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

MPG

916.773.1111

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

SUDOKU

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

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

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

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**

Legal Advertising Hotline
916-483-2299
Legal Advertising Fax
916-773-2999

LEGAL ADVERTISING
Carmichael Times Adjudicated For and By the County of Sacramento, Adjudication No. 317294 – February 7, 1984
Rancho Cordova Independent Adjudicated For and By the County of Sacramento, Adjudication No. 195380 – September 18, 1969
Citrus Heights Messenger Adjudicated For and By the County of Sacramento, Adjudication No. 34-2020-00273535 – March 12, 2020
The Rio Linda News Adjudicated For and By the County of Sacramento, Adjudication No. 358073 – March 21, 1988

Legal Advertising
7144 Fair Oaks Blvd #5
Carmichael, CA 95608

NOTICE OF PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF JANINE L. GRAHAM
CASE NO. 34-2021-00309782

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both, of Janine L. Graham.

A Petition for Probate has been filed by Keri Thomas, in the Superior Court of California, County of Sacramento, requesting Krystina Marston be appointed as personal representative(s) to administer the estate of the decedent.

The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.)

The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A hearing on the petition will be held in this court as follows October 12, 2023, 1:30 p.m. in Dept 129; Superior Court of California, County of Sacramento, William R. Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.

Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

The name, address and telephone number of the Attorney for Petitioner is: H. Douglas Duncan, 214 W. Lockeford Street Suite 2, Lodi, CA 95240; 209-810-2936
Publish: Sept 22, 29, Oct 6, 2023
GRAHAM 10-6-23

NOTICE OF PETITION TO ADMINISTER ESTATE OF RICHARD OLIN BORAH
CASE NO. 23PR000352

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both, of Richard Olin Borah.

A Petition for Probate has been filed by Jacqueline Marie Borah, in the Superior Court of California, County of Sacramento, requesting Jacqueline Marie Borah be appointed as personal representative(s) to administer the estate of the decedent.

The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.)

The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A hearing on the petition will be held in this court as follows October 24, 2023, 9:00 a.m. in Dept 129; Superior Court of California, County of Sacramento, William R. Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code.

Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

The name, address and telephone number of the Petitioner is: Jacqueline Marie Borah, 109 Cakebread Circle, Sacramento, CA 95834; 916-658-3747
Publish: Sept 22, 29, Oct 6, 2023
BORAH 10-6-23

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE NO. FBNF2020-00357
The following person(s) has/ have abandoned the use of the FICTITIOUS BUSINESS NAME of: Lumpia Ko, 156 Lily Bay Circle, Sacramento, CA 95834.

Marylissa Cua, 156 Lily Bay Circle, Sacramento, CA 95834. The Fictitious Business Name Statement was filed on 1/14/2020 in the County of Sacramento.

Filed with the clerk of Sacramento County: 1/14/2020. Publish: September 1, 8, 15, 22, 2023
LUMPIO 9-22-23

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME

FILE NO. FBNF2022-03969
The following person(s) has/ have abandoned the use of the FICTITIOUS BUSINESS NAME of: Asurion Tech Repair and Solutions, 1537 Howe Avenue

Suite 120, Sacramento, CA 95825.

Allstar Tech Solutions, LLC, 19655 East Ivy Lane, Queen Creek, Arizona 85142.

The Fictitious Business Name Statement was filed on 5/23/2022 in the County of Sacramento.

Filed with the clerk of Sacramento County: 5/23/2022. Publish: September 8, 15, 22, 29, 2023
ASURION 9-29-23

SUMMONS

SUMMONS (FAMILY LAW)
CASE NUMBER (NUMERO DEL CASO): 23FL03475
NOTICE TO RESPONDENT (Name): AVISO AL DEMANDADO (Nombre): Crystal Irene Farinias
YOU HAVE BEEN SUED. Read the information below and on the next page. PETITIONER'S NAME IS: (NOMBRE DEL DEMANDANTE): Ricardo Garcia Vega.

You have 30 CALENDAR DAYS after this Summons and Petition are served on you to file a response (form FL-120) at the court and have a copy served on the petitioner. A letter, phone call or court appearance will not protect you. If you do not file your response on time, the court may make orders affecting your marriage or domestic partnership, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs. For legal advice contact a lawyer immediately. Get help finding a lawyer at the California Courts Online Self-Help Center (www.courts.ca.gov/selfhelp), at the California Legal Services website (www.lawhelpca.org) or by contacting your local county bar association.

Usted tiene 30 DÍAS CALENDARIO después de que se le presente esta Citación y Petición para presentar una respuesta (formulario FL-120) en el tribunal y tener una copia notificada al peticionario. Una carta, llamada telefónica o comparencia ante el tribunal no lo protegerá. Si no presenta su respuesta a tiempo, el tribunal puede hacer órdenes que afecten su matrimonio o pareja de hecho, sus bienes y la custodia de sus hijos. Es posible que se le ordene pagar la manutención y los honorarios y costos de los abogados. Para obtener asesoramiento legal, póngase en contacto con un abogado de inmediato. Obtenga ayuda para encontrar un abogado en el Centro de Autoayuda en Línea de los Tribunales de California (www.courts.ca.gov/selfhelp), en el sitio web de Servicios Legales de California (www.lawhelpca.org) o comunicándose con el colegio de abogados de su condado local.

NOTICE: RESTRAINING ORDERS ARE ON PAGE 2: These restraining orders are effective against both spouse or domestic partners until the petition is dismissed, a judgment is entered or the court makes further orders. They are enforceable anywhere in California by any law enforcement officer who has received or seen a copy of them.

AVISO: LAS ÓRDENES DE RESTRICCIÓN ESTÁN EN LA PÁGINA 2: Estas órdenes de restricción son efectivas contra ambos cónyuges o parejas domésticas hasta que se desestime la petición, se dicte una sentencia o el tribunal dicte más órdenes. Son exigibles en cualquier lugar de California por cualquier oficial de la ley que haya recibido o visto una copia de ellos.

FREE WAIVER: If you cannot pay the filing fee, ask the clerk for a fee waiver form. The court may order you to pay back all or part of the fees and costs that the court waived for you or the other

CITY OF CITRUS HEIGHTS NOTICE OF ORDINANCE ADOPTION

ORDINANCE NO. 2023-004

AN ORDINANCE OF THE CITY OF CITRUS HEIGHTS AMENDING SECTIONS 50- 507, 50-605, 78-53 AND 98-132 OF THE CITRUS HEIGHTS MUNICIPAL CODE

The foregoing is a summary of an ordinance adopted by the City Council of the City of Citrus Heights at its meeting of **September 14, 2023.**

The purpose of these amendments is to help update and bring the penalty sections into uniformity and provide alternative avenues of accountability, including options to reduce certain violations to infractions or administrative action when appropriate. The amended language for several penalty sections of the Citrus Heights Municipal Code is as follows:

Any person who violates the provisions of this section may be subject to any of the following legal enforcement remedy, including but not limited to: Criminal Prosecution of a misdemeanor or infraction, civil action, including injunctive relief, administrative enforcement actions, including administrative citation, and/or revocation of a use permit, if applicable. These remedies shall be in addition to any other remedy authorized by law.

AYES: Council Members: Karpinski-Costa, Lopez-Taff, Middleton, Daniels, Schaefer
NOES: Council Members: None
ABSENT Council Members: None
ABSTAIN: Council Members: None

The full text of the proposed ordinance is available in the City Clerk's Office, 6360 Fountain Square Drive, Citrus Heights, CA 95621, (916) 727-4704 or www.citrusheights.net.

Amy Van
City Clerk
Citrus Heights Messenger 9-22-2023

CITY OF CITRUS HEIGHTS NOTICE OF PUBLIC MEETING

NOTICE is hereby given that on **October 12, 2023 at 6:00 PM**, or as soon thereafter as the matter may be heard, the **City Council of the City of Citrus Heights** will hold a Public Hearing to consider the following action items related to the Community Development Block Grant (CDBG) Program:

1. Draft 2024 CDBG Action Plan and Funding Allocations
The purpose of the public hearing is to hear public comment on the draft 2024 CDBG Action Plan and Funding Allocations and to continue final action by Citrus Heights City Council at the October 26 City Council meeting.

The proposed 2024 CDBG Action Plan outlines the City's proposed use of CDBG funds for the 2024 CDBG program year (January – December 2024). As of the date of this notice, the U.S. Department of Housing & Urban Development has not announced 2024 CDBG awards; however, for planning purposes, the City anticipates it will be awarded \$600,000 in 2024 CDBG funds. The 2024 Action Plan will allocate the estimated award, to eligible public service activities, public facility and infrastructure activities (capital improvements), as well as planning and administration activities. The activities allocated funds in the City's 2024 CDBG Action Plan must align with the goals and priorities outlined in the City's 2020-2024 Consolidated Plan. The specific proposed activities are described in the draft 2024 CDBG Action Plan including the location and planned beneficiaries for each activity.

The publication of this notice is one of the City's activities to fulfill citizen participation requirements. Federal CDBG program regulations require jurisdictions that have been awarded CDBG funds to provide the public with reasonable access to CDBG program documents and provide the opportunity to comment on the planned use of funds.

If you wish to address the Council during the meeting, please fill out a Speaker Identification Sheet and give it to the City Clerk. The Mayor has the discretion to lengthen or shorten the allotted times. Alternatively, you may submit your comment by 4:00 p.m. on the meeting day by completion of an online Speaker Card at <https://www.citrusheights.net/FormCenter/City-Council-Meetings-Speaker-Card-30>. Written public comments shall be limited to 250 words or less. Each comment will be read aloud by the City Clerk.

The draft 2024 Action Plan will be available for public review beginning September 27, 2023 at the following locations:

- Citrus Heights, City Hall, 6360 Fountain Square Drive
- Sylvan Oaks Library, 6700 Auburn Boulevard
- Citrus Heights webpage, <https://www.citrusheights.net/380/Community-Development-Block-Grant>.

The public review and comment period will begin September 27 and will end at 8:00 AM on October 27, 2023. In addition to speaking at the public hearing, comments can be submitted by mail to Nicole Piva, Housing & Human Services Program Coordinator, 6360 Fountain Square Drive, Citrus Heights, CA 95621 or by phone/email: 916-727-4752 or npiva@citrusheights.net.

In compliance with the Americans with Disabilities Act, if you need the document in alternate format or need special assistance to participate in this meeting, please contact the ADA Coordinator at 916-725-2448. Notification 48 hours prior to the meeting will enable the City to make reasonable arrangements to ensure accessibility to this meeting. TTY/TDD users with questions or comments can call the California Relay Service by dialing 7-1-1. Translators will also be provided for people with limited English speaking proficiency when requests are made at least five working days prior to a hearing.

Posted: 09 / 22 / 2023
By: *Amy Van*
Amy Van, City Clerk
Citrus Heights Messenger 9-22-2023

party. EXENCIÓN DE TARIFAS: Si no puede pagar la tarifa de presentación, pídale al secretario un formulario de exención de tarifas. El tribunal puede ordenarle que devuelva la totalidad o parte de los honorarios y costos que el tribunal renunció para usted o la otra parte. The name and address of the court are: (El nombre y dirección de la corte es): Sacramento Superior Court, 3341 Power Inn Road, Sacramento, CA 95826. The name, address and telephone number of the petitioner's attorney, or the petitioner without an attorney are: (El nombre, dirección y número de teléfono del abogado del peticionario, o del peticionario sin abogado es:) Ricardo Garcia Vega, 7474 Winkley Way, Sacramento, CA 95822; 916-969-0546
Date: (Fecha) 7-26-2023
Clerk, by (Secretario, por) R. Ruiz, Deputy (Asistente)
Publish: Sept 15, 22, 29, Oct 6, 2023
RICARDO 10-6-23

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

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

TUNNEL TO TOWERS HONORS OUR MILITARY AND FIRST RESPONDERS

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



IN THE LINE OF DUTY

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

FDNY Firefighter Stephen Siller gave his life while saving others on September 11, 2001

THE FOUNDATION HAS BEEN SUPPORTING OUR NATION'S GREATEST HEROES EVER SINCE AND EDUCATING PEOPLE ABOUT 9/11

DONATE \$11/MO TODAY
T2T.ORG
Tunnel to Towers Foundation

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.VIPLAN.COM *Sufficient equity required - no consumer loans

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

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

LOCAL NEWS
 HAS NEVER BEEN SO IMPORTANT!
SUBSCRIBE NOW!

ONLY \$52*
PER YEAR

RECEIVE THE CITRUS HEIGHTS MESSENGER EVERY WEEK AT YOUR HOME OR BUSINESS!

YES! START MY SUBSCRIPTION NOW!

FULL NAME _____

STREET _____ CITY _____ ZIP _____

PHONE _____ EMAIL ADDRESS _____

MAIL YOUR PAYMENT TO GET STARTED IMMEDIATELY:

Citrus Heights Messenger

Main office address:
 7144 Fair Oaks Blvd., Suite #5, Carmichael, CA 95608

Citrus Heights Messenger is published weekly on Friday.
 *Subscription rate valid only within Sacramento County.

MPG

DON'T WAIT! CALL NOW! 916-773-1111

Single Again

Make the rest of your life the best of your life!

Are You Single Again?

SingleAgain.com is a website dedicated to helping people put their lives back together again after divorce, separation or the loss of their spouse.

Finding yourself single after years of being in a relationship can add a different kind of unknown stress to your daily life.

We provide articles and information from many sources to help you put all the pieces together so you can live a healthy and loving new life. When you first visit the website, be sure to make us one of your favorites. We publish many articles to help you along your new journey.

• Dating & Relationships
• Counseling & Advice
• Money & Finances
• Health
• Fashion & Beauty
• Consumer News
• Food & Recipes
• Travel
• Lifestyle
• Parenting

Visit SingleAgain.com today, get back out there and have some fun!

SingleAgain
 SingleAgain.com

CDPH Recommends All Californians Stay Up to Date on COVID-19 Vaccine

CDPH Release

SACRAMENTO, CA (MPG) - Following federal approval of the updated COVID-19 vaccine and recommendations for the upcoming winter respiratory virus season, the California Department of Public Health (CDPH) is recommending all Californians stay up to date on the vaccine and get the updated shot when available.

For renewed protection against severe illness, hospitalization and death, all Californians 5 years and older should receive one dose of the updated COVID-19 vaccine, as long as it's been 2 months or more since their most recent dose. Getting vaccinated may also minimize your symptoms if you do become infected so you can return to your daily activities more quickly. Recommendations for younger children depend on the number of doses received previously.

CDPH strongly urges vaccination for individuals who are at high risk of serious illness from COVID-19 due to advanced age or underlying illness as this is the group of individuals most vulnerable to severe disease and the worst outcomes.

"Staying up to date on the COVID-19 vaccine is the best way to keep your immunity strong and protect yourself and others from severe illness, hospitalization, and death," said CDPH Director and State Public Health Officer Dr. Tomás Aragón. "As we enter the winter season, it is crucial that all individuals remain up to date with vaccinations when they're eligible, including flu, COVID-19 and RSV."

WHO SHOULD GET VACCINATED

•Everyone Age 5 and Up: Everyone 5 years of age and older, regardless of previous vaccination, is eligible to receive a single dose of the updated COVID-19 vaccine as long as it's been at least 2 months since the last dose.

•Younger Children and Infants: Infants and younger children, 6 months through 4 years of age, who have previously been vaccinated against COVID-19 are eligible to receive one or two doses of the updated vaccine. The timing and number of doses depends on the previous COVID-19 vaccine received.

•Unvaccinated Younger Children and Infants: Unvaccinated infants and younger children, 6 months through 4 years of age, are eligible to receive three doses of the updated Pfizer-BioNTech COVID-19 vaccine or two doses of the updated Moderna COVID-19 vaccine.

WHEN & HOW TO SCHEDULE

YOUR UPDATED COVID-19 VACCINE: Initial supplies of updated COVID-19 vaccine are expected in California in the coming weeks. For added convenience, COVID-19, flu, and RSV vaccines can all be administered in the same visit. Schedule a vaccine appointment by visiting [MyTurn.ca.gov](https://myturn.ca.gov) or contacting your local pharmacy or health care provider.

HOW TO PAY FOR A COVID-19 VACCINE: COVID-19 vaccines will continue to be free for most Americans through their health insurance plans, including Medi-Cal and regular health care providers.

The CDC's Bridge Access Program will provide limited quantities of COVID-19 vaccines to uninsured and underinsured adults through December 2024. The Vaccines For Children (VFC) program is a federally funded program that provides vaccines at no cost to children (18 and younger) who might not otherwise be vaccinated because of inability to pay.

CDPH'S VIRUS PREVENTION TIPS: The best defense against COVID-19 and other winter viruses starts with good prevention. Follow these five tips to protect yourself and others:

•Stay Up to Date on Vaccines: Vaccines reduce the chances of infection and are the best defense to limit severe illness and death. COVID-19, flu, and RSV vaccines will all be available for this winter season.

•Stay Home if You're Sick, Test for COVID and Treat if Needed: Staying home when you're sick slows the spread of COVID-19, flu, RSV, and even the common cold. If you have symptoms, test for COVID-19 and contact your doctor immediately to seek treatment. Treatments work best when started right after symptoms begin.

•Consider Wearing a Mask in Indoor Public Places: Wearing a mask significantly reduces the spread of respiratory viruses, especially in crowded or poorly ventilated spaces.

•Wash Your Hands: Frequent hand-washing with soap and warm water, for at least 20 seconds, is an easy and very effective way to prevent getting sick and spreading germs.

•Cover Your Cough or Sneeze: Remember to cough or sneeze into your elbow, your arm, or a disposable tissue to help prevent the spread of winter viruses. Wash or sanitize your hands and dispose of your tissue after.

For more information visit www.cdph.ca.gov ★

Hope is Real for National Recovery Month

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Every September, National Recovery Month shines a spotlight on the power of substance use and mental health services to transform lives. In 2023, we're on a mission to inspire people across the nation, inviting them to witness the strength and resilience of individuals living in recovery. It's a time to support those battling substance use disorders or co-occurring disorders and encourage them to seek the help they deserve. Throughout this month-long celebration, we're here to remind you that prevention works, treatment is effective, and recovery is not just a possibility – it's a reality.

Recovery Month is not only about acknowledging the victories but also about championing evidence-based treatment and recovery practices. We take pride in the emergence of a vibrant recovery community and salute the dedication of service providers, peer workers, and community members nationwide who make recovery a tangible goal. Each year, Recovery Month adopts a theme to spread its message and share the triumphs of treatment and recovery. This year's tagline couldn't be more fitting: "Hope is real. Recovery is real."

Let's come together this Recovery Month to celebrate the millions of Americans who are on their journey to recovery from substance use and addiction. We also extend a heartfelt invitation to those who are still struggling to seek the support they need. Every life and voice matters, and we stand by you.

We want to take a moment to honor and celebrate the invaluable partners and collaborations that work alongside Sacramento County Behavioral Health to provide essential services and support to our fellow citizens grappling with substance use and mental health challenges.

Here's How You Can Get Involved: Explore educational and multimedia resources on trending substances in our community at www.safersacramento.com. Let's make informed choices and reduce potential harm from alcohol and substance use; Participate in Sacramento County Opioid

Coalition, Methamphetamine Coalition, or Youth Coalition meetings or join a sub-committee. For more details, visit www.sacopioidcoalition.org, www.LetsTalkMeth.org, or www.sacramentooccy.org.

Share your lived experience testimony at upcoming Sacramento County Substance Use Prevention and Treatment Services public speaking events. If interested, please email: DHS-SUPT@saccounty.net or call (916) 875-2050;

Attend or join the Sacramento County Alcohol and Drug Advisory Board meetings to voice your concerns and stay updated on Substance Use Prevention and Treatment Services efforts. Meetings are held in person on the 2nd Wednesday of every month from 5:30 p.m. to 7:30 p.m. For more information, contact DHS-SUPT@saccounty.net or call (916) 875-2050.

Recognize September 20, 2023, as National Addiction Professionals Day. This day is dedicated to honoring the remarkable individuals making a difference in the addiction field daily.

Acknowledge September 30, 2023, as International Recovery Day, symbolized by the color purple, representing addiction recovery.

**Don't miss the Substance Abuse and Mental Health Services Administration's Recovery Month webinar series.

In these challenging times marked by the opioid and methamphetamine crisis, staying connected with loved ones, family members, friends, colleagues, and our community is crucial. "It is critical that people experiencing substance use disorders receive the help and support they need," Lori Miller, Sacramento County Alcohol and Drug Services Division Manager, emphasizes. "We invite you to join us in celebrating Recovery Month. Your support and involvement matter."

For anyone struggling with drug or alcohol addiction, Sacramento County offers a range of treatment services, including outpatient treatment, medication-assisted treatment, residential treatment, detoxification, and perinatal services. Please call 916-874-9754 for a substance use assessment or access the Treatment Provider Directory at this link or the Prevention Services Provider Directory★

LOCAL CRIME REPORTS

Find out what's happening in your local area

Arrest Logs updated daily

CITRUSHEIGHTSMESSENGER.COM



PAYROLL and HR Support

\$299 a month

Only available for businesses with up to 10 employees

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

DIRECT DEPOSIT

QUARTERLY TAXES FILING

PAYROLL TAXES PAY

ACCURAL TRACKING

FILING AND REPORTING

PAYROLL APP

HR COMPLIANCE



HR | Payroll | Benefits

916-760-7227

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



6600 Madison Ave Suite 4B
Carmichael, CA 95608

(916) 944-1197

www.NRD916.com

Nature on Parade



Nature educator Gabe Kerschner will bring a menagerie of animal ambassadors to interact with kids to the NatureFest event at Effie Yeaw Nature Center on October 8. A red-tailed hawk Tawny will be among visiting critters.

Story and photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Birds, reptiles and marsupials will be among educators during the Effie Yeaw Nature Center's NatureFest event. The October 8 event is the center's largest educational open day of the year.

Among visiting presenters will be Gabe Kerschner, who runs an animal sanctuary in Placer County. His rescued animals are stars of hundreds of school programs. They include an alligator, a lemur, a kangaroo and a kinkajou. NatureFest supporters will also view a more regional menagerie: this could include a skunk, a raccoon and an opossum and raptors.

NorCalBats, an organization that rescues and rehabilitates bats will bring wee flying mammals and discuss their benefits to the environment. A bee keeper will exhibit a hive with its industrious inhabitants. Folsom City Zoo Sanctuary will have rescued native species on display and Miridae Nursery will offer native plants for purchase.

Save the Snakes, a nonprofit that champions one of nature's most misunderstood species, will offer slithering gopher and king snakes for supervised handling. Volunteers from Sacramento Splash will detail microscopic species found in wetlands.

Resident Nature Center animals – including Einstein the tortoise and several crowd-pleasing raptors – will also interact with visitors. Deer and wild turkey sightings are likely on hosted walks through the center's 100-acre wildlife preserve.

The Nature Center is a hub for Native American studies. Maidu skill demonstrations will include basketry and tule doll-making.

Kids' games will be offered, and youth groups are welcome at the event. Snacks can be purchased from food trucks.

NatureFest runs from 10 a.m. to 3 p.m. in the Effie Yeaw Nature Center (Ancil Hoffman Park). General admission is \$7; \$3 for children aged ages 3 to 11. Parking is free. Presale tickets are available online. For more information visit www.sacnaturescenter.net ★

Senior Health Fair

Resources for The Golden Years

INFORMATION & ENTERTAINMENT

FOR SENIORS, THEIR FAMILIES AND FRIENDS



FREE Parking

FREE Admission

Saturday, September 23, 2023
10 am to 4 pm

Wyndham Sacramento Hotel Northeast 5321 Date Avenue
Off of Highway 80 at Madison, Sacramento, CA 95841

• **FREE EXHIBITS!** • **FREE ENTERTAINMENT!**
• **HEALTH SCREENINGS!** • **SAMPLES & PRIZES!**

Rock-n-Roll Concert and Classic Car Displays!



- Senior Care
- Nutrition & Health Foods
- Home & Garden
- Sports & Fitness
- Anti-aging Programs
- Veterans Information
- Chiropractors and Massage
- Natural Healing
- Health & Other Insurance
- Investment and Retirement

Great Entertainment & Live Music

Hear old time rock n' roll, cruising songs, surfer songs. It's the music you grew up with!

sponsored by



www.SeniorHealthFair.org To Exhibit: 916.910.9499 or info@recoveryforall.net

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: 8am - 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

FROZEN & FISH DEPT

Raw Shrimp
Peeled & Deveined
61 / 70 2 lbs
REG. \$16.99/ea
\$10.99/ea

Masago
Wild Caught Product of Korea 500 g
REG. \$19.99/ea
\$10.99/ea

WEEKLY MEAT SPECIALS

Beef Rump/Bottom Round Roast - Bnls
Pulpa Centro ea Trozo sin Hueso
\$4.99/lb

Beef Ribeye Roast - Boneless
Chuletón de Ternera Asado
\$5.99/lb

Beef Ribeye Steak - Boneless
Filet de Chuletón de Ternera
\$6.99/lb

Chicken Leg Quarters
Piernas y Muslo de Pollo
79¢/lb

Pork Baby Back Ribs
Costillas de Cerdo
\$3.99/lb

Pork Loin Chops - Bone In
Chuletas de Cerdo con Hueso
\$2.99/lb

FRESH PRODUCE

Russet Potato 10 lbs
\$3.79/bag

Rainbow Bellpepper 2 lbs
\$3.99/ea

Chayote Squash
99¢/lb

Mexican Papaya
99¢/lb

Fairytale Pumpkin
79¢/lb

Sweetie Apple
\$1.49/lb

Hami Melon
59¢/lb

Orange Valencia 10 lbs
\$5.49/bag

AMERICAN/HISPANIC GROCERY

Vivita Aloe Vera Drink 1.5 liters
REG. \$2.49
\$2.49

Morton Iodized & Regular Salt 26 oz
REG. \$1.49
\$1.49

Malt-O-Meal Cereal Bag 4 kinds 16-47 oz
REG. \$2.99
\$2.99

Maseca Corn Masa Flour 4 lbs
REG. \$4.99
\$4.99

Flora Ultra Soft Bath Tissue 12 rolls
REG. \$6.99
\$6.99

ASIAN GROCERY

Lee Kum Kee Oyster Sauce 17 oz
REG. \$1.39
\$1.39

Chipp's Jack n Jill Chippy BBQ Flavor 7.06 oz
REG. \$2.49
\$2.49

Chaohob Coconut Water 1 liter
REG. \$1.99
\$1.99

JHC Fried Onion 8 oz
REG. \$5.99
\$5.99

Savoy Coconut Cream 14 oz
REG. \$1.99
\$1.99

EUROPEAN GROCERY

Klarnick Sunflower Oil (unrefined) 5 liters
\$19.99

Polinka Cabbage Leaves (pickled) 11.5 oz
\$7.29

Podrovska Beef Consolch 300 g
\$4.99

Peanut Honey Ginger Tea 3 kinds 20 sachets
\$3.99

Best Tea Blend and Earl Grey 500 gr
\$9.99

KOREAN/JAPANESE GROCERY

Product of Korea White Rice 20 lbs
\$19.99

Yoshida Bifurum 4 x 4.59 oz
\$2.99

Miyoshi Soy Sauce 2 kinds 900 ml
\$7.99

Premium Roasted Sesame Oil 3 x 4 g
\$1.59

Onaji Jin Ramen 2 kinds 15 x 4.25 oz
\$16.99

Pickled Daikich 2.2 lbs
\$2.99

HOUSEWARES

Bigen Speedy Hair Color (REFILL ONLY)
4.99

Kaizen Work Pan 30 CM
\$39.99

Watermelon Slice Knife
\$3.99

FROZEN & FISH DEPT

Dried Pollack 200 g
\$12.99/ea

Kretzhamer Ovens Roasted Turkey Breast
\$8.19

Pitted Green Olives
\$4.99

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 20 - SEPTEMBER 26, 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 20 - SEPTEMBER 26, 2023.