



Quiz Bowl Grows at Winston Churchill Middle School
PAGE 2



Carmichael Times

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SEE INSIDE

MAGIC APPEARS AT SHRINERS



PAGE 2

TALL CLUB MEMORIAL SCHOLARSHIP AVAILABLE



PAGE 5

SECOND SAFE STAY SHELTER OPENS



PAGE 11



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The Buck Starts Here



Rosie Buck is 2024 Carmichael Chamber of Commerce President. She and automotive technician husband Jeff Buck are pictured in the Buck Family Automotive workshop.

Story and photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Businesswoman and community volunteer Rosie Buck will lead the Carmichael Chamber of Commerce in its 76th year.

Formerly the organization's vice-president, Buck is a champion of small business. The petite dynamo and husband Jeff own five-year-old Buck Family Automotive on Fair Oaks Boulevard, Carmichael. The company specializes in servicing Asian vehicles.

Rosie Terrazas grew up in Santa Cruz. She graduated from the University of Nevada (Reno) with a degree in sociology. After working as an emergency medical technician for an ambulance company, she

volunteered for firefighting duties and later turned her passion for photography into a profession.

"Photography is as small a business as you can get," she notes. "You rely on word-of-mouth to grow within the industry. Chambers of commerce were my best networking avenues." After hours, she met auto technician Jeff Buck at Carmichael's Palm Street Grill. "I fell in love in Carmichael," says Buck. "I started a family – then a business – right here. I have great affection for the area, and I'll do anything I can to help its success."

She adds the chamber role to an already crammed schedule. After getting the family fed and on the road, Rosie's day includes office duties at the auto shop and volunteering for four service organizations. "There

aren't enough hours in the day for me," she admits. "Fortunately, I'm very organized and I have family support. My mom is a great mentor; my mother-in-law babysits; my dad is a real booster for the business. Besides keeping me calm, my husband Jeff is a fabulous dad to our son, Archer (6)."

The businessmom sits on the Carmichael Improvement District Board; she organizes major Park District events. She also joins her husband in serving the San Juan School District advisory board, providing curriculum feedback and auto internships.

Her Chamber leadership follows realtor Izzy DeLancey's presidency of the all-volunteer organization. "I'm inspired by Izzy's innovations,"

Continued on page 3

United Way Receives Grant to Create New Job and Housing Opportunities

Kristin Thébaud Communications

SACRAMENTO, CA (MPG) - United Way California Capital Region has received a grant of \$150,000 from the Sierra Health Foundation's Community Economic Mobilization Initiative to ensure future green job opportunities and training in the region are attainable and accessible for all communities, and to create a strategic housing fund.

"Historically, vital opportunities have passed by underserved and under-resourced communities," said Dr. Dawnté Early, president and CEO, United Way California Capital Region. "With California's unwavering focus on addressing the climate crisis, a pivotal moment has emerged for the Greater Sacramento community. United Way is dedicated to securing pathways to green job training and access, ensuring that this surge in employment leaves no community member behind. Through our partnership with Sierra Health Foundation and other statewide partners, we are supporting entry into the growing green job sector, a cornerstone in our efforts to uplift local families from the cycle of poverty. We are excited to work with our partners to promote a plan to develop sustainable industries and create equitable opportunities for all, and we are grateful to Sierra Health Foundation for entrusting us with these critical funds."

Funding from the grant will also be used to address the Sacramento region's immediate need for housing. United Way recently formed the new Community Support Services department that includes housing navigation services through the California Advancing and Innovating Medi-Cal program (CalAIM) for people on Medi-Cal who are unhoused or at risk of losing housing. Funding from Sierra Health will allow United Way to explore additional ways to take on the issue of housing in the capital region.

The Community Economic Mobilization Initiative by The Center at Sierra Health Foundation works to empower and uplift community organizations through inclusive economic development in their communities, cities and regions. The initiative's goal is to help strengthen the ability of underserved and BIPOC-led community organizations to leverage

Continued on page 3

California Resident is Winner in California's International Marathon

By Grace Gollihur

SACRAMENTO REGION, CA (MPG) - On Sunday, Dec. 3, 11,000 runners gathered on Folsom-Auburn Boulevard to complete the 2023 California International Marathon. People came from all over to participate in this scenic 26.2 mile route, running from the Folsom Dam to the State Capitol. The CIM has been around for 40 years with the first run held in 1983. Many spectators enjoyed watching the runners go by, waving and cheering for their friends, family and community members.

Executive Director of the Sacramento Running Association Scott Abbott oversees the planning and execution of the CIM. His main job is making sure everyone else is doing their job.

"I'm just managing the entire event from



Runners came from all over the world to participate in the scenic 26.2 mile route, running from the Folsom Dam to the State Capitol on Sunday, Dec. 3. Photo courtesy of California International Marathon

six hundred foot view – it's such a big event that encompasses so much," Abbott said.

Abbott went on to talk about all the different teams of people that help plan the many aspects of

the race. It's also his job to make sure that the runners are having a fun and safe time.

"Safety is always our priority. After safety, we really try to focus on the participant experience,"

Abbott said.

The CIM is a very big event that takes a lot of people to put on, and the SRA could not do it without their volunteers.

Gerry Garcia has been

Continued on page 3

Quiz Bowl Grows at Winston Churchill Middle School



WCMS quiz bowl team members sport this year's purple shirts. Back row: Pranay Bodducherla, Jeremiah Choi, Rudra Kyatham, Adrish Bhattacharyya, Luke Ellsworth, Joshua Wu, Ryan Yarlagadda, Mason Wong, Lillian Arguelles, Coach Bruce Hansen. Front row: Srijan Roy, Rohith Gonuguntla, Colin Khasigian, Kavin Anreddy, Ahmed Nuh, Sabrina Hu, Jaren Mohle. Not pictured: Churchill D member Ethan Minton.

Story and photo by Isabel Arguelles

CARMICHAEL, CA (MPG) - Quiz bowl may not be a well-known middle school competition, but it's a big deal at Winston Churchill Middle School.

Quiz bowl is a trivia game involving two teams answering questions across a variety of categories such as math, history, pop culture, literature, art, current events, and more. The game is unique due to the use of the "buzzer system," where toss-ups (questions) can be interrupted by a student buzzing as soon as they know the answer, for the opportunity to "power" (earn more points on said question). If a team member answers the toss-up question correctly, the team then gets to answer a three-part bonus question as a group.

WCMS was the first school in Sacramento to start a quiz bowl team in 2015, and now, in 2023, there are 18 teams of four players each at WCMS alone. Of those 18 teams, four of them — Churchill A, Churchill B, Churchill C, and Churchill D — qualified for the Middle School National Championship Tournament held in May 2024 in Chicago, Illinois.

Although WCMS has a history with this game, this year has been particularly exciting, as more teams have qualified for the national championship than ever before.

Churchill Quiz Bowl Coach Bruce Hansen attributes this success to the volume of talented seventh-graders that entered the program as sixth-graders last year, who make up the bulk of the nationals qualifying teams this year.

"They are a very competitive group of

kids. We have few very good eighth-graders, but we have a seventh-grade engine that's really driving most of those players," said Hansen.

Churchill players are preparing for nationals with frequent practice at school, weekend practices at people's houses, as well as using their own study techniques for hours during their free time. Many players like to focus on specific subjects, or "specialties", to make their team as well-rounded and have as much overall knowledge as possible. Sixth-grader Ahmed Nuh on Churchill D likes to use at-home study time to hone in on his best subjects.

"I practice on QB Reader, which is basically just an online quiz bowl player where you can play with your friends," said Nuh. "And I also like to watch YouTube videos about subjects like history, science, and geography."

Seventh-grade Churchill C member Ryan Yarlagadda spoke about how quiz bowl helped boost his confidence in his day-to-day life at school.

"It makes me a much more confident person when I'm speaking," said Yarlagadda. "Because in quiz bowl, you're supposed to be confident with your answers. And if it's wrong, it's all right. You can get back up, try again."

As spring semester is usually the off-season for local quiz bowl tournaments, Churchill teams will be working hard through the coming months in practice and preparation for the Middle School National Championship Tournament.

Seventh-grade Churchill A Captain Kavin Anreddy feels especially hopeful about their odds. ★

Magic Appears at Shriners



Magician Dale Lorzo brings smiles and joy to kids undergoing treatment by making colorful scarves appear for them. He has been performing for audiences throughout the West including his latest visit to Shriners Children's Northern California. Photo courtesy of Shriners Children's Northern California

Dale Lorzo's Magical Mysteries News Release

SACRAMENTO REGION, CA (MPG)

Shriners Children's Northern California welcomed the magical stylings of Dale and Elaine Lorzo, an eccentric and charismatic husband and wife magician duo. Shriners Children's GUM Pavilion is a space for kids to be kids, with toys, games, and entertainment. Dale and Elaine graciously performed a jam-packed hour of magical fun that delighted patients, parents, and staff.

During the Lorzo's recent visit to the Shriners Hospital For Children were Kyle and Ximena who were full of smiles while helping make colorful scarves appear. Dale and Elaine frequently bring their shows before schools, libraries, senior centers, community events and private parties. Being members of the Society of American Magicians, International Brotherhood of Magicians and The Magic Castle, they are



Dale and Elaine Lorzo are a duo of professional entertainers who bring their magical performances to schools, libraries and other community events. Photo courtesy of Shriners Children's Northern California

well prepared produce their magic, mirth and fun for your special event as well.

Minutes from downtown Sacramento, Shriners Children's Northern California's experienced, compassionate team brings hope and healing. We're driven to make lives richer, easier, and less complex for children and their families throughout Northern California, the Western U.S., Northwestern Mexico, and Canada.

Shriners Children's Northern California offers care for a range of orthopedic issues, as well as care for burn injuries, craniofacial conditions, spine care and spinal cord injuries, colorectal and gastrointestinal care, and sports medicine. Donations of talent and time like Lorzo's make our patients and families' stays that much brighter. Thank you, Dale and Elaine, for contributing to the most amazing care, anywhere. ★



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The Buck Starts Here



At the recent Best of Carmichael awards gala, Rosie Buck (left) poses with fellow board directors Susan Statti, 2023 President Izzy DeLancey and 2023 Honorary Mayor Kerri Mandes.

Continued from page 1
says her successor. “Going forward, we’re already hard at work on our Community Awards dinner. Our biggest drive is to increase membership. Though we’re still feeling the effects of COVID, we’re prioritizing growing Chamber finances.
“There’s an old saying that if you want

something done, ask a busy woman to do it,” says 2024 President Buck. “I’m a very busy woman. But I understand the vital impact our Chamber has. I’ll always find time to give back to Carmichael.”
For information on the Carmichael Chamber of Commerce go to www.carmichaelchamber.com ★

United Way Receives Grant to Create New Job and Housing Opportunities

Continued from page 1
public investments to address economic disparities. United Way joins 43 state-wide partners in the initiative that has awarded \$14 million toward community development and centering community in decisions.

“Economic progress is only meaningful if it’s equitable,” said Chet Hewitt, president and CEO, Sierra Health Foundation. “These partners will be at the forefront of California’s recovery and climate resilience efforts for years to come.” ★

California Resident is Winner in California’s International Marathon

Continued from page 1
volunteering for the CIM for ten years, and he does it to give back to his community.

“We have runners in all different shapes and sizes and ages and they’ve set a goal to do – and I’m kinda helping them out with their goal,” Garcia said.

Garcia is a captain at the starting line of the race. He also oversees the first aid tent, as well as the busses and transportation. Garcia meets with a group of volunteers three times before race day to plan their respective stations at the race.

Runners from all over the world participate in the race. They come from countries such as Germany, Brazil, Australia, Kenya, Romania, Poland, and Ukraine. This year the winner, CJ Albertson, is from Fresno, California. He took two hours and eleven minutes to finish the race. The top female finisher was Grace Kahura from Longmont, Colorado. She took two hours and twenty nine minutes to finish the race.

But not all participants compete for time, some runners run for the fun of the race and to hang out with their friends.

Melissa McCormick is a teacher at Cowan Elementary School and she ran the CIM as a half marathon with her friend as teammate. She has been running marathons for a



The California International Marathon is not only for runners, but it also supports the fundraising efforts of various Sacramento region organizations. Photo courtesy of California International Marathon

long time, but the CIM was her final race.

“I thought that would be a good way to go out – I have probably done about thirty halves,” McCormick said.

McCormick also spoke about how her family drove her and supported her throughout the race. She enjoyed the whole atmosphere of the race.

“I had so much fun – there were DJs and I danced when I was going by – everything was the way it should be,” McCormick said.

She went on to talk about how everyone was very positive and kind, and how she really enjoyed the

course.

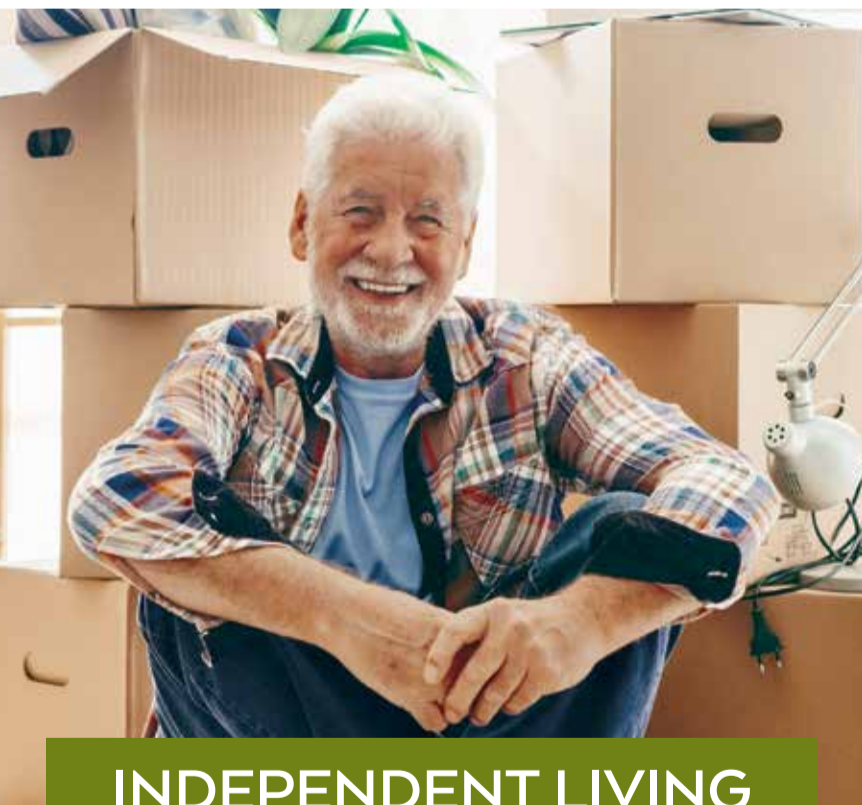
The CIM is not only for runners, but it is also for the community. UC Davis Children’s Hospital is the Chief Beneficiary of the CIM and the SRA. The SRA works continuously with the hospital to raise funds in order to provide care for many people. The CIM and SRA also support the SPCA and the NEC Society.

The California International Marathon was a success once again. Registration is already open for the 2024 race. To sign up, visit the Sacramento Running Association website. ★

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Giants and KNBR FanFest Tour to Make Stop in Sacramento

Sacramento River Cats News Release

SAN FRANCISCO, CA (MPG) - On Thursday, Dec. 14, the San Francisco Giants introduced the Giants & KNBR FanFest Tour 2024 – an evolution of their traditional preseason fan event. Known as a single-day San Francisco-based event, Giants & KNBR FanFest has transformed into a four-stop Northern California series, which kicks off in Sacramento at Sutter Health Park on Saturday, Jan. 20 from 10 a.m. to 1 p.m.

The Giants & KNBR FanFest Tour will expand beyond San Francisco, providing opportunities for fans to interact with their beloved team prior to Spring Training in Scottsdale. This year's iteration will feature four events with current Giants players, coaches, alumni, VIP guests and Lou Seal. The final stop will feature a Spring Training-inspired Open House at Oracle Park with Giants alumni.

As a proud affiliate of the San Francisco Giants, the Sacramento River Cats and their home of Sutter Health Park will host the first stop of the tour on Jan. 20. At the event, fans will have the chance to receive autographs, participate in Q&A sessions, purchase merchandise, and much more. Scheduled to appear at the event is Rocklin, CA, native and Giants ace Logan Webb, along with other current teammates and coaches.

"We are thrilled to host the first stop of the Giants & KNBR FanFest Tour," said Sarah Hebel, Sacramento River Cats director of marketing. "Player and fan interaction is an integral part of the Sutter Health Park fan experience, so River Cats fans will no doubt look forward to this extended opportunity to connect with local product Logan Webb among other Giants favorites."

Outside of Sacramento, the tour will also make stops in San Jose (Jan. 24) and Napa (Feb. 3) before concluding at Oracle Park (March 9). Giants tickets for the 2024 baseball season will be available for purchase at each tour stop, along with other special offers for those in attendance.

"We are continuously listening to our fans to ensure we are delivering what they want," said Rachel Heit, chief marketing officer of the San Francisco Giants. "With the reimagining of Giants & KNBR FanFest in 2024, we're giving Giants fans even more opportunities and flexibility to connect with their team, while improving and expanding upon a beloved preseason event."

To learn more about the giants & KNBR FanFest Tour 2024, visit rivercats.com and click on the FanFest icon. Fans

can also visit mlb.com/giants/fans/fanfest. For more, follow along with @SFGiants on Instagram, X, TikTok, YouTube, and Facebook. ★

Sac County Teens Support Gifts from the Heart



A group of dedicated teens from Inderkum High School chose to get involved with Gifts from the Heart as part of their Senior Project. Photo courtesy of Sacramento County

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Sacramento County is celebrating 35 years of Gifts from the Heart this year. A child protective services worker founded the program in 1988. Since then, the tradition has grown to support thousands of people in Sacramento County. Each year, dozens of volunteers donate thousands of hours. Volunteers pick up, wrap, and deliver gifts from November into mid-December. Sponsors also support the cause by donating gifts, money, and food.

This year, a group of dedicated teens from Inderkum High School have joined the cause. John Norboe, Van Froling, Ty Miramontes, Kaylee King, Jackson Norton, Mason Worrall, and Lindsay Jones say they are excited to give back to their community. The group chose to get involved with Gifts from the Heart as part of their Senior Project – which requires them to volunteer for a cause they are passionate about. The teens have not only volunteered their time, but they

have also fundraised over \$1,500 for Gifts from the Heart. They organized different events to fundraise the money. The cash will help provide gifts for foster youth in Sacramento County. The teens say they are privileged to be able to give back.

"It's a great cause. It's really nice to help out your community. And, when you hear about these foster kids that aren't really getting much for Christmas and whatnot, that makes you appreciate it. The least you can do is give back, and when we were given an opportunity like this for our senior project, I thought it was a great idea," says Van.

The teens are just 17 and 18 years old, proving anyone can get involved with helping their community at any age. These high schoolers, along with other volunteers and sponsors highlight our community's kindness and compassion. It is the people who donate their time and money who have helped Gifts from the Heart grow into a program that helps thousands of children, teens, disabled adults, and older adults in Sacramento County. ★

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Carmichael Times

Serving Carmichael and Sacramento County since 1981

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Masters of Illusion and *Jesus Christ Superstar* Presenting at Harris Center



Harris Center for the Arts at Folsom Lake College presents the 50th Anniversary Tour of Jesus Christ Superstar with five performances January 10-13. Photo by Evan Zimmerman for MurphyMade

Harris Center for The Arts News Release

FOLSOM, CA (MPG) - Harris Center for The Arts presents two amazing events to kick off 2024: Masters of Illusion on Sunday, January 7, at 7:30pm; and the 50th Anniversary Tour of Jesus Christ Superstar, performing five times, January 10-13, with Wednesday-Saturday evening performances at 7:30 pm, and a Saturday matinee at 2:00 pm.

MASTERS OF ILLUSION

Only the best, most unique, amusing, astounding, and amazing performers have been chosen to perform. *Master of Illusion* is a huge stage phenomenon born from the multi-award-winning television series *Masters of Illusion*, which completed its 8th season on the CW in 2021-2022.

Masters of Illusion has performed live in front of tens of thousands of people around the US for the past seven years and been seen by over 100 million viewers on the CW network, as well as in 126 countries around the world. Masters of Illusion recently performed in the heart of the Las Vegas Strip for a limited engagement at Bally's Las Vegas in a brand-new show for the whole family.

Starring the world's greatest award-winning magicians, this 21st century magic show is unlike anything you have seen before – filled with modern illusions and arts of deception, performed live on stage.

Audiences will be held at the edge of their seats by the jaw-dropping grand illusions, and laugh out loud at the hysterical comedy magic as performers from around the world combine fantasy, fervor and flair with magic created in front of their very eyes.

Watch closely as you experience things that just can't be done ... or can they?

Individual tickets for *Masters of Illusion* range from \$56-\$86, including fees, and are on sale now at the Box Office at (916) 608-6888, or online at HarrisCenter.net. Box Office hours are

Tuesday-Friday from 12:00pm-5:00pm, and one hour before showtime.

JESUS CHRIST SUPERSTAR

Celebrating its 50th Anniversary, a new mesmerizing production of the iconic musical phenomenon returns to the stage. Originally staged by London's Regent's Park Open Air Theatre and helmed by the acclaimed director Timothy Sheader (*Crazy for You, Into the Woods*) and cutting-edge choreographer Drew McOnie (*King Kong, Strictly Ballroom*), this production won the 2017 Olivier Award for Best Musical Revival garnering unprecedented reviews and accolades. Appealing to both theater audiences and concert music fans, this production pays tribute to the historic 1971 Billboard Album of the Year while creating a modern, theatrical world that is uniquely fresh and inspiring.

With lyrics and music by Emmy, Grammy, Oscar, and Tony winners Tim Rice and Andrew Lloyd Webber, *Jesus Christ Superstar* is set against the backdrop of an extraordinary series of events during the final weeks in the life of Jesus Christ as seen through the eyes of Judas. Reflecting the rock roots that defined a generation, the legendary score includes "I Don't Know How to Love Him," "Gethsemane," and "Superstar."

Jack Hopewell stars as Jesus, joined by Elvie Ellis as Judas and Faith Jones as Mary. The tour also welcomes Grant Hodges as Caiaphas, Nicholas Hambruch as Pilate, and Kodiak Thompson as Annas.

Individual tickets for *Jesus Christ Superstar* range from \$81-\$125, including fees, and are on sale now at the Box Office at (916) 608-6888, or online at HarrisCenter.net. Box Office hours are Tuesday-Friday from 12:00pm-5:00pm, and one hour before showtime.

The Harris Center for the Arts is located at 10 College Parkway, Folsom, CA 95630.

For more information visit www.harriscenter.net/ ★

Sacramento Tall Club Memorial Scholarship Available

By Thomas J. Sullivan

SACRAMENTO REGION, CA (MPG) - Members of the Sacramento Tall Club (STC) affiliated with Tall Clubs International (TCI) are seeking outstanding eligible high school seniors throughout Sacramento, Yolo, Placer and El Dorado counties to apply for their competitive annual 2022-23 academic scholarship.

The number of submitted scholarship applications dropped off last year, said STC Club President Harry Lehman of Orangevale. STC did not award a local scholarship for the 2021-22 school year.

"We wanted to take an extra step to reach out to all high school districts throughout our region in a focused direct mail effort, and through the media to make sure that both public and private schools received this year's application materials in a timely manner.

"We recognize that the potential pool of eligible scholarship candidates across the Northern California region is quite large, and we wanted to take all steps possible to encourage high school seniors to apply."

TCI divides California geographically into four scholarship areas with membership of the Sacramento Tall Club responsible for student scholarship applications in some 29 inland counties, large and small, north to the Oregon border, Lehman said.

Locally, STC has provided scholarship materials to high schools in the San Juan Unified School District serving Citrus Heights, Folsom, Rancho Cordova, and Sacramento city and county high schools.

"The TCI scholarship application process is now completely entirely online," Lehman said.

"Typically, high school guidance counselors are aware of the STC and TCI scholarship program, but many may not be aware that our application process has completely changed," Lehman said.

Individual applicants can upload their application, current high school transcripts, reference letters, and personal photo to the TCI scholarship website at www.sacramentotallclub.org/scholarship starting January 1st where they will receive an immediate receipt email acknowledgment of their application and responses to any direct questions which they may have, Lehman said. STC scholarship applicants may also contact scholarship@sacramentotallclub with additional questions or for more information.

A complete summary of STC scholarship

application guidelines, sample essays and photos of current and past winners are also posted on the club website.

Every year, the Sacramento Tall Club awards academic scholarships to qualified and talented high school seniors who meet the tall club height requirements (at least 5'10" for women and 6'2" for men.) The annual STC scholarship award is dedicated in memoriam to former TCI and STC members, many of whom were big supporters of young scholars and their many talents and merits. Scholarship amounts can vary year to year.

Part of the scholarship application for each young person is to write an essay titled "What being tall means to me."

Completed essays, high school transcripts and all application materials submitted by area high school students graduating in the 2023-24 school year are due by March 1.

Local Sacramento Tall Club (STC) scholarship winners also compete for annual scholarships awarded by both Tall Clubs International (TCI) and by the non-profit Tall Clubs International Foundation. Annually, the TCI foundation awards scholarships of up to \$1,000 each.

While grade point average and test scores are especially important scholarship criteria, so too are participation in school activities and community involvement.

General membership in the social Sacramento Tall Club is open to men that are over six feet and women that are nearing that mark.

"We wish all our applicants our best in preparing their applications, and in their overall scholarship search," Lehman said.

The 2023 STC scholarship winner will be notified later in March 2024 by the club membership.

All signed STC scholarship applications should be submitted with a good headshot photo, preferably a senior graduation photo. Partial applications submitted online are not accepted, Lehman said.

The club also has a donations link to contribute to its scholarship fund at: www.sacramentotallclub.org/scholarship so that the dollar amount of student scholarship awards can be increased. Lehman said, "We're always looking for, and welcome support from the community to help the STC scholarship program grow and offer more scholarships to eligible students." ★

Sac Diocese to Seek Bankruptcy Protection, Facing over 250 Sexual-Abuse Cases

By Matthew Malone, MPG Staff Writer

SACRAMENTO, CA (MPG)

The Roman Catholic Diocese of Sacramento will seek Chapter 11 bankruptcy protection next year, Bishop Jaime Soto announced on Dec. 9, as it faces hundreds of lawsuits alleging child sexual abuse by clergy. The diocese oversees Catholic parishes in much of Northern California, including Sacramento County.

In a letter published online and distributed to parishioners at local churches, Soto said he expects to file for bankruptcy protection in March 2024.

"It is now clear to me that the only respectful, transparent, and fair way to address the substantial number of claims by those who have been abused by clergy and other members of the Church is to seek a court-supervised reorganization. This process will also allow me to sustain the sanctifying, teaching, and charitable work of the Catholic community in Northern California," the letter read.

Chapter 11 bankruptcy protection generally allows an organization to continue operating while negotiating with creditors to restructure its debts. The letter noted as much and said parishes and schools in the diocese "would continue their operations uninterrupted."

Soto said more than 250 lawsuits alleging abuse have been filed against the diocese. Without reorganization, "it is likely that not all the abuse victim-survivors would receive a fair consideration of their claim," he said, with available funds being "depleted" in the first



The Cathedral of the Blessed Sacrament, the seat of the Diocese of Sacramento, is seen in 2011. Bishop Jaime Soto has announced his intention to seek Chapter 11 bankruptcy protection on behalf of the diocese, in response to hundreds of lawsuits claiming clergy sexual abuse. Photo courtesy of Cathedral of the Blessed Sacrament - Sacramento, California by TravelingOtter used under CC BY-SA 2.0.

cases brought forward.

"Bankruptcy is a costly and lengthy process, but it also provides supervision and transparency for all the parties involved so that a fair resolution is offered to the victim-survivors of abuse," Soto continued. He expressed hope that the diocese would "emerge from this necessary, penitential exercise with greater resolve to be a humble sanctuary of holiness and healing for all the sons and daughters of God in Northern California."

Law Group Decries Plan

A law firm that represents people alleging clerical abuse, including cases in the Sacramento diocese, criticized the decision.

"On behalf of the many survivors who were gravely hurt, we react with deep disappointment in the choice made by the Bishop of Sacramento to seek bankruptcy protection from accountability," Jeff Anderson and Associates said in a press release. "We know from all the work

we have done with survivors across the country that bishops and dioceses have continuously utilized Chapter 11 to shamefully protect themselves."

The release said other dioceses have used bankruptcy filings to delay court cases and prevent "full disclosure."

"The Diocese might change, but their motivations for filing bankruptcy remain the same – the desire to protect their reputation and their assets, no matter the moral expense," attorney Jeff Anderson said in a statement.

The Sacramento diocese is the fourth in California to seek bankruptcy protection after a wave of sexual-abuse claims under state Assembly Bill 218. The legislation took effect in 2020 and extended the statute of limitations on childhood sexual abuse, allowing much more time for accusers to come forward after reaching adulthood.

The other dioceses filing for Chapter 11 protection are Santa Rosa, San Francisco and Oakland. ★

Board Approves Regulations for Converting Wastewater to High Quality Drinking Water

State Water Resources Control Board News Release

SACRAMENTO, CA (MPG) - Further advancing the Administration's all-of-the-above Water Supply Strategy to make California more resilient to hotter, drier conditions, the State Water Resources Control Board approved regulations on Dec. 19, 2023, that will allow water systems to develop treatment protocols to convert wastewater into high quality drinking water.

The board's unanimous vote gives California the most advanced standards in the nation for treating wastewater to such an extent that the finished product meets or exceeds current drinking water standards. Known as direct potable reuse, the process will enable water systems throughout the state to generate a climate-resilient water source while reducing the amount of wastewater discharged to rivers and the ocean. In fact, recycling water allows water systems to add millions of gallons of additional drinking water to their supplies over time while avoiding costlier and more energy intensive water supplies.

"This is an exciting development in the state's ongoing efforts to find innovative solutions to the challenges of extreme weather driven by climate change," said E. Joaquin Esquivel, chair of the State Water Board. "On top of helping us build drought-resilient water supplies, direct potable reuse offers energy savings and environmental benefits. And most importantly, these regulations ensure that the water produced is not only safe, but purer than many drinking water sources we now rely on."

The final version of the regulations came

together over many years and after an expert panel of 12 scientists and engineers evaluated work by the board's Division of Drinking Water and determined the standards are protective of public health. Proposed regulations were released to the public in July; board staff gathered public comment and made adjustments based on that input. These revisions include added flexibility for alternative treatment techniques and clarifications about the collaboration among partner agencies on reuse projects.

Direct potable reuse relies entirely on immediate, multi-barrier treatment that can recycle wastewater to drinking water standards in a matter of hours. This contrasts with the method currently being deployed in major projects launched throughout the state, called indirect potable reuse, which further improves treated wastewater over time through groundwater recharge or dilution with surface water. While no formal direct potable reuse projects could be initiated in California until the regulations were adopted, water agencies in Santa Clara, San Diego and the city of Los Angeles have launched pilot projects in recent years.

The newly adopted regulations comply with California's Safe Drinking Water Act, which ensures that the water delivered by public water systems in California shall at all times be pure, wholesome, and safe to drink.

Once the new regulations are finalized through the Office of Administrative Law in 2024, water systems can submit plans for direct potable use projects to the board for approval.

More information about direct potable reuse can be found on the board's website. ★

Kings Korner

By V.G. Harris



With the new year looming, one thing is for certain, the Sacramento Kings are headed for another winning season.

I enjoy the banter I hear from fans around me as to whether this team can surpass the 48 wins of last season, and it seems to be somewhat split.

Many are still searching for answers, regarding the ever changing rotation from off the bench, and in particular how Davion Michell has found himself on the far end of that bench.

Chris Duarte and Keon Ellis are eating up valuable minutes while Mitchell sits.

From a fan favorite to nearly nonexistent is difficult to understand, and getting in 2 minutes at garbage time seems a little unfair.

The Kings have spent 2 years bringing Mitchell along and building his confidence, and sitting for multiple games without ever getting off the bench runs the risk of eroding the very confidence they've worked so hard to create.

More complexing than coach Brown's rotation, however, is the inconsistency of the team.

While the Kings 17-11 record finds them squarely in 4th place in the western conference, the blowout losses are a conundrum to say the least. Losses by 45 points on our home floor to the Celtics, and multiple double digit losses to the Clippers, have left many scratching their heads.

This same team has defeated the defending NBA champion Nuggets, along with Suns, Jazz, and Thunder by convincing scores.

So, how do we prevent the blowout losses? If you're like me, I look no further than who is coming off the bench.

Without question Malik Monk will get his well deserved minutes, but Trey Lyles is good enough to be a starter, and is having to fight less talented teammates for minutes off the bench.

To some degree, this argument goes on with ever NBA team, but I'm convinced that expanded minutes for both Trey Lyles and Davion Mitchell would

benefit this team greatly, and along with Malik Monk, I believe these three players should be the first off the bench every game.

Part of the mystery is the inconsistency as to who is coming off the bench game after game. From Colby Jones, to recent acquisition Juan Toscano-Anderson, I never know what to expect.

Sasha Vezenkov has shown moments that make everyone smile, but coming from the Euro league to the NBA is transition that takes time, and here I give coach Brown some credit. For the most part Sasha is seeing playing time every game, and although his 3 point shooting has been erratic at times, his defense and quick hands have been improving noticeably.

As we come closer to the trade deadline, I am hearing pundits bantering the name of Keegan Murray around. I for one think this would be a mistake. Keegan had a slow start this season but has recently found his stroke, and actually set an NBA record by hitting 11 three's in a row!

Keegan has the makings of an all-star, so I for one would like to give him that opportunity in a Kings uniform.

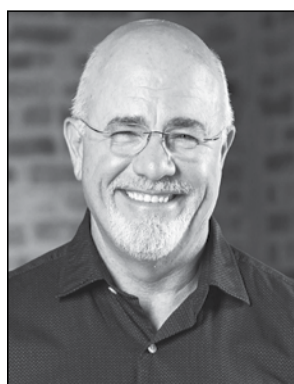
I see our current team as it's comprised today, as going beyond the first round of the playoffs, and after that it's anyone's guess.

Let's hope for some semblance of normality with the bench rotation, and enjoy this very entertaining team!

Our bookends of Domantas Sabonis and De'Aaron Fox, deserve to be all-stars for a second straight season, and both bring their best efforts to the hardwood every night.

Every team needs leaders that will set the example, and after suffering through a decade with the likes of dour Demarcus Cousins, Domantas Sabonis is welcome change in the post.

I wish all of you die hard Kings fans a happy and prosperous new year, and let's collectively root this team into the playoffs! ★



For Starters, Have A Plan

Dear Dave,

My mom and dad always told me to live within my means. As an adult, I've made some mistakes with money, including falling right back into debt after paying off everything. I'm tired of this rollercoaster, and I want to get control of my finances for good. Can you give me some advice on where to start?

– Melissa

Dear Melissa,

It's frustrating, isn't it? But making mistakes with money means just one thing. It means you're human. We've all done it. Think about this, though. We're approaching a traditional time of the year for changes. On top of that, you're smart enough to have realized what you've done in the past hasn't worked.

Believe it or not, I was once in the exact same spot you are now. When it

Dave Ramsey Says

happened to me, there were three pieces to the puzzle that helped me break the cycle. One was fear. Specifically, I was scared to death that I wouldn't be able to take care of my family, and that I'd retire broke. Now, don't misunderstand me. No one should live their lives in fear. But a healthy, reasonable level of fear can provide needed motivation.

Another was disgust. I realized what I was doing was stupid. I was tired of living that way, and I made a conscious, purposeful decision that things were going to be different.

The third piece, and maybe the most important because it's connected to our spiritual walk, was contentment. We live in a society that's constantly having the idea that we'll be happier, or more successful, or more admired, if we'll only buy this or that product. We're constantly marketed to, and when we have this stuff in our faces day after day, we can become unsatisfied with just about every aspect of our lives. Don't let it drag you down. It's all just an illusion.

One of the things I did to combat this, was to start living on a strict, written, monthly budget. Also, I

stopped going places where I was tempted to spend money. You shouldn't give a drunk a drink, right? So, don't put yourself in a bad situation when it comes to your behavior with money. If you go wandering through the mall without a specific plan, you'll lose every single time.

When you go to the store make a list of only the things you need. On top of that, take only enough cash with you to buy what you need. If you can walk in and back out without buying a bunch of stuff that wasn't on your list, it's a win. Every time you do this, it's another win and another step away from your old habits and in the right direction.

You can do this, Melissa. God bless you.

– 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 Ramsey Solutions ★

Social Security Matters

Are Spousal Benefits Always a Factor?



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: Both my wife and I have worked our entire lives. When we retire, will we both be entitled to full benefit amount each, or will there always be a spousal factor in there? Also, how are those benefits calculated - based on your highest salaries throughout your career, or your ending salaries when you retire? **Signed: Looking Ahead**

Dear Looking: Prior to retiring from work is a smart time to investigate how Social Security will fit into your golden years. To answer your second question first, each person's personal SS retirement benefit is based on the highest earning 35 years over their entire lifetime, with earlier years adjusted for inflation. The person's Average Indexed Monthly Earnings (AIME) - essentially the person's lifetime average inflation-adjusted monthly earnings amount - is first determined. Using AIME, the person's Primary Insurance Amount (PIA) is calculated using a special benefit formula which

will yield a PIA of about 40% or less of the person's AIME. The PIA is the amount received if benefits start in the month full retirement age or "FRA" is attained (as you can see, Social Security likes acronyms).

Since you and your wife were both born after 1959, FRA for both of you is 67. The age when you claim benefits, relative to your FRA, determines how much you'll get. Claim before FRA and your benefit is reduced; claim after your FRA and your SS retirement benefit will be more (up to age 70 when maximum is reached); claim at your FRA and your benefit will equal your PIA - the full (100%) amount you've earned from a lifetime of working.

Spouse benefits only come into play if the PIA for one of you is less than 50% of the other's PIA. In that case, the spouse with the lower PIA gets a "spousal boost" to their own SS retirement benefit when claimed. The amount of the "spousal boost" will be the difference between the lower PIA and half of the higher PIA, but the amount of the "spousal boost" (as well as the person's own SS retirement amount) will be reduced if benefits are claimed before full retirement age. Any time SS benefits are claimed before full retirement age, those benefits are permanently reduced.

If one spouse is entitled to a "spousal boost" from the other, the spousal amount will reach

maximum at the recipient's full retirement age. Thus, if the lower earning partner's highest benefit will be as a spouse, then that spouse should not wait beyond their FRA to claim. If, instead, the lower earning partner's own SS benefit at age 70 is more than their spousal amount, waiting longer than FRA to claim could be prudent, depending on life expectancy.

So, as you can see, deciding when to claim Social Security benefits should consider many things, including financial need, work status if claiming before FRA, marital status, and life expectancy. But it is your lifetime earnings which determines your SS retirement benefit amount, and it is how your FRA entitlements compare to each other that determines whether spousal benefits will be paid.

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Copy Editor – We are seeking a part-time copy editor for our newspaper group. This position works in the Carmichael office and works directly with Editor. Work hours are flexible between 8:30 to 5:00 Monday through Friday. Previous editing experience is required.

City Reporter – We are seeking a part-time City Reporter for our newspaper group. This position may be assigned to work in the Carmichael office or another area office and works directly with the Editor. Work hours are flexible depending on assignments. Previous reporting experience is required.

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

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

Newsstand Delivery Driver – We are seeking a part-time Newsstand Delivery Driver for our newspaper group. This position works from the Carmichael office and delivers to our locations in the West Sacramento/Sacramento Region. Work hours are from 8:30 to 5:00 Thursday and/or Friday. Must be able to lift and move bundles of newspapers without assistance. You must have a reliable vehicle. This is an independent contractor position.

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Dare to Live Without Limits

by Bryan Golden

What Do You Ask For?



Everyone asks for something. Some things you intentionally request. Other things you seem to get without asking. For example, I'm sure you've heard the expression that someone is asking for trouble. Since no one really wants adversity, this request is invariably made subconsciously. Another common expression is to be careful about what you ask for, because you may get it.

It's helpful to understand the power of asking. Many people don't fully recognize or appreciate this force. They are far too complacent regarding the impact of their thoughts and actions. Surprisingly, there may be little or no awareness of what they are asking for.

Your requests are extremely potent. They are mental seeds attempting to grow to reality. Your mind is impartial; it doesn't care whether you ask for good or bad things. Therefore, you have to be cognizant of what you want, as well as what you ask for.

Only ask for that which you want. If you don't know what you want, how can you decide what to ask for? Even if you haven't identified what you want, your thoughts are not idle. Your mind will be asking for things, but without any direction.

Just as important as understanding what you want, is understanding what you don't want. Avoid asking for failure and problems. Asking can be in the form of thoughts or actions. You ask for problems by engaging in behavior destined to produce undesirable results.

A person who habitually overeats is asking to be heavy. Someone who turns to alcohol, when faced with adversity, is asking to compound their problems. An employee who is consistently late for work is asking to be fired. A dishonest individual is asking for a life of deceit. The person who mistreats others is asking for few, if any, friends.

If you are not asking for anything

specific, you are taking a passive role in your future. You don't want to go through life as a spectator, content with whatever the wind blows your way. Only by being proactive, will you be able to influence the direction of your life.

If you are receiving things you don't want, you have to ask for something else. Where you are now, and what you have, is a consequence of previous requests. Consciously ask for what you do want. Adjust your thoughts and behavior to attract the desired results.

It is never too late to ask for something different. You have freedom of choice. When you ask for something, it should be with conviction. Ask for things you really desire. Don't ask for things that cause misfortune to others.

Be sure you really want what you are asking for. Avoid asking for things flippantly. When you ask for something, you begin a chain of events. It starts with a thought and continues with behavior designed to get what you ask for.

Ironically, it's easier to ask for and get what you don't want. It's easier to get fired than to get hired. It's easier to destroy a relationship than to keep it going. It's easier to let yourself go to pot than to stay healthy. That's one of the reasons you have to be selective in what you ask for.

Do you know what you are asking for? If not, take a good look at what you are thinking and doing. Ask only for what you want. Avoid requesting anything undesirable.

NOW AVAILABLE: "Dare to Live Without Limits," the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnist.com or write him c/o this paper. ©2023 Bryan Golden ★

California's Push For Labor Laws Can Have Negative Consequences For Workers



By Dan Walters, CALMatters.org

When the federal government and state governments passed laws governing wages, working hours and other workplace conditions prior to World War II, agricultural labor was exempted.

Many years later, after the 40-hour work week became standard, California's Industrial Welfare Commission decreed that farmworkers could work up to 10 hours a day or six days a week before overtime pay kicked in.

In 2016, however, years of lobbying by unions and other groups finally paid off when the Legislature decreed that the eight-hour day and 40-hour work week for agricultural labor would be phased in. Then-Gov. Jerry Brown signed the legislation, Assembly Bill 1066, despite warnings from farm groups that it would disrupt their industry.

Recently, the University of California's Cooperative Extension branch, which researches agricultural issues, released a study indicating that having a 40-hour work week has not been as beneficial to farmworkers as its sponsors promised.

Alexandra Hill, an assistant professor at UC Berkeley, concluded that many workers who had hoped for a cornucopia of overtime pay saw their

incomes reduced when employers limited them to 40 hours a week. Her study found that many workers experienced reductions in the \$100-\$200 range each week because farmers could not automatically pass on overtime costs to their customers.

"It's really important to think carefully about how we can best implement policies that really benefit the people that we're trying to (help)," Hill told The Sacramento Bee.

Hill's research exemplifies the phenomenon of unanticipated consequences that often afflicts political actions. Legislators may have thought they could help farmworkers by giving them a 40-hour workweek but failed to consider the potential downsides when applied in the real world.

In recent years, the Legislature has been particularly prone to passing laws affecting workplace conditions – not surprisingly, given the close relationship between the Capitol's dominant Democrats and labor unions, which seek benefits they are unable to achieve in unionization drives or negotiations with employers.

The most spectacular example was 2019 legislation that severely limited employers' ability to use contractors, in effect converting several million workers to payroll employees.

Hill's study was released just months after the Legislature had set new minimum wages for the fast food and medical care industries, \$20 per hour for the former and \$25 for the latter, to dampen threats of ballot-box wars.

As with the 2016 law on farm labor, unions and other advocates of the new minimum wages said they would lift workers in the affected industries out of poverty.

"Today California is putting a stop to the hemorrhaging of our care workforce by ensuring health care workers can do the work they love and pay their bills – a huge win for workers and patients seeking care," Tia Orr, executive director of SEIU California, told CalMatters.

However, there will be real world impacts.

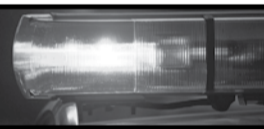
Fast food franchisees will adjust by hiring fewer workers, raising prices or adopting more technology, such as the self-serve kiosks now common at McDonald's.

One effect of the health care wage bill has already surfaced. When it was passed, legislators were not given any estimates of the financial impact, but after Gov. Gavin Newsom signed the measure, his administration said it would cost the state budget, which has a \$68 billion projected deficit, about \$4 billion a year split 50-50 between state and federal taxpayers. And that doesn't include the multibillion-dollar impact on private health care providers and insurers.

On one level, it's perfectly understandable why politicians would like to raise wages for some of the state lowest paid workers. But they shouldn't ignore the potentially negative effects of their actions.

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

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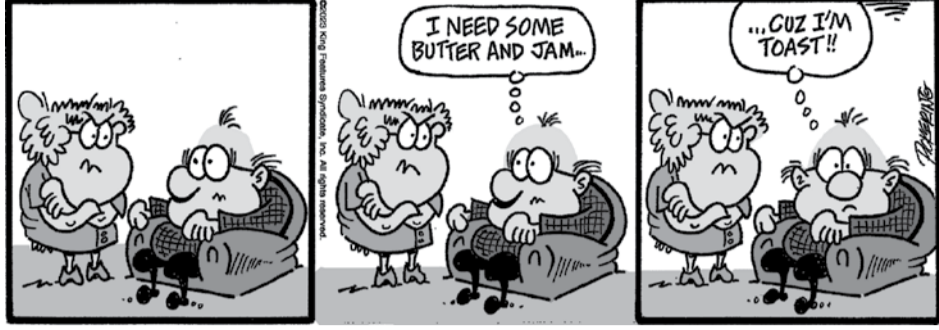
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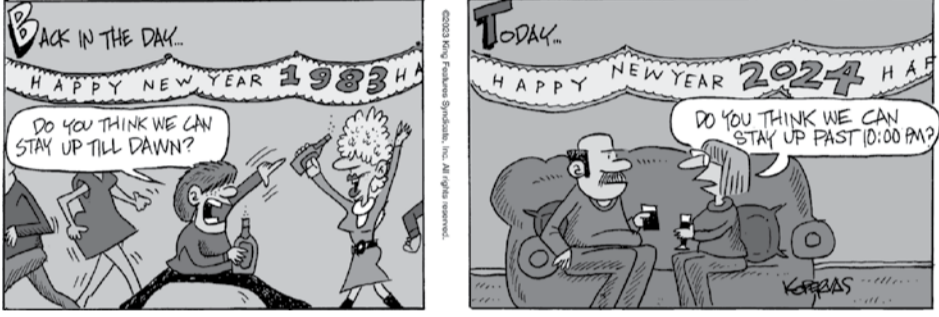
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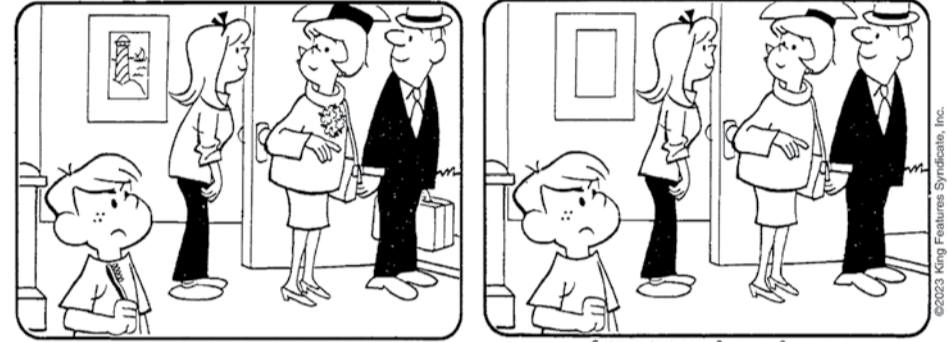
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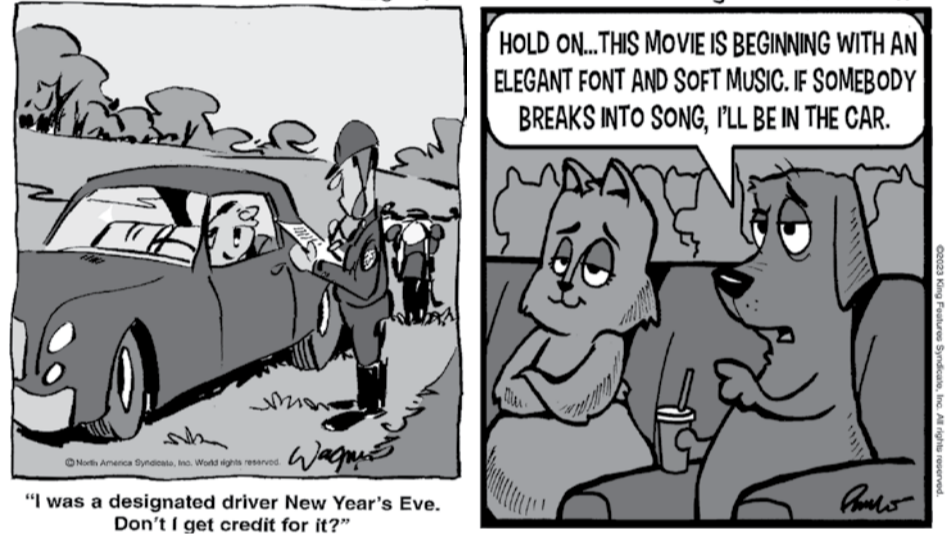
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 16. She turned to stone, Greek mythology
 17. Barn call
 18. L in AWOL
 19. *Zodiac sign for those born on Halloween
 21. "Ford "Zodiac"
 23. Cash machine, acr.
 24. Island
 25. Short for although
 28. Cul de ____, pl.
 30. Owing something (2 words)
 35. Argo's propellers
 37. Mature
 39. Passed
 40. Guilty, e.g.
 41. Presidential promises, e.g.
 43. Those against
 44. Waker-upper
 46. Skin infection
 47. King of beasts
 48. *1960s California serial killer
 50. Address a deity
 52. Short for ensign
 53. Hoodwink
 55. New Zealand parrot
 57. *Fish sign
 60. *Half man/half horse sign
 64. Blood vessel
 65. This is well if it ends well

DOWN
 1. Sun kisses
 2. Colossal
 3. Pest command
 4. *Zodiac sign or Don DeLillo's 1988 novel
 5. One who is skilled at something
 6. Visual presentation
 7. "Four score and seven years ____"
 8. Dora the Explorer's simian friend
 9. Court petitioner
 10. Genesis twin
 11. RPMs
 12. Extra charge
 15. Like a native speaker
 20. Insect, post-metamorphosis
 22. Prince in Disney's "Aladdin" movie
 24. Heavy hydrogen, e.g.
 25. *Birthstone for some born under Scorpio or Sagittarius
 26. Hello, alt. sp.
 27. Mountain nymph
 29. *Cancer crustacean
 31. Lentil soup
 32. Golfer Els
 33. Take a chance (2 words)
 34. *Gemini
 36. Delhi dress
 38. Sound of a fan

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California Slips in National Ranking of Judicial Hellholes

NFIB California News Release

SACRAMENTO, CA (MPG) - The American Tort Reform Foundation today released its latest Judicial Hellholes report showing California now the third worst jurisdiction in the nation, a two-place drop from its previous perch at No. 1 in last year's report.

"It's nice to see California drop a few rungs on the Judicial Hellholes ladder," said John Kabateck, California state director for the National Federation of Independent Business (NFIB), the state's leading small business association. "But it wasn't because our Legislature tried. Business owners, especially small business owners, still are in the crosshairs of the most egregious PAGA, Prop. 65, ADA, and now Consumer Privacy Act lawsuits, which give trial attorneys full rein to sue Main Street employers."

PAGA, the Private Attorneys General Act, comes in for justified criticism in the Judicial Hellholes report, the California section of which begins on Page 30, but just as troubling is the "Trial Lawyers' Newest Statutory Gold Mine" section (Page 33), which forewarns:

"On January 1, 2023, the California Privacy Rights Act of 2020 (CPRA) went into effect. This Act replaced the California Consumer Privacy Act (CCPA) and addressed some of the CCPA's ambiguities. It eliminates a business' 30-day window to cure, grants new rights to consumers, and increases business's

contractual obligations. It also creates the California Privacy Protection Agency to enforce the CPRA, which will fine businesses \$2,500 for violations and \$7,500 for intentional violations and those involving a minor. While the Act took effect in 2023, it applies to data collected beginning on January 1, 2022. In July, California Attorney General Rob Bonta announced that his office was doing an 'investigative sweep' of all large employers in the state to ensure they are in compliance with the Act. Apart from the attorney general investigations, consumers can sue for cash awards following a data breach without proving an actual injury, making it easy for trial lawyers to bring massive class actions. The law also provides for treble damages and attorneys' fees, creating a large incentive for the plaintiffs' bar to file lawsuits."

From the Executive Summary, "Endless Prop-65 litigation targets a variety of industries and no-injury Private Attorney General Act (PAGA) and Americans with Disabilities Act (ADA) accessibility lawsuits bog down business. The state's unique Lemon Law is a gold mine for plaintiffs' lawyers and arbitration is under attack in both the courts and the legislature. California also is at the forefront of the environmental litigation battle."

Keep up with the latest on California small-business news at www.nfib.com/california or by following NFIB on Twitter @NFIB_CA or on Facebook @NFIB.CA. ★

Sacramento County Opens 2nd Safe Stay Shelter



The second cabin-style shelter campus has opened after approval by the Board of Supervisors at 7001 East Parkway, in the parking lot of the County's Department of Health Services. From left to right: Brad Fieldhouse – Executive Director City Net; Jessica Bruce – City Net; Emily Halcon – Director of Department of Homeless Services and Housing; Rich Desmond – County Supervisor District 3; Patrick Kennedy – County Supervisor District 2; Ann Edwards – Outgoing County CEO; David Villanueva – Incoming County CEO; Kelli Bennett – CEO of Community Health Works and Tim Lutz – Director Department of Health Services. Photo courtesy of Sacramento County

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - On Thursday, December 14, 2023, Sacramento County Supervisor Patrick Kennedy cut the ribbon on the County's second Safe Stay Community for people experiencing homelessness. The sleeping cabin-style shelter campus has a capacity of 56-34 single cabins and 11 double occupancy cabins and was approved by the Board of Supervisors in June 2022. The Safe Stay is located at 7001 East Parkway, in the parking lot of the County's Department of Health Services.

"I'm thrilled to open up a second Safe Stay Community in my district." Said District 2 Supervisor Patrick Kennedy "We've already had really positive results at our first location – both for the guests and the neighborhood, that I'm hopeful we'll see an immediate impact once this opens next week."

WHAT CAN GUESTS EXPECT?

On-premises guests can use the bathroom and shower trailers, laundry services and eat three meals a day in the common area. The campus also has a pet relief area, a computer lab, an entertainment space, employment development and housing-focused case management. Guests will also connect with transportation resources for off-site needs such as medical appointments or jobs.

Each cabin is outfitted with a bed that folds down from the wall, two storage containers, basic toiletry supplies, a desk and chair, overhead light, HVAC, power outlets, smoke alarm and fire extinguisher and a locking door. Cabins also have enough space to accommodate a dog bed or pet crate. The campus has storage containers for possessions that do not fit in the sleeping cabins.

The East Parkway Safe Stay community is operated by City Net. City Net is also running the County's first Safe Stay Community on Florin and Power Inn. The Florin Safe Stay opened in August 2023, has served 137 people, 32 pets and had five people exit to permanent housing.

HOW ARE GUESTS REFERRED?

The East Parkway Safe Stay Community is currently a closed referral process, through homeless services providers engaging with people living outside near the shelter. Existing street outreach providers will engage with people living outside to evaluate what services and shelter programs they are eligible for and that will best meet their needs.

People experiencing homelessness and looking for shelter resources should contact the Housing Crisis Line by calling 2-1-1 and pressing 8 or the toll-free number at 1-844-546-1464.

HOW CAN THE COMMUNITY GET INVOLVED?

City Net accepts in-kind donations by appointment only. To schedule a



The newly opened sleeping, cabin-style shelter has the capacity of 56-34 single cabins and 11 double occupancy cabins available for individuals experiencing homelessness. Photo courtesy of Sacramento County



Each cabin is outfitted with a bed that folds down from the wall, two storage containers, basic toiletry supplies, a desk and chair, overhead light, HVAC, power outlets, smoke alarm and fire extinguisher and a locking door. Photo courtesy of Sacramento County

donation drop-off or volunteer, email getinvolved@citynet.org.

Accepted donations include, but aren't limited to:

Hygiene supplies (shampoo, conditioner, body wash, toothbrushes, toothpaste, feminine hygiene, incontinence supplies, etc.); NEW emergency clothing staples (t-shirts, sweats/shorts, socks, undergarments, etc.) Gift cards of various values; Animal supplies (dog food, cat food, toys, collars, leashes, beds)

The minimum age for volunteers is 18 years of age. Each volunteer must complete a volunteer application/waiver and be cleared prior to arrival. No walk-up volunteers will be permitted on-site.

Looking for a job? City Net is hiring! Be part of positive change in Sacramento. Review the Safe Stay FAQs at schs.sac-county.gov/Documents.

Read the Client Flier for more information on amenities and guest requirements. ★

SMUD Partners with Cub Scouts to Recycle Christmas Trees

SMUD News Release

SACRAMENTO REGION, CA (MPG) - Give your Christmas tree the proper holiday send-off. Instead of tossing it in the trash, recycle it. You'll be doing our local landfills a big favor.

SMUD is once again partnering with local Cub Scout Pack 128, who will be picking up trees on Dec. 30 and Jan. 6, 2024, from their local area and bringing them to SMUD to mulch for free.

As one of the Cub Scouts main fundraisers of the year, they collect trees from residents in East Sacramento neighborhoods for a donation and SMUD turns them into mulch. This helps fund many community service and learning projects throughout the year for the Cub Scout Pack.

Community members are welcome to bring their trees for recycling themselves to the SMUD Corporation Yard, 6100 Folsom Boulevard, Sacramento on Jan. 6, 2024, between 8 a.m. and 3:30 p.m., as well as at other designated locations.

Please remove all tinsel, lights, tree stands and nails. Flocked trees will not be accepted.

North Area Recovery Station* 4450 Roseville Road, Saturday, Jan. 6 & Sunday, Jan. 7 | 8 a.m. to 6 p.m.

Kiefer Landfill* 12701 Kiefer Boulevard: Saturday, Jan. 6 & Sunday, Jan. 7 | 8:30 a.m. to 4:30 p.m.

Elder Creek Recovery & Transfer: 8642 Elder Creek Road, Saturday, Jan. 6 | 8 a.m. to 3 p.m.

Sacramento Recycling & Transfer Station: 8491 Fruitridge Road, Monday - Saturday, Dec. 26 - Jan. 6 | 8 a.m. to 5 p.m.

Folsom - Dan Russell Rodeo Arena: Rodeo Park, end of Stafford Street, Saturday, Jan. 6 | 9 a.m. to 1 p.m.

*If you have more than five trees, you need a voucher and must follow Sacramento County's Holiday Tree Recycling Program rules for them to be accepted for free.

SMUD provides mulch for free to its customers for use in landscape projects, gardens, playgrounds, parks and homes throughout the year. To pick up chips, be sure to bring your own tools to load the chips and bags to carry them in or a tarp to cover a pickup load from 6100 Folsom Boulevard, Sacramento. ★

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Service Disruptions Begin for New Low-Floor Train Platform Construction

SacRT News Release

RANCHO CORDOVA, CA (MPG) - Effective Monday, January 8, 2024, SacRT will begin full platform modifications at the Sunrise Station. Rather than a complete closure of the station, SacRT will implement a phased approach, closing only one side of the station platform at a time on weekdays. Full weekend station closures with bus bridges will also be in effect.

Below is the schedule for

January 2024; however, the schedule is subject to change due to weather and/or other impacts.

Gold Line Station Closures at Sunrise Station

Monday, January 8 – Friday, January 12 (Sunrise Station Outbound Side Closed)

The Sunrise Station outbound platform (trains headed toward Historic Folsom) will be closed for boarding and deboarding.

Weekend of January 13 and 14 (Sunrise Station Closed

– NO light rail service)

Gold Line: Bus bridge (shuttle buses between stations) between Cordova Town Center Station and Historic Folsom Station.

Monday, January 22 – Friday, January 26 (Sunrise Station Inbound Side Closed)

The Sunrise Station inbound platform (trains headed toward Sacramento Valley Station) will be closed for boarding and deboarding.

Weekend of January 27 and

28 (Sunrise Station Closed – NO light rail service)

Gold Line: Bus bridge (shuttle buses between stations) between Cordova Town Center Station and Historic Folsom Station.

SacRT will continue full station platform construction at a different Gold Line station each month through July 2024. Learn more about the project at sacrt.com/stationclosures. Customers are encouraged to download the free Alert SacRT app (Google

Play and the App Store) to stay informed.

As a reminder, starting Tuesday, January 2, 2024, light rail service on the Gold Line is not available between Iron Point and Historic Folsom Stations for the Folsom 15-Minute Service Project, which is adding a passing track at Glenn/Robert G. Holderness Station to provide 15-minute light rail service to all Folsom area stations. Learn more at sacrt.com/Folsom15.

Happy Holidays

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- Gold Medal All Purpose Flour 5 lbs \$5.99/ea
- El Mexicano Pinto Beans (frijol pinto) 4 lbs \$5.99/ea
- 123 Vegetable Oil 1 Gallon \$14.99/ea
- Martini's Sparkling Ciders 25.4 Ltr \$3.99/ea

ASIAN GROCERY

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- Pinto Beans 400 g & 500 g \$3.29/ea
- White King Cake Mix (pinto de hielos) 400 g & 500 g 99¢/ea
- Tropical Farm Coconut Milk 13.5 Ltr \$2.99/ea
- Taste Nirvana Thai Tea 16.2 Ltr \$2.99/ea

EUROPEAN GROCERY

- Ahmad Tea Green Tea (20 t/b included) 100 T/B \$6.99/ea
- Romanian Zacaca (traditional) 19 oz \$4.99/ea
- Polinka Sour Cherry Compote 56 oz \$6.99/ea
- Khutorok Ginger Bread 500 gr \$3.49/ea
- Sesame Snack 100 gr \$1.49/ea

FROZEN & FISH DEPT

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- Baby Octopus 2 lbs REG. \$12.99/ea \$8.99/ea

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- Wang Hwangrye Rice 2 kinds 15 lbs \$11.99/ea
- Asu Cityn Tea 1 kg \$5.99/ea
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- Hot Chicken Ramen 2 kinds 120 g \$5.99/ea
- Wang Go chun Jang 300 g \$2.99/ea
- Doer Andler Red Gingers Premium 60x30ml \$5.99/ea
- Korean Pancake Fryin Mix 1 kg \$2.99/ea
- Cake Korean Traditional 300 g \$2.99/ea
- Pacific Seary Boiled 2 kinds 400 g \$3.99/ea
- White Snow Rice Cracker 303 g \$2.99/ea
- Keuple Rice Cracker 1764 oz \$3.99/ea
- Ungs Soud Sauce 11.8 oz \$2.99/ea
- Kodoya Roasted Sesame Oil 56 oz \$15.99/ea

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- ELECTRIC RICE COOKER (5 CUP) \$5.49/ea
- ELECTRIC RICE COOKER (10 CUP) \$5.99/ea
- ELECTRIC BBQ GRILL \$39.99/ea
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- Pork Tenderloin \$4.99/lb
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- Great Value: Beef Ribeye Steak - Boneless \$7.99/lb
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- 40 lb Case \$55.99/ea
- Pork St. Louis Ribs - Single Pack \$2.99/lb
- Pork Tenderloin Boneless \$2.99/lb
- Pork Loin Roast Boneless \$2.99/lb
- Boneless/Skinless Chicken Breasts \$1.49/lb
- Pork Tenderloin Boneless \$2.99/lb
- Pork Loin Roast Boneless \$2.99/lb

FROZEN & FISH DEPT

- Dried Pollack 200 g REG. \$16.99/ea \$12.99/ea

EUROPEAN DELI

- Columbus Applewood Ham \$7.99/ea
- Pied Olive Medley \$4.99/ea
- Columbus Beef Pasterni \$12.09/ea
- Green Olives Stuffed with Almonds \$5.99/ea

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