



Start the New Year by Adopting a Pet

PAGE 3

"I HAVE A DREAM THAT MY FOUR LITTLE CHILDREN WILL ONE DAY LIVE IN A NATION WHERE THEY WILL NOT BE JUDGED BY THE COLOR OF THEIR SKIN BUT BY THE CONTENT OF THEIR CHARACTER."

- MARTIN LUTHER KING, JR., A TESTAMENT OF HOPE: THE ESSENTIAL WRITINGS AND SPEECHES



AMERICAN RIVER Messenger

VOLUME 19 • ISSUE 1

Serving Fair Oaks, Orangevale & Sacramento County

JANUARY 12, 2024

SEE INSIDE

VILLANUEVA APPOINTED COUNTY EXECUTIVE



PAGE 2

CHP NEW TRAFFIC SAFETY LAWS



PAGE 5

DRUMMING UP HARMONY



PAGE 4



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

PRSRD STD. U.S. POSTAGE PAID CARMICHAEL, CA PERMIT NO. 350 OR CURRENT POSTAL CUSTOMER

Salmon Circle of Life



Carmichael's iconic water tower is a sentinel near a newly established salmon nesting habitat near Ancil Hoffman Park. Biologists Maeghen Wedgeworth and Matt Ziemer drop markers prior to measuring underwater nests.

Story and photos by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - Within weeks of a \$3.6 million Water Forum project completion in October, giant chinook were spawning in new gravel beds beside Ancil Hoffman Park.

At the peak of the fall American River salmon run, biologists commissioned by the Forum counted more than 100 new redds (nests) in river reaches that have been less than hospitable for spawning for decades. Salmon were digging



Adult salmon die soon after reproducing. Biologists Maeghen Wedgeworth and Matt Ziemer examine a chinook corpse in river shallows.

nurseries when this reporter joined the survey of six augmented acres at Upper River Bend. After salmon, steelhead will use

the same breeding habitat. Another species benefitted by the project is Pacific Lamprey, that breed in the same habitat.

"Monitoring is important" explains Kirsten Sellheim, senior scientist for Cramer Fish Sciences. "We bring what we learn into the next project design. In spring, we'll do more monitoring here to learn how juvenile fish are using side channels that were part of this project."

"River bend is further downstream from most of the Water Forum's past projects. Close to Nimbus Dam, spawning areas get crowded; this can reduce embryo survival. With the River Bend project, we're trying to spread out spawning opportunities."

Continued on page 3

Gregg Fishman Elected SMUD Board Vice President



New SMUD Board Vice President, Gregg Fishman. Photo courtesy SMUD

SMUD Press Release

SACRAMENTO, CA (MPG) - SMUD's Board of Directors elected Gregg Fishman as Vice President of the Board, effective January 1, 2024, through December 31, 2024. Gregg was first elected to the SMUD Board of Directors in January 2015 and represents Ward 3, which includes East Sacramento, much of the Arden-Arcade area, and the Campus Commons, College Glen, and Rosemont neighborhoods, as well as parts of Carmichael, Florin, Fruitridge and Vintage Park.

Vice President Fishman has been a clean energy advocate for much of his career. As a former SMUD employee, he promoted wind and solar energy when they were in their infancy. At the California Independent System Operator, he led public engagement efforts supporting new wind energy farms in California. As President of the SMUD Board in 2018, he led the utility in passing its Integrated Resource Plan, hailed by the California Energy Commission as "... an ambitious road map for lowering greenhouse gas emissions in the Sacramento region."

In his varied career, Gregg was a news reporter and anchor at KFBK and KGO Radio, a public information officer at SMUD and the California Independent System Operator (California ISO), and communications coordinator for the California State Association of Counties. He currently works at Sacramento Regional Transit as the Sr. Community Relations Officer.

Gregg is an active volunteer with the Sacramento Tree Foundation and has led a neighborhood effort that has planted more than 2,000 new trees since 2001. He received an award from the MLK 365 organization for helping to make it easier to remove racially restrictive covenants from local property records. He is a 25-gallon blood donor and a frequent volunteer master-of-ceremonies for Project Ride in Elk Grove.

Gregg is a graduate of California State University, Sacramento with a bachelor's degree in journalism. He and his wife live in Arden Park and are the parents of two daughters. ★

First Snow Survey of the Season Finds Below Average Conditions

DWR Special Release

SACRAMENTO, CA (MPG) - The Department of Water Resources (DWR) conducted the first snow survey of the season on January 2, 2023, at Phillips Station. The manual survey recorded 7.5 inches of snow depth and a snow water equivalent of 3 inches, which is 30 percent of average for this location. The snow water equivalent measures the amount of water contained in the snowpack and is a key component of DWR's water supply forecast. Statewide the snowpack is 25 percent of average for this date.

After one of the largest snowpacks on record



The Department of Water Resources (DWR) conducted the first snow survey of the season on January 2, 2023, at Phillips Station. The manual survey recorded 7.5 inches of snow depth and a snow water equivalent of 3 inches, which is 30 percent of average for this location. Photo courtesy of DWR

last season, the start of this water year has been dry despite some recent

storms in the last weeks of December that provided a small boost in the

snowpack. While state reservoirs are still above

Continued on page 6

Kevin Patrick Kiley Marries Chelsee Gardner



Kevin Patrick Kiley and Chelsee Lee Gardner were married on December 30th, 2023. Photo courtesy Office of Representative Kiley

Office of Representative Kiley News Release

WASHINGTON, D.C. (MPG) - The Office of Representative Kiley is delighted to announce that he and Chelsee Gardner were married on December 30th, 2023. The ceremony took place at Pioneer Church in Auburn, California, the oldest church in Placer County.

The bride, Chelsee Lee Gardner, was raised in the small town of Rio Oso, California, and moved to Rocklin, California, in 2011. She works at Agape International Missions, a nonprofit devoted to the fight against sex trafficking.

The groom, Kevin Patrick Kiley, is also from the greater Sacramento area and was raised in Orangevale and Granite Bay. He currently represents California's 3rd Congressional District as a member of the U.S. House of Representatives.

Chelsee and Kevin met at a community event in Rocklin, California, celebrating the Fourth of July. Kevin proposed to Chelsee in the summer of 2023 in the same park where they first met.

They are grateful for the love and support they receive from their family and friends as they embark on this journey together as husband and wife. The couple will reside in Roseville. ★

David Villanueva Appointed County Executive



David Villanueva

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - The Sacramento County Board of Supervisors unanimously agreed to appoint Assistant County Executive David Villanueva as County Executive. The appointment is effective January 28, 2024.

"I am pleased to announce that the Board of Supervisors voted unanimously to appoint David Villanueva as County Executive," said Board Chair and Third District Supervisor Rich Desmond. "David's career has been dedicated to public service with Sacramento County and the State of California, with which he has had extensive senior management and executive management experience.

"The County as an organization has made tremendous progress over the last three years. We are confident this

will continue under David's leadership. David brings a unique combination of business, accounting and technology skills to this role, and he has shown in practice that his decisions are guided by honesty, integrity and a passion for service and transparency."

Appointed Assistant County Executive last May, Villanueva has been serving as Deputy County Executive for the Administrative Services Agency since 2011. Prior to that, he began his County service as Chief Information Officer/Director of the Department of Technology in 2008. Before his County service, Villanueva was the Deputy Director/Chief Information Officer for the California Department of General Services.

"I am deeply honored and grateful for the trust placed in me by the Board of Supervisors in appointing me as the County Executive," said Villanueva. "This opportunity to serve our community is both a privilege and a responsibility that I undertake with great dedication. I am committed to fostering a culture of transparency, collaboration, and customer service excellence within our organization.

"In the spirit of public service, I look forward to collaborating with our dedicated team and community stakeholders to continue to build a County government that is responsive, accountable, and committed to making a positive impact in the lives of our residents."

During his tenure at the County, Villanueva implemented a number of initiatives. Most recently, he led the County's new Leadership Development Academy program, designed to enhance leadership skills, learn global trends impacting leadership and sustain positive changes in the organization. He also implemented his Agency's departments in the County's Organizational Culture Change Initiative and managed the formation of the Climate Emergency Mobilization Task Force.

Villanueva is a long-time member and the current Chair of the Board of Trustees for Plumas Lake School District. He holds a bachelor's degree in business administration from California State University, Sacramento, and recently completed the Harvard Kennedy School Executive Education program for Senior Executives in State and Local Government. ★

Presidential Primary Election Update

Ballot Drop Box and VoteCenter Locations

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Voter Registration and Elections (VRE) has posted the list of Ballot Drop Box and Vote Center locations for the March 5, 2024, Presidential Primary Election on the website.

Vote by Mail ballots will be mailed to voters beginning Monday, February 5, 2024. Ballot Drop Boxes will begin opening Monday, February 5, 2024, and Vote Centers will begin opening Saturday, February 24, 2024. A complete list of Ballot Drop Box and Vote Center locations, their days and hours of operation, and an interactive map can be found at: <https://elections.saccounty.net/votecenters/pages/locations.aspx>

A QR code to the interactive map will be included in the County Voter Information Guide to replace the flat printed map. This simple change supports the County's GoGreen policy, is accessible to voters with disabilities and is fiscally responsible, saving the county over two (2) million pages of printed material and the associated mailing cost.

For more information, contact VRE at (916) 875-6451, email voterinfo@saccounty.gov, or by using the toll-free voter

assistance hotline at (800) 762-8019. The hotline has the ability to connect voters with disabilities with TTY (Text Telephone).

KEY ELECTION DATES

- **Monday, February 5** - Mailing of ballots to all registered voters begins
- **Monday, February 5** - Voted ballots may be returned in any of the Ballot Drop Boxes located throughout the County
- **Monday, February 19** - Close of voter registration for this election. Voter registration forms must be postmarked by this date or delivered to the VRE Office at 7000 65th Street, Suite A, Sacramento 95823 by 5:00 p.m. Online voter registration must be completed before midnight on this date at www.registertovote.ca.gov
- **Tuesday, February 20** - Conditional Voter Registration (VBM) begins
- **Saturday, February 24** - 11 Day Vote Centers open
- **Tuesday, February 27** - Last day a Vote by Mail (VBM) ballot can be mailed to you. After this date, VBM ballots are only available at the VRE office or at any of the 90 Vote Centers
- **Saturday, March 2** - All Vote Centers open throughout the County
- **Tuesday, March 5** - Election Day ★

New Year, New Activities!



The Winter/Spring Activity Guide for 2024 is here! Start your New Year off RECreating with over 60+ classes and programs to choose from! The Fair Oaks community is a special place to live, work, and play! We hope you find some activities for you or your family to participate in, right here in Fair Oaks! To view the 2024 Winter/Spring Activity Guide, visit <https://forpd.org/164/Activity-Guide>, on the Fair Oaks Recreation & Park District website. Fair Oaks preschoolers check out the heavy equipment used by the FORPD Parks department to maintain parks all around the area. Photo courtesy of FORPD

2 Implant Denture with existing denture



*does not include extractions or denture

Only
\$4,995*

Call today to schedule your
FREE CONSULTATION

ND
NORTHRIDGE
DENTAL

6600 Madison Ave Suite 4B,
Carmichael, CA 95608
(916) 944-1197
www.nrd916.com

All on 4 Fixed Denture with temporary denture



*teeth in a day in most cases

Only
\$14,995*

IT'S TIME TO
LOVE YOUR
SMILE AGAIN

One team One location One cost

FINANCING AVAILABLE

*Does not include the final prosthesis. After the temporary prosthesis has healed a final prosthesis will be placed, extra charges will apply.

Salmon Circle of Life

Continued from page 1

It's likely that greater reproduction success could occur in less crowded areas."

Begun in August, the ten-week gravel-moving project continued Federal and State-funded efforts to aid salmonids. At the end of their lifecycles, these threatened species must have movable stones in oxygenated water for nesting and fertilization. To this end, 23,000 cubic yards of small-diameter gravel were moved from adjacent areas to form riffles and provide hospitable shallows.

The project includes a long, man-made side channel where hatchlings can feed and grow.

For millions of years, salmonids maintained their species unaided. The American River and its tributaries once offered 200 miles of breeding sites. Gold Rush and damming alterations have reduced possibilities to 12 viable miles.

Dams don't just block spawning paths; they also bar natural gravel movement. "The lower part of the American River is gravel-starved," explains Water Forum Habitat Manager Erica Bishop. "Some salmon and steelhead reach home waters and can't find a place with the right physical conditions for spawning."

"Though the Nimbus Hatchery will always have a role in juvenile fish production, our focus is to help fish

complete life cycles naturally."

The current project wrapped just as the first migrating salmon reached Upper River Bend. Results were immediate. "Our first survey in October showed only a few redds in the area," says Sellheim. "Within a month, the numbers had skyrocketed. We know from 15 years of augmentation projects that we're creating suitable conditions."

As the early runners got down to business, more than 8000 new willows and sedge plants took root. As the river inundates, juvenile salmon use these tree structures to shelter from high water velocity and to hide from predators. Thousands of native wildflower and grass seeds will germinate and bloom with baby fish feeding on the insects supported by this enhanced riparian vegetation.

A 2021 Water Forum project supported a third of in-river steelhead reproduction for that season. "Fish begin to spawn as soon as heavy machinery leaves the water," says Water Forum manager Erica Bishop. "We know the habitats we create meet their needs."

Water Forum projects are supported by the Bureau of Reclamation, US Fish and Wildlife Service, CA Prop 68 funding, Sacramento City and County and signatory water agencies. Learn about the Water Forum at www.waterforum.org ★

Start the New Year by Adopting a Pet



Christena Austin is happy with her 11-year-old Miniature Pinscher mix. Photo courtesy of Sacramento County

Sacramento County News Release

SACRAMENTO, CA (MPG) - There's no better way to start the new year than by adopting your new best friend from Bradshaw Animal Shelter. To ring in a new year of adoptions, the shelter celebrated the first adoption of 2024: an 11-year-old dog named Mini. Mini, a Miniature Pinscher mix and senior dog, was exactly what Christena Austin was looking for.

"Old dogs need a good home too," Austin said. She knows a thing or two about adopting older dogs: she met her last pup, Violet, when Violet was 12 1/2 years old. At first, Austin recalls walking away from Violet, thinking she was too old to adopt, but "something made me go back for her," Austin said. The pair spent five memorable years together, but Violet recently passed away at the age of 17 1/2. Austin felt called to give another old dog a new lease on life and is ecstatic

to welcome Mini into her home. "She will be treated like a queen," Austin says.

There are still so many wonderful pets who are looking for forever homes. If one of your resolutions going into 2024 is to live a healthier lifestyle, a pet can help you get there. Studies have shown that pets can have positive effects on our health: pets can increase opportunities to exercise, get outside, and socialize. Regular walking or playing with pets can decrease blood pressure, cholesterol levels, and triglyceride levels, and the companionship that pets provide can help manage feelings of loneliness and anxiety.

Ready to add a new pet to your home? Before visiting Bradshaw Animal Shelter, you can view all of the dogs, cats, and other animals available for adoption, or you can take a walk around in person to see whom you fall in love with. To help match you with your new best friend, the shelter offers adoption counseling, and if you're looking to adopt

a dog and have an existing dog at home, you can bring them to the shelter for a meet and greet to make sure it's a good fit for your four-legged family members as well.

Your new pet's adoption includes their spay/neuter surgery, up-to-date vaccinations and monthly preventatives, a microchip, and a one-year license for Sacramento County residents. Adoption fees are, for example, \$50 for adult dogs one year and older, \$75 for puppies, and \$50 for cats and kittens.

Bradshaw Animal Shelter is located at 3839 Bradshaw Rd. in Sacramento and is open Tuesday through Sunday from 12 p.m. - 5 p.m. with extended hours on Wednesdays from 12 p.m. - 6 p.m. You can also meet adoptable pets at Petco adoption center located at 8840 Madison Ave. in Fair Oaks from 12 p.m. - 5 p.m. on Wednesdays and 1 p.m. - 4:30 p.m. on Fridays and Saturdays. ★

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 state-wide 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 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." ★

VOTE EARLY! AVOID LINES

March 5, 2024 Presidential Primary Election

All voters will be mailed a ballot

- You should have received your official ballot in the mail.

You can return your ballot starting February 5th

- By mail, no postage necessary
- At a Ballot Drop Box
- At a Vote Center (starting February 24th)

You can find a full list of Ballot Drop Boxes and Vote Center locations in your County Voter Information Guide, in your mail ballot packet, or at www.elections.saccounty.gov

Vote Early! Vote by Mail.

Vote Early and Vote by Mail.

Update your language preference

Every registered voter will receive an official ballot in the mail containing contests, candidates, and voting instructions in your preferred language. If you prefer your ballot and voter information in Spanish, Chinese, or Vietnamese, update your language preference online by scanning this QR code or call (800) 762-8019.

The Presidential Primary is Party Specific

During the March 5, 2024 Presidential Primary Election voters will nominate one presidential candidate from each party to run against each other in the November 5, 2024 General Election. To vote for the presidential candidate you want in the primary election, ensure you are registered with your preferred party by visiting www.elections.saccounty.gov or calling our office at (800) 762-8019.

If you would like to change your party, reregister at: registertovote.ca.gov or scan:

Drumming Up Harmony



Martin Ross (second from right) presents a steel drum concert in Willie's burger restaurant, Carmichael. Twin brother Mark plays percussion. Daughter Carmen (left), wife Tory and daughter Kirsten join the ensemble.

Story and photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - When Martin Ross and his twin brother Mark were children in Orangevale, they had a set of drums.

"Our mom took them away," laments Ross, now 54. "She said we made too much noise."

Fast forward 15 years: Ross was studying for his bachelor of science at UC Berkeley. "One day, I heard joyous, chiming music," he recalls. "I followed the sound across campus and saw musicians—I didn't know what their instruments were. They told me they were playing steel drums. One guy said he'd been playing only six months. Next semester, I joined them."

Fast forward another 15 years: Ross was studying to be a Salvation Army pastor in Southern California. "At Christmas, I was collecting money outside stores," he said. "People seemed to prefer hearing steel drums to bells. That's how I got 10,000 hours of practice. And we raised a lot of money."

Last week, Ross, his daughter Carmen and twin brother Mark performed a free concert at Willie's burger restaurant, Carmichael. Fans heard jazzy Christmas tunes and cheered a musician who has dedicated much of his life to community.

Born to military parents, he learned service to others was part of life. "My mother took us to senior homes, to talk and share time with residents," he said. "At university, I learned to blend people skills with analytic skills for problem solving.



Musician Martin Ross uses felt-covered mallets to coax melodies from his steel drum. Originating in the Caribbean islands, the instrument is a staple of calypso music.

I felt I could build bridges that way."

He has been building bridges most of his career. Fluent in Spanish, he worked with Mexican immigrants in Los Angeles. He tutored Native American children in Arizona. With the Salvation Army in Lodi, he helped smooth paths for Pakistani and Hispanic newcomers.

He is now an executive for the nonprofit Health Education Council. As a volunteer, he sits on Carmichael Park District board; chairs Sacramento County's Equal Employment Opportunity Advisory Committee; he's also a commissioner for the Sacramento Housing and Redevelopment Agency and boosts the Carmichael Kiwanis Club. The six ft.-plus taekwondo black belt teaches martial arts to kids and has coached basketball, track and race walking.

Carmichael residents, he and wife Tory were Salvation Army majors together. Tory is now a marriage and family therapist who runs Sacramento County's Mental Health Access program. Along with his daughters

Carmen, Alexandria and Kristen, and twin brother Mark, Tory shares the family flair for percussion.

"Music has done so much good in my life and career," said her husband. "I've used it in tutoring for after-school programs and music camps, particularly with kids from underserved areas. The steel drum's festive sound crosses many cultures. To me, it feels like music from heaven. When I'm playing, I feel I am connecting with everyone."

A career-long mentor, the musician has long pushed for Science, Technology, Engineering and Math (STEM) education. "Now that the field includes arts and (has) been renamed STEAM," he said, "I feel I am helping put the 'A' in STEAM by sharing my music.

"The arts, like sports, create a sense of belonging for some kids who don't do so well academically. Both are an additional motivation for kids to stay in school and graduate."

Martin Ross will appear on the November 2024 ballot as a candidate for San Juan Unified School Board.

Contact him at www.linktr.ee/martinross. ★

Ag Pass Program to Assist Farmers During Disasters

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Last winter's floods took a devastating toll on the Sacramento area's agricultural industry. More than \$38 million in losses were reported by area farms. That loss of revenue included damaged crops, dead livestock, and damaged infrastructure.

When the flooding struck, commercial agricultural producers were forced to evacuate. In many cases, animals and equipment that couldn't be loaded onto trailers and moved were left behind, while crops were also left unprotected. Once out of the area, farmers were not allowed back in until the water receded. There wasn't a system in place to show law enforcement who belonged and who didn't during the crisis.

The Sacramento County Department of Agriculture recognized this issue that farmers and ranchers faced by leaving, and with the assistance of the County Office of Emergency Services, have developed a program to assist the local ag industry with a way to allow them back in to protect their farms and livestock during a disaster.

The Board of Supervisors has approved the County's first Ag Pass Program. Ag Pass will be activated during a declared disaster that allows, when safe, the ability for coordinated re-entry of commercial agricultural producers to an evacuated area through collaborative pre-incident planning, coordination, and implementation.

The County held a series of community meetings to discuss how to create the new program to allow qualified agriculture and livestock producers safe passage to their properties. The Ag Pass Program provides

guidance and direction for local governments and non-governmental organizations on how to safely allow accredited agricultural workers back onto their property to assess their businesses. To become part of the Ag Pass Program, commercial agricultural producers will need to register through the Sacramento County Department of Agriculture, Weights, and Measures.

Under the program, County accredited members will be limited to performing only those functions and tasks that have been determined essential for the support of commercial operations to lessen the impacts of economic loss or to provide auxiliary support to peace officers and emergency personnel in locating water sources and access routes.

The Ag Pass coverage is limited to registered commercial agricultural operations under the Sacramento County Agricultural Commissioner's Office. An initial application for the Ag Pass will require Primary Pass holders to outline all critical tasks and require an approximate number of personnel.

"This pass does not give any special privileges or authorization to disregard the direction of public safety officials or force any employees, laborers, farmhands, or members of the public, regardless of their immigration status, to disregard the orders of any public safety official," said Chris Flores, Sacramento County Agricultural Commissioner.

Agricultural producers are encouraged to contact the County Department of Agriculture to learn more about this new program. Applicants must take training from the County before an Ag Pass is issued. All passes must be renewed annually.

Training classes are expected to begin in early 2024. ★

FAIR OAKS FARMERS MARKET

Every Tuesday 9am - 2pm

Fair Oaks Park,
11549 Fair Oaks Blvd

\$5 OFF

When you spend \$30 or more*

*Limited for use with one vendor

LOCAL ARREST RECORDS

Find out what's happening in your local area

Arrest Logs updated daily

AMERICANRIVERMESSENGER.COM

WE SUPPORT FIRST RESPONDERS

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

916-760-7227

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

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.



Nicole Hensley, 2018-2019 Sacramento Tall Club scholarship award and TCI scholarship winner from Bella Vista High School. Left to right are Bob and Patty Huggett, scholarship winner Nicole Hensley and LeeAnn and Dave Spencer. Nicole was awarded her check for \$1,000 on May 23, 2019, at Awards Night at Bella Vista High. Photo courtesy of the Sacramento Tall Club

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.

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.” ★

CHP New Traffic Safety Laws

CHP News Release

SACRAMENTO, CA (MPG) - As we head into the new year, the California Highway Patrol (CHP) is educating the public on traffic safety laws that were passed during this year’s legislative session and signed by Governor Gavin Newsom. The laws referenced below take effect on Jan. 1, 2024, unless otherwise noted.

Vehicles: Registration - AB 256 (Dixon)

Existing law requires current month and year tabs to be displayed on the registered vehicle’s rear license plate. Beginning July 1, 2024, and until Jan. 1, 2030, a violation of vehicle registration shall not be the sole basis for any enforcement action before the second month *after* the month of expiration of a vehicle’s registration. However, if a vehicle is stopped for any other Vehicle Code violation, enforcement action for a violation of vehicle registration may be taken before the second month *following* the month of expiration. Late registration fees from the Department of Motor Vehicles will still apply.

Vehicle Removal: Expired Registration (AB 925, Ta)

Requires a peace officer or traffic enforcement official to verify the lack of current vehicle registration with the Department of Motor Vehicles before towing a vehicle for expired registration longer than six months and prohibits the vehicle from being towed if the officer or traffic enforcement official does not have immediate access to those records.

Vehicles: Speed Safety System Pilot Program - AB 645 (Friedman)

The cities of Los Angeles, Oakland, San Jose, Glendale, Long Beach, and the City and County of San Francisco may install a limited number of cameras to enforce speed limits for a five-year pilot period in school zones and designated “safety corridors” – locations that have a high occurrence of fatal and injury crashes – and areas known for illegal street racing. Recorded violations will be subject to a civil penalty.

Vehicles: Stopping, Standing, and Parking - AB 413 (Lee)

Designed to increase visibility at crosswalks, this law prohibits parking or stopping a vehicle along a curb at least 20 feet from a marked crosswalk or 15 feet of a crosswalk where a curb extension is present. The regulation only applies to the side of the road of the vehicle’s approach to the crosswalk. Local jurisdictions may establish different distances through local ordinances by marking areas with signs or paint.

Cruising - AB 436 (Alvarez)

The law removes city and county authority to regulate cruising via local ordinances. Additionally, the law legalizes “lowrider” vehicles to cruise California’s streets, by removing the height restriction on lowered vehicles.

Automobile Dismantlers: Catalytic Converters - AB 641 (Fong)

This law redefined an automobile dismantler to include individuals in possession of nine or more catalytic converters.

Additionally, the law creates penalties for individuals illegally acting as an automobile dismantler. Individuals and businesses who have a legitimate purpose for having catalytic converters, such as repair shops, will be excluded from penalty.

Vehicles: Catalytic Converters - AB 1519 (Bains)

This law makes it illegal to remove a Vehicle Identification Number (VIN) marking from a catalytic converter. It also makes it illegal to possess three or more catalytic converters that have had their VIN markings removed.

Vehicles: Catalytic Converters - SB 55 (Umberg)

This law requires a motor vehicle dealer or retailer to have the catalytic converter engraved or etched with the VIN before a new or used truck or car is sold. The law does allow for the purchaser to decline having the VIN etched or engraved on the catalytic converter.

Emergency Notification: Ebony Alert: Missing Black Young - SB 673 (Bradford)

This legislation establishes the “Ebony Alert,” which allows law enforcement agencies to request the CHP to activate an alert for Black youth, including young women and girls between 12 to 25 years of age, who are reported missing under unexplained or suspicious circumstances, at risk, developmentally disabled, cognitively impaired, or who have been abducted.

Emergency Services: Endangered Missing Advisory - AB 946 (Nguyen)

This new law will aid in the recovery of missing persons who do not meet the age restrictions associated with the AMBER and Silver Alerts. The new law authorizes law enforcement agencies to request the CHP activate the “Endangered Missing Advisory” for public distribution of missing person information within appropriate geographical areas when specific criteria is met.

Vehicle Safety Regulations - SB 68 (McGuire)

This law authorizes the CHP to establish rules and regulations allowing commercial vehicles capable of carrying more than 500 gallons of fuel to exceed the standard 10 hours-of-service limit during Governor-declared State of Emergencies. The exception only applies for the purpose of vehicles transporting fuel for refueling aircraft used in emergency-related activities, including fire suppression.

Pupil Transportation: Driver Qualifications - SB 88 (Skinner)

This law will require drivers and their vehicles which are used by a local educational agency to provide pupil transportation for compensation, to meet certain safety requirements.

Vehicles: Zero-Emission School Buses: Signage - SB 775 (Padilla)

This law authorizes a school district, county office of education, or charter school using a zero-emission school bus to transport pupils at or below the 12th-grade level to place signage on the rear of the zero-emission school bus that identifies the school bus as a clean air zero-emission bus. It also authorizes the CHP to issue guidelines governing the size and placement of that signage.

The mission of the CHP is to provide the highest level of Safety, Service, and Security. ★

New HomeGoods Store Coming to Marketplace at Birdcage

Story and photo by Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG) - HomeGoods, a major home decor retailer is planning to open in the Marketplace at Birdcage in Citrus Heights in 2024.

The names of HomeGoods, and two other new businesses, Teriyaki Madness and Flawless Fix have been added to leasing materials by Gerrity Properties for Marketplace at Birdcage, a retail center along Sunrise Boulevard in Citrus Heights as coming soon.

HomeGoods lists items such as furniture, rugs, bedding and storage accessories. The chain’s website lists seven other locations in the greater Sacramento area. A marketing representative from HomeGoods did not respond to an email request for comment.

The 25,020-square-foot HomeGoods will fill the space labeled “6130A” previously occupied by discount retailer Stein Mart which closed in early 2020.

A separate 6,729-square-foot space, labeled “6130B,” is identified in leasing materials just behind HomeGoods, next door to Cost Plus World Market where a grove of tall trees now stands.

Broker Chris Campbell of the Gerrity Company did not respond to a telephone or



A 25,020-square-foot HomeGoods will fill the space labeled “6130A” previously occupied by discount retailer Stein Mart which closed in early 2020.

email request for comment concerning the pending three openings listed in Gerrity’s leasing materials.

A new interior wall separates the former vacant Starbucks coffee shop at 6121 Birdcage Center facing Sunrise Boulevard from its adjacent neighbor, Barnes and Noble Booksellers.

In August, the Business Journal confirmed that restaurant chain Teriyaki Madness, an Asian fast-casual restaurant chain based in Denver would open in the Citrus Heights retail center at 6121 Birdcage Center next to Noodles and Company, with a projected opening date in the second quarter of 2024.

Another new business, doing business as Flawless Fix is listed to fill suites B-111-112 just behind Bath

and Body Works. No opening date has been set for Flawless Fix.

In a statement to the Business Journal, HomeGoods spokesperson Arielle Abramek confirmed a Citrus Heights store “will open in the future,” as did Kathlynn Carpenter, executive director of Sunrise MarketPlace in an email.

HomeGoods is one of the retail chains owned by Framingham, Massachusetts-based The TJX Companies Inc.

Marketplace at Birdcage, built in 1975, is anchored by businesses such as Walmart Neighborhood Market, Best Buy, Old Navy, Michaels, Barnes & Noble and Chuz Fitness. The center spans more than 325,000 square feet, according to leasing materials. ★

VFW Post 6158 News Release

FAIR OAKS, CA (MPG) - JOIN US as Brothers and Sisters of America to preserve the rights of veterans and support each other, as only those who share in the camaraderie forged by conflict can.

We veterans who so deeply hold in our hearts love of country and have so valiantly fought to preserve the freedom we enjoy today, need to band together, and support one another by joining the Veterans of Foreign Wars (VFW) and/or the American Legion (AL).

If you are a Veteran of the United States Armed Forces and want to help protect the rights and benefits that you, and all Veterans have earned, then add your voice to the millions of veterans in the VFW and American Legion today. The VFW and the American Legion work with local, state, and federal governments to fight for veteran benefits, strengthen the Veterans Administration and help provide vital resources for veteran families in need.

THE VETERANS OF FOREIGN WARS POST 6158 and Auxiliary, are

located in the center of Phoenix Park in Fair Oaks, at 8990 Kruitof Way, off Hazel and Sunset Avenues.

The VFW is open to all veterans with the following qualifications:

Served in the Armed Forces of the United States with an Honorable Discharge (possess a DD214) or be currently serving. Service in a war, campaign, or expedition on foreign soil or in hostile waters. The VFW Auxiliary is open to veterans, family members and relatives of veterans who have served in a foreign conflict. The VFW meets on the 2nd Tuesday of each month at 7:00 PM.

The American Legion is open to all veterans with the following qualifications:

Served in the Armed Forces of the United States with an Honorable Discharge (possess a DD214), be currently serving or have at least one day of Active-Duty; The American Legion Auxiliary is open to veterans, family members, and relatives of veterans. American Legion meets on the 4th Tuesday of each month at 7:00 PM; For more information, please call Post 6158 Canteen at (916) 966-1663. ★

First Snow Survey of the Season Finds Below Average Conditions

Continued from page 1

average for this time of year and strong El Niño conditions are present in the Pacific Ocean, the outlook for the rest of the winter remains highly uncertain.

“California saw firsthand last year how historic drought conditions can quickly give way to unprecedented, dangerous flooding,” said DWR Director Karla Nemeth. “Although El Niño does not guarantee an above average water year, California is preparing for the possibility of more extreme storms while increasing our climate resilience for the next drought.”

DWR’s electronic readings from 130 stations placed throughout the state indicate that the statewide snowpack’s snow water equivalent is 2.5 inches, or 25 percent of average for this date, compared to 185 percent on this date last year.

“While we are glad the recent storms brought a small boost to the snowpack, the dry fall and below average conditions today shows how fast water conditions can change,” said DWR’s Snow Surveys and Water Supply Forecasting Unit Manager Sean de Guzman. “It’s still far too early to say what kind of water year we will have, and it will be important for Californians to pay attention to their forecasts and conserve water, rain or shine.”

Last year, California experienced climate whiplash when the driest three year-period on record ended with extreme storm events in January and March that caused damage and flooding across the state. These extreme weather events highlight the need for all Californians to prepare for flood risk. DWR is working with tribal, federal, state, and local partners to provide flood resources and training to communities across the state.

The State-Federal Flood Operations Center (FOC) has pre-positioned flood

fight materials at more locations across the state and is starting this winter with more supplies on hand, including 2.2 million more sandbags. This fall, DWR coordinated pre-flood season meetings with emergency response agencies across the state and organized 38 flood-fight trainings for city, county, state and tribal agencies to prepare for possible local emergencies.

One year ago, the January survey at the Phillips location showed a water content of 177 percent of average and was followed by a series of damaging atmospheric river storms in January and March that caused flood impacts across the state and produced one of the largest snowpacks on record.

In addition to deploying resources including over 1.9 million sandbags across the state last year, the FOC coordinated a joint state, federal and local response to snowmelt-driven flooding concerns and prepared for the historic snowmelt by providing hydraulic and hydrologic modeling and snowmelt forecasts that allowed agencies to deploy resources, reinforce levees and protect communities.

On average, the Sierra snowpack supplies about 30 percent of California’s water needs. Its natural ability to store water is why the Sierra snowpack is often referred to as California’s “frozen reservoir.” Data from these snow surveys and forecasts produced by DWR’s Snow Surveys and Water Supply Forecasting Unit are important factors in determining how DWR manages the state’s water resources. Due to last year’s above average conditions and historic snowpack, a total of 3.5 million acre-feet of water was captured in State Water Project (SWP) reservoirs. Lake Oroville, the SWP’s largest reservoir, is currently at 130 percent of average to date and state water managers are prepared to capture and store as much water as possible. ★

How Will California Respond To The Home Insurance Market Meltdown?



By Dan Walters, CALMatters.org

While Gov. Gavin Newsom and state legislators wrestle with a massive state budget deficit this year, a few blocks from the Capitol another crisis that could have far more impact on California families will be playing out.

Ricardo Lara, California’s insurance commissioner, will be trying to dissuade companies that provide insurance coverage to millions of homeowners from fleeing the state. Citing heavy losses from disastrous wildfires and the potential for more destruction in the future, the largest insurers, such as State Farm and Farmers, have already cut back on new policies and renewals.

As a result, many homeowners in fire-prone regions have been forced into the state’s last ditch insurance plan, called FAIR, which offers reduced coverage at high premiums, to protect themselves and comply with their mortgages.

The industry wants to include actuarial projections of future losses and the costs of reinsurance in their premiums. Neither factor is now allowed under regulations approved by voters more than three decades ago under a ballot measure that also made the insurance commissioner an

elected official.

As the list of insurers reducing their exposure in California mounted last year, the Legislature briefly tried to come up with a revised regulatory process that would induce them to keep writing policies, but adjourned in September without action.

Newsom punted the crisis to Lara and he quickly laid out in broad terms new rules that would allow estimates of future losses to be folded into premium requests and hinted that including reinsurance might be approved. In return, Lara would require insurers to maintain at least 85% of their market in fire-prone regions.

His announcement set in motion what could be a year of hearings and other processes to write new rules that would, in effect, modify much of the 1988 ballot measure that created California’s highly regulated insurance system and strictly limited the factors that could be included in rate requests.

It has exacerbated a running feud between Lara and Consumer Watchdog, the organization that sponsored the 1988 ballot measure and has benefited handsomely from “intervenor fees” for participating in premium rate proceedings ever since. Consumer Watchdog has been highly critical of Lara throughout his tenure, and charges that his proposed systemic changes would be a sellout to the insurance industry.

“He’s basically capitulated to the industry,” Jamie Court, the group’s president, said of Lara at one point. “There’s not really much coming back for the

consumer in here.”

In response, Lara cites his duty to maintain a viable insurance market and accuses Consumer Watchdog of protecting its own financial interests.

“One entity is involved in nearly 75% of all interventions for rate approvals, materially benefiting from a process that is meant for a broader public participation,” Lara responded to the allegations, adding, “throwing bombs is easy and putting out bombastic statements from entrenched interest groups doesn’t benefit anyone.”

Until the crisis, California’s average homeowner premium was slightly lower than the national average.

There’s no question that if Lara makes major changes to insurance regulation, homeowners’ premiums will increase. In fact, last month, he approved a 20% premium increase for State Farm, which holds more than a quarter of the state’s market and had announced a moratorium on new policies.

It’s a trade-off, one that not only affects current homeowners but those who aspire to ownership and therefore must obtain insurance to obtain mortgages. Moreover, the availability of insurance for their potential customers affects developers who build and sell new homes.

As with the budget crisis, politicians cannot repeal the unwritten laws of economics. Ultimately, there’s no free lunch.

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

Add Your Family’s Name to Orangevale Legacy Tree

Orangevale History Museum News Release

ORANGEVALE, CA (MPG) - The Legacy Tree was designed to be a unique and interactive way for Orangevale residents to include their family and be part of Orangevale’s history at the museum. Orangevale residents can add their family name or an individual family member’s name for recognition. The name and dates will be beautifully engraved onto an “orange” which will be attached to the Legacy Tree, creating a sense of connection and continuity. The “orange” on the Legacy Tree and a one-page biography if you desire, would serve as a visual representation of the diverse and interconnected histories for the museum residents and visitors. What a wonderful way to engage and involve our community while preserving and celebrating Orangevale’s Legacies.

To become a part of the Legacy Tree please email: legacy@orangevalehistory.org for a form or visit the museum at 6920 Hazel Ave. Tuesday, Thursday, or Saturday 12-4pm. The donation for the Legacy “orange” for the tree is \$200. We accept check, cash, or PayPal. This fee helps support and promote community engagement and historical preservation



The Legacy Tree was designed to be a unique and interactive way for Orangevale residents to include their family and be part of Orangevale’s history at the museum. Photo courtesy Orangevale History Museum

within the museum for the Orangevale community.

To view Presentations and Resident Interviews go to YouTube Orangevale History Project.

Orangevale Museum Changes 2024

With new exhibits at the Orangevale History Museum, you need to visit even if you have been there before. New exhibits include “War Time in the Vale” which include stories of a few of the

men who serviced from Orangevale and a display on the family contributions to the wars.

Are you familiar with the Sunrise Mall? If so, you will enjoy the story and pictures

of the mall and the early stores. There is a second history encounter with information on California and the Orangevale area.

The screens are interactive for you to view numerous stories.

We are expanding the business days to Tuesday, Thursday and Saturdays each week from 12 pm to 4

pm. Students are welcome, so please stop by after school one day. Docents are always

available to add to your museum experience.

For additional information on the Orangevale History Project, please see our website at orangevalehistory.org or call 916-800-4711. ★

Social Security Matters

I’m 65 and Working; Can I Collect Ex-spouse Benefits?



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: I turned 65 earlier this year, and I still work full time. I was divorced four years ago after 38 years of marriage, but my ex-husband has been collecting Social Security for at least 10 years now. Can I start collecting Social Security and still work full time? And can I collect my ex-husband’s amount if it is more than mine (and what is the best way to achieve this)? When I went to my local SSA office, they said they had no way of knowing that.

Signed: Working Divorcee

Dear Working Divorcee:

Although you are eligible to claim Social Security at age 65, because you are working full time you may wish to wait a bit longer to do so. That’s because Social Security has an “earnings test” which applies to anyone who collects benefits before full retirement age, and you have not yet reached yours.

The earnings test imposes a limit on how much you can earn before SS takes away some of your benefits. If you exceed the annual earnings limit (\$22,320 for 2024), Social Security will want back \$1 in benefits for every \$2 you are over the

limit and you will need to repay that, usually by having future benefits withheld. If you significantly exceed the limit, you may even be temporarily ineligible to receive SS benefits until you either earn less or reach your full retirement age (FRA) of 66 years and 8 months. So, if your earnings from working will significantly exceed the annual earnings limit (which changes yearly), it’s likely that your wisest move would be to wait longer to claim your Social Security. As a bonus for doing so, your monthly payment will have grown and will be higher when you claim later. The earnings test no longer applies after you reach FRA.

Regarding benefits from your ex-husband, you cannot collect his instead of yours. What you may be able to do, when you claim your own benefit, is to get an additional amount which brings your monthly payment up to 50% of his. In order for that to happen, you would need to satisfy the following criteria:

- You are not currently married.

- The personal benefit you are entitled to at your FRA must be less than 50% of your ex-husband’s FRA entitlement.

If the above are true, when you claim your own SS retirement benefit you will also get a “spousal boost” to bring your payment up to what you’re entitled to as an ex-spouse. The amount of the spousal boost, if you claim Social Security at your FRA, will be the difference between half of his FRA entitlement and your FRA entitlement. If you claim your benefit before

your FRA, not only will your own benefit be reduced for claiming early, but the amount of your spousal boost will also be reduced (benefits claimed before FRA are always reduced).

Whenever you decide to claim Social Security, you will be automatically deemed to be filing for benefits from your ex-husband as well (you shouldn’t need to apply separately). You’ve already satisfied the basic criteria of at least 10 years married to get benefits from an ex-spouse and, if you satisfy the above criteria as well, you will be entitled to a spousal boost when you claim. But your current earnings from working full time will likely affect your eligibility to collect Social Security benefits at this time, so waiting until your full retirement age to claim may be your best choice.

If you will only slightly exceed the annual earnings limit you can consider claiming earlier, as long as you are comfortable with receiving a permanently reduced amount, and the prospect of not getting benefits for a number of months if you exceed the earnings limit (the number of months you will go without benefits depends on how much you exceed the limit by).

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). To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadviser@amacfoundation.org. ★

Protect and Heal your whole family with Affordable CHIROPRACTIC MEMBERSHIPS

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

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



AMERICAN RIVER CHIROPRACTIC

2280 Vehicle Drive, Suite 110 Rancho Cordova, CA 95670

916-776-6362 • americanriverchiropractic.com

CALL or TEXT today!

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

JLC Moving Service

Serving The Greater Sacramento Area
(916) 598-3182
 Call for a free quote

Residential Office | Expert Packing Service
 Supplies

Patch Masters Drywall
 Acoustic Removal & Drywall Textures

- Acoustic (popcorn) ceiling removal
- Water damage & drywall repair
- Sheetrock installation
- Machine applied textures
- Hand applied texture
- Retexturing & Painting
- BBB Accredited



Mike Church
 Owner
 CA Lic# 1004984
 Bonded & Insured

(916) 847-7783
 PatchMastersDrywall@yahoo.com
 www.DrywallPatchMasters.com

TRACTOR SERVICE

- Mowing • Rototilling
- Discing • Scraper/Loader

Call
(916) 991-8431

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

MPG **Employment Opportunities**

Employment and Independent Contractor Positions at Messenger Publishing Group

We publish ten local newspapers in the Sacramento Region. Our main office is in Carmichael. We have been publishing for fifteen years and are seeking new qualified employees.

CURRENT WORK OPPORTUNITIES

Office Administration – We are seeking a full-time administrative support person for our newspaper group. This position works in the Carmichael office and works directly with the Office Manager. Work hours are between 8:30 to 5:00 Monday through Friday. Previous office management experience is required.

Production Layout/Graphic Design – This part-time position assists with the layout of the newspapers and works with the production staff to create our weekly newspapers. Must have good working knowledge of InDesign production programs. Must be able to work within our current system and be able to take direction to meet our deadlines. Previous layout experience is a must. This is an entry level position. Work hours are between 8:30 am and 5:00 pm.

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 Deliver 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.

To find out more or to apply:
Email your questions or resume to Publisher@MPG8.com

AMERICAN RIVER Messenger

Serving Fair Oaks, Orangevale and Sacramento County since 2006

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

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

Subscriptions should be mailed to:
American River Messenger
 7144 Fair Oaks Blvd., Suite #5, Carmichael, CA 95608.

Subscription rate is \$39 per year in Fair Oaks and Orangevale. The *American River Messenger* is published twice-monthly.
 Call 916-773-1111 for more information.


Publisher, Paul V. Scholl

American River Messenger is a member of **Messenger Publishing Group**

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Publisher@mpg8.com.

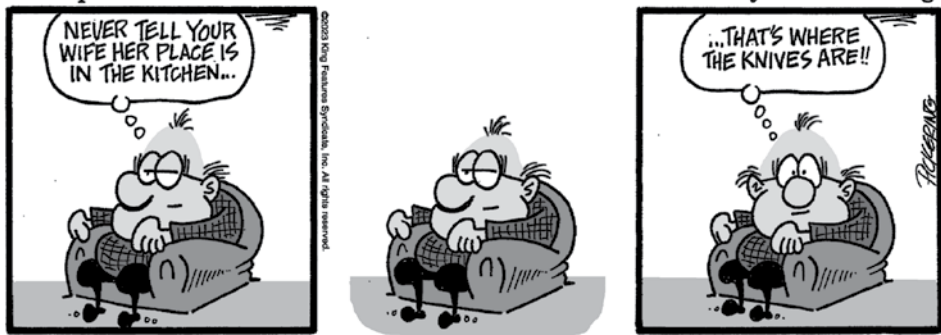
Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at (916) 773-1111.

We are proud members of these newspaper associations.

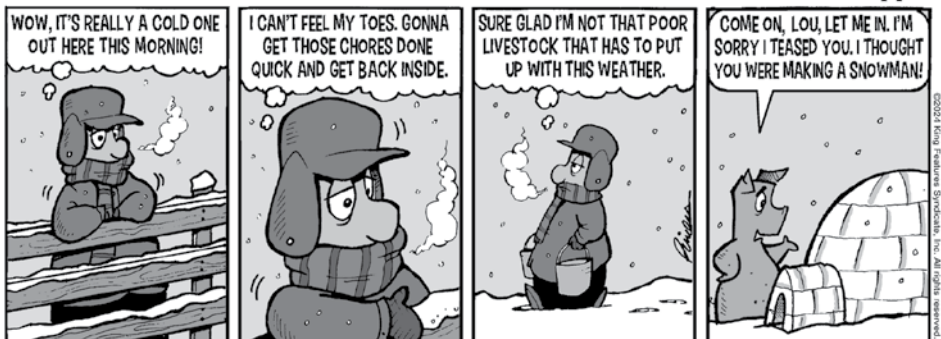


COMICS & PUZZLES

The Spats



Amber Waves



Out on a Limb

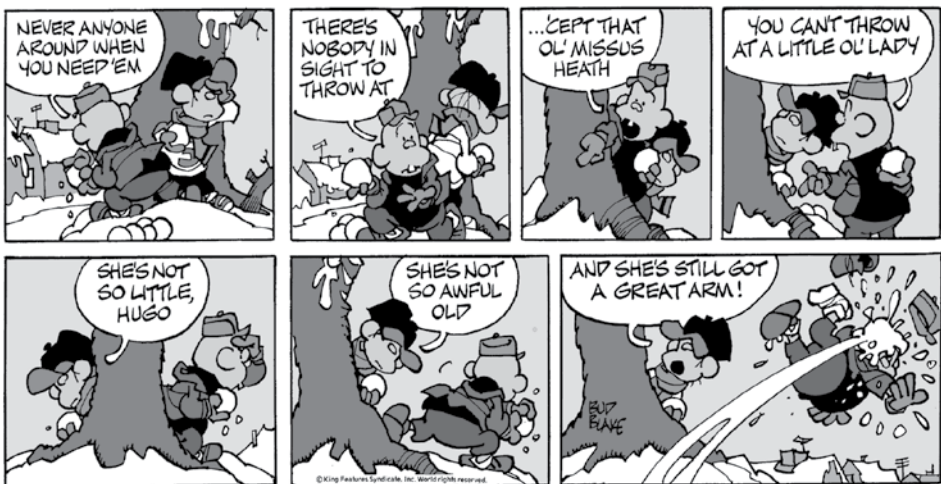


HOCUS-FOCUS

BY HENRY BOLTINOFF Find at least six differences in details between panels.



TIGER



GRIN THE BEAR IT



Just Like Cats & Dogs

by Dave T. Phipps



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

STATEPOINT CROSSWORD • GEOGRAPHY 101

CLUES

CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	12		
13					14			15					
16					17			18					
19					20			21	22				
23					24								
25	26	27		28	29			30	31	32	33	34	
35			36		37			38		39			
40					41			42		43			
44					45			46		47			
48					49			50		51		52	
53					54			55		56			
57	58	59	60					61		62	63		
64								65	66		67		68
69								70		71			
72								73		74			

Classified Advertising

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

MPG

916.773.1111

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

SWITCH & GET \$25

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

Consumer Cellular

CALL CONSUMER CELLULAR 888-804-0913

SUDOKU

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

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

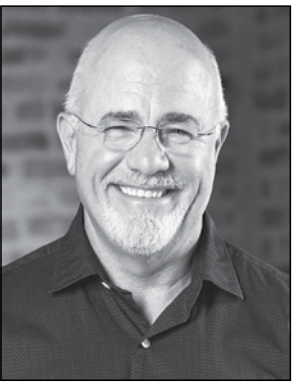
		4	3	1	8			
2	5		8	1				
8								
3		8		4	6			
		6	3					
9	6		7		3			
		9	6		1	7		
6	3	2	8					

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**



Work Hard Now, Celebrate Later

Dave Ramsey Says

you're basically unemployed. On top of that, you have just \$40,000 with which to start a business. It's time to rev up your engines and get to work, not spend a bunch of money vacationing. Trust me, there'll be plenty of time to celebrate after you've won, maybe in even bigger and better ways, if you'll just delay gratification and put in the dedication and hard work now.

When it comes to opening a new business, a good rule of thumb is this: Everything's going to take twice as long to accomplish as you thought it would, and everything's going to be twice as expensive as you thought it'd be. I'm sure you're both smart people, but my guess is you're not exceptions to this rule when it comes to opening and running a small business.

Think about it, every single dollar connected with your business could mean the difference between survival and going under. Like I said,

I kind of get your husband's thought process, but it would be a very unwise idea right now. You've got to look at the big picture. You're going to be heartbroken, and maybe in a real financial bind, if you have to close up shop in a few months because you ran out of money.

On the other hand, if you work hard now, stay smart and make this thing a success, you can take a vacation—and really celebrate—when the time is right!

—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 ★

National Average Price of Gas Projected to See Yearly Decline in 2024

GasBuddy News Release

DALLAS, CA (MPG) - GasBuddy, a PDI company, today released its annual Fuel Price Outlook with some good news for drivers: expect lower gasoline and diesel prices in 2024. The outlook highlights key trends in gasoline and diesel prices, forecasting that, after two years of above average gas prices, 2024 will bring relief at the pump for consumers as several factors contribute to less of a pinch at the pump. GasBuddy expects the yearly national average will drop from \$3.51 per gallon this year to \$3.38 in 2024.

Highlights from GasBuddy's 2024 Fuel Outlook:

Gas prices still could fall below a national average of \$3 per gallon this winter before starting to rise in late-February, getting close to \$4 per gallon as summer approaches, then mildly declining into summer, with hurricane season presenting uncertainty in late summer.

Drivers in some California cities could again briefly see prices above \$6 per gallon if major refinery issues develop during the summer, although most major U.S. cities will see prices peak at or slightly below \$4 per gallon in 2024.

Americans are expected to spend a combined \$446.9 billion on gasoline in 2024. Average yearly spending per household will fall to an estimated \$2,407, down 2% from 2023, and over 12% less compared to 2022.

Electric vehicles (EVs) and the 2024 presidential election have the potential to

impact fuel prices in the year ahead, with a potential slowdown in the EV transition at stake.

Memorial Day will be the priciest 2024 holiday at the pump, with the national average price of gasoline expected to be \$3.56-\$4.04 per gallon on the holiday.

"As 2023 fades away, I'm hopeful those \$5 and \$6 prices for gasoline and diesel will also fade into memory," said Patrick De Haan, head of petroleum analysis for GasBuddy. "The global refining picture continues to improve, providing more capacity and peace of mind that record-setting prices will stay away from the pump in 2024. I anticipate that we'll still have some volatility, unexpected outages and disruptions, and potentially weather-related issues, but I do not expect it to lead to record prices. Offsetting OPEC+'s production cuts is contributing to the rise of U.S. oil production, which now stands at record levels. Combined with Canada, North American oil production could further stabilize countries that have decided to curb oil production."

The outlook forecasts the highest prices will be seen at the peak of the summer driving season in May, with the national average potentially rising as high as \$3.89 per gallon. More uncertainty is expected with hurricane season in late summer. Diesel prices are also predicted to fall incrementally from 2023, peaking at \$4.13 per gallon in March 2024. ★

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)

Autos Wanted

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: Porscherestoration@yahoo.com (Cal-SCAN/2/17/24)

Computer Service

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

Visit: mpg8.com

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)

Fitness/Yoga

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

For Sale

AVAILABLE. Buildable Lot. Land Park. Call Tony. 916-248-2766 (3/15/2023)

'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)

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)

Advertising Works!

Health/Wellness

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

Help Wanted

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

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 Maxisip 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)

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)

GOT LOCAL NEWS?
Call (916) 773 1111

Visit: mpg8.com

Landscaping

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

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

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)

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 (01/31/2024)

MPG8.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)



We Support Our Military

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

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

Roofing

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

Tree Service

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

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

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.

Bob's BASEBALL Tours
Hall of Fame Tour
Attend MLB games at Cincinnati, Detroit, Cleveland, Pittsburgh, Toronto, Boston & New York Yankees. Visit football, baseball, basketball & hockey Halls of Fame
Tour begins at hotel near Cincinnati Airport and ends near Newark Liberty Intl Airport
\$3,500/person based on double hotel occupancy
Tour includes deluxe motor coach transportation, all admission tickets, quality hotels, etc.
We also offer an Arizona Spring Training Tour (March 3-5) and a New England Fall Foliage Tour (Sept. 27-Oct. 3) with games at Fenway Park and Yankee Stadium.
For more information, call or text for a free brochure: 907.217.1326

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



BEST OF FAIR OAKS 2023



You're Invited!

Tickets are expected to sell out fast.
 Don't miss your chance to attend
 the 8th annual "Best of Fair Oaks" event.

BestofFairOaks.com

This year's event will be held:

Where: North Ridge Country Club, 7600 Madison Ave, Fair Oaks

When: Thursday January 18, 2024

Cost: Contact the Fair Oaks Chamber of Commerce for details

FairOaksChamber.com or call 916-967-2903

KP International MARKET
 FOOD COURT NOW OPEN
 10111213141516
 10971 Olson Drive
 Rancho Cordova, CA 95670
 916.853.8000
 Market - 7 Days: 8am - 9pm
 Food Court - 7 Days: 11am - 7:30pm
 Korean / Mex / Viet: 7:30pm last call
 Chinese / Japanese: 7:00pm last call

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

FRESH PRODUCE

Opal Apple \$1.39/lb	Lemon Cello 2 lbs \$2.99/bag	Russet Potato 2lbs/\$1.00	White Corn 79¢/ea	White Dragon Fruit \$2.49/lb
Popeye Spinach 10 oz \$1.79/ea	Orange 10 lbs Bag \$5.99/bag	Assorted Mushroom 400 g \$2.99/ea	Cara Cara Orange 79¢/lb	

AMERICAN/HISPANIC GROCERY

EED All Purpose Flour 5 lbs \$3.99/ea	Super Lucky Jasmine Rice 5 lbs \$6.99/ea	Zulka Pure Cane Sugar 4 lbs \$3.99/ea	Wish Bone Sliced Dressings 15 Ltr \$3.49/ea	Mazola Corn oil 1 gallon \$15.99/ea
---------------------------------------	--	---------------------------------------	---	-------------------------------------

ASIAN GROCERY

Dragonfly Brand Tofu 2 lbs \$4.99/ea	V Cut Potato Chips Spicy BBQ 5.46 oz \$3.49/ea	Lee Kum Kee Pure Sesame Oil 14 Ltr \$7.99/ea	Dragonfly Glutinous Rice Flour 16 oz 99¢/ea	Jubas Nuts de Coco Gel 4 Flavors 12.7 oz \$1.99/ea
--------------------------------------	--	--	---	--

EUROPEAN GROCERY

Sadaf Bulgur #1 Fine 20 oz \$2.29/ea	Sadaf Bulgur #2 Medium 20 oz \$2.29/ea	Golden Plate 100% Grapeseed Oil 1 liter \$8.99/ea	Do Ghaazal Gift Set Tea 400 gr \$6.99/ea	Carabao Energy Drink 250 ml 79¢/ea
--------------------------------------	--	---	--	------------------------------------

FROZEN & FISH DEPT

Seasoned Pollock Roe 1 lb REG. \$16.99/ea \$11.99/ea	Unagi Kabayaki Eel (unagi) 8 oz REG. \$9.99/ea \$5.99/ea
---	---

WEEKLY MEAT SPECIALS

Beef Ribeye Roast - Boneless Chuletón de Ternero Asado Deshuesado \$6.99/lb	Beef Ribeye Steak - Boneless Filet Chuletón de Ternero Deshuesado \$7.99/lb
Beef Cross Rib/Shoulder Roast - Bnls Costilla Cruzada de Ternero Asado Deshuesado \$3.99/lb	Pork St. Louis Ribs - Single Pack Costillas de San Luis \$2.99/lb
Chicken Drumsticks Piernas de Pollo 69¢/lb	Pork Butt's Boneless Cullitas de Cerdo sin Hueso \$2.99/lb
Pork Tenderloin Boneless Sotomillo de Cerdo sin Hueso \$2.99/lb	

KOREAN/JAPANESE GROCERY

Wing Noodles 15 lbs \$11.99/ea	Tea Herbs 30pk 3000 ml \$7.49/ea	Cooked Rice 100g \$1.49/ea	Hot Chilies 5 x 140 g \$5.99/ea	Curry Chops White Pepp 254 g \$3.99/ea	Prep Andor Red Onions Premium 60-90ml \$5.99/ea
Korean Peppercorn Fryng Mix 1kg \$2.49/ea	Lower Seasoned Raused 12 x 4 g \$2.99/ea	Korean Red Ginseng Drink 20 x 80 ml \$15.99/ea	White Snow Rice Cracker 303 g \$2.99/ea	S & B Golden Curry 4 1/2lb 220 g \$3.99/ea	Levy's Mayonnaise 1764 oz \$15.99/ea

HOUSEWARES

BIGEN SPEEDY HAIR COLOR (REFILL ONLY) \$4.99	MOGAMODA SHAMPOO 300 G \$2.99	ELECTRIC RICE COOKER (4.5 CUP) \$14.99	ELECTRIC RICE COOKER (5.5 CUP) \$19.99	ELECTRIC RICE COOKER (6 CUP) \$15.99
--	-------------------------------	--	--	--------------------------------------

FROZEN & FISH DEPT

Seasoned Pollock Roe 7.05 oz REG. \$9.99/ea \$5.99/ea	Kretschmar Oven Roasted Turkey Breast \$8.19	Pitted Green Olives \$4.99
	Kretschmar Ham off the Bone \$6.19	Green Cracked Olives \$3.99

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE JANUARY 10 - JANUARY 16, 2024.

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE JANUARY 10 - JANUARY 16, 2024.