



California Gets 101 New CHP Officers

PAGE 2

California Capital Airshow Flies Back at Mather

PAGE 2



AMERICAN RIVER Messenger

VOLUME 18 • ISSUE 16

Serving Fair Oaks, Orangevale & Sacramento County

AUGUST 25, 2023

SEE INSIDE

RALLY KICKS OFF FOOTBALL AND CHEER SEASON



PAGE 4

GET WELLER SOONER



PAGE 7

SOUR AND SOUL SOURDOUGH AIMS TO LIFT THE SPIRIT



PAGE 4



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

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!

To place your legal advertising go to CarmichaelTimes.com

See's Candies Now Open



The newly opened See's Candies is open seven days a week at 5499 Sunrise Boulevard in Citrus Heights.

Story and photos by Thomas J. Sullivan

SACRAMENTO COUNTY, CA (MPG) - The new See's Candies retail store has opened at 5499 Sunrise Boulevard in Citrus Heights, replacing its former long-time location home in Sunrise Mall.

Once home to a branch of the Patelco Credit Union, the new See's Candies flagship store, houses a retail shop, corporate offices and a business-to-business operations unit for corporate sales in a brightly muraled, old-fashioned themed two-story commercial building along Sunrise Boulevard which passersby can't miss. "We're delighted to



Hebeh Masoud is the manager of the new See's Candies flagship store.

welcome customers to our new location," said Deanna Ward, its district sales manager. Inside, customers browsed display cases for familiar dark and milk chocolate treats.

See's Candies closed retail stores in downtown Sacramento and in the

Sunrise Mall, consolidating and relocating retail sales in the area to the new Sunrise Boulevard facility, Ward said. Business operations are located on the top floor of the former credit union building.

The store entrance which faces JoAnne's Fabrics in

the Sunrise Village Mall is from the rear of the building. Former drive-in banking lanes still remain but are not utilized for customer service or sales.

Store manager Hebeh Masoud, who has been with See's nearly 20 years transferred to Citrus Heights from Sacramento, with Cindy Born, who serves as the store's assistant manager. Some personnel who worked at the Sunrise Mall store before its recent closure were also offered positions at the new store, Masoud said.

See's Candies, makers of American made delicious candies and chocolates since 1921, continues to be true to its motto of "quality
Continued on page 3

Adam A. House Sworn in as New Fire Chief



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

Metro Fire News Release

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

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

As a Chief Officer at Metro Fire, Chief House served as the Division Manager within the Training, Health & Safety Division with direct oversight of the Training Academy, task level and promotional opportunities and training, special operations training, and the physical and mental wellbeing of the membership. Additionally, he contributed as a member of the FEMA Urban
Continued on page 3

Senior Dogs at SPCA Fetch Grant

Send2Press Newswire Release

SACRAMENTO REGION, CA (MPG) - Old dogs have something to wag about this summer, as The Grey Muzzle Organization announces the recipients of its annual grants, and dogs at the Sacramento SPCA are among the winners. The Sacramento SPCA is one of 90 animal welfare groups chosen from 370 applicants to receive a grant to help local senior dogs. The winning groups received \$848,000 in grants to help save or improve the lives of at-risk old dogs in their communities.

"This grant will help us give senior dogs like 13-year-old Roxie the veterinary care they need to live happy and healthy lives with loving families," said Dawn Foster, Sacramento SPCA Director of Marketing & Communications. "No one is more grateful or loving than an old dog, and we're looking



Over the past 15 years, the national nonprofit Grey Muzzle Organization has provided more than \$4.6 million in grants to support its vision of "a world where no old dog dies alone and afraid." Image by Wallula from Pixabay

forward to helping more senior dogs get the second chance they all deserve."

Over the past 15 years, the national nonprofit Grey Muzzle Organization has provided more than \$4.6 million in grants to support its vision of "a world where no old dog dies

alone and afraid."

"Thanks to the generosity of our donors, we're delighted to help deserving organizations like the Sacramento SPCA make a difference in the lives of dogs and people in their communities," Grey Muzzle's Executive Director Lisa Lunghofer said. "Many senior dogs

in the Sacramento region are enjoying their golden years in loving homes thanks to the wonderful work of the Sacramento SPCA."

As the only full-service 100% nonprofit animal shelter in the Sacramento region, the Sacramento SPCA relies on donations
Continued on page 3

California Capital Airshow Flies Back at Mather

By Tamara Warta

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

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

Unlike prior years, 2023 tickets are only available online. There will be no onsite sales, and space is limited for both general and VIP ticketing options. High-end tickets used to include a grandstand and bleacher option, but this year has been converted into a new location called The Hangar. This brand-new chalet offers both indoor and outdoor seating areas along the front line of the shows, and also includes private restroom access, beer tasting, and access to food truck purchases. Those willing to spend more can also join the Flight Line and Capital clubs, both of which provide catered food and beverages, as well as premium seating areas.

If you're attending the show on a budget, don't worry. While you must find your own seating, there are plenty of perks to still enjoy both on the ground and by gazing up at the sky. Ground level entertainment this year includes vintage combat aircraft and trainers including warbirds that date back to the 1930s. Beale Airforce Base will also be represented at the show, bringing a Lockheed U-2 'Dragon Lady' and T-38 Talons to admire. Children and families will enjoy the opportunity to walk through a large military transport plane as well as the impressively large cargo holds of the FedEx and UPS planes parked onsite. Lastly, public safety workers and first responders will be interacting with guests, teaching young guests how planes and helicopters are used to save lives.

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



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

— these planes get loud. Consider bringing noise-canceling headphones for young viewers as well as those of any age that are sensitive to sound.

The rest of the airshow lineup includes the US Air Force C-17 Globemaster III Demonstration Team, a US Navy F/A-18 Super Hornet TacDemo, a US Air Force A-10 Thunderbolt II, a 1920s-era Barnstormer, and stunt flyer Jim Peitz in a rare Beechcraft F33C Bonanza.

The California Capital Airshow is meticulously organized in order to successfully welcome thousands of guests each year but is also powered strongly by volunteers. Adults aged 18 and older are invited to join in on the fun of volunteering.

"Airshow volunteers play a vital role in supporting CCA's mission to inspire young people using the power and magic of flight," says Darcy Brewer, Executive Director of California Capital Airshow. "They build a great deal of community around this, all while experiencing the behind-the-scenes excitement of producing a massive event."

Volunteers run booths, direct parking, provide information to guests, and so much more. All volunteers receive food vouchers and a commemorative airshow crew t-shirt. Both individuals and groups volunteer each year, but not always without a bit of controversy. The airshow committee actively recruits non-profit groups to raise funds for their own causes by working the parking lot on both Saturday and Sunday. The non-profits receive \$45 per day, per volunteer. The shifts are 11 hours long and no split shifts are permitted.

Tonia Clark was one to call out the airshow on social media. In responding to a recent post asking for non-profit help she said, "That's less than \$5 hour...while it is great that you're helping nonprofits, it appears that it is a pretty good deal for the airshow, considering minimum wage is \$15.50/hr. Are you helping nonprofits or taking advantage of them?"

The airshow has publicly responded in the past, reminding critics that they themselves are a non-profit and are doing what they can to give back to the community, including the aforementioned funds disbursement and also a scholarship program.

Overall, the California Capital Airshow is a quality outing for all ages. Consider coming out and exploring the world of aviation and air defense. But bring your sunscreen and hats, as the warm Sacramento sun will likely be in attendance, too. Tickets can be purchased at californiacapitalairshow.com. ★

California Gets 101 New CHP Officers



CHP Commissioner Sean Duryee swears in 101 CHP officers during a graduation ceremony at the CHP Academy in West Sacramento. Photo courtesy of the California Highway Patrol

CHP News Release

SACRAMENTO REGION, CA (MPG) - The newest members of the California Highway Patrol (CHP) were sworn in today during a graduation ceremony at the CHP Academy in West Sacramento. The 101 officers are part of the CHP's multiyear recruiting campaign to fill 1,000 vacant officer positions by hiring qualified individuals from California's diverse communities.

"I want to commend these men and women, not just for the hard work they put in the past several months while training at the Academy, but for their willingness to serve the public," said CHP Commissioner Sean Duryee. "These new officers are valued members of the CHP who are committed to improving safety in California for many years to come."

CHP Cadet Training Class I-23 is one of six cadet classes scheduled to attend the Academy in 2023. After completing 26 weeks of instruction at the CHP's live-in training facility, the newly sworn officers will report to various CHP offices throughout the state.

At the CHP Academy, cadet training starts with nobility in policing, leadership, professionalism and ethics, and cultural diversity. Additionally, cadets receive instruction on mental illness response and crisis intervention techniques. Training also covers vehicle patrol, crash investigation, first aid, and the apprehension of suspected violators, including those who drive under the influence. Cadets also receive training in traffic control, report writing, recovery of stolen vehicles, assisting the motoring public, issuing citations, emergency scene management, and various codes, including the California Vehicle Code, Penal Code, and Health and Safety Code.

The "Join the CHP 1,000" campaign launched in 2022 to appeal to a wide array of prospective applicants who may not be aware of the life-changing opportunities that awaits with a CHP career. Apply today and be one of the 1,000 new CHP officers ready to make a difference.

The mission of the California Highway Patrol is to provide Safety, Service, and Security. ★

Fair Oaks Recreation & Park District Presents:



18th Annual
**Fair Oaks
Chicken Festival**
Saturday
Sept. 16th, 2023
12:00pm - 6:00pm

Fair Oaks Park
11549 Fair Oaks Blvd. Fair Oaks

FREE
General Admission
& Parking

- Food Court and Beer & Wine Sales
- Quality Craft & Vendors
- Kid's Park—Free & Pay-to-Play Activities
- Cornhole Tournament
- And Much More!
- Live Entertainment
 - Group Therapy 12PM-2:30PM
 - Cluck n' Crow Contest 3PM
 - Cougar Adams Band 3:30PM-6PM



visit us 
@fochickenfest

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

for more info visit
www.forpd.org/chickenfest

Sponsored by



Last Chance to Support Honorary Mayor Race



Judy Andrews. Photo courtesy of Chrysti Tovani

By Judy Andrews, Fair Oaks Chamber of Commerce

FAIR OAKS, CA (MPG) - The race for the 2023/2024 Fair Oaks Honorary Mayor is almost over. With one month left to go, our three candidates will be winding down their fundraising efforts following a jam-packed summer of fun activities. The 45th Honorary Mayor (HM) will be announced on Oct. 12. Good luck to our three hopefuls: Josh Hall who is raising money for the Orangevale-Fair Oaks Community Foundation, Jen Rodriguez (current HM) for Stars and Stripes Dog Rescue, and Katie Yount for the Fair Oaks Rotary Club. A portion of their donations will go to support the Fair Oaks Chamber.

In the meantime, check out our upcoming events open to everyone.

Mayor Monday with Josh Hall, Aug. 28

Come out to Smokey Oaks Tavern (9634 Fair Oaks Blvd.) between 4-6 p.m. for the last Mayor Monday with Josh Hall in August. Meet up with friends, enjoy a cocktail and appetizers, and even stay for a delicious dinner. The restaurant is kicking back a portion of the proceeds to Josh's HM campaign. For more

information about Josh and this event, please visit: www.fairoakschamber.com/JoshHall.

Yahtzee Night with Jen, Aug. 30

Support Fair Oaks HM candidate, Jen Rodriguez, at a special family-fun charity Yahtzee tournament on Aug. 30 from 5:30-8:30 p.m. at Del's Family Pizza (11711 Fair Oaks Blvd.). The cost to participate is \$20 per person or \$100 for a team of six. To learn more about Jen and to pre-register for this event, please visit: www.fairoakschamber.com/hm-jen-rodriguez.

Food Truck Mania and Classic Car Show, Sept. 7

Drop by Fair Oaks Park (11549 Fair Oaks Blvd.) from 5-8 p.m. (the first Thursday of each month) for a nostalgic night of classic cars and great food provided by your favorite local food trucks.

Kid's Big Business Expo, Sept. 7

Kids, ages 5-17, are invited to showcase their handmade items or business at the Kid's Big Business Pop Up Expo on Sept. 7 from 5-8 p.m. at Fair Oaks Park in conjunction with the classic car and food truck event. All items sold must be kid-friendly and the creation of the child. Vendors must apply in advance to participate. For details and to complete an application form, please visit the Fair Oaks Recreation and Park District's website: www.forpd.org > Events.

Teal Bend Charity Golf Tournament with Katie, Sept. 10

Do you like to golf? Join Fair Oaks HM

candidate, Katie Yount, for a day of golf while supporting her cause on Sept. 10 from 8 a.m. to 4 p.m. at Teal Bend Golf Course (7200 Garden Highway, Sacramento). Prizes will be awarded to 1st, 2nd, and 3rd place winners! For more information about Katie and to sign-up for this event, please visit: www.fairoakschamber.com/KatieYount.

Fair Oaks Chicken Festival Corn Hole Tournament, Sept. 16

Get ready for the annual Fair Oaks Chicken Festival featuring the popular Corn Hole Tournament on Sept. 16 at Fair Oak Park (11549 Fair Oaks Blvd.). Cash and prizes will be awarded to top winners. Teams can pre-register now at www.fairoakschamber.com.

Chamber Chews & Chat, Sept. 21

Join the Fair Oaks Chamber at their next monthly luncheon on Sept. 21 from 11:30 a.m. to 1 p.m. at Brahma Bar & Grill (Fair Oaks Village). Pre-registration is required at www.fairoakschamber.com.

Driving Out Hunger Golf Tournament, Sept. 25

Support the Orangevale-Fair Oaks Food Bank at a special golf event on Sept. 25 at the Granite Bay Golf Club (9600 Golf Club Drive, Granite Bay). Your participation includes a day of golf and dinner at the clubhouse. The tournament kicks off and 11 a.m. For details and to sign up, visit: www.ovfofb.org/news-and-events.

For more information on these events, please go to www.fairoakschamber.com or where directed. ★

See you in Fair Oaks!

See's Candies Now Open



Tammy, a See's Candies customer, decides to buy a Mrs. Lollypop.

Continued from page 1 without compromise."

Customers can create their own ultimate box of their favorites, including milk or dark chocolates with or without nuts, truffles and limited time sweets, packed fresh at the candy counter in half-pound or 1, 2, 3 and 5-pound boxes.

The new black and white interior in the Citrus Heights flagship store is familiar in theme. The scents of nuts, vanilla and sweet chocolate soon touch your senses and comfort you, often quicker than a friendly staff member can offer you a delicious free sample.

Outside, a mural reminds visiting customers of all the holidays and special occasions where the gift of chocolate is always an appropriate way to properly celebrate.

"Our new location also allows See's to help support its corporate gifting and fundraising sales program operations in a central location for our many customers,"

Masoud said. Bulk sales of See's Candies are traditionally popular fundraisers for many schools and non-profit groups.

"We're better able to help them with a variety of programs to help them achieve their goals with multi-recipient shipping, custom logo gifts, personalized gift messaging and much more," Masoud said.

Tallen Capital and Citivest Commercial partnered together to acquire the 10,621-square-foot building in Citrus Heights in May 2022, with See's Candies later signing a long-term lease for the building, according to a brokerage press release.

See's Candies at 5499 Sunrise Boulevard in Citrus Heights is open seven days a week, Monday through Saturday from 9 am to 7 pm and Sunday from 11 am to 6 pm. Call (279) 201-9878 for more information.

A formal grand opening ceremony is planned on Saturday, September 16th to commemorate founder Mary See's birthday, Masoud said. ★

Senior Dogs at SPCA Fetch Grant

Continued from page 1

from individuals, businesses, and foundations to support their lifesaving work. They are local, independent, and not affiliated with any other SPCA or humane society, including the ASPCA. All funds stay right here in the Sacramento region - helping animals

- and the people who love them - in our own communities.

For more information about the Sacramento SPCA visit <https://www.sspca.org/>.

Learn more about The Grey Muzzle Organization here: <https://www.greymuzzle.org/>. ★

Adam A. House Sworn in as New Fire Chief

Continued from page 1

Search & Rescue Task Force 7, California Governor's Office of Emergency Services (CAL OES) Task Force 9, and the Type 3 Sacramento Regional Incident Management Team (SRIMT), deploying numerous times to major devastating incidents throughout California.

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

Firehouse 65 in Gold River.

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

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

FOLLOW US
for Local News and much more!
American River Messenger
Facebook: @ARMMPG8
Twitter: @ARM_MPG8

WE SUPPORT FIRST RESPONDERS 

One Team, One Cost, One Location  **Financing Available**

A Great Smile Can Start Today



All on 4 Fixed Denture with Temporary Denture

\$ 14,995*

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



2 Implant Denture with Existing Denture

\$ 4,995*

*does not include Extractions or New Denture

NORTHBRIDGE DENTAL

6600 Madison Ave Suite 4B
Carmichael, CA 95608

TEETH IN A DAY IN MOST CASES

Sour and Soul Sourdough Aims to Lift the Spirit



Farmers Market seller Tali Graff shows off some of the fresh bread made by Sour and Soul Baking Co.



The fresh scent of rosemary and roasted garlic draws customers to Sour and Soul Baking Co.

Story and photos by Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG) - It's 2 am and artisan baker Brandon Morgan rises to make the first of what will be 500 loaves of fresh sourdough bread each week. It's also time to check and nurse a sourdough starter for future batches and prepare some 600 pounds of bread flour for mixing.

Morgan is the owner of Sour and Soul Sourdough, a licensed home bakery in Citrus Heights which has become a popular seller at farmers markets throughout the Citrus Heights area since getting started just over three years ago.

He and Courtney, his former spouse, started their business together selling fresh bread and handmade gifts at the end of their driveway on 6929 Mariposa Avenue on Saturday as a friendly way to meet their neighbors and share their passion for making homemade sourdough bread.

At the time, they also had to contend with a toddler with a picky appetite who refused to consume anything but bread and milk. With some research to develop a recipe with the best ingredients possible, they started making sourdough bread rounds in an authentic and traditional way.

When their relationship ended, Morgan said he wanted to continue the business they both had created together.

Morgan, a former union ironworker, is passionate about his new career as an artisan bread maker and doesn't mind facing an early start to each day where he'll be busy carefully watching dough rise and gently kneading portions into what will become a 12-inch, two-pound round of sourdough bread. The process typically takes 40 hours to make a complete batch of bread from start to finish.

The hours and hours of trial and error, minor recipe changes, tinkering around with different individual baking techniques, learning to master bulk fermentation times, baking temperatures and the timing of dough mixing schedules all took time, Morgan said.

"I've learned to become a better baker," he said. "I'm dedicated to using the best ingredients possible, and I believe you can honestly taste the difference in each loaf of bread and muffins that I make."

Sour and Soul also offers pick-up and local delivery to its customers. Orders that are placed by 5 pm on Saturday are typically delivered on Sunday evening, he said.

"My former spouse and I first took a bold leap to join the Orangevale Farmers Market and offer our bread for sale," Morgan said. "We were thrilled to see so many people enjoying our bread for the first time just as much as we did," he said. Morgan started offering his bread, English muffins and cinnamon rolls at the Sunrise Mall Farmers Market in Citrus Heights.

Morgan relies on a crew of part-time staff which delivers his baked goods fresh from his Mariposa home to farmers markets throughout the local area just before they open.

"They're a great group to work with and are just as passionate about introducing customers to some of the most flavorful sourdough bread they'll ever find," Morgan said.

Sour and Soul bread choices include a regular traditional round (\$10.50) with white or whole wheat flour, made without filler and yeast and in Morgan's words, "nothing else but flour, water and a whole lot of love."

Customers may want to try a two-pound rosemary sourdough loaf, made with hand-picked fresh rosemary and generously sprinkled with rosemary sea salt. A popular seller is a roasted garlic sourdough loaf (\$12.50) which tends to sell out early.

"I roast whole garlic cloves in organic olive oil, and then when I am folding the dough I sprinkle these delicious chunks in the sourdough," Morgan said.

Sour and Soul also sells sourdough cinnamon rolls (\$10.50) with icing on the side and a package of six sourdough English Muffins - (\$10.50) made with A2 organic milk, farmers market honey and seasoned with Celtic sea salt.

"I promise to stay committed to bringing the highest quality sourdough bread products to our customers, and I'm passionate about creating food that feeds your soul," she said.

Visit the Sour and Soul booth at the Orangevale Farmers Market on Thursday from 3 pm to 8 pm on 6826 Hazel Avenue, and the Sunrise Mall Market, every Saturday from 9am-1pm at 6041 Sunrise Boulevard in Citrus Heights.

On Sunday, the Sour and Soul booth moves to the Carmichael Farmers Market from 9 am to 2 pm at 5750 Grant Avenue in Carmichael.

For individual orders, visit Sour and Soul Bakery on the web at: <https://sourandsoul.square.site/> Delivery orders must be placed by 5 pm on Saturday for delivery on Sunday evening. ★

Out & About with MaryAnne Povey



OV Hometown Rally Kicks off Football and Cheer Season



Casa Cheer Team listens to be announced before they cheer for the crowd. Photo courtesy of Tim Engle

By MaryAnne Povey

ORANGEVALE, CA (MPG)

The 2nd Annual OV Hometown Rally was a huge success bringing together the Casa Football and Cheer teams, students, families and community fans! It was a perfect night for the large gathering outside at Dairy Queen, where everyone came together to enjoy treats and get pumped up for the kick-off of the 2023 football and cheer season.

The festivities were emceed by MaryAnne and Michael Povey of Orangevale Live who introduced the Casa Roble Junior ROTC to present the colors, Casa Senior Destiny Nagy, to sing the national anthem before introducing Head Cheer Coach Courtney Haas and Head Football Coach Chris Horner who both introduced the Varsity squads. Mike Jones was also brought up to introduce the inaugural Casa girls flag football team. The crowd cheered, waved foam fingers, pom poms and cow bells that all were generously sponsored by local businesses.

"It was a great collaboration of volunteers and business sponsors who helped make the evening possible," said event coordinator Jenn Gustafson, "It was a perfect night."

To make the night truly perfect, the Frosh team came to the rally after decisively winning against Placer 28-8. A great start to the season!

Special thanks to the evening's business sponsors: Tonno's, Scotty's Hideaway, Jan's Lounge,



Casa Roble varsity player Jayden Branscombe's great grandparents Joan and Kirby Brock get their spot early to cheer for the Rams! Photo courtesy of Tim Engle



Casa Varsity football squad gets introduced to the crowd of community, family and fans! Photo courtesy of Tim Engle



Casa Roble Jr ROTC presents the colors before the festivities begin! Photo courtesy of Tim Engle

True Blue Auto Care, OV Teen Council, Authentic Street Taco, Orangevale Live, All Events and OV Copy & Print. And to Darren Lang of EasyStumps for flying the giant American flag! Casa JV and Varsity take

on Placer on Friday night under the lights 5pm and 7 pm at Casa. Stay tuned for updates. For those who cannot attend the games, go to Orangevale Live on Facebook or YouTube to see the games streamed. Go Rams! ★

Protect and Heal your whole family with Affordable Chiropractic Memberships

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



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

AMERICAN RIVER CHIROPRACTIC

2280 Vehicle Drive, Suite 110 Rancho Cordova, CA 95670

916-776-6362

americanriverchiropractic.com

CALL or TEXT today!



LOCALLY OWNED SINCE 1955

Your e-Bike Headquarters

9920 FAIR OAKS BLVD. FAIR OAKS, CA 95628

(916) 961-6700

(Corner of Fair Oaks and Sunrise)

378 NORTH SUNRISE AVE. STE 300 ROSEVILLE, CA 95661

(916) 784-2255

(Across from the Auto Mall)



bobscyclecenter.com



Board Approves Responses to Grand Jury Jail Report

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - The Board of Supervisors, at its August 8 meeting, approved a response to a June 2, 2023, Grand Jury Report, "What's Taking So Long? County Delays Mandated Jail Improvements."

The Grand Jury reviews and investigates the performance of county, city, and local governing entities. Investigations of governmental entities can be initiated by the Grand Jury itself or suggested by citizens. A public report usually follows an investigation with findings and recommendations that must be publicly addressed by the recipients as prescribed in Penal Code Sections 933 and 933.05. Responses are then directed to the Presiding Judge of the Superior Court.

The Board of Supervisors agreed with three of the findings and partially disagreed with four of the findings. One finding was specifically responded to by the Sheriff's Office. Following is a summary of the responses to the Grand Jury's findings

and recommendations from the report.

FINDING RESPONSES

While the findings of the Grand Jury report suggest the inmate population is higher as a result of AB 109, the average daily population (ADP) of the County's jail facilities is lower today than it was in 2011, when AB109 (California Public Safety Realignment Act of 2011) was passed.

The Board acknowledged that new facilities are needed to achieve compliance with the Mays Consent Decree. In December 2022, the County BOS unanimously approved 33 plans designed to reduce the ADP of County jail facilities by at least 600 over time, in alignment with the recommendations in the O'Connell Sacramento Jail Study. Furthermore, the County BOS approved more than \$45 million in appropriations for growth requests for Fiscal Year (FY) 2023-24 related to the implementation of the jail population reduction plans and remedial plans to support Consent Decree compliance.

The Main Jail and Rio

Cosumnes Correctional Center (RCCC) were constructed and renovated prior to the enactment of the Americans with Disabilities Act (ADA) in 1990 and Health Insurance Portability and Accountability Act (HIPAA) in 1996. The Board of Supervisors agreed there are continuing ADA and HIPAA violations due to the lack of adequate health related facilities. These challenges will persist while approved projects are designed and constructed.

The Board believed that County departments should continue to evaluate interim solutions to address Main Jail and RCCC deficiencies identified in the Mays Consent Decree. The County is analyzing whether interim measures are possible and are committed to innovative and unique solutions.

The Board of Supervisors agreed that there are limited healthcare facilities and staffing in the Main Jail. The current space for the number of exam rooms, behavioral health programming space, and specialty care space in the main jail is not adequate to support the demand for services,

despite the significant increase in healthcare staffing.

While the report asserted the sanitation of the Main Jail and RCCC is substandard and has inadequate written procedures in place to ensure cleaning is effective, the jail custodial services provided by the Departments of General Services and Health Services, Adult Correctional Health are documented and largely effective. However, the Environment of Care Report (EOC Report) noted deficiencies within the medical areas of which the County has a plan to address.

While the County has taken significant steps toward implementing the recommendations from consultants and court-mandated experts to address non-compliance issues, full implementation of these recommendations will take time and require future project and contract approvals and associated budgetary actions.

RECOMMENDATIONS RESPONSES

Significant work towards compliance within the County jail has already begun. County staff are moving forward with the Design

Build project delivery and are bringing funding and design concepts before the Board at a future date.

The County will also develop and implement a sanitation and disinfection program at the Main Jail and RCCC.

Several recommendations were deemed unreasonable and will not be implemented, including installing a temporary trailer(s) located in the enclosed Main Jail parking garage to reduce continuing HIPAA and ADA violations and allow for increased acute treatment and diagnostic (lab and basic imaging) capability and rapidly funding and implementing the construction of an additional 18 mental health treatment rooms by December 31, 2023.

The recommendation to increase the number of intake stations by at least three to reduce overcrowding in the booking area will require more analysis. In partnership, the Sheriff's Office and the Department of Health Services Adult Correctional Health (ACH) division has implemented a two-tier medical intake process which has reduced overcrowding and officer wait time in booking. ★

Vet Clinic on Wheels Will Help Unhoused Pets

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Bradshaw Animal Shelter will pioneer a mobile pet clinic this fall to address the healthcare needs of pets belonging to unhoused individuals in Sacramento County. This initiative, named PAWS (Pet Aid and Wellness Services), will be the first of its kind in the region. Offering vital veterinary care on the go, the clinic's foremost focus will be on spaying and neutering as many pets as possible. Additionally, PAWS will be equipped to provide vaccinations as well as medical care and diagnostic services for ill and injured pets.

"By bringing essential veterinary services directly to unhoused pet owners and making spaying and neutering surgeries accessible, we hope to make a positive impact on both the pets and the individuals who love them," said Annette Bedsworth, Director of Bradshaw Animal Shelter.

The mobile clinic will operate at least three days a week, traveling to different locations throughout Sacramento County, strategically identifying and adapting its schedule to serve areas where these services are most urgently required.

In addition to the clinic removing the barrier of transportation, PAWS will also remove the financial barrier of essential veterinary care. All services will be sponsored by Sacramento County with funds provided by the federal American Rescue Plan Act.

Dr. Cynthia Metcalf, who joined Sacramento County as a veterinarian last month, will be dedicated to the mobile pet clinic full-time. This work resonates deeply with Dr. Metcalf, who understands firsthand the importance of the bond between pets and their human companions, especially during challenging times. She shared that her tremendous passion for PAWS stems from her father,

a Vietnam veteran who became unhoused and was diagnosed with schizophrenia. In addition to her love for animals, Dr. Metcalf is compassionate about the complex reasons that can lead to people experiencing homelessness.

"This is very personal for me," Dr. Metcalf said. "I know what it's like to have a family member who has been unhoused, and I know how important our family dog was to him and how their bond helped him, so this program really resonates with me."

PAWS represents a significant milestone in ensuring that the region's most vulnerable pets are able to receive medical care, and will help reduce unwanted litters, pet overpopulation, and preventable diseases in the County.

The operating schedule of PAWS will be posted on Bradshaw Animal Shelter's website once it launches. For more shelter updates, please follow the shelter on Facebook and Instagram. ★

Local Museums Aim to be Destinations for Low Income Families

T-Rock Communications News Release

SACRAMENTO REGION, CA (MPG) - The Greater Sacramento region is rich with museums and popular destinations that offer diverse and enriching experiences for individuals, families, residents and visitors alike. With five local museums participating, Sacramento is considered as a "hub city" for the Museums for All national access program of the Institute of Museum and Library Services that encourages individuals of all backgrounds to visit museums regularly and build lifelong museum habits. Through Museums for All, those receiving food assistance or SNAP (Supplemental Nutrition Assistance Program) benefits can gain free or reduced admission to more than 850 museums throughout the US, including in the Greater Sacramento area.

California Museum – With an ongoing commitment to seek, include and welcome all visitors to its exhibits focused on the state's diverse people and rich history, the museum offers a reduced \$2 admission for EBT cardholders for up to four individuals.

Crocker Art Museum – Committed to reducing barriers and increasing accessibility to the museum and its amazing art experiences, the museum is a participant of the Museums for All program offering free general admission for up to four people per EBT card. While not required, those interested in making a reservation in advance can use MUSEUMSFORALL at checkout.

SMUD Museum of Science & Curiosity – Designed to pique curiosity and spark imagination with interactive exhibits and programming, the museum understands the importance of introducing the wonders of

science, technology, engineering, arts and math to underserved community members. They are proud to offer free admission for up to four people per EBT card (normal parking fees remain in place).

Sacramento Children's Museum – Proud to serve the community by removing barriers for underserved families who want to enjoy the museum's exhibits and programming, the museum offers a reduced \$2 admission for EBT cardholders for up to four individuals. Reservations are required for certain events and more details are available.

Sacramento History Museum – With a "History Awaits!" focus on educating local, regional, national, and international visitors of all ages about Sacramento's rich and fascinating history, the museum is a proud participant in the accessibility program and offers \$2 admission for EBT cardholders (plus those with WIC) for up to four individuals. More information about accessibility programs and reduced-cost memberships is available.

No advance registration is needed for those who qualify to gain reduced or free admission as part of the Museums for All program but will be asked to show their SNAP cards and matching photo IDS at the time of entry. Additionally, there are no limits as to how many times qualified program participants can visit the participating museums. For more details about the Museums for All program is available at www.museums4all.org.

For more information about upcoming activities offered by Sacramento area museums, "like" them on Facebook at www.facebook.com/SacMuseums, follow them on Instagram and Twitter @SacMuseums or visit the user-friendly website at www.SacMuseums.org. ★



JOIN THE FUN!
RIVER CATS

SOMETHING EXTRA FUN EVERY DAY

 Sutter Health Park

RIVERCATS.COM | 916.371.HITS (4487)



TUESDAY

TOYOTA FAMILY VALUE TUESDAYS

\$2.00 HOT DOGS AND ICE CREAM

WEDNESDAY

WET NOSE WEDNESDAYS

DOGS GET IN FUR FREE

THURSDAY

THIRSTY THURSDAYS

DRINK SPECIALS DURING THE GAME

FRIDAY

SMUD ORANGE FRIDAYS

LIVE MUSIC BEFORE THE GAME

FIREWORKS FOR ALL FANS IMMEDIATELY AFTER THE GAME

SATURDAY

SUTTER HEALTH PARK FIREWORKS SATURDAYS

FIREWORKS FOR ALL FANS IMMEDIATELY AFTER THE GAME

SUNDAY

SUNDAY FUNDAY

PLAYER AUTOGRAPHS BEFORE THE GAME AND KIDS GET TO RUN THE BASES AFTER THE GAME

AmericanRiverMessenger.com

Social Security Matters

When Should My Wife Claim Social Security?



By Russell Gloor,
AMAC Certified Social
Security Advisor

Dear Rusty: My wife will be 65 next year, and her full retirement age is 66 years plus 10 months. Can she collect 50% of my Social Security benefit at her full retirement age and then get her own higher personal amount at age 70? Her own amount at her full retirement age is \$1,100 per month but her age 70 amount is \$1,800. My Social Security is \$2,300. Suggestions welcome. Signed: *My Wife's Helper*

Dear Helper: Your wife cannot separate her spousal benefit from her personal Social Security retirement benefit – whenever she claims she will be automatically deemed to be filing for both her own benefit and her spousal entitlement. Thus, she cannot claim her spousal benefit first at her full retirement age and defer claiming her own SS retirement benefit until

she is 70. When your wife should claim is, essentially, a decision which should consider the urgency of her need for the money, her life expectancy, whether she will be eligible for a spouse benefit from you, and whether she is working.

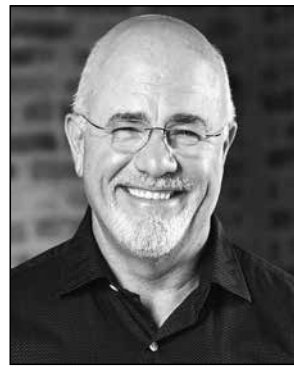
If your wife claims before her full retirement age (FRA) and is working, she'll be subject to Social Security's "earnings test" which limits how much she can earn before some SS benefits are taken away (Social Security's earnings test goes away at FRA).

Average life expectancy for a woman your wife's age is about 87. If your current \$2,300 benefit is a result of you taking your Social Security at your full retirement age or earlier, then your wife will receive a small "spousal boost" from you. If she claims at her full retirement age, your wife's total Social Security payment will be 50% of the amount you were entitled to at your FRA and that will be her permanent amount, except for annual COLA increases. However, from what you've shared, your wife's age 70 amount is considerably more than her maximum spousal benefit so, if her life expectancy is long, that suggests she may wish to consider waiting until age 70 to claim her

own maximum benefit. By doing so, your wife will get more in cumulative lifetime benefits if she achieves average life expectancy.

The unknown factor is your life expectancy because, as your widow, your wife will be entitled to 100% of the amount you were receiving at your death, instead of the smaller amount she is receiving on her own or as your spouse. If life expectancy is long for both of you, then your wife maximizing her own benefit by waiting until age 70 to claim is a prudent choice. But if your, or your wife's, life expectancy is shorter, then your wife claiming at her full retirement age would be a better decision.

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



*It's a Guideline,
Not a Rule*

Dear Dave,

Is there any flexibility in your rule about not spending more than 25% of your take-home pay on rent or monthly mortgage payments? I live downtown in Washington, D.C., and I'm finding it's pretty hard to do here. I make about \$90,000 a year, but I'm spending a little over \$2,000 a month in rent. Rent is my largest expense by far, and I don't spend a lot of other money, so I'm still able to save a little and do other things. Can you give me your opinion about this approach?

– Tanner

Dear Tanner,

True, I advise people to spend no more than 25% of their take-home pay on housing. Math still works in every city and state in the country. You don't get a pass on math just because you live in Washington, D.C., even though Congress and a lot

Dave Ramsey Says

of other people there think you do.

But there's really nothing magical about 25%. The purpose behind it is, I don't want you to be house poor. If you find yourself still able to save and invest because you keep other financial aspects of your lifestyle so low, then you're okay. The problem with most people starts when they've got a high cost of housing, and those payments put a real squeeze on their budgets. It doesn't leave them enough room to save up to buy the next car, so that car becomes debt. The same thing happens with Christmas and vacations and everything else. They don't have enough extra money to save for things because a huge chunk of their income is flying out the door every month wrapped up in rent or a house payment.

Now, you're telling me your situation works for you because you've made room in your budget and live a very frugal lifestyle by choice. That's cool. I'm not mad at you about that. But here's the thing: Whatever you spend on rent disappears. And the more money you burn, the less you've got on hand for other things.

I'm not exactly sure how you adjust that in your situation. Maybe you move outside the city and commute, or perhaps you add a roommate into the equation. Or, maybe you're fine with how things are and that's the way you want to live. That's okay too. But my reasoning behind the 25% figure—which is actually more of a guideline than a rule—is so you don't become house poor. I want you to be able to save, invest and give generously. Plus, I want you to own your own home one day.

And you won't be able to do that if everything you make is going toward big payments!

– Dave

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

Board Approves Responses to Reports on Homeless

Sacramento County News Release

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

The Grand Jury issued two reports related to homelessness that require a response from the County Board of Supervisors. The Grand Jury Report, "Homeless Should Not Mean Hopeless: Homeless Solutions Elude Local Leaders" was issued on May 26, 2023. The report asserts that local governments have failed to work together effectively to address the increasing number of homeless and related issues which has resulted in millions in direct and indirect costs. The report recommended that Sacramento County leaders prioritize a formal, comprehensive approach to homelessness. The report included five findings and four recommendations related to the information in the report along with a list of individuals and agencies required or invited to respond.

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

The landscape of the County's homeless and behavioral health programs and services have been rapidly evolving, even over the past year. Some of the Grand Jury findings may have been true at the time, but the County has already taken steps to remedy in recent months.

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

For example, the Grand Jury indicates that the outreach teams are poorly supported and understaffed. At the time this report was being researched, those findings were likely correct, however,

since that time, there has been significant progress made in not only staffing up those teams, but in allocating additional resources to these teams and to the Behavioral Health CORE centers, fostering meaningful engagement. The County has already committed to semi-annual reports on outreach efforts which can be found at our County's Homeless Services Website.

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

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

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

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

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

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

By Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG)

- A proposal to build a Starbucks café on three existing commercial parcels on 2.2 acres just inside Citrus Heights' northern boundary on Auburn Boulevard will rely on some future work the city is planning under its Auburn Boulevard Complete Streets project before it can proceed.

Individual business owners within the project area located south of the Auburn Boulevard and Whyte Avenue intersection near the city of Roseville are waiting to learn what the construction timeline will be.

The Citrus Heights Planning Commission approved plans on April 21 for the construction of a new 2,610-square-foot Starbucks at 8550 Auburn Boulevard.

The project's zoning designation for these three parcels is SPA – special planning area within the Auburn Boulevard Commercial (ABC) zoning district and also falls in the Gateway District Commercial Center.

Kevin Payne, a planning consultant who worked with city staff and the project's applicant, led a presentation on April 21 to the city planning commission about the project.

Access to the new Starbucks café is by a single main driveway off Auburn Boulevard that is located at a new traffic signal intersection which is part of the "Auburn Complete Streets" plan, Payne explained. The main entrance to the café faces east towards the parking lot, and the drive-thru lane will wrap the building with landscaping on either side.

The café design features a 400-square-foot uncovered exterior patio seating area. Other improvements include the removal of the existing parking lot, installation of new paved drive aisles and parking areas, construction of a drive-thru lane, concrete sidewalks,

new landscaping and a new trash enclosure for each building.

According to a project narrative which was prepared by the architect McCandless & Associates of Woodland, Calif., café users will access the site from the parking lot and drive-thru lane. Some 38 parking spaces are included in the project that meets the city's minimum requirement for the proposed use.

Within the existing 6,840 square-foot multi-tenant commercial building built in 1960 is divided into two by a breezeway with a 1,447 square-foot structure on one side, that is occupied by Sam's Liquor and Food, and 5,263 square-foot portion which has four individual tenant spaces.

The location of a new Starbucks café may create competition for "Just Tea It," a distinctive family-owned boba tea shop which opened in the plaza in August 2019, its owners say.

"There will be an extended amount of time before any construction plans and/or timeline are known, but it's several months out," said Marisa Brown, CH city communications officer, describing the project's status on behalf of the city planning department.

A closed 106-square-foot Java Detour coffee kiosk and a substantial portion of an existing commercial building which houses Sam's Liquor and Food will be demolished, Brown said.

The other building with Waggin Tails and Just Tea It will remain, but the overall building will get a facelift," Brown said.

Waggin' Tails Doggie Day Care, next to the liquor store has undergone a change of ownership, according to former owner Andrea Cermak. "The new owners were scheduled to take over on July 16 from Cermak and will do business as "The Nature of Dogs." Neither a representative for the liquor store

nor the owner of the new pet sitting business were available for comment.

According to construction plans, an existing open pet exercise yard already in use dog day care business will remain in place.

Brothers Jeffrey and Jason Liang, along with their parents, Jack and Amy signed a three-year lease in 2019 and opened Just Tea It in May of that year just across from the now shuttered Big Lots store on Auburn Boulevard.

The Liang family also owns and operates Aquarium Depot further down Auburn Boulevard in Citrus Heights.

"The site was quite an ugly duckling, a closed sandwich shop, but our family felt the location had a lot of promise, given what we know of the city's plans for the redevelopment of Auburn Boulevard, and we decided to open," Jason Liang said.

Gray exterior paint featuring a large painted green leaf logo with the words "Just Tea It – Boba and More" entices customers who travel north on Auburn Boulevard.

Parents Jack and Amy had been in the restaurant business for over 30 years, and as a family, turned the ownership and day to day management of Aquarium and Reptile Depot to their two sons who continue to make the business thrive.

The family weathered the pandemic, reduced hours at Just Tea It for a time and closed off their dining area to help their business survive, Amy Liang said.

The shop's menu was reduced for a time, but milk tea and coffee, smoothies, fruit teas, slushies and a selection of Gunther's Ice Cream are served.

"It was rough going for a time during the pandemic, and we're drawing our regular customers back," she said. "It's very much wait and see to see if we can remain in business and thrive once this new Starbucks opens here." ★



Get Weller Sooner

Can you talk yourself out of being sick? Stan Munslow says you can. He has 12 powerful proven ways to speed and improve your recovery from illness or surgery. On POPPOFF Stan gave me the abbreviated version of what is in his book "Get Weller Sooner". He helped his own father beat 30% survival odds and fully recover fully from Stage 4 lymphoma. Take a look.

1. THE POWER OF YOUR MIND. The power of the mind-body connection is more profound and incredible than most people realize. /you are in charge of your healing. Recognize and call upon the power your thinking has upon your body's ability to heal and overall state of health.

2. THE POWER OF POSITIVE THINKING. Since your thinking strongly influences your body it's important to keep positive thoughts. Think only the best thoughts about your body and your healing and recovery. Think only the best thoughts, PERIOD.

3. THE POWER OF POSITIVE EXPECTATION. Your expectations impact your health and healing to such a high degree that they drive virtually every medical outcome you will ever have. So expect the best regarding your body. Expect to heal. Expect to remain healthy thereafter.

4. THE POWER OF INNER STRENGTH. You need strength to fight and overcome your medical challenge. Know your inner strength is something that resides in all of us. Be strong simply by calling upon your inner strength. Know it will be there for you.

5. BECOMING THE PERFECT PATIENT. You reap what you sow. Be the perfect patient whom everyone likes and admires. Put out nothing but good,

pleasant, friendly, positive and cooperative energy throughout your healing and recovery.

6. THE POWER OF LAUGHTER. Laughter is instrumental in the healing process. Using the power of the internet, access all the comedy you can in whatever tickles you most. Laugh yourself to a speedy recovery.

7. THE POWER OF MUSIC. The same goes for music. Make playlists of soothing, healing music and listen to them throughout your illness even under anesthesia. Music's healing power has been scientifically proven.

8. THE POWER OF AFFIRMATION. Repeating positive statements is used by many of the greats in all fields. Infuse their powerful healing energy into your being as often as possible.

9. THE POWER OF GOOD NUTRITION. You are what you eat. Every cell in your body is something you ate in the past seven years. Eat only real food. Think plants and lean meat.

10. THE POWER OF MEDICINE. Believe – deeply believe in the power of any medications prescribed for you. Know they will work for you and trust in your doctor's ability.

11. THE POWER OF PRAYER. Prayer works. Pray for your healing daily and bring together a prayer circle of friends and loved ones to pray for your rapid recovery.

12. THE POWER OF LOVE. Love is all powerful. A loving spirit is a healing spirit. To love much is to live well and to be well.

Check out "Get Weller Sooner" to optimize the mind-body connection for better health. **STAY WELL!!!** ★

Board Approves Funding from Health Plans for LEAP

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - The Board of Supervisors, on Tuesday, August 8, approved the County to receive the Housing and Homeless Incentive Program (HHIP) to increase the Landlord Engagement and Assistance Program (LEAP).

LEAP is operated by Bay Area Community Services (BACS) and provides housing-related services which include the provision of landlord incentives to secure affordable housing for clients, provide client and landlord level tenancy supports, house matching, landlord education, enhance the efficacy of voucher and subsidy programs addressing housing concerns and other housing-related efforts to support people experiencing homelessness.

The State of California's Department of Health Care Services (DHCS) has developed a plan to enhance, expand, and strengthen Medi-Cal Home and Community-Based Services (HCBS) in California, in accordance with the American Rescue Plan Act (ARPA) of 2021.

One of the initiatives under the HCBS plan is the Housing and Homeless Incentive Program (HHIP), which aims to expand and enhance programs that help individuals transition to community-based, independent living arrangements.

Medical Care Providers (MCPs) recognize the link between housing stability and health outcomes. Homelessness can worsen health issues and increase healthcare costs for vulnerable populations.

Through HHIP, MCPs can provide financial support to governmental partners such as LEAP to enhance housing programs, offer supportive services, and develop effective strategies for helping those facing homelessness.

The MCPs consist of the following providers in Sacramento County: Health Net, Anthem, Aetna, Kaiser Permanente, and Molina. Each provider has applied

separately for HHIP funding and amounts granted to each provider vary, but the pooled funds will amount to nearly \$5 million.

With this funding increase, LEAP will be able to serve an additional 100 households annually, on top of the 150 annual households already funded through the existing ARPA agreement. HHIP funding will be utilized to expand landlord incentives and to help individuals in the LEAP program overcome barriers and access stable housing.

"The County has already seen positive outcomes through LEAP." Said Emily Halcon, Director of Homeless Services and Housing "We're thrilled to partner with our local health plans to increase the opportunity for stability for people who are unhoused."

"Sacramento County has been an incredible leader, collaborator and partner in implementing the state's California Advancing and Innovating Medi-Cal (CalAIM) initiative, ensuring Sacramento's most vulnerable residents have access to all innovations and reforms under CalAIM," said Martha Santana-Chin, Medi-Cal and Medicare president at Health Net.

"Anthem Blue Cross has been a committed supporter of Sacramento County efforts to effectively address the County's most pressing priorities, including funding innovative solutions that provide stability to those who are unhoused," said Les Ybarra, President of Anthem Blue Cross Medi-Cal health plan. "The reality in Sacramento, and across California, is that one of the greatest challenges for our members and individuals who are experiencing homelessness is finding available housing and landlords who are willing to work with them. We believe that the Landlord Engagement and Assistance Program will help remove these barriers and improve lives, so we are proud to serve as a critical partner, and we look forward to continued collaboration with the County to address homelessness." ★



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

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

By Tim Coughlin



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

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

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


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

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

SUMMIT
 INDEPENDENT INSURANCE SERVICES
 LOCATED IN GOLD RIVER, CA

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

This is a paid advertorial



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.

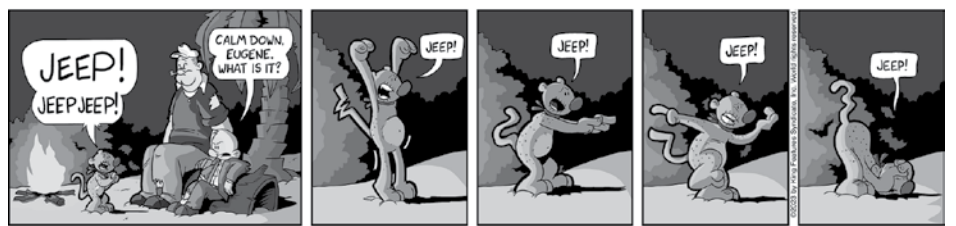


COMICS & PUZZLES

The Spats



by Jeff Pickering



Amber Waves

by Dave T. Phipps



Out on a Limb

by Gary Kopervas



HOCUS-FOCUS

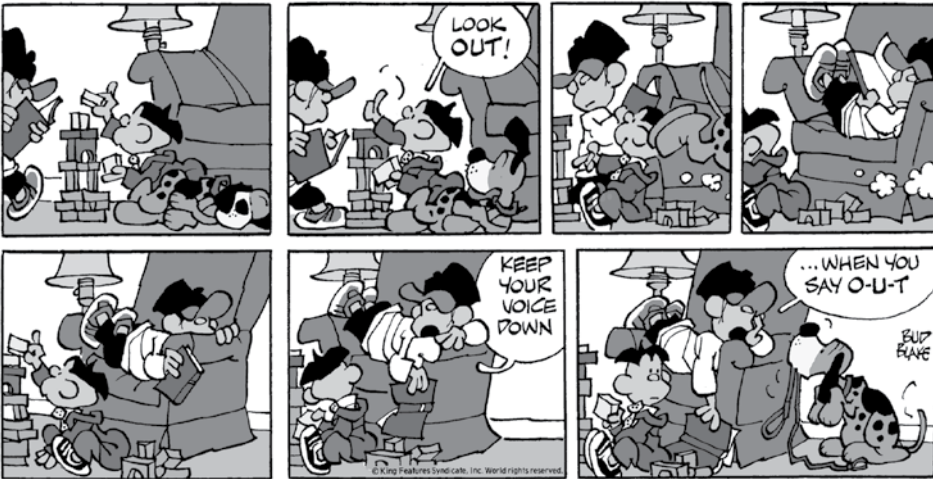
BY HENRY BOLTINOFF

Find at least six differences in details between panels.



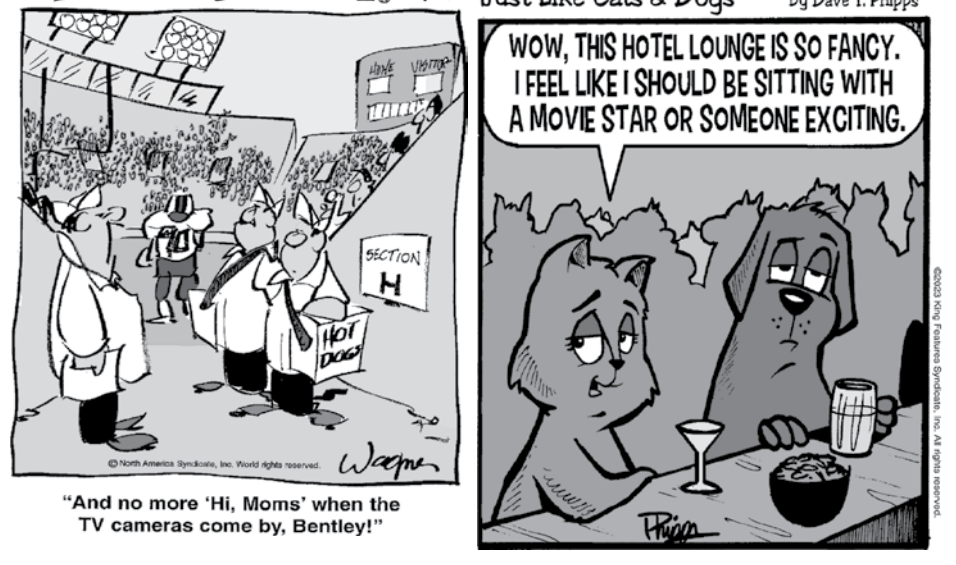
TIGER

by BUD BLAKE



GRIN and BEAR IT

Just Like Cats & Dogs by Dave T. Phipps



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

STATEPOINT CROSSWORD • FOOTBALL

CLUES

ACROSS

- Brainchild
- Gravestone wish
- Paleozoic one
- Pressing tool
- Senegal's neighbor
- Literary theme
- Scissors sound
- Final notice
- *Notre Dame's Fighting _____
- *Home of the first Super Bowl winners
- National League Pennant series, acr.
- Steer clear
- *"Glee" actress _____ Michele
- Beffuddled
- *One of 4 NFL teams sharing a home field
- Fish story
- Stockings
- *"Doggone it!"
- Rand McNally book
- Mozart's "L'____ del Cairo"
- Whiskey drinks?
- Comedy act
- Be more of a fox
- Dead or Black, e.g.
- Obliquely
- Roof supporter
- High or low card
- Employer's good news
- Hyperbolic tangent
- *College player not using eligibility
- Beastly person
- Double-reed instrument
- *Nike Pegasus 39
- Smidgeons
- Paddleboarding acronym, pl.
- Seaside bird
- *Thirty-____ teams in NFL
- *"Ravens" or Lions' time, acr.
- *Rushing unit

DOWN

- *"Now or Never"
- "Shoot!"
- Arabian bigwig
- Fund-raising letter
- Torah teacher
- Homer's famous poem
- Feel for
- Larger-than-life
- A Supreme singer
- Emerald _____ borer
- Poet's death lament
- Fungal skin infection
- *Home of the Citrus Bowl in Florida
- Not odds
- Lily, in French
- Unfortunately, exclamation
- *a.k.a. Iron Mike
- Charcuterie stores
- Nibble away
- Have faith
- Ranee's wrap
- Lummox
- Calendar abbr.
- Russian autocrat
- *Home to College Football Hall of Fame
- Secret supply
- *Extra point
- Van Gogh flowers
- Partners of pains
- Spirited

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		

Consumer Cellular

Switch & Get \$25

Off First Month of New Service! USE PROMO CODE: 6Z590

888-804-0913

Classified Advertising

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

MPG

916.773.1111

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

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!

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

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

SUDOKU

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

SAFE-STEP WALK-INTUB 1-855-576-5653

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

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

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
Competitive Prices
Licensed and Insured
(916) 224-9750

TD SNELL CONSTRUCTION
GENERAL BUILDING CONTRACTOR

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

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

DRAINS ONLY
THE DRAIN & SEWER
CLEANING CO.

Charles Mitchell
916-868-5771
CMJR6348@GMAIL.COM
4 Picket Ct. Sacramento, CA 95823
SPB12018-00953

Rio Linda Eye Care
Laser Surgery • Eye Glasses • Contact Lenses
• Eyewear for Computer Users

Dr. William Fleischmann
(916) 991-8444
Saturday Appointments Available
6716 RIO LINDA BLVD., SUITE B, RIO LINDA

All American Pro Construction
Family-owned & operated.
We offer Veterans & Senior Discounts
Great Craftsmanship & Customer Service
Specializing in Kitchen & Bath
Remodels, plus Much More
BIG or SMALL, We Do It All. Give Us a Call.
916-504-0188

CSLB# 1089369, Licensed, Bonded & Insured

Just Send It Postal
justsendit11@yahoo.com
Phone: (916) 723-8855 • Fax: (916) 723-0208
Mon.-Fri. 10 - 5 Sat. & Sun. CLOSED
7250 Auburn Blvd. #C Citrus Heights, CA 95610
www.justsenditpostal.com

NOTARY * PRINTING * SHREDDING

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

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

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

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

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

FREE PAYROLL PROCESSING FOR ONE MONTH IF YOU CALL NOW!

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

AFFORDABLE TRENCHLESS & PIPE LINING
Install a Water/Electric
line under your
existing driveway!

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

We're #1 in the #2 business
Off (916) 488-1215 Lic #754886

TRACTOR SERVICE

- Mowing • Rototilling
- Discing • Scraper/Loader

Call
(916) 991-8431

Local Classified

Announcement

Become a Published Author. We want to Read Your Book! Dorrance Publishing, Trusted by Authors since 1920. Book manuscript submissions currently being reviewed. Comprehensive services: Consultation, Production, Promotion and Distribution. Call for your Free Author's Guide 1-877-538-9554 or visit http://dorranceinfo.com/Call (Cal-SCAN)

Autos Wanted

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)

For Sale

'84 Corvette, 88,000 miles, engine is extremely strong, 4 speed tranny gets up and goes. Interior needs work and very slight body work, primed. First \$2,500 drives it away. 530-742-9144 leave message. TFN.

Insurance/Health

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

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

Music Lessons

Guitar Lessons
Beginner to Advanced . \$20/ half-hour; \$30 full hour. 916-507-6658, freddiebalbert@gmail.com 123023

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.bernardinoroofting.com

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)

Cable/Satellite TV

DIRECTV. New 2-Year Price Guarantee. The most live MLB games this season, 200+ channels and over 45,000 on-demand titles. \$84.99/mo for 24 months with CHOICE Package. Some restrictions apply. Call DIRECTV 1-888-641-5762 (Cal-SCAN)

General/ Employment

Structural Designer II for Response Structural Engineers, Carmichael, CA. Responsible for seismic analysis, design of structural members. Req. B.S. Civil Eng., Structural Eng. or related, and proficiency in AutoCAD, Revit, Excel. Send resume to: info@response-eng.com

Internet

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

Job Opportunities

Kp International MARKET

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

Painting

PAINTER INTERIOR & EXTERIOR
\$35 Hourly or Fixed Price
Cell: 650-773-5221
Insured & Bonded
Guarantee Work
083123

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

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)

Computer Services

Zinsky's
PC Configurations
"Don't replace it - REPAIR IT!"
Custom Desktop Computer Configurations
• FC Repair • Home Wireless Networking
• Installations • Virus & Spyware Eradication

Alan Zinsky
Phone: 916-622-2269
Zconfig@sbcglobal.net
Bus. Lic. # 305312 • B. E. A. R. Reg #84416
www.zinskyspcrepair.com

Hall Rentals

VFW Post 6158

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

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

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)

Pets/Animals

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

Real Estate

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

Autos Wanted

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

Computer Services

Your Fitness Genie
Virtual Sessions
Your Fitness Genie
NARSIT

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

Health/Wellness

JOIN FOR FREE - NO KITS OR QUOTES & FREE WEBSITE. CFTO (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

Need Help? Hire a Pro!

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

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

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

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

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

KP International MARKET
 FOOD COURT NOW OPEN
 10971 Olson Drive
 Rancho Cordova, CA 95670
 916.853.8000
 Market - 7 Days: 8am - 9pm
 Food Court - 7 Days: 11am - 3pm
 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

English Cucumber 99¢/ea	Russet Potato 10 lbs \$3.49/bag	Green Cabbage 39¢/lb	Yellow Onion Jumbo 3lbs/\$1.00
Banana 59¢/lb	Mexican Mango \$7.99/box	Watermelon Red Seedless 3lbs/\$1.00	Celery 99¢/lb

AMERICAN/HISPANIC GROCERY

Tree Top 100% Apple Juice 64 Oz \$2.99	Saviled Fabric Softener 8.5 liters \$15.99	El Mexicano Ice Pop (assorted) 19.2 Oz 99¢/ea	Maggi 2 Minutes Flax Noodles 5 x 50 oz \$4.99	Capri Sun Fruit Drinks 10 Pouches 10 x 6 oz \$3.99
---	---	--	--	---

FROZEN & FISH DEPT

Yellow Croaker 200/300 REG. \$22.99/box \$14.99/box	Salted Mackerel 2.2 lbs REG. \$15.99/ea \$11.99/ea
--	---

ASIAN GROCERY

33A Instant Rice 3.3 lbs \$6.99	D&B Sweet Soy Sauce 21.3 Oz \$2.99	ARGO Corn Starch 16 oz \$2.79	Lee Kum Kee Pure Sesame Oil 15 Oz \$7.99	Shelly Sebel Rice Crackers Seaweed Flavor 5.64 oz \$2.99
--	---	--------------------------------------	---	---

WEEKLY MEAT SPECIALS

Beef Cross Rib/Shoulder Roast - Brns \$3.99/lb	Beef Ribeye Roast - Boneless \$6.49/lb	Beef Ribeye Steak - Boneless \$6.99/lb
Chicken Drumsticks 59¢/lb	Pork Butt Bone In \$2.99/lb	Pork Spare Ribs (Single Pack) \$3.49/lb

EUROPEAN GROCERY

Mediterranean Blend of Canola & Extra Virgin Olive Oil 1 liter \$5.99	Caraban Cap Energy Drink 250 ml 99¢/ea	Coco India Natural Coconut Water 250 ml 99¢/ea	Lehana Wafers Sheets for Cakes 90 gr \$2.99	Veros Green Peas 400 gr \$1.79
--	---	---	--	---------------------------------------

KOREAN/JAPANESE GROCERY

Product of Korea White Rice 20 lbs \$19.99	Pacific Sherry 400 g \$3.99	Doritos Milk Spangung 2.2 lb \$2.99	Son Veggie Noodle Soup 4 x 3.58 oz \$4.99	Boiled Silk Worms 1.5 oz \$1.29	Soft Drink (Margarita Rice) 1.5 liters \$2.99
---	------------------------------------	--	--	--	--

HOUSEWARES

HAIR DARKENING SHAMPOO 19.99	ELECTRIC BBQ GRILL \$39.99
KAIZEN WOK PAN 30 CM 14.99	WATERMELON SLICER KNIFE 3.99

FROZEN & FISH DEPT

Dried Pollack 200 g \$12.99/ea	Crechamar Oven Roasted Turkey Breast \$8.19	Crechamar Ham off the Bone \$6.19
---------------------------------------	--	--

EUROPEAN DELI

Pined Green Olives \$4.09	Green Olives Stuffed with Almonds \$5.39
----------------------------------	---

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE AUGUST 23 - AUGUST 29, 2023.

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE AUGUST 23 - AUGUST 29, 2023.

Look for Unadvertised Price Reductions Throughout Our Stores!

We Beat Almost All Online Prices on Premium Brand Pet Foods!
 Including Blue Buffalo, Chicken Soup, Earth Born, Diamond Naturals, Pinnacle, Taste of the Wild, & Royal Canin.

PET CLUB
 FOOD AND SUPPLIES
 EVERYDAY LOW PRICES
 Super Discount Prices* Hot Specials & Coupons
 *Short term promotions from vendors (No Membership Fees)

2344 Sunrise Blvd. 318 N Sunrise Blvd.
 Rancho Cordova, CA Roseville, CA
 916-635-5008 916-781-8500

COUPON

2 FREE CANS
FANCY FEAST
CAT FOOD
 3 Oz. All Varieties
 Except Elegant Medley & Naturals
 With Any Purchase of Pet Food or Supply Not valid with any other offer
 Limit: 1 Coupon Per Family PLU 321 CHM
 Effective 8/23/23 - 8/29/23

COUPON

\$5.00 OFF
 ANY PURCHASE OF \$15.00 OR MORE OF PET OR FISH SUPPLIES (Excluding Pet Food or Litter) Cannot be used in conjunction with similar dollar or percentage off coupons & advertised sale items.
 Limit: 1 PLU 351 CHM
 Limit: 1 Coupon Per Family
 Effective 8/23/23 - 8/29/23

Check for Advertised Sale Items Everyweek at www.petclubstores.com

<p>BLUE BUFFALO DRY DOG FOOD 30 Lb Bag Limit 2 Bags •Chicken (Regular & Large Breed) •Fish & Oatmeal •Puppy (Reg & Large Breed) •Senior (Reg & Lrg Breed) •Lamb & Rice •Weight Control (Reg & Lrg Breed) \$5 OFF Our Regular Prices! Effective 8/23/23 - 8/29/23</p>	<p>PRO-PLAN DRY DOG FOOD 30-35 Lb Bag •Chicken & Rice •Beef & Rice •Performance •Weight Control •Sensitive Skin & Stomach Limit 2 Bags per Family \$5 OFF Our Regular Prices! Effective 8/23/23 - 8/29/23</p>	<p>PURINA KIT N' KABOODLE DRY CAT FOOD 16 Lb Bag Limit 2 Bags Per Family \$13.99 Effective 8/23/23 - 8/29/23</p>
<p>FRISKIES BUFFET CANNED CAT FOOD 5.5 Oz Selected Varieties Limit 2 Cases Per Family ON SALE Everyday Effective 8/23/23 - 8/29/23</p>	<p>FUSSIE CAT PREMIUM CANNED CAT FOOD 2.8 Oz. •Black Label •Gold Label Limit 2 Cases Per Family ON SALE Effective 8/23/23 - 8/29/23</p>	<p>TIDY CATS SCOOPABLE CAT LITTER 20 Lb Jug •Regular •Unscented Limit 2 Jugs Per Family ON SALE Effective 8/23/23 - 8/29/23</p>
<p>HI-COUNTRY WILD BIRD SEED 20 Lb Bag (Kaytee, 20 Lbs - \$10.99) (Audubon Friends, 20 Lbs - \$9.99) Limit 2 Bags Per Family \$9.99 Effective 8/23/23 - 8/29/23</p>	<p>WELLNESS CANNED CAT FOOD 5.3 Oz Can •Pate •Gravy Selected Varieties Also •Signature Select •Core Full Case Limit 1 Case 15% OFF Our Regular Prices! Effective 8/23/23 - 8/29/23</p>	<p>WELLNESS CANNED DOG FOOD Natural 12.5 Oz •Regular •Stew •Core Full Case Limit 2 Cases 15% OFF Our Regular Prices! Effective 8/23/23 - 8/29/23</p>
<p>EVERCLEAN PREMIUM CAT LITTER 25 Lb Box •Extra Strength Unscented •Unscented Ever Fresh Limit 2 Boxes \$15.99 Effective 8/23/23 - 8/29/23</p>	<p>HAMILTON & COASTAL PET LEASHES All Varieties •Leashes •Harnesses •Leads •Collars 20% OFF Our Super Low Prices! Effective 8/23/23 - 8/29/23</p>	<p>REDBARN NATURAL DOG TREATS •Bully Treats •Antlers •Bully Sticks All Varieties except Mammoth Bone \$9.99 20% OFF Our Super Low Prices! Effective 8/23/23 - 8/29/23</p>