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Fighting for Lyme Disease Awareness



Melissa Moya receives one of many treatments for her Lyme disease. Photo courtesy of Melissa Moya

By Tamara Warta

SACRAMENTO REGION, CA (MPG) - For as long as we've had a way to share news, stories of devastating diseases and how they affect lives are often shared both on television and social media. While COVID-19 held the headlines for a good three years, other illnesses have never been fully brought into the spotlight of public awareness. Lyme disease is an example of a condition we rarely hear about, especially those of us living in the city and surrounding suburbs of Sacramento.

Melissa Moya agrees. "I would like for them (Sacramento County residents) to know to take that extra moment to protect themselves before going out," says Moya,



Moya with Sacramento County Supervisor Rich Desmond receiving a Board of Supervisors Resolution this past May, which was Lyme Disease Awareness Month. Photo courtesy of Melissa Moya

founder of Lyme Fight Foundation.

Moya's own Lyme disease journey started seven years ago, and it was a path she never expected to find herself on. Following

a hysterectomy, she started to not feel well, suffering with aches, pains, and brain fog, among other symptoms.

"It took me three years to figure out

what was wrong," she recalls. "I went to doctors in Sacramento and San Francisco, and even to the Mayo Clinic in Minnesota."

After suspecting a variety of illnesses including Fibromyalgia, Moya finally received her diagnosis of Lyme, Bartonella, and Babesia. Unwilling to sit back and live passively with this new reality, Moya formed the foundation in April of 2020. As she says, "My silver lining turned into the foundation."

Lyme Fight Foundation aims to educate, raise awareness, and provide information and resources. They work with both the general community and those who are suffering from Lyme disease and its complications. Lyme disease
Continued on page 4

County Transportation Funding Experiences Boost

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - So far 2023 has been an excellent year for Sacramento County transportation efforts as many area projects have found needed funding to keep moving forward. This year, nearly \$100 million is earmarked to improve roads, provide neighborhoods access for those who walk and bike, and build electric vehicle charging stations at Sacramento International Airport.

The 2023 funding from the California Transportation Commission (CTC) and the Sacramento Area Council of Governments (SACOG) will help pay for parts of ten different projects within the County. The awards were given to a mixture of individual projects and joint efforts between agencies.

California Transportation Commission Awards - \$70,038,000

Local Partnership Program - US 50 Gold Line Corridor Enhancement Project - \$25M - SacDOT joint grant with SacRT. Project Summary - SacDOT will receive \$15 million to go toward making improvements at the Hazel Avenue and Aerojet Road interchanges with Highway 50. Sacramento Regional Transit (SacRT) will receive \$10 million for improvements along the Light Rail's Gold Line;

Trade Corridor Enhancement Program - Sacramento County WattEV Innovative Freight Terminal Project - \$33.6M - Airport. Project Summary - The largest award in the area will allow the Sacramento County WattEV Innovative Freight Terminal (SWIFT) to build a publicly accessible electric vehicle (EV) charging facility on a 118-acre parcel of land in south of Interstate 5 and immediately south of Sacramento International Airport;

Trade Corridor Enhancement Program - Grant Line Road Safety and Freight Mobility Project - \$3M - Capital SouthEast Connector JPA. Project Summary - The Grant Line Road Safety and Freight Mobility Project (Project) is a rural freight improvement project in eastern Sacramento County. The funds will go toward the ultimate transformation of 2.6-miles of Grant Line Road from a narrow, two-lane rural road into a divided four-lane roadway with a separated multi-use
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Newsom's Plan Could Strip Services

By Kristen Hwang, CALMatters.org

A major proposal from Gov. Gavin Newsom to overhaul the state's behavioral and mental health system is likely to take nearly \$720 million away from services provided by county governments annually, according to a new analysis from the Legislative Analyst's Office.

Although that money would be reallocated within the system, in part to house homeless individuals with severe mental illness and addiction disorders, the report authors note that Newsom and key legislators supporting the proposal have neither provided a complete justification for the changes nor have they published an analysis on how the changes may "negatively impact current services."

"Consequently, as the Legislature considers the proposal, we recommend asking the administration



The analysis estimates spending on current programs would be reduced from \$1.34 billion to \$621 million under the plan. MPG file photo

certain questions to assess whether the proposal is warranted," the report states.
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Summer Fun in Fair Oaks



Judy Andrews. Photo courtesy of Chrysti Tovani

By Judy Andrews, Fair Oaks Chamber of Commerce

Summer is here and the heat is on! Here are some cool ways to have some fun.

Food Truck Mania and Classic Car Show, August 3 and September 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.

Power Lunch with Five Chambers, Aug. 4

Build your business network and learn what's happening in our communities at the next Power Lunch featuring local chambers (Fair Oaks, Carmichael, Citrus Heights, Orangevale, and Rancho Cordova). It's happening on Friday, Aug. 4 from 11:30 a.m.-1 p.m. at Divided Sky Tavern (4894 San Juan Ave., Fair Oaks). Pre-register today at fairoakschamber.com or call (916) 967-2903.

Grazing for a Cause with Josh, August 4

Support Josh Hall's run for Fair Oaks Honorary Mayor at a special fundraiser happening Friday, Aug. 4. Josh is raising money for the Orangevale-Fair Oaks Community Foundation

and is one of three candidates in the running for the new mayor. See event details at fairoakschamber.com.

BBQ and Horse Rides with Katie, August 5

Join Honorary Mayor candidate Katie Yount on Saturday, Aug. 5 at Shadow Glen Family Stables for a family-fun evening of horse rides, a BBQ dinner, music, and raffle prizes. The fun starts at 6 p.m. Cost is \$35 for adults and \$25 for kids, ages 11 to 18. Kids 10 and under are free. Please RSVP today at fairoakschamber.com.

Dog Days of Summer, August 9

Our next Fun-at-Five event has gone to the dogs! Come out to Phoenix Park on Wednesday, Aug. 9 from 5-7 p.m. to learn more about the local animal businesses and services located in the Fair Oaks Community. Feel free to bring your own well-behaved pup, and be sure and check the event schedule for weather updates at fairoakschamber.com.

Bunco Night with Katie, August 10

Join Katie Yount and friends for a fun night of Bunco on Monday, Aug. 10 at Lyon Real Estate (8814 Madison Ave., Fair Oaks). Enjoy food, summer drinks, and prizes for the winners! Doors open at 5:30 p.m. and the cost to play is \$25 pp. RSVP at fairoakschamber.com.

Summer Nights with Josh, Aug. 11 & Sept. 8

Support Fair Oaks Honorary Mayor candidate Josh Hall at the final two family-friendly concert series on Aug. 11 and Sept. 8 from 6-9 p.m. at the Orangevale Grange

(5807 Walnut Ave.). Bar sales from each concert will be donated to Josh's cause. The concerts are free!

Bingo with Jen, August 17

Attend a bingo fundraiser on Thursday, Aug. 17 at Divided Sky Tavern (4894 San Juan Ave., Fair Oaks) to support Jen Rodriguez in her run to keep her title of Fair Oaks Honorary Mayor. Jen is raising money for Stars and Stripes Dog Rescue. Bingo starts at 7:30 p.m. and the cost to play is \$15 pp. RSVP at fairoakschamber.com.

Hot Hits of the 80s, August 19

Don't miss the final performance of "Mix Tape - Hot Hits of the 80s," hosted by the Fair Oaks Theatre Festival, on Saturday, Aug. 19 at the Orangevale Grange (5807 Walnut Ave.). Doors open at 6 p.m. Tickets are \$40 pp for dinner and show and can be purchased at fairoakstheatrefestival.com.

Concerts in the Park, August 24

Attend the final free summer concert of the year on Aug. 24 featuring "Keep on Truckin" from 8-10 p.m. at Fair Oaks Park (11549 Fair Oaks Blvd.) For event info and park rules, visit fairoakschamber.com/concerts-in-the-park.

Jen's Trivia Night, August 28

Join Jen Rodriguez for an evening of trivia fun on Monday, Aug. 28 at Stockman Club (10219 Fair Oaks Blvd.) Doors open at 6 p.m. Get your team together and pre-register at fairoakschamber.com

★ See you in Fair Oaks!

Pet Food Express Opens



Pet Food Express in Citrus Heights is holding its grand opening ceremony on July 15-16 with special events including free pet wash with bandana, free treat samples, drawings for gift cards and a Pet Food Express tote with every purchase while supplies last. Photo courtesy of Pet Food Express

By Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG)

- A new Pet Food Express store is open in Sunrise MarketPlace at 6177 Sunrise Boulevard in Citrus Heights.

A formal grand opening public celebration is planned by the company for Saturday, July 15 and Sunday, July 16, said store manager, Mia Bruzenak.

Special events include a free pet wash with bandana, free treat samples, drawings for gift cards and a Pet Food Express tote with every purchase while supplies last.

The store will also host pet adoptions from 11 am to 3 pm on both days.

Customers can also register for a canine basic obedience class sponsored by 4 Paws 2 Freedom which will be offered on Saturdays starting July 22nd through August 26th at either 11 am or 12:30 pm. The non-profit 4 Paws 2 Freedom, based in Rancho Cordova, also provides service dog training courses for veterans and first responders dealing with post-traumatic stress disorder (PTSD).

Pet Food Express offers its pet customers an assortment of fresh, raw healthy foods, wholesome treats, healthcare supplies and stimulating toys. Bright



Pet Food Express offers its pet customers an assortment of fresh, raw healthy foods, wholesome treats, healthcare supplies and stimulating toys. Photo by Thomas J. Sullivan

signage and a Citrus Heights-themed wall mural invite customers to browse well-stocked aisles with familiar brands.

In the back of the store, pet customers and their owners are invited to take advantage of a refreshing self-service washing station, perfect for beating the summer heat.

Located in front of the Walmart grocery store and just adjacent to the Lowe's Home Improvement Center, the new Pet Food Express was once the location of a Men's Wearhouse clothing store.

Pet Food Express, established in 1986, is headquartered in Oakland, Calif. Other locations are

in Roseville, Sacramento and El Dorado Hills.

The new Pet Food Express joins two other pet specialty retailers in Citrus Heights: PetSmart at 6434 Sunrise Boulevard, and Ben's Marketplace at 7935 Greenback Lane.

Free, same-day delivery or in-store pickup on orders can be placed through: www.pet-food.express

Pet Food Express at 6177 Sunrise Blvd in the Sunrise MarketPlace is open Monday through Saturday from 9:30 am to 8:30 pm and Sunday from 9 am to 7 pm. Call 916-884-0848 for more information about specific in-store or online grand opening specials. ★

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Newsom's Plan Could Strip Services

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homeless services. The state has spent more than \$20 billion on housing and homelessness since 2018.

Supporters, meanwhile, say reprioritizing how the money is spent is long overdue in light of the growing needs of the state's homeless population as well as the addition of new funding sources for mental health programs.

In a statement, Newsom's Deputy Communications Director Brandon Richards said "upsetting the status quo" was necessary in light of California's changing health care needs.

A recent study from UC San Francisco found that two-thirds of homeless individuals experience mental health conditions, although income loss is the driving force behind the state's homelessness crisis.

"What's more upsetting is watching people continue to suffer on the streets with ineffective interventions and inability to access much needed treatment," Richards said. "A California behavioral health system of care that is more focused, more transparent, and more accountable for results is what all Californians deserve and what this historic reform aims to achieve."

Roughly one-third of the county mental health infrastructure in the state is supported by the Mental Health Services Act, which was approved by voters in 2004 as a ballot initiative. Substantial changes to the act, like the ones Newsom proposed, require voter approval. Last year the tax generated about \$3.8 billion.

Critics of Newsom's proposal say the new analysis bolsters their argument that the changes will result in significant cuts to current programs, particularly those that support children.

Newsom's office has so far "danced around" how much money would be cut, said Adrienne Shilton, a lobbyist for the California Alliance of Children and Family Services, which represents behavioral health providers in every county. The report is the first to quantify how the proposal would impact programs statewide.

"We're seeing in real dollars what the impact would be," Shilton said.

The analysis estimates spending on current programs would be reduced from \$1.34 billion to \$621 million under the plan.

The report identified a number of key changes and unanswered questions for the Legislature to consider in Newsom's plan:

•Reduced flexibility: Counties would have less flexibility to determine how money is spent. Based on current expenditures, counties would be required to increase spending on housing by \$493 million and on "full-service partnerships" by \$121 million. "Full-service

partnerships" include intensive wrap-around services like case management, housing and employment support as well as clinical care.

•Program cuts likely: In order to meet spending targets and caps, counties would likely need to reduce spending on current programs including "outpatient services, crisis response, prevention services, and outreach."

•Less independent oversight: The proposed restructuring moves much of the program implementation and oversight authority to the Department of Health Care Services. The change "significantly limits" the independent oversight of the current Mental Health Services Oversight and Accountability Commission.

Sacramento Mayor Darrell Steinberg, who helped author the original law and who has been a key supporter of the changes, said the law was always meant to prioritize "the plight of people living with serious mental illness on our streets."

"It's appropriate, in fact, it's necessary to set priority status," Steinberg said.

Steinberg and Newsom's office also contend that the state has invested heavily in the mental health safety net in other ways, including changes to the Medi-Cal system and a \$4.4 billion one-time infusion into the Children and Youth Behavioral Health Initiative.

"It's no longer a funding source that stands alone," Steinberg said. "(Now), the opportunity is to weave all these pieces together so that everyone has access to care, and nobody is left out or left behind."

Still, advocates say it is premature to assume those investments have had a positive impact and that many have not yet been implemented. In an opposition letter, Lishaun Francis, senior director for behavioral health at Children Now said the state "has yet to demonstrate that it has delivered" on its promises and that the proposal deprioritizes children and youth.

Advocates also say those funding sources, particularly Medi-Cal, won't reimburse for the non-clinical programs like classroom interventions and family resource centers that have historically been supported by the Mental Health Services Act. Medi-Cal is the state's health insurance program for extremely low-income Californians.

"Families need flexibility," said Christine Stoner-Mertz, chief executive officer of the California Alliance of Child and Family Services. "We need community-designed practices, and we haven't been successful in doing that with just Medi-Cal." ★

Orangevale History Museum Makes History



Mark Aring, president of the Orangevale history project does the honors of cutting the ribbon along with Orangevale Parks board members, elected officials, and community members! Photo courtesy of Luci Lettau

By MaryAnne Povey

ORANGEVALE, CA (MPG) - Despite triple digit summer heat, the Orangevale History Museum organizers celebrated their much anticipated grand opening in style with live music, a bbq lunch provided by L & M Liquor & Deli, and ice cream treats donated by Dairy Queen to a crowd of excited community members, families and friends.

The Orangevale Chamber of Commerce commemorated the occasion with a ribbon cutting ceremony along with elected officials, community leaders, history project organizers and volunteers.

County Supervisor Sue Frost, Assemblyman Josh Hoover, Congressman Kevin Kiley's representative Chelyssa Burlund, all made congratulatory remarks and presented the OV History Museum with proclamations to mark the occasion.

Mark Aring, President of the OV

Project, welcomed everyone for coming out to the momentous event and after thanking a long list of donors and volunteers, he was presented with a check for \$1000 from the Orangevale Grange.

"It was an incredible day," said Mark, "I'm so thankful to everyone for all their hard work and dedication in making this dream become a reality. I encourage everyone to come out and take a look for themselves!"

The Orangevale History Museum is located at 6920 Hazel Avenue and is open: Tuesday 10 am - 2 pm, Thursday 4 pm - 8 pm and Saturday 10 am - 4 pm. Parking is in the back of the property.

The Orangevale History Project is our historical society, newly formed in early 2022, with a mission to preserve, chronicle and promote the history of Orangevale. To learn more about the project or make a donation to help bring our history of Orangevale to the community, visit OrangevaleHistory.org. ★

Candidate Filing Has Begun for November 7 Special General Election

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Candidate filing has begun and continues through 5:00 p.m. August 11, 2023, for the November 7, 2023, Special General Election. Positions up for election are for the following vacancies:

Board Member, Natomas Unified School District, Area 4

Board Member, San Juan Unified School District, Area 7

Candidate Filing information is found on the Candidate and Election Resources page on our website.

The Voter Registration and Elections (VRE) Office is located at 7000 65th Street, Suite A, Sacramento and is open from 8:00 a.m. to 5:00 p.m., Monday through Friday excluding holidays. For more information on candidate filing call Campaign Services at (916) 875-6276 or visit our website at www.elections.sac-county.gov. ★

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Rose Senior Placement Lightens the Load in Choosing Senior Care



Cyndi Rose and Sandra Sandoval-Gonzales at a recent Senior Outreach event. Photo courtesy of Monika Goins

By MaryAnne Povey

ORANGEVALE, CA (MPG) - As friends gathered around a table at a recent summer gathering, the topic of discussion was not the usual cheerful chatter, but a shared concern that has become increasingly prevalent as they near retirement age and the care and well-being of their aging parents.

For many, the task of managing the health and well-being of their parents is a daunting one. As our parents age, they often require different care options and assistance managing various physical or mental deteriorations. It's a journey filled with emotional and logistical challenges, and one that can feel overwhelming without the right support.

Enter Cyndi Rose of Rose Senior Placement, affectionately referred to as an "angel of hope" for those navigating the complex world of senior care. Serving Northern California, including Sacramento, El Dorado, Placer, and Yolo Counties, Rose Senior Placement is a referral service committed to simplifying the search for senior care for seniors and their families.

Their mission is to empower the lives of seniors and their loved ones by navigating senior living options that will help them

choose a senior community they can call home. The goal is to make the placement process as easy and stress-free as possible.

"Our process begins with a personal assessment to understand the client's financial, physical, and social needs," Cyndi shared, "We then present all the available senior living options that best meet the client's needs."

Visiting the communities is a big part in determining if it "feels" comfortable, like home. To ensure this is a fit, either Cyndi or Sandra, a Rose Senior Placement Care Coordinator, will take the time to tour senior living options with clients and their families, assisting with communication between communities, health care providers, and caregivers.

"We're not just getting a client placed but ensuring that all the needs and expectations are met," said Cyndi. "One of the things that sets us apart is our follow up - it's important."

In a world where the care of our aging parents can feel like an insurmountable task, it's comforting to know there are people like Cyndi Rose who are dedicated to easing the burden and providing the guidance and support families need.

Call 916.582.1654 or go to roseseniiorplacement.com to schedule an appointment today. ★

New Purpose-Built Trade Co. Store Coming to Citrus Heights

By Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG) - Purpose-Built Trade Co., a family-owned, East Bay Area industrial clothing outfitter, is poised to open its first retail store location in Sacramento County at 6425 Sunrise Boulevard in Citrus Heights.

The 7,665-square-foot freestanding retail building fronts Sunrise Boulevard and is just north of Greenback Lane in what was the former location of Pier 1 Imports and a SleepFirst Mattress store, according to Loopnet.

Chain link fencing is visible from Sunrise Boulevard and a portion of the parking lot is fenced off by the project contractor, Huff Construction Inc. of Modesto, which is dividing the building into three separate retail suites.

The property has direct full access from multiple points along Sunrise Boulevard and its large parking area is shared with three restaurants, Texas Roadhouse, Buffalo Wild Wings and Red Lobster.

Purpose-Built Trade Co. will occupy the larger center suite. Two other adjacent partially built out suites, each measuring about 3,800-square feet, are to be leased separately.

Purpose-Built began in the East Bay city of Concord as East Bay Work Wear, according to owner/founder Chris Johnson. Other Bay Area retail locations include Pleasant Hill,



Purpose-Built began as East Bay Work Wear with retail locations including Pleasant Hill/Concord (in the image), Livermore, Oakley and Modesto added. Photo courtesy of Purpose-Built Trade Co.

Livermore, Oakley and Modesto.

"Our company mission is simple: We Support Blue Collar", according to remarks by Johnson on the company's website.

Purpose-Built specializes in work and construction boots, men's apparel, women's apparel and footwear, and accessories such as belts, insoles, suspenders, socks, hats, high visibility clothing and gloves for the trades.

Its retail stores also offer a large selection of specialty apparel such as flame-resistant (FR) gear, tactical, rain gear, moisture-wicking, and high visibility (hi-vis) apparel and work footwear.

"We set out to build a family-friendly shop, stocked with all the gear you'll need from head-to-toe to feel safe, be comfortable, and proud to get the job done both

on and off the job site," Johnson said about his company. "Our men's clothing is like wearable equipment, wrapping you in durability and reliability, and keeping you comfortable and ready - both on and off the jobsite."

Purpose-Built offers 10 percent union, military, senior or first responder discount on in-store and online purchases.

"At Purpose-Built, we pride ourselves on outfitting the people who keep the economy running," Johnson has said.

Other merchandise will include a range of men's, women's, kids, footwear and accessories including brands such as Carhartt, Wrangler, Ben Davis and Pendleton. Timberland Pro, Danner, Carhartt and Wolverine boots.

An opening date is anticipated later this fall, workers at the site said. ★

Fighting for Lyme Disease Awareness

Continued from page 1

treatment is not typically covered by health insurance, and Moya herself incurred a cost of \$50,000 for one surgery. It can also be difficult to diagnose. According to Columbia University Irving Medical Center, in early Lyme disease the test is negative 50-65% of the time. This is difficult news for an illness that must be treated as early as possible for success.

Known as "the great imitator" due to its penchant for being diagnosed as other illnesses first, some have claimed to achieved remission, but for most Lyme patients like Moya, the condition is chronic and lifelong. Her Lyme disease

has broken through her brain barrier and also reached her heart. As a former marathon runner and track coach, her days are now physically limited.

"Your whole day is really just going through your protocol," Moya shares, explaining that life with Lyme disease includes pills, treatments, and definitely a nap. "I can't do what I used to. I am usually limited to a couple of outings per day."

While the doctors never determined exactly how or where Moya contracted Lyme disease, she has made it her mission to protect others from a similar experience. While she has spent portions of

the past four years traveling to San Rafael for further treatment, she is also furthering the spread of information and awareness wherever she can here at home. Lyme Fight Foundation holds workshops and speaking engagements, provides medical and tick testing resources, and arranges peer mentoring. The group is also holding a gala on September 30 at the Gibbons Community Center in Carmichael.

When asked what was the biggest reward of running Lyme Fight Foundation, which consists of just herself and three women on an executive board, she says it's been the opportunity to talk with others who are dealing with Lyme disease,

and the relief in their voices to find someone who understands. The biggest challenge?

"Getting people to realize how serious it is and to understand," says Moya.

Locals would be wise to listen to her. The Sacramento-Yolo Mosquito and Vector Control District have discovered ten times more ticks than usual in 2023, including even on the beaches of San Francisco, which isn't a typical place to find them. Such an unexpected surge in the tick population is exactly why Moya continues her Lyme Fight Foundation work, even when she struggles to feel healthy most days.

"Everybody need[s] to know what [is] out there," she said, "where you can go for treatment... and have ticks tested if you find one."

If you would like to get involved with Lyme Fight Foundation, the nonprofit is always looking for volunteers and donors. Besides the upcoming Gala, the group can be found holding a Lyme awareness rally at the Capital, serving the community at river cleanups and at local races including the California International Marathon. You can visit their website, lyme-fightfoundation.org, or call (916) 628-6692 for more information. ★



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Two Arrested in Homicide Case in Fair Oaks

Sacramento County Sheriff's Dept. News Release

SACRAMENTO COUNTY, CA (MPG) - Just before 9 A.M. on Wednesday, June 21, 2023, Sacramento County Sheriff's deputies responded to a residence on Kenneth Avenue in Fair Oaks, after learning that a patient at Mercy San Juan Hospital had advised hospital staff that she shot her roommate. Deputies arrived at the residence and did in fact discover a deceased adult male, who appeared to have suffered from at least one gunshot wound. Other deputies had responded to the hospital and detained the patient, later identified as 55-year-old Ruth Wieser and her 25-year-old

son, Joseph Thomason. Sheriff's Homicide Detectives and Crime Scene Investigators responded to the call and determined that Wieser, Thomason and the victim all lived together. After completing their investigation, detectives both arrested Wieser and Thomason. The victim's information will be made available by the Sacramento County Coroner. Detectives are asking anyone with information about this incident to contact the Sheriff's Office at (916) 874-5115 or Sacramento Valley Crime Stoppers at (916) 443-HELP. Tip information may also be left anonymously at www.sacsheriff.com or by calling (916) 874-TIPS (8477). ★

Homeless Suspect Arrested After Attacking Elderly Woman

Sacramento County Sheriff's Dept. News Release

SACRAMENTO COUNTY, CA (MPG) - At approximately 12:15 P.M. on Wednesday, July 12, 2023, the Sheriff's Communications Center received a call regarding an elderly woman that was attacked. Deputies arrived on scene moments later and discovered a 68-year-old injured female. They determined a homeless subject, later identified as 21-year-old Adrian Gonzales, was riding a bicycle near the victim's apartment when he engaged her in a verbal argument. It is unclear what led up to the argument, but Gonzales grabbed a broom with

a metal handle and attempted to strike the victim in the head. The victim was able to put her hands up and protect her face but sustained injuries on her hands. She turned around to try and get away when Gonzales struck the victim several times in the back with the metal stick, causing injury. Gonzales then fled the area on a bicycle to a nearby park, where he was quickly located by responding Deputies. Gonzales was taken into custody without incident and arrested for PC 245 – Assault with a Deadly Weapon, PC 422 – Criminal Threats, and PC 368 – Elder Abuse. He is currently being held at the Sacramento County Main Jail and is ineligible for bail. ★

Defendant Convicted of Arden-Arcade Shooting Murder

Sacramento County DA News Release

SACRAMENTO COUNTY, CA (MPG) - On June 26, 2023, Fard Smithson was convicted by a jury of first-degree murder and felon in possession of a firearm. The jury also found true the allegation that Smithson intentionally and personally discharged a firearm causing death. Smithson lived with the victim, Keela Cole, and had unreported instances of domestic violence. On July 19, 2021, three friends were at their residence when someone made a joke about the food the victim prepared for everyone. Smithson

then got off the couch, went into the kitchen and threw his plate of food in the sink. He rounded the corner and shot the victim in the back of the head two times while she was sitting on the couch. Smithson and the three other individuals immediately fled the scene, and only one returned to call 911. Smithson changed his clothes and returned to the scene hours later claiming he didn't know what had happened. Smithson faces a maximum sentence of 53 years to life in prison. Sentencing is set for August 11, 2023, at 9:00 a.m. in Department 21 before the Honorable Shelleyanne Chang. ★

Unsecured Property Taxes Due August 31

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Annual bills for the Sacramento County unsecured personal property taxes for fiscal year 2023-2024 will be mailed July 25, 2023, and are due no later than Aug. 31, 2023, to avoid penalties for delinquency. If you owned a watercraft or an aircraft, owned a business with assessable fixtures and/or equipment, or leased equipment on January 1 of this year and you do not receive a tax bill by August 10, 2023, please contact the Unsecured Property Tax Unit at 916-874-7833; available between the hours of 9 a.m. and 4 p.m., Monday through Friday, excluding holidays. **Failure to receive a tax bill does not excuse delinquency nor allow the tax collector to cancel penalties or collection costs.** Payments may be made by mail or in person at the County Tax Collector's

Office located at 700 H Street, Room 1710, Sacramento, CA 95814; open between the hours of 8 a.m. and 5 p.m., Monday through Friday, excluding holidays. Property taxes may also be paid online by e-check or credit card with the Sacramento County Property Tax Bill Information System website. Unsecured tax bills issued in July of a given year are due by August 31 of that year. Payments remitted by mail must be postmarked by the due date to avoid penalty. Any payment submitted after the due date is considered delinquent and subject to additional fees. Upon delinquency, a 10% penalty and collection cost will be added. DMV registration may be withheld on watercraft when delinquent unsecured property taxes are reported. If a tax bill remains unpaid after October 3, 2023, additional collection costs and monthly penalties at the rate of 1.5% will be added to the base tax. ★

Defendant Sentenced for Rape by Force, Rape of Unconscious Person

Sacramento County DA News Release

SACRAMENTO COUNTY, CA (MPG) - On June 23, 2023, the Honorable Ernest Sawtelle sentenced Andrey Prudnikov to 12 years in prison. On May 1, 2023, a jury convicted Prudnikov of the rape of an unconscious person and rape by force. On May 21, 2020, the then 19-year-old victim was asleep on a couch at a friend's house when her group of friends went out to get firewood for the firepit. One of the friend's brother, Andrey Prudnikov, lived at the house and was alone with the victim. The victim woke up when she felt someone on top of her and touching her sexually. When the victim began to

comprehend what has happening, she realized she was being raped by Prudnikov. The victim was able to push Prudnikov off of her and run for help. Prudnikov fled the area, but he was caught approximately one month later. DNA evidence linked Prudnikov to the sexual assault. Prudnikov committed the acts with sophistication and planning by locking the doors to the house to prevent anyone from walking in and closing the shades to hide what he was doing. The aggravating factor that the victim was particularly vulnerable was found true based on the facts that the victim felt she could trust the people in the house, felt safe while she slept and was asleep when the rape began. ★

Coordinated Access Is Eliminating Barriers

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - As part of the Local Homeless Action Plan (LHAP) and in conjunction with the City-County Partnership Agreement, the Coordinated Access System (CAS) has been developed by Sacramento Steps Forward. The CAS is a streamlined system that matches people experiencing homelessness with housing and service options. This process prioritizes limited local shelter and housing resources, so people with the highest vulnerability can be connected to supports as quickly as possible. In Sacramento, the front door for CAS is 2-1-1 Sacramento. Households can call the Housing Crisis Line at 2-1-1 (select #8) to be triaged to appropriate resources. In addition, trained agencies with Homeless Management Information System (HMIS) access can conduct the individual or family shelter assessment to place a household on the shelter waitlist. **Why is Coordinated Access Critical?** It's an efficient, equitable, client-centered approach to ending homelessness. Key strategy of the Local Homeless Action Plan; Requirement of the Sacramento City/County Partnership Agreement; CAS connects people who are unhoused with critical resources and services; CAS creates a pathway for people who are unhoused to navigate an end to their housing crisis; Without system coordination, the community is limited in the impact we can make toward addressing homelessness; The system empowers people who are unhoused and providers to have clarity and know the supports available. **What resources are available through the CAS?** CAS is not just a shelter referral resource. People may also be connected to additional resources such as Problem-Solving Access Points (PSAP) and the

Coordinated Access Navigational team (CAN). CAN is operated by Elica Health Centers and supports households on the shelter waitlist with problem-solving services and warm handoffs to the shelter. PSAPs are trained agencies that support households in identifying alternative housing options and community support to resolve their housing crisis. This could include mediation, conflict resolution, connections to mainstream resources, and limited financial assistance that directly results in housing being secured or retained. Four designated PSAPs receive referrals from 2-1-1 and can provide housing location services for households with vouchers or identified housing. **CAS by the Numbers Q1 2023**
5,711 Calls Received; 3,975 Households connected to other resources; 1,721 Households currently or at risk of homelessness; 1,023 Referrals to crisis resources; 322 Households enrolled in a shelter; 504 Households exited or diverted from homelessness. **Who is calling, and what services are they referred to?** Nearly 50% of head of households are Black, African American; 11% of callers were transitional-aged youth; 56% of households were female identifying; Average call wait time: 7:54; Average call handle time: 11:40; Most frequent zip codes: 95811, 95823, 95815; Shelter referrals: 452; Average wait to get into a shelter: 14 days; PSAP Referrals: 175; Expenditures: \$550,515; CAN referrals: 399; Average wait to enrollment: 2 days You can read the full Q1 2023 Coordinated Access System Report at the Sacramento County website. Learn more about Coordinated Access System and the associated programs and services To learn more about what Sacramento County is doing to address homelessness, visit the Department of Homeless Services and Housing website. ★



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Social Security Matters

Will WEP and GPO Affect My Wife's Spousal Benefit?



By **Russell Gloor**,
AMAC Certified Social
Security Advisor

Dear Rusty: My wife worked for the US Postal Service in New York for about 22 years, and then in the private sector for about 15 years. She began collecting her "deferred annuity" from the USPS at age 62 and she plans to collect her Social Security benefits at age 67, which is her full retirement age (FRA).

Her Social Security benefit before the Windfall Elimination Provision is less than 50% of my Primary Insurance Amount, so the plan is for her to start collecting a "spousal" benefit from me at age 67. My question is: will my wife's spousal benefit be reduced by both the Windfall Elimination Provision and the Government Pension Offset (GPO)? **Signed: Inquiring Husband**

Dear Inquiring Husband: Your wife cannot separate her personally earned Social Security retirement benefit from her Social Security spousal entitlement from you - whenever she applies for Social Security, your wife will be automatically deemed to be filing for all benefits she is entitled to when she claims.

Because your wife has a "non-covered pension" from the US Postal Service (USPS) - and assuming that pension is under the older "CSRS" (Civil Service Retirement System) - your wife's personally earned SS retirement benefit will be reduced by the Windfall Elimination Provision (WEP). WEP reduces Social Security retirement benefits for anyone who also has a pension earned while not contributing to Social Security.

The Government Pension Offset (GPO) is different: the GPO will affect any additional amount your wife is entitled to as your spouse, which we refer to as her "spousal boost." The "spousal boost" amount is the difference between your wife's pre-WEP FRA entitlement and 50% of your FRA entitlement, which is your Primary Insurance Amount. Because of her USPS pension, GPO will reduce your wife's "spousal boost" by 2/3rds of the amount of her non-covered pension, which may eliminate her potential spousal boost.

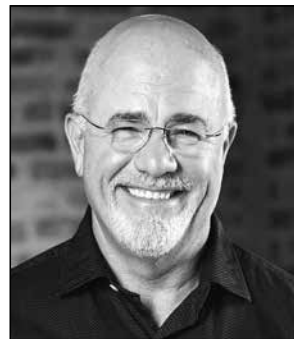
So WEP will affect your wife's personally earned SS benefit, and the GPO will affect her spousal entitlement from you. But, depending on the amount of her USPS pension, your wife will not be entitled to an additional amount as your spouse if 2/3rds of her USPS pension amount is more than her "spousal boost" amount. And if the GPO doesn't completely eliminate your wife's spousal boost, it will at least

drastically reduce it.

I have previously published several articles about both WEP and GPO and how each provision works, which you are welcome to review at the AMAC Foundation's special Social Security website - www.SocialSecurityReport.org. In particular, one such article providing more detail on how the GPO works can be found at this link: www.socialsecurityreport.org/ask-rusty-government-pension-offset-gpo/.

Social Security will make the final determination about your wife's benefit entitlement under WEP and GPO when she applies for her Social Security benefits, but I'm afraid your wife's entitlement may be much less than you are anticipating because of these two provisions. If you have additional questions, please feel free to contact us directly via email at SSAdvisor@amacfoundation.org or call us directly at 1.888.750.2622.

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Different Personality Types Can Be a Good Thing

Dear Dave,

My husband is an entrepreneur. He has a very hard driving, energetic personality and way of doing things, while I'm more laid back and soft spoken. How can I support him best in terms of encouraging and communicating with him? I want him to know I care, that I want to help and that I'm proud of him.

— Grace

Dear Grace,

I think you've already taken a good first step toward all of that by recognizing and identifying your personality styles. If he's a hard-charging entrepreneur, there's a good chance God sent you into his life to slow him down a little, and help him keep it between the ditches. That's what my

Dave Ramsey Says

wife does for me, and I'm so thankful she does.

Once in a while, I'll get so wrapped up in a project or opportunity that I can't stop thinking about it or turn it loose—even after hours or on weekends. That's when she knows to step in and say, "Honey, did you ever think about this possibility?" Sometimes she's a little more straightforward, and I'll hear something like, "You know, you really need to just slow down and chill."

The fact that you two are wired a little differently, and that you can be thoughtful and calm when he's all over the place, is one of the most valuable benefits you bring to your relationship. Once he understands this, he'll begin to respect it more. And when it happens, you folks are going to win in your relationship and in business. It's going to make such a positive impact on your lives, because you'll be making steady progress that's more predictable and reasonable, rather than things launching into the stratosphere and being

followed by the inevitable crashes that are bound to happen from time to time.

As you grow to better understand the other's thinking, and how each is necessary for success, a great thing will be created. Your quieter, thoughtful side, and his energy and passion to pull things forward, will become the key to you two reaching heights together that you never would've achieved apart from each other.

I love these discussions about family relationships and business. Great question, Grace!

— 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.* ★

As If I Really Could

Dr. James L. Snyder

Have you ever had the feeling that you've been hoodwinked? You can't point out the specifics, but something deep inside suggests you have been.

The Gracious Mistress of the Parsonage and I had a wonderful vacation at St. Augustine, one of our favorite places to go.

Something happened toward the end of our vacation that led me to suspect I was hoodwinked, but I couldn't unwind the situation yet.

The toilet in our bathroom had clogged, and The Gracious Mistress of the Parsonage went to the front desk to get a plunger.

I walked by the bathroom, looked in, and said something stupid, "Can I help you with that?"

I had no expectation of fixing this problem; I just wanted to sound friendly. After a few severe plunges, all of a sudden, the toilet was unplugged and working perfectly.

Looking at me, my wife said, "Wow, you fixed it. You did a great job."

Driving home the next day, she mentioned several times that she was truly grateful for the wonderful job

I did with the toilet.

The next day The Gracious Mistress of the Parsonage came to my office and said, "I was wondering, could you come and help me with something?"

At supper that night, she smiled at me and said, "I still can't get over how you fixed that toilet on our vacation."

Am I being hoodwinked? And if so, what do I do about it?

I had to think this thing through in developing a plan that would work. I devised a plan but did not think I could go through with it. After all, there would be a lot of plotting and, eventually, a drop or two of blood.

Not too long after, she called on me for another fix-it project. I had gone over this plot in my mind 100 times and was hoping it would work.

She appeared at the door of my office one morning and asked, "Can you help me fix something? I've been working on it all morning. I just cannot get it right." Then she flashed a smile at me.

I flashed a smile back and followed her to her latest fix-it project. She had a dresser on the back porch she was trying to fix. One drawer was stuck, and she could not get the screw out

to enable the drawer to come out.

She handed me the screwdriver and said, "I just can't get that screw out."

I sighed very deeply because I knew that it was now or never. I bent over with the screwdriver to be a little bit out of her sight, and as I was working on the screw, I pinched my left thumb so that it would start to bleed, and then I yelled, "Ouch."

I turned around and showed her my bloodied thumb, and boy, was it painful. She looked at me rather frightened and said, "Come with me to the bathroom, and I'll fix your thumb."

Some things are worth it.

I couldn't help but think of a verse in the Bible, "For it is better, if the will of God be so, that ye suffer for well doing, than for evil doing" (1 Peter 3:17).

Sometimes it is better not to correct something but rather "suffer for well doing." I'm still trying to learn that.

Dr. James L. Snyder lives with the Gracious Mistress of the Parsonage in Ocala, FL. Call him at 1-352-216-3025 or e-mail jamesnsnyder51@gmail.com. His website is www.jamesnsnyderministries.com. ★

Medicaid Enrollment to Plummet. What beneficiaries Need to Know

Commentary by Janet Trautwein

Millions of Americans will soon lose Medicaid coverage, as some pandemic-era provisions that kept people continuously enrolled in the program expire.

But those who find themselves newly ineligible for Medicaid have plenty of other options for affordable coverage. Licensed, professional agents and brokers can ensure they secure health plans that meet their needs and budget.

The looming exodus from Medicaid is a product of the Families First Coronavirus Response Act, which Congress passed in March 2020. It offered additional federal funding for Medicaid as long as states did not disenroll anyone from the program for the duration of the public health emergency.

This continuous coverage provision, and the enhanced federal funding, swelled Medicaid's rolls. Total enrollment in December 2022 was 85 million - up from approximately 64 million in February 2020.

This past December, Congress gave states the green light to review the eligibility status of people enrolled in their Medicaid programs beginning in April. States have 12 months to return to "normal," pre-pandemic eligibility and enrollment rules.

The federal government will gradually scale back the extra Medicaid dollars it has been sending to the states - until that enhanced match disappears entirely at the end of this year.

As a result, millions of people may have to find new health plans. The Department of Health and Human Services estimates that up to 15 million people may lose Medicaid and CHIP coverage.

About 45% of this group - 6.8 million people - will likely remain eligible for Medicaid. They'll just need to reconfirm their eligibility for the program with their state Medicaid agency.

Many beneficiaries are unaware of this requirement. They may ignore phone calls or letters from the state seeking to

verify their eligibility. Or they may have moved and neglected to update their address with the state. In the end, they can be purged from Medicaid without knowing.

About 8.2 million Medicaid enrollees will need to find replacement coverage. Many will be able to do so through work. HHS projects that about 5 million will migrate from Medicaid to employer-sponsored insurance.

Another 2.7 million will likely be able to get subsidized coverage through the Affordable Care Act's exchanges. More than 60% of that group, HHS estimates, could qualify for zero-premium plans.

Of course, it can be difficult to wade through all the insurance options on the exchanges - or to figure out how to confirm eligibility for Medicaid.

Licensed, professional agents and brokers can help these millions of folks weigh their health insurance options. They have the knowledge and expertise to assist people with re-enrolling in Medicaid, if eligible - or to claim all the subsidies to which they may be entitled through the exchanges. Better yet, their services are generally free for consumers.

According to the most recent data from the Centers for Medicare and Medicaid Services, agents and brokers account for 71% of exchange enrollees. Consumers find their advice extremely valuable. A study from the Urban Institute found that 80% of adults who received external information about the exchanges said insurance agents and brokers were more helpful than other resources.

As states begin to cull their Medicaid rolls, it's critical that those who have relied on the program over the last few years understand all the affordable health insurance options that remain available to them. Agents and brokers can ensure that they do.

Janet Trautwein is CEO of the National Association of Benefits and Insurance Professionals (nabip.org). This piece originally ran in the South Florida Sun Sentinel. ★



By **Marlys Johnsen Norris**,
Christian Author

Everyone of us has a legacy birthed for us to find and discover, then to later in life to enjoy beyond our expectations.

Discover them when you take your first take a genuine look at those old family photos you have had stored away for years. Do you know who the people are? Why were they significant to save and keep all these years?

Now, make note about the ones in your memory. Write something you remember about them in a special tablet. Were they people who were good to you in some way and did

Have You Discovered Your "Family Legacy"?

they say loving nice kind things?

Now the second search shall be in to your "scrapbook" where you saved birthday cards and special thing you received throughout your lifetime. Stop and read them. What message did you receive from them? Were they filled with love notes and greetings for you to be happy? Now how did they make you feel inside? How did they bless your life in some way?

Amongst them were there special cards from close family members? What did the cards say? Do you remember if they seemed special in some way? Write those memories, feelings and thoughts down that refreshed your memory and made you happy again. Be sure

to include the names of people.

Every memory you have can be a tiny seed planted in you. That seed was to make you the person you have become today! The hand of God's loving grace and mercy have taught you about "His personal love just for you" to teach you about our Creator/ Heavenly Father's love birthed in us to accept His One and Only Beloved Son "Jesus Christ", who willingly came and died on a Cross to save our souls and grant us God's "gift" eternal life in heaven one day to live with Him!

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Poppoff!

With Mary Jane Popp

Break Free

We've all been through some really tough times in the last few years with Covid and job decisions and loss and I can go on and on. The stress can cause burnout. It's a real thing. So, how do we break free from burnout? Amy Manguera wants to help you break free from that burnout from the past and be ready for the future. She put together "The Path to Break Free from Burnout." She is recognized by the New York City Journal as a top Life Coach. Amy helps people around the world live burnout-free by bringing clarity, direction, and positive habits to their lives by filling the gap between where they are now and where they want to be. She also hosts a self-care podcast called "Life on My Terms" and she brings in thousands of listeners worldwide to help them change their lives.

Do you have these stages to burnout?

1. TAKE OVER THE WORLD... THE HONEYMOON STAGE.

Like a honeymoon phase in a marriage, this stage comes with energy and optimism.

2. WOW I'M TIRED...THE ONSET OF THE STRESS STAGE.

Eventually the honeymoon stage dwindles, and you begin to experience stress.

3. THIS JOB IS SUPER DRAINING...THE CHRONIC STRESS STAGE.

You reach a point when the stress becomes more persistent and chaotic.

4. OKAY ENOUGH IS ENOUGH... THE BURNOUT STAGE.

This stage is when you reach your limit and no longer function as you normally would.

5. I MUST MAKE A CHANGE... THE HABITUAL BURNOUT STAGE.

If left untreated, burnout can become a part of your everyday life and lead to anxiety and depression.

How about some tips to break free from burnout NOW!

1. REMOVE THE STRESS. Pay close attention to the stress triggers that cause the stress response. Then you'll be able to start to put some boundaries in place to protect your time and energy.

2. CHANGE YOUR MINDSET. We tend to live in a victim mindset when in the midst of burnout, but the truth is, we are in control. We are choosing to take the late call or the 24 hour deadline. Ultimately, we have the power to choose and our choices tend to be the greatest cause of our burnout.

3. LEARN YO DAY NO. Set boundaries. Boundaries protect our time and energy, but they also teach others how to treat us. Use your stress triggers to help you identify where you need to put a boundary in your life.

4. RECONNECT WITH YOUR AUTHENTIC SELF. Who are you right now? What do you value? What are your passions? Who fulfills you?

5. ASSESS YOUR SELF-CARE PILLARS. What needs your attention? Self-care like sleep, nutrition, movement, energy, stress management, and spirituality are some of the areas we start to see fall out of balance when in burnout. These pillars are the key to building back stress resiliency. Start by assessing which one needs the most work and then make small 1% improvements to build up new habits and routines.

Now it's up to you...
"The Path to Break Free from Burnout!"

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

By Tim Coughlin



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

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

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

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

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



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

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Another State Debacle

The State spent \$600 million, but can't say whether it helped



A watchtower at the California Health Care Facility in Stockton on Feb. 5, 2023. Photo by Rahul Lal, CalMatters

By **Byrhonda Lyons**,
CALMatters.com

As Gov. Gavin Newsom retools the state's prison system to emphasize rehabilitation, his administration has little evidence that a privately run program for parolees costing taxpayers \$100 million a year works to prevent future crime.

The state does not collect data on whether parolees who participate in the program have found jobs or whether they are returned to prison for another crime. What state data does show is that only 40% of participants completed at least one of the services they were offered.

The information gap frustrates critics of the governor's policies as well as supporters who want evidence that the state's investments are working.

"At the end of the day, we've come from 160,000 people incarcerated down to 95 (thousand). So, we've had some success," said Assemblymember Reggie Jones-Sawyer, a Los Angeles Democrat, referring to the decline in the state's prison population since 2011.

"But I also want to ensure the public that they've been safe with all these people not recidivating... And the only way we can do that is to come up with data," he said.

CalMatters' yearlong investigation of the parolee reentry program draws on court records, state reports and data, contracts, tax forms, policy experts, interviews with vendors and communication with several current and former program

participants — some of whom are back in prison.

- CalMatters found:
- Corrections department data is outdated, inaccurate or doesn't exist. When the department provided CalMatters with a roster of more than 400 locations providing rehabilitation services, we visited 23 of them, finding some with inaccurate addresses, one with a padlocked gate in front of a seemingly closed site, another that appeared to be abandoned, and three where employees said they were no longer providing rehabilitation services.
 - Department officials struggled to explain how many people enrolled in the program in 2020-2021. The department published an annual report noting 17,650 participants. Dana Simas, a department spokesperson at the time, told CalMatters the program served 9,516 people. The department later revised that number to 8,213.
 - State data show only two out of five parolees who participated in the rehabilitation program in 2020-2021 completed at least one service offered to them. Based on how the state collects data, it's unclear if anyone finished all of the services offered to them. A spokesperson said the corrections agency "is unable to provide further completion information."
 - State officials rarely review the operations of the four companies that operate the program,

state accountability reviews show. Records show state officials only documented reviews of three of the more than 400 state-funded reentry homes and treatment facilities from 2018 to December 2022.

- Some of the nonprofit vendors that manage reentry homes lease their facilities from their own executives, according to public records, raising "red flags" among experts who say the arrangements could signal financial conflicts of interest.
- The state's July 2022 list of reentry homes included several with suspended business licenses and nonprofit status revoked years ago by the California Department of Justice — effectively barring them from doing business in California.

The rehabilitation program for parolees formally launched in 2014 under the name Specialized Treatment for Optimized Programming, often referred to as STOP. It is a voluntary program that serves less than a quarter of the roughly 35,000 inmates released from prison each year. Many of the parolees live at the homes; others visit outpatient centers.

The STOP program for parolees, which has cost the state about \$600 million in the past decade, is run by four large contractors. Those companies also contract with nearly 200 nonprofits, private companies or community organizations to provide housing and rehabilitation services for parolees in roughly 450 homes and treatment centers.

All of the contractors told CalMatters that they were proud of the work that they do with the program.

"GEO Reentry Services is proud to operate California's Specialized Treatment for Optimized Programming ... on behalf of the California Department of Corrections and Rehabilitation," wrote Monica Hook, GEO's vice president of communications. "GEO Reentry connects participants in 18 counties with housing, education, and treatment services to support successful reentry and recidivism reduction."

The California Department of Corrections and Rehabilitation officials ignored multiple requests for an interview.

Instead, a department's public affairs official responded to emailed questions with emailed responses and fulfilled many public records requests.

After CalMatters' inquiries, department official Terri Hardy said by email that the department would begin to track recidivism and the employment rate among participants in the STOP and that it would prevent unlicensed vendors from managing reentry homes and treatment facilities.

Hardy also said by email the department is "currently working on a report that addresses STOP programs." She added that the department said it has created a tool to "better track" whether the four primary contractors are conducting annual reviews of reentry homes and treatment facilities, which are required.

"CDCR understands the importance of oversight and

accountability in this program," Hardy said by email. "Since STOP was created in 2014, CDCR has continually worked to make the system better."

Advocates for the program maintain it is a good investment for the state. They say it provides a soft landing for parolees who otherwise would be on their own and competing for scarce housing in California's high-priced market.

California's spending on the parolee program swelled over a decade of reform in the state's prison system, when Govs. Brown and Newsom backed policy changes that shortened criminal sentences and steered more resources to rehabilitation.

The new policies slimmed down California's overburdened system, allowing Newsom to close a prison and begin shutting down three more.

California discloses recidivism data on a three-year cycle but the latest report is outdated. In fact, the most recent report describes people who were released from prison in 2017-18 — before Newsom took office.

A separate report by the California State Auditor in 2019 found that prisoners who completed recommended cognitive-based therapy rehabilitation programs recidivated at about the same rate as those who did not. The auditor recommended six legislative actions for lawmakers to ensure rehabilitation programs set performance targets and reduce recidivism.

Lawmakers have not made many of the recommended changes.

To read the entire report go to CalMatters.org. ★

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Sacramento County Sheriff's Office Welcomes New Volunteers



The Sacramento Sheriff's Department recruits VIPS for a variety of programs they offer the community. Photo courtesy of Sacramento Sheriff's Department

By Tamara Warta

SACRAMENTO COUNTY, CA (MPG) - On June 22, the Sacramento County Sheriff's Office announced they are looking for additional volunteers to round out the variety of programs they offer the community. Despite the fact many living within county lines are unaware volunteer tasks even exist, residents should know that the tasks available often coincide with duties of trained law enforcement. Many of the county's volunteers have experience working as a police officer or in emergency services, however, anyone who is of applicable age and meets the requirements is welcome to give their time.

According to the Sacramento County Sheriff's Office, there are currently five different divisions volunteers are welcome to apply to: The Sheriff's Amateur Radio Program (SHARP), Volunteer Reserve Officer, Volunteers in Partnership with the Sheriff (VIPS), Search & Rescue, and a youth program called the Sacramento County Sheriff's Office Explorer Program.

SHARP was created in 1977 after an increase in theft crimes hit the region. It was further inspired by the level of participation from the community that came about when the Police were working to apprehend the East Area Rapist. It became clear that year how valuable citizens were when it came to operating radio and helping to relay emergency information. All volunteers are licensed by the FCC, and, according to their website, "have the responsibility of assisting the Sacramento County Emergency Operations Center with any emergency requiring auxiliary communication."

VIPS meanwhile, provide clerical support, work in the Community Service Center, assist with Missing Person follow-ups, and patrol neighborhoods. They are granted authority to

report code and parking violations, perform vacation checks on homes, and other basic Officer duties as directed by patrol.

Margie, a VIPS since 2013 stated, "After I retired as a teacher, I wanted to give back to the community a little more and have something to do. The main reason I do this is to help the public and the small chores I do for the department keep that kind of thing off the shoulders of the deputies, so they are able to do more to keep us safe."

Those wishing to be a VIPS should note it is one of the biggest time commitments – the Sheriff's Office requires its volunteer team to give at least 16 hours per month – and participants should realize they won't necessarily be the most popular people in town. Since the VIPS are known for issuing citations throughout the County, they sometimes ruffle the feathers of those on the receiving end. When asked about the volunteer group, resident Stephanie Vasquez stated, "No thank you! You couldn't pay me to be around crooked people."

For those who have a passion for serving with law enforcement, volunteering at the Sacramento County Sheriff's Office is not just for adults. The Sheriff's Office Explorer Program is another group that's been around since the 1970s and is aimed at young people aged 14-20 who are interested in a career in law enforcement. As resident Bill Shanklin stated, the youth involved in the program are "our hope for the future."

Explorers learn self-defense, training in search and seizure laws and arrests, practice public speaking and learn to work on a team. There are also opportunities for Explorers to compete with sister groups around the nation.

If you wish to become a volunteer with the Sacramento County Sheriff's Office, you can request an application by emailing volunteers@sacsheriff.com or calling 916-874-7339. ★

County Transportation Funding Experiences Boost

Continued from page 1

path from Douglas Road to White Rock Road. The Project modifies the existing signals at the Grant Line Road intersections with White Rock Road and Douglas Road and adds a new signalized intersection at Raymer Way;

Active Transportation Program – Stockton Boulevard Bicycle and Pedestrian Project - \$363,000 – SacDOT. Project Summary - The County requested funding for Project Approval and Environmental Document to evaluate the feasibility of a Class IV separated bikeway, sidewalk infill, and signalization of one intersection along Stockton Boulevard between Florin Road and Mack Road/Elsie Avenue in South Sacramento County;

Active Transportation Program – Elkhorn Boulevard Complete Streets – \$8.075M – SacDOT. Project Summary - Construct a Class IV separated bikeway on Elkhorn Boulevard from Watt Avenue to Don Julio Boulevard, sidewalk infill, ADA improvements, and implement Safe Routes to Schools and community education and encouragement programs in the North Highlands neighborhood.

SACOG Awards - \$24,876,000

Revolving Match – US 50 Gold Line Corridor Enhancement Project - \$4M contingent on receiving CTC award above – SacDOT joint grant with SacRT;

Community Design – Arden Way Phase 1 and 2 - \$1M plus a \$458,000 SGIP match – SacDOT. Project Summary -In Sacramento County, on Alta Arden Expressway from Howe Avenue to Fulton Avenue. The project will include sidewalk gap closures, buffered bike lanes, and pavement resurfacing;

Maintenance and Modernization – Alta Arden Expressway Phase 1 - \$4M – SacDOT. Project Summary - In Sacramento County, on Alta Arden Expressway from Howe Avenue to Fulton Avenue. The project will include sidewalk gap closures, buffered bike lanes, and pavement resurfacing;

Transformative – Jackson and Bradshaw Safe and Rural Connections - \$3M – SacDOT – Project Summary - The Project is intended to provide operational and safety improvements at the intersection of Jackson Road and Bradshaw Road in Sacramento County. The project would add a travel lane and turn lanes at the intersection;

Transformative – Stockton Boulevard Multimodal Partnership and BRT Corridor - \$5.2M – Joint grant with City of Sacramento, SacDOT, and SacRT. Project Summary - In Sacramento (City and County), on Stockton Boulevard, from Florin Road to Alhambra Boulevard: Multi-modal and safety improvements, including bus lanes and/or other transit enhancements, bicycle lanes, and pedestrian upgrades. The project will also include an alternatives analysis phase for the bus rapid transit (BRT) and BRT-lite treatments along the longer Sacramento Regional Transit District's Route 51 alignment between South Sacramento and the Sacramento Valley Station, which includes Stockton Boulevard (between Florin Road and Broadway), Broadway (between Stockton Boulevard and 8th Street), and segments of 7th, 8th and 9th Streets;

Regional Active Transportation Program – Bell Street Safe Routes to School - \$8.676M – SacDOT. Project Summary - Construction of approximately 12,500 linear feet of sidewalk infill along various segments of Bell Street between Edison Avenue and Hurley Way in the West Arden community, including a segment on 2419 Wyda Way. Construction and reconstruction of new curb ramps and extensions, traffic signal modifications, a new pedestrian signal, a new Rectangular Rapid Flashing Beacon, striping and re-striping bicycle lanes, and new bicycle detectors will also be implemented at four intersections along Bell Street where they do not currently exist. The non-infrastructure element includes education and outreach to students and parents of the nearby schools on pedestrian, bicyclist, and motorist safety.

The funding windfall will not only boost local transportation projects but help pave the way for future housing and building projects, which rely on roads being built before that construction can begin. The Building Industry Association and construction community are expected to benefit from these projects with more job opportunities in the future.

Construction of these projects will start to come to life over the next few years. Each grant will not pay for the entire project, as many funding sources are sought to offset the construction, but these dollars are expected to push the projects forward to allow a much-needed boost to improving the County's transportation infrastructure. ★

"Top States for Business" Report Gives California an "F"

California Business Roundtable News Release

SACRAMENTO, CA (MPG) - In CNBC's annual "Top States for Business" ranking, California's ranking reflects the reality of our economy, which is led by our tech industry and venture capital dollars but bogged down by our ongoing cost of living crisis, high taxes, and unfriendly business policies.

"California's competitiveness, our ability to attract and retain businesses, as well as to provide employees with an affordable quality of life, continue to show clear warning signs thanks to our ongoing cost-of-living crisis," said Rob Lapsley, president of the California Business Roundtable. "This ranking is an annual reminder of the state's precarious future and economic solvency. Just like the state budget, our business climate relies almost exclusively on the highly volatile Bay Area's tech region to grow or attract business."

According to the survey, California received an "F" in cost of living and business friendliness which directly reflect the impact of the policies that are being passed by state and local government. In addition, the state economy received

a "D+" and our cost of doing business scored a "D." The only categories in which California excelled were access to capital and technology and innovation, where we scored an "A+" for each.

"Our overall rankings should come as no surprise to the governor and Legislature, who continue to push higher taxes, fees, and expensive regulations onto businesses," Lapsley continued.

In just the past 30 days, the governor and Legislature have ensured businesses will pay one of the highest tax increases in state history by refusing to provide state funding to pay off the state-created Unemployment Insurance Fund debt (*learn more here*) and increased labor and litigation costs by proposing to refund the Industrial Welfare Commission in the state budget (*learn more here*).

"The governor and Legislature's policies continue to give clear signals that California is not a friendly place to expand or grow jobs. Technology and innovation, combined with access to capital, have disguised many of the major impacts that our policies are having on all other sectors in our economy. This report clearly reflects the harm these policies are having on businesses and working families," Lapsley concluded. ★

90 Alleged Unlicensed Contractors Face Legal Action Following Sting Operations

CSLB News Release

SACRAMENTO REGION, CA (MPG) - The Contractors State License Board (CSLB) recently completed a statewide sting and sweep enforcement operation to uncover unlicensed activity in the construction industry. The multi-state agency effort organized by the National Association of State Contractors Licensing Agencies (NASCLA) resulted in 90 legal actions related to unlicensed contracting. An additional 37 legal actions were taken for workers' compensation insurance violations.

Over three weeks, CSLB joined forces with local law enforcement to conduct undercover sting operations in Sonoma, Sacramento, Madera and San Bernardino counties. The stings targeted unlicensed contractors, with investigators contacting the suspects through their advertisements.

During the four sting operations, suspected unlicensed operators arrived at designated locations to bid on various projects, such as drywall, bathroom remodeling, turf installation, framing, flooring, exterior and interior painting, concrete, tree removal, landscaping, and plumbing. As a result, 50 individuals may face criminal charges for contracting without a license. These individuals were provided with information on how to obtain a license.

The individuals involved submitted bids that exceeded the legal limit of \$500. California law prohibits unlicensed contractors from bidding and/or contracting for construction work that exceeds \$500 in value, including labor and materials. All may now face legal consequences, which can include substantial fines and potential jail time. Such activity puts consumers at risk in many ways, including failure to meet minimum

competency requirements, lack of a license bond, or workers' compensation insurance.

A total of 66 construction sweep operations were conducted in various California counties, including Sacramento, San Diego, Stanislaus, San Joaquin, Fresno, Monterey, Solano, Yolo, Orange, Fresno, Riverside, Butte, Alameda, Placer, Santa Clara, Marin, Santa Barbara, Sutter, Amador, and Santa Cruz. Forty unlicensed contractors were identified during the sweeps and now face an administrative citation or referral to a local prosecutor for contracting without a license.

Additionally, 37 Stop Orders were issued to halt employee labor at active job sites where contractors did not have workers' compensation insurance for their employees.

"Unlicensed contractors pose a significant danger to consumers," said CSLB Registrar David Fogt. "CSLB's Statewide Investigative Fraud Team performs sweeps and stings regularly, and we are proud to be a top contributor in this year's NASCLA's coordinated enforcement effort."

CSLB will continue to partner with agencies throughout the state to combat unlicensed contracting activities. These joint efforts will focus on enforcing contractors license law, safeguarding consumer interests, and maintaining the construction industry's integrity.

For further information or to report suspected unlicensed contractor activities, please visit the CSLB website at www.cslb.ca.gov or contact CSLB toll-free at 1-800-321-CSLB (2752). For ongoing information and updates from CSLB, connect with us on Facebook, Twitter, Instagram, and YouTube.

CSLB operates under the umbrella of the Department of Consumer Affairs and licenses and regulates nearly 285,000 contractors in California. ★

K9 Safely Apprehends Burglar with Multiple Felony Warrants

Sacramento County Sheriff's Dept. News Release

SACRAMENTO COUNTY, CA (MPG) - On July 7, 2023, the Sacramento County Sheriff's Department announced that Gonzalo Aguilar, who was originally wanted by the California Department of Corrections for a parole violation, has been arrested. Aguilar had multiple felony warrants and an extensive violent criminal history.

During a call for service, deputies attempted to contact Aguilar, when he tried to flee on foot. He ended up forcing entry into a home while the homeowners were still inside. Fortunately, the homeowners ran out of the house to safety, and our deputies were

able to surround it quickly. Even after multiple announcements for Aguilar to surrender himself, he refused to exit.

Sheriff K9s began a search of the residence, when they discovered him hiding in the garage between a car and the wall. The K9 safely apprehended him, when he was taken into custody and booked into the Sacramento County Main Jail for burglary, along with his previous charges.

Law enforcement K9s are invaluable to deputies and officers throughout the state. As California lawmakers continue to allow dangerous criminals like Aguilar to roam the streets freely, law enforcement K9s allow deputies to take these violent felons into custody without having to use deadly force. ★

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<p>Boneless & Skinless Chicken Thigh Meat Carne de Muslo Deshuesada \$1.79/lb</p>	<p>Bottom Round Steak - Boneless Biste Redondo Inferior Deshuesado \$3.99/lb</p>	<p>Pork Butt Bone In Trozo de Puerto con Hueso \$3.49/lb</p>

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FRESH PRODUCE

Pink Lady Apple 79¢/lb	Blueberry 18 oz \$3.99/ea	Rainbow Bellpepper 2 lbs \$1.99/ea	Avocado Jumbo 2/\$3.00
Banana 59¢/lb	Mango Mexican 10 ct \$5.99/box	Pickling Cucumber 79¢/lb	Enoki Mushroom 150 g \$1.99/ea

AMERICAN/HISPANIC GROCERY

Zulka Pure Cane Sugar 4 lbs \$3.99/ea	Inca Kola Golden Kola 2 liters \$2.99/ea	Maseca Corn Masa Flour 4 lbs \$4.99/ea	Tide Simply Detergent 125 Ltr \$10.99/ea	Cheez-It Crackers 2 kinds 12.4 oz \$3.99/ea
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ASIAN GROCERY

Awaji Coconut Sugar 14 Ltr 99¢/ea	Honey Bee Young Coconut Juice 175 Ltr \$1.49/ea	Dava Pait Vinegar (sambal) 1 liter \$1.99/ea	Dragonfly Lychen (in syrup) 20 oz \$2.99/ea	Indo Mir Fried Noodles 15 pack 15 x 3 oz \$5.99/box
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EUROPEAN GROCERY

Ben Organic 100% Juice Lemonade 1 liter \$1.99/ea	Sophia Italian Lady Fingers 400 gr \$4.99/ea	Siro Sandwich Cookie with Cream 500 gr \$2.49/ea	Drop Jumbo Pasta 4 lbs \$6.99/ea	Rogeech Condensed Milk 380 gr \$2.99/ea
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KOREAN/JAPANESE GROCERY

Product of Korea White Rice 20 lbs \$19.99/ea	Lotte Cooking Wine 80.5 oz \$7.99/ea	Soft Drinks (Migrating Rice) 1.5 liters \$2.99/ea	Pacific Spring & Macaroni 400 g \$3.99/ea	Rice Porridge 1.5 liter \$3.99/ea	Sauck Zip 3 kinds 30 g \$1.49/ea
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FROZEN & FISH DEPT

Red Abalone 2.2 lbs REG. \$49.99/ea	Sashimi Grade \$39.99/ea
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EUROPEAN DELI

Columbus Honey Ham REG. \$15.99/ea \$8.79/ea	Pined Olives REG. \$12.99/ea \$4.29/ea
Columbus Pepper Turkey Breast REG. \$14.99/ea \$11.49/ea	Green Cracked Olives REG. \$9.99/ea \$3.99/ea

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 JULY 26 - AUGUST 01, 2023.

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

PET CLUB FOOD AND SUPPLIES

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

59¢/Lb WHOLESOME PREMIUM DOG BISCUITS with the purchase of pet, fish food or supply. Reg \$1.99
 Limit 1 Lb PLU 332 CHM
 Limit 1 Coupon Per Customer

2 FREE CANS OF PREMIUM FUSSIE CAT FOOD
 2.8 Oz Tin Black Label & Paté Only
 With Any Purchase of Pet, Fish Food, or Supply PLU 349
 Limit: 1 Coupon Per Family CHM

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.

<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 7/26/23 - 8/1/23</p>	<p>PRO-PLAN DRY DOG FOOD 30-35 Lb Bag •Chicken & Rice •Beef & Rice •Weight Control •Sensitive Skin & Stomach •Performance \$5 OFF OUR REGULAR PRICES! Limit 2 Bags per Family Effective 7/26/23 - 8/1/23</p>	<p>NATURAL BALANCE DRY DOG FOOD •Potato & Duck 22 Lbs •Chicken & Brown Rice 24 Lbs •Salmon & Brown Rice 24 Lbs •Ultra Grain Free 24 Lbs •Vegetarian 24 Lbs \$8 OFF Our Regular Prices Limit 2 Bags Per Family Effective 7/26/23 - 8/1/23</p>	<p>PURINA KIT N' KABOODLE DRY CAT FOOD 16 Lb Bag \$13.99 Limit 2 Bags Per Family Effective 7/26/23 - 8/1/23</p>
<p>FRISKIES BUFFET CANNED CAT FOOD 5.5 Oz Selected Varieties ON SALE Everyday Limit 2 Cases Per Family Effective 7/26/23 - 8/1/23</p>	<p>FUSSIE CAT PREMIUM CANNED CAT FOOD 2.8 Oz. •Black Label •Gold Label ON SALE Limit 2 Cases Per Family Effective 7/26/23 - 8/1/23</p>	<p>TIDY CATS SCOOPABLE CAT LITTER 20 Lb Jug •Regular •Unscented Limit 2 Jugs Per Family ON SALE Effective 7/26/23 - 8/1/23</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 7/26/23 - 8/1/23</p>

<p>WELLNESS CANNED CAT FOOD •Pate •Gravy Selected Varieties Also •Signature Select •Core 5.3 Oz Can Limit 1 Case 15% OFF OUR REGULAR PRICES</p>	<p>EVERCLEAN PREMIUM CAT LITTER •Extra Strength Unscented •Unscented Ever Fresh 25 Lb. Box Limit 2 Boxes \$15.99</p>	<p>WELLNESS CANNED DOG FOOD Natural 12.5 Oz Full Case •Regular •Stew •Core Limit 2 Cases 15% OFF OUR REGULAR PRICES</p>
<p>FRESH STEP SCOOP CAT LITTER 42 Lb Bag Limit 2 Bags \$19.99</p>	<p>MERRICK'S GRAIN FREE DRY DOG FOOD 22 Lb Bag •Chicken/Sweet Potato •Duck/Sweet Potato •Bison/Beef/Sweet Potato •Salmon/Sweet Potato •Texas Beef/Sweet Potato \$5 OFF OUR REGULAR PRICES</p>	<p>ORJEN Entree In Bone Broth ACANA Premium Pate 3 Oz Can As Marked Buy 5 Cans Get 1 Can FREE</p>
<p>FRESH STEP CAT LITTER 21 Lb Bag (14 Lb Bag - \$5.49) \$7.49</p>	<p>KAL KAN CESAR DOG FOOD All Varieties 3.5 Oz Limit 1 Case \$1.29</p>	<p>IAMS DRY DOG FOOD 30 Lb Bag •Mini Chunk •Large Breed •Lamb & Rice •Weight Control 30 Lb Bag Limit 2 Bags \$43.99</p>
<p>GRAVY TRAIN DRY DOG FOOD 35 Lb Bag Limit 2 Bags \$22.99</p>	<p>ÖKOCAT CLUMPING CAT LITTER •Regular •Soft Step 11-13 Lb 16.7 Lb 19.8 Lb \$13.99 \$19.99 \$19.99</p>	<p>MILK-BONE DOG BISCUITS Large 10 Lb Box Flavor Snacks 7 Lb Box \$13.99 \$11.99</p>

ASPEN/PETMATE PET BEDDING
 •Pillow •Self Warming •Lazy Boy
 •Orthopedic Foam Beds •Snoozzy
 All Varieties
20% OFF
 OUR SUPER LOW PRICES

<p>SMART BONES HEALTHY ALTERNATIVE TO RAWHIDE Made with Real Chicken •Peanut Butter •Sweet Potato 20% OFF OUR SUPER LOW PRICES</p>	<p>ZUKE'S NATURAL TREATS All Varieties •Mini-Naturals •Hip Action •Puppy Naturals 20% OFF OUR SUPER LOW PRICES</p>
<p>EARTH-RATED POOP BAGS & DOG WIPES •Unscented •Lavender Scent •Standard •Handle 20% OFF OUR SUPER LOW PRICES</p>	<p>SENTRY PETROMALT & PETRODEX PRODUCTS All Varieties •Tooth Care •Hairball Relief 20% OFF OUR SUPER LOW PRICES</p>

MARINELAND POWER FILTER SALE

MODEL	TANK SIZE	PET CLUB SALE
PENGUIN 100B	20 Gal.	\$24.99
PENGUIN 150B	30 Gal.	\$33.99
PENGUIN 200B	50 Gal.	\$40.99
PENGUIN 350B	75 Gal.	\$55.99

AQUEON PRE-PRICED AQUARIUM KITS

10 GALLON	(Pre-Priced \$79.99)	\$59.99
20 GALLON	(Pre-Priced \$124.99)	\$99.99
29 GALLON	(Pre-Priced \$139.99)	\$122.99
55 GALLON	(Pre-Priced \$229.99)	\$199.99

PENN PLAX PLASTIC AQUA-PLANTS **20% OFF** OUR SUPER LOW PRICES

TETRA FISH FOOD SALE
 •Tetramin All Varieties
 •TetraCoral Varieties
 •Goldfish
20% OFF
 OUR SUPER LOW PRICES

<p>BONUS COUPON FANCY FEAST GOURMET CANNED CAT FOOD 3 Oz - All Varieties Except Elegant Medley Limit 1 Case Per Family Limit One Coupon Per Family Price Valid Only With Coupon Effective 7/26/23 - 8/1/23 ON SALE Everyday</p>	<p>BONUS COUPON JONNY CAT PREMIUM CAT LITTER 10 Lb Bag Limit 2 Bags Per Family Limit One Coupon Per Family Price Valid Only With Coupon Effective 7/26/23 - 8/1/23 \$2.79</p>	<p>BONUS COUPON WHISKAS TEMPTATIONS CAT TREATS •All Varieties 3 Oz. Limit 2 Pkgs With Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 7/26/23 - 8/1/23 \$2.19</p>
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