

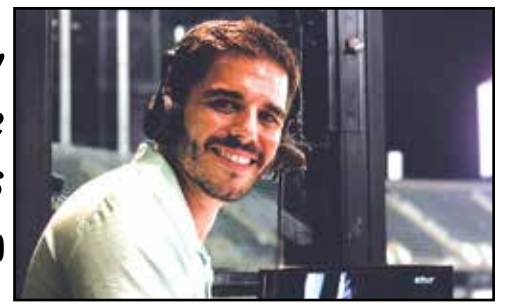


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AMERICAN RIVER Messenger

VOLUME 18 • ISSUE 5

Serving Fair Oaks, Orangevale & Sacramento County

MARCH 10, 2023

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Foodbank Hosts Spring Food Drive



The Orangevale Fair Oaks Food Bank will stock up the community shelves on March 18 during its 1st Annual Spring Food Drive. Photo courtesy of Just Serve

Just Serve News Release

SACRAMENTO REGION, CA (MPG) - Following the successful pattern of the Fall Community Food Drive, volunteers are again rallying community support to fill the Orangevale Fair Oaks Food Bank shelves on March 18 as their stores begin to run thin.

The food bank invites you to participate in the 1st Annual Spring Community Food Drive, run as a drive-through drop-off in front of the Orangevale Fair Oaks Food Bank (6483 Main



Volunteers Kathy, Jon and Jacqui collect cans of food for the Orangevale Fair Oaks Food Bank. Photo courtesy of Just Serve

Ave in Orangevale) on Saturday, March 18th from 9:00 a.m. until noon. Cars can line up along Main

Ave facing the foodbank, and volunteers will unload vehicles.

"Last year, the fall drive

couldn't have come even a week later, and this spring drive feels the same," said Andrea Scollay, OV FO Foodbank Director, as she described the increasing food insecurity and need in our community.

For the past two years, the Fall Community Food Drive has stocked the foodbank shelves until spring, but come spring, the shelves fall short. This year in 2023, even earlier. But, there is hope. When the communities that support the OVFO Foodbank show up, they show up strong.

Continued on page 3

United Way Announces 100th Anniversary Goal



Dr. Dawnté Early, president and CEO at United Way California Capital Region, announces the nonprofit's 100th anniversary goal at one of United Way's Yolo Kids Read events in West Sacramento. Photo courtesy of Thebaud Communications

By Kristin Thébaud Communications

SACRAMENTO REGION, CA (MPG) - As United Way California Capital Region celebrates its 100th anniversary this year, the local nonprofit working to end poverty through education has announced a new goal to raise \$3 million to help 10,000 kids excel in school by 2025.

"This is such an important year as we celebrate 100 years working together with this community to end poverty for local families," said Dr. Dawnté Early, president and CEO, United Way California Capital Region. "We have learned so much over the past 100 years, and now we are ready to enter our next century with a bold new goal. We know education is a proven ladder out of poverty, and we know school is square one for reaching families in need. With kids coming out of Covid even more behind in school, we have doubled down on our commitment to raise the resources necessary for our region's children to excel in school and thrive as adults."

Focusing on schools through its Square One approach, United Way California Capital Region offers a wide array of programming and services to ensure children and their families have the resources they need to succeed in school and in adulthood. From a regional reading tutoring program and school-readiness services for incoming kindergarteners to an income program for foster youth, guaranteed income for families, free tax preparation services and more, United Way has created a holistic approach that starts in schools. United Way's work centers families in their children's academic achievement by helping children excel in school, investing in families, and

Continued on page 6

Water District Hears Criticism of Yard Redevelopment Project

By Thomas J. Sullivan

FAIR OAKS, CA (MPG) - Members of the Fair Oaks Water District Board (FOWD) agreed to continue public discussion of the \$10 million corporate yard redevelopment project as a formal agenda item at their next regularly scheduled meeting in April.

The project is planned at the gateway to the Fair Oaks Village.

Over 90 people filled the Fair Oaks Water District meeting room at 10326 Fair Oaks Boulevard on February 21 to near capacity, each waiting turns to speak as they held placards in opposition to the project, reading, "The Village has a vision. Embrace it."

Business owners and individual residents, some of whom represented



Banner sign posted by the Save Fair Oaks Village campaign asking FOWD to Move the Yard! Photo by Thomas J. Sullivan

the Fair Oaks Village Enhancement Committee (FOVEC) and wore logoed t-shirts, said they consider the project not to be the "best use" of a prime 1.59-acre site in the Village, and

that the corporation yard currently located at 10317 Fair Oaks Blvd should be relocated outside of the Village to a more suitable location.

A large banner sign,

hung by FOVEC organizers facing the Fair Oaks Water District's corporation yard is visible to the public now entering the Village.

Continued on page 3

Giving Golden Retrievers a Second Chance

By Judy Andrews

FAIR OAKS, CA (MPG) - The Fair Oaks Chamber of Commerce recently welcomed a new non-profit member who – you might say – is bringing a lot of “gold” to the community. The organization is NORCAL Golden Retriever Rescue and their mission is to rescue and place adoptable Golden Retrievers into loving homes.

As the privileged pet owner of a 13-year-old rescue, this author was personally thrilled to take on this writing assignment to help bring visibility to the non-profit and to a local Golden lovers group doing good in the community.

The first thing to know about NORCAL Golden Retriever Rescue (NGRR) is they do not have a central facility for sheltering dogs. Instead, they rely on an extensive team of well-networked volunteers to help keep everything running smoothly.

NGRR services Northern California to the Lake Tahoe/Reno region and to Fresno and San Luis Obispo Counties. Skilled volunteers are always wanted to support the organization in a variety of roles – from hands-on operations to professional services.

Fostering is at the heart of this rescue where volunteers open up their homes to surrendered Golden Retrievers needing a safe temporary environment. Upon intake, dogs receive a veterinary exam, vaccinations, and are spayed and neutered if needed. NGRR covers all medical expenses while a dog is in foster care.

The non-profit relies on contributions and their online store (www.ngrr.org) to help defray costs.

For the Love of the Breed

Robin Gostovich is NGRR’s Outreach and Special Events Coordinator for the Sacramento and surrounding areas. “Some 400 dogs a year are given a second chance when they find NORCAL Golden Retriever Rescue,” she



Robin Gostovich and her Golden Retrievers Donne, Quincy, and Hero hang out in Fair Oaks. Photo by Judy Andrews

reports. “We’re always looking for compassionate dog lovers to help out.”

As a long-time owner of Golden Retrievers and a Fair Oaks resident, Robin got involved with the organization eight years ago when one of her daughters found a dog online. Their new dog, Simon, became the first of many Golden Retrievers the family adopted or fostered through NGRR.

Robin has fostered at least 20 dogs. “It’s not hard to give one up when you know it’s going to the right home. Yeah, you may cry when that time comes, but you do what’s best for the dog. It’s always about the dog!”

She is a huge advocate for Golden Retrievers and for NGRR – two topics she loves to talk about. “I just want people to know about this amazing breed and what a great job NGRR does for their dogs.”

Robin and her husband, Mark,



LogOff Brewing Owner Matt Rise collects donated dog food for Norcal Golden Lovers Sac. Photo courtesy of Growing Past Today.

now have three Golden Retrievers at home: 12-year old Quincy, 10-year old Donne, and 6-year old Hero. Robin likes to say, “Golden Retrievers are like potato chips, you can’t have just one!”

A Group for Golden Retrievers

Community outreach is an important part of what Robin does. “Everyone loves to meet our Golden Retrievers. The dogs open up so many doors leading to people

and organizations who look to us for support.”

Robin is also the founder of a Northern California group called Norcal Golden Lovers Sac. “It’s through this group and partnerships that we’re able to give back to the community.”

The group hosts fundraisers and accepts donated pet supplies and food for two local non-profits: Growing Past Today and Jake’s

Journey. They also donate dog food to the Orangevale-Fair Oaks Food Bank.

Matt Rise owns LogOff Brewing in Rancho Cordova where Robin often hosts fundraisers and social events through Norcal Golden Lovers Sac. He enjoys supporting their activities by bringing visibility to their causes and has even placed a permanent doggy donation bin inside the brewery.

“At LogOff Brewing we love dogs! It’s satisfying to know how much community good has come out of our partnership with Robin and all the volunteer work she does on behalf of NGRR and Norcal Golden Lovers Sac.”

Matt is hosting Barks and Brews on March 26 from 2-6 p.m. “It’s a fun dog-themed event at the brewery benefiting Front Street Animal Shelter. Come meet the vendors and enjoy live music and food,” he says. “Norcal Golden Lovers Sac will be on-hand to accept donations of bagged dog food, leashes, and dog toys for the non-profits they support.”

Meetups and Playdates

Members of Norcal Golden Lovers Sac also team up for fun events, meetups, and playdates with their Golden Retrievers. Robin spearheads a local social Meetup site of 783 members to help spread good will in the community and have some fun, too! The meetups are open to all Golden Retriever owners.

“These dogs make great ambassadors. We are simply Golden Retrievers doing good in the community while enjoying our pups!”

Join ‘Norcal Golden Lovers Sac’ on Facebook and start connecting with other members.

Plus, join their Meetup site and view upcoming events: www.meetup.com/norcalgoldenloverssac/

If you’d like more information on Norcal Golden Retriever Rescue, please visit their website: www.NGRR.org. ★



New CHP graduates “Join the CHP 1,000” campaign during the graduation ceremony on February 17, 2023. Photo courtesy of CHP

CHP Graduates 82 New Officers

CHP News Release

SACRAMENTO REGION, CA (MPG) - The California Highway Patrol (CHP) welcomed 82 new officers to the CHP family, during the graduation ceremony on February 17, 2023, at the CHP Academy in West Sacramento. Less than one year ago, the CHP launched its “Join the CHP 1,000” campaign,

with the goal of hiring a 1,000 new officers. These newly graduated officers bring the CHP closer to attaining its goal.

“It’s my honor to welcome these officers to the CHP and thank them for stepping up to serve our state,” said Governor Gavin Newsom. “With a goal of hiring 1,000 new CHP officers in the coming years, we’re

investing in outreach to a diverse pool of candidates committed to protecting their fellow Californians and making a positive impact in our communities.”

“The women and men of the CHP take great pride in the level of service we provide to the community,” said Commissioner Sean Duryee. “It is imperative we bring on the next generation

of exemplary officers to continue that tradition.”

For more information about the “Join the CHP 1,000” campaign, or to apply, visit www.JoinTheCHP1000.com or call the statewide Recruitment Unit at (916) 843-4300.

The mission of the California Highway Patrol is to provide safety, service, and security. ★

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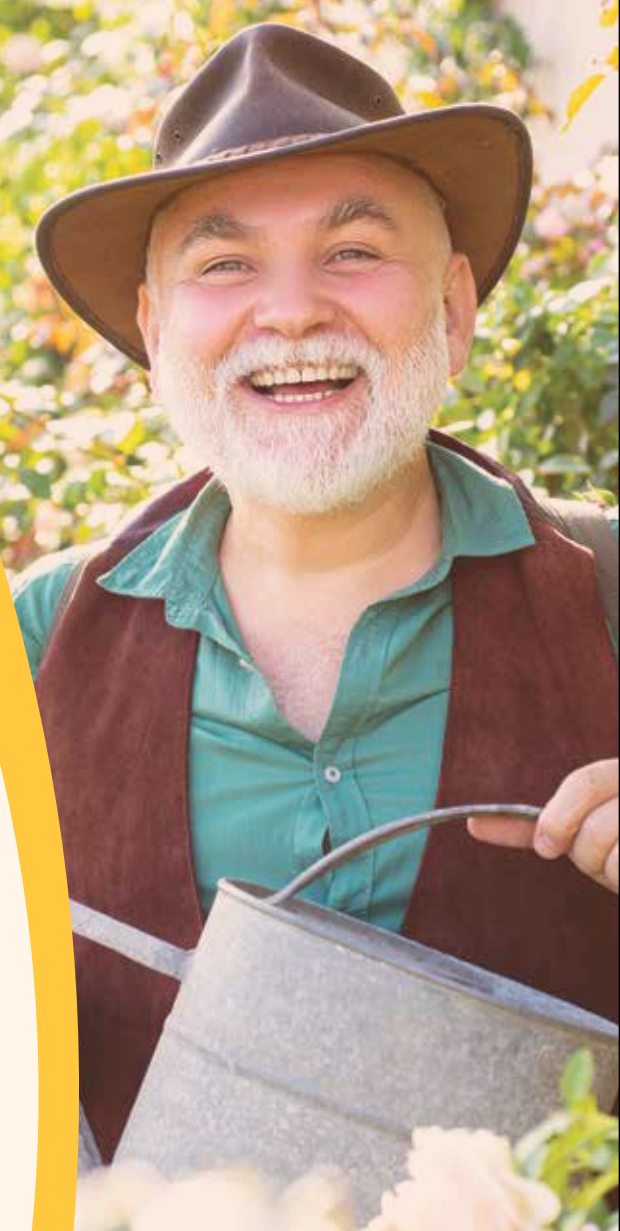
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Water District Hears Criticism



Aerial view of the FOWD Corporation Yard located at 10317 Fair Oaks Blvd in Fair Oaks, Calif. Photo courtesy of FOWD

Continued from page 1

Board members said they would explore a large capacity venue for their next meeting before closing a period of public comment on the redevelopment project.

Many speakers also cited “inadequate public outreach” concerning the project was done during the recent COVID-19 lockdown which was “insufficient to obtain true public input concerning the project.”

Tim Gray, FOWD general manager, and individual board members, defended the Board’s public outreach effort as they listened to each speaker, some who yielded their three-minute speaking time to another so that they could continue their comments.

Gray said he conducted many of the face-to-face meetings concerning the project with residents and business owners himself during past periods of public comment.

Individual board members and those offering public comment often agreed that Fair Oaks Village has a “special sense of place” in its blend of commercial, residential, and civic buildings which surround a central gathering space that includes the park, community clubhouse, and the theater.

Whether that “special sense of place” can be compatible with a corporate yard water district where dump trucks and other utility vehicles enter and exit the east and west gates of Fair Oaks Boulevard remains to be seen.

“You work for us,” said Leon Corcos, who has developed projects nearby. “It’s an unnecessary, outdated project.”

“You need to make this right,” added another resident.

Deborah Stark, a young parent of three, with a daughter on the way, urged board members to reconsider its redevelopment plans and to consider its impact on families moving into Fair Oaks for years to come.

“In contrast to the thriving village environment which we are all working towards, is this what we all truly want?” she asked.

Another speaker, Ken Walter, described the renovation project as a “well-intended idea that got out of hand,” questioning whether it would be more cost-effective to be moved elsewhere.

In 1979, the District purchased the site from the Diamond International Company, which previously used the facility as a lumberyard. The site’s main building is a heavy timber structure reportedly built in the 1920s or 1930s.

The District renovated the main corporation yard building and property multiple times in the 40-plus years in which it has owned the site both to accommodate current regulations, and to repair damage from rain and flooding, according to a July 2021

public outreach document.

The grounds slope towards the main building with the existing drainage infrastructure considered inadequate during heavy rain periods, where water frequently drains into its corporate building, according to the District materials.

Preliminary structural investigations also indicate the building does not meet current building codes, including seismic or wind loading requirements. In its opinion, the “existing site cannot be maintained in a manner that makes it an asset to the Fair Oaks Village.”

The redevelopment plan, which dates back more than a decade, would demolish an existing building on the corporate yard site and replace it with a new 16,390-square-foot building and a smaller 1,608-square-foot annex building for records retention.

Critics of the project contend FOWD did not follow through on promises made to the public when the project was first proposed and that earmarked funds could be put into the District general fund to continue to keep water rates low and complete infrastructure upgrades.

In 2007, the Fair Oaks Water District completed a series of meetings to provide the Fair Oaks Community an opportunity to give input on the look and feel of the new Fair Oaks Water District Administration Center and Corporation Yard.

The current design is based on the input of public FOWD board meetings held throughout 2019 and 2020.

Multiple objections to specific design features of the project were also heard, as well as allegations of a “lack of transparency” concerning the actual cost of the project.

Slide presentations of the project were shared at public meetings held on August 18 and September 16, 2021, which gave a general overview of the project.

A Spanish eclectic design concept was selected as the preferred style for a new FOWD Administration Building and for a future Corporation Yard Redevelopment Project in design plans which are published on the FOWD website.

The Sacramento County Planning Commission in a 5-0 vote approved the development plan review, special development permit and design review of the project on March 14, 2022.

Documents describing the project can be viewed at: www.fowd.com/fair-oaks-water-district-corporation-yard-redevelopment-project

General information concerning opposition to the project and a petition drive now underway can be found at: savefairoaks-village.org ★

Foodbank Hosts Spring Food Drive

Continued from page 1

“It has been unbelievable,” says Jose Zambrano, OV FO Food bank community outreach volunteer, of the fall drives growth since it started three years ago, “to go from one Church, to five churches, now ten plus...wow! But that is only one part of the Community...we have schools, sports teams, clubs, scouts, businesses. This event is an example of a community coming together full of love and compassion. Like our foodbank motto, ‘Neighbors Helping Neighbors.’”

Inspired by the work done in the fall, volunteers hope to create the same thing annually in the spring. They invite community churches and organizations not involved in the fall to partner in the spring. Filling the gap until the drive in October could keep the food bank full year round. Already accepting that invitation are Oak Avenue Church, Pathways Fellowship, Citrus Heights Seventh Day Adventist and the Church of Jesus Christ of Latter-day Saints.

Hosting a one-day drop-off drive has become a great model for the OV FO Foodbank. Volunteers come together at one time and one place. “It takes what was once done over the course of a month by volunteers going out to grocery stores every weekend and condensed it into a one-day drive,” says Scollay.

If there is a model for community success, the Orangevale Fair Oaks Community Food Drive may have found it. When a community member sees a need, as Marcus Arnold did when he began spearheading a fall food drive in 2020, and is willing to step forth and gather others around it, great things happen. Talents, resources and the good vibes of serving together are shared, and grow. Often many see the same need, but it takes the rallying voice.

The Spring Community Drive-through Food Drive is an invitation to join that rallying voice.

“Thank you doesn’t feel like a strong enough statement,” says Scollay. “We are so truly grateful for the way the community comes together to help those that are in need.”

Want to join in?

Swing by the OV FO Food bank on March 18 between 9am and 12 noon, with food or cash donations; Share the news. Invite your neighbors together to fill your trunk with a neighborhoods worth of food donations before you come; Or, sign up to volunteer to help unload, sort and stock the donations on March 18, either from 8:30am – 11am or 10:30am -1pm. Sign up at JustServe.org, searching for “Spring Food Drive – Orangevale Fair Oaks Food Bank.” ★

DA Thien Ho Announces the 2023 Citizens Academy

Sac County DA News Release

SACRAMENTO COUNTY, CA (MPG) - Learn about the criminal justice system, discuss issues related to use of force, specialized prosecutions and sensitive current events and engage in open discussions with top administrators!

District Attorney Thien Ho announced that applications are now being accepted for this year’s in-person Citizens Academy. The Sacramento County District Attorney’s Office hosts the program in partnership with the Sacramento Police Department, the Sacramento County Sheriff’s Office and the Sacramento County Probation Department.

The program is designed to engage citizens from all backgrounds and communities in discussion about public safety and criminal justice issues. Participants learn about our local criminal justice system – including the roles of law enforcement, prosecutors and the courts. Topics include the anatomy of a criminal

case; specialized areas of prosecution; CSI and crime lab analysis; local gangs; use of force; innovative programs and partnerships; and community-focused public safety partnerships and initiatives. There is also an opportunity for a field trip to the 911 Communications Center.

Representatives from the District Attorney’s Office, Probation Department, Public Defender’s Office, law enforcement, the judiciary and community organizations will provide information, answer questions and address community concerns.

There is NO cost to participants. The 10-week course is held on Tuesday evenings starting April 4, 2023 – June 13, 2023, from 6 p.m. – 8 p.m. at the Sacramento Police Department’s Safety Center (5770 Freeport Blvd., Sacramento).

The deadline to apply is Friday, March 17, 2023.

Application Forms: Visit sacda.org – on the Homepage and under “In the Community.” ★





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Eggstravaganza Returns to Sacramento Region

Northern California Hosts 31st Annual Decorated Egg Show and Sale

By MPG Staff

SACRAMENTO REGION, CA (MPG) - As the saying goes, "What's that got to do with the price of eggs?" Where art is involved, some eggs become almost "priceless".

It has been a few years, thanks to the chaos of Covid, since the Egg Show and Sale has been able to bring this wonderful art form to the region. This year will be its 31st show and sale.

The City of West Sacramento's Community Center will be the site for the phenomenal show this year.

Diana Macias, Show Director said in her release to the press "We are 'eggged' to bring our free art exhibit to West Sacramento and offer the community the opportunity to see firsthand artwork created from real eggshells by artists traveling from all over the United States, teaching classes, displaying and selling art and the supplies to create our form of art."

Over the years we have worked with you on several community publications to get the word out to as many communities as possible inviting everyone to come out to the show and learn about this spectacular art form.

Attendees will have the opportunity to learn more about the Shriners Hospital for Children. Shriners volunteers will be at the event and will be available to provide information regarding their organization.

Egg Artists donate artwork that will be raffled with all proceeds benefiting the Shriners Hospital for Children.

This year will also feature a "learning table" for those who would like to learn how to make an egg art project for a nominal fee, also with the proceeds benefitting the Shriners. ★



Pictured here are some examples of the fantastic artwork to be seen at this year's show. Photos courtesy Diana Macias at www.norcaleggshow.com

Important Event Info

Northern California Eggstravaganza Egg Show & Sale
West Sacramento Community Center
1075 West Capitol Avenue
West Sacramento CA. 95691

March 23-24, 2023. Seminars.

Pre-registration required:

go to www.norcaleggshow.com

Facebook: Northern California Eggstravaganza

March 25th 10:00 am to 4:00 pm

(Open to the Public - Free admission)

11:00 am to 1:00 pm Learning Table Projects (Nominal Fee)

March 26th 10:00 am to 2:00 pm (Open to the Public)

11:00 am to 1:00 pm Learning Table Projects (Nominal Fee)



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Who's Been Fiddling with My Mind?

Dr. James L. Snyder

When it comes to music, I am an amateur in many regards. I signed up for a violin class . grade and took lessons. After about a month, the teacher met with my parents and begged them to pull me from that class.

He said, "Out of deep respect for music, this boy should not play the violin."

The one thing that bugs me is early in the morning, whether it's television or radio, I hear a song and can't get it out of my head. All day, that music buzzes in my head, and I can't get it to stop.

When I took a trip not long ago, and The Gracious Mistress of the Parsonage drove her Sissy Van, while I sat in the passenger side. For some reason a song got in my head, I can't remember which one, but I heard it over and over again.

I have a way of humming and singing a song simultaneously, coming out naturally.

As I got to singing, suddenly, The Gracious Mistress of the Parsonage pulled over, stopped her van, looked at me, and said, "Are you having some kind of spasm?" She looked very serious as she said it.

I looked at her seriously,

having no idea what she was talking about.

"You're not sick, are you?"

I began to understand her alarm, and I cautiously said, "I'm okay; I was just singing."

"Oh my," she said, "it sounded like you were on your last road trip to death."

The only place I sing is in the shower because there's nobody there, and nobody can hear me, and I can do my thing.

The other day as I was showering, I did not realize The Gracious Mistress of the Parsonage was within hearing distance. As I got into my shower a song began to rumble in my head, and within a few seconds, I started singing. Boy, was I singing and enjoying every note.

Suddenly, I heard a rapid knock on the bathroom door and my wife saying, "Are you okay? You didn't fall in the shower, did you? Do you need any help?"

At first, I couldn't figure out what was happening when it dawned on me that I was singing and she was hearing.

Oh "No, my dear," I said quite loudly, "I was just singing."

I heard a profound sigh

on the other side of the bathroom door, and heard her say, "Don't scare me like that again."

I go into a store, and they're playing music, and come out of that store with the music playing in my head, and I'm humming along the way. Driving home in my truck alone, I sing as loudly as possible, knowing nobody can hear me. But, of course, sometimes I forget to stop and walk into the house singing, and you can only guess the kind of trouble it presents to me.

Thinking about this all little I was reminded of what King Solomon said in Proverbs 29:11, "A fool uttereth all his mind; but a wise man keepeth it in till afterwards."

That wise old man knew what he was talking about. I know there's a time to speak but there's also a time to keep quiet. For me it's a challenge to differentiate between the two. The quieter I am the less difficulties I encounter.

Dr. James L. Snyder lives in Ocala, FL with the Gracious Mistress of the Parsonage. Telephone 1-352-216-3025, e-mail jamesnyder51@gmail.com, website www.jamesnyderministries.com. ★

Bera Announces \$11.7 Million in Federal Funding for Sacramento Airport

From the Office of Rep Ami Bera, MD

SACRAMENTO, CA (MPG) - On February 27, 2023, U.S. Representative Ami Bera, M.D. (D-CA) announced that he helped secure \$11.7 million in federal funding for the Concourse B expansion project at Sacramento International Airport (SMF). The federal grant, made possible through the Bipartisan Infrastructure Law which Bera championed and voted for in November 2021, will support the design and construction of a new pedestrian walkway connecting SMF's

Concourse B to Terminal B, increasing capacity for passengers and enhancing accessibility for travelers.

"I am proud to secure these crucial funds for Sacramento International Airport," said Representative Ami Bera, who represents California's 6th Congressional district, which includes SMF. "This federal grant will help modernize SMF, helping flyers get to their destinations safely and more efficiently. I'll continue to work with my colleagues in Congress to ensure the Sacramento region receives funding

support from the historic Bipartisan Infrastructure Law."

Despite the United States leading in the development of modern aviation, our airport infrastructure remains far behind other countries. According to some rankings, zero U.S. airports are ranked in the top 25 of airports worldwide. The Bera-championed Bipartisan Infrastructure Law invests \$25 billion into American airports to reduce congestion, strengthen our supply chains, and help Americans travel more quickly and at lower costs. ★

California Farm Bureau Reacts to Groundwater Decisions

California Farm Bureau Press Release

SACRAMENTO, CA (MPG) - California Farm Bureau President Jamie Johansson responded to the California Department of Water Resources announcement on sustainability plans for the state's groundwater basins.

The agency recommended approval of plans for six California groundwater sub-basins. It declared six other plans to be "inadequate," which will result in a review by the State Water Resources Control Board.

"This action will trigger a process before the water board that will afford local agencies additional opportunities to address identified problems, regain control of their basins and, hopefully, avoid formal probationary status or the imposition of eventual state interim plans," Johansson said.

"Passage of the Sustainable Groundwater Management Act in the 2014 drought year was a seismic shift in California water," he said. "It was never

going to be easy to transition on a timeline of just 20 years to eliminate an estimated 2.5 million acre-feet of overdraft a year in our most impacted areas of the state. Historic droughts in recent years have also shown us that we can't simply continue as we have been, and that California must also invest in a more resilient, 21st-century water system."

Johansson added, "California Farm Bureau will work with state and local agencies, our county Farm Bureaus and our agricultural groundwater users on workable solutions to sustain healthy aquifers. Our groundwater supplies are critical for California farmers, including vegetable, fruit, nut, and dairy producers who account for much of America's food supply. It is important that California carefully consider solutions that protect both our aquifers and our food production."

The California Farm Bureau works to protect family farms and ranches on behalf of nearly 29,000 members statewide and as part of a nationwide network of 5.3 million Farm Bureau members. ★

Social Security Matters

What's the Best Way to Start Receiving My Survivor Benefit?



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: When one becomes a widow/widower, what is the most efficient way to start receiving the deceased's monthly Social Security. **Signed: Still Grieving**

Dear Still Grieving: There is really only one way to start receiving surviving spouse benefits – you must contact Social Security directly to apply. You can call 1.800.772.1213 or call your local SS field office (find the number at www.ssa.gov/locator) to make an appointment to apply for your survivor benefits. These appointments are normally conducted over the phone, so a personal visit to the Social Security office isn't usually necessary.

The larger question to consider is when you should claim the survivor benefit. Like most other Social Security benefits, your age when you claim determines how much your survivor benefit will be. And a survivor benefit isn't payable in all cases. Consider these points:

- If the surviving spouse is already receiving their

own SS retirement benefit and that is more than the deceased spouse was receiving, the surviving spouse continues to receive only their own higher benefit but will get a one-time lump sum death benefit of \$255.

- If the surviving spouse's own benefit is less than the deceased was receiving, the surviving spouse's benefit will be based on the higher amount.

- If the surviving spouse has reached their full retirement age (FRA), the survivor's benefit will be 100% of the amount the deceased was receiving. If the widow(er) has not yet reached their FRA when they claim their survivor benefit, the amount will be reduced (by 4.75% for each full year earlier than FRA).

- A survivor benefit reaches maximum at the survivor's FRA. If the surviving spouse hasn't yet reached FRA, they have the option to delay claiming their survivor benefit until it reaches maximum at their FRA. There is one exception to this: if the surviving spouse was already receiving only a spousal benefit from the deceased (and not their own SS retirement benefit), the survivor benefit will be automatically awarded regardless of the survivor's age.

- If the surviving spouse hasn't yet claimed their own SS retirement benefit, they have the option to claim only their survivor benefit first and permit

their personal SS retirement benefit to grow (up to age 70). That would be prudent if the survivor's own SS retirement benefit at age 70 will be higher than their maximum survivor benefit at their full retirement age.

- If you haven't yet reached your full retirement age and are still working, Social Security has an earnings test which limits how much you can earn before some benefits are taken away. The limit for 2023 is \$21,240 and if that is exceeded, they will take away benefits equal to \$1 for every \$2 you are over the limit. The earnings test goes away when you reach your FRA.

So, as you can see, there are several things to consider as you decide when to claim your Social Security benefits as a widow or widower. I hope the above information helps you make an informed choice.

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Out & About

with MaryAnne Povey



By MaryAnne Povey

While Spring has not officially “sprung” the calendar of events has so get ready for lots of fun coming your way! Starting with the Orangevale Chamber of Commerce’s **2nd Annual Savor** event on March 18th. This is Orangevale’s premier food/wine/beer event showcasing the delectable fare of local eateries, wine from nearby wineries and beer brewed close by too! Tickets sold out last year and will not be sold at the door! Go to www.savorov.com to get your tickets while you can!

Also happening on March 18th is the **Spring Community Food Drive** from 9 am - noon at the OV/FO Foodbank, 6483 Main Avenue. Food supplies are running low and the demand is high! Cash and/or food donations are greatly appreciated.

OV Helping Hands is lending a helping hand to the Easter Bunny once again. If you know a child who could use an Easter basket, or if you are interested in donating a basket, go to OV Helping Hands on Facebook to register no later than March 18.

In case you were drifting off... don’t forget it’s **FREE Cone Day at Dairy Queen** on March 20th! Kicking off April with a “yee haw” Casa FFA is holding a Spaghetti Western Dinner and Dance on April 1st at the Orangevale Grange. Besides enjoying a delicious spaghetti dinner, there will be a raffle and line dancing too. Tickets available at <http://alleventstickets.net/casaffa2023>.

Later in the month, on April 22, all you car enthusiasts will enjoy the **9th Annual Casa Car Show** at Casa Roble High School, from 9 am - 2 pm at 9151 Oak Avenue. Contact Nate Smith at nathaniel_smith@sanjuan.edu for more info on being a vendor or participant! Proceeds support Casa Auto program - one of only two auto programs in the San Juan School District!

Then, head on out to the OV Grange later that evening for a **Hawaiian Luau at the OV Grange** benefitting local farmers relief program! Tickets are available at <https://allevents.ticketspice.com/hawaiian-luau>

Whew! That’s it for now! Lots more to come! Stay tuned and hope to see ya out there! ★

Senior Care Living Can be “Rosy” with Rose Senior Placement



Cyndi Rose is a senior care advocate and owner of Rose Senior Placement in Orangevale, Calif.

Story and photo by MaryAnne Povey

ORANGEVALE, CA (MPG)

- With an ever-growing population over 55, many of us will be seeking out or helping a loved one discover a senior living establishment. Considering everyone’s needs are different physically, mentally, and financially – the whole process of “where to start” can be overwhelming. I have found that it doesn’t have to be, thanks to Cyndi Rose, a senior care advocate and owner of Rose Senior Placement in Orangevale. Cyndi and Sandra Sandoval-Gonzales, who works with Cyndi as a Care Coordinator, have eased the stress of this life transition and are there to serve as senior advocates. It’s important to call them first to save time and headaches of navigating the process. Their expertise and knowledge of all types of senior living communities and living option resources will guide you easily through this daunting process.

“The most rewarding part of my job is helping family members and folks who need assistance find[ing] the right place,” said Cyndi, “I

truly enjoy finding that right home and fit for them. It really makes every part of my job worthwhile.”

Cyndi has a heart for seniors and also serves as a volunteer for many community projects benefiting seniors in need and children. She not only works in Orangevale but lives with her family here too.

Cyndi decided to start Rose Senior Placement after working for another placement agency and discovering the need to offer more for those in search of the perfect senior home.

“I wanted to create a boutique placement agency that tours with all clients because not everyone offers that. I wanted family members and future residents to have us by their side during the touring process to ask the right questions and serve as their advocate. I believe that is what sets Rose Senior Placement apart from the others.”

When you call Rose Senior Placement the first thing they do is start with an assessment of the client’s financial, physical and social needs. Taking all of that into consideration, they will share with you all the available senior living

options that fit those needs. Next, they will set up and tour all facilities with the client and family members. Remember, they are there to ask important questions on your behalf! Finally, once a place is determined as a “fit”, they help communicate with health care providers and caregivers to ensure all the clients’ needs are met.

And once you do find the right place, the benefits are great! “So often seniors make friends and socialize when they move into communities. It gives family members the relief of doing the caregiving and gives them the opportunity to just enjoy time being family.”

Why start with a senior placement agency? Here’s what Cyndi shared, “The advice I would give someone considering senior care options is to work with a placement agency and ask to look at different options. I think it is important to see what the options are in your location that fit your care needs and budget.”

They’ve helped countless families and have raving reviews that you can see on their website at www.roseseniorplacement.com and have been referred to as “angels on Earth”.

“There are lots of living options out there so finding the right place is so important,” Cyndi shared, “It’s so rewarding seeing people thrive in their new home.”

To find out more about senior living options, or to get general information about the services offered by Rose Senior Placement, give Cyndi Rose a call at (916) 582-1654. She or Sandra would be happy to help you! ★

United Way Announces 100th Anniversary Goal

Continued from page 1

strengthening schools with resources to address increased poverty and deep roots of racial inequality.

“We know a quality education helps children develop social, emotional and cognitive skills that lay the foundation for a more fulfilling and stable life,” Early said. “Research shows that students who are not proficient in reading by the end of third grade falter in later grades and often drop out before earning a high school diploma.”

To make a donation to the 100th anniversary campaign or to learn more about United Way’s programs and services, visit: YourLocalUnitedWay.org. For 100 years, United Way California Capital Region has been working to end poverty by creating stronger, healthier, more compassionate

communities. Since 1923, the local United Way has raised more than \$500 million to fight poverty in the region and help families succeed.

United Way’s milestone year will culminate on April 29 with its 100th Anniversary Gala at the Sacramento Memorial Auditorium. The fundraiser will honor the local United Way’s past, recognize present impact, and look forward to building a future where everyone in the region has the opportunities and resources to thrive. The event will include silent and live auctions, dinner and a keynote presentation by San Francisco 49er Arik Armstead who also cofounded the Armstead Academic Project that supports students in Sacramento and the Bay Area. For tickets, visit YourLocalUnitedWay.org. ★

ROOT CELLAR

Sacramento Genealogical Society SPRING SEMINAR

ROOT CELLAR presents D. Joshua Taylor, MA, MLS, FUGA, President of the New York Genealogical & Biographical Society for our in-person Spring Seminar. Josh is a nationally known and recognized speaker and author of genealogy and family history. He is the recipient of numerous awards and honors. Joshua has been a featured genealogist on “Who Do You Think You Are?”, and he can also be seen taking America through their past as a host on the popular PBS series “Genealogy Roadshow.”

At our full-day seminar, Josh will present four awesome lectures:
(1) Bridging the Gap: Finding Ancestors in the United States between 1780 and 1840; (2) Vanity Sketches: Sources and Truths Behind County Histories; (3) Essential Technology for Genealogists; and (4) When Dates Disagree: 8 Ways to Resolve Conflicting Details. Join us in-person; all are welcome.

Date: April 29, 2023 • Time: 9 am - 5 pm, doors open at 8:15 am
Fair Oaks Church, 11427 Fair Oaks Blvd., Fair Oaks, CA
Cost: \$40 Root Cellar Members; \$55 Non-members
(Pre-registration required - Registration ends April 15 - No tickets sold at the door)
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Q: I need to renew my vehicle registration; do I have to go into a DMV office?

A: Most people can renew their registration without a trip to the DMV. Check your notice from the DMV to make sure you’re eligible.

The DMV’s website has a “service advisor” that can tell you what options are available, such as renewing online, at a certified business partner, at your local AAA, or at a nearby kiosk. Before you begin the renewal process, make sure you have:

- Your license plate number.
- The last five digits of your vehicle identification number (VIN) or hull identification number (HIN) for a vessel/boat.
- A renewal notice confirming your current address. If you have moved, update your address about one week **before** beginning your renewal application.
- Your payment information.

Q: My driver’s license is about to expire; can I renew it online?

A: For people who are not required to come to an office to take a test or eye exam, yes! With the DMV’s convenient online services, most people are eligible to easily replace your driver’s license or ID, or REAL ID online as long as you do not need to change your address or personal description, are not applying for a REAL ID for the first time, and are not renewing a commercial driver’s license.

If you want to upgrade your driver’s license or ID to a REAL ID during your renewal, then you can start the application online but will need to finish the process in a DMV office.

DMV offices are closed on weekends.

For more information or answers to questions not listed here, Please visit www.dmv.ca.gov/online

March 2023



By Marlys Johnsen Norris, Christian Author

Jealous of Jesus Christ

When a person is already dead in their spirit they have no interest or eyes to know God and His Beloved Son Jesus, they possibly may have become very jealous of a person who does!

Some people believe that they are “right in their own eyes”, but in God’s eyes they are not! The Old Testament clearly shows us that falsehoods are birthed in our own eyes and it is only when we obey the precepts of God are we doing what is truly right and good.

Let’s examine a few ideas that God taught occurred in the Holy Bible about these ideas!

Judges tells us that Micah stole 100 pieces of silver from his mother in Judges 17:2. Then, in Exodus 20:15 God teaches this: **“one shall not steal”** His mother then blesses him and uses the returned money to

have an idol made. Judges 17:4 But in Exodus 20:24 & 5; Deuteronomy 5: 6-10 God writes **“one shall have no other gods before Me.”**

The following very states they had a shrine, made an ephod, household idols & consecrated a son as a priest in Judges 17:5 Then God instructs to **“Worship at the Tabernacle”** in Jeremiah 7:12-14; Deuteronomy 12:4, 14, 16:1-7 And **“God established the priesthood”** in Deuteronomy 18:14-16; Numbers 8:14-16; Joshua 18:7.

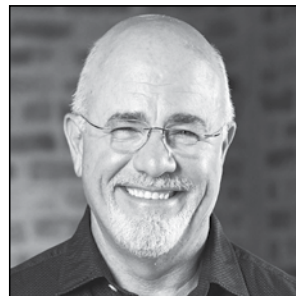
Then the Levites (decedents of Levi in Genesis 46:11) were of the family of Judah in Judges 17:7 and hired by Micah to be his personal priest over the house and his idols - in Judges 17:10 They were committed to self, not God. Self-seeking people. They left Micah for Danites in Judges 18:20. **The primary responsibility of Levites was to take care of the tabernacle and serve Aaron, & the ordained**

priests. Numbers 1: 47-54; 3:1-15

Over and over again in the Holy Word of God there is teaching about being obedient to the teaching and precepts God has given to mankind since the beginning of time. Yet we humans disregard the sacred words of our Creator to do our own thing beginning in Genesis when Eve convinced Adam to disobey God’s instructions.

This cannot continue! **God is going to hold every one accountable! Being obedient and accountable to God’s teachings and laws is what brings any believer and even non-believers into the realm of truly enjoying their life. Take heed my friend and be blessed with God’s loving hand on your life by doing the right and good things! Peace and Victory will be yours!**

Marlys Johnsen Norris, Christian author of seven books; American River Messenger Columnist since 2006. Marlysjn@gmail.com. ★



I Wouldn’t Do It That Way

Dear Dave,

I have an uncle who wants to gift some property to one of his sons, myself and my sister. The property is about two-and-a-half acres, and it’s probably worth around \$125,000. My wife and I are trying to pay off debt in Baby Step 2 of your plan, and we’re not sure how we feel about the situation. What do you think?

– Dave

Dear Dave,

If your uncle asked me

Dave Ramsey Says

if he should do this, my answer would be no. The thing is, you’ve got three different sets of people with different lives and very different situations. Not only that, but these three potential co-owners probably have differing ideas about the land and what should or shouldn’t be done with it. To me, the whole thing sounds like a big family fight just waiting to happen.

If I were in his shoes, I’d just sell the property and split the money equally between the three of you. It’d be a lot easier that way, and you’d avoid the chance of hard feelings between you and your relatives down the road. Don’t get me wrong, your uncle sounds like a kind and generous man. He’s trying to

be a blessing to all three of you, but it has a very real possibility of causing unintended problems he may not see coming.

That’s the way I’d handle it, Dave. A couple of acres of dirt split between three people isn’t worth all the squabbles and bad feelings it could cause.

– Dave

Dave Ramsey is an eight-time national bestselling author, personal finance expert and host of “The Ramsey Show,” heard by more than 18 million listeners. He has appeared on “Good Morning America,” “CBS This Morning,” “Today,” Fox News, CNN, Fox Business and many more. Since 1992, He also serves as CEO of Ramsey Solutions. ★



Homey Spaces

Are you happy with your living spaces? What if you could be comfy and bring you joy too? You can. Stacy Garcia shared five tips to get there adding warmth and personality, whether it’s a new space or just some changes, when she was on my Radio Show POPPOFF. She is an internationally renowned designer working on the most luxurious hotels and resorts. So let’s check out those tips.

1. THERE ARE NO RULES. Don’t get stuck worrying about the “right” way to set up your home. Pick a style or aesthetic that appeals to you, or mix and match any elements you love. Please yourself and make sure it reflects the way you live. If you spend a lot of time cooking and love bright colors, use tons of color in your kitchen so you feel happy and harmonized. Plaids, stripes, chevron, herringbone – use whatever makes you feel good and work around those choices to create spaces that shine.

2. CREATE ROOMS THAT ARE FUNCTIONAL. Just because your house has a formal sitting room or a wood-paneled office doesn’t mean you need to use it for those purposes. Think about the things you like to do. Create a yoga room, crafting space, gaming room, reading library, garden room etc. There’s no wrong way to translate your personal interests and design tastes into an interior vibe that feels and functions like your own unique home.

3. EDIT YOUR BELONGINGS. It’s easy to get lost in “stuff.” When trying to make your house feel homey, it’s

important to edit and curate your things with a critical eye. You may want to display joyful keepsakes from relatives or souvenirs you purchased on a favorite trip, but items from your past just take up space. Choose only the items that make you happy or are useful in some way and then donate the rest or have a tag sale.

4. DESIGN WITH A SENSE OF PEACE. To make a house feel truly homey, it’s crucial to have a welcoming and peaceful atmosphere. You can always bring peaceful design elements to your home – peaceful doesn’t have to mean neutral everything. Bringing the outdoors in with plants and fresh flowers is a great way to foster a calm and natural feeling and also include beautiful colors in your home. Lighting is also important to consider: ensuring abundant light in your home has a positive impact on emotions and goes a long way to create a peaceful and unique vibe. Using fabrics and textures that are comforting and cozy is another way to boost hominess.

5. BE PLAYFUL. It’s fun to have fun and your home should give off a sense of spirit and joy. With so many serious issues in the world, it’s important for your home to be a playful place where you can feel relief from the heaviness of the daily grind. Use your interior spaces as canvases for fun colors, patterns, texture, and artwork that will make you and your guests smile.

Smile with Stacy at www.shopstacygarcia.com and begin your happy home design journey. ★

PG&E Urges Customers to See If They Qualify for Federal Program

PG&E News Release

OAKLAND, CA (MPG) - As Low Income Home Energy Assistance Program (LIHEAP) Action Day in Washington, D.C. occurred on February 16, 2023, Pacific Gas and Electric Company (PG&E) urges customers who are struggling to pay energy bills to learn more about the program and see if they qualify.

National Energy and Utility Assistance Coalition (NEUAC) hosted the LIHEAP Action Day. Hundreds of community advocates from throughout the country will travel to Capitol Hill to urge continued, substantive funding for the program, including PG&E and local LIHEAP service providers.

The federally funded program helps low-income households with their energy bills, including those at risk of having service interrupted for non-payment. LIHEAP is overseen by the California Department of Community Services and Development (CSD) and administered by nonprofit agencies that can help financially impacted residents in providing assistance toward their energy bill. Eligibility for the program is determined by income, household size, place of residence, and other factors.

Last year marked the highest amount of bill credits received by PG&E customers – in total, more than \$75.4 million. This January, PG&E customers received a total of \$8.6 million, with the average bill credit totaling nearly

\$1,000. Available funds will vary based on customer circumstances and funding availability.

PG&E is not responsible for administering the LIHEAP program. To find the local LIHEAP agency in your area to apply, visit csd.ca.gov/energy-bills or call (866) 675-6623 for more information.

To take advantage of additional programs, tools and savings opportunities, PG&E recommends customers become more familiar with the following:

Separate from CARE, income-qualified households with three or more persons can apply for the Family Electric Rate Assistance (FERA) Program at pge.com/fera for an 18% discount on their electric bill;

Relief for Energy Assistance through Community Help (REACH) provides income qualified customers with financial assistance during times of hardship;

Customers on the Medical Baseline program who have special energy needs due to certain qualifying medical conditions can receive a lower rate on monthly energy bills;

Budget Billing averages customers’ monthly energy costs to help monthly payment amounts remain more consistent, even if energy use changes significantly from season to season.

Extend your bill due date or make a payment arrangement. Access your online account for details. ★

SMUD Educator Workshops and Events

SMUD News Release

SACRAMENTO REGION, CA (MPG) - SMUD’s Community Education & Technology Center lineup of educator workshops and events for Spring 2023 are open for registration.

SMUD’s Community Education & Technology Center provides instruction and education on a wide variety of energy-related topics, including renewable energy, STEM curriculum development, home energy efficiency, and advanced energy and computing concepts. Education in these areas engage students in concepts and technologies that are central to SMUD’s 2030 Zero Carbon Plan, which will remove carbon emissions from the region’s power supply by 2030.

SMUD also hosts several community events throughout the year, including the upcoming SMUD Solar Car Race at Cosumnes River College, SMUD California Solar Regatta, Back-to-School Launch Party at the Aerospace Museum of California, Youth Energy Summit and Electricity Fair in Folsom, both of which will celebrate their

10th anniversaries this year.

Held virtually and in-person, the free professional development workshops are open to all educators within SMUD’s service area. The upcoming class, “The Magic of Solar Cells,” will be held Wednesday at 4 p.m. Other classes include:

Spring STEM Fling
(Grades K-12, Families)

Saturday, March 11, 10 a.m. - 2 p.m.
California Aerospace Museum
3200 Freedom Park Dr., McClellan Park

Bristlebot Challenge
(Grades 4-12),

Tuesday, March 14, 4 p.m. - 5 p.m., virtual

Cars for Sail (Grades 4-12)

Wednesday, March 15, 10 a.m. - 11 a.m.
SMUD Customer Service Center
Rubicon Room
6301 S St., Sacramento

All classes require registration to attend. To learn more about the SMUD’s Community Education & Technology Center and the upcoming events, visit smud.org/education. ★

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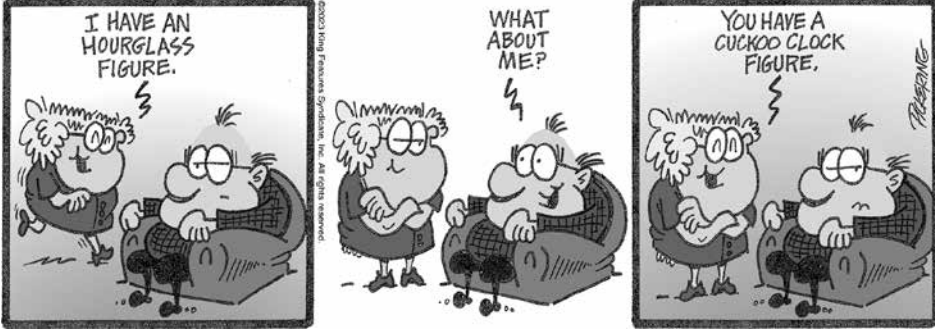
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Out on a Limb

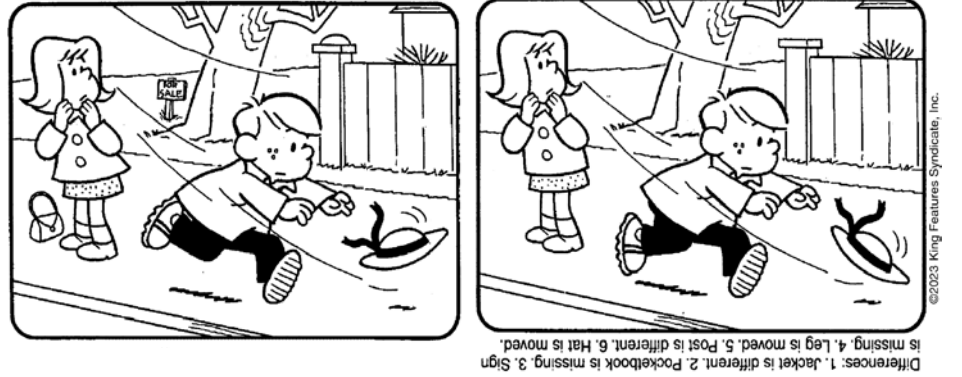
by Gary Kopervas



HOCUS-FOCUS

BY HENRY BOLTINOFF

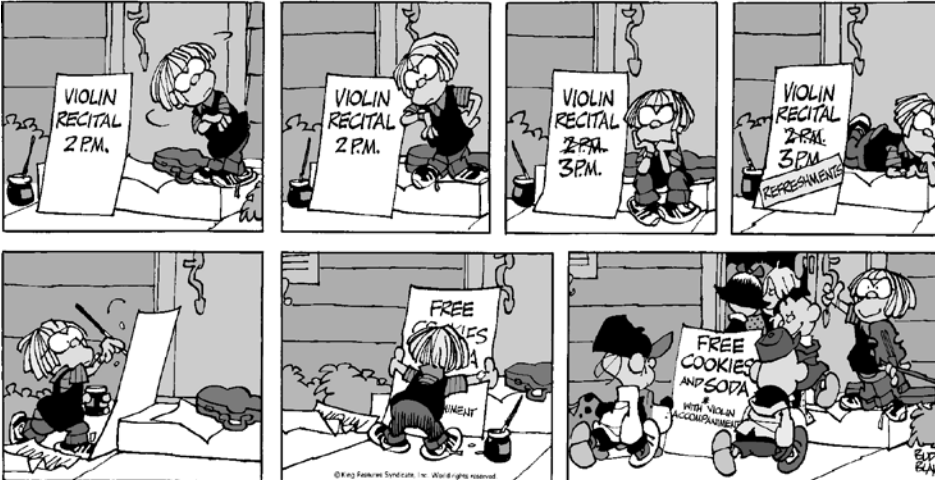
Find at least six differences in details between panels.



Differences: 1. Jacket is different, 2. Pocketbook is missing, 3. Sign is missing, 4. Leg is moved, 5. Post is different, 6. Hat is moved.

TIGER

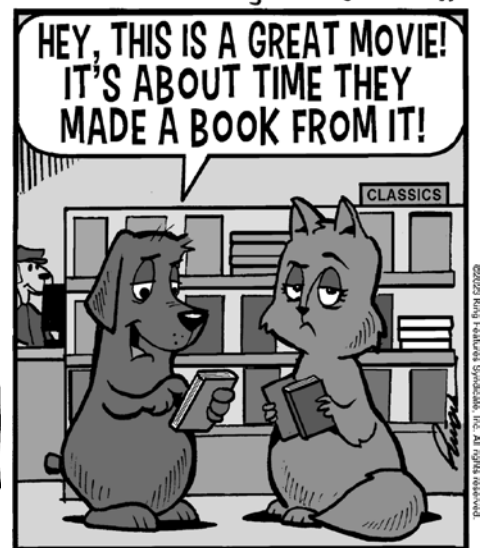
by BUD BLAKE



GRIN & BEAR IT

Just Like Cats & Dogs

by Dave T. Phipps



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CLUES

ACROSS

- Matt Damon/Ben Affleck 1999 movie
- *Top seed
- *Player's target
- Earth Day month
- State V.I.P.
- ____ firma
- Rationalistic theology
- Former name of Tokyo
- Formed a curve
- *One-____ rule
- *Last year's NCAA men's tournament winner
- Lenon's wife
- E-mail command
- Bug spray brand
- *"By ____ of" or "by means of"
- Like certain floss
- Life stories, for short
- Gulf War missile
- Dough
- Tiny purse or case
- Mandarin's headquarters
- Like an omelette
- Jaunty rhythms
- Derived from capable
- Party in Maui
- Trouser measurement
- L in SNL
- *Encouragement from coach
- Foretell
- Lt.'s subordinate
- *J in NJCAA
- *Gambling scheme
- Dick Van Dyke's "____ a Happy Face"
- Freudian topic
- Kind of ray
- Silly
- Mudbath site
- Artemis' companion
- Type of salmon
- College entrance exam
- Instagram videos

DOWN

- Bit of baby talk
- Precedes sesame
- Power system
- Botch
- Marcona nut
- Curved molding
- Endorsement
- Call forth
- Not his
- Aquarium show star
- Mine deposits
- Water lily leaf
- One behind the other
- *Like crowd of fans?
- *____ the crowd goes wild!
- Misstep
- Obelus, pl.
- Oddball's attempt? (2 words)
- *Each player gets 5 before disqualification
- *Org.
- Witty Coward
- Dress up or deck out (2 words)
- Blue-Green scum
- *Easiest shot?
- Location
- Hero shop
- Never say what?
- Abduction of the ____ Women, Roman myth
- Farm call
- Bewitch
- One step to success?
- Close call

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GOT LOCAL NEWS?
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Zack Bayrouy Named Voice of the River Cats



Zack Bayrouy is the new voice of the Sacramento River Cats franchise. Photo courtesy of Sacramento River Cats

Sacramento River Cats Communications

WEST SACRAMENTO, CA (MPG) - After receiving interest from across the country, the Sacramento River Cats, proud Triple-A affiliate of the San Francisco Giants, are thrilled to announce Zack Bayrouy as the new voice of the franchise.

Bayrouy replaces long-time River Cats announcer Johnny Duskow, who accepted a position with the Oakland Athletics in January. The Worcester, Massachusetts native Bayrouy becomes the

fourth voice of the River Cats, following Jeff Walker (2000), Duskow (2001-2022), and Spanish-broadcaster Jose Reynoso (2000-2008).

“We received an overwhelming amount of interest in the position and Zack quickly separated himself from the pack with his mixture of on-air talent and multimedia experience,” said Chip Maxson, President and COO of the River Cats. “Johnny Duskow was synonymous with Sacramento sports for over two decades and we feel Zack is the perfect heir to usher the franchise and

fans into a new era.”

Although from the east coast, Bayrouy is familiar with Northern California, calling games for the Oakland-affiliated Single-A Stockton Ports for 14 seasons, as well as serving as the play-by-play of University of the Pacific (Stockton) men’s basketball since 2010 (13 seasons). He has spent the last three seasons broadcasting for the PCL-rival Reno Aces (Triple-A affiliate of the Arizona Diamondbacks), which included a 2022 PCL Championship.

“I’m beyond grateful for the opportunity to join the River Cats family and be part of an amazing team,” said Bayrouy. “To have the microphone passed to me from Johnny Duskow is one of the great honors of my life. I know what his voice meant to the fans and what his presence meant to the community, and it’s my privilege to continue to build on that legacy in Sacramento.”

Bayrouy made his Major League debut in Oakland on Sept. 3, 2019, calling the game between the A’s and Los Angeles Angels.

Listen to Bayrouy’s River Cats debut on Opening Day, March 31, at the Salt Lake Bees. Catch his home debut on rivercats.com as the River Cats host the El Paso Chihuahuas for Opening Night on April 5 at 6:45 p.m. (PT). ★



With Mary Jane Popp

Homey Spaces

Are you happy with your living spaces? What if you could be comfy and bring you joy too? You can. Stacy Garcia shared five tips to get there adding warmth and personality, whether it’s a new space or just some changes, when she was on my Radio Show POPPOFF. She is an internationally renowned designer working on the most luxurious hotels and resorts. So let’s check out those tips.

1. THERE ARE NO RULES. Don’t get stuck worrying about the “right” way to set up your home. Pick a style or aesthetic that appeals to you, or mix and match any elements you love. Please yourself and make sure it reflects the way you live. If you spend a lot of time cooking and love bright colors, use tons of color in your kitchen so you feel happy and harmonized. Plaids, stripes, chevron, herringbone – use whatever makes you feel good and work around those choices to create spaces that shine.

2. CREATE ROOMS THAT ARE FUNCTIONAL. Just because your house has a formal sitting room or a wood-paneled office doesn’t mean you need to use it for those purposes. Think about the things you like to do. Create a yoga room, crafting space, gaming room, reading library, garden room etc. There’s no wrong way to translate your personal interests and design tastes into an interior vibe that feels and functions like your own unique home.

3. EDIT YOUR BELONGINGS. It’s easy to get lost in “stuff.” When trying to make your house feel homey, it’s

important to edit and curate your things with a critical eye. You may want to display joyful keepsakes from relatives or souvenirs you purchased on a favorite trip, but items from your past just take up space. Choose only the items that make you happy or are useful in some way and then donate the rest or have a tag sale.

4. DESIGN WITH A SENSE OF PEACE. To make a house feel truly homey, it’s crucial to have a welcoming and peaceful atmosphere. You can always bring peaceful design elements to your home – peaceful doesn’t have to mean neutral everything. Bringing the outdoors in with plants and fresh flowers is a great way to foster a calm and natural feeling and also include beautiful colors in your home. Lighting is also important to consider: ensuring abundant light in your home has a positive impact on emotions and goes a long way to create a peaceful and unique vibe. Using fabrics and textures that are comforting and cozy is another way to boost hominess.

5. BE PLAYFUL. It’s fun to have fun and your home should give off a sense of spirit and joy. With so many serious issues in the world, it’s important for your home to be a playful place where you can feel relief from the heaviness of the daily grind. Use your interior spaces as canvases for fun colors, patterns, texture, and artwork that will make you and your guests smile.

Smile with Stacy at www.shopstacygarcia.com and begin your happy home design journey. ★

Nottoli Place Shelter Opening for Older Adults



To be eligible for Nottoli Place, Sacramento County individuals of +60 years of age must be involved with Adult Protective Services. Photo courtesy of SacCounty

SacCounty News Release

ROSEMONT, CA (MPG) - A new 15-bed facility for adults aged 60+ will be opening soon in Sacramento County. Nottoli Place, named after retired Sacramento County District 5 Supervisor Don Nottoli, will house older adults who are eligible for Sacramento County’s Adult Protective Services (APS) and experiencing homelessness or housing instability.

“It’s a high compliment and a true honor to have a safe harbor such as this bear my name,” said Nottoli at the soft opening for the facility.

The shelter has 15 rooms. Some rooms will allow double occupancy for spouses or caretakers.

Several community members showed up for the soft opening of Nottoli Place on Thursday, February 23. During the ceremony, Sacramento County District 5 Supervisor Pat Hume highlighted how important it is for the county to have facilities like Nottoli Place. “The reality is there

are people who live good lives who have had bad things happen to them and it is important that society steps up to protect them. Through no fault of their own, whether they are victims of abuse or neglect or being taken advantage of, this is a place for them to come and feel restored, to alter their faith and their hope. And they can have a safe, healthy environment to get back on their feet,” said Sacramento County District 5 Supervisor Pat Hume.

Sacramento County, like many other counties in California, has seen an increase in older adults facing housing insecurity and homelessness for the first time due to a destabilizing event or because they are the victims of abuse or neglect. Nottoli Place is meant to provide a safe space for older adults until they are able to find more permanent housing.

“By adding this place that will be a place of comfort and warmth and welcoming we’ll be able to address some of that need in our community and for that, I am very thankful,” added Nottoli.

To be eligible for Nottoli Place, adults must be involved with Adult Protective Services and be able to live independently or have a care provider to assist them. Applicants must live in Sacramento County.

On-site services will be provided by Volunteers of America, including 24-hour staffing and availability 24 hours per day/seven days a week, daily meals, and laundry services.

Additionally, case management services will be provided with linkages to resources, including longer-term housing. There are rules people must abide by when staying at Nottoli Place. No alcohol or illegal drugs are allowed. Weapons are also forbidden. There is also a pet policy. One animal is allowed per guest. The pet must be vaccinated, and vaccination records are needed upon registration.

For questions about APS eligibility or to report abuse or neglect, call the APS hotline at (916) 874-9377. To learn more about Sacramento County APS, visit dcfas.saccounty.gov/Pages/Home.aspx. ★

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Baking from the Heart



With rousing support from the community, BJ Yu, owner, cuts the ribbon at the grand opening event.

Story and photos by Paul Scholl

RANCHO CORDOVA, CA (MPG) - Koreana Plaza International Market held a grand opening event for their newly expanded bakery on March 3, 2023. The first 100 guests from the community received a free wonderful baked item as a gift for showing up to support them.

Lead baker for the new bakery is “Shay” (Scheherezad Abdullah Alanazi). During the ribbon-cutting ceremony she explained to those in attendance how she and the staff pride themselves daily on “baking everything from the heart.”

From tasting the samples at this event, she is 100 percent correct. Comments from attendees included everything from “fantastic” to “absolutely delicious”.

Local dignitaries Linda Budge, Mayor of Rancho Cordova and Diann Rogers, Executive Director of the Chamber of Commerce, each spoke briefly about the importance of KP Market to the community and how it enriches Rancho Cordova.

During his presentation at the ceremony, owner BJ Yu had grateful praise for Jungmin Cho, Office Director, for all of his hard work of making the development and



BJ Yu celebrates with Diann Rogers at the post-ceremony luncheon.

expansion of the bakery a success.

The current bakery was an expansion from the previous bakery in the same spot

within KP International. The expansion allowed the baking team to really show more of a broad selection and showcase

more of their baking “artistry”.

KP International first opened in Rancho Cordova in December of 2003. It expanded to 90,000 square feet in 2012. And it is the store that just keeps on giving. With a grocery selection that represents over 65 countries, it now also offers their top-notch bakery.

KP Bakery’s future plans include people being able to pre-order baked goods, such as cakes for events, birthdays or office parties, or perhaps even some scrumptious pies for family gatherings. They will announce when they are ready for pre-orders, but for now, stop by to see their daily selections.

After the ribbon-cutting ceremony, owner BJ Yu offered a tremendous spread of sweet treats and tasty sliders and salads for friends, family and local businesspeople who showed up to support the grand opening. Everything was first class. Attendees felt truly appreciated.

The bakery is open from 8:00 am to 9:00 pm daily to satisfy your taste buds. It is located at 10971 Olson Drive in Rancho Cordova. You can find out more at their website <https://sac.kpinternationalmarket.com>.

KP International has 165 employees, with 12 being dedicated to the bakery. ★



Anxious attendees can't wait to get a taste of the baked cakes and cookies.



How is anyone supposed to choose from such a great selection?



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 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 3/8/23 - 3/14/23

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 3/8/23 - 3/14/23

NATURAL BALANCE DRY DOG FOOD
 •Ultra Free 24 Lb •Potato & Duck 22 Lb
 •Fat Dog 28Lb •Salmon & Brown Rice 24 Lb
 •Chicken & Brown Rice 24 Lb
 •Ultra Original (Reg & Lrg Breed) 26 Lb
\$5 OFF
 Our Regular Prices!
 Limit 2 Bags Per Family
 Effective 3/8/23 - 3/14/23

MERRICK'S GRAIN FREE DRY DOG FOOD
 •Chicken/Sweet Potato •Duck/Sweet Potato
 •Bison/Beef/Sweet Potato •Salmon/Sweet Potato •Texas Beef/Sweet Potato
 22 Lb Bag
 Limit 2 Bags Per Family
\$10 OFF
 Our Regular Prices!
 Effective 3/8/23 - 3/14/23

FRISKIES BUFFET CANNED CAT FOOD
 5.5 Oz All Varieties
ON SALE
 Everyday
 Limit 2 Cases Per Family
 Effective 3/8/23 - 3/14/23

FUSSIE CAT PREMIUM CANNED CAT FOOD
 2.8 Oz.
 •Black Label •Gold Label
ON SALE
 Limit 2 Cases Per Family
 Effective 3/8/23 - 3/14/23

TIDY CATS SCOOPABLE CAT LITTER
 20 Lb Jug
 •Regular •Unscented
ON SALE
 Limit 2 Jugs Per Family
 Effective 3/8/23 - 3/14/23

HI-COUNTRY WILD BIRD SEED
 20 Lb Bag
 (Kaytee, 20 Lbs - \$10.99)
 (Audubon Friends, 20 Lbs - \$9.99)
\$9.99
 Limit 2 Bags Per Family
 Effective 3/8/23 - 3/14/23

WELLNESS CANNED CAT FOOD
 •Pate •Gravy Selected Varieties
 Also •Signature Select •Core 5.3 Oz Can Limit 1 Case
15% OFF
 OUR REGULAR PRICES

PESTELL CLUMPING CAT LITTER
 40 Lb. Bag Limit 2 Bags
\$10.99

CANIDAE ACTIVE GOODNESS DRY DOG FOOD
 30 Protein/20 Fat
 •Multi-protein •Salmon Meal 30 Lb Bag
NEW \$39.99

PRO-PLAN CANNED DOG FOOD
 13 Oz Cans Limit 1 Case
 Reg Price \$1.99 **\$1.79**
 Reg. Price \$2.19 **\$1.99**

EVERCLEAN PREMIUM CAT LITTER
 •ES Unscented •US Ever Fresh
 25 Lb. Box Limit 2 Boxes
\$15.99

ORIEN Entree In Bone Broth ACANA Premium Pate
 3 Oz Can Limit 1 Case
40% OFF
 OUR REGULAR PRICES

KAL KAN CESAR DOG FOOD
 All Varieties
 3.5 Oz Limit 1 Case
\$1.29

CHICKEN SOUP FOR THE SOUL CANNED FOOD SALE
 Dog Food 13 Oz (Reg & Grain Free)
 Cat Food 5.5 Oz Selected Varieties
10% OFF
 OUR REGULAR PRICES!

WELLNESS CANNED DOG FOOD
 Natural 12.5 Oz Full Case
 •Regular •Stew •Core Limit 2 Cases
15% OFF
 OUR REGULAR PRICES

FRESH STEP CAT LITTER
 21 Lb Bag (14 Lb Bag - \$5.49)
\$7.49

MILK-BONE DOG BISCUITS
 •Large 10 Lb Box
\$13.99

ÖKOCAT CLUMPING CAT LITTER
 •Regular 11-12 Lb \$13.99
 •Soft Step 16.7 Lb \$19.99
 •Dust Free 12.3 Lb \$19.99

ADVANTAGE FLEA CONTROL & TREATMENT
 Dog Small (Green) Dog Extra Large (Blue)
 Dog Medium (Teal) Cat Small (Orange)
 Dog Large (Red) Cat Large (Purple)
 Limit 2 Per Family. Cannot be combined with another offer.
\$3 OFF
 OUR REGULAR LOW PRICES

SMART BONES HEALTHY ALTERNATIVE TO RAWHIDE
 Made with Real
 •Chicken •Peanut Butter •Sweet Potato
20% OFF
 OUR SUPER LOW PRICES

KONG PRODUCTS
 •Classic •Cat Toys •Dental Chews •Puppy Chews
 •Air Dog •Wubba •Soft Toys •Asst Toys
 Cats & Dogs
20% OFF
 OUR SUPER LOW PRICES

OX-BOW SMALL ANIMAL PRODUCTS
 •Bedding •Food •Treats All Varieties
20% OFF
 OUR SUPER LOW PRICES

PET AG ESILAC
 Puppy Milk Replacer Weaning Food
 KMR
 Kitten Milk Replacer Weaning Food
20% OFF
 OUR SUPER LOW PRICES

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

MARINELAND PREMIUM FISH FOOD
 ALL VARIETIES
 •Goldfish •Cichlids •Tropical •Wafers
20% OFF
 OUR SUPER LOW PRICES

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 3/8/23 - 3/14/23
ON SALE
 Everyday
 CHM PLU 361

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 3/8/23 - 3/14/23
\$2.79
 CHM PLU 365

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 3/8/23 - 3/14/23
\$2.19
 CHM PLU 569