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AMERICAN RIVER Messenger

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FEBRUARY 10, 2023

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Honoring the Best of Fair Oaks



Many of the winners of the Best of Fair Oaks pose for their photograph of special recognition at the event. Photo by Paul Scholl.

By Judy Andrews

FAIR OAKS, CA (MPG) - It's official! The 2022 Best of Fair Oaks winners were announced on Jan. 26 at the 7th Annual Best of Fair Oaks Awards Gala at North Ridge Country Club. The ballroom was packed to the brim as hundreds turned out to celebrate with the Fair Oaks Chamber of Commerce (FOCC).

Sponsored by the FOCC, VoterFly, and the American River Messenger, voting to determine the 2022 "best of the best" took place online over

a six-week period in November and December. More than 15,000 votes (the most ever in the program's history) were received and tallied through BestofFairOaks.com. The website was designed in 2018 by VoterFly creator Ryan Griffith.

"The Best of Fair Oaks keeps growing each year by its number of contenders, categories, and votes — and this year we blew it out of the park!" exclaimed FOCC Executive Director Kimberley Pitillo. "Overall, 515 nominees competed in 71 different categories compared to three

years ago where there were only 267 nominees and 51 categories."

Pitillo kicked off the night's awards segment with a heartfelt welcome and message of gratitude to all nominees. "This is an evening to celebrate and share all the great things we love about our community!"

The gala was organized and presented by students from Fair Oaks Youth Outreach (FOYO). Presenters included Noah Wright, Emma Ford, Abby Lingenfelter, Dezera Thompson, Navya Aqarwani,

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Heidi Sanborn Elected SMUD Board President



Heidi Sanborn. Photo courtesy of SMUD

SMUD News Release

SACRAMENTO REGION, CA (MPG) - SMUD's Board of Directors elected Heidi Sanborn as President of the Board. Her term as president will run from January through December 2023. Director Sanborn was first elected to the SMUD Board of Directors in 2018 and represents Ward 7, which includes North Highlands, northern Arden Arcade, Carmichael, Antelope and Foothill Farms.

Sanborn is the Founder of the National Stewardship Action Council and has served as its Executive Director since 2015. She is also the founding Director of the California Product Stewardship Council where she worked for 12 years. These nonprofits are dedicated to reducing waste, increasing recycling and advocating for an equitable, circular economy.

She was later appointed by State Treasurer Fiona Ma to the Green Bond Market Development Committee in 2019, tasked with raising billions to build climate-friendly infrastructure. She was also appointed by CalEPA to serve on the Statewide Commission on Recycling Markets and Curbside Recycling in June of 2020 and was elected Chair. The voluntary Commission submitted 34 policy recommendations to the California Legislature, many of which were passed in 2021 and 2022.

Sanborn has a personal interest in going green. Sanborn and her husband have remodeled their current home to include solar panels, used the SMUD store to replace old lighting with LEDs, and used SMUD rebates for a new heat-pump water heater and HVAC units. She is also proud to be a SMUD Greenergy® customer.

Sanborn is also active in the community. She is on the Board of the Children's Receiving Home of Sacramento and is co-chair of the Giving Tree committee of the Kiwanis Club of Carmichael, which recently planted 12 trees from the Sacramento Tree Foundation at Cameron Ranch Elementary School. She served as the President of the Sacramento Chapter

Continued on page 7

SacRT Receives Gold Award

SacRT News Release

SACRAMENTO, CA (MPG) - The Sacramento Regional Transit District (SacRT) has been awarded the Transportation Security Administration's (TSA) Gold Standard Award for its transit security and emergency preparedness programs. This prestigious award is the highest recognition TSA can give to a transit agency for achieving top scores during an annual review of 17 categories of security and emergency preparedness elements. Out of the 6,800 public transit agencies the TSA oversees, SacRT is one of only four nationwide to receive this recognition this year. SacRT was presented the award during the SacRT Board of Directors meeting on January 23, 2023.

The review evaluates several aspects of a transit agency's operations including the security plan; security training; drills and exercise programs; public outreach efforts; and background check processes.

"TSA is pleased to



SacRT Receives TSA Gold Standard Award for Transit Security and Emergency Preparedness Programs. Courtesy SacRT

recognize SacRT for achieving excellence in its transit security and emergency preparedness programs. The Gold Standard Award symbolizes SacRT's commitment to its customers, its adherence to core principles and its leadership in mass transit security," said TSA Assistant Administrator Sonya Proctor, the agency's lead official for surface security. "We are

proud of the strong partnership between TSA and SacRT and commend them on their continued commitment to transportation security."

"The safety and security of our passengers and employees is our top priority every day," said Henry Li, SacRT General Manager/CEO. "We are honored to be recognized for our hard work and commitment to strive

for the highest level of excellence."

"SacRT is a regional pillar, ensuring that our neighbors can get where they need to go in a safe and efficient manner," said Congresswoman Doris Matsui. "The TSA Gold Standard Award is a well-deserved recognition – showcasing SacRT's commitment to their riders by prioritizing their safety

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Casa Boys Basketball Wins GEL Title!



Above: The Casa Varsity Team blasts through the banner on senior night! Left to right: Benny Ambriz-22, Marcus Gallow-5, Nio Vuki-33, Tyler Sallagoity-24, Moses Oginni-23, and Kacey Lindahl-10. Below: Senior Noah Gilbert keeps the ball inbound as Head Coach Nate Gilbert keeps a watchful eye! Photos courtesy of Luci Lettau

By **MaryAnne Povey**

ORANGEVALE, CA (MPG) - Congratulations to Casa Boys Basketball for capturing the Golden Empire League (GEL) championship with a big 81-50 victory against the Dixon Rams. The Rams played strong, dominating from the start and never looked back in front of a packed house at home. It also was senior night and a momentous way to celebrate the seniors with a convincing win against the number two team in the league.

“Winning the league was great and I couldn’t have done it without my staff and the buy-in of all the guys,” said Head Coach Nate Gilbert. “We all put in so much time and hard work to make it happen.”



The Rams overall record is 20-7 and 11-0 in league. They have one final league game before heading into the playoffs. This is the first time the Rams have won the league in nine years. Coach Gilbert took over as head coach two years ago and along with his assistant coach, Jason Taylor, have rebuilt the program. Last year the team made it to the play-offs and hope to advance even further this year.

“A league championship is only a steppingstone for the tough road ahead,” Gilbert reflected, “A section title and a state championship is our ultimate goal. Our last remaining game at home was special for all who were there.”

Best of luck to the team as they head into the playoffs. Go Rams! ★



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Honoring the Best of Fair Oaks



The volunteers from local youth groups worked together to create another amazing event. These teens work hard every year to create a great show. Photo by Paul Scholl

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Lauren Mannerino, and Ethan Throug with background support from Zac Lingenfelter and Gray Mihalakos.

A portion of the proceeds from the event, which also included a raffle and dessert auction, support the chamber's FOYO Youth Scholarship Program.

Other event sponsors included Fair Oaks Recreation & Park District, Good Hands Massage, Jessica Rose Balloons, North Ridge Country Club, St. Mel Catholic Church, and State Farm Insurance Agent Katie Yount.

Award Highlights

Some notable 2022 winners included: Best Bar/Brew Pub (Fair Oaks Brew Pub); Best Burger (Dad's Kitchen); Best Coffee Spot (Badfish Coffee & Tea); Best Church (St. Mel Catholic Church); Best Entertainment (Concerts in the Park); Best Home-based Business (Ships and Trips Travel); Best Restaurant (Divided Sky Tavern); Best Sandwich Shop (Rim's Deli); Best Service Club (Rotary of Fair Oaks); Best Skin & Beauty (Skinned & Lashed by Jen); Best Sports Retailer (Bob's Cycle Center); Best Event (Chicken Festival); Favorite Hidden Treasure in Fair Oaks (Nellie the Elephant & Little Library).

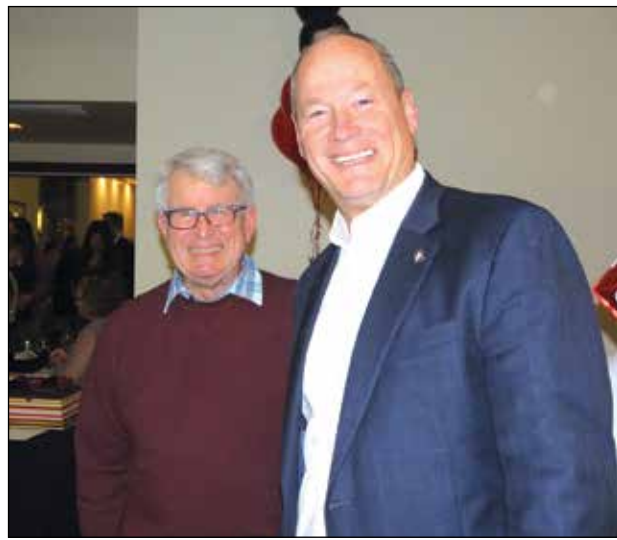
For the seventh year in a row, the Orangevale-Fair Oaks Food Bank won for Best Non-Profit.

Special Chamber Awards

Pitillo presented special



Warren and Janet McWilliams share a kiss on stage to celebrate their anniversary. Photo by Paul Scholl



Ralph Carhart and Rich Desmond eye the dessert table before dinner is served. Photo by Paul Scholl

awards to five deserving chamber members and businesses. These recipients were chosen for their outstanding work in the community in 2022.

Volunteer of the Year went to Jill Stevens; Business Person of the Year went to Dustin Buck of Buck Wealth Management; Business of the Year went to Fair Oaks Brew Pub; and Citizen of the Year went to Katie Yount of State Farm Insurance.

In a moving tribute, Pitillo presented

a Special Recognition award to Warren and Janet McWilliams who just celebrated their 65th wedding anniversary. Warren was Fair Oaks Honorary Mayor in 1996 and the couple, who are still active in the community, have been chamber members for 28 years.

Congratulations to all 2022 Best of Fair Oaks winners and nominees!

For a complete list of winners, please visit BestofFairOaks.com. or FairOaksChamber.com. ★

Vitalant at Fair Oaks Temporarily Closed Beginning February 14

Story and photo by Thomas J. Sullivan

FAIR OAKS, CA (MPG) - The Vitalant blood donation center at 11713 Fair Oaks Boulevard in Fair Oaks near the corner of Fair Oaks Boulevard and Madison Avenue in the Almond Plaza will temporarily close for at least eight weeks starting on, or about February 14 as necessary repairs to a deteriorating concrete floor and other general interior improvements are made.

"Until that upcoming closing date, it's business as usual," said Lorraine Schlak, RN, BSN, supervisor of the Fair Oaks blood donation center. Schlak has worked for Vitalant for over 26 years, and truly loves her work.

"There continues to be an urgent need for both blood and blood plasma. We want the public to know during our temporary closure, that their donations are welcomed and encouraged at all of our nearby Vitalant facilities," said Schlak.

This is the first significant closure for Vitalant since it moved to the Fair Oaks location 12 years ago. The closure affects 12 medical donation staff members who will be reassigned to other local Vitalant centers while equipment and office furnishings are placed in temporary storage.

Two full-time technicians will work from the Vitalant Granite Bay location on Saturday and Sunday, days in which that location would normally be closed. The Granite Bay donation is located at 8425 Sierra College Boulevard.

The Fair Oaks center has 15 donation stations, that on average, receive 600 whole blood donations per month. Each whole blood



Lorraine Schlak, RN, BSN, supervisor of the Vitalant Fair Oaks blood donation center.

donation takes about 45 minutes to complete from intake interview screening to post-donation patient recovery where volunteers serve snacks and refreshments.

The average time to complete a plasma donation is longer, she said. "We typically receive 24 plasma donations per day, or up to 120 each month," she said.

"We will be reaching out through social media, email and phone calls to our regular donors and many volunteers about the upcoming closure in the weeks ahead."

"We're especially grateful to our many regular volunteers who actively support our center, and speaking of our long-time donors, we don't want to lose any of them," she said. "They are much too important to us, and we count on them."

After February 14, telephone calls to Vitalant (877) 258-4825 will refer all blood or plasma donation appointments to other nearby facilities including 3099 Fair Oaks Boulevard in Sacramento, 150 Natoma Station in Folsom and 8425 Sierra College Boulevard in Granite Bay.

Vitalant remained open during the pandemic with protocols in place as it accepted donations. A lobby waiting area has re-opened, post donation

snacks are being served and masks are no longer required but encouraged.

Prospective donors should visit: www.vitalant.org/Donate/Health-History-Questionnaire to view basic donation requirements. Appointment pre-registration and screening is encouraged, said Schlak.

Founded in 1943, Vitalant is one of the nation's oldest and largest non-profit transfusion medicine organizations, comprising a network of about 120 community blood centers. In all, Vitalant provides lifesaving blood and comprehensive transfusion medicine services for about 900 hospitals and their patients across the U.S.

According to Vitalant, every day in the U.S., patients in hospitals, surgical centers and emergency treatment facilities need approximately 29,000 units of red blood cells, 5,000 units of platelets and 6,500 units of plasma.

All healthy donors are urged to donate now, she said. "If you've had COVID-19 and have been symptom-free for 10 days, you are eligible to donate," she said. "Whatever your COVID-19 vaccination status, you are absolutely allowed to give blood or platelets." ★

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SacRT Receives Gold Award



SacRT's mission to dramatically improve safety and security in every corner of its system has resulted in several other national award recognitions. Courtesy SacRT

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and security. I applaud SacRT for continually going above and beyond for our community."

"Congratulations to SacRT for being recognized with the Gold Standard Award, one of only four transit agencies nationwide to receive this prestigious award for security this year," said Congressman Ami Bera, M.D. "SacRT continues to be a national leader in transit security and emergency preparedness, and its implementation of innovative security programs has ensured the safe and secure transportation of Sacramento-area riders for decades."

"I'm thrilled. This is a big deal. The fact that we have gotten this twice is illustrative of the changes we have made to make our system clean, safe, and convenient. This is an example of how we are looked at as a leader in the industry," said SacRT Board Chair Patrick Kennedy.

TSA has oversight of 6,800 public transit agencies in the country. Every year, the TSA assesses a select number of transit agencies nationwide for evaluation through its Baseline for Security Enhancement (BASE) program. A select few achieve scores high enough to receive the Gold Standard Award.

In the most recent round of BASE evaluations, TSA reviewed 108 transit agencies. This is the second time SacRT has earned the Gold Standard Award, the first award was in 2019.

SacRT has substantially upgraded its overall safety and security operations

in recent years, creating a sophisticated multi-faceted system that includes a 24-7 Security Operations Center (SOC) where SacRT crews monitor over 1,000 live-feed video cameras throughout the bus and rail system. SacRT has several thousand security cameras in use, many of them video cameras, on buses, light rail trains, at all light rail stations and at other SacRT facilities.

The SacRT SOC is operated in a shared facility with the Sacramento Police Department's security operations center and can be jointly used by police and SacRT as a command center during emergency operations.

The agency also currently employs 32 Transit Ambassadors, 30 sworn police officers, 20 private security guards, and 10 monitors at the SOC hub. Notably, SacRT also employs a social service practitioner who often takes the lead working with issues involving the unhoused to better connect them with resources.

SacRT's mission to dramatically improve safety and security in every corner of its system has resulted in several other national award recognitions, including the 2021 Women in Transportation Innovative Solutions Award for SacRT's Social Worker Program; 2021 American Public Transportation Association's Rail Safety Gold Award; 2020 American Public Transportation Association's Rail Safety Gold Award; and 2019 Federal Transportation Security Administration's Gold Standard Award for System Security. ★

Fire Training Program Brings Virtual Reality to Firefighter Training

Cosumnes River College News Release

SACRAMENTO, CA (MPG) - Firefighters must possess the necessary skills to function in a fast-paced, changing environment and Cosumnes River College's Accredited Regional Fire Training Program (ARTP) plans to prepare them using virtual reality (VR). The program recently received 20 new VR devices that will provide fire academy students the opportunity to virtually work through challenging scenarios side-by-side with their team and instructor.

The program will be demonstrating the new VR equipment on Monday, January 30, 2:00 to 3:00 p.m. in the Winn Center Room 150 at Cosumnes River College.

"The VR training will not change the firefighter's job per se, but what I believe it will do is allow the students the opportunity to see what they will be up against before they do it. Going into a real fire while in Virtual Reality will let them see all of the fire dynamics without all of the stress. This will lead to greater understanding of how fire burns and how it will be properly extinguished," said Rick Haas, Jr., Fire Internship Coordinator, Cosumnes Fire Department.

Firefighters are frequently the first emergency personnel at the scene of a traffic accident or medical emergency. They may be called upon to put out a fire,



Firefighter training is unique and quite often comes with a calculated risk. VR technology can help reduce some of that risk during training by exposing the firefighter to the experience they will be dealing with firsthand in a completely virtual atmosphere, without the risk. Photo Virtual Reality Lightfieldstudiosprod | Dreamstime.com

treat injuries, or perform other vital functions. For students in the CRC Fire Technology program, being able to learn through virtual reality will help raise the bar in training, while also providing the added benefit of helping save lives and conserve valuable resources.

"Firefighter training is unique and quite often comes with a calculated risk. VR technology can help reduce some of that risk during training by exposing the firefighter to the experience they will be dealing with firsthand in a completely virtual atmosphere, without the risk," said Haas.

Completing community college courses and a degree in fire science may significantly improve Firefighter applicants' chances for an appointment. The National Fire

Academy (NFA) and the National Fire Protection Association (NFPA) have made it clear that higher education is an essential ingredient in the career advancement of fire personnel and that higher education is critical to managing the complexities of the fire service. The fundamental issue is to raise the organizational capacity of fire departments.

The US Fire Administration (USFA), an entity of the US Department of Homeland Security's Federal Emergency Management Agency (FEMA), published an article advocating for the use of virtual reality (VR) technology to help save the lives of firefighters in training. According to the USFA, from 2008 - 2019, 110 firefighters lost their lives due to training injuries. ★

5 Over 50 Award Nominations Now Open

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - If you know someone in Sacramento County who does amazing volunteer work and is over 50, you can recognize their efforts by nominating them for The Sacramento County Adult and Aging Commission's 5 over 50 Award. The award honors volunteers over the age of 50 who contribute to the health and vitality of the Sacramento County community.

The ideal nominee is someone who makes our County a great place to live, work and play. This award aims to recognize those who make a difference in our community. The candidate must be 50

or older and a Sacramento County resident. Members of the Adult and Aging Commission are not eligible for the award.

Applicants will need to provide information about the communities that benefited from the volunteer's work and how the volunteer positively impacted those communities. Applicants will also need to include information on how to contact the nominee. You can find more information and the application on the Adult and Aging Commission's webpage.

Applications are due by Feb. 15. Applicants will know the outcome by the end of March. The awards will be presented in May, coinciding with the recognition of Older Americans Month. ★

New Pet Food Express to Open in Sunrise MarketPlace



A Pet Food Express store is set to open in the summer of 2023 at 6177 Sunrise Boulevard in Citrus Heights.

Story and photo by Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG) - Renovations to the site of a former Men's Wearhouse store in Sunrise MarketPlace in Citrus Heights for occupancy by a new Pet Food Express retail store have begun.

The new store at 6177 Sunrise Boulevard in Citrus Heights facing the Sunrise Mall is located in front of a Walmart grocery store and is just adjacent to the Lowe's Home Improvement Center.

Kathilynn Carpenter, executive director for Sunrise MarketPlace, last week confirmed the upcoming opening of Pet Food Express, stating that an opening date was possible in late summer 2023.

Workers erected temporary fencing around a construction site entrance facing Sunrise Boulevard. Late last week a construction crane lifted new heating,

ventilation, and air conditioning (HVAC) equipment onto the store roof for future installation.

Pet Food Express, established in 1986, and headquartered in Oakland, Calif., recently opened its fifth store in Southern California, joining 54 stores in Northern California. Local store locations are in Roseville, Sacramento and El Dorado Hills. The retail chain offers organic pet food, with a focus on premium brands, other pet supplies, and self-service dog washing facilities.

A telephone call to Pet Food Express corporate office in Oakland for confirmation of the new Citrus Heights location and for further comment was not returned.

Once open, the new Pet Food Express will join two pet specialty retailers in Citrus Heights; PetSmart at 6434 Sunrise Boulevard and Ben's Barketplace at 7935 Greenback Lane. ★



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Bera and Kiley Join Bipartisan Effort in Support of Iranian Protestors



Ami Bera, M.D. (D-CA) and Kevin Kiley (R-CA) participated on January 27, 2023, in a bipartisan event at the U.S. Capitol in support of human rights protestors in Iran. Photo courtesy office of Representative Ami Bera

Office of Representative Ami Bera, M.D.

WASHINGTON, DC (MPG)

Sacramento-area Representatives Ami Bera, M.D. (D-CA) and Kevin Kiley (R-CA) released the following statements after participating on January 27, 2023, in a bipartisan event at the U.S. Capitol in support of the human rights protestors in Iran.

“As a senior member of the House Foreign Affairs Committee, I stand in strong support of the brave citizens across Iran who have taken to the streets to fight for their fundamental human rights,” said Representative Ami Bera. “Despite Iranian police meeting demonstrators with horrific and brutal force, the brave people of Iran continue to risk their lives to fight for their rights, justice, and freedom. I will continue to

stand with my colleagues of both parties to demand justice and accountability for the courageous women and men who have lost their lives at the hands of Iranian authorities.”

“These have been trying times, fearful times, but also hopeful times. It is so important that we stand united, as we are today, on a strong bipartisan basis in supporting the bravery, heroism, and resolve of the people of Iran. I want to thank everyone in the amazing Iranian American community in my district and across California, and promise I will do everything in my power to tilt the pendulum towards hope,” said Representative Kevin Kiley.

Last fall, the death of 22-year-old Mahsa Amini at the hands of Iranian “morality police” sparked widespread protests across Iran and around the world. The inhumane actions

taken by state police in response to these protests have resulted in the death of hundreds of demonstrators including dozens of children.

On January 25th, the House of Representatives passed a bipartisan resolution recognizing the bravery, courage, and resolve of the Iranian people during their ongoing protests against the Iranian regime’s human rights abuses. The resolution was cosponsored by both Representatives Bera and Kiley and passed the House of Representatives with overwhelming bipartisan support.

Representatives Bera and Kiley both spoke today at a bipartisan event hosted by Representative’s Claudia Tenney (R-NY) and Josh Gottheimer (D-NJ). Iranian-British activist and actress Nazanin Boniadi also spoke at the press conference. ★

Say YES! to Youth Employment Connection Program



Above Left: Gabriel Windsor, a youth whose internship at MealPro in Citrus Heights is being funded by the YES program of PRIDE Industries; center - Jeff Dern, president and chief executive officer, PRIDE Industries; right: Carlos Perez, work force inclusion manager for youth services, PRIDE Industries.

Story and photo by Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG) - PRIDE Industries of Roseville has opened its new Youth Employment Services (YES!) program in the newly reopened Career Hub on 7011 Sylvan Road in Citrus Heights. The hub celebrated its reopening last week after a two-year hiatus due to the pandemic where YES! will be its signature program, said Jeff Dern, its president and chief executive officer.

Dern and Dr. Jennifer Camota-Luebke, PRIDE Industries chief workforce inclusion officer were on hand for a ribbon cutting ceremony in Citrus Heights with Carlos Perez, a work force inclusion manager for youth services.

Gabriel Windsor, an intern at MealPro, a meal preparation and delivery service in Citrus Heights also spoke and especially thanked those who helped him obtain his internship and the support he received through the YES! Program.

The YES! program is designed to assist people aged 16-24 in Sacramento and Placer counties, giving them critical skills which they need to succeed in their chosen careers and to live independently. The Career Hub also helps adults with disabilities train for and secure employment.

PRIDE Industries and Crossroads Diversified Services, Inc., two leaders in providing employment training, support, and job creation for people with disabilities recently combined operations. Their Sylvan Road offices were formerly known as Sacramento Works. Representatives describe PRIDE’s expertise in serving people with intellectual and developmental disabilities as blending well with Crossroads’ specialty in mental health-related disabilities resulting in what they said will be enhanced employment training and support services for people with disabilities.

“We’re excited to re-open the Career Hub and resume offering a comprehensive range of county, state and federally funded programs to youth and adults with disabilities and other barriers to employment,” said Dr. Jennifer Camota-Luebke. “The addition of the Youth Employment Services Program will allow us to provide employment preparation and on-the-job support specifically tailored to young adults.

“Our goal is to be a one-stop shop for opportunity youth where we can bring all much-needed services together under one roof where we can create a seamless training and support experience for program participants,” she said.

The YES! program was funded by grants from multiple philanthropic and governmental organizations, including the Kelly Foundation, Teichert Foundation, Walter S. Johnson, Our Little Light Foundation, Golden One, U.S. Bank of Northern California, the City of Citrus Heights through a community block grant.

“We’re grateful for and acknowledge all of our community partners and sponsors who contributed over \$450,000 to help launch this program which will help so many in this community,” Dern said in his opening remarks.

It’s estimated that there are 2,000 such youth in Sacramento and Placer counties,” said Carlos Perez, work force inclusion manager for youth services at PRIDE Industries.

“Our peer employment specialists will be able to connect with program participants through shared experiences, enabling us to help this young population where they need it the most,” he said.

Some 20 to 25 staff members will help participants in its YES! program who are between the ages of 16-24 who have disabilities, Camota-Luebke said. Certified peer employment specialists are trained to facilitate the Wellness Recovery Action Plan (WRAP), a proven and powerful process to help individuals create the life and wellness they want.

The program also provides services to young people who have spent time in the child welfare, juvenile justice, or criminal legal systems, as well as those who are unhoused, living in concentrated poverty, or facing other barriers to employment.

Opening ceremonies also included a tour of the facility with young individuals utilizing YES! Services.

The YES! program is independently funded through a grant from the Walter S. Johnson Foundation. Services include soft skills and vocational training, job search guidance and placement opportunities. Job support services include work transportation, employee liaison services, on-the-job coaching, mentoring, counseling, continuing education and full and part-time paid internships.

Youth and organizations supporting youth interested in participating in the YES! program should visit the Career Hub or call 916-676-2540 or contact PRIDE Industries I AM ABLE Helpline at 844-426-2253. Learn more at www.prideindustries.com

PRIDE Industries is located in the newly-reopened Career Hub at 7011 Sylvan Road in Citrus Heights. ★

Social Security Matters

Will Social Security Be There for Me?



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: I am 56 and hope to hold out to get maximum Social Security at age 70. However, with all of the talk of Social Security funds being depleted, is it wise to continue with this mindset? Will there even BE Social Security benefits for folks in my age bracket? Should I think about starting Social Security benefits as soon as I am eligible? I am employed; however, I don’t have a large amount of savings. I contribute to my company’s 401(k) and receive the match, and I own my own home (almost paid off) with an estimated \$250,000.00 in equity, but I won’t be able to stay in the home long term. Any insight you can provide would be greatly appreciated. **Signed: Weary Worker**

Dear Weary Worker: I don’t suggest changing your strategy due to fears of Social Security not being there – it will be. Although the program is facing some future financial issues, the very worst that could happen is that everyone’s benefits might be cut by 20+% if Congress fails to act to restore the program to solvency before the Trust Funds are depleted in the early to

mid-2030s. In my opinion, Congress will not likely fail to act because to do so would be political suicide. The fact is, they already know how to fix Social Security’s financial issues; they just lack the bipartisan spirit and political fortitude to do so until they extract every possible ounce of political capital from the issue. So, it’s largely a matter of how long Congress will wait to reform the program.


Right now, the Social Security Trust Funds hold about \$2.8 trillion in reserves to ensure full benefits will be paid. But Social Security now pays out more in benefits than it receives in revenue, so the extra money needed to pay full benefits is taken from those reserves. What is needed is reform which addresses the reality that people today are living much longer and collecting benefits for much longer than the program is structured to accommodate. Many possible solutions are on the table in Congress, including raising the full retirement age a bit to deal with the reality of people living much longer, and increasing the program’s tax revenue by withholding a bit more from American workers. The eventual reform will likely include some variation of both, as well as other “tweaks” which further guarantee the program will be there for future generations.

As for the thought of claiming your benefits as soon as you are eligible (age 62), be aware that Social Security has an “earnings test” which applies to anyone who collects benefits before reaching full retirement age (FRA). If you are

working full time when you first become age-eligible, you likely wouldn’t be able to collect benefits because your benefit amount would be insufficient to pay the penalty for exceeding the earnings limit (\$1 for every \$2 over the limit) within one year. And, as you may already know, your age 62 benefit would be cut by about 30% from your FRA amount, while your benefit at age 70 would be about 76% more than your age 62 benefit.

So even if the worst case scenario happens (which it almost certainly won’t), an across the board cut of 20+% to your age 70 benefit would yield a higher monthly payment than that same cut to your age 62 benefit amount. So, I suggest you stick with your current strategy to continue working and wait as long as practical to claim your benefits (up to age 70). As an aside, AMAC (Association of Mature American Citizens) has, for years, been proposing (to Congress) its “Social Security Guarantee Plus” which would restore Social Security to solvency for generations to come and would not require an increased payroll tax rate. Congressional reaction has been generally positive, leading us to be hopeful for a reasonable solution to the problem.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation’s staff, trained and accredited by the National Social Security Association (NSSA). ★



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CSL Plasma Nears Opening Date California Loses Population Again

Story and photo
by Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG) - Construction of a new plasma donation center has been largely completed on the site of the former Sacramento-based Dimples Records store at 7830 Macy Plaza Drive in Citrus Heights located across the street from Target and adjacent to the Dollar Tree store.

"We hope to open in early 2023, however, it is too early to comment on a more specific timeline," said Rhonda Sciara, director of communications for CSL Plasma, headquartered in Boca Raton, Florida.

CSL Plasma is a division of CSL Behring, a global biotech leader headquartered in King of Prussia, Pennsylvania. The company operates more than 300 CSL Plasma collection centers across the U.S. and overseas, according to its website.

The 10,000-square-foot commercial building, built in 2005, had been vacant since September 2019. In early 2020, the building received an extensive exterior refresh with added parking spaces in anticipation of new commercial occupancy by the property owner.

Plasma typically collected at CSL Plasma collection centers is used to help manufacture life-saving therapies that are delivered to people suffering rare and serious diseases in more than 100 countries, according to the company.



The new CSL Plasma center is occupying the former Sacramento-based Dimples Records store at 7830 Macy Plaza Drive in Citrus Heights.

CSL Plasma posted available jobs in November on its website for Assistant Manager of Quality, Assistant Center Manager and Center Medical Director (CMD) at the new Citrus Heights center.

"Additional positions will be posted as we get closer to opening on our careers section of CSL Plasma.com," Sciara said in an email response.

Specific roles at the new Citrus Heights center will include medical reception and support technicians, phlebotomists, nurses (LVNs, LPNs and RNs) and paramedics, as well as Operations and Quality management. A mature center (operating for about three years) employs approximately 60 full-time equivalent roles, or nearly 75 total jobs, including full- and part-time positions, Sciara said in an earlier interview.

To donate at a CSL Plasma collection center, donors must be in good health, between the ages of 18-74, weigh at least 110 pounds, have no tattoos or piercings within the last 4 months, meet our eligibility and screening requirements and have valid identification and a permanent address, Sciara said.

"It's still too early to comment more on what (donor compensation) payment rates will be at the new center," Sciara said.

A complete list of donor requirements is available on the web at: www.cslplasma.com/become-a-donor

For a complete list of donation requirements, donors should contact a local CSL Plasma Center and ask to speak to a member of their medical staff. Here is additional information about a first donor visit: <https://www.cslplasma.com/become-a-donor> ★

Commentary by Ted Gaines

California reigned for decades as the unmatched destination for people around the country. Now people can't leave fast enough. Recently released numbers from the U.S. Census Bureau indicate that between July 2021 and July 2022, California lost roughly 343,000 residents to other states. This number is a "domestic net migration" figure, meaning that 343,000 more Americans moved out of California over those 12 months than moved here from other states.

Where are they going? The number-one net migration winner over that period was Florida, which gained around 319,000 residents from other states.

It's too easy to say exclusively that Newsom is driving people out of state and Florida Governor Ron DeSantis is attracting them, but to the extent the two governors symbolize different approaches to taxation, regulation, and liberty, it holds true. People are leaving Newsom-like states and flocking to DeSantis-like states. If you want to handicap the 2024 presidential election, this is a good place to start.

The states shedding domestic population are progressive strongholds, with extensive regulatory regimens, strong public employee unions and other Democrat policy priorities. They are, simply, big government states. High tax, high cost of living states. Joining California in the top five net losers are New York, Illinois, New Jersey, and Massachusetts.

States attracting Americans are lower-cost, lower-tax, Republican strongholds. Trailing Florida in the top five net gainers are Texas, North Carolina, South Carolina, and Tennessee.

And even if your individual tax burden is not too bad in California, big government, supported by high taxes (regardless of who pays them) indicates a mindset that the state should always be doing more and additional money for government is inherently good.

This bigger-is-better approach leads to government solutions in search of problems.

It's why California government seeps into every crack of your life, blocking the exercise of what you can eat, what house you build, what car you drive, how much you keep of the money you earn, down to such trivialities as what drinking straws you can get in a restaurant. Do you feel as though you personally need government monitoring your straw usage, or is that a decision you are competent to make as an adult? Florida trusts you to choose your own straw, California does not.

The California government mindset drives up costs in every area of living. Looking at taxes alone doesn't tell a complete story of government-imposed costs. How many taxes would have to move lower to make up for policy-driven expenses in California? Would a one-percent decrease make up for gas that's two-dollars-a-gallon higher than the national average? Would slightly lower sales taxes offset electricity costs 80-percent higher than the national average? Exactly what tax would offset the cost of an \$800,000 starter home, driven in part by extraordinary regulatory costs in our state?

California will always be desirable for the wealthy. I defy another state to produce a Yosemite, a Golden Gate, giant redwoods, Lake Tahoe, Big Sur, Santa Monica beach... the list of our wonders is long, if you can afford to enjoy them. But our unmatched beauty is apparently overwhelmed by policy failures of colossal dimension. People are voting with their feet and moving.

It says so much about our government's misguided agenda that hundreds of thousands of people last year abandoned everything this state has to offer because of everything this state takes away. It's time for an affordability revolution in California to turn us once again into a destination state.

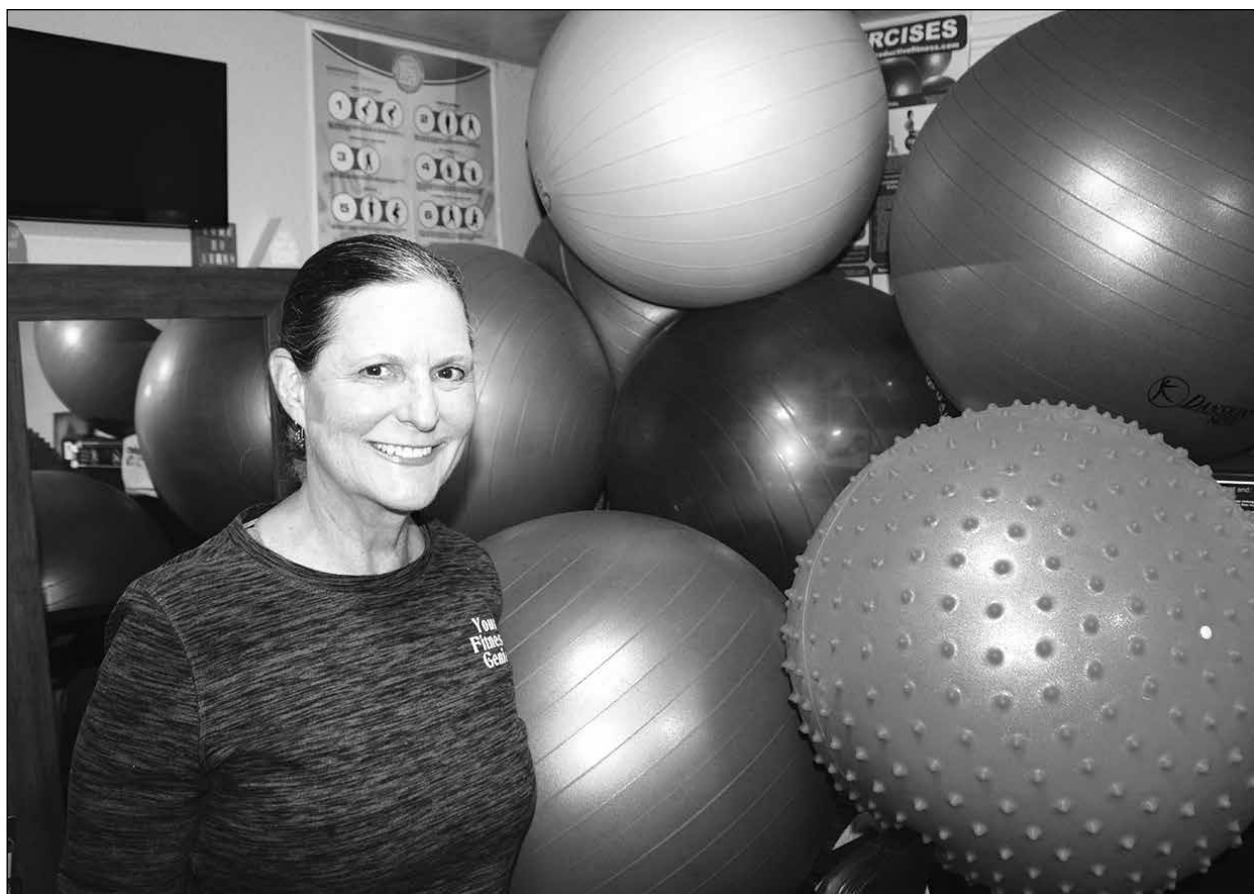
Senator Ted Gaines (Ret.) was elected to represent the Board of Equalization's First District. He is a leading taxpayer advocate, defender of Prop. 13, and is committed to providing trustworthy and transparent representation for nearly ten million constituents in 34 counties of northern, eastern, and southern California. For more information, visit www.boe.ca.gov/Gaines. ★

Aging Well at Home

By Margaret Snider

RANCHO CORDOVA, CA (MPG) - Preserving fitness at an advanced age is a one of the challenges seniors face. The most basic skills, or activities of daily living, include bathing, getting dressed, walking, eating meals, and conserving personal hygiene, but further ability to maintain good mobility and strength can enable seniors to continue living at home. Personal trainer Jenn Alton has taken it as the goal in her business, Your Fitness Genie, to help people do this. When people have problems with stability, walking, or a tendency to fall, Alton pointed out, they may be well enough to exercise, but through discomfort, pain, inertia, dependence on medication, or lack of motivation may not do so. "I feel extremely passionate about my mission statement: Age well at home," Alton said.

Using herself as an example, Alton said that she does not like to cook, and has compensated for that over the years by buying a lot of cookbooks, which she doesn't use. Similarly, people who know they need to exercise may get all the right equipment, buy a nice exercise outfit, but don't utilize them. They may also not know how to use the equipment and therefore be afraid of injury. "Personal trainers assist by, first, helping people define their goals." Trainers also can show clients the correct way of using equipment and



Your Fitness Genie owner Jenn Alton has been a NASM certified personal fitness trainer for 22 years and specializes in senior fitness. Photo provided by Your Fitness Genie



Your Fitness Genie owner Jenn Alton chats with client Cyndi Sills as she works on her cardiovascular health with an exercise bike at her home in Rancho Cordova on Friday, Dec. 30, 2022. Photo provided by Your Fitness Genie



Jenn Alton instructs client Cyndi Sills on overhead dumbbell shoulder press, while sitting on a stability ball at Sills' home in Rancho Cordova on Friday, Dec. 30, 2022. Photo provided by Your Fitness Genie

exercising to avoid or mitigate injury.

One of Alton's clients Cyndi Sills, 72, admits she doesn't like exercise at all. "I have Jennifer come because if she comes, I'll

do it and if she doesn't, I won't." She has built up enough equipment at her home, Sills said, so that the training can take place right at her house. "We do a variety of things,"

Sills said. "We work on cardio and weight training, and for me balance is a big, important thing." Although she remembers the different exercises, Sills doesn't know when

to switch from one thing to another. Having Alton there keeps her on track. "When you have Jennifer, she's the brains behind it, she just says, 'You do it,' and then you feel better."

For 12 years, Alton worked as a personal trainer for 24 Hour Fitness, training clients in an age range of 12 to 92 years. She began Your Fitness Genie around 2002 and saw clients at a local gym as an independent personal trainer. "Exercise really is a benefit for so many of the medical conditions that are out there," said Alton. She has certifications in several specialties of personal training with NASM (National Association of Sports Medicine), and she has chosen senior fitness as her training specialty.

Alton also encourages her clients to join classes that she teaches at Neil Orchard Senior Center on Tuesdays, Wednesdays, and Thursdays. The classes involve active aging chair yoga, floor mat pilates, restorative yoga for the back, and active aging balance and movement.

Another of Alton's clients is 90-year-old June Huffman. "It is hard for me to get out," Huffman said, and she also trains at home. "(Alton) is like a breath of fresh air when she comes in," Huffman said. "She's always happy and very positive . . . She's very much aware, in my case anyway, of how I'm feeling and what I'm doing and so forth." Huffman said that she does feel better when she works out. "My sons especially notice that there's a difference when I'm doing it and when I'm not."

For more information about Your Fitness Genie, call or text Jenn Alton at 916-768-8767. ★



By Marlys Johnsen Norris, Christian Author

LOVE

Love's action is the evidence of existence of the presence of God in someone's life. Love may only be a small four letter word and the Bible tells us that GOD IS LOVE. The fruit of love speaks multitudes to those who do love and sprinkle it into other people's lives in a million different ways. Whatever action of love they take is always filled with a personal touch of love evidenced by the loving care they take to bring their LOVE action into fruition. One possessed with the Love of God is always thinking of ways to

express that love to others and some say it preoccupies their minds.

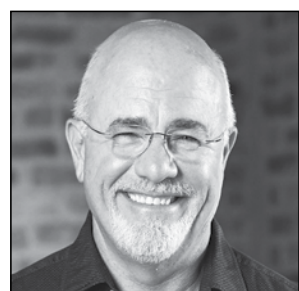
Actions of love can be a simple touch or a hug. It can be words of encouragement and appreciation. The action can be a card, note or a gift that expresses love. Sometimes it can be an invitation for lunch or dinner just to be in your presence. Often it can be a telephone call that lets you know you are missed.

In my day (before computers) when we cared about someone, we would spend time in the stationery store looking at hundreds of cards to find just the right one that expresses our love and our thoughts about the person. Today a person is lucky to even get a card and

many now send computer cards through the e-mail to save time. Believe me I appreciated knowing that someone cared enough about me to "take time" to choose just the right card. However, it appears those days are gone forever! Sorry folks . . .

Maybe this article will help some of us REMEMBER how wonderful we used to feel when one of those cards arrived in the mail. Maybe too it will help us remember the effective way of showing we care about others and rebirth this old tradition.

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



Dave Ramsey Says

It's not as Difficult as you Think

Dear Dave,

I'm single, and I make \$35,000 a year. Next year, my salary and bonuses should be around \$50,000. I have a little over \$30,000 in debt right now, including student loans, and I'm not sure how I'll be able to keep up with bills and everything else right now if I have to save \$1,000 for a starter emergency fund like you recommend. Can I get by with a starter emergency fund of \$500?

– Jonas
Dear Jonas,

I really think you're making this whole thing

sound a lot harder than it really is. The key is making and living on a budget, and that's not rocket science. It's a simple, written planning process where you give a name and a job to every dollar you make before the month begins.

Food, shelter, clothing, transportation and utilities are necessities, so they come first. After that, make sure you're current on your debts. Once all that is out of the way, put every spare dollar you can into your emergency fund. If you do this with a sense of urgency, and limit spending to necessities, you'll be surprised by how fast it will happen. And you'll love the newfound sense of security.

The truth is you really need a starter emergency fund of \$1,000 if you're at

a point in life where student loans and other debts are in the picture. That may seem like an impossible goal right now, but it should be your first priority. And a written, monthly budget will go a long way toward helping you achieve that goal.

You can do this, Jonas!
– Dave

Dave Ramsey is an eight-time national best-selling 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. ★

'Day of Reckoning'



Commentary by Bruce Lee

As all parents or adults, we have daily needs, grocery, shelter, transportation, repair bills, electricity to keep the lights on plus a host of other things. And occasionally you feel the desire to splurge, maybe a weekend getaway. Maybe we spend more than we can afford, but there's always the credit card!

Eventually the debt builds grows, the budget stretches, and you make "interest only" payments occasionally; but even minimum payments on the credit card, at 8-18% interest, the amount owed balloons! But it's okay. That hoped for wage increase in six months will ease the burden. However, you know that you can't continue this way and that eventually your debtors will require a "day of reckoning." You pray that your lenders will simply forget about you!

Teaching personal finance at the university, I've seen it all, families struggling financially, having autos repossessed, inability to afford a home, debt burdens, and bankruptcy. They muse, "If only I had learned to live on a budget." In fact, all states in the USA (except Vermont) require a balanced budget! California, the sixth largest nation-state in the world, has a yearly balanced budget! (Though having

worked for the Governor's Department of Finance, sometimes the revenues might be bit overestimated, and expenses underestimated, but still basically balanced.)

Hopefully you're aware that the United States has no requirement to balance its budget. But are you aware that the debt of the national government is your debt? As the citizen owners of our government, we are also going into debt. And are you aware of just how much debt the USA has?

USA debt has dramatically increased in the past 30 years and is currently \$30.2 trillion (\$30,200,000,000,000) and rising! Your individual fair share is \$90,853!! And we, our children, and grandchildren will be paying for that bill! Now, suddenly it's not just a big number about a distant government, it's about YOU!

And this, \$30.2 trillion does NOT reflect our unfunded liabilities that exceed \$100 trillion, and that in less than ten years our interest on the debt will be \$1 trillion a year (that's interest only!)

At this moment, Medicare will be insolvent by 2026 and Social Security by 2030.

Again, this is a MASSIVE burden upon future generations, unless you think the USA government is somehow exempt from the basic rules of finance.

If you and I spent money so recklessly, you know that our "house of cards" would soon come tumbling down. Perhaps those from whom we (the US government) have borrowed won't want their money back? Perhaps they'll say, "Aw, shucks USA, that's alright, you

don't have to pay me back?" Maybe. But then, again, some of us may still believe in the "tooth fairy."

The immediate result of this debt is slower growth; compromised national security in an already very dangerous world; more of a gap between the haves and have not's; increasing taxes from Washington; and the federal government will cut spending only to give more unfunded mandates to the states. Ultimately, taxpayers and the states will bear the burden.

Just as a lender looks at your financial ability to pay for a loan, or debt to income ratio, we can look at the financial stability of the USA by comparing our debt to our "gross domestic product or GDP" (the total of goods and services created by the US economy annually). It should normally be 30-40%. Today it's 129% and growing. Is the day of reckoning upon us?

We'll look at this debt ratio; our history of debt; who's responsible; and solutions in upcoming columns. Check out.

<https://youtu.be/da7nVx-DzPfk>

W. Bruce Lee is an educator and speaker (WBruceLee.com) with a career in government as an elected official and fiscal advisor, who has worked at the local, state, and federal levels. He authors the "We the Government" column as a community service. He is president of the Sacramento Taxpayers Association (SacTax) - promoting efficient, economical government; fair and equitable taxation which permits a strong, healthy economy; as well as sensible balance and rational control of government expenditures. ★

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STUDENTS MAKING THE GRADE

We recognize the following local students who have achieved scholastic honors at their institutions of higher learning.

- ❖ **KAYLA BENSEN** (Orangevale) has received a Bachelor of Science in Human Environmental Sciences from the University of Alabama (Tuscaloosa, AL)

Southern New Hampshire University (Manchester, NH) named the following students to their Summer 2022 Dean's (D)/President's (P) List:

- ❖ **GARRISON BOTTS** (Antelope) (P)
- ❖ **CORRINA CARLOCK** (N. Highlands) (P)
- ❖ **JOSHUA HAMPTON** (Fair Oaks) (P)
- ❖ **KALEE HEREK** (Antelope) (P)
- ❖ **KIMBERLY RANFTL** (Orangevale) (P)
- ❖ **RYAN BYRNES** (Fair Oaks) (D)
- ❖ **WENDI COOK** (Fair Oaks) (P)
- ❖ **ALEXANDER HANKES** (Antelope) (D)
- ❖ **KYLE JIVIDEN** (Orangevale) (P)
- ❖ **ALEXIS ROSCOE** (Orangevale) (P)

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

Robbery Suspect Arrested with Enough Fentanyl to Kill 125,000

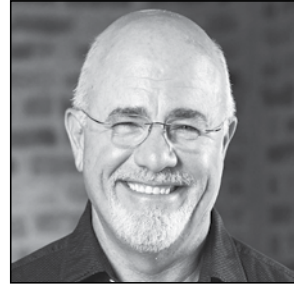
Sacramento Sheriff's Dept News

SACRAMENTO COUNTY, CA (MPG) - On January 9, 2023, at approximately 11:45 P.M., a gas station on Walerga Road in the North area was robbed. The suspect threatened the employee with a gun and a hunting knife, made off with money and merchandise, then fled in a black four-door, a red sticker where the license plate should have been.

On the morning of January 13, 2023, at approximately 3:45 A.M., Central Frank Watch (Night Shift) Deputies observed a black 2006 Infiniti with a red sticker in place of where the plate should have been. As deputies approached the vehicle to initiate contact, they observed the

suspect, later identified as 57-year-old Adrian Rayford, who they recognized from previous contacts. They knew Rayford was on active probation and he was detained without incident. A probation search of his vehicle revealed an unloaded, unregistered handgun, multiple containers of marijuana, promethazine, various assorted pills, and a large amount of cash.

Robbery detectives responded to the scene and conducted a follow-up search of Rayford's hotel room and located over a half pound of fentanyl (enough to kill approximately 125,000 people according to the Drug Enforcement Agency). Rayford was booked into custody for various felony charges. ★



Dave Ramsey Says

It's not as Difficult as you Think

Dear Dave,

I'm single, and I make \$35,000 a year. Next year, my salary and bonuses should be around \$50,000. I have a little over \$30,000 in debt right now, including student loans, and I'm not sure how I'll be able to keep up with bills and everything else right now if I have to save \$1,000 for a starter emergency fund like you recommend. Can I get by with a starter emergency fund of \$500?

- Jonas

Dear Jonas,

I really think you're making this whole thing

sound a lot harder than it really is. The key is making and living on a budget, and that's not rocket science. It's a simple, written planning process where you give a name and a job to every dollar you make before the month begins.

Food, shelter, clothing, transportation and utilities are necessities, so they come first. After that, make sure you're current on your debts. Once all that is out of the way, put every spare dollar you can into your emergency fund. If you do this with a sense of urgency, and limit spending to necessities, you'll be surprised by how fast it will happen. And you'll love the newfound sense of security.

The truth is you really need a starter emergency fund of \$1,000 if you're at

a point in life where student loans and other debts are in the picture. That may seem like an impossible goal right now, but it should be your first priority. And a written, monthly budget will go a long way toward helping you achieve that goal.

You can do this, Jonas!

- Dave

Dave Ramsey is an eight-time national best-selling 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. ★

Suspect Arrested in Lumber Fraud Cases

Sac County Sheriff's News Release

SACRAMENTO COUNTY, CA (MPG) - On Wednesday, July 27th, 2022, the Sacramento County Sheriff's Office responded to Berry Lumber in Sacramento, for the report of multiple fraudulent lumber purchases of approximately \$8000. Deputies were provided with video surveillance which captured the incident. The case was investigated by detectives assigned to the Centralized Investigations Division Property Crimes Bureau. During the investigation, it was determined that both Berry Lumber and Berco Redwood sustained additional losses at other locations. Detectives identified James Eugene Smith as one of the suspects involved in the original case.

On Wednesday, January 25, 2023,

detectives executed an arrest warrant for Smith at his residence in Discovery Bay. Smith was taken into custody without incident and booked into the Sacramento County Main Jail for grand theft and unlawful use of personal identifying information. He posted bond and was released from custody hours later.

The Sacramento County Sheriff's Office is continuing to investigate similar instances at local businesses within the county that Smith may have defrauded. Detectives are asking anyone with information related to any previously unreported fraud incidents involving Smith, to please 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). ★

Shooting Suspect Surrenders after 4 Hours of Resisting

Sac County Sheriff's Dept News Release

SACRAMENTO COUNTY, CA (MPG) - Just after 8:00 P.M. on Saturday, January 28, 2023, Sacramento County Sheriff's Office North Patrol deputies responded to a bar on Madison Avenue to a report of a shooting that just occurred. Once deputies arrived, they discovered a 39-year-old female had been shot in the arm and learned the suspect had fled the scene. The victim was transported to a nearby hospital, where she was treated for non-life-threatening injuries.

Deputies began a search for the

suspect and located him a short time later. The suspect, later identified as 34-year-old David Faulkenbery, was inside a vehicle in a residential neighborhood. Faulkenbery refused to comply with deputies' commands to exit his vehicle and was observed holding a handgun. After nearly four hours, Faulkenbery surrendered peacefully and was taken into custody without incident.

Faulkenbery was booked into the Sacramento County Main Jail for several felony charges including Assault on a Person with a Semi-automatic Firearm [PC 245(b)] and Robbery [PC 211]. He is currently

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Jenn@YourFitnessGenie.com (916)768-8767</p> <p>Hall Rentals</p> <p>VFW Post 6158 8990 Kruihof Way, Fair Oaks, CA 916-966-1663 vfw6158.org/rent-our-hall/ Call or come by</p> <p>VFW Post 4647 3300 U Street, Antelope 916-607-8344 Call for available dates</p> <p>MPG Visit: mpg8.com</p> <p>Handyman</p> <p>A Quality Home Maintenance Light Hauling Yardwork Gutters Cleaned Scott Lehman Timeless Maintenance Services (916) 613-8359</p> | <p>Health/Wellness</p> <p>JOIN FOR FREE - NO KITS OR QUOTES & FREE WEBSITE. CIFO (Changing The Future Outcome) Has the best CBD oil available. Products for health, beauty, weight or hair loss and even for your pets. Check out these products: canderson.myctfo.com TFN</p> <p>Insurance/Health</p> <p>SAVE BIG on HOME INSURANCE! Compare 20 A-rated insurance companies. Get a quote within minutes. Average savings of \$444/year! Call 1-844-410-9609! (M-F 8am-8pm Central) (Cal-SCAN)</p> <p>Internet</p> <p>FREE high speed internet for those that qualify. 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Trust Deed Company www.viploan.com Call 1-818-248-0000. Broker-principal DRE 01041073. No consumer loans. (Cal-SCAN)</p> <p>Rental</p> <p>1 bdrm, furnished, \$850/mo. No deposits, free utilities, kitchen privileges, free laundry. No drugs or alcoholics, prefer non-smoker. Call 916/988-2669</p> <p>Property is under construction and will soon have 1,2,3, & 4 bedroom units for rent!</p> <p>The Housing Authority of the County of Butte is currently accepting applications for its Farm Labor Housing property in Gridley, CA. We have 2 Bd. units available at this time. Rental assistance is available and provided by USDA Rural Development for those that meet USDA Rural Development guidelines. For more information contact our office at (530) 895-4474 or TDD 1-800-735-2929.</p> <p>"The Housing Authority of the County of Butte is an Equal Opportunity Employer and Housing Provider"</p> | <p>Roofing</p> <p>BERNARDINO ROOFING Reroofs, Repairs, Maintenance, Dryrot, Gutters, Family Operated. 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Tim 916-370-0858. 123023</p> <p>NOTICE TO READERS California law requires that contractors taking jobs that total \$500 or more (labor and/or materials) be licensed by the Contractors State License Board. State law also requires that contractors include their license numbers on all advertising. Check your contractor's status at www.cslb.ca.gov or 800-321-CSLB (2752). Unlicensed persons taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors State License Board.</p> <p>DISCLAIMER Be wary of out of area companies. Check with the local Better Business Bureau before you send any money for fees or services. Read and understand any contracts before you sign. Shop around for rates.</p> |
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Heart to Heart

It's flowers, candy, a special dinner and that's Valentine's Day, right? But have you ever thought about how Valentine's Day came about? Let's explore. First of all you need to know the history is kind of murky. Here are some surprising facts. The St. Valentine who inspired the holiday may have been two different men. Originally recognized by the Roman Catholic Church, St. Valentine is known to be a real person who died in A.D. 270. One account from the 1400s describes Valentine as a temple priest who was beheaded near Rome by the emperor Claudius II for helping Christian couples wed. A different account claims Valentine was the Bishop of Terni, also martyred on the outskirts of Rome. In all, there are about a dozen St. Valentines, plus a pope. The saint we celebrate is known officially as St. Valentine of Rome. Because "Valentinus" from the Latin word for worthy, strong or powerful, it was a popular moniker as several martyrs over the centuries have carried this name. By the way, Saints are certainly expected to keep busy in the afterlife. Their holy duties include interceding in earthly affairs and entertaining petitions from living souls. And St. Valentine has wide-ranging spiritual responsibilities. People call on him to watch over the lives of lovers, of course, but also for interventions regarding beekeeping and epilepsy, as well as the plague, fainting and traveling. You can find Valentine's skull in Rome. The flower-adorned skull is on display in the Basilica of Santa Maria in Cosmedin, Rome. In the early 1800s, the excavation of a catacomb



near Rome yielded skeletal remains now associated with St. Valentine. Did you know that English poet Geoffrey Chaucer may have invented St. Valentine's Day? The medieval poet often took liberties with history, placing his poetic characters into fictitious historical context that he represented as real. No record exists of romantic celebrations on Valentine's Day prior to a poem he wrote around 1375. In his work "Parliament of Foules," he links a tradition of courtly love with the celebration of St. Valentine's feast day—an association that didn't exist until after his poem received widespread attention. And here's a good one. You can celebrate Valentine's Day several times a year. Because of the abundance of St. Valentines on the Roman roster, you can choose to celebrate Viterbo on November 3. Maybe you might want to get a jump on the traditional day by fetting St. Valentine of Raetia on January 7. Women might choose to honor the only female St. Valentine (Valentina) a virgin martyred in Palestine on July 25, A. D. 308. Take your choice!

But commercialization came about in the 1840s. It took off in the U.S. as increased paper production and printing presses lowered costs and increased the pre-printed cards featuring fancy lace etc. As for the candy, flowers and special dinners, commerce catches on as always. But always remember what the day is about...caring and sharing and not how much you spend. I know, stop laughing!

HAPPY VALENTINE'S DAY WITH MUCH LOVE!!!

CSLB Urges Homeowners to Hire Licensed Contractors



The Contractors State License Board (CSLB) is reminding homeowners to use licensed contractors for any construction repairs above \$500. Photo courtesy Monkey Business Images | Dreamstime.com

CSLB News Release

SACRAMENTO, CA (MPG) - After a series of severe damaging storms and with more wind and rain expected to impact California, the Contractors State License Board (CSLB) is reminding homeowners to use licensed contractors for any construction repairs above \$500.

After a disaster, CSLB's mission is to help ensure unlicensed or unscrupulous contractors do not take advantage of consumers.

Homeowners should use CSLB's Find My Licensed Contractor feature to build personalized lists of licensed contractors

in their area. They should always check all contractors' license numbers on the CSLB website and check each contractor's pocket license to confirm the person representing the construction business is listed as personnel of record on the license. A CSLB-issued state license is required for any construction job of \$500 or more (labor and/or materials).

"Disaster survivors take a huge risk when they hire unlicensed contractors," said CSLB Registrar David Fogt. "Most are not properly insured and likely don't have the skills or knowledge to perform the work."

Homeowners should be aware that CSLB offers a designated Disaster Help Center section online, which provides publications that can be downloaded or ordered. These include "Debris Removal and Construction Scams," "After a Disaster, Don't Get Scammed," and "What You Should Know Before Hiring a Contractor." In addition, information can be requested by calling CSLB's Disaster Hotline, 800-962-1125, staffed Monday through Friday from 8 a.m. to 5 p.m., or via the automated assistance line, 800-321-CSLB (2752).

Californians seeking information about the state's response and recovery efforts should visit the California Governor's Office of Emergency Services (Cal OES) website.

About CSLB: CSLB operates under the umbrella of the Department of Consumer Affairs and licenses and regulates nearly 285,000 contractors in California. In 2022, CSLB helped consumers recover more than \$40 million in ordered restitution. ★

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Although he was preparing for a career as a professional trumpet player, God had different plans and called Mike into the ministry. He first served as youth pastor and song leader in his local church in East Longmeadow, Mass., before being called to serve as youth pastor and music pastor at Calvary Baptist Church in Windsor, Conn. he also attended Northland Baptist Bible College (Dunbar, Wis.) earning a master of ministries degree in Bible. During the ministry at Calvary, Mike and Lori adopted their son, Drew. He also attended Northland Baptist Bible College (Dunbar, Wis.) earning a master of ministries degree in Bible. Mike next served under Dr. Frank Bumpus at Bethel Baptist Church in Schaumburg, Ill., before being called to serve the next 17 years as a school representative and staff evangelist for Bob Jones University. During his time on University staff, Mike traveled the United States, speaking at countless churches, camps, and retreats.

Today, Mike travels as an independent evangelist, preaching and playing his trumpet at ministries across the United States and around the world.

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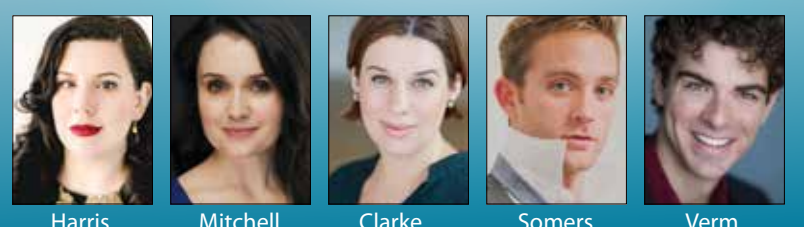
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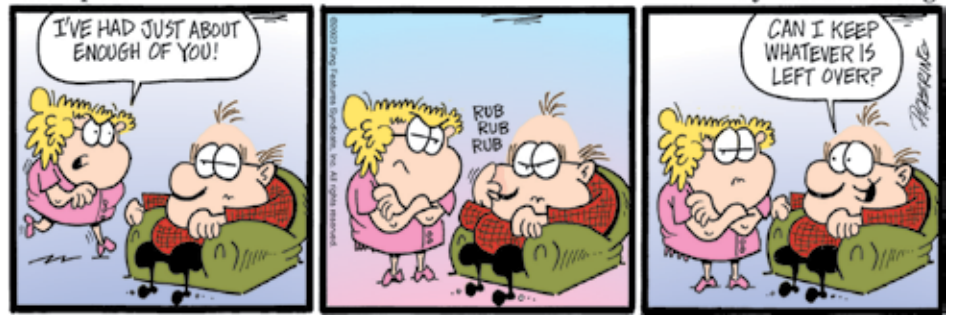
WEEKLY COMICS

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by Dave T. Phipps

The Spats



by Jeff Pickering

Out on a Limb



by Gary Kopervas

R.E.D.



by Mike Marland



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All Varieties
3.5 Oz Limit 1 Case
\$1.29

FRESH STEP SCOOPABLE CAT LITTER
42 Lb Bag
Limit 2 Bags
\$19.99

CHICKEN SOUP FOR THE SOUL
CANNED FOOD SALE
Dog Cans 13 Oz (Reg & Grain Free)
Cat Cans (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**

COASTAL & HAMILTON
PET LEASHES
•Leashes •Harnesses All Varieties
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20% OFF
OUR SUPER LOW PRICES

PARAGON WHIMZEE
Dental Dog Treats
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•Small Animals •Birds All Varieties
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THUNDERSHIRT
DOG & CAT ANXIETY
CALM PAWS CALMING PRODUCTS
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

| GALLON | (Pre-Priced) | PET CLUB SALE |
|-----------|-----------------------|---------------|
| 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 |

TETRA FISH FOOD SALE

| | |
|----------------------------|---------|
| Tetrafin Goldfish 7.06 oz. | \$9.99 |
| Tetrafin Staple 7.06 oz. | \$13.99 |
| Tetra Color 7.06 oz. | \$13.99 |

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 2/8/23 - 2/14/23
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 2/8/23 - 2/14/23
\$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 2/8/23 - 2/14/23
\$1.99
CHM
PLU 569

Sons of Union Veterans Keep Civil War History Alive

By Thomas J. Sullivan

SACRAMENTO REGION, CA (MPG) - The Sacramento membership of the non-profit Sons of Union Veterans of the Civil War (SUVCW) is a fraternal, patriotic and educational organization to help keep the history of the Grand Army of the Republic (GAR) and its role in the history of California alive.

"We're actively looking for new members throughout California to consider joining us," said Steve Bogart, whose ancestor Sgt. George S. Rhoades, served in Company D, of the 44th Missouri Infantry.

Organized in the structure of a military camp, as the Union Army itself was during the Civil War, members of the General George Wright Camp 22 of the Sons of Union Veterans of the Civil War meet on the first Friday of every month at Sam's Hofbrau Restaurant on 2500 Watt Avenue in Sacramento from 6:30 to 8 p.m.

Members and their guests are welcome to attend monthly meetings. Its organization follows the guidelines of the national SUVCW, with a Camp Commander, Senior Vice-Commander, Junior Vice-Commander, Secretary, and Treasurer, all of whom are elected annually by the Camp members. The camp serves Northern California, Sacramento, and the Central Valley region.

In addition to meeting socially, SUVCW members wear the blue dress enlisted and officer uniforms of the Grand Army of the Republic era as they participate in historical re-enactments within the state and perform official honors and ceremonies throughout the year.

Bogart acknowledges ancestors in his family who served opposing sides during the Civil War and has fulfilled the role of chaplain in both the Sons of Union and Sons of Confederate groups. He's a former member of the California State Military Museum in Old Sacramento and a recipient of the California Military History medal.

"I'm proud of their individual military service during the



Members of Camp 22 of the Sons of Union Veterans of the Civil War at Sylvan Cemetery in Citrus Heights who rendered annual military honors on Memorial Day. Photo courtesy of SUV

Civil War, and I feel it's important to honor them and their legacy," he said.

"Our Sacramento-based (SUV) group began in 1995," he said. "Many of our members can trace their ancestors to those served during the Civil War in Union volunteer infantry units from the states of Indiana, New York, Illinois, Pennsylvania and Massachusetts, just to name a few."

In the Sylvan Cemetery at 7401 Auburn Blvd in Citrus Heights, the resting place of almost 1,400 Veterans, has some of its earliest burials from survivors of the Civil War. Nine soldiers who came to the area after the Civil War ended and are buried there.

"SUV members have been involved in four gravesite dedications of Civil War soldiers at the Sylvan Cemetery in Citrus Heights where a memorial headstone was... placed on a soldier's grave where there was none, and a full civil memorial grave ceremony was then held," Bogart said.

"In doing so, our members honor the history and legacy of heroes who fought and worked to

save the Union," he said. A rifle color guard of the SUV has also fired at numerous annual Memorial Day and Veteran's Day ceremonies held there annually, he said.

The National Organization of the SUVCW now oversees the operation of 31 departments, each consisting of one or more states, along with a department-at-large, a national membership-at-large, and over 200 community-based camps.

In California, the history of the Grand Army of the Republic (GAR) at Sutterville, in the Sacramento area is a fascinating one.

Sutterville, known as Sutter and Sutter City, was located on the Southern Pacific Railroad about 2.25 miles south-southwest of the city limits. Pioneer John A. Sutter had Lansford W. Hastings and John Bidwell lay out the town in 1844, south of his embarcadero on a low bluff overlooking the Sacramento River. When the town of Sacramento developed at Sutter's embarcadero, Sutterville fell into decline.

Its fortunes quickly changed

when Camp Union became California's most prominent provider of troops for camps in the West throughout the years of the Civil War.

A third of California's 15,000 volunteers who served in the GAR trained at Camp Union, located at Sutterville Road and Land Park Drive. The site has since been designated a state historical landmark.

Members of the 5th Infantry Regiment California Volunteers were organized at Camp Union on October 8, 1861, and trained by Brevet Brigadier General George W. Bowie for duty in Arizona, New Mexico, and Texas against the Confederate forces. The camp operated from 1861 until it was evacuated due to the flood waters from the Great Sacramento Flood of 1862.

The 5th Regiment joined the California Column and marched across southern New Mexico Territory to Texas. There it occupied Franklin, Texas until the regiment was mustered out in December of 1864.

Towards the end of the Civil

War, Camp Union became a discharge center for returning troops until the post was closed and abandoned in 1866.

In all, members of the 5th Regiment California Volunteer Infantry spent much of their time in service in the western United States, attached to the Department of the Pacific and Department of New Mexico.

Hereditary membership is available to a male descendant, 14 years of age (6 to 14 for Juniors), who descends from a soldier, sailor, Marine or member of the Revenue Cutter Service (or directly descend from a brother, sister, half-brother, or half-sister of such Soldier, etc.) who was regularly mustered and served honorably in, was honorably discharged from, or died in the service of, the Army, Navy, Marine Corps or Revenue Cutter Service of the United States of America or in such state regiments called to active service and was subject to the orders of United States general officers, between April 12, 1861 and April 9, 1865.

"We're a very active group in California," Bogart said. "A number of men have also participated in the Civil War re-enactments both at Fort Point in San Francisco during Civil War Days and as Friends of Civil War Alcatraz in recognition of its defensive role during that war."

Men with an interest in joining the SUVCW but who do not live in an area where an SUVCW Department or Camp exists, may join as "members-at-large," Bogart said.

Those interested in learning more about the Sacramento SUV group can contact Bogart by phone at 916-489-8895 or attend a monthly meeting on the first Friday of every month at the Hof Brau Restaurant on 2500 Watt Avenue in Sacramento from 6:30 to 8 p.m. Visit <https://camp22.org/> or <https://www.suvpac.org/> for a listing of upcoming activities in the California region. ★

KP International MARKET
 FOOD COURT NOW OPEN
 10971 Olson Drive, Rancho Cordova, CA 95670
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 Market: 3 Days, 8am-9pm
 Food Court: 9 Days, 11am-10pm
 Korean/Mexi/West: 7:30pm last call
 Chinese/Japanese: 8:00pm last call

FROZEN & FISH DEPT

| | |
|---|---|
| Seasoned Pollock Roe 1 lb REG. \$15.99/EA \$10.99/ea | Cooked Half Shell Blood Clam 1 lb REG. \$6.99/EA \$3.99/ea |
|---|---|

WEEKLY MEAT SPECIALS

| | | |
|--|--|---|
| Beef London Broil & Top Round Roast Pulpa Para Hornear Roast sin Hueso \$3.99/lb | Beef New York Roast - Boneless Carne de Res Nueva York Asado Desahuesado \$4.99/lb | Beef New York Steak - Boneless Carne de Res Nueva York Filete sin Hueso \$5.49/lb |
| Chicken Leg Quarters Pernas y Muslo de Pollo 79¢/lb | Pork Loin Chops Bone In Chuletas de Cerdo con Hueso \$1.69/lb | Pork Cushion Meat - Boneless Carne de Cerdo Desahuesada \$1.99/lb |

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 FEBRUARY 08 - FEBRUARY 14, 2023.

HAPPY HOURS
 Draft Beer
\$2.50 & UP
 Mon-Thu 4PM-9PM
 Fri-Sat 2PM-9PM

KP KARAOKE SPECIAL Sun-Thu Come before 9pm (Valid Time) Fri-Sat Come before 9pm (Valid Time)

| | |
|---|---|
| 3 Hours Karaoke + 2 Pizzas + Pitcher Soda + 2 Main Dishes (12 max) For 6 people \$85.00 | 3 Hours Karaoke + 3 Pizzas + Pitcher Soda + 7 Main Dishes (18 max) For 18 people 275.00 |
| 3 Hours Karaoke + 2 Pizzas + Pitcher Soda + 4 Main Dishes (14 max) For 12 people 185.00 | 3 Hours Karaoke + 3 Pizzas + Pitcher Soda + 8 Main Dishes (24 max) For 28 people 350.00 |
| 3 Hours Karaoke + 2 Pizzas + Pitcher Soda + 5 Main Dishes (16 max) For 14 people 210.00 | |

9 Dishes To Choose From

FRESH PRODUCE

| | | | |
|---|--|--------------------|--|
| Blueberry 18 oz \$4.99/ea | Mini Sweet Pepper 1 lb \$3.99/ea | Roma Tomato 89¢/lb | Asparagus \$2.99/lb |
| Russet Potato 10 lb \$4.59/ea | Grape Tomato 2/\$3.00 | Tomatillo 69¢/lb | Navel Orange 10 lb \$4.99/ea |

AMERICAN/HISPANIC GROCERY

| | | | | |
|-----------------|---------------------|---|---------------------|---|
| DUCAL \$4.99/ea | MESQUITE \$11.99/ea | Wish Bone Dressing 2 Liter 15 Lbs \$2.49/ea | TSINGTAO \$10.99/ea | A1 Steak Sauce Original 10 oz \$5.99/ea |
|-----------------|---------------------|---|---------------------|---|

ASIAN GROCERY

| | | | | |
|--|---|---|---|--|
| Viet Way Rice Noodle 4 kinds 14 oz \$1.99/ea | Rafina Fish Sauce (justin) 25 Lbs \$3.99/ea | Dragonfly Beef Flavor Broth 40.58 Lbs \$2.99/ea | Danisa Premium Butter Cookies 16 oz \$4.99/ea | China Slim Tea Extra Strength 1.9 oz \$4.49/ea |
|--|---|---|---|--|

EUROPEAN GROCERY

| | | | | |
|-------------------------------------|---------------------------------------|---------------------------------|--|---|
| Zepko Safflower Oil 2 Liter \$12.99 | Zepko Double Cream Feta 500 g \$10.99 | 100% That Amaretto 6 Lbs \$6.99 | Absolut Carbonated Tea 20 x 16 oz 100 c's \$5.99 | Calery Triple Chee Fingers 110 g \$2.49 |
|-------------------------------------|---------------------------------------|---------------------------------|--|---|

KOREAN/JAPANESE GROCERY

| | | | | | |
|-----------------------------------|-----------------------------------|---------------------------------|--|------------------------------|------------------------------------|
| Sushi Rice Premium 44 lb \$7.99 | Maxim Coffee 100 x 2.7 g \$12.99 | Seasoned Sesame 24 x 4 g \$6.99 | Korean Traditional Cookies 152 oz \$3.99 | Onigiri Savory 17 Lbs \$4.99 | Orange Nettle 17 Lbs \$6.99 |
| Red Pepper Powder 2.2 Lbs \$10.99 | Serrano Green Sals 5.29 oz \$3.99 | Serrano Green Sals 450 g \$3.99 | Crispy Protein Topping Mix 1 lb \$2.99 | Graki Soda 720 ml \$2.49 | Premium Orange Milk 13.5 oz \$1.99 |

FROZEN & FISH DEPT

| | |
|--|---------------|
| Scallop with Garlic & Vermicelli 200 g REG. \$6.99/ea \$3.99/ea | European DELI |
|--|---------------|

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