



**Giving Machine:
the Spirit of
Christmas**

PAGE 10

**Presenting
\$2.5 million to
ARC Veterans
Resource Center**

PAGE 2



AMERICAN RIVER Messenger

VOLUME 17 • ISSUE 23

Serving Fair Oaks, Orangevale & Sacramento County

DECEMBER 2, 2022

**SEE
INSIDE**

**THANK YOU
AND FAREWELL**



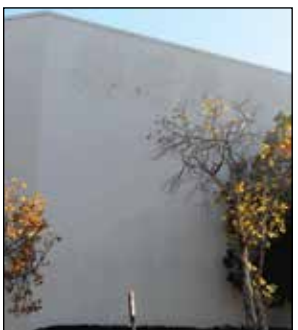
PAGE 2

**HAPPY HOLIDAYS
FROM THE FAIR
OAKS CHAMBER**



PAGE 3

**FORMER SEARS
SOLD TO
ETHAN CONRAD**



PAGE 3



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

Winner, Winner, Turkey Dinner!



Finalists Moore's Gravy Train (left) and OV Water Cheese Ballers (right) celebrate finishing 2nd and 1st respectively! Photo courtesy of Heidi Lettau

By **MaryAnne Povey**

ORANGEVALE, CA (MPG) - Roll the drum sticks please! The 3rd Annual Turkey Bowl at Grocery Outlet was a smashing success! Community leaders and business owners came together to raise funds helping to feed 500 families in need this holiday season! The year's effort exceeded all previous years, bringing in a record \$10k! All proceeds will go to the Orangevale-Fair Oaks Food Bank.

"Without a doubt this community is the best," said Chris and Jenifer Daniels of Grocery Outlet, "when there's a call to help, they not only step up,



Jack Frost of Trash Talking Turkey Tossers shows great form in the 2022 Turkey Bowl competition. Photo courtesy of Heidi Lettau

but do it in a big way." According to Andrea Scollay, Executive Director of the Orangevale-Fair Oaks Food Bank, the

demand for food has gone up 65 percent over the past few months with more low-income seniors, and families with children,

struggling to keep food on the table.

The annual event has become a favorite holiday FUNraiser, bringing teams together to compete by bowling a turkey down the frozen food aisle of the Orangevale Grocery Outlet. The competition was emceed by host Michael Povey who introduced and entertained the crowd along with this year's newly added referee Keith Wright, who didn't hesitate to throw a flag when someone crossed the line or engaged in unnecessary roughness! The puns were flying as much as the turkeys, all in fun as teams did their best

Continued on page 3

\$647 Million to Cover Overdue Utility Bills

CSD News Release

SACRAMENTO, CA (MPG) - Gov. Gavin Newsom on November 22 announced the release of \$647 million in funding to help over 1.4 million California households struggling to pay their overdue energy bills.

The awarded funding will eliminate all past due energy debt accrued by residential customers between March 4, 2020 and December 31, 2021, providing real relief to households that have suffered the economic impacts of the COVID-19 pandemic and increased energy debt.

Over the last year, California has distributed over \$1.6 billion in financial assistance for bill credits through the California Arrearage Payment Program (CAPP) to reduce or eliminate overdue electric and gas bills.

"California has made unprecedented commitments to help vulnerable households stay afloat as the cost-of-living increases," said Governor Newsom. "By providing utility relief that will eliminate over 1.4 million Californians' overdue energy bills, we're helping families who continue to struggle with higher costs."

Governor Newsom and the California Legislature established the 2022 California Arrearage Payment Program (2022 CAPP) to address 100 percent of past due energy bill balances incurred by residential customers during the program's COVID-19 pandemic bill relief period covering March 4, 2020 to December 31, 2021. Thirty-three energy utilities applied for 2022 CAPP funding on behalf of over 1.4 million eligible residential customers.

Participating state energy utilities are required to apply a 2022 CAPP bill credit to their customer accounts within 60 days of receiving funds.

"Once again, we are leading with our values by working to ensure that our neighbors economically impacted by the pandemic can keep their lights on," said California Health and Human Services Agency Secretary Dr. Mark Ghaly. "Many of us fell behind as the pandemic continued, and our commitment to further address energy debts is another way we are lifting up all Californians."

CAPP is administered by the Department of Community Services and Development (CSD).

Continued on page 5

Hazel Avenue Improvement Completed

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - In 2008, the Sacramento County Department of Transportation (SacDOT) began work on transforming Hazel Avenue. That's when the first phase kicked off at the Highway 50 interchange. The entire project would stretch from Highway 50 up to Madison Avenue. It was broken up into three separate phases, with Phase 1 running from the highway to Curragh Downs Drive. Constructing this project resulted in big changes to the look and feel of Hazel Avenue. The biggest change was widening the road from four to six lanes. Other upgrades include constructing new bicycle and pedestrian facilities, traffic signal modifications, and replacing the center turn lane with a raised/landscaped center median.

One of the biggest challenges in Phase 1 was adding extra lanes on the bridge over the American

River. Before that could occur, engineers needed to complete the design, secure environmental permits, and acquire the land rights necessary for the project. The alignment for Phase 2 and Phase 3 of the project required the purchase and removal of over 40 houses, as well as relocation assistance for the impacted residents.

A year after the design was completed and three years after the Board of Supervisors gave its 2006 greenlight for the project, construction crews started work. The first phase officially finished in 2011, with a ribbon cutting at the Nimbus Fish Hatchery.

The second phase kicked off in 2010 with the important pre-construction work of design, environmental studies, and the acquisition of properties before construction began. The heavy lifting started in 2016, as construction began from Curragh Downs Drive to Sunset Avenue. This phase of the project included a partnership with the Sacramento Municipal

Utility District (SMUD) and the telecom utilities to underground the overhead utility lines. SacDOT also partnered with the Fair Oaks Water District to replace their aging water distribution system within the project limits. Construction on Phase 2 was completed in 2018.

With two phases down, SacDOT turned its sights onto the homestretch of Phase 3. SacDOT began that construction from Sunset Avenue to Madison Avenue in November 2020. As Phase 3 started, residents and commuters began to see how this facelift was helping to rejuvenate Hazel Avenue. After the end of Phase 3, the 2008 vision for new sidewalks and bike lanes came to fruition. These new amenities provided alternative modes of transportation for those wanting to get out of their cars. The construction also brought new bus stops that allow traffic to flow while buses pull into a turn-out giving passengers a safer way to board and exit.

Along with the road

construction, the skyline along Hazel Avenue was decluttered. This occurred because SacDOT collaborated with SMUD and the telecom utility companies to remove overhead wires that crisscrossed the area. SMUD and the other utility companies removed nearly 100 utility poles and placed their lines underground. With the undergrounding of utilities and the installation of continuous sidewalks and bike lanes, the public can safely stroll or ride bikes from Madison to the Nimbus Fish Hatchery, and see birds instead of a power line overhead as they enjoy the outdoors.

It's been 16 years since the Board of Supervisors approved the \$70 million project, and as construction crews put the finishing touches to Hazel Avenue, SacDOT would like to thank everyone for their patience throughout the three phases of construction. Sacramento County hopes these improvements will benefit residents, businesses, and travelers for decades to come. ★

Presenting \$2.5 million to ARC Veterans Resource Center

From the Office of Ken Cooley

SACRAMENTO, CA (MPG) - Assemblymembers Ken Cooley (D-Rancho Cordova) and Kevin McCarty (D-Sacramento) presented on October 10, American River College Veterans Resource Center with a \$2,500,000 check allocated from the 2022 California State Budget.

“Veterans, by their military service, chose to give our nation their all. Supporting them - in life, education, and in their dreams - is always right,” said Assemblyman Ken Cooley. “Creating spaces where veterans can gather for respite or to get useful help from the Veterans Resource Center lends to a more positive and successful education. The remodeling will make this space more pleasant with more natural lighting and other improvements, all done to enhance the Center. I am honored to be here to help ARC celebrate this moment.”

“It’s important we support our Veterans who have put their lives on the line fighting for the safety of everyone in this country,” said Assemblymember Kevin McCarty. “The Veterans Center at American River College is



Asm Kevin McCarty, Veterans Resource Center Supervisor Robert Heryford, American River College President Melanie Dixon, Asm Ken Cooley, and Chancellor Brian Green, Los Rios College District hold the check for \$2.5 million made to the ARC Veterans Resource Center. Courtesy photo

a great resource for those who are transitioning from military to college. And as someone whose brother is currently serving in the military, it was a no-brainer on where to allocate the \$2.5 million to.”

“ARC is honored to receive this significant state funding, which will make a direct impact on the lives of our student Veterans. This support comes at a very critical time for them” said ARC President Melanie Dixon. “We thank Assemblymembers McCarty and Cooley for their advocacy on behalf of our students.”

The funds will be used to remodel the center to help improve the experience of the Veterans at American River College. The proposed remodel

work includes the following: funding for design and permits for structural improvements; adding more windows on all exterior walls and skylights; upgrade doors to sliding doors; create access from the VRC to an enclosed outdoor patio area; reconfigure the reception entry area, and enhancement to the heating and cooling system.

Assemblyman Ken Cooley represents the 8th Assembly District which includes eastern portions of Sacramento County and the communities of Carmichael, Citrus Heights, Fair Oaks, Foothill Farms, North Highlands, Rancho Cordova and Rosemont. For more information, please visit asmdc.org/members/a08/ ★

Nielsen, the ‘Dean of the Senate,’ Says Thank You and Farewell



Jim Nielsen

From the Office of Jim Nielsen

SACRAMENTO, CA (MPG) - Senator Jim Nielsen, R-Red Bluff, issued the following statement of gratitude to the people he has had the honor to serve as he retires from the California State Senate.

“I am retiring from public service at the end of this year and wanted to take this opportunity to say thank you and farewell.

“I was first elected in 1978. Since that time,

I have represented 19 counties in Northern California – from the Central Valley to the Napa Valley and up through the Sacramento Valley.

“Taking care of you, the constituent, has always been my first priority and the focus of the staff who worked with me to serve you, from issues with the DMV to the EDD, from the Oroville Dam break to the devastating Camp Fire, from budget fights to water rights.

“Nothing has been more important to me in my career than helping to make a positive difference in your life.

“Your support through the many years means so much to Team Nielsen.

“To the many millions of you that I have had the honor and privilege of serving, please accept my deepest and sincerest heart-felt thanks.

“My wife, Marilyn, and

I plan to spend more time together, visiting our children and grandchildren, traveling and enjoying life.

“We don’t know exactly what God has in store for us, but we are excited about the possibilities.

“You can be assured that I am not riding off into the sunset...I am riding off into the sunrise.

“Farewell and God bless.”

Some fun facts about Senator Nielsen’s legacy in public office: Nielsen is the 23rd-longest serving State Senator. Of the 4,465 people who have served in the California legislature, Nielsen is the 34th-longest-serving. That is in the top 1 percent ever. Nielsen was elected Senate Republican Leader in 1983, when he was 39 years old, making him the youngest known person to ever hold that office. ★

Be a part of something important
Local Writers Wanted
 We are looking for local Freelance Writers to provide great coverage.
 **Call us today at 916-773-1111**



Skip, Real Member

Save like you mean it.

SAFE Certificates 3.04% APY*

Whether you are saving for the future, something special, or a rainy day, we can help you reach your savings goals in no time. Take advantage of our 18 month Certificate special today. Minimum \$500 balance to open. Offer ends 12/31/22. Learn more at safecu.org/certificates

*Annual Percentage Yield (APY) accurate as of November 1, 2022 and subject to change. Dividends paid monthly. Certificate penalties for early withdrawal may apply. Fees may reduce earnings on accounts.

Insured by NCUA




Up to \$7300 in Savings!

Spring into Sun Oak!

Spring is the perfect time of year to try something new. Join us for a tour of our comfortable and vibrant community and we’re sure you’ll agree, Sun Oak is the place to be.

Call Now to Learn More | (916) 722-2800



**7241 CANELO HILLS DRIVE,
 CITRUS HEIGHTS, CA 95610
 SUNOAKSENIORLIVING.COM
 LIC# 342700705**

Winner, Winner, Turkey Dinner!

Continued from page 1

to knock down enough pins to advance in the competition.

For the second year in a row, Moore's Garage Gravy Train made it to the championship round along with first time finalist Orangevale Water Cheese Ballers who pulled off an upset and captured the title as Turkey Bowl Champions 2022. Honorable mention went to the Shadow Glen "Turkey Wranglers" who tied for third with LMS Garage Doors "Turkey's on Strike."

Special thanks to all the major sponsors including Golden Turkey Sponsor Supervisor Sue Frost, and Silver Turkey Sponsors 7-Eleven, Taco Bell and Legacy Properties.

Thanks also to our wonderful teams this year: Les Squab, Palmers Poultry Pummelers, Holy Rollers, DQ Blizzard Gizzards, Scotty Hidaway/Tonnos Turkey Baggers, Lyons Frozen Chosen -Leg or Breast?, State Farm Team Jake, OV/FO Kiwanis Club - Where all thighs are Welcome, Squires Squawkers, Shadow Glen Turkey Wranglers, All Events Ruffled Feathers Gang, OV Water



Andrea Scollay, ED OV-FO Foodbank, Sac County Supervisor Sue Frost, Jenifer and Chris Daniels, Grocery Outlet owners. Photo by MaryAnne Povey

Company Cheese Ballers, LMS Garage Turkeys on Strike, Moore's Garage Gravy Train, and Fix Auto Trash Talking Turkey Tossers.

"We had such an amazing outpouring of support," said event organizer MaryAnne Povey, "Besides our big sponsors and contestants, we had over 30 fantastic raffle prizes donated by local businesses too. We were blessed beyond measure!"

Kudos to our raffle donors including Les Schwab, La Placita, Kellogg's Realty, Palmer Real Estate, Sherwood Florist, Dairy Queen, O'Connor's, Wasabi, Chick-fil-A Granite Bay, Swain Health Insurance Solutions, Kindred Spa & Clinic, Duncan Family, Starbucks, Moore's Garage, The Last Tangle Salon, Rebel

Rhythm Cycle, OV History Club, 7-Eleven, Blossomvale Senior Living, Ihmbookish, OV Women's Club, Quick Quack Car Wash, LMS Garage Doors, Oakmont of Fair Oaks, Grocery Outlet, LPL Financial, Bristol Hospice and Legacy Properties.

You can't have a Thanksgiving event without food, so special thanks to Mark and Pearl Eiser of Badfish Coffee & Tea, Taco Bell and Chick-fil-A for providing delicious drinks and treats for the contestants!

Good Day Sacramento came out to cover the event and Orangevale Live streamed the competition to capture all the fun. Go to Orangevale Live on Youtube or Facebook to watch!

I hope everyone had a very Happy Thanksgiving! ★

Happy Holidays from the Fair Oaks Chamber



Judy Andrews. Photo courtesy of Chrysti Tovani

By Judy Andrews, Fair Oaks Chamber of Commerce

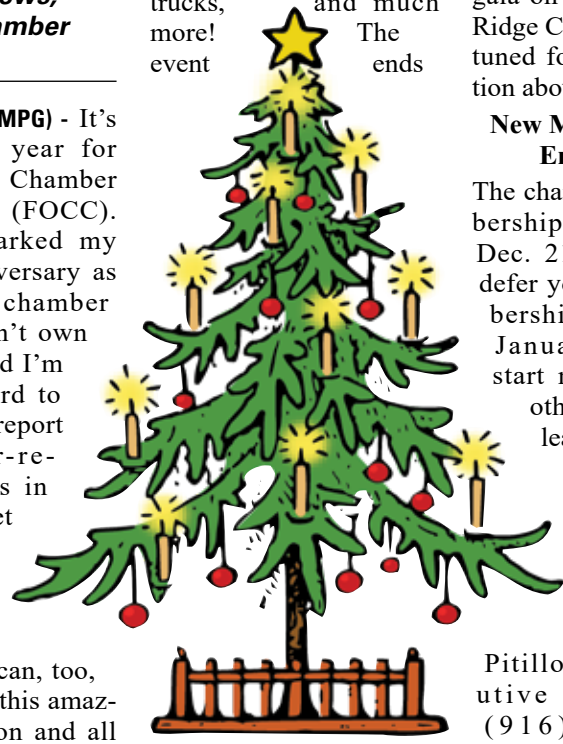
FAIR OAKS, CA (MPG) - It's been a great year for the Fair Oaks Chamber of Commerce (FOCC). November marked my one-year anniversary as a "resident" chamber member (I don't own a business), and I'm looking forward to continuing to report on chamber-related activities in 2023. I've met some great people and have made new friends this year. You can, too, when you join this amazing organization and all they do to support the community.

On behalf of the FOCC,

Happy Holidays!

Christmas in Fair Oaks Tree Lighting, Dec. 3

Everyone's favorite holiday tradition returns Saturday, Dec. 3 from 2-6 p.m. at Fair Oaks Park (11549 Fair Oaks Blvd). Event highlights include live entertainment, family-fun activities, a visit from Santa Claus, food trucks, and much more! The event ends



with the lighting of the holiday tree at 5:30 p.m.

Vote for the Finest in Town Through Dec. 22

You still have time to vote for your favorite local businesses, places, and services at bestof-fairoaks.com. Vote soon to make sure your vote counts and help us reach 20,000 total votes by Dec. 22! All winners will be announced at the awards gala on Jan. 26 at North Ridge Country Club. Stay tuned for more information about the gala.

New Member Special Ends Dec. 21

The chamber's fall membership drive ends on Dec. 21. Join today to defer your annual membership renewal into January 2024 and start networking with other local business leaders!

To join, visit fairoakschamber.com. For questions, please contact Kimberley Pitillo, FOCC executive director, at (916) 967-2903 or info@fairoakschamber.com ★

See you in Fair Oaks!

Former Sears at Sunrise Mall Sold to Ethan Conrad

Story and photo by Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG)

The shuttered Sears property and accompanying parking space on the south end of Sunrise Mall has been sold for just under \$7 million to Ethan Conrad Properties of Sacramento.

The commercial real estate investment company closed the transaction paying just under \$7 million for the Sunrise Mall site, which includes 21.3 acres, with over 281,000 square feet of building space. Included in the purchase was the three-story former Sears store, a two-story automotive service building and a separate, 9,500-square-foot service building.

Ethan Conrad is looking to develop the site in accordance with the "Sunrise Tomorrow" plan, which lays out a vision for redeveloping the 100-acre site.

"Based on my

communication with the City of Citrus Heights, they will be reasonable and flexible relative to desirable retail uses for the property, based on the fact that their goal is to expand the desired services for the City of Citrus Heights residents," Conrad said in an email, of the former Sears at Sunrise Mall.

According to Conrad, three retail pads along Sunrise Boulevard, currently mall parking, are in the works, along with remodeling and slight upgrades to the existing buildings.

Conrad said what he's envisioning should fit with the City's proposed redevelopment plan for Sunrise Mall, called Sunrise Tomorrow. The plan would turn the 100-acre site into a combination of retail, residential and other uses. The City already received a preliminary request for a potential hotel on the site,



The 21.3-acre lot at the former Sunrise Mall Sears in Citrus Heights recently sold for under \$7 million to Ethan Conrad Properties of Sacramento.

not far from where the new retail pads would be located.

The likely first phase of the 20-year plan by the City of Citrus Heights involves developing unused parking areas on the perimeter of the Sunrise Mall site, with demolition of the existing

mall slated for the end of the two-decade timeline.

Last month, the City announced an application was submitted last week that "lays out a footprint" for a potential hotel near the corner of Sunrise Boulevard and Greenback Lane.

Ethan Conrad, founded in 1995, has a commercial real estate portfolio which has grown to over 8.6 million square feet and comprises over 150 properties.

Buying the former Sears site at Sunrise Mall came a few weeks after Ethan

Conrad made a similar deal for a closed store in Florin Town Centre, in unincorporated Sacramento County. Conrad also paid \$5.6 million for another closed Sears location in Salinas, an anchor location for that city's Northridge Mall.

In Citrus Heights, Conrad's holdings include a portion of SummerHills Plaza, a 108,081 square-foot shopping center located at the intersection directly off I-80 and Antelope Drive, Suncreek Corporate Center at 7777 Greenback Lane and Sunray Plaza at 7700 Sunrise Boulevard, a prominent neighborhood retail center, home to California Family Fitness and Leatherby's Family Creamery.

Seritage Growth Properties, an entity formed to deal with real estate holdings after Sears' bankruptcy, was the seller. ★

NORTHBRIDGE DENTAL

DENTAL IMPLANTS - THE BEST OPTIONS FOR MISSING TEETH

Discount Membership Plan
"No Dental Insurance, No Problem"

SNAP ON REMOVABLE

FULL ARCH BRIDGE TO IMPLANT

SINGLE IMPLANT FIXED

ALL ON FOUR FIXED

BRIDGE FIXED

Free Consultation ☎ **916-944-1197**

NORTHBRIDGE DENTAL
6600 Madison Ave. Ste. 4b
Carmichael, CA 95608

All implant treatment performed in one location from start to finish

\$23 Million for Homeless Shelter

Sac County News Release

SACRAMENTO COUNTY, CA (MPG) - On Nov. 15, the Sacramento County Board of Supervisors unanimously approved the historic purchase of a \$23 million piece of real estate that will ultimately serve as the county's third and largest, to date, Safe Stay Community.

The property, located at 4837 Watt Ave, is near several large encampments – both tent encampments and vehicle parking encampments. The space is initially expected to shelter up to 140 cabins for 160 people inside the building, with additional space for 50 cars/RVs in the parking lot for those wishing to transition from homelessness while remaining in their vehicles.

After county staff and supervisors conducted a series of community meetings with both business owners and residents in proximity to the site and received valuable community feedback on the use and plan for the site, staff returned to the board with a preliminary plan for use, capacity and logistics, as well as an estimate of \$17 million for capital improvement costs.

The property consists of approximately 13.05 acres improved with a 129,491 square foot industrial building and parking lot. This site is recommended as the third Safe Stay Community site due to its size, access to infrastructure, and proximity to existing unsanctioned encampments – as well as the current owner's willingness to sell the property



The property, located at 4837 Watt Ave, is near several large encampments – both tent encampments and vehicle parking encampments. Courtesy photos

to the County.

The total purchase price of \$22,825,679, which reflects the property cost of \$22,800,000, plus \$25,679 in closing costs, will be funded from the county's available ARPA allocation. Of the total \$22,825,679, \$18,825,679 will be funded from the Housing and Homelessness Strategic Investment and the remaining \$4,000,000 will be funded from the District Allocations. Supervisors Serna, Kennedy, Frost and Desmond have each allocated \$1,000,000 from their district APRA funds toward the purchase.

Safe Stay Communities are low-barrier,



full-service shelters located proximate to where unsheltered encampments exist in the community. Stay Safe Communities provide spaces where

people living unsheltered can safely stay while engaging in necessary supportive services to aid them in exiting homelessness.

Safe Stay Communities intentionally offer non-congregate sheltering, which has emerged as best practice after the Covid-19 pandemic and allow access

to diverse populations that may not be able to be successful in a congregate setting. As with all Safe Stay Communities, there will be accommodations for pets, places to store possessions and the ability to shelter with partners.

In developing Safe Stay Communities, the county is providing solutions, not only to address the health and safety of those living unsheltered, but the safety and rights of small business owners and residents to have clean and sanitary properties and neighborhoods.

For more information on the County's Response to Homelessness, visit the website. ★

LOCALLY OWNED SINCE 1955




Your #1 stop for e-Bikes

9920 FAIR OAKS BLVD
FAIR OAKS, CA 95628
(916) 961-6700
(Corner of Fair Oaks and Sunrise)

378 NORTH SUNRISE AVE.
SUITE 300
ROSEVILLE, CA 95661
(across from the Auto Mall entrance)
(916) 784-2255

[f bobscyclecenter.com](https://www.facebook.com/bobscyclecenter.com) [i](https://www.instagram.com/bobscyclecenter.com)

Protect and Heal your whole family with Affordable Chiropractic Memberships

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



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

AMERICAN RIVER CHIROPRACTIC
2280 Vehicle Drive, Suite 110 Rancho Cordova, CA 95670
916-776-6362
americanriverchiropractic.com
CALL or TEXT today!

Sacramento CHORAL SOCIETY & Orchestra
Donald Kendrick, Music Director

HOME for the HOLIDAYS

Annual Sacramento Holiday Tradition with full orchestra, candlelit procession and audience sing-along



HEADLINER
Salvatore Atti

Green Valley Theatre Puppets!

Get your tickets early!

Saturday, December 10
2:00 pm Matinee

Sacramento Memorial Auditorium
1515 J Street

HIGHLIGHTS

- NEW COMMISSION
The Children's Carol | Scott Perkins
- Twas the Night Before Christmas
- O Holy Night
- Hallelujah Chorus

BOX OFFICE | 916.808.5181 or TICKETMASTER.com
SACRAMENTOCHORAL.ORG

Donald Kendrick, Conductor

BACK from 2019!

MESSIAH SING-ALONG

Mon, December 26
at 2:00 pm

Ryan Enright, Organist

First United Methodist Church
2100 J Street, Sacramento

Come sing Handel's entire Messiah (including the soloists' parts)

TICKETS | General \$20
Seniors/Students \$15
SACRAMENTOCHORAL.org
online – or at the door

German Rotary Student Enjoying Local High School Classes

By Thomas J. Sullivan

SACRAMENTO REGION, CA (MPG) - For students between 15 and 18.5-years-old who have wondered about living in another country, learning another language, or experiencing a new culture, applying for the Rotary Youth Exchange (RYE) program provides an excellent opportunity to do so.

This year, members of the Citrus Heights Rotary club have welcomed one high school student from Germany.

Lea Park-Kim, communications and public engagement manager for the Citrus Heights Water District is the Rotary Club chair for the RYE program this year.

RYE is under the umbrella of Rotary International, a humanitarian service organization with a global network of 1.4 million members. RYE sends over 9,000 high school students on Rotary's long-term and short-term exchange programs each year and has unmatched support for students, families, and host families, Park-Kim said

It is the policy of the Rotary Youth Exchange that the last name of the student studying abroad not be used, nor a photograph in publications for the safety of those students participating, Park-Kim said.

Theresa, who grew up just outside Bremen, Germany began her junior year at Del Campo High School in Fair Oaks on August 11. She took a lunch break from school to attend a recent Rotary Club luncheon where she was interviewed. She will live in the homes of three different families during the current school year.

"My older brother earned a Rotary Scholarship to study abroad several years ago and very much enjoyed the experience. I wanted to do the same," Theresa said.

She said her own opportunity to participate in the Rotary Exchange Program had to wait until pandemic protocols were eventually lifted, and she was free to travel for overseas study.

Theresa said her first choice for overseas study was North America-Canada, followed by Portugal and then Japan.

"I highly recommend the program," she said. She was excited to learn that she had been selected to study in the United States, and her school destination would be in northern California.

While she said she misses her family

back home in Germany from time to time, Theresa said she's able to keep in touch with many of her friends through social media telling them about her experiences in Citrus Heights, and the new friends she has made here. She said she has a supportive relationship with her host family here who have made her feel welcome.

"I keep in touch with my family back home by cell phone and by text," she said.

"The opportunity to study in the United States has taught me to be more confident as I get to know people," she said. In all, she's taking four classes, Spanish I, Arts, English III and choir in the block schedule offered at Del Campo.

"I've had to adjust to a different kind of school schedule than I was used to in Germany," she said. "Here, classes are more relaxed, and there were more electives to choose from."

Like most of her peers, Theresa said she's enjoying the plentiful choices for fast food around here, typically which are not as common where she grew up in Germany, popular music and the opportunity to follow school sports and spirit activities on campus at Del Campo.

Rotary scholarships valued at over \$24,000 are available to cover room, board, tuition, and monthly stipend for the student typically enrolled in the program.

RYE is a two-way exchange between Rotary Districts. For the 2022-2023 school year, Rotary District 5180 sent five students from the Greater Sacramento area to Germany, Belgium, Italy, and Taiwan.

Local host families, including the families of the students that left for their exchange program, have welcomed seven students from Belgium, Germany, Denmark, Taiwan, and Italy. Students will stay with between 2 and 4 families and get an in-depth experience of the culture in their host country.

Students who are interested in learning more about participating in the exchange program during the 2023-2024 school year should contact the Citrus Heights Rotary Club's Inbound and Outbound Counselor, Lea Park-Kim at lpark-kim@chwd.org or at 916-891-7876. Interested applicants should visit rye5180.org for more information concerning specific application requirements. ★



By Marlys Johnsen Norris, Christian Author

Today mankind believes that they know everything about life but they do not! Because of the sin of Adam, mankind walks in spiritual blindness until they seek to know our Creator God of all that exists. It takes more than thoughts and ideas to become truly successful in our world and pride comes before a fall. Unbelief brings with it a price to pay in the end.

Truth is, everyone needs to realize they

Trusting God vs Spiritual Blindness

cannot trust their own understanding about anything because it will always lead a person away from the real knowledge and true wisdom that comes only from Almighty God.

Scripture puts it clearly! **"This shall you understand - the fear of the Lord (is the beginning of wisdom) and is one will find the knowledge of God and His wisdom."** (Proverbs 2:5-6)

"Trust in the Lord with all your heart and lean not on your own understanding. In all thy ways acknowledge him, and he shall direct your path." (Proverbs 3:5-6)

Creator of everything and knows all things. He alone has the answers to all our problems and He desires mankind to seek, trust and depend on Him. When a person does – the magnificent knowledge and trust in God will continue to grow within. Ones dependence on God's wisdom and guidance in their life – brings many blessings. Plus God will become a blessing because of your testimony to others, to also have a new life in God as well!

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

American Pickers Return to Film in California



The American Pickers are coming to California in January 2023 and are looking for leads to explore hidden treasure. Photo courtesy of Cineflix Productions

Cineflix Productions News Release

SACRAMENTO REGION, CA (MPG) - The American Pickers are excited to return to California! They plan to film episodes of The History Channel hit television series throughout your area in January 2023.

American Pickers is a documentary series that explores the fascinating world of antique "picking" on The History Channel. The hit show follows skilled pickers in the business, as they hunt for America's most valuable antiques. They are always excited to find sizeable, unique collections and learn the interesting stories behind them.

As they hit the back roads from coast to coast, the Pickers are on a mission to recycle and rescue forgotten relics. Along the

way, they want to meet characters with remarkable and exceptional items. They hope to give historically significant objects a new lease on life while learning a thing or two about America's past along the way. The Pickers have seen a lot of rusty gold over the years and are always looking to discover something they've never seen before. They are ready to find extraordinary items and hear fascinating tales about them.

We at American Pickers continue to take the pandemic very seriously and will be following all guidelines and protocols for safe filming outlined by the state and CDC. Nevertheless, we are excited to continue reaching the many collectors in the area to discuss their years of picking and are eager to hear their

memorable stories!

The American Pickers TV Show is looking for leads and would love to explore your hidden treasure. If you or someone you know has a large, private collection or accumulation of antiques that the Pickers can spend the better part of the day looking through we would love to hear from you! Please note, the Pickers DO NOT pick stores, flea markets, malls, auction businesses, museums, or anything open to the public. If interested, please send us your name, phone number, location, and description of the collection with photos to: americanpickers@cineflix.com or call (646) 493-2184.

American Pickers is produced by Cineflix Productions for The History Channel. New episodes air on Mondays at 9pm EST on History. ★

GRACE BAPTIST CHURCH

Come and Experience God's Amazing Grace

Come grow with us at Grace Baptist Church where the Old Time Gospel Message is still preached and God-Honoring music is still sung. Grace Baptist still stands on the Principles, Doctrines and Separation, found and taught in The Bible.

SERVICE SCHEDULES

Sunday Schools (All Ages)... 9:45 am
 Sunday Worship..... 11:00 am
 Sunday Evening..... 6:00 pm
 Wednesday Evening..... 7:00 pm

6724 Palm Avenue, Fair Oaks, CA 95628
 (Located one block South of Madison; just East of Dewey)

PASTOR CHARLES CARTER

CALL FOR MORE INFORMATION (916) 967-3915 WWW.GBCFAIROAKS.NET

AMERICAN RIVER Messenger

Serving Fair Oaks, Orangevale and Sacramento County since 2006

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

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

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

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

We are proud members of these newspaper associations.

Covering Overdue Utility Bills

Continued from page 1

Under the first round of CAPP funding in 2021, over 1.5 million residential and commercial energy utility customers received a CAPP bill credit to reduce or eliminate their past due energy bill. While this provided significant relief for customers, not all residential arrearages were covered by the original program. With today's awards, 2022 CAPP will eliminate all remaining eligible past due energy debt accrued by residential customers during the COVID-19 pandemic bill relief period of March 4, 2020 to December 31, 2021.

"California households, through no fault of their own, continue to suffer from the economic impacts of the COVID-19 pandemic and cost of living increases, including energy expenses," said CSD Director David Scribner. "The state was able to mobilize quickly to address historic levels of energy debt through CAPP in 2021, and building on last year's success, we have done it again in 2022 to effectively and efficiently deliver critical financial assistance to Californians in need."

For additional information about 2022 CAPP, visit <https://www.csd.ca.gov/Pages/2022-CAPP.aspx> ★

SAFE Awards \$20K to Sacramento Food Bank

SAFE Credit Union News Release

FOLSOM, CA (MPG) - SAFE Credit Union is doing its part to help curb childhood hunger by supporting Sacramento Food Bank & Family Service's No Student Left Hungry program as the demand for food assistance climbs in the region.

SAFE is donating \$20,000 to the nonprofit's effort to provide food for an average of 4,200 students per month who are living with food insecurity within seven school districts and four colleges throughout Sacramento.

"Due to the pandemic, rising inflation and other factors, the need for food assistance is as great as ever, and we wouldn't be able to meet that surge in demand without the support of big-hearted organizations like SAFE Credit Union," says Sacramento Food Bank & Family Services Director of Programs Karen Strach.

Since March, food bank officials say they have seen a 40 percent increase in the number of people they are serving each month.

"When children experience hunger, they are more likely to get sick and are at higher risks of health conditions like anemia and asthma," Strach says. "They are also more likely to miss school and receive poor grades."

The food bank grant is awarded as part of SAFE's grant program seeking to promote the health of residents in the greater Sacramento region.

"Supporting the No Student Left Hungry program is one meaningful



Food is distributed at Greer Elementary School as part of the Sacramento Food Bank & Family Services No Student Left Hungry program. Courtesy photo

step we can take to help in addressing inequities in our communities and help improve the health of individuals and those in our region as a whole," says SAFE Community Impact Manager Amanda Merz.

This grant will help fund grocery distribution to students attending schools in the Center Joint Unified, Elk Grove Unified, Galt Joint Union Elementary, Robla Elementary, Sacramento City Unified, San Juan Unified and Twin Rivers Unified school districts plus Sacramento State, American River College, Cosumnes River College and Sacramento City College. The districts and colleges were determined to each have a high concentration of students in need of supplemental food assistance.

Strach says school-based food distributions remove many barriers to accessing food. "When students get the food they need, they have improved concentration, school performance and mental and physical health. And are more likely to thrive," she says.

A program that has evolved for several years, the No Student Left Hungry program reaches up to

116,000 people per year.

According to Feeding America's most recent data from 2020, more than one in six children in Sacramento County live in food insecure households, a rate that is higher than both the state and national averages.

The grant is one of two SAFE Credit Union awarded for the third quarter of 2022 to organizations dedicated to promoting the health of residents in the greater Sacramento region. This month, SAFE is also awarding \$5,000 to the Alchemist Community Development Corporation's Community Gardens project.

SAFE annually awards \$120,000 in grants in four phases focusing on its three pillars of philanthropy: veterans, healthcare, and education. For more information on SAFE Credit Union's grants program, go to <https://www.safecu.org/community/community-impact/funding>.

For more information about the No Student Left Hungry program, contact Sacramento Food Bank & Family Services Director of Communications Kevin Buffalino at kbuffalino@sacramentofoodbank.org. ★

The Yin and Yang of California's Job Picture



By Dan Walters, CALMatters.org

When California's monthly report on employment was issued last week — telling us what the situation was in October — Gov. Gavin Newsom quickly issued a celebratory statement.

"California has now fully recovered all jobs that were lost to the pandemic-induced recession, but we know this isn't the finish line," Newsom said, making a plug for his economic programs to counter rising consumer costs and "to help create thousands of jobs and opportunities for Californians throughout the state."

Newsom claimed that "California has recovered 101.1% of the 2,758,900 jobs lost during the recession — the state is now 30,800 jobs above the pre-pandemic level total of February 2020."

Data from the state Employment Development Department (EDD) tell a slightly different story. In February 2020, according to EDD's bulletin for that month, 18,756,900 Californians were employed. The bulletin for October 2022 pegged employment at 18,502,900, or 254,000 fewer.

Numbers aside, California's employment picture has definitely improved from what it was

two-plus years ago, when the state's jobless rate had soared from less than 4% of the labor force to more than 16%. Newsom had ordered widespread shutdowns of business to counter the spread of COVID-19, throwing nearly 3 million Californians out of work.

The financial pain to millions of California families was made immeasurably worse when EDD experienced a bureaucratic meltdown that prevented many jobless workers from collecting unemployment insurance payments, sometimes for months. Moreover, under pressure to clear the backlog, EDD workers then swung too far the other way, authorizing tens of billions of dollars in payments to fraudulent applicants.

Although the October report tells us that almost as many Californians were employed as prior to the COVID-19 recession, the state's overall job picture is more complex than those simple numbers.

For one thing, the reports for February 2020 and October 2022 reveal that the state's labor force — the total of Californians either employed or looking for work — has shrunk by nearly a quarter-million persons. The numbers continue a long-term decline in what's called "labor force participation" — the percentage of working-age adults who have jobs or want to work. They also imply that as the state's overall population ages, the pool of potential workers is also shrinking.

Whatever the underlying causes, the labor force decline is one reason why California's employers are having such great difficulty

finding enough workers and why they are raising wages — to as much as \$18 an hour for fast food workers, for example — to attract more applicants.

"For the past full year and for first time in decades, California has more job openings than job seekers," a new report from the Public Policy Institute of California notes. "While this is good news for people looking for work, it also limits businesses' workforce plans and growth — and wage increases have put upward pressure on prices."

In response, the PPIC report says, some employers are implementing more labor-saving technology, such as ordering kiosks in fast food outlets and GPS-guided machinery in agriculture.

The labor shortage may be having other impacts. The sharp drop in community college enrollment could, for instance, reflect would-be students' opting for higher wages in service industries over education.

We may look back on October 2020 as a high point for employment in California because, economists tell us, a recession may be on the horizon. Some employers, especially those in the high-tech industry, are already laying off thousands of workers in anticipation of a downturn.

California has a history of experiencing a recession of some kind about once a decade and we may be due for another.

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

You are Invited to our Holiday Concert on December 11

Sacramento Symphonic Winds News Release

SACRAMENTO, CA (MPG) - The Sacramento Symphonic Winds is delighted to announce our holiday concert Sunday, December 11, 2:30 p.m. entitled "Holiday Fantasias and Festivals!" at the El Camino High School Center for the Arts.

The Sacramento Symphonic Winds is a

60-piece adult symphonic wind ensemble conducted by new Music/Artistic Director Dr. Matthew Morse. This concert features Fantasia in G (based on Ode to Joy) by Mahr, Cathedrals by Salfelder featuring antiphonal brass, Emmanuel Variants by Robert Foster, A Christmas Festival sing-along by Leroy Anderson, and more!

Visit our website at sacwinds.org OR find us on Facebook and Instagram! ★

River Cats' 3B Schmitt wins MiLB 2022 Rawlings Gold Glove Award®



Sacramento infielder Casey Schmitt is the MiLB 2022 Rawlings Gold Glove Award winner for third base. Photo courtesy of River Cats Media (Ralph Thompson Photography)

River Cats News Release

WEST SACRAMENTO, CA (MPG) - Minor League Baseball and Rawlings Sporting Goods Company, Inc. announced the nine 2022 Rawlings Gold Glove Award® winners, with Sacramento infielder Casey Schmitt earning the nod at third base.

"We are pleased to recognize these nine players with a Rawlings Gold Glove Award for their defensive excellence in 2022," said

Peter Woodfork, Major League Baseball Senior Vice President, Minor League Operations and Development, via MLB news release. "On behalf of Major League Baseball, Minor League Baseball, and our great partners at Rawlings, I congratulate each of the winners for their outstanding seasons."

Schmitt, who finished the season as MLB Pipeline's No. 6 prospect in the Giants' organization, is the second River Cats third

baseman to earn a post-season award in 2022. David Villar was named both PCL MVP, and a Post-Season All-Star on Nov. 7.

The 23-year-old Schmitt spent the majority of 2022 with High-A Eugene and Double-A Richmond, posting a .941 fielding percentage with 169 total chances and 100 assists in 707.2 defensive innings.

The San Diego State product had 20 homers and 75 RBIs for Richmond and Eugene before ending 2022 with his first taste of Triple-A, going 5-for-15 (.333) with a double, a home run, and three RBIs through four games.

In addition to Schmitt, fellow San Francisco Giants prospect Patrick Bailey took home the honors for catcher. Bailey, who played 83 games for High-A Eugene in 2022, was also selected in the 2020 MLB Draft, going 13th overall out of North Carolina State. ★

Social Security Matters Simple Guidance About Medicare



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: I'm nearing 68 years old, have never signed up for Medicare but thinking that I should look into it. I'm currently covered by my wife's health insurance through her employer. I would greatly appreciate some simple guidance regarding Medicare. I've tried watching some videos about the subject, but it was always so boring that I never finished watching. I get lost in all the Part This & Part That. I would just like some solid insight into the coverage that I truly need & the cost. **Signed: Confused**

Dear Confused: Medicare is, indeed, a confusing topic, but I'll try to clear it all up for you. Think of it this way — Medicare has two main parts — one which provides coverage for in-patient hospitalization services (that's called Part A) and another which covers outpatient services like doctors, medical tests, etc. (that's called Part B). Part A is usually free (if you're getting or will get Social Security), but there is a monthly premium for Part B. For 2023, the monthly Part B premium will be \$164.90, and that's either deducted from your Social Security payment, or paid directly to Medicare if you're not yet collecting Social Security.

There are deductibles and copays for both Part A and Part B, so they don't cover 100% of your healthcare expenses — they generally cover about 80% of specific types of medical services, after deductibles are satisfied. The deductibles aren't high — \$226 for Part B and \$1600 for Part A — but that still leaves you with some uncovered healthcare costs under Medicare. And for those uncovered costs, many people choose to get additional private coverage, known as a "Medigap" (or Medicare Supplement) plan, or a Medicare Advantage plan (which is usually called Medicare "Part C"). This additional coverage isn't mandatory, but usually prudent to have.

The standard age for enrolling in Medicare is age 65, but if you have other "creditable" healthcare coverage from your wife's employer you can defer enrolling in Medicare until that employer coverage ends or is about to end. Having that "creditable" employer coverage after age 65 protects you from incurring a Late Enrollment Penalty for enrolling in Medicare after age 65. From what you've written (assuming your employer coverage is "creditable") you can enroll in Medicare at any time now without a penalty for enrolling after 65. You can enroll online at www.ssa.gov/medicare, or by calling Social Security at 1.800.772.1213.

Medicare Part A and Part B do not include coverage for prescription drugs. For that, you would need to acquire a private Prescription Drug plan (called Medicare Part D), if you wish such coverage after age 65 and after

your employer drug coverage ends. Part D plans aren't usually expensive — in the \$15 - \$50 per month range — depending on the specific plan and drug "formulary" (the amounts the plan pays for each type of drug). To sort all of this out and figure out your best options for additional coverage, you may wish to contact AMAC's Medicare department (www.amac.us/medicare) and speak with a Medicare insurance specialist.

To recap, in your personal circumstances you are eligible to enroll in Medicare without penalty, even though you're now 68, because you have had "creditable" healthcare coverage through your wife's employer since you were 65 ("creditable" is a group plan with at least 20 participants). You can also simply stay on that employer plan if you wish, and only enroll in Medicare when your employer coverage ends or is about to end. At that time, you will enter a Medicare Special Enrollment Period during which you can enroll in Medicare without incurring a late enrollment penalty. The bottom line? If your current coverage from your wife's employer is creditable and suits your current needs, you can wait until that coverage ends to enroll in Medicare. The only caveat is that you must take free Medicare Part A if you collect Social Security after age 65.

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). ★

CALL A PRO BUSINESS DIRECTORY

SLS Superior Landscape Services
Landscaping and Maintenance

- Sprinkler Repair/Install • Pruning
- Mowing/Trimming • Fertilizing

Insured Lic#794551
(916) 728-5812 • Cell (916) 761-0999
Dave Cochran Owner • dave_SLS@surewest.net

MARTY MOEN
Fencing and Decks

Free Estimates

- Ornamental Iron
- Wood • Chain Link

(916) 796-1005 License # 852410

GREENWAY TREE SERVICE

Specializing in Expert Tree Pruning,
Tree Removal & Stump Grinding

Free Estimates
Competitive Prices
Licensed and Insured

(916) 224-9750

A-1 AFFORDABLE ROOFING SERVICES, INC

- New Roofs • Certifications • Roof Repairs
- Dry Rot Repairs • Roof Inspections • Gutters

John Fleenor, Contractor
1741 L Street, Rio Linda, CA 95673
Cell: **(916) 206-1613**
Contractor Lic. #1064966

CLEAN & SOBER
LIVING
CSTL, Inc.

Helping People and the Community
with the Alcohol and Drug Problem!
Over 20 Years in Business!

Sober Living - 916.961.2691

Rio Linda Eye Care

Laser Surgery • Eye Glasses • Contact Lenses
• Eyewear for Computer Users

Dr. William Fleischmann
(916) 991-8444

Saturday Appointments Available
6716 RIO LINDA BLVD., SUITE B, RIO LINDA

DUDEPRESSURE
Pressure Washing Services

License Number SPB12021-00112

Robert Beard
916-825-0999
DUDEPRESSURE@GMAIL.COM
DUDEPRESSURE.SIMDIF.COM

HOME SERVICES
DRIVEWAYS
PATIOS
SIDING
ROOF
AUTO SERVICES
CAR WASH
CARPET
SEATS
WAX
UV PROTECTANT

Just Send It Postal

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

NOTARY * PRINTING * SHREDDING

Lenie's Pictures

LENIE'S PICTURES
ALLENE & FRANK SALERNO

SPORTS PHOTOGRAPHY & GRAPHIC ART
WEBSITE: LENIESPICTURES.SMUGMUG.COM

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

FREE PAYROLL PROCESSING FOR ONE MONTH IF YOU CALL NOW!

Pinnacle Employee Services
916-760-7227
www.pinnaclehr.com

DITARANTO LEGAL DOCUMENT SERVICES
Nicholas Ditaranto, LDA

Divorce • Family Law • Immigration • Probate
Willis & Living Trusts • Other Low Cost Services
Helping "Self-Helpers"
Since 1997

6929 Sunrise Blvd., Ste. 112, Citrus Heights, CA 95610
916-676-1096 office
916-225-8437 call or text

Registered and Bonded - 2022 Exp. 03/19/2024 Sacramento County
www.ditarantolegal.com | legalconcepts1@gmail.com

TRACTOR SERVICE

- Mowing • Rototilling
- Discing • Scraper/Loader

Call
(916) 991-8431

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

STATEPOINT CROSSWORD • HAPPY HOLIDAYS

- CLUES**
- ACROSS
- Result of too much pressure
 - Stir-fry pan
 - Steps to the river, in India
 - Hindu sage
 - Attorneys' org.
 - *Christmas cookies emanation
 - The Brady Bunch, e.g.
 - Mourner's wish
 - Mature, as in fruit
 - *Santa's entryway
 - *Holiday plum treat
 - Foot the bill
 - Hot alcoholic beverage
 - Not transgender
 - *Frosty's corn cob
 - Attract
 - Bad luck prediction
 - Indian cuisine staple
 - The whole amount
 - *"Keep this information" button
 - *Coveted letter on a dreidel
 - Dry as dust
 - Opposite of digest
 - Inconclusive
 - Dirty air
 - Diplomat
 - Tallest volcano in Europe
 - Like a fox
 - Lion output
 - Beholder's organ
 - *Breaking holiday news
 - *Not coal on Christmas
 - Courtroom excuse
 - Golf coach at a country club
 - Very, in music
 - Make a logical connection (2 words)
 - Promissory letters
 - Pine or long
 - Chows down
 - Hundredweight, acr.
 - Ooze out
- DOWN
- Nile denizen, for short
 - *Like Duke brothers in "Trading Places"
 - *New Year's Eve option: Spumante
 - Title-holder
 - Take for ransom
 - On one's guard
 - *"Wan of "Star Wars"
 - K, in Greek
 - *Rose Bowl field, e.g.
 - Kachina doll maker
 - Answer from the flock
 - Drink for John Glenn
 - Fervent
 - Giving the once-over
 - *"Mele Kalikimaka" strings
 - More sordid
 - Trig function
 - Insect in adult stage
 - *Number of candles in Kwanzaa's kinara
 - Sacrifice for gain
 - Eighty-six
 - List components
 - *Holiday song offering
 - Lament for the dead
 - Scotland's famous loch
 - Eagle's aerie
 - Lid or lip embellishment
 - Go to bed (2 words)
 - *Yule tradition
 - Pirate's "Yes!"

CROSSWORD

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

dish BRING EVERYTHING YOU LOVE TOGETHER!

Blazing Fast Internet! ADD TO YOUR PACKAGE FOR ONLY \$19.99/mo. where available

2-YEAR TV PRICE GUARANTEE \$69.99/mo. 190 CHANNELS including Local Channel!

CALL TODAY - For \$100 Gift Card (Promo Code 9519)

1-888-416-7103 Offer ends 11/30/22

Classified Advertising

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

MPG

916-773-1111

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

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!

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

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

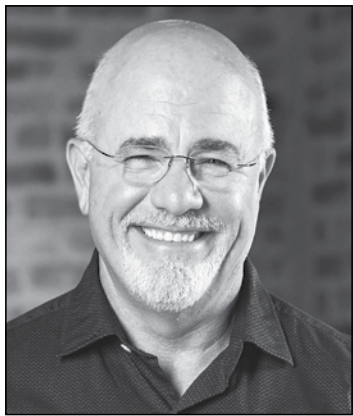
SUDOKU

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

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

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

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.



A Church Car? You've Got to Be Kidding!

Dear Dave,
My mom took out a Parent PLUS loan in 2009 to help pay for my college education. I also took out \$70,000 in student loans myself. My mom never made a payment on the loan she took out for me, and now the amount due on the Parent PLUS loan has ballooned to \$100,000. She recently told me

in her mind it was my loan in her name, and I should be the one to make the payments after I became financially stable. Thankfully I just got a new job making \$140,000 a year. With this I can finally make a dent in my own loans, but she asks me every week if I'm going to pay the Parent PLUS loan. My mom is a nurse practitioner, so she makes good money, but she recently financed two new luxury cars within 24 hours of each other—one for work and one for church. She also has loans out from borrowing on her 401(k) and credit card debt. Should I take over the Parent PLUS loan under my name?

– Tommy
Dear Tommy,
Wait, are you serious? Your

Dave Ramsey Says

mom has a church car? I've never heard of such a thing. But hey, I'm going to talk to my wife about this. I knew I needed another car, I just didn't know I needed a church car. Oh, my goodness!
Ok, here's the deal. If you had an agreement with your mom, or promised at any time to pay back the Parent PLUS Loan when you were able, you should cover it. But that's not what you told me. It sounds like your mom has a good heart and was just trying to help, but she did it in a dumb way. From what you told me, she's done a lot of dumb things with money.

Under no circumstances do you take the loan back under your name. In fact, I'm not certain you can even do that

with a Parent PLUS Loan. You need to get your debt cleaned up first before trying to help her. If you choose to be a bigger help after that, you need to start things by having a serious conversation with your mom. She needs to hear that she's being absolutely silly with her money. Let her know you're willing to help because the loan was for your benefit. But make sure she understands you won't pay it all, and you won't do it while she's making two luxury car payments—including one on a church car. That's ridiculous.

Offer to be her biggest cheerleader, and help her find a good financial coach—someone with the heart of a teacher. You might want to let her know you'll match whatever

she pays toward the loan, so it'll feel like a team effort. But also make sure she understands if she pays nothing in any given month, you'll match that, too.

Good luck, Tommy!
– 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, Dave has helped people regain control of their money, build wealth, and enhance their lives. He also serves as CEO of Ramsey Solutions. ★

Local Classified

Announcement

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

Prepare for power outages today with a GENERAC home standby generator. \$0 Money Down + Low Monthly Payment Options. Request a FREE Quote - Call now before the next power outage: 1-844-439-5645 (SCAN)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-855-424-7581 (Cal-SCAN)

NEW AUTHORS WANTED! Page Publishing will help you self-publish your own book. FREE author submission kit! Limited offer! Why wait? Call now: 1-855-667-0380 (Cal-SCAN)

Autos Wanted

DONATE YOUR CAR TO KIDS Fast Free Pickup - Running or Not - 24 Hour Response - Maximum Tax Deduction - Help Find Missing Kids! Call 1-888-491-1453. (Cal-SCAN)

DONATE YOUR CAR OR TRUCK TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. CALL 1-844-491-2884 (Cal-SCAN)

Cable/Satellite TV

DIRECTV for \$79.99/mo for 12 months with CHOICE Package. Watch your favorite live sports, news & entertainment anywhere. First 3 months of HBO Max, Cinemax, Showtime, Starz and Epix included! DirecTV is #1 in Customer Satisfaction (JD Power & Assoc.) Some restrictions apply. Call 1-888-641-5762. (Cal-SCAN)

Computer Services

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

Flooring

Beautiful waterproof flooring Certified Home Depot installer, more than 30 years experience! I have all material in stock! Material is 100% waterproof, 20 mil wear layer, extreme performance! For free estimates call or text Joseph, jffloors916@gmail.com 916 215-7558, lic#1023377

Financial

Over \$10K in Debt? Be debt free in 24 to 48 months. No upfront fees to enroll. A+ BBB rated. Call National Debt Relief 1-888-231-4274. (Cal-SCAN)

Fitness/Yoga

Your Fitness Genie
Virtual Sessions
Your Fitness Genie
Silver Sneakers
NASM
Age Well At Home
Avoid Assisted Living
Keep Strength and Mobility
Be Active, Call Today!
Jenn@YourFitnessGenie.com
(916)763-8767

Free Stuff

FREE: Light pastel colored sofa in good shape. Connie: 916/725-0799

Hall Rentals

VFW Post 6158
8990 Kruthof Way,
Fair Oaks, CA
916-966-1663
vfw6158.org/rent-our-hall/
Call or come by

Hall Rentals

VFW Post 4647
3300 U Street, Antelope
916-607-8344
Call for available dates

RANCHO CORDOVA Pony Express Hall

Pony Express Hall for Rent
(916) 635-8038
Lodge2484@gmail.com
11400 Elks Circle,
Rancho Cordova
Capacity 30 to 200

Handyman

A Quality Home Maintenance
Light Hauling
Yardwork
Gutters Cleaned
Scott Lehman
Timeless Maintenance Services
(916) 613-8359

Health & Medical

Study grp. for ADHS/Autism. Tim 916-370-0858 for more info. TFN

Health & Wealth

JOIN FOR FREE - NO KITS OR QUOTAS & FREE WEBSITE. CTFO (Changing The Future Outcome) has the best CBD oil available. Products for health, beauty, weight or hair loss and even for your pets. Check out these products: canderson.myctfo.com

"You are what you absorb." World class vitamin/mineral supplement Empower Plus - Advanced. Learn more at tuckley1.renovaworldwide.com. Tim 916-370-0858

Household

FREE: Glass hutch, 7ft Christmas Tree, 4-tier wooden filing cabinet, twin roll-away bed. In Rancho Cordova, call 307/684-7654.

Insurance/Health

Attention: Oxygen Users! Gain freedom with a Portable Oxygen Concentrator! No more heavy tanks and refills! Guaranteed Lowest Prices! Call the Oxygen Concentrator Store: 1-844-653-7402 (Cal-SCAN)

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

Internet

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

Miscellaneous

DID YOU KNOW Newspaper-generated content is so valuable it's taken and repeated, condensed, broadcast, tweeted, discussed, posted, copied, edited, and emailed countless times throughout the day by others? Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email cecelia@cnpa.com (Cal-SCAN)

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 844-327-2824. (Cal-SCAN)

Miscellaneous Items in storage for sale. Call Scott Lehman 916-613-8359 TFN

Miscellaneous

Switch and save up to \$250/year on your talk, text and data. No contract and no hidden fees. Unlimited talk and text with flexible data plans. Premium nationwide coverage. 100% U.S. based customer service. Limited time offer get \$50 off on any new account. Use code GIFT50. For more information, call 1-844-908-0605 (SCAN)

Landscaping

FALL YARD CLEAN UP
Mow, weed, prune, haul, rock, bark, and gutters. Light Fence Work
916 205-9310
916 688-9310

CREATE YOUR PARADISE

Winter Yard Cleanups, Complete Landscape Design/Installation, Sprinkler System Installs/Repairs, All Types Concrete Work, Fence Installation, Retaining Walls- All Types, Drainage Systems-all types, Landscape Lighting, Residential/commercial
American Landscape Design & Installation, Est 1987
American Construction & Property Maintenance Company
WE ACCEPT VISA & MASTER CARD
(916)612-0776
Lic#690968

Legal Services

All American Will Kits
Do-It-Yourself Legal Will
Written by an attorney
Valid in all states
Order online at www.allamericanwillkits.com

Music Lessons

Steve Estabrook's private music studio in Orangevale is now accepting students for
Piano: classical, rock, some jazz
Guitar: rock, folk, blues, classical
Voice: all styles
Steve has a BM and MM in music from CSU Sacramento and over 35 years teaching experience. \$30/half hour. References Available.
916-599-6156
Steve@steveestabrook.com
Steveestabrook.com

Music Lessons

Guitar Lessons - Beginner to Advanced. \$15/half hour. \$25/hour. freddiebbalbert@gmail.com. 916-Music Lessons 507-6658 (12-31-22)

Painting

PAINTER INTERIOR & EXTERIOR
\$30 Hourly or Fixed Price
Cell: 650-773-5221
Insured & Bonded Guarantee Work
9-30-2022

Pets/Animals

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

WANTED Used large dog house for Labrador. Tim 916-370-0858 TFN

Professional, Loving PET SITTING

*Established Reputation
*Kennel Free
*Lots of TLC
*Happy & Safe Environment
*Affordable Rate
Call Madeline
(916) 723-1608

Real Estate

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

Rental

Property is under construction and will soon have 1,2,3, & 4 bedroom units for rent!

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.

"The Housing Authority of the County of Butte is an Equal Opportunity Employer and Housing Provider"

Roofing

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

Schools/Training

COMPUTER & IT TRAINING PROGRAM! Train ONLINE to get the skills to become a Computer & Help Desk Professional now! Grants and Scholarships available for certain programs for qualified applicants. Call CTI for details! 1-877-806-0935 (M-F 8am-6pm ET). Computer with internet is required. (Cal-SCAN)

Travel/Vacations

Costa Rica Tour 9 Days \$995. Fully guided tour. Includes all hotels, all meals, all activities. Tax, fees extra. Call 1-800-CARAVAN. Book online at Caravan.com. (Cal-SCAN) 12-23-22

Tree Service

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

Tutoring

Professional tutoring by retired credentialized teacher of 30 yrs. Your home or mine. COVID-safe, fully vaxxed. \$20/hr. Math, English, grammar, reading, dyslexia & all other subjects. Bilingual/ Spanish. Available 6 days a week, AM or PM. Call Dennis at Sharon's Garden Childcare & Preschool: 916/988-2669

Wanted Collectibles

Sports and non sports card Collections WANTED!! Excellent cash prices paid! Serving all of California. Purchasing large and small accumulations alike! Collections purchased daily. 1-209-204-1404
Sportscardliquidator@yahoo.com (Cal-SCAN)

Work Wanted

It's time to declutter and clean out your house and garage. I can help. I do errands/ personal assistant work. Prune and weed. College grad. Tim 916-370-0858. (MPG 12-31-22)

Work Opportunities

Allstate
Allstate Insurance in Carmichael is looking to employ an enthusiastic person (with or without an insurance license). Great benefits, unlimited income! call 916-944-5090 or email your resume to alain@allstate.com

TECHNICAL - Cisco Systems, Inc. is accepting resumes for multiple positions in Rancho Cordova, CA: Site Reliability Engineer (Ref: RAN190A); Design, write, and build tools to improve the reliability, availability, and scalability of key systems and services. Telecommuting permitted. Please mail resumes with reference number to Cisco Systems, Inc., Attn: G51G, 170 W. Tasman Drive, Mail Stop: SJC 5/1/4, San Jose, CA 95134. No phone calls please. Must be legally authorized to work in the U.S. without sponsorship. EOE. www.cisco.com

Kp International MARKET

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

We Support Our Military

Stamp Collections, Postcards and ephemera. Call Dale at 530-417-0627

RETIRED COUPLE

Has \$1Mil to lend on California Real Estate*

V.I.P. TRUST DEED COMPANY

OVER 40 YEARS OF FAST FUNDING

Principal (818) 248-0000 Broker
WWW.VIPLAN.COM *Sufficient equity required - no consumer loans
Real Estate License #01041073
CA Department of Real Estate, NMLS #339217
Private Party loans generally have higher interest rates, points & fees than conventional discount loans

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.

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.

Costa Rica
9 Day Tour \$995
with All Meals,
All Hotels, All Activities.
Hike in jungle rainforests, view volcanoes, soak in hot springs, cruise biological reserves and relax on tropical ocean beaches. Join the smart shoppers and experienced travelers.
1-800-CARAVAN
Caravan.com

Choose a Guided Tour -tax,fees
Costa Rica 9 days \$995
Panama 8 days \$995
Guatemala 8 days \$995
Mexico
-Ancient Civ. 9 days \$995
-Copper Canyon 8 days \$1295

"Brilliant, Affordable Pricing"
Arthur Frommer,
Travel Editor
Caravan
Fully Guided Tours Since 1952

3-DAY TIMED ONLINE AUCTION

Tues., Wed. & Thurs., December 6, 7 & 8
Inspection Location: Northern California

APPLIANCE MANUFACTURERS LIQUIDATING EXCESS INVENTORY

Special Event! \$5M Valuation!

Luxury Appliances: Dishwashers, Laundry, Outdoor Grills, Refrigeration, Ranges, Ovens, Cooktops, Ventilation & More...
Luxury Kitchen & Bath: Sinks, Faucets, Bathtubs, Vanities, Filtration, Linear Drains and More...

All Products Factory Sealed Brand New in Boxes and Covered by Full Manufacture Warranty

Appliance Brands Include: Bosch, Thermador, Bertazzoni, U-Line, Azure, Artisan, Alfresco, Hestan, Aspire, Liebherr, Dacor, Samsung, LG, ASKO, Coyote, Best, Broan, Gaggenau, Electrolux, Frigidaire, Elica and Irinox

Sale Conducted by:
TAUBER-ARONS, INC.
Industrial Auctioneers & Liquidators since 1992
888.648.2249 tauberaronsinc.com

Bob's BASEBALL Tours

DC Cherry Blossom Tour
Mar. 31 - Apr. 4, 2023
Home games for Washington Nationals, Yankees and Red Sox. Includes 4-hour tour of DC and 5-hour tour of Boston. Tour begins in DC and ends in Boston.

East Coast Tour
Aug. 18 - Aug. 27, 2023
Home games for Washington Nationals, Orioles, Phillies, New York (Yankees/Mets) and Red Sox. Guided tour of Manhattan, DC/Philadelphia, and Baltimore. Also includes Little League World Series in PA. Tour begins in DC and ends in Boston.
Tours include deluxe motor coach transportation, additional sightseeing opportunities and quality game tickets/hotels.
For More Information: 507.217.1326 or BobsBaseballTours.com

GOT LOCAL NEWS?
Call 916-773-1111

Feeding a Country During War

By Michele Townsend

SACRAMENTO REGION, CA (MPG) - We all see on TV news about the war in the Ukraine. Most of us feel compassion towards what the citizens in that country are going through, but we really have very little idea of what it's really like. One local man, who is a baker by trade (specializing in making bread) decided that he wanted to do something to help them. For safety purposes, we will use only his first name - Shawn.

"Sometimes charity takes more than writing a check or waving a flag," said Shawn. He joined a group out of Washington DC called World Central Kitchen. This organization is strictly a humanitarian organization with no political influence or agenda. They simply go where they are needed to help get food to those who need it. In fact, neither the organization nor the government supplied any support, of any kind, in the mission.

Shawn explained that even though the Ukraine usually has a good wheat production, other countries are sending them wheat now, but they didn't really know what to do with it. Businesses like bakeries are shut down or bombed. Those that aren't cannot follow their regular baking schedule because they are under martial law. No one is allowed outside from 10pm to 6am, except for military. Shawn knew he could help.

Shawn and three others went to the war-ravaged Ukraine this summer to do what they could to feed the Ukrainian people. Told ahead of time to bring a flak jacket and a Kevlar helmet, Shawn wasn't sure what he was getting into. He just knew that they needed help and this was something he could do. He didn't bring a jacket and helmet



"It was an amazing experience. They were very grateful that we were there, and I would love to go back" Shawn said. Photo by Tatsiana Kalasouskaya Dreamstime.com

because he thought it would raise questions in both our airports and theirs. Once he was there, he wished he would have.

"You can't go into a war zone armed unless you are part of the local militant system," Shawn said, "I just went in looking like a normal American tourist." Shawn and his friends arrived in the Ukraine with only their carry-on luggage. They were questioned why they were there. Any electronic devices were gone through thoroughly, including all text messages, photos, etc. Burner phones were purchased for the minimal communication that would be used. Russian spies and Pro-Russian Ukrainians had devices that lifted cell phone numbers when they crossed into the country. Those numbers were closely monitored while they were there. Photos were not permitted.

They traveled in different

modes while there, but no matter how they were traveling, they were regularly stopped (about every kilometer) and questioned by Ukrainian Security about why they were there and what they were doing. They especially focused on Americans. Men would board trains, buses, etc. armed with machine guns and AK47's to question passengers on their purpose of travel. Every time they focused a lot of attention on Shawn, often being the only American.

Ukrainian soldiers don't have many supplies on the frontline, so it was standard practice for people to take an SUV or some other vehicle and fill it with gasoline, food, socks and other supplies. They would then take these vehicles to the frontline and just leave them there. One of these vehicles was one of the modes of transportation that Shawn's group used to get to the next area.

Shawn and his group would arrive in a city and pull together whatever they could to set up. They would gather supplies from grocery stores that had been bombed, or restaurants that had been destroyed and occasionally they might get some food from suppliers. They would use whatever they could, often an oil drum to cook on. In one city they even used a burnt out tank to turn into a stove. They would gather big pots and set them on their make shift stoves to make soup or stew. Sometimes they made sandwiches. Occasionally they had bags of groceries to hand out.

When the air raid sirens go off, they go off across the country so you never know where the missiles were headed. Many people began to ignore them. Others would run for cover, taking safety in the underground bunkers that are

under most public buildings there (left over from WWII). There were missile strikes all around them, the closest being just a few blocks away. It was so close they could feel the rumble of the ground as the bomb exploded. In one town there was a missile that had hit the ground and was sticking out of the ground but had not detonated.

In the more rural areas, such as villages, people hid in their root cellars (a cellar that is designed for storage of potatoes and other produce). They would come out sheepishly at first, until they got to know them, then more people would come out. Sometimes the same people would make multiple trips to the same bunker. This was especially true in areas that were under heavy bombardment.

As people got to know the group, more people would come out to help. There was even a 15-year-old girl in a flak jacket and Kevlar helmet delivering bread. The group would come across schools being taught in bunkers because their school had been bombed. Shawn and his friends did what they could to get these kids school supplies.

"The hardest thing was the language barrier," Shawn said, "But we brought a bunch of little hot wheels cars and John Deer tractors and handed those out. It was a great ice breaker, as many of them were farmers." Shawn and his group spent three and a half weeks there and he spent around \$5000 out of his own pocket to fund the trip and supplies. They fed roughly 1500 people a day from their mobile kitchens, mostly women and children.

"It was an amazing experience. They were very grateful that we were there, and I would love to go back" Shawn said. ★

KP International MARKET

10971 Olson Drive
Rancho Cordova, CA 95670
916.853.8000

Market - 7 Days: 8am - 9pm
Food Court - 7 Days: 11am - 7:30pm
Korean/Mex. Vie: 7:30pm last call
Chinese/Japanese: 7:00pm last call

HOLIDAY HOURS WE ARE OPEN

THANKSGIVING (11/24) CHRISTMAS (12/25) NEW YEAR (1/1)

8AM~4PM

FROZEN & FISH DEPT

Shrimp Raw Whole 100/200 **\$1.99/lb**

Frozen Locos Chilean Abalones **\$14.99/lb**

FRESH PRODUCE

Sunrise Medley Potato 3 lb \$2.99^{ea}	Honey Gold Potato 3 lb \$2.99^{ea}	American Cucumber 79¢/lb	Mini King Oyster Mushroom 300 g \$4.59^{ea}
California Purple Yam \$1.69/lb	Avocado 3/\$2.00	Chayote Squash 79¢/lb	Honey Crispy Apple 89¢/lb

AMERICAN/HISPANIC GROCERY

REG. \$3.49 \$2.99^{ea}	REG. \$2.99 \$2.59^{ea}	REG. \$5.99 \$3.99^{ea}	REG. \$7.99 \$5.89^{ea}
--	--	--	--

WEEKLY MEAT SPECIALS

Beef Rump/Bottom Round Roast - Bnls **\$3.99/lb**

Beef T-Bone Steak **\$5.49/lb**

Beef Porterhouse Steak **\$5.99/lb**

Pork Spare Ribs (Single Pack) **\$1.99/lb**

Chicken Drumsticks **79¢/lb**

ASIAN GROCERY

REG. \$5.39 \$3.99^{ea}	REG. \$1.49 99¢^{ea}	REG. \$5.99 \$4.99^{ea}	REG. \$6.99 \$5.99^{ea}	REG. \$24.99 \$19.99^{ea}
--	-------------------------------------	--	--	--

EUROPEAN GROCERY

\$5.49^{ea}	\$2.19^{ea}	\$4.29^{ea}	\$1.69^{ea}	\$15.99^{ea}
----------------------------	----------------------------	----------------------------	----------------------------	-----------------------------

HAPPY HOURS

Draft Beer \$2.50 & UP

**Mon-Thu 4PM-9PM
Fri-Sat 2PM-9PM**

KP KARAOKE SPECIAL

Sun-Thu Come before 6pm (Valid Time)
Fri-Sat Come before 5pm (Valid Time)

For 6 people \$85.00	For 18 people 275.00
For 12 people \$185.00	For 28 people \$350.00

9 Dishes To Choose From

KOREAN/JAPANESE GROCERY

\$6.99^{ea}	\$5.99^{ea}	\$9.99^{ea}	\$2.49^{ea}	\$2.59^{ea}	\$4.99^{ea}
----------------------------	----------------------------	----------------------------	----------------------------	----------------------------	----------------------------

HOUSEWARES

99¢^{ea}	\$30.99^{ea}
-------------------------	-----------------------------

FROZEN & FISH DEPT

Frozen Seasoned Baby Octopus 16 oz \$8.99^{ea}	REG. \$14.99 ^{ea}
---	----------------------------

EUROPEAN DELI

\$13.19^{ea}	\$4.39^{ea}
\$12.09^{ea}	\$3.99^{ea}

Advised 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 NOVEMBER 30 - DECEMBER 06, 2022.

Giving Machine: the Spirit of Christmas

By Margaret Snider

ROSEVILLE, CA (MPG) - The Giving Machines, which are vending machines that disperse donations instead of snacks, have come to Westfield Galleria Mall in Roseville, the only place in California to have them.

Santa Claus was one of the first to donate, aided by Denise Hoffman, supervisor of the Tuesday volunteers.

"The Giving Machine is the same spirit of Christmas that Santa has," Santa said. "We give and not receive. That's what Christmas is all about. Always give and think of the love we share. Merry Christmas!"

Hoffman didn't say what Santa's choice was, but she said that her family's favorite donation is chickens.

"We've already bought some chickens, but I think (my husband) wants to buy a family toilet," she said. "You can get a family toilet for \$60."

Minimum purchase begins at \$10 and goes to a maximum of \$1,500. Volunteers are there every day to help patrons operate the vending machines.

Sponsored by the Church of Jesus Christ of Latter-day Saints, the Giving Machines originated in 2017 and this year are in place during the holidays in 22 locations in the United States, and 6 international locations. At the Galleria, the machines offer donations to four local and three international nonprofit organizations. They will be in place from November 22 through January 2.

How does it work? Choose a machine - each machine offers a selection of items on behalf of global and local organizations that help those suffering from hardship and privation. Make your selection - you may add several items you'd like to donate using the touch screen "shopping cart," up to a total of \$1,500. Swipe your card - Giving Machines accept credit card and



Tuesday volunteer shift lines up next to Light the World Giving Machine on the first day of operation at Westfield Galleria Mall in Roseville. Volunteers from left are Lynette McDowell, Ron McDowell, Debbie Timpson, Kelly Timpson, Lin Schultz, Mark Hoffman, Denise Hoffman, Judy Stoeltzing and Dick Stoeltzing. Photo by Margaret Snider

mobile payments (Apple Pay, Google Pay, etc.). Collect your receipt - a card will drop down showing what you have donated.

"One of the things I've learned is," said Hoffman, "we're buying chickens for a family in an underdeveloped country - that will provide both food for them and income from selling eggs to others in the village. The charities must use that money donated for buying chickens, they can't use it for anything else. The organizers have oversights in place to assure that what is donated is what is given."

Anyone can donate, and often entire families come and let the children help choose what the family donates. Nancy Pinney of Granite Bay came with her grandchildren Luke, Jake, Chase, and Kai.

"They were very excited about it," Pinney said. "They each picked something that they

wanted to purchase . . . I think that the Giving Machine is just an inspired program. So many people are looking for ways to help other people. They don't know how to. They don't know where to turn, they don't know who to ask. And this Giving Machine is so easy to use and it's so available, it's right there in the middle of the Mall, and it gives you such a selection of things to choose from. I think it's just an amazing, amazing program."

While international donations may provide more exotic purchases, like chickens or out-houses, than donations for local charities, contributions to local concerns are needed to provide help to the people who live right around you. The local groups that are represented in this year's Sacramento area machines are Placer Food Bank, HART, Al-Misbaah, and Catholic Charities: Diocese of Sacramento.

Placer Food Bank covers Placer, El Dorado and Nevada Counties, an area of about 4,700 square miles. During the last fiscal year, the food bank distributed about 8.2 million pounds of food in the three counties.

"When we started learning about the concept of the Giving Machines, we thought it was really, really quite brilliant," said Lisa Heinrich, director of development and communications for Placer Food Bank, "and quite an interesting way to allow the community to come together in a gathering place and make a donation . . . What better way to continue our mission, to help feed people."

In the meantime, it's good to remember the real meaning of the Giving Machine.

"While we make a trip to the mall and choose what we'd like to donate," said Bruce Anderson, the director of the local effort,

"we can't forget that while we have fun and go back to a warm home and a good meal, there are others out there doing without the very basics of life - clean water, a bed to sleep in, enough food to keep them alive. What's important is that we do what we can."

The Giving Machines can be found at Westfield Galleria Mall, 1151 Galleria Blvd., Roseville, CA, in front of Penny's and Santa's greeting place. Galleria hours are 10 a.m.-8 p.m. Monday-Thursday, 10 a.m.-9 p.m. Friday and Saturday, and 11 a.m.-7 p.m. on Sunday. If you aren't able to go to the Giving Machines, you can also donate online by going to <https://www.churchofjesuschrist.org/comeuntochrist/light-the-world/giving-machines>. To learn about the local Giving Machines, go to <https://www.givingmachinesgreatersacramento.org/> ★

GREATER SACRAMENTO

LightTheWorld

Giving Machine!

Vending machines with a twist

Instead of buying something for yourself, you are donating life-changing humanitarian goods and services to a local or global charity.

Nov 22-Jan 2

**ROSEVILLE GALLERIA
OPEN DURING MALL HOURS**

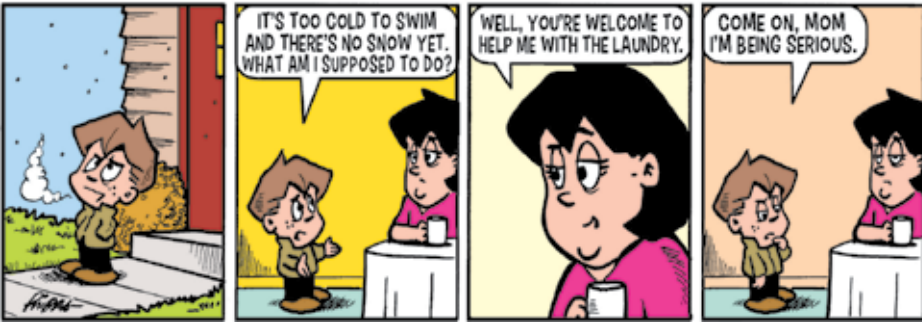


FIND OUT MORE AT:

[GivingMachinesGreaterSacramento.org](https://www.givingmachinesgreatersacramento.org)

WEEKLY COMICS

Amber Waves



by Dave T. Phipps

The Spats



by Jeff Pickering

Out on a Limb



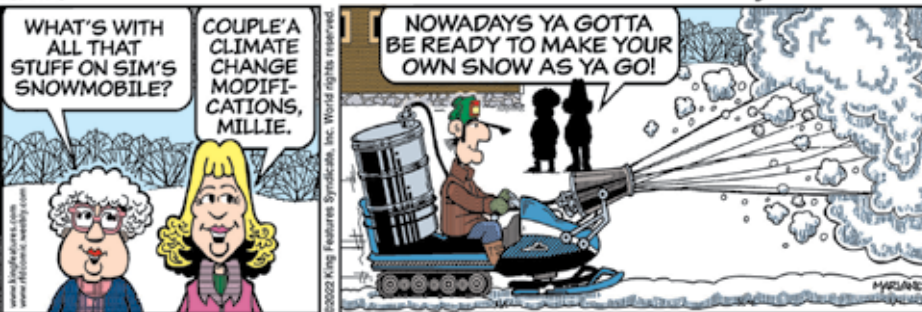
by Gary Kopervas

THEY'LL DO IT EVERY TIME



BY AL SCADUTO

R.F.D.



by Mike Marland



THANK TO SHIRLEY A. WAXBOM, WORTHINGTON, OHIO

GRIN and BEAR IT



LAFF-A-DAY

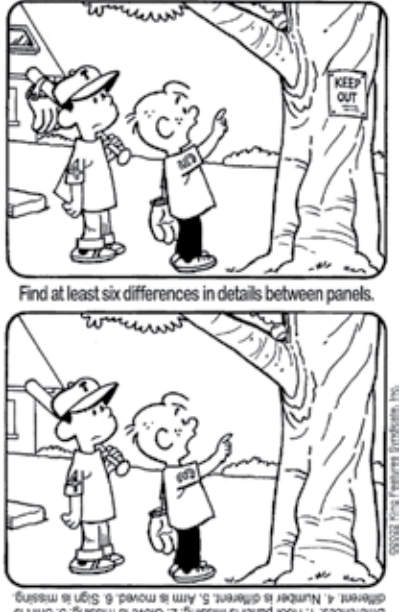


Just Like Cats & Dogs



by Dave T. Phipps

HOCUS-FOCUS



BY HENRY BOLTINOFF

We Beat Almost All Online Prices on Premium Brand Pet Foods.

Including Blue Buffalo, Chicken Soup, Earth Born, Diamond Naturals, Pinnacle, Taste of the Wild, & Royal Canin.



EVERYDAY LOW PRICES
Super Discount Prices • Hot Specials & Coupons
Short term promotions from vendors (No Membership Fee)



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

We Only Accept ATM, Cash, & Checks M-F 9-7, SAT 9-7, SUN 10-7 Effective 11/30/22 - 12/6/22



COUPON
59¢/Lb
WHOLESOME PREMIUM DOG BISCUITS
with the purchase of pet, fish food or supply. Reg \$1.99
Limit 1 Lb PLU 332 CHM
Limit 1 Coupon Per Customer
Effective 11/30/22 - 12/6/22

COUPON
\$5.00 OFF
ANY PURCHASE OF \$15.00 OR MORE OF PET OR FISH SUPPLIES (Excluding Pet Food or Litter)
Cannot be used in conjunction with similar dollar or percentage off coupons & advertised sale items.
Limit 1 PLU 351 CHM
Limit 1 Coupon Per Family
Effective 11/30/22 - 12/6/22

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

<p>NATURAL BALANCE DRY DOG FOOD 22-24 Lb Bag Lamb Meal & Rice (Reg & Lrg Brd) • Sweet Potato & Salmon • Sweet Potato & Chicken • Sweet Potato & Venison • Sweet Potato & Bison Limit 2 Bags Per Family \$5 OFF Our Regular Price Effective 11/30/22 - 12/6/22</p>	<p>AVODERM NATURAL DRY DOG FOOD 26-30 Lb Bag Limit 2 Bags Per Family •Lamb Meal & Rice •Chicken Meal & Rice •Lite •Senior •Large Breed \$4 OFF OUR DISCOUNT PRICE! Effective 11/30/22 - 12/6/22</p>	<p>NUTRO WHOLESOME ESSENTIALS DRY DOG FOOD •Lamb Meal & Rice •Adult 30 Lb Bag •Large Breed •Small Bites •Healthy Weight Limit 2 Bags Per Family \$44.99 Effective 11/30/22 - 12/6/22</p>	<p>EUKANUBA DRY DOG FOOD Limit 2 Bags Per Family •Medium Breed Adult \$59.99 •Large Breed Adult \$67.99 •Large Breed Senior \$71.99 •Large Breed Lamb \$71.99 •Fit & Body Large Breed... Effective 11/30/22 - 12/6/22</p>
<p>FRISKIES BUFFET CANNED CAT FOOD 5.5 Oz All Varieties Limit 2 Cases Per Family ON SALE Everyday Effective 11/30/22 - 12/6/22</p>	<p>FUSSIE CAT PREMIUM CANNED CAT FOOD •Black Label •Gold Label 2.8 Oz. Un-opened Cases Only \$9 OFF Per Case Our Regular Low Prices! Effective 11/30/22 - 12/6/22</p>	<p>ARM & HAMMER SUPER SCOOP CLUMPING CAT LITTER 20 Lb Box •Unscented •Double Duty (Clump n Seal 19 lb, Slide 19 lb \$11.99) •Absorbix 15 lb \$16.99 Limit 2 Boxes Per Family Effective 11/30/22 - 12/6/22</p>	<p>SCOOPAWAY CLUMPING CAT LITTER 42 Lb Bag •Multi-Cat Formula Limit 2 Bags Per Family \$13.99 Effective 11/30/22 - 12/6/22</p>
<p>PURINA PRO-PLAN CANNED CAT FOOD •Selected Varieties 3 Oz (Focus & Selected Varieties \$1.25) Limit 1 Case \$1.09 Limit 2 Cases</p> <p>EARTHORN HOLISTIC CANNED CAT FOOD Including •Catalina Catch •Harbor Harvest •Monterey Medley •Chicken Catcicatori 3 Oz. 5.5 Oz. \$1.79</p> <p>MEOW MIX CAT FOOD Market Fresh 2.75 Oz Cup Limit 1 Case 69¢</p> <p>CORE GRAIN FREE DRY DOG FOOD •Original •Reduced Fat •Ocean 22-24 Lb Bag \$6 OFF OUR REGULAR PRICES</p>	<p>NATURE'S MIRACLE PREMIUM ORGANIC CORN COB LITTER Bio-Enzymatic Formula 10 Lb Bag Limit 2 Bags \$7.49</p> <p>SCIENCE DIET SMALL BITES DRY DOG FOOD 15 Lb Bag Limit 2 Bags •Adult •Lite •Mature •Puppy (Sensitive Stomach 15.5 Lb \$34.99) \$28.99</p> <p>9 LIVES DRY CAT FOOD •Grilled Tuna & Egg 12 Lb Bag Limit 2 Bags Per Family \$10.99</p> <p>GRAVY TRAIN DRY DOG FOOD 35 Lb Bag Limit 2 Bags \$19.99</p>	<p>EARTHORN HOLISTIC DRY DOG FOOD Natural Grain-Free •Primitive Feast •Great Plains Feast •Meadow Feast •Coastal Catch •Weight Control •Large Breed 25 Lb Bag \$43.99</p> <p>NATURALLY FRESH CAT LITTER 100% Natural Walnut-based 14 Lb Bag 10 Lb \$5.99 Multi-Cat Clumping \$9.99 Multi-Cat Clumping \$10.99</p> <p>FANCY FEAST CLASSIC BROTH 1.4 oz. All Varieties Limit 2 Pkgs \$1.19</p> <p>BOXIE CAT CAT LITTER •Probiotic •Gently Scented •Scent Free (Natural & Extra Strength) 16 Lb \$2.00 OFF 28 Lb \$3.00 OFF Veterinarian Recommended Limit 2 Bags</p>	
<p>GREENIES DOG TREATS 12 Oz Pkg Value Pack •Chewy Texture • Easy to Digest •Teeny (42 Ct) •Reg (12 Ct) \$13.99 •Regular •Grain Free 12 oz \$15.99 •Petite (20 Ct) •Large (8 Ct)Limit 2 Bags Per Family</p> <p>ROSY'S ORGANICALLY GROWN KITTEN GRASS •Single Tub \$2.99</p> <p>PETSAFE GENTLE LEADER •Head Collars •Easy Walk Harnesses •Come With Me Kitty 20% OFF OUR SUPER LOW PRICES</p>	<p>MAMMOTH PET PRODUCTS TIRE BITER PAW TRACKS •Squeaky Freaks •Soft Pet Toys All Varieties 20% OFF OUR SUPER LOW PRICES</p> <p>HOME GUARD TRAINING PADS 50 ct \$8.99 VALUE PAWS 100 ct \$14.99</p>	<p>BOXED GLASS TANK WITH STARTER KIT 10 Gal Tetra LED Deluxe \$66.99 29 Gal Tetra LED Deluxe \$136.99 20 Gal Tetra LED Deluxe \$113.99 55 Gal Tetra LED Deluxe \$224.99</p> <p>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</p> <p>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</p> <p>REEF CRYSTALS 50 Gal. Salt Mix \$22.99</p>	
<p>BONUS COUPON FANCY FEAST GOURMET CANNED CAT FOOD 3 Oz - All Varieties Except Elegant Medley Limit 1 Case Per Family Limit One Coupon Per Family Price Valid Only With Coupon Effective 11/30/22 - 12/6/22 ON SALE Everyday</p>	<p>BONUS COUPON FRISKIES PARTY MIX CAT TREATS 2.1 Oz •Selected Varieties Limit 2 Pkgs with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 11/30/22 - 12/6/22 \$1.49 CHM PLU 573</p>	<p>BONUS COUPON JONNY CAT PREMIUM CAT LITTER 20 Lb Bag Limit 1 Bag With Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 11/30/22 - 12/6/22 \$5.39 CHM PLU 362</p>	



Vote Now!

Contest Rules

Business must be located in Fair Oaks or be a Fair Oaks Chamber member. All votes must be cast online at **BestofFairOaks.com**

Only one vote per category per person. All voting entries must have complete information or the votes will not be counted.

Best of Fair Oaks winners will be presented at this year's "Best of Fair Oaks" event (see info below).

You're Invited!

Tickets are expected to sell out fast.

Don't miss your chance to attend the 7th annual "Best of Fair Oaks" event.

This year's event will be held:

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

When: Thursday January 26, 2023

Cost: Contact the Fair Oaks Chamber of Commerce for details

FairOaksChamber.com or call **916-967-2903**