



**Rams Win at Pioneer to Set Up Showdown for GEL Crown**

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**Hornets Rally for 31-24 Overtime Win Over Montana**

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# AMERICAN RIVER Messenger

VOLUME 17 • ISSUE 20

Serving Fair Oaks, Orangevale & Sacramento County

OCTOBER 28, 2022

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CELEBRATING OUR 125TH ANNIVERSARY



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**DEL CAMPO BASEBALL TEAM GETS BLING**



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**RAINBOW FENTANYL IN SACRAMENTO!**



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## New Honorary Mayor in Town

Chamber Announces this Year's Fundraising Winner



Jen joins her place in history with an elite group of past honorary mayors. Seen here with Penny Howard and Warren McWilliams in the front row. Back row left to right: Jim Cralle (Fair Oaks Chamber President and past candidate), Jen, Dustin Buck, Karyn Barth Moore, Rachel Griffith, Keith Wright, and Kimberley Pitillo (Fair Oaks Chamber Exec. Director).

Story and photo by Judy Andrews

**FAIR OAKS, CA (MPG)** - The Fair Oaks Chamber of Commerce is excited to announce their new Honorary Mayor of 2022/23. Jen Rodriguez, owner of Skinned and Lashed, joins her place in history as becoming the 44th Honorary Mayor of Fair Oaks! She will replace Penny Howard, who steps down after serving two back-to-back terms.

The big announcement took place

on Oct. 13 at North Ridge Country Club where Jen was joined by two other candidates in the running—second place finisher Dr. Betty Swan of Swan Family Optometry and third place finisher Wesley Collins, an account executive at Essex Mortgage.

All three were recognized for their outstanding fundraising efforts totaling more than \$26,500. In an exciting 3-month long campaign that ended on Sept. 30, Jen ended up raising \$13,068 for her two charities of choice – the Fair Oaks Youth

Advisory Board and Family FreeRide – which placed her in the lead and earned her the title of this year's Honorary Mayor. The money raised by each candidate is split 50/50 between their charity and the Fair Oaks Chamber of Commerce.

"Fair Oaks doesn't have an actual mayor. So, in 1979 the chamber created the Honorary Mayor race as a non-political and fun way to raise money for the community," said Kimberley Pitillo, Fair

*Continued on page 2*

## SJUSD Announces Selection of Next Superintendent of Schools



Melissa Bassanelli, SJUSD new Superintendent of Schools. Photo courtesy of SJUSD

SJUSD News Release

**SACRAMENTO REGION, CA (MPG)** - On Sept. 27, 2022, San Juan Unified Board of Education meeting it was announced by unanimous vote that current Deputy Superintendent of Schools and Programs Melissa Bassanelli has been selected as San Juan Unified's next superintendent of schools. She will assume the role starting Jan. 1, 2023.

"Melissa demonstrated a deep and thoughtful understanding of the work that San Juan Unified is engaged in, combined with new ideas on how to address some of our most pressing challenges," said Board of Education President Dr. Michael McKibbin. "Her inquiry-based style of leadership can help us evolve and reach new heights in how we provide services to students and families."

Bassanelli has been San Juan Unified's deputy superintendent of schools and programs since 2019 with responsibility for the Division of Teaching and Learning. She played a key role in the development, implementation and refinement of the district's strategic plan, Local Control and Accountability Plan (LCAP), Expanded Learning Opportunities (ELO) plan and Elementary and Secondary School Emergency Relief Fund (ESSER) plan. Prior to her current position, she served as the assistant superintendent of elementary and K-8 education, director of professional learning and curriculum innovation, director of extended learning and support programs, and as a vice principal and principal. ★

## It's Time to Vote for the Best

By Judy Andrews, Fair Oaks Chamber of Commerce

**FAIR OAKS, CA (MPG)** - Who will win The Best of Fair Oaks 2022? Each year this exciting annual voting event grows by nominees and votes. Last year, more than 10,800 online votes were achieved determining the winners in 55 different categories with 304 businesses receiving votes.

In order to receive votes, nominated businesses must either be a current member of the Fair Oaks Chamber of Commerce, or the business must reside within the Fair Oaks boundary.

Online voting begins at [bestoffairoaks.com](http://bestoffairoaks.com) on November 10th and continues through December 22nd. The winners will be announced at a special gala honoring all nominees on January 26th at North



Fair Oaks Youth Outreach (FOYO) will be presenting the Best of Fair Oaks 2022 at North Ridge Country Club on January 26, 2023. Photo courtesy of FOCC

Ridge Country Club.

The Gala will be presented by Fair Oaks Youth Outreach (FOYO), a group formed by the Fair Oaks Chamber of Commerce.

The Best of Fair Oaks is hosted by the American River Messenger, Fair Oaks Chamber of

Commerce and Voterfly.

For more sponsorship opportunities reach out to the Chamber at (916) 967-2903 or [info@fairoakschamber.com](mailto:info@fairoakschamber.com). Stay tuned for more information!

**Nominations begin:** October 28

**Voting starts:** November 10

**Voting ends:** December 22

**Gala presentation:** January 26, 2023

Vote online at [bestoffairoaks.com](http://bestoffairoaks.com) ★

See you in Fair Oaks!



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**TANYA KRAVCHUK**  
San Juan School Board

learn more about my campaign for #BetterSaferSchools @ [TanyaKravchuk.com](http://TanyaKravchuk.com)

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# PUBLIC SAFETY ALERT: Rainbow Fentanyl in Sacramento!

**Sac County DA  
News Release**

**SACRAMENTO COUNTY, CA (MPG)** - District Attorney Anne Marie Schubert warns the public that rainbow fentanyl pills are now in the Sacramento community. Law enforcement has recently made the first significant rainbow fentanyl fake M30 pill seizure in the Sacramento region.

These colorful fentanyl pills look exactly like Smarties candies, and they are designed to attract kids and teens.

With Halloween coming up, DA Schubert urges parents, guardians, educators and community leaders to talk to kids and teens about the fentanyl epidemic, how they're being targeted with rainbow pills and how to avoid



With Halloween coming up, District Attorney Anne Marie Schubert urges parents, guardians, educators and community leaders to talk to kids and teens about the fentanyl epidemic, how they're being targeted with rainbow pills and how to avoid becoming a victim of fentanyl poisoning. Courtesy photo

becoming a victim of fentanyl poisoning. Quick facts include: Fentanyl is deadly; just a few grains can kill; Fentanyl is everywhere: fake pills, powders, party drugs, now rainbow pills disguised as candy; 99% of Oxycodone M30 pills seized and tested in Sacramento County contain fentanyl; It's virtually

impossible to tell if a pill, or any form of a drug, is fake and contains fentanyl; If a drug didn't come from a pharmacy, assume it contains fentanyl.

More information on the fentanyl epidemic and resources to help prevent fentanyl deaths can be found at [1pillcankillsac.com](http://1pillcankillsac.com). ★

# United Methodist Church Celebrates 125th Anniversary

*We believe Teamwork makes the Dream work.*  
- Pastor Carieta Cain-Grizzell, FOUUC

**By Elise Spleiss**

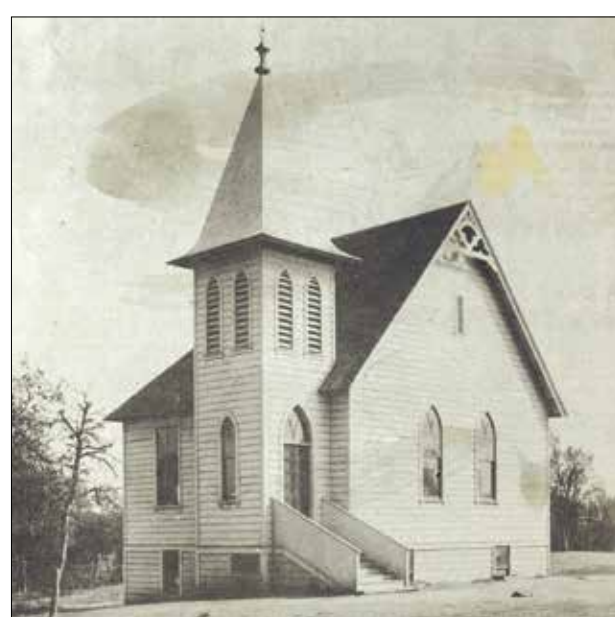
**FAIR OAKS, CA (MPG)** - On Sunday, October 30, 2022, the Fair Oaks United Methodist Church, (FOUUC) at 9849 Fair Oaks Blvd, will commemorate its 125th anniversary with a special celebration from 12:30 to 2:30 p.m.

Join neighbors and enjoy this space which has been an active church home to hundreds of members for nearly 55 years. Meet your neighbors, visit with local shop keepers, visit the Chamber of Commerce table, and representatives of Scout Troop 215, and the Little Methodist Preschool located on-site.

Enjoy the "Old Time Fiddlers" music along with a bounce house, kiddie cars and more. Food will be available from the food truck on-site.

FOUUC provides space for Fair Oaks Community organizations including Scout Troop 215, Alcoholics Anonymous groups and various support groups.

They provide outreach for Tarps for Homeless, Water for Homeless, contribute to the food drive for Sunrise Christian



The original Fair Oaks United Methodist Church building was built in 1897 on Watkins Drive and Sacramento Street in Fair Oaks—now a private residence. Photo courtesy of FOUUC

Food Ministries, and school backpack collection for Downtown Ministries. They have donated seven "Arks" for the Heifer project in past years.

What does the future hold for Fair Oaks United Methodist Church?

According to Pastor Carieta Cain-Grizzell, "We continue to upgrade and improve our physical campus as well as our spiritual relationships with God and each other".

Goals for the 125th Anniversary celebration and community campaign:

1) Together we can create a sense of community that motivates everyone

to be on top of our game, ease tensions and create a sense of unity which increases innovation.

2) Create opportunities for community engagement.

3) The presence of the Church in a community brings direct economic benefit to the local area by bringing individuals from surrounding areas to the community which provides economic support to local establishments.

For more information on the history of Fair Oaks United Methodist Church visit [www.americanrivermessenger.com/articles/2022/1021-Fair-Oaks-United-Methodist-Church/index.php?ID=15049](http://www.americanrivermessenger.com/articles/2022/1021-Fair-Oaks-United-Methodist-Church/index.php?ID=15049) ★

# New Honorary Mayor in Town

*Continued from page 1*

Oaks Chamber of Commerce Executive Director. "More than \$473,000 has been raised through this program over the last 43 years."

The winner's name was kept secret until the night of the unveiling. Kimberley made the announcement to an excited roomful of supporters, sponsors, previous honorary mayors and candidates, local dignitaries, and other special guests.

Stunned and in tears, Jen thanked her family and team of supporters. "Success is not achieved alone," she said. Jen is the sole proprietor of her Fair Oaks Village business and was also voted Best Salon and Beauty of Fair Oaks for 2021.

A long-time chamber member, Dr. Swan raised \$9,119 for the Orangevale-Fair Oaks Food Bank. This was her first time in the running. "Without the chamber, I'd never have the business I have now," she

said. "Thank you to everyone who supported me."

Wesley raised \$4,392 for the Fair Oaks Youth Outreach and for the Orangevale-Fair Oaks Food Bank. "Even though it was a lot of work, I'd gladly do it all again," he said. "With all the money going to charity, no one loses tonight."

The Fair Oaks Chamber of Commerce wishes to provide special thanks to event sponsor Dustin Buck of Buck Wealth Management, Inc.

Do you think you have what it takes?

The Fair Oaks Chamber is looking for the next candidates to take on the Honorary Mayor challenge for 2023/24! It's a great way to help promote your business and give back to the community. The next campaign will begin in early spring and potential candidates may contact Kimberley Pitillo at [info@fairoakschamber.com](mailto:info@fairoakschamber.com). ★

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NOVEMBER 8**

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- Delinda Tamagni
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- Dustin Buck
- Misha Sarkovich
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- Barbara Sestito
- Elitas "Mazzy" Chirwa
- Eleanor Brown
- Pat and Bob Vogel
- Jim and Diana Cralle
- Buzz and Bonnie McClain
- Keith and Vicki Walter
- Rose Erickson
- Joe Dobrowski
- Warren and Janet McWilliams
- Nan Danford
- Prab Sethi
- Don Troutman
- Dave Claugus
- Jim Pearce
- John Paul Jones
- Mike Maddox
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- Ray Ward

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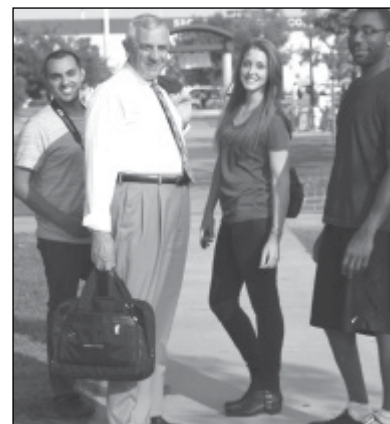
**The Nonpartisan Choice**

The elected Board of Trustees for the Los Rios Community College District oversee California's second largest community college district with 61,560 students currently enrolled. Los Rios colleges have provided the Capital Region with high quality academic and career training for over a 100 years.

There are 2,050 permanent full-time faculty and staff and 1500 part time adjunct faculty. The 2022-23 budget for the district's four campuses and ten satellite/ community centers is \$700 million. Federal, State, and private sources awarded \$161 million in student financial assistance last year.

The district currently offers 1,727 unique courses in 6,192 sections both on-line and on-ground. Since 2002 \$811 million in voter approved General Obligation Bond and other funding has been invested in the district's instructional and public service buildings throughout the Capital Region.

American River College offers 48 career technical programs in 15 different pathways including Building Trades & Construction; Health Science & Medical Technology; Finance and Business; Manufacturing and Product Development; and Public Services. Sacramento residents can begin a career with hands on training by faculty that include working professionals in their industry. The cost is six times less money per year than at a CSU campus; and 14 times less than at a UC campus. And fully 90% of Los Rios students do NOT have any government loan debt.



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Los Rios Trustee**

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- Support faculty and staff initiatives that advance student success in transfer, degree, certificate, and career technical education.
- Preserve California's legacy of affordable access to our colleges.
- Foster collaborative relationships with businesses, labor, civic leaders, and regional communities to guide the development of career technical programs including apprenticeship opportunities.

**Robert has decades of practical experience and leadership accomplishments and a life-long commitment to helping Capital Region students and their families achieve their career goals.**

*His reelection is supported by all the members of the Los Rios Board of Trustees.*

**TEACHER/PROFESSOR**

American Government at Lassen, Shasta, and San Mateo Community Colleges; CSU Sacramento, Chico, San Francisco, and Dominguez Hills; UC Santa Barbara; and Peace Corps.

**ADMINISTRATOR**

Vice President Emeritus California State University Sacramento; Assistant Dean of Students CSU Chico; Executive Dean CSU Dominguez Hills. Director of Protocol Los Angeles Olympic Games; Staff California Assembly Committee on Education; Director Public Service Programs Office of the President University.

**CAPITAL REGION COMMUNITY SERVICE**

former board member Sacramento Valley Conservancy, Capital Public Radio, Sacramento Entrepreneurship Academy and Sacramento Arts and Business Council.

**FAMILY**

Fair Oaks resident for 33 years; wife Julianne a retired public elementary school teacher. Adult children are Jennine a career nurse with the San Diego Veterans Administration, and Jennifer a Research Associate with Scripps Whittier Diabetes Institute. Everyone in the family has been educated by California public school teachers.

**PROFESSIONAL PREPARATION**

El Cerrito High School, Apprentice Meat Cutters and Butcher Workman of North America, Contra Costa Community College, San Francisco State University, University of California Santa Barbara, and Harvard University.

# Home Invasion Barricaded Suspect Taken into Custody

**Sacramento Sheriff's Department News Release**

**FAIR OAKS, CA (MPG)** - On Sunday, October 13, 2022, at approximately 8:07 p.m., Sacramento Sheriff's Office helicopter assisted Citrus Heights Police Department with a pursuit of a stolen vehicle. During the short pursuit, the suspect's vehicle collided with a tree, and the suspect fled on foot carrying a handgun. The suspect attempted to get into a nearby residence and was unsuccessful. The suspect then jumped over a fence and forced his way into an occupied residence located in the 6000 block of Long Acres Court within the unincorporated county of Sacramento.

As officers surrounded the house, a resident came out and advised officers that his wife was still inside. While preparing a plan to rescue the female, she jumped from a second-story window moments after the suspect forced his way into the room where she was hiding. The elderly woman was safely rescued by officers but was injured and transported to a local hospital for treatment of injuries resulting from the fall.

The Sacramento Sheriff's Office Special Enforcement Detail (SED) and Critical Incident Negotiations Team (CINT) took over the incident and handled it as a barricaded subject. After several hours of negotiations and de-escalation techniques, the suspect was safely arrested with the assistance of a Sheriff's K9 and a less lethal

weapon deployment. Citrus Heights officers transported the suspect to a local hospital for treatment of his injuries. A firearm was recovered at the scene.

The suspect is identified as James Jarrad, a 38-year-old resident of Contra Costa County, who was confirmed to be a parolee at large with a significant criminal history. Once treated for his injuries, he will be booked into the Sacramento County Jail on charges of Home Invasion, Felon in Possession of a Firearm, Fleeing an Officer, and Elder Abuse.

In dynamic and volatile incidents like these, the Sacramento County Sheriff's Office prioritizes the public's safety and bringing peaceful resolution. Each situation is different and requires a unique response. The Sheriff's SED and CINT teams are deployed together and employ a collaborative approach balancing tactics, intelligence, technology, and time to their advantage. During this over 6-hour standoff, we are confident that their constant threat assessment of the suspect coupled with his risk to the public, the teams' patience, and our partnerships with allied agencies was paramount in the situation's positive outcome.

Any witnesses who may have information relating to this incident are encouraged to contact the Sheriff's Office at (916) 874-5115 or the Citrus Heights Police Department at (916) 727-5500. Tip information may also be left anonymously at [www.sacsheriff.com](http://www.sacsheriff.com) or by calling (916) 874-TIPS (8477). ★

# ASI Children's Center Distributes Free Diapers

**By Jennifer K. Morita, Sac State**

**SACRAMENTO, CA (MPG)** - Working mom and full-time Sacramento State student Gabby McCartney doesn't have the luxury of buying just any diapers for her 2-year-old daughter, Emilia.

"I have looked at different brands and the quantity of diapers you get for the price," McCartney, 23, said. "I found one that was cheaper, and I like to get them from Costco because it's about \$50 for 160, and that lasts almost half a month.

"I spend about \$100 a month on diapers."

With the rising price of food, gas and other essentials, there isn't a lot of wiggle room in McCartney's budget – and she's not alone.

To help McCartney and other Sacramento County families struggling with the region's high cost of living, the Associated Students, Inc. (ASI) Children's Center is giving away free diapers.

The center has partnered with the Sacramento Food Bank to become a federally funded National Diaper Distribution site.

Anyone in Sacramento County with young children can obtain from the center 50 free diapers a month, sizes 3 through 5.

"People are struggling because of inflation and have to make some very serious choices between feeding their children or taking care of their diapering needs," said Sherry Velte, ASI Children's Center director. "So, children can be left in diapers too long, which causes diaper rash.

"It's a health concern for children. It can be very severe when children's bottoms are bleeding and have wounds and sores."

Within days of launching on Sept. 2, the Children's Center



Gabby McCartney, who attends Sac State full time, and her 2-year-old daughter, Emilia, were among the first to visit the ASI Children's Center to take advantage of a new partnership that allows student-parents and Sacramento County residents with young children to receive 50 free diapers each month. Photo courtesy of Sacramento State/Andrea Price

distributed more than 1,800 diapers, Velte said.

The numbers don't lie, said Lorena Carranza, the Sacramento Food Bank's community resource manager. When the COVID-19 pandemic hit, the number of families the Sacramento Food Bank served doubled from 150,000 a month to more than 300,000, she said.

As the world began to recover last year, the lines at the food bank diminished slightly, only to grow again about four months ago.

"It's because of inflation," Carranza said. "It's really hitting families hard, so we are right now at 250,000 families a month.

"The cost of living is very high here in Sacramento, and we see it in all the demographic groups. There are a lot of families with little ones. You have to change diapers, there's no way around it. Babies don't wait."

The Sacramento Food Bank became a national diaper distribution site in July 2021 and works with six other organizations in Sacramento County to provide diapers.

The Sacramento Food Bank also partners with Sac State to provide food for the ASI Food Pantry and knowing college students' needs makes the collaboration "a perfect fit," Carranza said.

In addition to special trainings, Velte had to determine how to transport the large boxes of diapers and find a clean, dry place to store them.

"It's not what we're designed to do. We're a childcare facility," she said. "But we're providing diapers to the campus and the community because I know this will be a tremendous service to my student-parents, who are primarily on financial aid."

McCartney picked up diapers on the first day.

"It will help out tremendously," McCartney said. "Prices for everything have been extremely high, and children go through so many diapers. I'm constantly having to buy them."

McCartney, who commutes to campus from Elk Grove, said free diapers mean she'll worry less if there's another spike in the cost of gas or food.

"The ASI Children's Center is an amazing program, and I'm very grateful I'm able to get diapers from here now."

The ASI Diaper Distribution program is open to everyone in Sacramento County with young children. For more information, contact the Children's Center by email or by phone at 916-278-6216. ★

# Blankets for Sacramento Kids Readies for Holiday Giveaway



This holiday season you can do something to give the gift of joy to Sacramento region kids. Photo courtesy of SBSK

**By Claire Gliddon, SBSK News Release**

**SACRAMENTO REGION, CA (MPG)** - Every September, SBSK picks as many of the lowest-income elementary schools we can and finds out how many kindergartners they have, and they make double fleece blankets (about 40" x 60") for ALL of them, and a little fleece pouch with a Beanie Baby in it to go with each blanket. SBSK gives these to the kids right before Christmas break. (Even during this time of distance learning, the teachers will get these to their students.) Some of these kids live in their cars or in places without heat.

And this is ALL they get for Christmas.

The double fleece blankets and Beany Babies are WILDLY popular with the teachers AND the kids! Spread the word, too! We've done this for 9 years and hope to continue doing it, as long as we can get Beanie Babies. In 2022, SBSK will need 1,400 blankets and Beanie Babies.

SBSK is always looking for new volunteers to make blankets all year round for children in need. SBSK is asking for donations of Joann's fleece blanket kits (48 x 60) all year long. Beanie Baby Explanation – SBSK is asking for donations of new or "almost

new" Beanie Babies all year long. If you'd like more information about SBSK, please go to [www.sacblankets4kids.com](http://www.sacblankets4kids.com) and sign in! No pressure, no timelines, no meetings... just people who enjoy blanket-making and helping a whole lot of children at the same time.

Sacramento Blankets for Sacramento Kids (SBSK) is a nonprofit organization that gets volunteers to make handmade blankets (sew, quilt, crochet, knit, no-sew fleece) for children in need from infants to 18-year-olds. They do this all year long! But they also have a "special" project they do around this time of year. ★

# Microbusiness Grants Now Open

**Sacramento County News Release**

**SACRAMENTO COUNTY, CA (MPG)** - Sacramento County is launching the fourth round of grant funding for micro-business owners who may have missed an opportunity to apply for a \$2,500 grant in a previous round. Applications for the Sacramento County Microbusiness Grant Program will be accepted from Oct. 10 to Dec. 20, 2022.

The Grant Program is funded by the State of California's Office of the Small Business Advocate and administered by Sacramento

County to assist microbusinesses impacted by the COVID-19 pandemic.

Microbusinesses can receive grants of \$2,500 that do not need to be repaid. To qualify, microbusiness must receive less than \$50,000 in gross revenue annually and has fewer than five full-time employees. An eligible business must also have been in operation by the end of 2019.

Additional information on the Grant Program's complete eligibility requirements, application, frequently asked questions and assistance is available on the Sac4Micro website. ★

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Arlene Inglis, Retired District Administrator  
Michelle Owen, Parent, Trajan Elementary  
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Rotary Club of Orangevale  
School and district governance  
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School site council at 2 schools  
Curriculum and Instruction Committee (8 years)

Help me apply the experiences of my lifetime to help our children and youth!

# Who Let the Dogs Out? We Did.



Happy dogs enjoy the Dogs Playing for Life training workshop. Photos courtesy of Sacramento County

## Sac County News Release

**SACRAMENTO COUNTY, CA (MPG)** - It was all fun and games for the dogs at Sacramento County's Bradshaw Animal Shelter last month.

The shelter was chosen to participate in three intensive, all-day training workshops with Dogs Playing for Life (DPFL), a 501c3 nonprofit organization rooted in a dog's natural instinct to play. The sessions, which taught staff how to conduct successful large-scale playgroups to increase dogs' adoption prospects as well as provide efficient and effective socialization and exercise, took place from Sept. 28 - 30, 2022. Over three days and a series of playgroups, more than 100 dogs ran, wrestled and rolled around together.

The play model is part of an innovative approach to animal sheltering: one that

aims to make a stay at the shelter more like a fun trip to summer camp and less like time behind bars. DPFL furthered staff's expertise of dog behavior by teaching them how to assess nuances of play styles and body language in order to create dog playgroups that bring out the best in animals while minimizing the risk of injury or spread of infection.

"A big misconception is that it's too risky to let dogs play or that shelter dogs have to be carefully taught how to socialize," said Lauren Revier, Program and Research Administrator for DPFL. "It's natural for dogs to interact and play, and when playgroups are approached thoughtfully, most dogs can participate and enjoy them."

Dogs that have the most difficult time getting adopted stay in shelters the longest and are most at risk of developing behavioral issues due to prolonged shelter stress are generally those that aren't social with other dogs. Most adopters and rescue groups seek out dogs that play well with others since the majority of homes interested in fostering or adoption already have at least one dog at home. These playgroups can help the less social dogs develop the dog-to-dog skills they need to adopt and succeed in their new homes.

"When you focus on meeting a dog's needs—their needs for mental enrichment, physical exercise and socialization—you see that many behavioral issues tend to disappear or are greatly reduced," said Annette Bedsworth, Director of Bradshaw Animal Shelter. "Oftentimes, we can meet those needs through one simple thing: play. We're not only going to see major quality of life increases for our dogs by implementing more playgroups, but by making our shelter a place that prioritizes the opportunity for dogs to safely have fun and just be dogs, we're going to be able to save even more lives."

Shelter staff plan to carry out what they learned from DPFL in ongoing future playgroups. In large municipal shelters like Bradshaw Animal Shelter, where the numbers often tip past 300 pets on site, it is a daily endeavor for shelter staff and volunteers to ensure every animal gets quality time outside of their kennels each day. Not only will the playgroups give dogs more time to run free, but they will enable staff and volunteers to spend individualized time with dogs that need it most, such as the ones that are extremely scared and shut down in the shelter environment. ★



## CHRISTMAS MARKET!

### American River Community Church

3300 Walnut Ave., Carmichael - Next to the DMV

**Sat. Nov. 12<sup>th</sup> 9AM - 3PM**

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[bobscyclecenter.com](http://bobscyclecenter.com)
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## IT'S FALL Y'ALL

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# Re-Elect Assemblyman Ken Cooley

## ABOUT

**Assemblyman Ken Cooley** and his wife of 47 years, Sydney, have made their home in eastern Sacramento County since 1977. They raised their sons here and passed their love of camping and hiking in California's mountains, rivers and lakes. As a young man, Ken worked in



the Legislature and today he is the only sitting lawmaker who has run a multi-year program of active executive branch oversight and also supported a successful veto override. Both are vital to fulfilling the Legislature's role as a co-equal branch of government.

Ken's experience and skill have earned him leadership duties in the State Capitol as Chair to both the Assembly Rules Committee and the Joint Senate and Assembly Rules Committee. As a strong advocate for the communities he represents, in recent budgets he helped local projects access about \$50 million dollars in state funds.

Ken believes the most uniquely "American method" in problem-solving – seen in churches, service clubs and PTA's – is based on listening, so that all are encouraged to speak up so a sense of the group can emerge, often reflecting parts of all the ideas shared. Ken thinks this "American method" is how all governments should make decisions.

## STILL FOCUSED ON CALIFORNIA'S FUTURE

As an Assemblyman he has continued to make our community a safer place. He has chaired the Assembly Select Committee on Foster Youth for eight years to serve as a champion for these vulnerable kids. Because he knows how important healthy and



vibrant community life is, he has opposed defunding the police, supports holding sex traffickers accountable by increasing their prison sentences and fought against eliminating cash bail so we don't see criminals back on the streets.

In 2022 Ken was named Legislator of the Year by the California Association of Recreation and Park Districts and California Judges Association. He has been endorsed by California Police Chiefs



Association, California Correctional Peace Officers Association, Crime Victims United, Sacramento Area Firefighters Local 522, CAL FIRE Local 2881, as well as both the California Association of Highway Patrolmen and the California Small Business Association.



Read more at  
[www.kencooley.com](http://www.kencooley.com)

Re-elect Assemblymember

# KEN COOLEY

Independent, Thoughtful Leader

# California May Reallocate Shrinking Water Supply



By Dan Walters, CALMatters.org

While it's not yet formal policy, those who manage California's vast water system are edging toward a historic reallocation of the state's shrinking supply that could have a life-altering impact on its largest-in-the-nation agricultural industry.

For many years, farmers have used about 80% of the water diverted from rivers for human use, with the rest going to urban areas for drinking, watering lawns, maintaining swimming pools, taking showers, cooking and commercial or industrial use.

Prolonged drought has compelled all users to make do with less. However, the biggest loser has been the environment — free flows to maintain habitat for fish and other aquatic species — which generally gets about 50% of the total flow.

In recent years, federal judges have ordered cuts in agricultural water diversions to enforce the Endangered Species Act and the state Water Resources Control Board has moved in the same direction on an emergency basis due to drought. However, environmental groups want permanent habitat-enhancing reductions.

Former Gov. Jerry Brown and his successor, Gavin Newsom, have sought "voluntary agreements" by

which agricultural water agencies would curtail diversions to maintain river flows, but results have been scanty at best.

Without such agreements, the water board could implement mandatory reductions, but they would be viewed by farmers as an assault on their historic water rights and probably trigger massive legal battles.

The key principle in these conflicts is that water belongs to the public as a whole and must be put to "beneficial use," as defined in a 1943 law that implemented a constitutional declaration passed by voters in 1928. The law commands authorities to prevent "waste or unreasonable use or unreasonable method of use of water..."

Environmentalists believe the constitution thus authorizes the state water board to curtail agricultural diversions for the protection of habitat, but the 1943 law also declares, "In the enactment of this code the Legislature does not intend thereby to effect any change in the law relating to water rights."

That obvious legal dichotomy is the crux of the situation.

Whether, indeed, the state water board is gearing up for a showdown over water rights, some of which stretch back to the 19th century, is the subject of much speculation in water circles.

Early this year, water board chairman Joaquin Esquivel told a gathering of water officials, "We know we have to change the system. Water rights can be there as a tool to be able to manage supplies through not just a drought but when

there is water again. Our water rights system can be there to facilitate decisions on projects and help us make decisions, or they can be a hindrance."

While the water rights issue percolates in Northern California, there's a similar conflict underway in Southern California over how much water the state diverts from a severely threatened Colorado River.

California is legally entitled to 4.4 million acre-feet per year, with the vast majority of that going to the Imperial Irrigation District and other agricultural users, but the Colorado's flow has dropped dramatically.

The federal government demands that California and other states that draw from the river, principally Nevada and Arizona, reduce diversions by 2-to-4 million acre-feet per year, and threatens to mandate cuts under the "beneficial use" doctrine if they cannot agree.

California has offered a 400,000 acre-foot reduction, only 9%, but that's not enough to satisfy the other states and the outcome is very much in doubt. Meanwhile, the feds are offering Colorado water users \$400 for every acre-foot of water they don't take.

Farmers' water rights are clearly not as sacrosanct as they once seemed to be, and as drought persists the stage is being set for a monumental reckoning of some kind.

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



By Marlys Johnsen Norris, Christian Author

Inner-healing is simply cooperating with the Lord to let Him cure and remove from our psychological natures the things that are blocking the flow of the Holy Spirit! Prayers of "Binding and Loosing" are very effective!

Christian inner healing and Jesus is the One to whom we are directing you in the healing practice in prayer. He is

## Powerful Words

the Savior. Our focus should be on Jesus Christ, and His healing power and not anyone or anything secondary.

Every experience with Jesus brings inner healing! We love because Jesus lives in our heart and He first loved us.

Gently guide others to learn to love and to forgive someone! Do not rely on feelings... feelings will lie to you about anything....Satan has a way of causing people to fixate on their feelings instead of the "truth" of God's Holy Word.

"Pray.....Bind the feelings by the "blood of Jesus Christ and listen to the voice of God! Pray to live in His perfect will of God every

day of your life." "All things work together for good for those who are called according to God's purposes." "I can do all things according to the work of the Lord." (Romans 8:28)

"The Steps of a good man are ordered of the Lord and He delights in His way."

\* Psalm 37:21 "Commit thy works unto the Lord and thy thoughts shall be established". Proverbs 16:33

Jesus is our teacher and His Words are recorded in the Holy Bible.

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

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# CHP Receives Grant to Increase Safety for Motorcyclists

CHP News Release

**SACRAMENTO, CA (MPG)** - The California Highway Patrol (CHP) will implement a yearlong federal grant to help save lives and reduce the risk associated with riding a motorcycle.

The goal of the Get Educated and Ride Safe (GEARS) V grant is to decrease the number of motorcycle-involved crashes and victims through education and enforcement efforts across California through September 30, 2023.

From October 1, 2020, to September 30, 2021, there were 7,078 motorcycle-involved crashes resulting in 354 deaths and 6,400 injuries within CHP jurisdiction, an increase of 3 percent over the previous 12 months.

“Motorcycle riders are statistically more likely to be injured or killed when involved in a crash,” said CHP Commissioner Amanda Ray. “In an effort to ensure every motorist reaches their destination safely, the CHP will continue to use enforcement

and non-enforcement strategies, including education and community engagement, to target the leading causes of traffic deaths.”

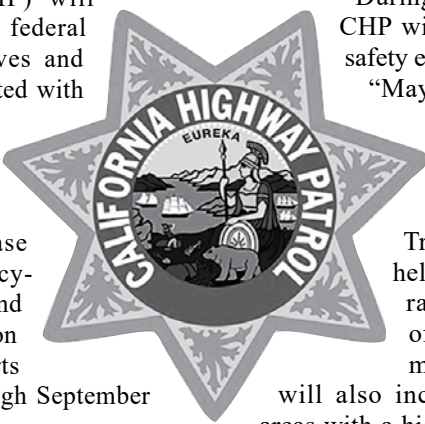
During the grant period, the CHP will participate in traffic safety education efforts, such as “May is Motorcycle Safety Awareness Month.”

These campaigns will promote the use of U.S. Department of Transportation-compliant helmets for all riders and raise driver awareness of sharing the road with motorcyclists. The CHP

will also increase enforcement in areas with a high number of motorcycle-involved crashes, which resulted from speed, improper turns, and driving under the influence of alcohol and/or drugs.

Funding for this program was provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration.

The mission of the CHP is to provide the highest level of Safety, Service, and Security. ★



## Spooky, Creepy and Tasty Too

Halloween straddles fall and winter...life and death. It's thought to have originated with the ancient Celtic festival of Samhain. People would light bonfires and wear costumes to ward off roaming ghosts. The Celts, who lived some 2,000 years ago in the area that is now Ireland, the United Kingdom, and Northern France celebrated the New Year on November 1. This day marked the end of summer and the harvest, and the beginning of the dark and cold winter, a time of year that was often associated with human death. Celts believed that on the night before the New Year, the boundary between the worlds of the living and the dead became blurred. That's why on October 31, they celebrated Samhain. They thought these roaming ghosts would cause trouble and damage crops. Since this was a culture entirely dependent upon the volatile natural world, prophecies were an important source of comfort and direction during the long, dark winter.

Then Halloween came to America, but extremely limited in colonial England because of the rigid Protestants. It was much more common in Maryland and the southern colonies. Today's tradition probably dates back to the early All Soul's Day parades in England. During the festivities, poor citizens would beg for food and families would give them pastries called “soul cakes” in return for their promise to pray for the family's dead relatives. The soul cake was encouraged by the church as a way to replace the ancient practice of leaving wine and food for roaming spirits. Merging different ethnic groups and Native American Indians gave America its own Halloween. The first ones were party-driven and public events to celebrate the harvest. Neighbors would share stories of the dead and tell fortunes. Colonial Halloween festivals added ghost stories and America began dressing in costumes and going house



to house asking for money for food. That's when “trick or treat” was born. Young women believed they could divine the name or appearance of their future husband by doing tricks with yarn, apple parings and mirrors. By the late 1800s, there was a move to mold Halloween into a holiday more about community and neighborly get-togethers than about ghosts, pranks and witchcraft.

Love the candy, but we need some practical tips on how to avoid the dentist's chair after Halloween from Dr. Parul Makkar, founder of P.D.M Family Dentistry in Long Island.

1. **Choose Healthier Candy.** You don't have to stick with plain fruits or veggies, just seek out candy with a lower sugar content.
2. **Up Your Floss Game.** Flossing removes particles of food (especially with high sugar).
3. **Avoid Hard Candy Or Taffy-Like Candy.** Cracking a tooth is no picnic and be careful with sticky sweets too. They can loosen or pop out fillings.
4. **Brush Before Bedtime.** It ensures the remnants of candy don't stay on our teeth to cause damage while you sleep.
5. **Chew Sugarless Gum.** Chewing gum causes increased saliva flow which helps wash out food and naturally cleans teeth. But enjoy the fun and tasty treats. ★

**HAPPY HALLOWEEN! BOO!!!**

# Medicare Open Enrollment Period Lasts Until December 7

HICAP Outreach News Release

**SACRAMENTO COUNTY, CA (MPG)** - Medicare's Open Enrollment period begins Oct. 15 and ends Dec. 7. During that period, Medicare recipients are allowed to change their Medicare health plans and prescription drug coverage for the following year.

Medicare health and drug plans can make changes each year, including such things as cost, coverage and what providers and pharmacies are in their networks. If you have a Medicare health or prescription drug plan, you should review the materials your plan sends you and make sure your plan will continue to meet your needs in the coming year.

If you need help understanding your plan and other options available to you, there is a free, state-registered non-profit organization in your area that can help. It is HICAP (the Health Insurance Counseling & Advocacy Program).

HICAP's volunteer counselors can help you decide whether you want to:

Switch from Original Medicare to Medicare Advantage; Switch from Medicare Advantage to Original Medicare; Switch from one Medicare Advantage plan

to another; Switch from one Medicare Part D prescription drug plan to another; Enroll in a Medicare Part D plan if you didn't enroll when you first were eligible for Medicare.

HICAP is administered by the California Department of Aging. Its trained volunteer counselors are available in person, by phone or by video-conferencing to answer questions and help seniors and other eligible recipients understand their Medicare rights and benefits.

HICAP counselors can provide information about Medicare supplemental insurance (Medigap policies); Medicare Advantage plans; employee and retiree coverage; long-term-care insurance and how to appeal coverage denials.

To schedule a free, one-hour appointment with a state-registered HICAP Medicare counselor in Sacramento County:

Call – (916) 376-8915 or email – hicap@lsnc.net


Once your appointment is scheduled, you will receive an appointment reminder by phone, email or text prior to your appointment. If you need to cancel an appointment for any reason, you are asked to call (916) 375-3763.

For more information, go to www.HICAPservices.net. ★

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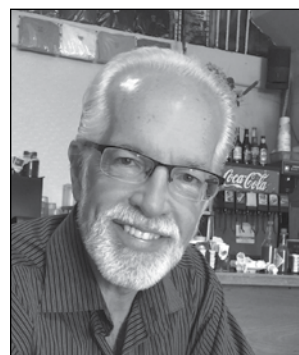


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# Something We Can All Agree On – We All Hate Measure A



Bruce Lee

From Sacramento Taxpayers Association

We live in a time of extreme polarization, even more obvious during the run up to an election. But there is one issue on the Sacramento County ballot this November where almost everyone seems to agree. Organizations across the political spectrum urge a “NO” vote on Measure A.

Measure A would impose a countywide half percent sales tax increase that Sacramento area taxpayers would pay for the next 40 years, raising the sales tax in Folsom and Elk Grove to 8.25%, Sacramento City and Rancho Cordova to 9.35% - almost \$1 on every \$10 spent, \$10 on every \$100. The Measure is bankrolled

by wealthy special interests like the Cordova Hills Development Corporation, who want taxpayers to pay hundreds of millions of dollars to build new roads that will enable them to profit or “line their pockets” by developing the surrounding land.

The proponents claim that the new tax will provide funding for needed roadway infrastructure, and these proponents primarily include developers and construction labor unions, as well as politicians who are indebted to them. Developers will benefit because road construction opens up new development opportunities.

Measure A includes 26 new capacity building projects that will exceed the 2020 “Metro Transportation Plan & Sustainable Communities Strategy” produced by the Sacramento Area Council of Governments (SACOG) after years of analysis and negotiated agreement among the six counties (El Dorado, Placer, Sacramento, Sutter, Yolo and Yuba). The big prize is the Capital Southeast Connector, a

34-mile highway between Interstate 5 in Elk Grove and Highway 50 in Folsom. This idea was defeated in 2016, withdrawn at the last moment in 2020, and now tossed onto the ballot along with 25 other projects.

But look at who is opposing Measure A!

The Sacramento Taxpayers Association opposes Measure A because it exploits the “citizens’ initiative,” which only requires a majority vote, by using a loophole that would normally require a new special tax to require a two-thirds vote. The special interests who are sponsoring Measure A spent \$1.7 million (or \$22.25 per signature) to buy the signatures for it to qualify as a “citizens’ initiative.”

The Sierra Club and Save the American River Association oppose Measure A because it will promote sprawling development, create more traffic, and destroy hundreds of acres of open lands, wildlife habitat, and farmland, all of which help to take carbon out of our atmosphere and keep it there. The Sacramento County

Farmers Bureau is against it because it will destroy valuable agricultural land.

Environmental groups like ClimatePlan and 350 Sacramento urge a no vote on Measure A because it will exacerbate climate change and worsen our air quality. According to the American Lung Association, Sacramento consistently ranks in the top ten worst cities in the country for its poor air quality. Analysis by the Sacramento Area Council of Governments (which was peer reviewed) concluded that if the Measure passes, the region will likely fall short of meeting its state mandated climate goals, which in turn will jeopardize the region's ability to compete for billions of critical state and federal funding for affordable housing, infrastructure, and transportation.

Transit riders and the Sacramento Area Bicycle Advocates oppose Measure A because it heavily favors roads and cars over other options like transit, walking, and biking. Only 3% of the tax dollars raised would be spent on seniors

and the disabled.

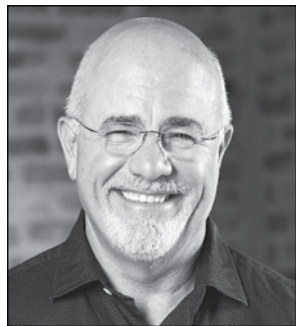
And the biggest surprise of all? Republicans and Democrats alike oppose the Measure. The Sacramento County Republican Party urges a no vote. On the other side of the aisle, the Environmental Democrats of Sacramento County, the Town and Country Democratic Club, Queer Democrats, and the American River Democrats are in opposition. The nonpartisan League of Women Voters, Sacramento, urges a no position.

And the list of strange bed fellows continues! Former Sacramento Mayor Heather Fargo (2000 to 2008); Michael McKeever, former Executive Officer of the Sacramento Area Council of Governments; the Libertarian Party of Sacramento County; the Howard Jarvis Taxpayers Association; and others from across the political spectrum have lined up to consistently oppose Measure A as there seems to be something for everyone to hate!

W. Bruce Lee, President of the Sacramento Taxpayers Association comments,

“They aren't concerned that this new tax will hit low and middle income households and seniors the hardest, at a time when we are already being crushed by inflation. This is why the NAACP and the National Action Network worked with us previously to stop this measure. Developers or land speculators aren't concerned about the fact that more cars and traffic will lead to more air pollution and health problems, or that more greenhouse gas emissions will worsen climate change.”

Even the Sacramento Bee, which is generally pro-labor, says that “voters must reject Measure A.” In their opinion, “The proposal was sponsored and dishonestly crafted by political operatives, mega-developers, and other special interests seeking to benefit from more than \$8.5 billion in taxpayer money. They concocted an initiative loaded with pet projects that will make them rich, counting on voter apathy in a midterm election and understandable frustration with the condition of local roads and infrastructure.” ★



## Dave Ramsey Says

### Help! I'm Behind on Everything

Dear Dave,

I need help. I am way behind on my basic utilities and my taxes. I have tried to start the Baby Steps, but everything is so overwhelming right now that it is easy to get discouraged. I am 33, I live in Los Angeles, and I average around \$30,000 a year doing behind-the-scenes work in the entertainment industry. My total debt is about \$10,000. Can you give me some advice?

– Cameron

Dear Cameron,

I know you're in a scary place right now, brother. But I'm glad you're getting on board and that you want to move in the right direction with your finances.

Before you start the Baby Steps, you should get current on all your bills. Make a list of all the bills you're late on and how much it will

take to get current on each one. Then, create a written, monthly budget. Once that's done, and all your expenses and income are accounted for, you're going to squeeze every penny you can from there and work your late list from smallest to largest until everything's current. You're going to feel a sense of relief—and accomplishment—every time you flip one of these bills. And believe it or not, the act of simply making a list will help reduce the stress you're feel, because just by doing that you've established the size of the dragon. This dragon must die, and you are the knight who's going to kill it.

But listen, there are two sides to this equation— income and outgo. No offense, but \$30,000 a year as an income in Los Angeles stinks. You've got to do something to make more money. Hey, \$10,000 would literally change your life. Not everyone can say that. The bad news is, you've got \$10,000 worth of debt. The good news is, you've got only \$10,000 worth of debt. I'm not talking about some little minimum wage deal, either. I want you making

some real money. Don't do anything illegal, or something that would compromise your morals, but get after making some good money.

And long term? Dude, you might want to think about taking a step up in your industry or even a full-blown career change. I mean, you don't want to be making \$30,000 a year and still working a side job when you're 50, right?

You could be debt-free, and have a much better life, in a year or less, Cameron. Go do this.

I want you to win!

– Dave

*Dave Ramsey is a seven-time #1 national best-selling author, personal finance expert, and host of The Ramsey Show, heard by more than 18 million listeners each week. He has appeared on Good Morning America, CBS This Morning, Today Show, 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 for Ramsey Solutions.* ★



### By County Supervisor Sue Frost

*Through the generosity of the American River Messenger, this column serves to provide an update about matters affecting the unincorporated community of Orangevale.*

As I come to the close of my sixth year on the Board of Supervisors, I have seen many issues fall and rise in terms of importance for the residents of Sacramento County. For example, homelessness went from an issue that I barely ever received a phone call about when I first entered office, and transformed into one of the biggest issues on most people's minds. But one issue has remained troubling to Sacramento County residents since the day I entered office until now, and that is the deplorable condition of Sacramento County roads.

I fully sympathize with these concerns because I am also upset. My house backs up to Madison avenue, and every single day that I leave my home I am driving on road conditions that are frankly embarrassing. And due to this, one of the primary questions I receive from people when I speak in my community meetings is "why can't you fix the roads in the County?" I wish it were that simple, because if it were I would have done it years ago. So I want to take this opportunity to explain why it's not so simple, and what we can do to change things.

What many people do

## Orangevale Community Update

### Complete High Speed Rail Failure

not understand is that the vast majority of funds that are spent on local roads are from the state and federal government. Not only that, but many of these funds are competitive dollars, meaning we are only going to win those funds for major projects that have nothing to do with resurfacing, like the road widening happening right now on Hazel Avenue. So even if I wanted to prioritize local road resurfacings, the money Sacramento County could divert towards roads would be insignificantly small compared to what the state and federal government have the ability to do.

The problem Sacramento County is experiencing with our roads is not localized to just our county or even region. This is a problem afflicting the entire State of California, as of last count our state had over \$47.3 billion in road maintenance that has been postponed due to not having enough money for our roads, highways, and bridges (also called deferred maintenance). This enormous deferred maintenance bill would feel more understandable if California was broke, but at the same time we have this bill we are spending outrageous amounts of money on California High-Speed Rail (CAHSR), which in my opinion is only a fraction as important as having reliable roads. CAHSR has the potential to benefit a small fraction of the population, specifically those that would use it to commute. Meanwhile, roads are used by everyone, including passengers, freight, fire service, police service, etc. To top it off, the train doesn't even come close to Sacramento County, as the

furthest north it goes is San Francisco.

When voters approved CAHSR in 2008, it was supposed to cost \$34 billion and be completed by 2020 connecting San Francisco to Los Angeles. Four years ago this price tag had risen to \$79 billion, earlier this year the 2022 draft business plan estimated it would cost \$105 billion, and just three months later the "final plan" raised the estimate to \$113 billion. And not only do these costs continue to rise, but there is still no certainty the complete project will ever get built. Just the Merced to Bakersfield section of the project (which is supposedly the "easiest" section to build) has an earliest competition date of 2029, but this is a date that just keeps getting extended, as four years ago that date was 2024.

Even if we let CAHSR continue to build the central valley line and we abandoned CAHSR after that, we would save enough money to pay for every cent of deferred maintenance for all roads, highways, and bridges in California. The California Legislature and the Governor have the capacity to fix our roads, they just need to change their priorities and focus on what California needs the most.

Thank you for reading—and as always, if you want to contact me, call me at 916-874-5491, or e-mail me at SupervisorFrost@saccounty.net.

*Sacramento County Supervisor Sue Frost represents the 4th District, which includes the communities of Citrus Heights, Folsom, Orangevale, Antelope, North Highlands, Rio Linda, Elverta, and Rancho Murieta.* ★

## New Study Proves Breastfeeding Sheds COVID Shot mRNA



A new study published on September 26 by the Journal of the American Medical Association (JAMA) warned women who received the COVID shot regarding breastfeeding their infants younger than six months. Courtesy photo

### Liberty Counsel News Release

#### WASHINGTON, D.C. (MPG)

- A new study published on September 26 by the Journal of the American Medical Association (JAMA) warned women who received the COVID shot regarding breastfeeding their infants younger than six months.

The study included 11 healthy lactating women who were asked to collect and immediately freeze samples of their breast milk after receiving either the Moderna or Pfizer shot within six months of delivering their newborn babies. Of the 11 volunteers, six received Pfizer and five received Moderna injections during lactation. After vaccination, breast milk was analyzed for the presence of mRNA nanoparticles. Seven samples from five women were positive for the

presence of mRNA with the samples appearing in higher concentrations than whole milk. The participating women also provided breast milk samples before vaccination and for five days post vaccination.

The study said, however, that no vaccine mRNA was detected in pre-vaccination or post-vaccination samples beyond two days of collection.

The study warns, "Caution is warranted about breastfeeding children younger than 6 months in the first 48 hours after maternal vaccination until more safety studies are conducted. In addition, the potential interference of COVID-19 vaccine mRNA with the immune response to multiple routine vaccines given to infants during the first 6 months of age needs to be considered. It is critical that lactating individuals be included in

future vaccination trials to better evaluate the effect of mRNA vaccines on lactation outcomes."

In addition, page 12 of the Pfizer documents that were released by the FDA as part of a court-ordered disclosure schedule stemming from an expedited Freedom of Information Act (FOIA) request reveals that out of 133 breastfeeding vaccinated mothers reported, there were 17 cases of adverse events in breastfed infants. Three of them were "serious." These adverse events included pyrexia, rash, infant irritability, vomiting, diarrhea, insomnia, etc.

Liberty Counsel Founder and Chairman Mat Staver said, "The evidence continues to unfold that these COVID shots are neither safe nor effective, and babies are now victims in this massive cover-up. This is a crime against humanity." ★

### Sacramento Kings News Release

**SACRAMENTO, CA (MPG)** - On August 24, the Sacramento Kings and When We All Vote announced an expansive partnership to relaunch Rally the Vote, a nonpartisan coalition founded by the Kings to increase civic engagement by leveraging professional sports team platforms.

Rally the Vote will formally become a campaign of When We All Vote, combining the nonprofit's educational resources and voter registration technology with the Kings robust professional sports network and coalition-building experience. This partnership builds on the two organizations' successful collaborations in 2018 and 2020 to expand Rally the Vote to over 50 professional sports franchises across multiple leagues.

"Over the past two election cycles, Rally the Vote has become a groundbreaking nonpartisan movement that demonstrates the ability of sports to create positive change," said Sacramento Kings Owner and Chairman Vivek Ranadivé. "My life's work has been to remove friction from our daily lives and Rally the Vote makes the process of participating in democracy as seamless as possible. I am proud of the work we have done to lead this effort in partnership with an incredible coalition of professional sports teams and organizations like When We All Vote. Today's announcement is an exciting next chapter for Rally the Vote, providing more opportunities to connect with fans and promote civic engagement."

"Democracy is not a spectator sport. We all have to get in the game and make our voices heard in each and every election and with the Rally the Vote Coalition will ensure fans across the country get registered and cast their votes at the ballot box," said When We All Vote Executive Director Stephanie L. Young. "Even though we saw record voter turnout in 2020, we know that a lot of people

tend to watch the midterm elections from the sidelines. But there is too much at stake: all 435 members of the House of Representatives, 35 out of 100 Senators, and countless elected officials in our local and state governments are on the ballot. That is what makes the work of this coalition and When We All Vote so important."

When We All Vote is a leading, national nonpartisan initiative focused on changing the culture around voting and increasing election participation by helping to close the race and age gap. Through this enhanced partnership, When We All Vote will provide Rally the Vote coalition members with individualized and custom branded, user-friendly online voter registration team portal, access to a data dashboard to monitor and track voter registration impact, as well as educational resources, digital content, and dedicated staff support. This announcement comes ahead of When We All Vote's National Ramp Up the Vote Rally to build momentum around voter registration and turnout on August 25.

In addition to the Sacramento Kings, Rally the Vote 2022 coalition members include the following teams: Brooklyn Nets, Chicago Blackhawks, Chicago Bulls, Chicago White Sox, Connecticut Sun, Denver Nuggets, Houston Dash, Houston Dynamo FC, Los Angeles Clippers, Milwaukee Bucks, Minnesota Timberwolves, New England Revolution, Oakland Athletics, Portland Trail Blazers and San Francisco Giants.

The Kings initially launched Rally the Vote in 2018 with 9 teams and expanded the coalition to over 50 professional sports franchises in 2020. To date, this effort has reached millions of fans and registered thousands of voters across the U.S. ahead of the mid-term election in 2018 and general election in 2020.

For more information, to register to vote and take action visit rallythevote.org. ★



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# Federal Funding to Help California

## DOT News Release

**SACRAMENTO, CA (MPG)** - California has the green light to start using federal infrastructure funding to expand electric vehicle (EV) charging stations along the state's interstates and highways following the recent federal approval of a joint plan by Caltrans and California Energy Commission.

The U.S. Joint Office of Energy and Transportation's signoff on the California Deployment Plan for the National Electric Vehicle Infrastructure (NEVI) Program makes an initial \$56 million in funding available to install charging stations throughout the state. Funded by the federal Infrastructure Investment and Jobs Act of 2021 (IIJA), California expects to receive a total of \$384 million for the program over the next five years. The federal funding will build on California's historic \$10 billion, multiyear investment to accelerate the transition to zero-emission vehicles by improving affordability and expanding charging infrastructure.

"Thanks to the Biden-Harris Administration's approval of California's NEVI plan, we can start putting historic levels of federal infrastructure funding to work to close gaps in our state highway system's evolving EV charging network and improve availability and reliability for low-income and rural residents," said California Transportation Secretary Toks Omishakin. "Coupled with unprecedented levels of state investments in zero-emission vehicles, this funding will help supercharge California's nation-leading efforts to drastically cut climate-changing pollution from the transportation sector."

The IIJA funds will add to efforts to complete a 6,600-mile statewide charging network and deploy 1.2 million chargers by 2030 to meet the anticipated charging

needs of the state's EV fleet.

"With this unprecedented federal investment, California can advance our vision of a unified network of charging stations along the state's busiest corridors," said California Energy Commission Commissioner Patty Monahan. "This new network will increase charging access, particularly in the rural areas of our state, and help EV drivers charge up on long trips."

The state's NEVI plan focuses on construction of fast-charging stations near interstates, U.S. routes and state routes throughout California. These charging stations will increase the availability of charging options, improve the reliability of the charging network and remove barriers to accessing EVs. NEVI funding will also support upgrades to existing infrastructure, charging stations' operation and maintenance costs, community and stakeholder engagement, workforce development, and related mapping and signage.

California surpassed one million zero-emission vehicles (ZEV) sold in 2021 and leads the country in all ZEV market metrics including the highest level of public funding, the largest EV market share percentage, and the most extensive public charging infrastructure. The success of the state's programs has led to ZEVs becoming a top export and has spurred major advances in manufacturing and job creation.

For more information on the NEVI Formula program, visit FHWA's NEVI website and DriveElectric.gov. For the latest developments on California's deployment efforts under the NEVI program, please visit the CEC's NEVI website.

For more information on the state's progress, explore CEC's Zero Emission Vehicle and Infrastructure Statistics dashboards. ★

# FEMA Updates Flood Maps in Sacramento County and Select Cities

## FEMA News Release

**OAKLAND, CA (MPG)** - The Federal Emergency Management Agency (FEMA) has delivered preliminary flood maps for Sacramento County and the cities of Citrus Heights, Folsom and Sacramento. The maps identify revised flood hazards along Arcade Creek, Cripple Creek, Hinkle Creek, Humbug Valley Basin and Alder Creek tributaries. These new maps will help building officials, contractors and homeowners make effective mitigation decisions, thereby contributing to safer and more disaster resilient communities.

Before the new Flood Insurance Rate Maps (FIRMs) become effective, there is a 90-day appeal period from Oct. 6, 2022 to Jan. 4, 2023. During that time, residents or businesses with supporting technical and scientific information, such as detailed hydraulic or hydrologic data, can appeal the flood risk information on the preliminary maps, which can be viewed at fema.gov/preliminaryfloodhazarddata.

Flood hazards are dynamic and change frequently for many reasons, including weather patterns, erosion and community development. Officials from FEMA, Sacramento County and the cities

of Citrus Heights, Folsom, and Sacramento worked together to provide updated information that accurately reflects the flood risk. These changes may also affect future building standards or insurance requirements.

The local mapping project is part of a national effort led by FEMA to increase local knowledge of flood risks and support actions to address and reduce the effects of flooding on new and improved structures. FEMA encourages residents to review the preliminary flood maps to learn about local flood risks, potential future flood insurance requirements and identify any concerns or questions about the information provided.

Risk of flooding affects almost every corner of the nation. In total, 98% of counties have experienced a flood event, which makes floods the most common and widespread of all weather-related natural disasters.

For more information, contact Sacramento County at (916) 874-8646 or johnsonm@saccounty.gov. Other community information is available for the cities of Citrus Heights at (916) 727-4770 or GeneralServices@citrusheights.net, Folsom at (916) 461-6212 or dwolfe@folsom.ca.us, and Sacramento at (916) 808-5061 or floodinfo@cityofsacramento.org. ★

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# New Hotel Site Proposed at Sunrise Mall Redevelopment



The hotel land use at the 2.8-acre Sunrise Mall site is another project part of the developing Sunrise Tomorrow Specific Plan. Photo courtesy of the City of Citrus Heights

## City of Citrus Heights News Release

**CITRUS HEIGHTS, CA (MPG)** - A parcel map application was submitted recently that lays out a footprint for a potential hotel at the corner of Sunrise Blvd and Greenback Lane in Citrus Heights. The proposed hotel land use at the 2.8-acre site supports the vision set forth in the Sunrise Tomorrow Specific Plan to redevelop the 100-acre Sunrise Mall property into a mixed-use destination with multifamily residential, retail, entertainment,

hospitality, office and community space. Applicant Antioch Street Limited, LP acquired the property last year in part because of the potential the Sunrise Tomorrow Specific Plan creates: "The Specific Plan's long-term vision added to our enthusiasm about this acquisition and we are excited to be part of it," says General Partner Patrick Ellwood. Antioch Street Limited, LP is engaged in discussions with Presidio Companies, a prominent hotel developer and hotelier headquartered in

Davis, CA who has developed and operated hotels under Hilton, Hyatt and Marriott brands. Presidio Managing Principal Gunet Bajwa sees the Specific Plan's potential as well, saying, "Citrus Heights has great market potential and the Sunrise Tomorrow Specific Plan creates an opportunity for Presidio to tap into this key strategic location with the signature quality, destination-style product we are known for".

After the Specific Plan's approval in November 2021, the parcel map submission is an exciting next step in the City of Citrus Heights strategy to redevelop the aging mall, says Mayor Porsche Middleton; "Citrus Heights took charge of its own future by creating and approving the Sunrise Tomorrow Specific Plan. City leadership and staff have been working hard behind the scenes since then to advance projects, and this submission shows this work is yielding results."

For more information and to sign up for updates on the Sunrise Tomorrow Specific Plan, visit [www.sunrisetomorrow.net](http://www.sunrisetomorrow.net). ★

# Grounds for Success, Total Landscape Concepts!



Tim Brucks, owner of Total Landscape Concepts, has had his business working in landscaping since 1995.

## Story and photo by MaryAnne Povey

**ORANGEVALE, CA (MPG)** - Does your landscape need a makeover? If you don't have a green thumb, or the time to tackle such a feat, you might consider hiring a landscaper! However, finding a good one can be challenging! Good signs to look for are referrals, reliability, longevity, and expertise in the field. So... let me save you some time, Total Landscape Concepts checks all those boxes and more! You could say, Tim Brucks, owner of Total Landscape Concepts, grew up in the landscaping business. When he was ten years old, a neighbor asked him to mow his lawn. Seeing how well he did, that "one time job" turned into a regular gig. And before he knew it, he was doing other neighbors' lawns as well. And as they say, one thing led to another, "Tim's Lawn Care" business was official in 1995.

As Tim's clientele grew, so did the demand for his services in fixing other things. Tim recalls how quickly he became the 'go to' guy for all types of other service repairs and constantly fielding calls of "can you fix this or can you fix that?" "I remember riding my bike to the local hardware store to buy supplies," he said, "I always took the challenge to figure problems out and that's how I learned to do what I do." After graduating high school in 2003, and eight years of perfecting his trade, Tim kicked it into high gear launching 'Total Landscape Concepts' (TLC) a full service landscaping company. Under his new name, TLC's services expanded to both commercial and residential properties

offering maintenance, repairs, landscape design/installation, hardscape work, and newly added pest control and fire prevention services too. Tim believes in the importance of investing in his employees by seeking out continuing education opportunities and certifications so they are on top of all the latest in the industry. He also makes a point of going 'above and beyond' by holding weekly team meetings to share and teach new skill sets. "Collectively our sales and management team has nearly 100 years' experience, some owning their own businesses prior and some coming from the largest landscaping company in North America. That's pretty exciting and adds a lot to our team," he added.

When asked about what makes TLC stand out among others, Tim replied, "We offer things that you won't find with any one company like pest control, fertilization, specialty root zone or tree trunk injections, and fire prevention. Those are all highly specialized services. Besides that, I'd say our attention to detail like leaving our job sites clean and organized is something we take great pride in doing." Honesty and integrity are also values Tim upholds. "We do things right like having all our employees on the books and offering top notch customer service. We carry all the necessary licenses and insurance to make sure your job is done properly." For more information about any of the services offered by TLC, call 916.316.4692 and they'll be happy to discuss your next landscape project. They have been licensed with the California State License Board since 2010. ★

# See's Candies to Open Outlet



See's Candies has had a retail location at 5962 Sunrise Mall in Citrus Heights since the mall opened in 1972.

## Story and photo by Thomas J. Sullivan

**CITRUS HEIGHTS, CA (MPG)** - The former Patelco Credit Union building at 5499 Sunrise Boulevard at the corner of Uplands Way may have a "sweet" future ahead of it. A building permit application by San Diego-based Schuss Clark Brandon Architects Inc. of San Diego on August 11th on behalf of their client, See's Candies, headquartered in South San Francisco, is described as "tenant improvements to an existing building." The permit application was returned to the architect on August 16th by the Citrus Heights building department with comment for further review.

"Our review of their application was quick," said Susan McLendon, development services technician for the city building department. "The city had some specific concerns we wanted the architect to address and we're looking forward to their reply." Schuss Clark Brandon has designed several ground-up retail centers and tenant improvement spaces, according to its website. As of now, the project is on a tentative hold pending the resolution of a landlord-client issue, said a representative of Schuss Clark Brandon Architects, Inc. in a telephone interview. Patelco Credit Union in Citrus Heights closed its two-story branch office at 5499 Sunrise Boulevard at the corner of Uplands Way on Friday, July 22nd and has since moved to a new location in the Marketplace at Birdcage, 6100 Birdcage Lane, Suite 125.

Branch manager Crickett Luna said at the time of the credit union's July move to Birdcage in Citrus Heights that a considerable amount of office furniture and other furnishings were left behind in the former branch on Sunrise Boulevard for re-use by the new owners. The two-story, 10,000-square foot former bank building was built in 1978. Bank offices were located on the second floor. The branch also featured two drive-up banking lanes which may be repurposed for retail sales according to an initial drawing. Nearby local businesses include a Boston's Pizza across the street along Sunrise Boulevard and a nearby Olive Garden Restaurant. See's Candies has had a retail store at 5962 Sunrise Mall in Citrus Heights since the mall's opening in 1972. Store management said they had been asked about the pending new location in the former credit union branch and referred all comments to See's corporate office in South San Francisco. Susan Portman, corporate director of public relations at See's Candies corporate office did not respond to a request for further comment concerning the planned Citrus Heights new location. The company founded by Charles See, his wife Florence, and his mother Mary in Los Angeles, California in 1921. See's Candies retail shop locations typically feature a candy counter where customers can either create their own custom-mixed box of chocolates and candies to order or purchase boxed chocolates, truffles, nuts and chews, lollipops, and sugar free candy. ★

# Nick the Greek to Open in Fair Oaks



Nick the Greek in Fair Oaks will be located at the retail spot formerly occupied by Starbucks at 5355 Sunrise Blvd.

## Story and photo by Thomas J. Sullivan

**FAIR OAKS, CA (MPG)** - San Jose-based Nick the Greek, a quick-service restaurant chain which serves Greek street food will be opening soon in the Fair Oaks Quail Pointe shopping center. Nick the Greek's Fair Oaks location will be at 5355 Sunrise Blvd., a space formerly occupied by Starbucks before the coffee chain moved across the street to the Sunrise Village Shopping Center in Citrus Heights to occupy a larger space that includes a drive-thru. Nick the Greek will fill a space in the Quail Pointe shopping center, which is

anchored by Trader Joe's. Interior demolition work recently began and exterior banner signage, visible from Sunrise Boulevard, announces the new location. Restaurant CEO Nick Tsigaris said the target opening for the Fair Oaks restaurant will be in early 2023. Nick the Greek restaurants were founded in 2014 by three cousins 'Big Nick,' 'Little Nick' and 'Baby Nick' who remarkably are all named Nick Tsigaris. The quick-service restaurant chain serves Greek street food, with a menu that includes gyro bowls and an assortment of pitas. In June 2021, the

franchise chain opened its first area location on Pleasant Grove Boulevard in Roseville. Two additional restaurants, one in Elk Grove and another in Davis followed suit. A second Roseville restaurant, located at the Fountains at Roseville, opened Sept. 20. Kelly Rule, senior vice president of leasing with Pappas Investments, represented the franchisee in the Fair Oaks lease agreement, which was signed about a month ago. Brokers Dave White and John Brecher of JLL represented the landlord, according to the Sacramento Business Journal. ★

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# Rams Win at Pioneer to Set Up Showdown for GEL Crown

By Shaun Holkko, sports editor

**WOODLAND, CA (MPG)** - The No. 15 Casa Roble varsity football team won its eighth game in a row on Friday night at Pioneer to set up a showdown for the Golden Empire League championship.

The Rams (8-1, 4-0 GEL) defeated the Patriots (6-3, 2-2 GEL) 28-12 and will now play Dixon (8-1, 4-0 GEL) at home for the league title this upcoming Friday, October 28.

"The boys are one step closer to our goal of a league title," Casa coach Chris Horner told the American River Messenger. "They played extremely well against Pioneer, it was a big win for us."

Casa led 7-0 at halftime Friday night in what was a competitive first 24 minutes of action. The lone score of the first half came in the opening quarter as sophomore quarterback Connor Campbell completed an 18-yard pass to junior wide receiver Evan Combs for the touchdown. Junior kicker Kevin Curry nailed the extra point attempt.

Pioneer nearly tied the game about halfway through the third period when senior quarterback Carson King found senior wideout Rolando Ramos for a 50-yard touchdown strike. However, the Patriots opted to go for two instead of tying the game with a kick, and the attempt failed.

The bold play selection continued the next play as Pioneer attempted an onside kick, but the Rams recovered it on the Patriots' 49-yard line. The failed onside attempt gave Casa great starting field position, allowing senior running back Josh Taylor to dash into the end zone from 37-yards out, followed by a Curry PAT.

The Rams' next score was set up by their defense as junior outside linebacker Adam Hiatt forced a fumble which was recovered by Casa at the Pioneer 10-yard line. Taylor finished off the drive with a five-yard rushing touchdown, followed up by Campbell connecting with junior Logan March for the two-point conversion. The Rams led 22-6 after three quarters of play.

The Patriots scored their final points of the game on a 25-yard completion from King to Ramos for six. The ensuing two-point attempt failed. Following a turnover on downs from Pioneer, Campbell hit March for a 63-yard touchdown pass. Curry missed the PAT. Casa ultimately



Casa Roble junior wide receiver Evan Combs scores an 18-yard touchdown during a 28-12 victory at Pioneer on Friday, October 21 in Woodland. Photo by Tim Engle



The Casa Roble offensive line blocks for senior running back Josh Taylor during a 28-12 victory at Pioneer on Friday, October 21 in Woodland. Photo by Tim Engle

won by two scores at 28-12.

Campbell completed 15-of-22 passing attempts for 202 yards, two touchdowns and one interception. March was his

leading receiver with a game-high eight receptions for 123 yards and a score. Combs had two catches for 26 yards and a touchdown.

As he has all season and for years, Taylor was the leader in the backfield for the Rams. The 5-foot-11, 185-pound senior finished 20 carries for a game-high 155 yards rushing (7.8 yards per carry) with two touchdowns.

This Friday, Casa returns home for Senior Night and the final game of the regular season against Dixon, who are the reigning GEL champions. Both teams have already assured themselves a spot in the postseason, however, Friday's game will be for the league title.



Casa Roble sophomore quarterback Connor Campbell prepares for action before a 28-12 victory at Pioneer on Friday, October 21 in Woodland. Photo by Tim Engle

Rams fans can purchase tickets early by going to [gofan.com](http://gofan.com). If you're looking for a more inclusive game experience, you can upgrade to sit in the VIP section called "The Barn" set up by the Casa boosters. Tickets and more information for The Barn can be viewed at [casarobleboosters.com](http://casarobleboosters.com) under "shop." Food served in the VIP section will be catered by Chef Anthony Vo of Almond Heights Senior Living who will be cooking live.

Kickoff on Friday night in Orangevale for the Battle of the Rams is scheduled for 7 p.m. ★

Additional reporting by MaryAnne Povey

# Hornets Rally for 31-24 Overtime Win Over Montana

Sac State Athletics  
News Release

**SACRAMENTO, CA (MPG)** - The Sacramento State football team scored the final 17 points of the game to defeat No. 7 Montana, 31-24, in overtime in front of 15,927 fans and a national television audience on Saturday night at Hornet Stadium.

The Hornets, who are ranked second in the FCS media poll and third in the coaches poll, are now 7-0 overall for the first time in school history and stand at 4-0 in the Big Sky Conference. Montana dropped to 5-2 overall and 2-2 in league play.

Sacramento State never led in regulation and took its first lead of the game in overtime when Asher O'Hara rushed for a 7-yard touchdown to punctuate a four-play series with all 25 yards coming on the ground.

Montana had an opportunity to match the score and began its series with a 2-yard rush up the middle. The Griz then attempted three consecutive passes, including a fourth-down pass into the end zone, but all three fell incomplete.

The Hornets forced overtime with two scores in the final six minutes. Kyle Sentkowski made a 27-yard field goal with 5:54 remaining to make it a one-possession game at 24-17. The Hornets then lined the ensuing kickoff off a Montana player and the loose ball was recovered by Sacramento State. The Hornets faced 4th-and-4 during the next series but kept the drive alive when Jared Gipson was able to get his toes down for a 26-yard reception before stepping out at the 4-yard line. One play later, O'Hara went around the right end for his first score of the night to tie the game, 24-24, with 3:39 showing.

The Griz picked up a first down on its next possession but were hurt by an offensive pass interference call on 3rd-and-7 which eventually forced the team to punt. Sacramento State drove



Sacramento State senior quarterback Asher O'Hara prepares to stiff arm Montana redshirt senior safety Robby Hauck during a 31-24 overtime win against the Grizzlies on Saturday, October 22 in Sacramento. Photo courtesy of Sacramento State Athletics

to the Montana 38 with one second remaining but opted against attempting a long field goal into the wind and instead threw a Hail Mary into the end zone which was intercepted.

Montana scored the game's first points with a 15-play, 88-yard drive which was capped by 2-yard rush from Marcus Knight. The Grizzlies converted all three of their third down attempts during the series and the score marked the first time the Hornets have trailed in the last 470 minutes; 31 seconds of regular season play.

Montana stretched its lead to 10-0 after recovering a Hornet fumble on their own side of the 50.

Sacramento State posted its first points of the game on the next drive as the team needed just three plays to cover 75 yards. Cameron Skattebo started the drive with a 39-yard run around the right end. Two plays later, Jake Dunningway stepped up in the pocket and connected with Marshel Martin for a 38-yard touchdown pass up the

middle of the field.

Montana had one final chance to add points at the end of the half but Caleb Nelson blocked a 39-yard field goal attempt as time expired. That effort followed a block by Marte Mapu on a 45-yard attempt early in the second quarter.

The slugfest continued into the third quarter where the only points of the period came after a lengthy review. A pass from Kris Brown to Aaron Fontes was originally ruled incomplete plus a late hit was called against the Griz which set up a 3rd-and-25. However, the play went to replay review and Fontes was ruled to get his left foot inside the end zone for a 16-yard touchdown.

Sacramento State needed just six seconds to score in the fourth quarter. Dunningway found Pierre Williams in stride for a 45-yard touchdown. That drive was aided by the late hit on the previous touchdown which was enforced on the kickoff and helped the

Hornets return the ball to their own 45 yard line.

Montana immediately responded with a 13-play drive which ended with a 2-yard touchdown rush from Nick Ostmo with 8:42 left in the game. The Griz picked up three first downs on third-down plays, including drawing a pass interference flag which brought the ball to the 3-yard line.

The game was billed as strength against strength as Sacramento State came in ranked fourth in total offense while Montana was third in total defense. The Hornets finished the game with 479 offensive yards, including 180 on the ground. While those numbers were below Sacramento State's season average, both were high allowed by the Griz this season.

Cameron Skattebo rushed for 111 yards and averaged 8.5 yards per carry to post his third consecutive 100-yard game and his fifth of the season. Skattebo's total was also a season high against Montana which had not allowed

any player to rush for more than 88 yards in a game this season.

Jake Dunningway was 19-of-36 for 284 yards and three touchdowns but also threw three interceptions. Asher O'Hara was 2-of-4 passes for 15 yards and added 56 rushing yards with two scores.

Marshel Martin caught six passes for 75 yards and a score while Gipson provided five catches for 66 yards.

The Hornet defense saw career highs by Brock Mather and Jett Stanley who tallied 13 and 10 tackles, respectively. Prince Washington, Marte Mapu, Armon Bailey and Killian Rosko each had nine stops.

Montana ran 24 more plays than Sacramento State (95-71) and dominated time of possession, holding the ball for 37:51.

Sacramento State will next host Idaho on Saturday, Oct. 29, at 6 p.m. for Homecoming. The Vandals improved to 5-2 overall and 4-0 in the Big Sky with a 56-21 win over Portland State. ★

# Del Campo Baseball Team gets Bling

Story and photos by Shaun Holkko, sports editor

**FAIR OAKS, CA (MPG)** - The 2022 Del Campo varsity baseball team received its championship rings on Wednesday, October 5, after winning the 2022 Division III CIF Sac-Joaquin Section title in May.

The Cougars finished the season with a 29-6 overall record. Del Campo earned a Capital Athletic League (CAL) championship as well after completing the CAL schedule with a 13-2 record.

On May 25, the Cougars defeated top-seeded Vanden 4-2 in eight innings to win the section title game.

"[The championship] means a lot given that over two years during my high school career, I didn't have any playoffs," graduate Jordan Jacobson said Wednesday. "My freshman year we lost in the section championship. To leave with a ring, that meant a lot because that's something that I always wanted to



Above: The 2022 Del Campo varsity baseball team poses for a photo before a ring ceremony to celebrate the section title team on Wednesday, October 5 in Fair Oaks. Right: Pictured is Del Campo alumnus Logan McCord's 2022 section championship ring received on Wednesday, October 5 in Fair Oaks.



accomplish here."

Del Campo moved up to Division I for the CIF NorCal Baseball Championships. The Cougars' season came to an end on May 31 with a 9-3 first round loss at No. 1 seed De La Salle of Concord.

"Cause I got a really big team, and they need some really big rings," rapper

Drake said in the 2015 song "Big Rings."

If the 2022 Cougars created a soundtrack to define their season, "Big Rings" would have to be the finale of the playlist because the rings they received Wednesday are big, beautiful, beaming, bejeweled and blinging.

"I gave them a picture of the actual final scoreboard

of the game at Sac City College. As a lot of people know, I'm a Sac City alum," said coach Kevin Dawidczik. "Being able to have the winning score on that scoreboard on the side of my championship ring, and for our guys, is even more special.

"It is big, but at the same time, I think they deserve to

have something this big for the things that we accomplished."

The boxes that the rings came in have each player's names engraved on them. According to Dawidczik, the rings were made by Signature Rings and paid

for by a combination of fundraisers, boosters and out-of-pocket cost.

Players who graduated in the Class of 2022 and will not be returning next season include Jacobson, Surreal Haro, Austin Hughes, Hayden Hughes, Thomas Martinez, Logan McCord, Luke McCord and Tyler Moore. Jacobson is a freshman at Sacramento State and will be suiting up for the Hornets at John Smith Field in the spring.

One key player who will be returning to the Cougars' lineup in 2023 is senior Matt Moses, who was selected as The Sacramento Bee's Medium School Player of the Year last season. Moses thought his new ring was "cool and pretty heavy."

"I think we're going to be just as good as we were last year," Moses proclaimed. "Our pitching is even deeper than last year. We have hitters coming back who are developed and even better than last year."

The Del Campo baseball season begins February 25 with a road game at Vacaville. ★



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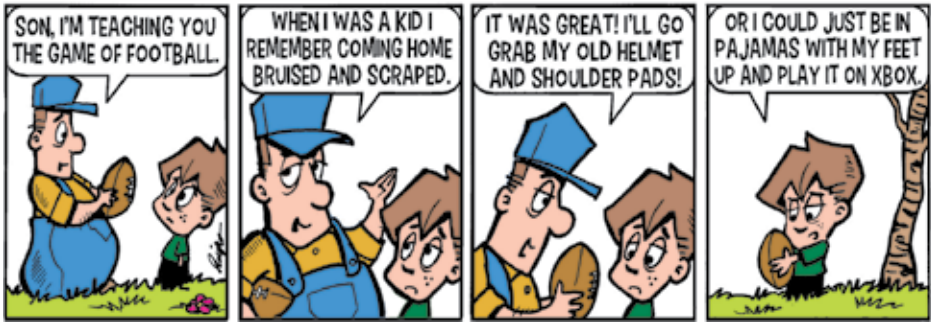


**7241 CANELO HILLS DRIVE,  
CITRUS HEIGHTS, CA 95610  
SUNOAKSENIORLIVING.COM  
LIC# 342700705**



# WEEKLY COMICS

## Amber Waves



by Dave T. Phipps

## The Spats



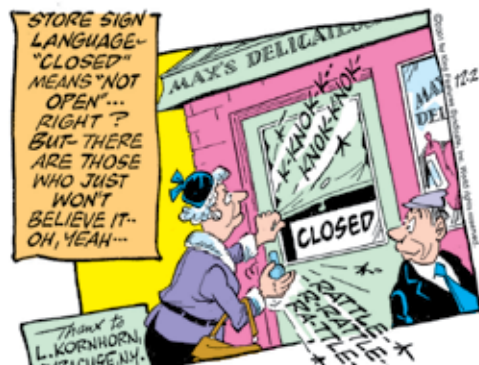
by Jeff Pickering

## Out on a Limb

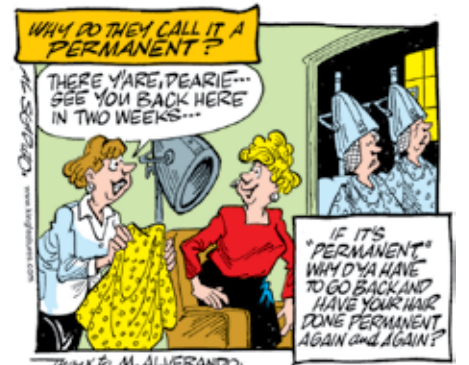


by Gary Kopervas

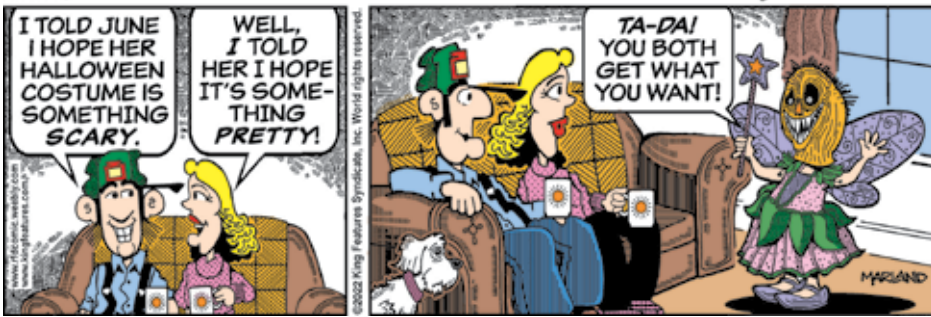
## THEY'LL DO IT EVERY TIME



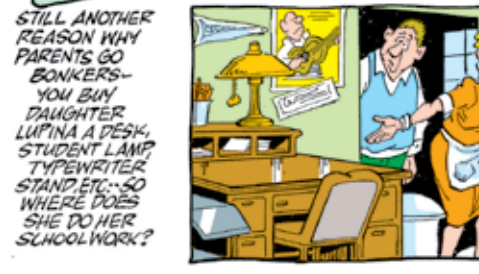
BY AL SCADUTO



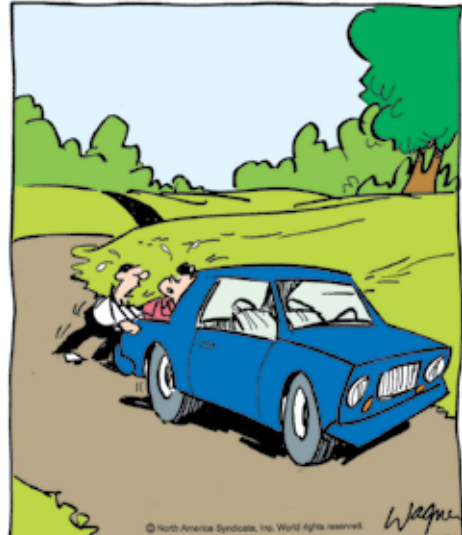
## R.F.D.



by Mike Marland



## GRIN and BEAR IT



## LAFF-A-DAY

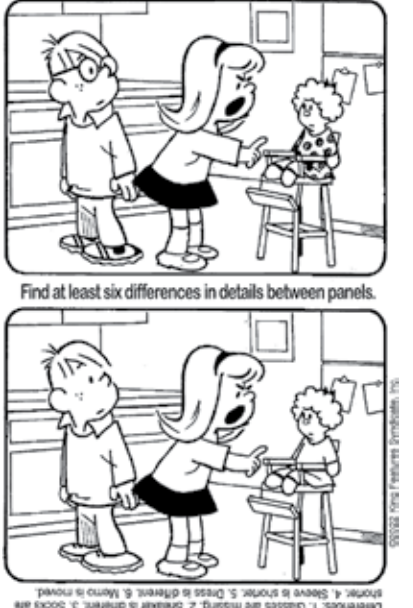


## Just Like Cats & Dogs



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.

**PET CLUB**  
FOOD AND SUPPLIES

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

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

We Only Accept ATM, Cash, & Checks M-F 9-7, SAT 9-7, SUN 10-7 Effective 10/26/22 - 11/1/22



COUPON  
**59¢/Lb**  
WHOLESUME 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 10/26/22 - 11/1/22

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 Lb PLU 351 CHM  
Limit: 1 Coupon Per Family  
Effective 10/26/22 - 11/1/22

Look for Advertised Sale Items Everyweek at [www.petclubstores.com](http://www.petclubstores.com)

**TASTE OF THE WILD GRAIN FREE DRY DOG FOOD**  
•Wetlands •Sierra Mountains •Pacific Salmon •High Prairie •Southwest Canyon  
28 Lb Limit 2 Bags per Family  
**\$43.99**  
Effective 10/26/22 - 11/1/22

**CANIDAE DRY DOG FOOD FOR ALL LIFE STAGES**  
•Multi-Protein •Chicken Meal & Rice •Large Breed 44 Lb  
As Marked  
**\$15 OFF**  
Our Regular Low Prices!  
Effective 10/26/22 - 11/1/22

**BLUE BUFFALO WILDERNESS DRY DOG FOOD**  
24 Lb Bag  
•Chicken •Salmon •Duck •Weight Control •Large Breed  
100% Grain Free Limit 2 Bags  
**\$5 OFF**  
Our Regular Low Prices!  
Effective 10/26/22 - 11/1/22

**FRISKIES DRY CAT FOOD**  
16 Lb Bag  
•Seafood •Surfing & Turfing  
Limit 2 Bags per Family  
**\$12.99**  
Effective 10/26/22 - 11/1/22

**9 LIVES CANNED CAT FOOD**  
5.5 Oz All Varieties  
Limit 2 Cases Per Family  
**59¢**  
Effective 10/26/22 - 11/1/22

**FANCY FEAST GOURMET CANNED CAT FOOD**  
3 Oz Selected Varieties except Elegant Medley  
Limit 2 Cases Per Family  
**ON SALE Everyday**  
Effective 10/26/22 - 11/1/22

**JONNY CAT PREMIUM CAT LITTER**  
20 Lb Bag  
•Regular •Multiple Cat Formula  
Limit 2 Bags Per Family  
**\$5.39**  
Effective 10/26/22 - 11/1/22

**FELINE PINE HEALTHY CAT LITTER**  
20 Lb Bag  
Limit 2 Bags  
**\$9.99**  
Effective 10/26/22 - 11/1/22

**BLUE BUFFALO CANNED CAT FOOD** 20% OFF  
Tastefuls •Pate •Flaked 3 oz & 5.5 oz. Limit 1 Case  
OUR REGULAR LOW PRICES

**FUSSIE CAT PREMIUM DRY CAT FOOD** 10% OFF  
Market Fresh Recipe  
•Selected Varieties  
2 Lb, 4 Lb, 10 Lb bag As Marked  
OUR REGULAR PRICES

**HEINZ PUP-PERONI DOG TREATS** \$9.99  
•Beef •Lean •Bacon •Prime Rib  
22.5 & 25 Oz Pkgs Limit 2 Pkgs  
24-30 Lb Bag

**WELLNESS DRY DOG FOOD** \$5 OFF  
Large Breed Adult •Chicken •Healthy Weight •Senior  
Grain Free Adult •Grain Free Lamb •Grain Free White Fish  
OUR REGULAR PRICES

**NUTRO MAX ADULT RECIPE DRY DOG FOOD** \$31.99  
•Adult •Lamb •Large Breed •Mini Chunk  
25 Lb Bag Limit 2 Bags

**CHICKEN SOUP FOR THE SOUL DRY DOG FOOD** As Marked 10% OFF  
•Adult (including Beef) •Large Breed (including Beef) •Mature •Weight Care •Puppy (Reg & Lrg Breed) 28 Lb Bag  
OUR REGULAR PRICES

**PRECIOUS CAT CAT LITTER** \$12.99  
20 Lb Box Limit 2 Boxes Cat Attract Touch of Outdoors \$8.49

**CHICKEN SOUP FOR THE SOUL CANNED DOG FOOD** 10% OFF  
13 Oz (Reg & Grain Free) All Varieties (Cat Food 5.5 Oz) Limit 1 Case As Marked  
OUR REGULAR PRICES

**MERRICK'S GOURMET CANNED DOG FOOD** ON SALE  
•Selected Varieties  
13.2 Oz Limit 1 Case

**SWHEAT SCOOP NATURAL WHEAT LITTER** \$33.99  
(12 Lb Bag - Original \$12.99 Multi Cat \$13.99)  
36 Lb Bag Limit 2 Bags Original \$33.99 Multi-Cat \$35.99

**CAREFRESH PET BEDDING** \$16.49  
60 Liter (Ultra Not Included)

**MERRICK'S WHOLE EARTH FARMS DRY DOG FOOD** \$10 OFF  
•Grain Free Chicken/Turkey •Grain Free Pork, Beef & Lamb  
25 Lb Bag Limit 2 Bags per Family  
OUR REGULAR PRICES

**CASUAL PETS & MIDWEST BEDDING PRODUCTS** 20% OFF  
•Pillows •Lounger •Mats All Varieties  
OUR SUPER LOW PRICES

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

**SPOT PET TOYS** 20% OFF  
All Varieties  
OUR SUPER LOW PRICES

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

**SENTRY PETOMALT & PETRODEX PRODUCTS** 20% OFF  
All Varieties  
•Tooth Care •Hairball Relief  
OUR SUPER LOW PRICES

**HAGEN FLUVAL FILTER SALE**

MODEL.....TANK.....	PET CLUB SALE	MODEL.....TANK.....	PET CLUB SALE
107.....25 GAL.....	\$104.99	307.....70 GAL.....	\$159.99
207.....40 GAL.....	\$119.99	407.....100 GAL.....	\$189.99

**AQUEON BOXED 10 GALLON TANK** With Economy Kit  
Just add Heater For Tropical Fish  
**\$48.99** Limit 1 Per Family

**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

**KORDON CORAL SEA 50 GAL SALT MIX WITH AMQUEL** \$14.99

**BONUS COUPON FRISKIES BUFFET CANNED CAT FOOD**  
5.5 Oz All Varieties  
Limit 1 Case With Coupon  
Limit One Coupon Per Family  
Price Valid Only With Coupon Effective 10/26/22 - 11/1/22  
**ON SALE Everyday** CHM PLU 367

**BONUS COUPON WHISKAS TEMPTATIONS CAT TREATS**  
•Selected Varieties - 3 Oz  
Limit 2 Pkgs with Coupon  
Limit One Coupon Per Family  
Price Valid Only With Coupon Effective 10/26/22 - 11/1/22  
**\$1.99** CHM PLU 569

**BONUS COUPON JONNY CAT CAT LINERS**  
Jumbo Drawstring - 5 Ct  
Limit 1 Box with Coupon  
Limit One Coupon Per Family  
Price Valid Only With Coupon Effective 10/26/22 - 11/1/22  
**\$2.39** CHM PLU 449

# Trunk-or-Treat: Taking the Scary Out of Visiting a Cemetery

## Dignity Memorial News Release

**FAIR OAKS, CA (MPG)** - Dignity Memorial, Funeral/Cremation/Cemetery Services, announced their First Annual Trunk-or-Treat on October 29, 2022, hosted this year at Mount Vernon Memorial Park and Mortuary at 8201 Greenback Lane. The event will go on from 5:30 PM-8:00 PM.

This is the first Trunk-or-Treat and it will become an annual event! This year, Dignity has the

pleasure of offering families:

A local car club with 15 classic cars; Face Painting Booth; Projector Movie – Coco; Candy!! A Festive Photo Backdrop; Food Trucks

All 10 Dignity location hearses decked out in thematic decorations from: The Haunted Mansion, The Nightmare Before Christmas, Pirates of the Caribbean, Hocus Pocus, The Munster's, Beetlejuice, Hotel Transylvania and The Great Pumpkin-Charlie Brown!

Please join us for this Halloween extravaganza!

"We're excited to nurture the relationships we've built with our families through this holiday fun!" – Ashley Young, Funeral Director/Mount Vernon Memorial Park

"Taking the scary out of visiting the cemetery!" – Theresa Green, GM/Reichert's Funeral & Cremation

"We're always looking for ways to serve our communities and this Halloween season, we're

happy to provide to you this spirited experience! Happy Haunting! – Patrick Kelly, Market Director/ Greater Sacramento

Dignity is an international corporation that offers services for Death Care, with 10 locations in the Greater Sacramento area. This Halloween weekend, the locations are coming together to put on the 1st annual Trunk-or-Treat. This is a free-entry, all ages, family friendly event for you and your loved ones.

*The Dignity Memorial® network of more than 2,000 funeral, cremation and cemetery service providers is North America's most trusted resource for funeral and memorialization services. Dignity Memorial providers offer an unmatched combination of products and locations serving families with care, integrity, respect and service excellence to celebrate each life like no other. For more information, visit [www.dignitymemorial.com](http://www.dignitymemorial.com).* ★



# Election Information

## November 8, 2022 - General Election

Vote Early and Vote by Mail.



**Oct 10** Ballots begin to arrive by mail. Ballot Drop Boxes are now open.



**Oct 24** Close of registration. Register today!



**Oct 29** 11-Day Vote Centers open through Election Day.



**Nov 5** All Vote Centers open through Election Day.



**Nov 8** Election Day! Last day to turn in your ballot.

### Vote Early! Don't wait for Election Day

Take advantage of early voting and avoid the lines! You can return your ballot in the mail, at any Ballot Drop Box, or at any Vote Center. No postage is necessary.

### Track your Ballot

Sign up for "Where's My Ballot?" with Ballottrax, a free ballot tracking and alert system. It is available to all voters who wish to track the status of their Vote by Mail ballot- from printed to accepted. This provides additional transparency to voters on the status of their ballot.



### Vote Early! Vote by Mail.

Visit [www.elections.sacounty.gov](http://www.elections.sacounty.gov) or Call Toll Free (800) 762-8019



**International MARKET**

FOOD COURT NOW OPEN

10971 Olson Drive  
Rancho Cordova, CA 95670  
916.853.8000

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

## FROZEN & FISH DEPT

**Hake Whiting Frozen**

REG. \$4.99/LB

**\$1.99/lb**

**Andong Style Salted Mackerel**

2.2 lb

REG. \$16.99/EA

**\$11.99/ea**

## WEEKLY MEAT SPECIALS

**Beef T-Bone Steak**

**\$4.99/lb**

**Beef Porterhouse Steak**

**\$5.49/lb**

**Beef Cross Rib/Shoulder Roast**

**\$3.99/lb**

**Pork Baby Back Ribs (Single Pack)**

**\$2.99/lb**

**Boneless & Skinless Chicken Breasts**

**\$1.59/lb**

**Pork Neck Bones**

**\$1.69/lb**

**Pork Loin Chops**

**\$1.99/lb**

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 OCTOBER 26 - NOVEMBER 01, 2022.

## FRESH PRODUCE

**Rainbow Bell Pepper**

2 lb

**\$2.79/bag**

**Cherub Tomato**

10 oz

**\$4.49/ea**

**Raspberry**

6 oz

**2/\$5**

**Black Grape**

**\$1.99/lb**

**Kiwi**

**99¢/lb**

**Pomegranate**

**99¢/lb**

**White Beech Mushroom 150g**

**2/\$3**

**Brown Beech Mushroom 150g**

**2/\$3**

## AMERICAN/HISPANIC GROCERY

**Tree Top Apple Juice**

64 oz

**\$2.99/ea**

**Bob's Red Mill Chia Seeds**

12 oz

**\$5.99/ea**

**Bananae Water**

5.8 oz

**\$1.29/ea**

**Chamorro Tomato Cocktail**

32 oz

**\$2.99/ea**

**Swissman Chicken Broth**

32 oz

**\$2.49/ea**

## ASIAN GROCERY

**LKK Black Bean Sauce**

13 oz

**\$3.99/ea**

**Knorr Bouillon Cubes**

2.2/2.54 oz

**89¢/ea**

**Lady Bala Bubble Tea**

107 oz

**\$1.79/ea**

**SPAM**

**\$5.99/ea**

**GT 2 Instant Coffee**

12 packets 300g

**\$1.99/ea**

## EUROPEAN GROCERY

**Sofal Pure Grape Seed Oil**

5 liters

**\$39.99/ea**

**Zerpa Vegetable Spread Mild Apron**

19 oz

**\$3.49/ea**

**Zerpa Vegetable Spread Hot Apron**

19 oz

**\$3.49/ea**

**RABIT Rabbit Brand Softener**

500g

**\$4.99/ea**

**Tash Pam Vanacelli**

450g

**\$1.69/ea**

## KOREAN/JAPANESE GROCERY

**Gildan White Tee**

100 x 2 y

**\$13.99/ea**

**Nori Sheets**

100 x 2 y

**\$14.99/ea**

**Korean Rice Noodle**

1.5 lb

**\$1.49/ea**

**Wheat Flour**

14.1 oz

**\$1.99/ea**

**Korean Egg**

1.55 lb

**\$2.99/ea**

**Korean Chicken**

100 x 12 y

**\$15.99/ea**

## HOUSEWARES

**HAMILTON BEACH KITCHENWARE**

**99¢/ea**

**ELECTRIC RICE COOKER**

**\$3.99/ea**

**ELECTRIC RICE COOKER**

**\$4.99/ea**

## FROZEN & FISH DEPT

**Frozen Seasoned Baby Octopus**

16 oz

**\$8.99/ea**

**Oven Roasted Chicken**

**\$7.99/ea**

**Pastrami**

**\$12.09/ea**

## EUROPEAN DELI

**Green Olives**

**\$5.39/ea**

**Olive Medley**

**\$4.09/ea**

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## 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**

3 Hours Karaoke + 2 Pizzas + Pitcher Soda + 2 Main Dishes (Choose from 10)

**For 12 people \$185.00**

3 Hours Karaoke + 2 Pizzas + Pitcher Soda + 4 Main Dishes (Choose from 10)

**For 14 people \$210.00**

3 Hours Karaoke + 2 Pizzas + Pitcher Soda + 5 Main Dishes (Choose from 10)

**For 18 people \$275.00**

3 Hours Karaoke + 3 Pizzas + Pitcher Soda + 7 Main Dishes (Choose from 10)

**For 28 people \$350.00**

3 Hours Karaoke + 3 Pizzas + Pitcher Soda + 8 Main Dishes (Choose from 10)

**9 Dishes To Choose From**