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Serving Fair Oaks, Orangevale & Sacramento County

AUGUST 19, 2022

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Village Construction Underway



Construction crews prepare the terrain for Measure J improvements, which will include a new theater building and an enhanced Clubhouse, at Fair Oaks Village Park Plaza. Photo courtesy of FORPD/SENSERA Systems

Story by **Shauna Boyd**

FAIR OAKS, CA (MPG) - At the August meeting of the Measure J Bond Oversight Committee (BOC), Fair Oaks Recreation and Park District (FORPD) Administrator Mike Aho introduced the newly hired Arts and Entertainment manager, Danielle Whitmore.

The FORPD recently created the new Arts and Entertainment division, which joins the existing Recreation, Parks, and Administration divisions. Aho said the new role will manage all arts and entertainment programming for the District as well as take the keys to the new facilities currently under construction. It will be Whitmore's job to "make it work,

and keep it working," said Aho.

Whitmore said, "I am beyond excited to be a part of the Fair Oaks District team and to be working with you all to really grow what is an amazing investment into your community and into the arts and entertainment."

Construction fencing went up in the Village in July, and demolition is ongoing to clear the way for construction of the new Veterans Memorial Amphitheatre, improvements to Village and Plaza parks, and updates to the Community Clubhouse. Completion is expected in December 2023. This is the largest Measure J project, with a total budget of \$21.7 million, which includes a \$1.8 million bid allowance to cover

contingencies that come up during construction.

That bid allowance is very important, said Aho, since unexpected issues always come up during a large-scale project like this. Aho cited an example at the Clubhouse: As work moved forward, a large crack was discovered in the building, from ground level to ceiling. Aho said the District plans to bring in structural engineers to assess the situation, stating, "We should solve it now, while we have the opportunity."

The public can watch project progress by accessing photos from two solar-powered cameras documenting the work. The feed can be viewed on the District website at <https://www.fairoaks.org>.

Continued on page 3

Sacramento County Office of Education Appoints New Executive Director of Communication

SCOE News Release

SACRAMENTO COUNTY, CA (MPG) - The Sacramento County Office of Education (SCOE) has announced the appointment of Xanthi Soriano as SCOE's Executive Director of Communications. Soriano will start the new position at SCOE on September 26.

"With her experience in education and the business world, her commitment to learning, and deep knowledge of our region, Xanthi Soriano is an ideal person to lead communications for the Sacramento County Office of Education," said David W. Gordon, Sacramento County Superintendent of Schools.

Xanthi Soriano has served as the Director of Communications and Public Information Officer at the Elk Grove Unified School District since 2015.

A credentialed teacher, Soriano teaches civics to adult English learners in the Folsom Cordova Unified School District and was a high school teacher who taught English and world languages as well as a dance director at Valley High School in the Elk Grove Unified School District from 2010-2014.

Soriano previously served in the private sector as a corporate communications manager at Siemens Mobility from 2003-2009 and as a business research analyst and marketing supervisor at McDonald's Corporation from 1999-2002.

Fluent in English, German, Spanish, French, and Italian, Soriano was a U.S. Department of State Fulbright Specialist in communications and education from 2021-2024.

Xanthi Soriano earned a bachelor's degree from U.C. Irvine, a teaching credential from San Francisco State University, a master's degree in public administration from the USC Sol Price School of Public Policy, and an administrative services credential from Sacramento State University.

Soriano replaces Tim Herrera, SCOE's previous Communications Director, who retired in July 2022. ★

Casa Roble's 'Biggest Reunion Ever'



The Casa Roble High School Class of 1972 alumni, 10 years ago, at their 40th anniversary reunion. Five times as many people have already signed up for the 50th reunion that will be held in early October.

Story and photo by **Mike Klaus**

ORANGEVALE, CA (MPG) - Alumni of Casa Roble High School in Orangevale are planning the school's biggest reunion ever, combining the Class of 1972's 50th anniversary with classes from 1969 through 1975.

The school was brand new when the Class of 1969 graduated. The freshmen that year were in the Class of 1972, so it seemed fitting to invite both older and younger alumni of the school who attended then. Reaching the siblings who attended Casa Roble at the

same time, as well as many high school sweethearts who have now married and become grandparents, is going to make the reunion celebration a great event for all seven graduating classes.

Registration is going on now for the weekend of October 1 and 2 to be sure there is plenty of space and food for the attendees. The weekend starts with a celebratory dinner on Saturday, October 1 with fun activities and photo opportunities. The next day, a picnic in the Lew Howard Memorial Park in Folsom will provide a venue for families of alumni and festive visiting. A website at

www.ramreunion.link/crhs provides registration details and more information about the events.

Reaching out to the more than 2,000 alumni who graduated in these classes several decades ago is no small feat. Contacts have been found all over the world from Alaska to Europe. To make the reunion an update for even those far away, all alumni can add to a collective video to provide an update and greeting to their classmates. Classmates interested in contributing their story should reach out to the contact on the registration

website. The video will be shown at the Saturday dinner, and available online after the reunion.

The reunion committee is made up of classmates from far and wide. Fortunately, meeting by virtual tools like Zoom has allowed more people to participate in the planning. Committee members are William Back, Danna (McKnight) Beith, Tim Bryan, Jim Brown, Bill Conklin, Bob Cornwell, Jody Corson, Mike Klaus, Teresa (Foust) Sedmak, Mike Whitney, Buff White, Evonne (Nyquist) Farquhar, Penny (Robertson) Bravo and Rudy Villa. ★



SacRT Takes You Back to School for FREE

SacRT News Release

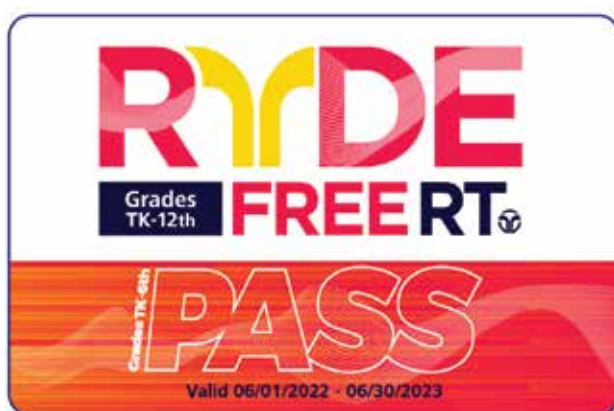
SACRAMENTO, CA (MPG) - The Sacramento Regional Transit District (SacRT) is reminding students and families that with the RydeFreeRT program, students in transitional kindergarten through 12th grade can ride the entire SacRT transit network for free. The program includes SacRT buses, light rail and Smart Ride on demand microtransit services.

The RydeFreeRT program is available for any youth that live or go to school within SacRT's service area, which includes the cities of Sacramento, Elk Grove, Folsom, Citrus Heights, Rancho Cordova and parts of Sacramento County. Approximately 220,000 students in grades TK - 12th, home-schooled students, and foster and homeless youth are all eligible.

SacRT launched the RydeFreeRT program in October 2019, at that time, SacRT experienced a 127% increase in student ridership (pre-COVID-19). Over the last year, SacRT provided over 2.4 million free rides to youth across the region.

New RydeFreeRT cards for the 2022-2023 school year are distributed by schools and have a valid date from June 1, 2022, through June 30, 2023. For students that still need a RydeFreeRT card, visit SacRT's Customer Service and Sales Center located at 1225 R Street (adjacent to the 13th Street Light Rail Station) or Sacramento Public Libraries.

"T h a n k s t o



The Sacramento Regional Transit District is reminding students and families that with the RydeFreeRT program, students in transitional kindergarten through 12th grade can ride the entire SacRT transit network for free. Graphic courtesy of SacRT

continued funding from the cities of Sacramento, Citrus Heights, Elk Grove, Folsom and Rancho Cordova as well as additional funding from the County of Sacramento, we are able to keep the RydeFreeRT program going into a fourth year," said SacRT General Manager/CEO Henry Li. "The fare-free program helps our region's youth by removing the transportation barrier to education, jobs, and healthcare."

"SacRT's award winning RydeFreeRT program for TK-12th grade students has benefited our community immensely and I could not be happier it is continuing for a fourth year," said SacRT Chair and Citrus Heights Council Member Steve Miller. "With this program, we are increasing mobility options and school attendance, reducing congestion and greenhouse gases and creating new rider habits."

"RydeFreeRT has become a model that many transit agencies across the nation are trying to replicate," said SacRT Board

Member and Sacramento City Councilman Jay Schenirer. "This is an investment in our future - connecting youth to school, work, internships and other education and career opportunities. It's great to see so many young riders on public transit!"

"At Sac City Unified our focus is on providing equitable access to high quality education. The costs and challenges associated with transportation can often create a significant barrier to that access," said SCUSD Chief Communications Officer Brian Heap. "The SacRT free transit program is a tremendous support tool for the district and our families. We have some middle and high schools where as many as one-third of students rely on SacRT to safely get them to and from school each day. Chronic absenteeism is a serious problem for schools, and we appreciate that our partnership with SacRT helps get more students to class every day."

Learn more about the RydeFreeRT program at rydefreert.com. ★

Gardeners Flock for Harvest Day

Story and photos by Judy Andrews

FAIR OAKS, CA (MPG) - Referred to as a "gardener's dream day," Harvest Day 2022 proved to be just that! Held on August 6 at the Fair Oaks Horticulture Center, the event attracted close to 1,000 gardening enthusiasts who aspired to learn from the experts.

Harvest Day is put on by UC Master Gardeners of Sacramento County and is free to the public. Although the last two event years were delivered virtually, this annual mid-summer event has been a Fair Oaks tradition for almost 25 years.

"Today is about education, education, and fun!" said Judy McClure, UC Master Gardener Program Coordinator. "Our goal is to provide information and resources to residents in Sacramento County regardless of anyone's ability to pay."

An abundance of gardening information — in the form of talks, demos, and handouts — were readily available throughout the day to anyone who wanted to increase their gardening knowledge and skills.

Harvest Day highlights included three 45-minute keynote talks presented by UC Master Gardeners. Pam Bone spoke about Selecting Trees for the Home Landscape in a Changing Climate, Kevin Marini talked about Healthy Soil/Soil Preparation for a Healthy Landscape, and Roxie Jones shared how to Make Your Landscape Wildlife Friendly.

Also featured were a dozen 15-minute mini-talks that covered garden-specific topics — from backyard composting to summer pruning tips.

About 30 community educational tables provided visitors with local resource info about garden products and supplies, water conservation, shrubs and trees, pest and bug control, wildlife, recycling, and much more.



Judy McClure, UC Master Gardener Program Coordinator, oversees master gardener activities in Sacramento County.

Everyone was encouraged to stroll the Horticulture Center grounds while helpful volunteers eagerly answered questions about the garden. Volunteers also maintain the garden's one acre space and change out plants when necessary.

Nancy Simpson was busy educating visitors about the garden's transitioning wildlife habitat area. "We want to show people how to create a space in their own yard that sustains wildlife — such as bees, moths, butterflies and birds," she said. "Urban growth and climate change are wiping out our meadows, so it's especially important today to be able to make and maintain little backyard habitats where native bees and birds can thrive."

The Fair Oaks Horticulture Center is located at 11549 Fair Oaks Blvd (inside Fair Oaks Park). The center hosts workshops/special events and is open to the public one day each month. For more information, visit: https://sacmg.ucanr.edu/Fair_Oaks_Horticulture_Center.

To learn more about UC Master Gardeners of Sacramento County, visit: <https://sacmg.ucanr.edu>. ★



UC Master Gardener volunteers Roxie Jones and Nancy Simpson.

ARC Ranked No. 5 in CA and No. 2 in NorCal

ARC News Release

SACRAMENTO, CA (MPG) - The American River College (ARC) athletics program was ranked fifth in the state of California — second in northern California — according to the final 2021-2022 rankings for California Community College Athletic Association institutions.

The rankings are part of the annual NATYCAA Cup, established in 2004 to recognize excellence in two-year college athletics based on success in championship competition across all sports.

The National Alliance of Two-Year College Athletic Administrators (NATYCAA) is a professional organization open to all two-year institutions throughout the country. NATYCAA Awards are designed to recognize and reward overall program excellence at the two-year college level. In the NATYCAA Cup, colleges are awarded points based on their teams' final positions in post-conference competition.

ARC scored 129 total points in 2021-22. Multiple sports reached state championship competition in 2021-22, including women's



The American River College football team takes on Chabot College in a home game played at ARC Stadium. Photo courtesy of ARC

volleyball, men's soccer, men's tennis, men's track and field, men's swim and dive, men's cross country, women's swim and dive, women's water polo and women's tennis.

ARC has consistently finished in the top 10 since the NATYCAA Cup began in 2003-04, ranking as high as third on several occasions. For more information on the NATYCAA Cup, visit ccaasports.org/NATYCAA

Visit arcbeavers.com for more information on ARC athletics.

Founded in 1955,

American River College is one of the largest institutions of higher education in the Sacramento region, serving about 30,000 students each fall and spring. The college has an outstanding record for academic quality and is among the top community colleges in the state for transferring students to the University of California and California State University systems. ARC also has a strong reputation for its career programs. For more information, please visit arc.losrios.edu. ★

Toys 'R' Us Returns to Sunrise Mall



Meet Geoffrey the Giraffe and you too can be a Toys 'R' Us kid! Photo courtesy of Macys

By Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG) - If you grew up as a Toys 'R' Us kid, as many of us did, there's a good reason to celebrate.

A physical Toys 'R' Us store is opening inside every Macy's store across the country, including its long-time store in the Sunrise Mall in Citrus Heights.

WHP Global, which acquired a controlling stake in the beloved toy retailer in March 2022, has partnered with Macy's, Inc. to bring Toys 'R' Us shops into the department store's more than 400 physical brick and mortar stores and its online locations.

On the ground floor of

Macy's South, at 6041 Sunrise Mall, home of its women's, children's and infant's store at the Sunrise Mall, a new Toys 'R' Us section opened in late July.

It's a public preview of an approximately 2,500 square foot Toys 'R' Us store on level 1 inside Macy's which will open at the end of September, said Allison Edheimer, associate for external communications with Macy's Inc.

"The Toys 'R' Us brand will come to life in-store with playful colored fixtures as well as hands-on demonstration tables for customers to interact with various toy assortments," she said.

In September, customers

can expect a 'shop-in-shop' sales experience featuring sectioned toy aisles, interactive activities, and unique Toy 'R' Us branding, including a 'Geoffrey On A Bench' photo opportunity for families with its beloved mascot, Geoffrey the Giraffe.

To celebrate the openings, all Macy's stores, including Citrus Heights, will host nine days of in-store events beginning October 15 through October 23, which will include family-friendly activities and daily giveaways from brands like Barbie, LEGO, Play-Doh and more, Edheimer said.

The once-storied toy store went bankrupt and closed all its stores in 2018. Its former location on Greenback Lane has since re-opened as a Hobby Lobby arts and crafts store.

Toys 'R' Us has since established its own designated e-commerce section on Macys.com which customers can access now in addition to its own dedicated ToysRUs.com site.

"As a Toys 'R' Us kid, I could not be more excited to bring this beloved brand that so many of our customers know and love into Macy's online and to our stores across America," said Macy's chief merchandising officer, Nata Dvir, in a press statement.

The Toys 'R' Us store is located inside Macy's South at 6041 Sunrise Mall in Citrus Heights. Call (916) 728-1916 for more information. Mall hours are Monday through Saturday from 11 am to 8 pm and Sunday from noon to 6 pm. Visit: <https://www.sunrisemallonline.com/> for details. ★



Two Ordinances to Prohibit Camping Approved

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - The Board of Supervisors on August 11, approved two ordinances addressing camping and encampments near critical infrastructure such as levees and government buildings, wildfire and flood risk areas during severe weather, near shelters for persons experiencing homelessness, youth-serving facilities and a separate ordinance prohibiting camping on the entire stretch of the American River and Dry Creek Parkways. The Board will formally adopt the two approved ordinances on August 23, and they will go into effect 30 days later.

As was mentioned several times by staff, county counsel and supervisors, these ordinances going into effect will not result in the wide-scale clearing of encampments. The County has both a legal and moral obligation to identify the highest priority camps, identify the needs of the campers and offer services and shelter as appropriate. The County is committed to applying a thoughtful approach in order to balance the needs of both the campers and the impacted community surrounding encampments.

“These ordinances provide another tool for County staff and our outreach partners to engage with folks experiencing homelessness camping illegally, assess their needs and determine the best course of action to move them away from critical infrastructure,” said Board Chair Don Nottoli. “The time has come to balance the needs of our unsheltered population with the impacts that our communities and environment have been facing for years.”

The ordinances provide law enforcement officials with the authority to specifically address the activities in these particular locations because of public health, safety and welfare concerns.

The critical infrastructure ordinance adds Chapter 9.120 to the Sacramento County Code to prohibit camping and encampments in the following priority areas:

In, on or within 25 feet of critical infrastructure or the entrance/exit of critical infrastructure; Up to 1,000 feet of a location providing year-round overnight shelter to people experiencing homelessness and the entrance/exit to such locations; Inside of, or within 30 feet of wildfire and flood risk areas during severe weather; And, within 25 feet of a youth-serving facility, defined as public or private primary or secondary schools and public libraries.

Violations would first be subject to verbal and written warnings and any

person who violates the ordinance would be guilty of a misdemeanor. This also authorizes the County Executive or designee to promulgate rules, protocols and procedures for the implementation of the ordinance.

To read the full definitions of each identified priority area, read the full ordinance at the county website.

The Board also approved a separate ordinance that addresses the Dry Creek and American River Parkway specifically.

“The American River Parkway is our region’s most treasured recreational and ecological asset,” said First District Supervisor Phil Serna. “As the stewards responsible for its protection, we are obligated to see that it is a clean and safe place for everyone to enjoy while ensuring those who feel their only option is to reside on the Parkway, have housing opportunities and access to services elsewhere in the county.”

The following are key provisions of the ordinance:

Prohibition on camping or constructing, maintaining or inhabiting any structure or camping facility in the American River Parkway or Dry Creek Parkway, except with written permission from the Director;

Prohibition on modifying the parklands (e.g. dirt, landscaping) or accumulating furniture, household goods, or other items in order to create a structure;

Bans the use or maintenance of a container with flammable or combustible liquid or a generator, except when issued a permit by the Regional Parks Director.

The intent of the proposed ordinance is to provide the County with an additional enforcement tool to address camping and the proliferation of unpermitted structures used as makeshift shelters in the Parkways and reduce public safety concerns relating to the use of flammable or combustible liquids and generators in parks. However, the ability to enforce the proposed ordinance, like the existing Code provisions, is dependent on law enforcement capacity and prioritization as well as availability of shelter, as outlined in the proposed Park Rangers’ Action Plan. In addition, the Action Plan describes the County’s commitment to conduct outreach efforts to offer alternative shelter and other services to individuals camping in the Parkways.

Visit the county website at www.sac-county.gov/Pages/default.aspx to read the full ordinance to learn more about Parkway-specific rules. ★

Village Construction Underway



Construction in the Village is currently underway, and the \$21.7 million project will include improvements to Plaza and Village parks, updates to the Community Clubhouse, and a new theater building at Veterans Memorial Amphitheatre. Work is expected to be completed in December 2023. Photo by Shauna Boyd

Continued from page 1
forpd.org/478/Live-Construction-Footage.

As construction moves forward in the Village, necessary parking closures are also underway, with several parking areas closed for the next four months: parking in front of the Village Park playground along Park Dr., parking across from Old Fair Oaks Library on Temescal St., and all parking in front of the Community Clubhouse on California Ave. “It’s going to be awhile, and it’s going to be hard on all of us,” said Aho. There will also be other parking closures in the future, but the end result will be increased parking in the Village with 20 additional parking spaces.

The District has also moved forward with plans to build softball fields at the La Vista school site. A site survey will be conducted to confirm the boundaries of what would become park land. Once those survey documents are completed, then the lease agreement between FORPD and San Juan Unified School District can be officially signed. Aho said the next steps would be budget estimation and

community outreach to figure out if the project should include water fountains, a playground, additional parking, or other amenities. Even though no major structures will be built as part of the project, Aho said it will still be a lot of work to improve the fields to ensure the highest quality for the softball players.

With the softball fields now slated for La Vista, the Phoenix Park project will now just focus on improving parking, and the District is in the process of requesting proposals for that work.

The plans for La Vista and Phoenix will max out the rest of the available Measure J funds and will likely require some additional funding as well. So, Aho said the District is already looking at alternative funding sources to ensure those projects can fully move forward.

BOC Chair Amy Larsen reintroduced the question of returning to in-person meetings, but with COVID surging again and cold/flu season just around the corner, the consensus was to continue with Zoom meetings for now and reassess in the future. ★



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Former Birdcage Starbucks Seeks New Tenant



Starbucks thanks its patrons for their support of the coffee shop which was located at 6121 Sunrise Boulevard in Citrus Heights.

Story and photo by Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG) - The site of a former popular Starbucks coffee shop at 6121 Sunrise Boulevard in Citrus Heights between Barnes & Noble Booksellers and Noodles and Company remains vacant, as the Gerrity Group, LLC, an asset management group in Solano Beach which manages the plaza seeks a new tenant.

Starbucks abruptly closed on October 3, 2021, where a notice posted by district manager Jackie Paduveris thanking past customers remains posted on its front door.

In a 2021 interview, Paduveris said that the store's closure in Birdcage was related to "its business model." Calls to both Starbucks corporate public relations team and to Paduveris were not returned.

News of the closure in 2021 came as a surprise to The Gerrity Group, in an earlier press account.

"It was a surprise to learn of the tenant's intent to close the business as of October 3, 2021, particularly because the store appeared to perform well, and there is considerable amount of term remaining on the lease," said Colby Young, Gerrity Group vice president. Starbucks had been a tenant in Marketplace-Birdcage in Citrus Heights for 24 years.

Does Starbucks still have an option to return and reopen?

"Starbucks has the right to operate for the remainder of their lease term," Young said.

Young said The Gerrity Group is actively searching for businesses to add to the diverse mix of restaurants, goods, and services which

Marketplace at Birdcage offers.

"I think a coffee shop or restaurant would be a great use for this space," he said.

Young said the Gerrity Group is "engaging and pursuing potential new tenants for this space and others daily. The opportunity to lease space at Birdcage fronting Sunrise Boulevard has drawn strong interest."

"The Gerrity team continues to work with interested businesses to ensure we provide the best shopping experience for our Citrus Heights community. I encourage anyone interested in opening their business at Birdcage to contact Chris Campbell with CBRE at (916) 446-6800," Young said.

Today, a black floor-to-ceiling metal mesh fence and curtain separates the closed Starbucks from the Barnes & Noble bookstore.

"When asked to show the former Starbucks, we can do so by appointment," said Sophia Garman, store manager for Barnes & Noble which adjoins the former coffee shop.

Garman said she has shown it to interested parties on behalf of the Gerrity Group from as far south as San Francisco. She remains optimistic that a new tenant will be found soon.

"Our customers periodically ask us whether we've heard any news whether or not Starbucks will return, or if another business may move in," she said.

"There's not much I can tell them or the general public at this time," Garman said.

"I'm still hopeful the space won't be vacant too much longer before the upcoming holiday season." ★

Dunkin' News Release

SACRAMENTO, CA (MPG) - Local blood donors are in for a sweet treat this August. Dunkin' of Sacramento is teaming up with the American Red Cross to provide 2,600 vouchers to Red Cross donors in the region during August.

To thank donors who help refuel the blood supply throughout August, those who come to give blood or platelets will receive a voucher for a free Medium Hot or Iced Coffee and a free Classic Donut, redeemable at all Dunkin' restaurants in the Sacramento area, while supplies last. Vouchers are non-transferrable and not redeemable for cash.

The American Red Cross has faced a concerning drop in blood and platelet donations this summer. Donors are needed to make an appointment to give in August to help prevent a blood shortage.

Right now, the Red Cross needs to collect more than 1,200 blood and nearly 3,000 platelet donations each day to support patients at approximately 2,500 hospitals across the country. The need for blood doesn't take a summer break as hospitals continue to respond to traumas and emergency room visits, organ transplants, elective surgeries and more.

"We are thrilled to kick off our partnership with Dunkin' and encourage individuals to give to help prevent a summer blood



To thank donors who help refuel the blood supply throughout August, those who come to give blood or platelets will receive a voucher for a free Medium Hot or Iced Coffee and a free Classic Donut. Photo courtesy of Dunkin'

shortage," said Justin Mueller, Regional Donor Services Executive, American Red Cross. "As you finalize your plans for the summer, make a blood or platelet donation appointment part of them and receive this special gift from Dunkin'."

Those who give now will help stock the shelves for hospital patients in need. Schedule an appointment to give blood or platelets by using the Red Cross Blood Donor App, visiting RedCrossBlood.org, or calling 1-800-RED CROSS (1-800-733-2767).

"Dunkin' is thrilled to team up with the American Red Cross this August," said Jamie Struwe, Field Marketing Manager, Dunkin'. "We hope that by providing donors with a free Medium Hot or Iced Coffee and Classic Donut, Dunkin' will encourage the Sacramento community to stop by Red Cross blood drives and roll up their sleeve."

To learn more about Dunkin', visit www.DunkinDonuts.com or follow us on Facebook @DunkinUS or Twitter @DunkinDonuts.

DunkinDonuts.com or follow us on Facebook @DunkinUS or Twitter @DunkinDonuts.

About blood donation

To donate blood, individuals need to bring a blood donor card or driver's license or two other forms of identification that are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also must meet certain height and weight requirements.

Donors can also save up to 15 minutes at the blood drive by completing a RapidPass®. With RapidPass®, donors complete the pre-donation reading and health history questionnaire online, on the day of donation, from a mobile device or computer. To complete a RapidPass®, follow the instructions at RedCrossBlood.org/RapidPass or use the Red Cross Blood Donor App. ★

Sleeping Cabin Construction for Homeless Begins

Sacramento County News Release

SACRAMENTO COUNTY - Sleeping cabin construction at Sacramento County's new concept "Safe Stay Community" to shelter persons experiencing homelessness has officially begun. The new project, located at 8144 Florin Road, on the corner of Power Inn and Florin at the former site of a now razed grocery store will have 100 sleeping cabins constructed on the site. Construction of the Pallet cabins is expected to take 10 days.

Once cabin construction is complete, infrastructure work such as running power and sewer lines will take several months to complete. In addition to the cabins, the site will

have a sanitation trailer for restrooms and showers, staff quarters for the 24/7 on-site operator, a security booth to manage all persons on-site, a communal eating area, storage units for possessions guests bring that do not fit in their cabin and a pet relief area. The site is expected to begin welcoming guests late this fall. It will ultimately be able to shelter 125 people at any point in time.

"Seeing the Safe Stay sleeping cabins go up is very exciting," said District 2 Supervisor Patrick Kennedy. "It is an important step forward in welcoming guests into this new sheltering model, and the community can begin to see how this will benefit the neighborhood and local businesses."


Pallet has built nearly 100 communities in 50 cities across the U.S., with 76 currently operating in 45 cities including multiple locations in Northern and Southern California. The unique design and capabilities of the cabins such as a door that can be locked for privacy and safety, heating and cooling to protect guests from extreme weather events and the individualized areas that further provide a sense of space that allows people to shelter and receive services with dignity and respect.

In addition to the hard working Pallet staff, the Pallet structures are being put together by members of the Sacramento Regional Conservation Corps (SRCC)

— a non-profit, workforce development and education agency. They provide an opportunity for 18-26 year-old young adults to acquire paid work experience and job skills on conservation projects in a four county region. Young adults, from diverse backgrounds, receive technical skills training and educational achievement. Their area of focus is recycling and conservation projects that enhance and protect our environment.


For more information on Safe Stay Communities, read our Safe Stay Community FAQs.

To stay current on how Sacramento County is responding to homelessness, sign up for updates. ★



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Does University of California undercut academic freedom?



By Dan Walters, CALMatters.org

Administrations and faculties at University of California campuses are embroiled in a searing controversy over requirements that applicants for faculty positions and candidates for promotion prove their active support, without reservation, of what's called "diversity, equity and inclusion."

Candidates must submit "DEI statements" that, under UC's policies, determine whether they will be considered for employment or promotions, regardless of their academic credentials.

While different campuses use slightly different "rubrics" for judging candidates on their DEI statements, they generally use a 1-to-5 scale to determine whether they should be allowed to advance.

One, at UC-Davis, provides the lowest score to candidates who seem to be unaware or uninterested in the need to promote diversity, while the highest score would be given to someone who "discusses diversity, equity, and inclusion as core values that every faculty member should actively contribute to advancing."

Another version, according to a recent history of UC's Advancing Faculty Diversity Initiative, establishes a 1-to-5 scoring system to judge whether the applicant should be rejected out of hand or allowed to advance. If he or she refuses to discuss gender or ethnicity issues, or contends that such issues are "antithetical to

academic freedom or the university's research mission," they will automatically receive a low score. In contrast, someone who embraces DEI as "core values that every faculty member should actively contribute to advancing" should get the highest score.

One UC Merced professor, Tanya Golash-Boza, even published a guide in the professional publication Inside Higher Ed, to help applicants frame their DEI statements in language that would pass muster with the authorities.

The use of DEI statements began at UCLA four years ago and has become virtually universal since, sparking an intense debate in academic and legal circles over whether the UC system is, in effect, elevating political correctness over academic achievement and in doing so damaging the concept of academic freedom.

To its supporters, DEI statements and other evaluations are necessary tools to ensure that the university system overcomes its historic imbalance in students and faculty that favors whites and Asians over Blacks and Latinos.

But detractors see DEI statements as violating in spirit, if not in letter, university policies that prohibit using politics as a litmus test — policies that were introduced to counter Cold War-era efforts to weed out faculty members with leftist tendencies by forcing them to take loyalty oaths.

In 1950, the Legislature passed the Levering Act, requiring all state employees to sign such oaths — a move obviously directed at the UC faculty. In fact, 31 tenured professors were fired for refusing to sign it.

After years of legal and political wrangling, the state Supreme Court, by a 6-1 vote, declared the Levering Act to be unconstitutional in 1967. Meanwhile, the UC Board of

Regents adopted a policy that "No political test shall ever be considered in the appointment and promotion of any faculty member or employee."

The DEI statements were mandated campus by campus because the UC system's administrators are under intense pressure from the Legislature, the Board of Regents and activist organizations to overcome ethnic imbalances in spite of voter approval of a ballot measure, Proposition 209, in 1996 that outlaws racial or gender preferences in public employment.

Moreover, in 2020 the state's voters, by a substantial margin, refused to repeal Proposition 209.

The history of how DEI statements became a powerful tool to weed out faculty applicants who don't conform is explored in a recently published and somewhat critical but remarkably objective monograph by two academic researchers affiliated with UC's Riverside campus. They are Steven Brint, a professor of sociology and public policy, and Komi T. German, who earned her doctorate at UC Riverside.

"We find ourselves with a university in flux," the two conclude. "Its commitment to the representational mission, and the progressive political demands that accompany it, is gaining traction as many find themselves disillusioned with the traditional mission of dispassionately searching for truth."

The irony — and perhaps tragedy — of the DEI statement mandate is that while it might, at least in theory, make UC's faculty more diverse in ethnicity, its conformism will make it even less diverse intellectually.

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

God has provided and you have gone on a journey of a lifetime! How many years have you traveled on that journey? Where did you go and how long have you enjoyed it and how long has I lasted? At what age did you begin this journey? How did you find it and decide to take it? Share with others about it and how you found a place of love, joy, peace and happiness in your life.

You haven't realized it, but you have lived through the divine plan of God for your entire life. At first you did not realize

So Your Journey Is Almost Over

Almighty God even cared about you. From time to time someone would tell you about the love of God but you always felt it was always about other people who went to church. And, that was not one of your interests.

Along the journey, all kinds of things would happen from time to time that taught you about life and how to live it. That was God's way to teach you many things. Times fell that caused all kinds of emotions to rise in you! From a little tear to real suffering and pain!

One of those times a friend told you that God loved you and sent His Son Jesus to be born. You wondered what you could learn from a little child! Then she said that He came to die for all mankind's bad doings.

You wondered what they really were? Then she said that His love, grace and mercy would fall on your life when and if... you accepted Him as your Lord and Savior of your soul. Then, He would never leave or forsake you and help you throughout the rest of your entire life. Then when you died, you would live forever in heaven one day with Him. (Read John 3:16 in the Bible.)

How could anyone ever turn down such a wonderful invitation into the kind of life we all dream of having? And it would last forever!

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

Casa Football is Back!

By MaryAnne Povey

ORANGEVALE, CA (MPG) - Are you ready for some football?

Grab your cowbell and come on out to see the Casa Roble Rams in action! The Rams charge into the 2022 season taking on the Placer Hillmen at Placer High School on Friday, August 19. Then, Casa plays its first home game against Wood of Vacaville the following week on August 26. Junior varsity starts at 5 p.m. and varsity kicks off at 7 p.m.

"The team has been working hard, and we are looking forward to another great

season of football," said Casa coach Chris Horner.

Admission is \$10 for adults and \$5 for seniors/students for J.V. and varsity games. Thursday night freshmen games are \$6 for adults and \$4 for seniors/students. Tickets must be purchased online at gofan.co.

Can't make it to the game? Watch J.V. and varsity home games live streamed on Orangevale Live's Facebook and YouTube channels! ★

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We are proud members of these newspaper associations.

Always something fun happening at the ballpark!



Judy Andrews. Photo courtesy of Chrysti Tovani

Strut Out to the Chicken Festival, September 17

By Judy Andrews

FAIR OAKS, CA (MPG) - Chickens are a big part of Fair Oaks history, so let's get ready to celebrate them! It's all happening on Saturday, Sept. 17, from 12-6 p.m. at Fair Oaks Park (11549 Fair Oaks Blvd).

Join the Fair Oaks Recreation and Park District – along with other community organizations – for a fun-filled day of live music, food and plenty of activities for the whole family to enjoy! Festival highlights include:

Corn Hole Tournament sponsored by the Fair Oaks Chamber of Commerce. Pre-register (\$40 per team) to secure your spot! Bring your own partner and bags. Check-in starts at 12 p.m. Novice and competition teams are invited to participate.

Cluck 'n' Crow Spirit Contest sponsored by the Kiwanis Club of Orangevale-Fair Oaks. Pre-registration is required (no sign-ups on event day), so start practicing! Must be 10 years or older to participate.

GREAT Chicken Decorating Contest – Make your chicken the GREATEST in town! Two divisions are open for adults and children. Registration is \$20 per entry and each entry will receive one wooden chicken to decorate.

Other activities include Rocky's Roost Kid's Park and community vendor booths, plus so much more. Don't miss it! To learn

more and to pre-register for contests, visit forpd.org/chickenfest.

Here are more things to do at Fair Oaks Park this month:

Concerts in the Park - Aug. 25

Don't miss the final summer concert on Aug. 25 featuring local headliner band "Wasted Space," singing songs from the '60s and '70s. This event is free! Gates open at 7:30 p.m. and the show starts at 8 p.m. (You are welcome to bring food and drinks, but no glass containers will be allowed. Also, no dogs allowed.) Fair Oaks Park is located at 11549 Fair Oaks Blvd.

Comedy Under the Stars - Aug. 26

You only have one more opportunity to enjoy Comedy Under the Stars on Aug. 26 at Fair Oaks Park! Tickets are \$15 per person (adults 18+ only) and must be pre-purchased! Food trucks and wine/beer will be available onsite for an additional charge. For more information and to pre-purchase tickets, visit FairOaksChamber.com.

Food Truck Mania & Classic Car Show - Sept 1, Oct. 6, Nov. 3

Everyone loves this free family-fun event. If you haven't checked it out, it's not too late! Event hours are 5-8 p.m. Pick your date and come on out!

For more information on these events and how you can become a chamber member, please visit FairOaksChamber.com. ★

See you in Fair Oaks!



How to be Happy

Are you happy? Do you feel it slipping away with everything that's going on from the pandemic to the economy? Did you know a recent Gallup Poll revealed that happiness in the U.S. is at an all-time low with only 38% of Americans saying they're satisfied? There's depression, anxiety, and a general sense of unhappiness.

Valerie Whestone, best-selling author and life and wellness coach gave me several tips on POPPOFF to reach HAPPY. She's authored several books with her latest "Soul of Success." So let's get to the HOW part.

1. GRATITUDE. It's the closest thing you have to a "cure all" magic fix for anything in life. It shifts your energy instantly. Suggestion: Write in a journal each day. Example: I am so happy and grateful now that I am experiencing greater vitality in my health or I am so happy and grateful for my breathe and my family's breathe each day.

2. POSTURE. Check how you're sitting or standing. Are you slouching? Are your shoulders back? When we are curled up, we are sending signals to the universe that we are in pain, stressed or suffering. It is natural to want to curl up in a ball. However, we are attracting more of what we do not want. When our shoulders are back and we sit up straight we are sending signals to the universe that we are confident, happy and flowing with greatness.

3. 3 TO 1 RATIO. 3 compliments for every one complaint. If you want to bring happiness into your life, watch what

you're saying. Are you complaining? If so, back it up with 3 compliments so it shifts your energy to a higher vibration and you can stay in a happy state.

4. SMILE. It is hard to be mad or sad when you smile. Hold your smile for at least 20 seconds to savor the good. It will lower your stress hormones.

5. LISTEN TO YOUR FAVORITE MUSIC. Turn up the volume and dance like no one is watching. One of my favorite things to do is listen to 80's music, sing the lyrics, and dance. It changes the vibration instantly.

6. CREATE A VISION BOARD. Cut out some of your favorite pictures and put them on your mirror or board and begin to visualize what you want to attract in your life. If we want to manifest anything in our lives, seeing clearly in our minds helps anchor the feeling in the body. Research shows that the mind can't distinguish between what is real and something imagined, so the mind begins creating new neural pathways based on whatever it is we are imagining.

7. EMOTIONAL FLOOD OF HAPPINESS. Place your hand on your heart. Close your eyes. Breathe in and out. Think of a time when everything was well in your life. Example: The birth of your child...use your five senses. Or falling in love for the first time or your first kiss and the butterflies.

Want to check out Valerie? Go to www.doorwaytotransformation.com. ★

LET'S GET HAPPY!!!



STUDENTS MAKING THE GRADE

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

- ❖ **KAYLA BENSEN** (Orangevale) was named to the Spring 2022 Dean's List at the University of Alabama (Tuscaloosa, AL)
- ❖ **GARRETT BRENNER** (Fair Oaks) graduated Magna Cum Laude with a Bachelor of Science in Computer Science from the College of Charleston (Charleston, SC)
- ❖ **MEGAN McMANUS** (Fair Oaks) was named to the Spring 2022 President's List at the University of Alabama (Tuscaloosa, AL)
- ❖ **MADELEINE WILLENBORG** (Orangevale) was named to the Spring 2022 Dean's List at the University of Alabama (Tuscaloosa, AL)
- ❖ **KARLIN YORK** (Orangevale) has been named to the Spring 2022 Dean's List at Missouri Western (St. Joseph, MO)

American River Messenger, July 2022

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Social Security Matters

What Are My Wife's Benefits While I'm Living and as My Widow?



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: I will be 70 in January and my wife will be 65 in February, at which time we will both go on Medicare. I am currently working, and my approximate Social Security benefit will be around \$2,900. My wife was a stay-at-home mom and, therefore, has minimal Social Security benefits on her own. At 65 she is eligible for \$870 and at full retirement age will qualify for \$990. A few questions: if she starts to draw benefits at 65, what would be her total spousal benefit? If she waited until her full retirement age, what would the amount be? Of greater concern, what would be her survivor benefit given the same criteria as mentioned above. **Signed: Planning Ahead**

Dear Planning Ahead: Based on the Social Security amounts in your email, your wife is eligible for a spousal benefit while you are both living. Her spouse benefit when she claims will consist of her own Social Security retirement benefit plus a spousal boost to bring her payment to her spousal entitlement. Spouse benefits are

computed using full retirement age (FRA) benefit amounts, so if your age 70 benefit is "around \$2900" then your FRA (age 66) benefit amount (known as your "primary insurance amount") should be around \$2,225. Your wife's base spousal boost would be the difference between her FRA amount and 50% of your FRA amount, so her total benefit, if taken at her full retirement age, would be about \$1,112 (her \$990 plus a \$122 spousal boost). But taken at age 65, both her own benefit and her spousal boost would be reduced. At age 65 your wife's total benefit would be around \$963 (her own \$870 plus a reduced spousal boost of about \$93).

Regarding your wife's survivor benefit as your widow, if she has reached her full retirement age (66 years and 8 months), at your death she would get the same amount you were getting when you died – the \$2,900 you will get by claiming at age 70. Your wife's survivor benefit as your widow will replace the smaller spousal amount she was receiving while you were both living. Since your wife will be already collecting a spousal benefit from you, if she has reached her FRA when you pass your wife will be automatically awarded her survivor benefit at that time. If she hasn't yet reached her FRA when you pass, the spousal portion of her benefit will stop but she can request a reduced survivor benefit early. In that case her early survivor benefit will be actuarially

reduced by .396% for each month before her FRA it is claimed. If you were to die in the month your wife turns 65, her early survivor benefit would be about \$2668.

One final thought about Medicare: if you continue to work and have "creditable" health-care coverage from your employer, you can defer enrolling in Medicare Part B (coverage for outpatient services), thus avoiding the Part B premium until you stop working. If your wife is covered under your "creditable" employer healthcare plan, she can also defer enrolling in Medicare Part B until that coverage ends ("creditable" is a group plan with at least 20 participants). However, enrolling in Medicare Part A (coverage for inpatient hospitalization services), for which there is no premium, is mandatory to collect Social Security after age 65.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org. ★

DINESH D'SOUZA

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Marinoble's Martial Arts Owner Faces New Fight



Dave and Elizabeth Marinoble, owners of Marinoble's Martial Arts, have been training champions for 25 years. Photo by Thomas J. Sullivan

By Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG) - Dave Marinoble hopes that one day, amyotrophic lateral sclerosis (ALS) will be given its own swift kick. ALS is a progressive neurodegenerative disease that affects nerve cells in the brain and spinal cord.

Husband and wife, Dave and Elizabeth Marinoble, owners of Marinoble's Martial Arts at 7524 Walnut Drive, in Citrus Heights have spent over 25 years together training champions.

"We've only decided to make Dave's diagnosis of ALS public recently," she said.

A well-attended July martial arts tournament which they hosted, helped raise over \$1,500 towards ALS research.

In August 2020, the couple closed their long-time school in Roseville to move to Citrus Heights.

The high peaked roof of their studio should look familiar to long-time Citrus Heights residents as it was once home to the Sierra Chalet Ski Shop, she said. The purchase price included a three-bedroom, two-bathroom residence. Its garage is also used as a training facility and sparring rings are set up behind the house.

The Marinobles wish to thank the ongoing support of their long-time students and instructors, many of whom have been with them for years, for helping them weather the pandemic as

they continue to welcome new students.

"Today, we have over 150 (students)," said Elizabeth Marinoble. "It's a very diverse mix and many of our students have been with us for many years."

Marinobles offers mixed martial arts (MMA), kickboxing, fitness and self-defense classes for all ages and skill levels.

"Through the years we've never advertised," she said. "We offer different programs for different ages, who can take unlimited classes if they choose to." Class pricing begins at \$129 and goes up to \$159 per week. She is also a health and weight-loss coach.

"If you're ready to fight for your health, we're here to help," she said.

Seen unleashing a demonstration swift kick to a speed bag, Dave Marinoble hasn't lost a move, nor his love for teaching his students. While he may have lost his voice to ALS, and uses an adaptive device to translate his speech, he hasn't let that stop him.

He said he enjoys teaching, whether they be amateurs who are just getting into the sport, or world-class UFC athletes. He is a three-weight class International Kickboxing Federation champion and two-time member of the U.S. National Sport Jujitsu Team.

He's also a part-time California Army National

Guard non-commissioned officer. Sergeant Marinoble helps train soldiers in the art of hand-to-hand combat.

Elizabeth said she's hopeful that an upcoming clinical trial will prove helpful for her husband.

She's also working with the ALS Sacramento Chapter office in Citrus Heights at 5701 Sunrise Boulevard to coordinate and schedule a Walk to Defeat ALS® event at Rusch Park in Citrus Heights on September 17th.

The ALS Sacramento Chapter has also scheduled its own Walk to Defeat ALS® at Elk Grove Regional Park.

The Marinobles offer classes, taught by senior black belt instructors, in kickboxing, mixed martial arts and karate self-defense for children 11 years and under. Adults are considered age 12 and older, she said. A first introductory class is free.

"Our Bok Fu Program teaches a blend of kung fu, Kenpo, taekwondo, self-defense and ju-jitsu to people of all ages and experience levels," she said.

"You'll see kids and parents, alike all working towards their black belts. We have a great team of instructors, a great facility, and fantastic members," she said.

Marinoble's Martial Arts is located at 7524 Walnut Dr, in Citrus Heights. Call (916) 786-0333 for more information. ★

Evaluation of Safe Stay Sites in Sacramento County



By Rich Desmond,
District 3 Supervisor

SACRAMENTO COUNTY, CA (MPG) - Homelessness is the top issue I hear about from residents, property owners, and business owners. It is a crisis that demands bold action.

The County of Sacramento, as well as my colleagues on the Board of Supervisors and I, have been working hard on solutions for more housing and increased mental health and substance abuse services. The County has a variety of housing from shelters, scattered site housing, transitional housing, and permanent supportive housing in all five Supervisorial Districts. The County has also significantly increased the number of treatment beds for addiction and mental illness. However, we desperately need to do more.

The County is continuing to explore shelter locations in unincorporated communities to help get the homeless connected with services and housing while providing relief to residents and businesses from the negative impacts of encampments in public places. I am firmly convinced that the best path to alleviate our homelessness crisis, especially in light of changes to state law and federal court decisions, is to create more alternatives to offer the homeless while prohibiting places they can camp and holding those who violate the law accountable for their actions.

Last year, the Board of Supervisors directed the Department of General

Services to evaluate all County property that had the physical potential to serve as a community shelter site. My office and County staff are still evaluating several parcels in the Third District, including two properties in Carmichael that could accommodate one small "Safe Stay" community for 25-30 people.

Contrary to statements being made by some community members, nothing has been proposed for a decision by the County or the Board of Supervisors, and nothing will be proposed or considered until there is extensive community engagement. Also contrary to misleading statements being made, two properties are being evaluated in Carmichael, but only one shelter site, if any, will ultimately be proposed in the community.

There has been a lot of discussion on social media about work currently occurring behind the Carmichael Library. This has nothing to do with any homelessness project. The Carmichael Water District is using the County-owned property behind the library for staging and storage as part of the La Vista Storage Tank Project.

The original La Vista Tank and Booster Pump was built in 1971 and was identified in the District's Master Plan for upgrading and replacement. This project, which has been planned since 2020, consists of constructing a new 3,000,000-gallon storage tank and booster pump station, new water line piping, and electrical conduits. The project is estimated to be completed in 2023. The Carmichael Water District has specific information about the project on its website at <http://carmichaelwd.org>.

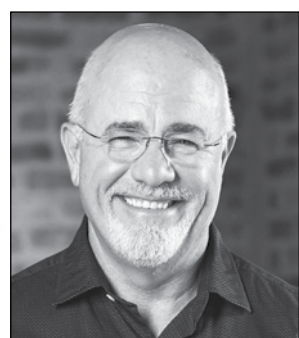
I would like to briefly describe my plans for community engagement before a Safe Stay site is proposed in Carmichael. My office has already hosted

a meeting with community and law enforcement stakeholders who actively work on homelessness issues with the County. These stakeholders include Carmichael business organizations and homeless service providers, Carmichael Library representatives, Sheriff's officials, and the Community Prosecutor assigned to Carmichael.

The purpose of this initial, small meeting was to hear directly from these stakeholders about the County's approach to homelessness, which site might be best to continue exploring for a shelter and discuss suggestions for larger community engagement. My next level of community engagement will be direct, one-on-one meetings with residents and businesses adjacent to the preferable site to hear their concerns and ways to mitigate them if we decide to proceed with a proposal. I will then host multiple community meetings to give everyone in Carmichael a chance to make their voices heard.

As many of you know, the Board recently approved two Safe Stay shelter sites in the south part of the County to serve the homeless in nearby communities. The Safe Stay sites are designed to maximize the ability to get people off the streets and open spaces and into a safe and sanitary location that provides access to services and housing.

County staff and Supervisor Kennedy hosted several community meetings before either of these sites came to the Board of Supervisors for approval. These meetings gave the community the opportunity to express concerns and influence the design, structure, and operation of the Safe Stay sites. If the County decides to move forward with a proposal for a site in Carmichael, the level of community engagement and influence will be the same. ★



Pay off the mortgages? Not so fast...

Dear Dave,

My husband and I are retired. I receive a small pension, and we are both on Medicare and Social Security. We have about \$25,000 left to pay on our mortgage, along with a second mortgage of \$18,000. These are our only debts. We also have a nest egg of \$30,000 set aside, and a small annuity that's worth about \$20,000. Would you recommend paying off our mortgages with our savings?

- Jane

Dear Jane,

If you know me at all,

Dave Ramsey Says

you understand how much I'd love to see everyone in control of their finances and living debt-free. But being broke, even in a house that's paid for, isn't a good idea. Believe me, I understand. The idea of paying off the house and everything is awfully tempting. But if you two did that, you'd be left with very little. To me, that's a scary thought when your small pension - along with Social Insecurity and Medicare - are all you have coming in.

No offense, but your nest egg is kind of small to begin with, so I don't think I'd be raiding it right now. On the other hand, if you'd told me you had \$400,000 or \$500,000 saved up, I'd tell you pay off the house and second mortgage today.

If you're not doing this already, I'd advise you two to start making and living on a regular monthly budget. Give every dollar a

name on paper before the month begins, because if you don't, your money will control you instead of you controlling it. Make sure you're living on less than what's coming in, and hopefully you can devise a plan to have the house and other debt paid off in a few years.

God bless you two!

- 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. ★

Local Chambers of Commerce Endorse Roger Niello for Senate



From the Office
of Roger Niello

SACRAMENTO, CA (MPG) - On August 10, Assemblyman Roger Niello (fmr.) announced he has received the endorsement of five key Chambers of Commerce in SD 6, the Sacramento Metro Chamber of Commerce PAC, the Roseville Area Chamber PAC, the Rancho Cordova Chamber PAC,

Rocklin Chamber PAC and the Folsom Chamber JobsPAC, in his campaign for the 6th Senate District of California.

In response to the endorsement, Niello stated "As a small business owner and former chamber leader myself, I know how important it is to have local chambers advocating for an improved local business climate and economic development. I look forward to working with our local chambers to lower taxes, reduce the impact of California's burdensome regulations, and create jobs and opportunity in our region."

Before serving in elected office, Niello managed his family's small business, the Niello Company, and also worked as a Certified Public Accountant. Roger served six years in the California State Assembly

and five years on the Sacramento County Board of Supervisors. Throughout his career, and in his campaign for SD 6, supporting small businesses and creating jobs has been a top priority.

Niello is running for Senate District 6. This district is comprised of portions of Placer and Sacramento Counties, including the communities of Galt, Rancho Murietta, Rancho Cordova, Arden-Arcade, Carmichael, Fair Oaks, Folsom, Citrus Heights, Antelope, Roseville, Rocklin, Granite Bay, Loomis and Lincoln.

Roger, and his wife, Mary, live in Fair Oaks and have five adult children and six grandchildren.

To view a complete list of endorsements and more information about Niello's campaign, please visit www.RogerNiello.com. ★



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Kings and Raley's Team Up to Provide Backpacks to Local Youth

Sacramento Kings News Release

SACRAMENTO, CA (MPG) - On August 4, the Sacramento Kings and Raley's announced plans to provide 2,000 backpacks and school supplies to local youth.

"As families prepare for the upcoming school year, we are proud to partner with Raley's to help provide fundamental supplies to contribute to student success," said Sacramento Kings Chief Operating Officer Matina Kolokotronis. "Investing in our youth is a core pillar of our organization and we are committed to ensuring they have the resources needed for a bright future."

"Raley's echoes the sentiment of the Kings and Volunteers of America in providing health and happiness for our youth," said Raley's Director of Community Relations Becca Whitman. "Getting back to routines and friendships is a wonderful

reason to celebrate and support this backpack drive and all the kids in our communities."

"I am so grateful for our partnership with the Kings and Raley's," said Volunteers of America Director of Development Ana Bankert. "With their amazing support, Volunteers of America's Operation Backpack campaign will be able to help more local students who are in need of new backpacks and school supplies."

Yesterday, Kings and Raley's team members gathered at Golden 1 Center to pack the backpacks with co-branded school supplies. Tonight, the two organizations will support a "Pick-a-Pack" event hosted by Volunteers of America Operation Backpack to allow pre-selected youth and their families to choose a backpack. Operation Backpack is Volunteers of America's annual campaign to provide backpacks

containing school supplies for students and families experiencing or are at-risk of homelessness. In 2022, their goal is to provide 10,000 backpacks to local students.

Of the 2,000 backpacks filled, a portion will be donated to Volunteers of America's Operation Backpack, Mentor California and Kings and Queens Rise Co-Ed Youth Sports and Mentoring League participants.

During the 2021-22 NBA Season, the Kings partnered with Volunteers of America's Operation Backpack and VSP Eyes of Hope to support students in need by providing gift certificates for free eye exams and glasses to schools and other education partners. Fans were encouraged to participate by donating brand-new backpacks and in return received a food voucher plus entry to win a seat upgrade.

For more information, visit Kings.com. ★

County Proclaims Public Health and Local Emergency

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - On Tuesday, August 9, Sacramento County proclaimed a public health emergency and a local emergency in order to ensure appropriate resources and funding are available to the County in its response to monkeypox.

The proclamations of a public health emergency and local emergency do not signify an increased risk to the residents of Sacramento County. A proclamation of emergency allows the County to provide or receive mutual aid from other jurisdictions and assists in opening up available resources, mutual aid and staffing.

The proclamations follow the State of California's proclamation of emergency on Aug. 1, regarding monkeypox and the funding that would be made available. Proclaiming a local emergency is a prerequisite for requesting and receiving available federal or state funding.

"Proclaiming a state of emergency in response to Monkeypox helps the County to ensure uninterrupted access to resources necessary to lessen disease transmission," said Don Nottoli, Chairman of the County Board of Supervisors. "The proclamations should not be a reason for elevated concern; but rather, considered as mechanisms to assist in our mission to better respond to and contain the virus." ★

The County continues to work closely with the Centers for Disease Control and the California Department of Public Health on coordinated testing, investigations, and providing guidance and assistance to health providers in monitoring for monkeypox symptoms and gathering information to detect new cases for laboratory testing and confirming infection.

Transmission of monkeypox virus occurs when a person comes into contact with the virus from an animal, human or materials contaminated with the virus. The virus enters the body through broken skin (even if not visible), respiratory tract or the mucous membranes (eyes, nose, or mouth).

Symptoms of monkeypox include; fever, headache, muscle aches, backache, swollen lymph nodes, chills and exhaustion. Within 1 to 3 days (sometimes longer) after the appearance of fever, the patient develops a rash, often beginning on the face then spreading to other parts of the body. The incubation period (time from infection to symptoms) for monkeypox is usually 7-14 days but can range from 5-21 days. The illness typically lasts for 2-4 weeks.

For more information regarding monkeypox, visit the Public Health website at dhs.saccounty.gov/PUB/Pages/Communicable-Disease-Control/Monkeypox.aspx ★

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High School Football Teams to Watch in Your Area

By Shaun Holkko, sports editor

SACRAMENTO REGION, CA (MPG)
- It's that time of year again – football season!

At the Messenger Publishing Group, we have eight weekly newspapers: Carmichael Times, Grapevine Independent (Rancho Cordova), Citrus Heights Messenger, The News (Rio Linda), West Sacramento News Ledger, Dixon Independent Voice, Territorial Dispatch (Marysville) and The Gridley Herald. MPG has one biweekly newspaper, the American River Messenger, which covers Fair Oaks and Orangevale.

With football season upon us, it's time to examine who the top football teams are in the Sac-Joaquin Section. Senior sportswriter Joe Davidson, who has been covering prep sports for The Sacramento Bee since 1988, recently released his Top 25 football rankings.

In the Sacramento region, Davidson's rankings for The Bee have been highly touted and respected for years. With all that said, it's time to review which teams to watch for in your respective area.



Casa Roble sophomore running back Daniel Renner rushes to the outside during a 40-33 win against Placer on Aug. 20, 2021, in Orangevale. Photo courtesy of Allene Salerno/Lenie's Pictures™ (leniespictures.smugmug.com)

American River Messenger

21. Casa Roble: The Rams finished 7-5 in 2021 and lost 41-8 to Hilmar in the semifinals of the D5 CIF SJS playoffs.

Carmichael Times

6. Jesuit: The Marauders went 10-2 in 2021 and lost 22-21 in the semifinals of the Division I CIF Sac-Joaquin Section (SJS) playoffs to eventual section champion, No. 1 Folsom.

Bubble team-

Del Campo: The Cougars finished 4-7 last season and were defeated 51-7 by East Union (Manteca) in the first round of the D4 CIF SJS playoffs.

Grapevine Independent

9. Capital Christian: In 2021, the Cougars were 7-3 overall and 6-0 in the Capital Athletic League but did not participate in the postseason due to playoff ban given by the SJS, which has since been ended.

23. Rosemont: The Wolverines, who will be led by first year head coach John Straw, went 11-3 last season and lost 31-20 in the D6 CIF SJS championship game to Argonaut (Jackson).

Dixon Independent Voice

22. Dixon: The Rams finished 7-4 in 2021 and lost 61-0 in the quarterfinals of the D4 CIF

SJS playoffs to eventual section champion, Vanden (Fairfield).

Bubble teams-

Woodland: In 2021, the Wolves were 9-3 and lost 39-12 in the quarterfinals of the D5 CIF SJS playoffs to eventual section champion, Escalon.

Woodland Christian: The Cardinals went 11-1 overall and 5-0 in league play last season with their only defeat coming in the D7 CIF SJS championship game to Le Grand by a score of 35-12.

Territorial Dispatch

19. Yuba City: The Honkers finished 7-4 overall and 5-1 in Capital Valley Conference play in 2021,

losing 52-48 to Patterson in the quarterfinals of the D3 CIF SJS playoffs.

Bubble teams-

Marysville: In 2021, the Indians were 5-5 overall and 1-4 in Pioneer Valley League matchups.

Sutter: The Huskies went 10-2 overall and 5-0 in Butte View League play in 2021. Sutter won the D3 Northern Section championship and then lost to San Marin in the regional finals of the CIF state playoffs.

Davidson's Preseason Top 25

(With last year's records)

1. Folsom (11-4), 2. Rocklin (12-1), 3. Monterey Trail (8-3),

4. Elk Grove (8-4), 5. Granite Bay (8-3), 6. Jesuit (10-2), 7. Sheldon (8-4), 8. Vacaville (8-3), 9. Capital Christian (7-3), 10. Del Oro (7-5), 11. Antelope (10-1), 12. Placer (5-6), 13. Whitney (6-6), 14. Sacramento (9-3), 15. Christian Brothers (7-5), 16. Vista del Lago (8-4) 17. Oak Ridge (3-7), 18. Inderkum (5-5), 19. Yuba City (7-4), 20. Woodcreek (7-4), 21. Casa Roble (7-5), 22. Dixon (7-4), 23. Rosemont (11-3), 24. Lincoln (8-3), 25. Pioneer (8-2).

Follow Joe Davidson and the Sac Bee on Twitter at the following handles: @SacBee_JoeD, @SacBeeSports and @sacbee_news. ★

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Be a part of something important Help deliver the news to your neighborhood

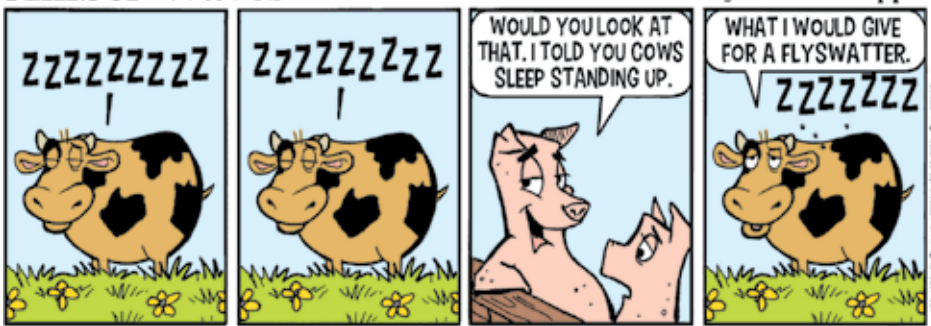
We are looking for people who want to deliver newspapers in their neighborhoods.
Provide great customer service to our readers every Friday.
Earn money to help pay those monthly bills.

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Call us today at 916-773-1111

MPG

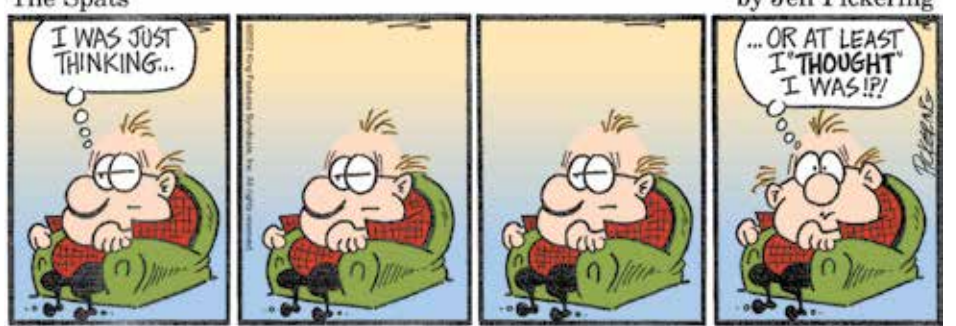
WEEKLY COMICS

Amber Waves



by Dave T. Phipps

The Spats



by Jeff Pickering

Out on a Limb



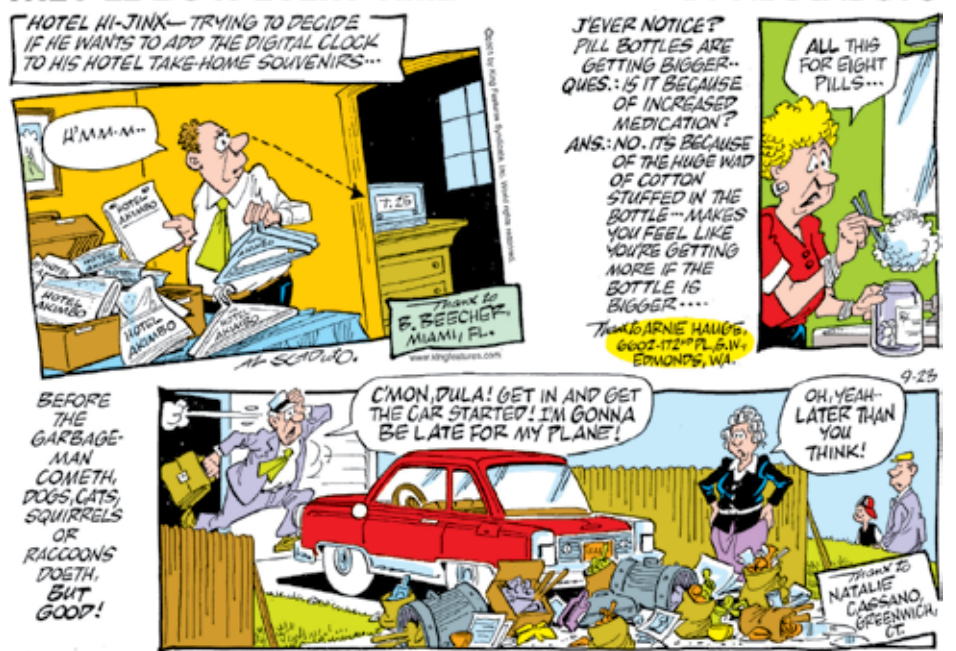
by Gary Kopervas

R.F.D.



by Mike Marland

THEY'LL DO IT EVERY TIME

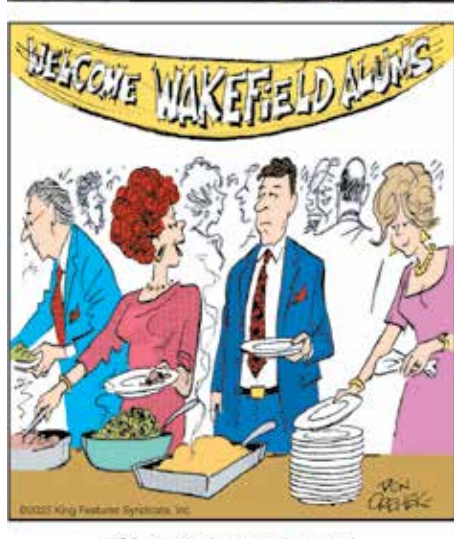


BY AL SCADUTO

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)
We Only Accept ATM, Cash, & Checks M-F 9-7, SAT 9-7, SUN 10-7 Effective 8/17/22 - 8/23/22

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FREE
1 LB SPORT MIX PREMIUM DOG BISCUITS
with the purchase of pet, fish food or supply.
Limit 1 Lb PLU 332 CHM
Limit 1 Coupon per family
Effective 8/17/22 - 8/23/22

\$5.00 OFF
ANY PURCHASE OF \$15.00 OR MORE OF PET OR FISH SUPPLIES
(Excluding Pet Food or Litter)
Cannot be used in conjunction with similar dollar or percentage off coupons & advertised sale items.
Limit 1 PLU 351 CHM
Limit: 1 Coupon Per Family
Effective 8/17/22 - 8/23/22

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

ZIGNATURE LIMITED INGREDIENTS FORMULA DRY DOG FOOD
12.5 Lb & 25 Lb
•Turkey •Lamb •Trout/Salmon •Zessential •Duck •Salmon •White Fish •Venison •Pork •Catfish
ON SALE EVERYDAY
Effective 8/17/22 - 8/23/22

9 LIVES CANNED CAT FOOD
5.5 Oz All Varieties
Limit 2 Cases Per Family
59¢
Effective 8/17/22 - 8/23/22

DIAMOND NATURALS DRY DOG FOOD
40 Lb Bag Limit 2 Bags Per Family
•Chicken •Lamb & Rice •Beef
•Large Breed •Senior •Skin & Coat (30 Lb)
•Lite (30 Lb) **\$4 OFF**
•Lrg Breed Lamb
•Ex-Athlete
Our Regular Prices!
Effective 8/17/22 - 8/23/22

FANCY FEAST GOURMET CANNED CAT FOOD
3 Oz Selected Varieties except Elegent Medley
Limit 2 Cases Per Family
ON SALE Everyday
Effective 8/17/22 - 8/23/22

NUTRO WHOLESOME ESSENTIALS DRY DOG FOOD
30 Lb Bag Limit 2 Bags Per Family
Chicken & Brown Rice & Oatmeal Formula
•Large Breed **\$38.99**
•Senior **\$39.99**
•Adult **\$39.99**
•Lite **\$39.99**
Effective 8/17/22 - 8/23/22

PURINA CAT CHOW DRY CAT FOOD
•Regular •Indoor 15 Lb Bag
Limit 2 Bags Per Family
ON SALE Everyday
Effective 8/17/22 - 8/23/22

PEDIGREE DRY DOG FOOD
44 Lb Bonus Bag
•Chicken, Rice, & Vegetable
Limit 2 Bags Per Family
\$26.99
Effective 8/17/22 - 8/23/22

SCOOPAWAY Unscented 25 Lb Box \$9.99
SCOOPAWAY Multi-Cat 20 Lb Box \$7.99
FRESH STEP SCOOP Reg 25 Lb Box \$12.99
FRESH STEP Outstretch 19 Lb Box \$12.99
CLUMPING CAT LITTER
Limit 2 Boxes
Effective 8/17/22 - 8/23/22

WORLD'S BEST CAT LITTER
•Original •Extra Strength
New Size 15 Lb Bag Limit 2 Bags **\$15.99**

JONNY CAT PREMIUM CAT LITTER
10 lb Bag Limit 2 Bags Per Family **\$2.79**

SOLID GOLD CANNED CAT FOOD
Including •Perfect Pairings Cups •Holistic Delights Pouches
2.75 Oz • 6 Oz Limit 1 Case **15% OFF**
OUR SUPER LOW PRICES!

FRESH STEP CRYSTAL CAT LITTER
8Lb Bag Limit 2 Bags **\$16.99**

EUKANUBA DRY DOG FOOD 30-33 Lb
•Lrg Breed **\$47.99** •Lrg Breed **\$49.99** •Lrg Breed **\$56.99** •Lrg Breed **\$58.99**
•Medium Breed Adult •Senior •Rice •Fit •Body •Puppy

CANIDAE PURE ADULT DRY DOG FOOD
Grain Free 24 Lb Bag •Selected Varieties **\$15 OFF**
As Marked OUR REGULAR LOW PRICES

CAT'S PRIDE FRESH & LIGHT PREMIUM CLUMPING CAT LITTER
15 Lb Jug Limit 2 Jugs **\$8.99**

MERRICK'S CLASSIC NATURAL DRY DOG FOOD
•Chicken/Green Pea/Ancient Grains 25 Lbs Limit 2 Bags **\$10 OFF**
•Beef/Green Pea/Carrots •Lamb/Green Pea/Ancient Grains
OUR REGULAR LOW PRICES

PRECIOUS CAT CLUMPING CAT LITTER
18 Lb Bag •Regular •Ultra
Limit 2 Bags Per Family **\$6.49**

PREMIUM CHOICE ALL NATURAL CLUMPING CAT LITTER
40 Lb Bag (Extra Strength 25Lbs \$8.99)
Limit 2 Bags **\$9.99**

MEOW MIX DRY CAT FOOD
•Original Choice 16 Lb Bag
Limit 2 Bags Per Family **\$14.99**

CORE NATURAL DRY CAT FOOD
•Original •Indoor •Turkey Grain Free 11-12 Lb Bag
(Wellness Grain Free Dry Cat Food 11 Lb)
•Chicken •Indoor/Weight •Salmon **\$4 OFF**
OUR REGULAR LOW PRICES

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

POLKADOG DOG TREATS
•Chicken Strips •Cod Skin •Haddock •Candy Treats •Soft & Chewy Bits All Varieties **20% OFF**
OUR SUPER LOW PRICES

PET SAFE BUSY BUDDY Toys & Treats
All Varieties **20% OFF**
OUR SUPER LOW PRICES

VAN NESS CAT PANS
REGULAR HI-SIDES
Large CP2 **\$3.99** Large CP2HS **\$6.49**
Giant CP3 **\$7.99** Giant CP3HS **\$7.99**

STOKES SELECT MORE BIRDS
Hummingbird & Wild Bird Feeders & Nectar
All Varieties **20% OFF**
OUR SUPER LOW PRICES

PENN-PLAX CASCADE POWER FILTER SALE

MODEL	TANK SIZE	PET CLUB SALE
CASCADE 100	20 Gal.	\$29.99 \$24.99
CASCADE 150	35 Gal.	\$39.99 \$34.99
CASCADE 200	50 Gal.	\$49.99 \$44.99
CASCADE 300	100 Gal.	\$79.99 \$74.99

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**

INSTANT OCEAN SEA SALT
50 Gal. Salt Mix **\$15.99**

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 8/17/22 - 8/23/22

BONUS COUPON
FRISKIES PARTY MIX CAT TREATS
2.1 Oz •Selected Varieties
Limit 2 Pkgs Per Family
Limit One Coupon Per Family
Price Valid Only With Coupon Effective 8/17/22 - 8/23/22

\$1.49
CHM PLU 573

BONUS COUPON
ARM & HAMMER CAT LITTER DEODORIZER
20 Oz Box
Limit 2 Boxes with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon Effective 8/17/22 - 8/23/22

\$1.69
CHM PLU 422

New Birdcage Patelco Credit Union Opens

Story and photo by Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG) - 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 completed its move to a new location in the Marketplace at Birdcage, 6100 Birdcage Lane, Suite 125.

Credit union members who read a posted notice at the former Patelco branch were notified that a new walk-in branch location at Marketplace at Birdcage had opened Monday, July 25th to serve them.

"We're excited to

welcome our customers to our new location," said Crickett Luna, branch manager, who posed with Vanessa Noel, assistant branch manager beside an ATM machine outside.

Luna, who has been with Patelco for over 18 years, referred comments concerning why the move took place to Patelco's corporate marketing office.

Luna said a considerable amount of office furniture and other furnishings were left behind at the former credit union branch on Sunrise Boulevard for use by a pending new tenant.

In the transition, members who visit the former branch location will

continue to see a written posted notice by Patelco which refers them to the new location at Marketplace at Birdcage.

"On behalf of our Citrus Heights team, we look forward to seeing you at our new location soon," Patelco tells its members.

The new branch, which is across from the Walmart grocery store, features a walk-up ATM machine.

Heather Villanueva, a Patelco spokesperson, said the credit union will lease the branch office location, which features both a digital self-service center to quickly take care of member's banking needs and nine private member services offices.

A digital media wall featuring Patelco's products, services and special offers is in a comfortable lounge and waiting area. Patelco offers its members checking and savings accounts, loans and credit cards, investments and insurance.

According to Villanueva, the move by Patelco to a new and centrally located branch in the Marketplace at Birdcage shopping center "enhances the overall member experience of its members and also provides more modern banking amenities."

"The old branch location on Sunrise Boulevard had an open floor plan without much privacy for individual conversations with



Crickett Luna (left), Patelco Credit Union branch manager, and Vanessa Noel, assistant branch manager, welcome customers to their new location at 6100 Birdcage Lane, Suite 125.

members," she explains.

New Patelco credit union branch office hours at Marketplace at Birdcage are Monday through Friday

from 10 a.m. to 5 p.m. and Saturdays from 10 a.m. to 2 p.m. Call Patelco at 800-358-8228 for further information. ★

Bera Secures Funds for Sacramento Meals on Wheels Program

Office of Congressman Ami Bera, M.D.

WASHINGTON, DC (MPG) - Representative Ami Bera, M.D. (CA-07) announced on July 26, that he secured \$750,000 in the House Fiscal Year 2023 Appropriations package to support Meals on Wheels in the Sacramento region.

Funding for the project was included in the FY23 House Transportation, Housing and Urban Development (THUD) Appropriations bill, which passed the House of Representatives last week. The THUD bill now head to the Senate for consideration.

"Since entering Congress, I have been a steadfast supporter of critical community programs like Meals on Wheels," said Representative Bera. "I am proud to announce that I secured \$750,000 in federal funding that will support the Meals on Wheels Kitchen Project to deliver more nutritious meals to seniors living throughout Sacramento County. I will continue to work in a bipartisan manner to ensure this critical funding gets signed into law."

"With the Community Project Funding, Meals on Wheels by ACC (MoW) will be able to move meal production from Mississippi to California. Moving production to California

means we can source meal ingredients from local farms, make immediate changes to our menus, offer culturally diverse meals, and serve more seniors," said Kevin McAllister, Executive Director of Meals on Wheels Sacramento.

The funding would be used to purchase food service equipment for a commercial kitchen in the Sacramento area that would allow them to produce locally sourced, freshly prepared meals to Sacramento seniors and expand their program capacity. This project is a good use of taxpayer dollars because it will allow them to meet the growing demand for nutritious meals by a growing senior population in Sacramento and expand the number of meals they serve through collaborations with local farmers and producers. Eliminating the use of a vendor who produces meals out of state will save taxpayer dollars and support local farmers.

Representative Bera has been a longtime supporter of the Meals on Wheels program. Amid a government sequester in 2013, Representative Bera donated a portion of his monthly pay to Meals on Wheels.

In total, Representative Bera secured more than \$32 million to support 15 community funding projects for the Sacramento-region in the FY 2023 House appropriations bills. ★

Climate Emergency Mobilization Task Force Seated

Sac County News Release

SACRAMENTO COUNTY, CA (MPG) - The Sacramento County Board of Supervisors voted on August 9 to appoint 13 members to the newly created Climate Emergency Mobilization Task Force.

On Dec. 16, 2020, the Board of Supervisors (BOS) adopted a resolution declaring a climate emergency and directing the formation of the Task Force. On March 23, 2022, the BOS approved a resolution that set the Task Force compensation and composition, endorsed the guiding principles and scope of work, and directed the Sustainability Manager to begin a public application process to fill member seats.

"We are excited to start working with the 13 newly appointed members of the Climate Emergency Mobilization Task Force," said John Lundgren, Sustainability Manager. "After a thorough interview process, we have picked 13 of the best candidates in the

region to provide input, guidance, oversight and assistance to my office, and to serve as an advisory body to the County."

The interview panel consisted of the Sustainability Manager and staff from the National Weather Service Sacramento, the County Planning and Environmental Review Division, and the Sacramento Metropolitan Air Quality Management District.

The 13 members appointed today are: **Technical Expertise Members:** Justin Hwang (expertise: air quality), Austin Miller (expertise: agriculture), Mackenzie Wieser (expertise: built environment), Roslyn Roberts (expertise: economics), Kevin Head (expertise: energy), Ghazan Khan (expertise: transit/transportation).

Environmental Justice Members: Timothy Irvine, Rolando Villareal, Saheb Gulati, Supriya Patel, Ajay Singh, Kathleen Stricklin.

Youth Member: Benjamin Jacobs. ★

KP International Market
 1718 19th St, Suite 212, Sacramento, CA 95811
 916.853.8000
 Market: Mon-Fri 8am-9pm, Sat 8am-9pm, Sun 11am-7pm
 Korean/Mex/Viet: 7:30pm last call
 Chinese/Japanese: 7:00pm last call

FROZEN & FISH DEPT

Red Abalone 2.2 lb
 REG. \$49.99/EA
\$39.99/ea

Wild Yellow Croaker
 REG. \$5.99/LB
\$3.99/lb

WEEKLY MEAT SPECIALS

Bonus Buy: Chicken Drumsticks 99¢/lb

Great Value: Beef New York Roast - Boneless \$4.99/lb

USDA Choice: Beef London Broil & Top Round Roast - Boneless \$3.99/lb

ibp: Pork Butt - Bone In \$1.79/lb

ibp: Pork St. Louis Ribs - Single Pack \$3.49/lb

ibp: Pork Tenderloin \$2.99/lb

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE AUGUST 17 - AUGUST 23, 2022.

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

KP KARAOKE SPECIAL

3 Hours Karaoke + 2 Pizzas + Pitcher Soda + 2 Main Dishes \$85.00

3 Hours Karaoke + 2 Pizzas + Pitcher Soda + 4 Main Dishes \$185.00

3 Hours Karaoke + 2 Pizzas + Pitcher Soda + 5 Main Dishes \$210.00

3 Hours Karaoke + 2 Pizzas + Pitcher Soda + 8 Main Dishes \$350.00

3 Hours Karaoke + 2 Pizzas + Pitcher Soda + 9 Main Dishes \$410.00

9 Dishes To Choose From

AMERICAN/HISPANIC GROCERY

Special Value Foam Plate 40 ct **\$1.89/ea**

Charmin Essential Bath Tissue 6 rolls **\$6.99/ea**

Bragg Apple Cider Vinegar 32 Oz **\$6.99/ea**

Doritos Refried Beans 29 oz **\$3.99/ea**

Tide Detergent Simply 12.5 Ltr **\$11.99/ea**

ASIAN GROCERY

American Chai Gong Tea 16 oz **\$1.99/ea**

Zah Milk Fish Sauce 350 ml **\$3.99/ea**

Jana Crackers 5.64. 67 oz **\$1.99/ea**

Coffino Instant Coffee 7 oz **\$2.29/ea**

Bamboo Tree Coconut Water 33.8 Ltr **\$1.99/ea**

EUROPEAN GROCERY

Orange Pilsner Beer 680 gr **\$9.99/ea**

Glasson Baked Backbones 900 gr **\$5.49/ea**

Rajmah Lentils 450 gr **\$3.69/ea**

Granoro Beans 2 Liter **\$2.99/ea**

Viola Processed Cheese Spread 290 gr **\$3.19/ea**

KOREAN/JAPANESE GROCERY

Cooked White Rice 2 Ltr **\$13.99/ea**

Hot Chikara Ramen 5.64. 67 oz **\$7.99/ea**

Fruit Vinegar 900 ml **\$5.99/ea**

No-Foam Soy Sauce 340 ml **\$3.99/ea**

Genji Ramen 5.64. 67 oz **\$3.99/ea**

Onigiri 300 gr **\$5.99/ea**

Onigiri 1.5 Liter **\$2.99/ea**

Archie Coffee 100.12 g **\$13.99/ea**

Korean Rice 2 Ltr **\$2.59/ea**

Soy Sauce 375 ml **\$3.99/ea**

Soy Sauce 5.64. 67 oz **\$1.99/ea**

Alpha SWASH Rice Seasoning 17 oz **\$2.49/ea**

Maple Syrup 1764 oz **\$4.99/ea**

HOUSEWARES

HAMILTON BEACH KITCHENWARE \$99.00

Electric Rice Cooker \$39.99

Electric Rice Cooker \$39.99

Electric Rice Cooker \$39.99

FROZEN & FISH DEPT

Dried Pollack 200 g **\$7.99/ea**

EUROPEAN DELI

Maple Syrup and Honey Turkey **\$9.79/ea**

Maple Syrup and Honey Ham **\$8.79/ea**

Stellian Olives **\$4.89/ea**

Pineapple Kalama with Garlic & Pepper **\$5.59/ea**

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