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Sailor Bar Projects Rev Up



Water Forum Habitat Manager Erica Bishop demonstrates gravel sizes preferred by spawning fish.

Story and photo by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - Small boys are rejoicing at the sight of 49-ton bulldozers and rock-laden trucks roaring into the American River near Fair Oaks. But big fish will be the real beneficiaries.

Started this month, a \$2 million project continues Sacramento Water Forum efforts to restore breeding habitats for vulnerable fish species. More than 42,000 cubic yards of gravel are being added to Lower Sailor Bar and Nimbus Basin locations. The program is geared to help Chinook salmon and steelhead repopulation.

Human river alterations have threatened these species since the Gold Rush. More recently, dam construction blocked spawning paths and barred natural gravel movement. "The lower part of the American River is gravel-starved," explains Water Forum Habitat Manager Erica

Bishop. "Some salmon and steelhead return to home waters and can't find a place to spawn. "Though the Nimbus Hatchery has a role in juvenile fish production, the Water Forum's focus is to help adult salmonids complete life cycles naturally."

Current projects must be finished before salmon surge home in fall. After the Chinook giants, steelhead will nest in the same areas. "Our work is targeted over time frames least likely to affect migrating fish," says Bishop. "And although the ongoing drought can make their conditions challenging, we focus on long-term river improvement."

Steelhead and salmon once swam from the Pacific Ocean via 200 miles of breeding sites. More than 150 years of human development have reduced options to about 12 miles. "Fish can't build nests among boulders," notes Bishop. "They need moveable gravel." To this end, the program includes mechanical

selection of many tons of small-diameter stones. Nursery channels will also be built to shelter hatchlings before their Pacific migration.

Similar restorations above Sailor Bar accommodated 1000 new Chinook nests in 2019. New gravel beds at Ancil Hoffman Park last year supplied 30 percent of all American River steelhead breeding. "Results are immediate," notes Bishop. "We see salmon beginning to spawn as we finish our projects. We know our restored habitats work."

Sailor Bar and Nimbus projects will wrap by early October. Staging areas are fenced during construction but river access is not restricted. Work will pause to enable weekend and Labor Day recreation.

Water Forum projects are supported by the Bureau of Reclamation, CA Prop 68 funding, Sacramento City and County and signatory water agencies. Learn about the Water Forum at www.waterforum.org ★

County's New Inspector General Appointed

Sac County News Release

SACRAMENTO COUNTY, CA (MPG) - The Sacramento County Board of Supervisors voted unanimously today to approve Francine Tournour as the new Inspector General for Sacramento County. Tournour will begin serving in that role on Sept. 1, 2022.

"Following a nationwide recruitment, we're pleased to announce Francine Tournour was selected as the best and most qualified candidate," said Board Chair and District Five Supervisor Don Nottoli. "We look forward to welcoming Ms. Tournour and her work in providing independent review and accountability in her role as Inspector General."

Two collaborative interview panels were convened for the Inspector General search, whose members included the Chair of the board, the Sheriff, representatives from both the Law Enforcement Management Association and the Deputy Sheriff's Association, and members from the Community Review Commission.

Tournour began her career in law enforcement as a Deputy Sheriff in Contra Costa County, where she quickly gained an appreciation for the complex field of law enforcement. After working in law enforcement for a brief period, she began working for the City of Sacramento as a Deputy Director for the Office of Public Safety Accountability.

In 2008, she was promoted to the Director role of that office, where she was responsible for conducting all complex and sensitive investigations for the City's 1,300 employees.

Tournour has a bachelor's degree in Criminal Justice from Madonna University and a master's degree in Emergency Management from California State University, Long Beach.

The Office of Inspector General was created to facilitate the Board of Supervisors' responsibility to oversee without interfering with the Sheriff's investigative or personnel deployment functions.

The Inspector General ensures the integrity of the citizen complaint process and the thoroughness and fairness of related Sheriff's Office investigations,

Continued on page 3

Reducing Homeless Deaths in Sac County

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - In Sacramento County, 2021 was an unprecedented year for loss of life in this region. The Sacramento County Coroner had more overall deaths reported to their office than any other year in history – 8,677 deaths reported. Sacramento County similarly saw an increase in the deaths of its unhoused population.

NOTE: The Coroner's Office does not receive a report of every county resident's death. For example, deaths signed off by a supervising doctor are not reported to the Coroner. Additionally, natural deaths occurring in a hospital or medical facility and/or under a hospice physician's care are not coroner cases which require a coroner death investigation.

The Coroner releases a report every year of the deaths, causes and some demographics for people experiencing homelessness at the time of death. In 2021, 199 deaths were reported to the coroner's office that were investigated and determined to be people who were experiencing homeless. While this is an increase from the years prior, it is not the same incremental increase as the overall increase in the homeless population, based on the most recent point in time count.

The causes of death among the unhoused population vary, but overwhelmingly, the causes are unnatural – death by substance use, vehicular or homicide. Decedents were overwhelmingly male, and there was a disproportionate number of black and Hispanic deaths compared to the overall homeless

population demographics. Substance abuse continues to be the leader in untimely deaths of the unhoused population at nearly half of all deaths in 2021, as compared to just 3 percent of the overall county population.

Sacramento County continues to invest in existing and new programs to help meet the needs of the homeless population. The County is investing \$181 million annually on current and new programs, and services and to mitigate the impacts of homelessness. Not only does the County fund 1,300 indoor shelter beds on any given night, but continues to fund new and diversified programs such as:

- Increasing the offerings in 2022/23 to those experiencing behavioral health, both mental health and substance abuse, crises: \$10 million to procure

- an additional 156 beds for Substance Use Disorder residential treatment;

- \$5 million for behavioral health crisis stabilization units required in Medi-Cal;

- \$7.5 million in Mental Health Services Act (MHSA) funds and federal match for additional Full Service Partnerships;

- The County has approved two new-concept locations for Safe Stay Communities, adding another 165 indoor beds that provide privacy, dignity and a place for people to receive services to end their homelessness;

- The County added 11 new behavioral health staff to the Encampment Service Teams to connect people to mental health and substance abuse services; Allocated \$1 million in the 2022/23 budget to expand the scattered site sheltering program;

- Allocated \$10 million in

Continued on page 3

Casa Crushes Wood

By MaryAnne Povey

ORANGEVALE, CA (MPG) - The Casa Roble Rams football teams kicked off the 2022 home schedule in a big way against Wood, with all three coming away with a victory.

The freshmen team won 56-6, junior varsity was victorious 35-7 and varsity scored a shutout win 50-0! The hometown crowd was in full attendance, packing the house to cheer their teams on to victory.

Casa ran away with the game in the first half, scoring 30 of their 50 points in the second quarter.

The week prior, the varsity Rams (1-1) suffered a nail biting, two-point loss at Placer (2-0). However, they bounced back in a big way and kicked their play into high gear to take on Wood (1-1) from Vacaville on Friday evening.

"The boys did a very good job capitalizing on Wood's mistakes," said Casa coach Chris Horner. "The line did a very good job giving our quarterback time to throw. Cole Owens had a great night with five catches resulting in four touchdowns and 222 yards. He was very explosive and impressive to watch.

"Everyone got an opportunity to play and those are always the best types of games."

Next week the Rams are back on the road, taking on a tough Zebras (2-0) team at Lincoln High School. The Zebras earned a miraculous come-from-behind win against Yuba City this past week, winning 28-27 after trailing 21-0 at halftime.

"It's all about getting better each week and these boys are getting better," Horner said. ★



Casa Roble sophomore quarterback Connor Campbell prepares to slide to avoid a hit during a 50-0 win against Wood on Friday, August 26 in Orangevale. Photo courtesy of Tim Engle



Casa Roble sophomore wide receiver Elijah Huddle stiff arms Wood senior strong safety Darius Hickenbottom during a 50-0 Rams win against the Wildcats on Friday, August 26 in Orangevale. Photo courtesy of Tim Engle



Casa Roble junior strong safety Dylan Richards attempts to block a punt by Wood senior punter Carson Sacca during a 50-0 Rams win against the Wildcats on Friday, August 26 in Orangevale. Photo courtesy of Tim Engle

Go Rams!

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Chapman's Legacy Plumbing to the Rescue!



Air Force veteran Kermit Chapman (left) of Chapman's Legacy Plumbing is an expert of 50 years in the plumbing industry. He leads a team serving the Greater Sacramento region from Orangevale together with Courtney Peralta (center), and employee Jeremy Whitlatch (right). Photo by MaryAnne Povey

By MaryAnne Povey

ORANGEVALE, CA (MPG) - You know the scenario, just when you least expect it, an unforeseen plumbing situation pops up. A sewer line backs up, or your water heater goes out. Things that can't wait to be fixed. When it comes to these situations, it's not a matter of if you'll need a plumber, it's when you'll need a plumber. So having a good one that you rely on is very important! How fortunate to have an expert in our community, who is trustworthy, honest and experienced, who's been in the business for over 50 years, and together with his family are carrying on the tradition of plumbing excellence with Chapman's Legacy Plumbing.

I had the pleasure to sit down and visit with Kermit Chapman, an Air Force veteran, and a 50-year plumbing expert who knows just about everything you need to know when it comes to plumbing! Ironically, he came into the plumbing trade by accident, or you could say it was a "self-fulfilling prophecy" dating all the way back to his senior year in high school.

"The yearbook staff were asking graduating seniors what they wanted to be," Kermit reflected, "I had absolutely no idea, so I asked my friend, what should I put down? He told me to write 'plumber,'" so I did. I really never had any interest in plumbing but wrote it down anyway and now look at me!"

After serving in the Air Force, and doing a variety of jobs in Southern California, Kermit eventually moved the family to Sacramento and landed a job with the well-known, reputable plumbing company, Roto-Rooter. It was there he held various positions and learned every aspect of plumbing including the core values of hard work, customer service and going the extra mile. He stayed with the company for 34 years.

"It wasn't uncommon to work 12 to 16 hour days. The boss was very good to us, but he demanded excellence," Kermit shared, "When he needed you to get a job

done, you better get there, or you might not have a job!"

Following in their father's footsteps, Russell and Scott Chapman also cut their teeth working for Roto Rooter, before venturing out on their own individually. Then in 2007, Kermit launched Chapman's Legacy Plumbing with his son Russell and daughter Courtney, who manages the administrative side of the business. In 2021, Scott Chapman also joined the family team. Collectively, they have over 100 years of experience in the plumbing industry handling both new installation and repairs for residential and commercial properties covering Orangevale, surrounding Sacramento areas and beyond like Placer, Woodland, Dixon, Auburn and Yuba City too. No job is too big, or too small.

Their core values of integrity, customer service, and craftsmanship are the foundation of their business. Those principles along with their use of state-of-the-art equipment and technology, make them the "go to" team to get your job done quickly and efficiently with the highest customer satisfaction.

When asked what sets them apart from the bigger companies, without hesitation, Kermit replied, "Our price, quality of work, and going above and beyond. There were times when I'd help a widow put in a lightbulb or fix something so quickly I wouldn't charge the customer. They would be amazed, but I just asked them to remember me next time they needed a plumber."

That's the kind of service you can expect from Chapman's Legacy Plumbing. Remember to give them a call for any of your plumbing needs. They will give you an honest assessment and not try to "upsell" you. They are a licensed, award-winning company with good ol' fashioned values. Customer satisfaction is guaranteed! Give them a call at 916.869.6606 or visit their website at www.chapmanslp.com. Discounts available for seniors and military! ★

County's New Inspector General Appointed

Continued from page 1

while fostering positive relations with the community. The Community Review Commission acts in a supporting role to the Office of Inspector General and acts as a conduit between the community and the Office of Inspector General.

Sign up to receive email or mobile text messages when new Community Review Commission meeting information is available.

The Inspector General works

independently on items detailed in the scope of services. The Inspector General will present recommendations relating to these examinations to the Board of Supervisors, County Executive and the Sheriff.

The Office of the Inspector General is a contract position. The current contract is effective Sept. 1, 2022, through Aug. 31, 2023, with the option to renew the agreement for two additional one-year terms. ★

Reducing Homeless Deaths in Sac County

Continued from page 1

ARPA funding for a Landlord Engagement and Assistance Program (LEAP), which will fund re-housing of 300+ households from shelters and encampments;

Allocated \$28 million in MHSA funding since 2017 through the MHSA Housing Program and No Place Like Home Program;

The County has 221 housing units

funded through MHSA and an additional 234 coming in the next two years.

The solutions to end homelessness are complicated and multi-faceted, and there is no "one size fits all," but through the hard work and dedication of the County, our cities and our partners, we are committed to work with compassion and urgency to decrease deaths in our homeless population. ★

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Sunrise Village Progresses



Several retail shops and restaurants, such as Little Caesar's pizza, will remain open as construction continues.

Two large components of the project involve the building of an approximately 38,000-square foot commercial space between the existing Rite Aid drug store and new 36,182-square-foot City Sports Club. The name of the new retail grocer has not yet been disclosed.

In the vacant space where Tuesday Morning and Jo-Anne Fabrics previously stood before relocating, steel roofing has been removed, and new concrete block walls are going up.

Concrete flooring was taken up, crushed and then recycled on site, creating large sand piles which are visible from Sunrise Boulevard.

Moorefield Construction has completed similar construction projects before, stripping away the physically dated exteriors of once-busy shopping centers to the bare bones, and then starting over, Larry Moorefield said.

Sloped blue roofing tile of all its recognizable separate buildings was stripped off, Moorefield said. Original store window glazing was kept in place.

New framing construction of two separate buildings which face Madison Avenue, and a strip of suites situated to the right of the Rite Aid drug store are now enclosed offering shade to future customers.

Exterior demolition of a 5,274-square foot shuttered restaurant which faces Uplands Way has also begun.

The public can view the developer's general project brochure at: merlonegeier.propertycapsule.com/p/commercial-real-estate-listings/Citrus+Heights-CA-95610/sunrisevillage ★

Story and photo by Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG)

Construction crews of Moorefield Construction, a family-owned general contractor, with offices in Sacramento and Santa Ana, have been busy this summer gutting and rebuilding the exteriors walls of multiple free standing commercial spaces within Sunrise Village Plaza in Citrus Heights.

New exterior plywood walls reach into the sky within the retail center. Some retail stores, located along Madison Avenue, including a Little Caesar's pizza, a coin-op laundry and a liquor store remain open as construction continues.

Expected completion is in February 2023, said Larry Moorefield, who provided an overview of the ongoing construction project in a telephone interview.

Sunrise Village Plaza, owned by the San Francisco-based

Merlone-Geier investment company is undergoing a \$15-20 million remodeling and expansion project which also includes new landscaping and upgraded signage.

Moorefield recalled fond memories of the Sunrise Village Shopping Plaza and past meals at the former Benihana Japanese restaurant which operated there.

"Sunrise Village was in need of a serious refresh, and I think the people of Citrus Heights will enjoy its fresh new look once it's done," he said.

Green perimeter fencing around the job site diverts parking lot traffic around Jo-Anne Fabrics behind Olive Garden towards Rite Aid.

"We're completing the gutting and reconstruction of all the existing commercial spaces within the Sunrise Village Shopping Center and then building new space for two new anchor tenants, City Sports, a new fitness gym, and a grocery store."

New ACT Against Hate Alliance to Focus on Hate Crime Epidemic

ACT Against Hate Alliance News Release

SACRAMENTO, CA (MPG)

The rise in hate crimes has impacted communities throughout the United States creating mistrust and anger from targeted groups. The tie between these crimes and the Covid pandemic is a clear one, with economic peril resulting in even more of a divide between various ethnic groups.

"We have all expressed horror at what is going on – which has become almost a daily occurrence in this country," stated Bob Huff, former minority leader of the California Senate and the sponsor of multiple pieces of legislation in support of underrepresented communities.

"It is time that we pull together our enormous resources and talent to start identifying solutions. Talk without action is not advancing change and change is desperately needed," Huff said.

Senator Huff and his wife, Mei Mei Ho Huff, consultants in government affairs, community/media relations, and business development, have established a new initiative called the ACT Against Hate Alliance (AAHA) to identify the roots of hate crimes and then to identify solutions. In 2022-2023, AAHA will provide innovative programming that brings key stakeholders together to discuss the most pressing issues surrounding hate crime and each aspect of the program to focus on solutions. During his



Responding to the growing hate crime epidemic, Bob and Mei Mei Huff (right of the podium) established the "ACT Against Hate Alliance" to focus on solutions on August 17, 2022. Photo courtesy of AAHA

time in California government, Bob Huff was known as a coalition builder whose expertise enabled him to get many important pieces of key legislation passed.

"We committed to taking new action when members of our Asian community reached out to us to ask for help, commenting on the increase in hate crimes—often violent—against Asians in our community and across the nation," said Mei Mei Huff, a well-known leader in California's Asian community for over two decades.

"We see these same problems targeting other groups," said Mei Mei Huff, "and we cannot stand by and relegate the responsibility to someone else hoping they will find solutions. We have the experience and the commitment, and with AAHA, we are focused on finding the solutions

we so desperately need." The inaugural program for ACT Against Hate Alliance was held at the California State Capitol on August 17, 2022, with government leaders speaking on the importance of this new initiative in bringing together leaders from all sectors around a solutions-focused agenda.

Other AAHA programs and events throughout the year will be a mix of remote and in-person activities. All programs will be open to members of government, NGOs, media, academic institutions, and community organizations, as well as to members of the public.

Seed funding for media programming is provided by a grant from the California State Library. For more information contact: Bill Bird, Communications Director, at billbird@actagainsthate.org ★

Taking Steps to Accelerate Home Construction

Sac County News Release

SACRAMENTO COUNTY, CA (MPG)

The Sacramento County Board of Supervisors, at its Aug. 9 meeting, voted to approve amendments to the Sacramento County Zoning Code and Countywide Design Guidelines, in an effort to streamline housing approval and speed up building in specific areas of the

Unincorporated County.

These amended Zoning Codes and Design Guidelines will make it easier for developers to build more multifamily homes, like apartments and duplexes, in areas of the Unincorporated County that could include south Sacramento, Fair Oaks, Arden Arcade, Foothill Farms, Vineyard, North Highlands, Rio Linda, Elverta and

Antelope.

Additionally, the amendments also aim to cut down on the costs and amount of time it takes to have minor deviations from the county's development standard approved for certain projects.

"We hope that these changes will especially help some of the Unincorporated County's lower-income, diverse communities," said

Wendy Hartman, Principal Planner.

"In some cases these changes could cut the cost to process a request from approximately \$14,000 to \$4,300 for a multifamily project, and cut the amount of time from ten months to three months."

Among the more substantial changes included in the amendment are: Reducing how far smaller multifamily projects have to be set

back from an abutting single-family home with a minor special development permit; and Allowing builders to construct more duplexes on small infill lots without needing additional approval.

To learn more about the County Zoning Code and Countywide Design Guidelines, visit the Planning and Environmental Review website. ★



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California's Ban on Gas-Powered Cars Won't be Easy



By Dan Walters, CALMatters.org

California made it official last week – the state will ban sales of gasoline-powered new cars after 2035.

Gov. Gavin Newsom, who issued the executive order leading to the Air Resources Board's adoption of the ban, issued his characteristic boast about California being out front.

"The climate crisis is solvable if we focus on the big, bold steps necessary to stem the tide of carbon pollution," Newsom said. "California now has a groundbreaking, world-leading plan to achieve 100% zero-emission vehicle sales by 2035. It's ambitious, it's innovative, it's the action we must take if we're serious about leaving this planet better off for future generations."

Declaring that the sale of gas-powered cars will end 13 years hence is the easy part. Actually transforming a huge component of Californians' daily lives, and a big chunk of the state's economy, will be immensely difficult.

Take, for example, driving range. The new regulations want zero emission vehicles (ZEVs) sold in California to be capable of traveling up to 150 miles without recharging. That might be sufficient for daily commuting within a

compact region. But what about longer trips?

Let's say someone living in San Francisco wanted to drive to Lake Tahoe for skiing? A 150-mile range would not even cover a one-way trip.

The solution might be lots of recharging stations along interregional highways, but whereas a fill-up of gasoline might take 10 minutes, recharging electric cars now takes much longer. Is California willing to build the hundreds of thousands of recharging stations a complete conversion to battery-powered cars would require? Could Californians drive their mandated ZEVs into other states without running out of juice?

Even overnight charging would be a challenge. Those who keep their vehicles in home garages might make it work, but how about apartment dwellers? Even if landlords provided chargers in their designated parking places, an apartment usually has just one space while most apartments have multiple car-owning tenants. That's why the streets around housing complexes are packed with parked cars.

How would the decree affect low-income Californians who typically purchase used cars? Today, battery-powered cars are relatively expensive. The cheapest new ones run close to \$30,000, although federal and state subsidies bring down their net costs. Will those subsidies continue?

California has about 29 million cars and light trucks on the road now and roughly two million new vehicles are sold each year.

ZEVs now account for about 16% of those sales, the most of any state. Even if 100% of sales are ZEVs, it would take at least 15 years for a complete conversion and while it occurs, we would still need service and refueling facilities for gas-powered vehicles.

Speaking of which, what would happen to the hundreds of thousands of Californians who are now employed in providing those services?

Finally, recharging millions of ZEVs would impose a major new demand on California's electric grid – not to mention the impact of phasing them out home appliances that now use gas in favor of electric devices.

California is already struggling to meet the current power demand as it also phases out gas-fired generators in favor of wind and solar facilities. Will we have enough juice for recharging ZEVs, particularly during the night, when the sun doesn't shine and the wind may not be blowing?

Both the reliability of a wind- and sun-powered grid and the availability and price of battery-powered cars also will depend on having enough lithium to build enough batteries to make everything work as envisioned. Given the nation's dependence on lithium from other countries and the fragility of global supply chains, that's not a small risk.

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 is getting everything ready for ALL believers' arrival into heaven! Jesus is coming soon as prophesied and recorded in the Holy Scriptures.

God loves everyone He created and He desires us to one day be in His presence for eternity. Those who have received His Son Jesus as their Savior and Lord will be joining them in His eternal Home.

The "end times" of this earth is also prophesied to be a time of evil

God Is Preparing Heaven

and darkness! It is brought on by God's adversary and enemy. People today believe lies and falsehoods. They are rejecting the Holy God who loved and created them. People in the Old Testament experienced the Holy Wrath of God for their disobedience to the rules and laws of God. Unfortunately we are seeing the same things happen today.

All truth was recorded, written and saved thousands of years ago for mankind to read and live by. Yet they never realized that the sin of Adam and Eve fell on them!

They choose to satisfy the flesh rather than God, thereby committing "sin" that separates them from the love of God and His

plan for their life to be happy and complete.

Friend, it I time to turn your life around and begin a "new life with God." Looking for love and for happiness no matter what occurs in your life will happen. IT IS ONLY FOUND WHEN WE WALK WITH GOD THROUGH THE SAVING BLOOD OF GOD'S BELOVED SON JESUS. HE IS THE WAY, THE TRUTH AND THE LIFE! NO ONE COME TO THE HEAVENLY FATHER WITHOUT JESUS!

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

Orangevale Community Update



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.

On August 11th, the Sacramento County Board of Supervisors unanimously approved two ordinances that will ban homeless encampments in several important locations. As this was an intensely controversial vote, and since homelessness is by far the number one issue that constituents talk with me about, I wanted to take the time to explain the details of these ordinances, and why I wholeheartedly supported them.

The ordinances do several key things. First and foremost, they ban homeless encampments from the American River Parkway and the Dry Creek Parkway. They also ban camps near any critical infrastructure, schools, and libraries. And they also ban the use or maintenance of a container with flammable or combustible liquid or a generator.

Now these all seem like fairly obvious things, and you are likely wondering why these were not already illegal and why it's taken until now to crack down on this. It all stems from a ridiculous 9th Circuit Court of Appeals decision back in 2018 which declared that local governments cannot enforce anti-camping ordinances if they do not have enough homeless shelter beds available for their homeless population. So these things were illegal locally,

Homelessness on our Parkways

but were then overridden due to a court decision.

So what changed? The Sacramento County lawyers have been studying this issue and have found that while we cannot make homeless encampments illegal everywhere, we can deem some areas as off-limits. While it's likely there will be a lawsuit in the future that tests this, our lawyers feel confident that these bans are legally justifiable and will hold up in court. If our lawyers thought we could do more than this, I would have also supported it – but they believe this is as far as we can safely go without jeopardizing county taxpayers with costly lawsuits.

I have just finished conducting seven community meetings in various parts of my district, and I heard the same thing at each of them. The vast vast majority of my constituents are fed up. The homeowners and renters, especially those with young children, say that they are not alright with the status quo. These people pay their taxes, and rightly expect to be able to walk outside in safety without trash, human excrement, and homeless encampments.

They also largely agree that throwing money at the problem is clearly not working. We continue to spend money on new housing options, as well as drug/alcohol/mental health treatment (the things I consider to be the root cause of homelessness), but our homeless population is growing at a rapid pace even as we massively increase homeless spending. People who want help can seek it and are given support, but how do we hold those accountable who don't want the help?

I believe that the long term solution to our homeless problem in Sacramento County is

in our new "safe stay" encampments that we are actively building as I write this. These are essentially low cost tiny home villages that have full-time staff at them to keep it safe, clean, and provide substance abuse and mental health treatment to homeless people.

Building these will allow us to then go to our homeless encampments in our neighborhoods and give them a choice. They can either move into these sanctioned encampments, or they can move somewhere else – but they can't stay there. If they move into our safe stay sites, great! We can then move them somewhere safe, clean, and off the streets. If they decline that and move somewhere else, great! We can clean up the site, not allow these encampments to grow into the huge sites we have now, and they can keep repeating this cycle of getting their camp moved until they actually accept the help they need.

Working towards solutions for homelessness is, and has been my number one priority for several years now. You have my commitment to find ways to legally get around these absurd court decisions, and bring back safety and cleanliness to our neighborhoods. I won't stop fighting to get homeless people the help they desperately need to get off the streets, and I won't stop fighting to bring peace and safety to our community.

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@sac-county.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. ★

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Honorary Mayor's Race — The Final Lap!



Judy Andrews. Photo courtesy of Chrysti Tovani

By Judy Andrews, Fair Oaks Chamber of Commerce

FAIR OAKS, CA (MPG) - Excitement is in the air as we get closer to announcing the new 2023 Fair Oaks Honorary Mayor!

The race continues through the end of this month as our three candidates compete for the prestigious title. Hats off to Wesley Collins, Jen Rodriguez, and Dr. Elisabeth Swan! All three have worked hard these past two months hosting fun fundraising events around town.

The Honorary Mayor's race is a long-time Fair Oaks tradition and going on its 44th year! Candidates earn votes (in a non-political fun race) for every dollar they raise during their 'campaign.' Proceeds raised from each individual are split 50/50 between their charity of choice and the Fair Oaks Chamber of Commerce (event sponsor). The candidate who raises the most money at the end of the race wins. It's a true win-win for everyone!

The winner will be announced in October. In the meantime, to learn more about our candidates, their charities

and remaining fundraising events, please visit FairOaksChamber.com (News and Events link).

Last chance for Fair Oaks Village Progressive Dinner – Sept. 7

Join your neighbors and make new friends while sampling some great food at Fair Oaks Village restaurants. It's the last Fair Oaks Village Progressive Dinner of the year and it's happening Sept. 7! This month is "Fair Oaks Theme Night," and everyone is encouraged to wear your favorite Fair Oaks shirt.

Tickets are \$70 per person (which includes tax and tip) and going fast! View details and register today by following the Events link at FairOaksChamber.com.

Wanted: Corn Hole Contestants at the Chicken Festival – Sept. 17

The 17th annual Chicken Festival is a Fair Oaks tradition that never disappoints! The whole family will have a clucking good time on Sept. 17, from 12-6 p.m. at Fair Oaks Park (11549 Fair Oaks Boulevard). Anyone up for the Cornhole Tournament? The Fair Oaks Chamber is sponsoring this fun activity for novice and expert players. So, grab your partner and sign up today while there's still openings!

For a complete list of Chicken Festival activities and for contest rules, visit forpd.org/chickenfest.

Good-bye and Good Luck Katy!

The Fair Oaks Chamber would like to give a huge shout out to Katy Coss, Recreation

Superintendent for the Fair Oaks Recreation and Park District. After 17 years of dedicated service, she'll be moving to Florida to pursue a new opportunity with the Sarasota County Parks, Recreation and Natural Resources.

Katy was a valuable liaison between the chamber and park district and added a spark to everything she did with her big smile and gregarious personality.

When asked what she'll miss the most, she said, "I'll miss the people and the friendships I've been fortunate to build, including the community partners I've had the honor of working with. They have all become like family to me. I'll miss beautiful nights under the stars at the Fair Oaks Brew Pub, laughing with friends at Concerts in the Park, and waking up with the chickens at 4 a.m. to set up for the annual Chicken Festival. Most of all, though, I'll miss my recreation team and all the fun events we put on!"

Best of luck on your new adventure, Katy! You will be missed. ★

See you in Fair Oaks!



The Fair Oaks community wishes Katy Coss, our FORPD Recreation Superintendent, the best in her career move to Florida. Photo courtesy of Katy Coss



Max Happy

Why would a successful financial advisor become a self-actualization coach and happiness expert and never look back?

It actually happened after a terrifying car accident in 2018 that put **Trish Ahjel Roberts** on a new path. And that path led to her founding Mind-Blowing Happiness LLC IN 2019. With a summer of tempers

running hot around the country, dealing with Supreme Court rulings setting life on a different path, mass shootings cropping up like wild flowers, the pandemic that we thought was looking better, but is still causing havoc, how do we heal? Add monkeypox, some cases of polio and I'm really afraid to ask "What's next?" with the fear it could even get worse.

I'm just as anxious to find happiness amid all the chaos, but where does one begin? According to Trish, it begins with twelve steps to put chill back in your life. She shared those steps from her book "12 Steps To Mind-Blowing Happiness" on my POPPOFF Radio Show. It's a journal of insights, quotes and questions to Juice Up Your Journey. You know what? They made some good sense.

1. HEALING. Processing and recovering from life traumas, big and small, is the first step on the path to Mind-Blowing Happiness.

2. SPIRITUALITY. Having a sense of Self that is separate from your physical body and a feeling of connection with the Universe of God.

3.CONNECTION. Developing meaningful relationships with family, friends and a support system which might include doctors, therapists, babysitters spiritual leaders etc.

4. AUTHENTICITY AND SELF-LOVE. Developing self-awareness of

likes, dislikes, talents and goals that can lead to self-acceptance and authenticity, and ultimately, self-love.

5. PEACE.

Learning how to reframe feelings of anger by recognizing the heat of temper, creating space with breath and empathy, and redirecting energy to constructive behaviors.

6. GENEROSITY. Learning to share your talents and resources without the expectation of immediate payment, whether it's a thank you, a smile or money.

7. DETACHMENT. Learning to release our grip on people and things with the recognition that everyone is precious and impermanent, so we should treasure them without the pain of hanging on too tightly.

8. SURRENDER. Learn to lean into the idea of a greater power as a guiding force, whether God, Nature, or a benevolent Universe, much like a fish that finds a current to make its journey easier.

9. PATIENCE. Learning to slow down and wait without complaining when given the gift of unexpected, unscheduled time.

10. COMPASSION. Learning to stop harming others directly or indirectly and actively working towards non-harming. **11. PASSION.** Learning to identify and pursue paid or unpaid work either part-time or full-time that sets your soul on fire.

12.FREEDOM. The beautiful culmination of the steps which allow you to identify your passions, live with ease, and experience exceptional joy and freedom from emotional pain.

Trish told me you can access the free **Mind-Blowing Happiness 12 Month Book Club Leader's Guide** at www.TrishAhjelRoberts.com. Just hit the start button. ★

HAPPINESS IS THE GOOD LIFE!!!

Social Security Matters

Military Wife Turning 65 Seeks Information About Medicare



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: My husband is 63 and I will be 65 in a few months. He's retired from the Air Force, so we currently have Tricare Select. As I understand it, I only need to sign up for Medicare Part B, which I think I can do now. Can I do this online, or do I need to go somewhere to enroll? And how do I find the cost? We also currently are enrolled in and pay for FEDVIP for our dental and vision. Is vision handled under Medicare? All our adult life we've just used Air Force bases and now we have to pay attention and we don't know where to start. Any guidance is appreciated. **Signed: Retired Military Wife**

Dear Military Wife: First, please extend my gratitude to your husband for his military service. I'm happy to assist you with your questions.

With few exceptions (mainly those on active duty and military reservists) Tricare requires that you enroll in Medicare Part B as soon as you are eligible (age 65) to retain your Tricare coverage. If you're already collecting Social Security, you'll be automatically enrolled in Medicare Part A and Part B at age 65 and won't need to do a separate enrollment. If not, enrolling

can be easily done online by going to this link: www.ssa.gov/benefits/medicare/. Here you'll see an explanation of how Medicare works, and you can scroll down to the "Apply for Medicare Only" tab to start your application. You will need to first have your personal "my Social Security" online account set up to apply online for Medicare, which is easy to do at www.ssa.gov/myaccount. You should enroll in Medicare during your Initial Enrollment Period (IEP) which starts 3 months before the month you turn 65 and ends three months after the month you turn 65. So, if you are within 3 months of age 65 you can enroll in Medicare now and your coverage will start in the month you turn 65. Your Medicare coverage will start on the first of the month you turn 65, even if your birthday isn't until later in the month. If you have any trouble enrolling in Medicare online, you can call Social Security at 1.800.772.1213 to enroll in Medicare.

It's important to understand Medicare's various "parts." Medicare Part A is coverage for inpatient hospitalization services and is free for anyone who is also eligible for Social Security (you don't need to be collecting SS, only eligible to). Medicare Part B is coverage for outpatient medical services (e.g., doctors, tests, etc.) and there is a monthly premium associated with Part B. The 2022 Part B premium is \$170.10 per month and, unless you're on Social Security, you'll make arrangements when you enroll in Medicare to pay those premiums separately, usually quarterly. If you're already collecting Social Security, the Medicare Part B premium will be deducted from your

monthly SS payment. When your Medicare coverage starts, Medicare will become the primary payor of your healthcare expenses and Tricare will become secondary payor.

Medicare Part C is an "Advantage" plan obtained through a private insurer and used instead of Part A and Part B. Medicare also has a Part D which is for prescription drug coverage, and which you probably won't need because Tricare likely covers any prescription drug needs you may have.

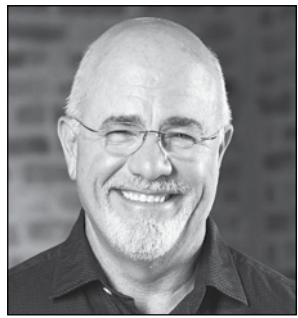
Medicare Part B does not provide routine dental services, and only provides very limited vision services (screenings for glaucoma, diabetic retinopathy, and screening for and treatment of macular degeneration), but routine eye screenings, contacts, eye-glasses, and frames, etc., are not covered. Tricare's vision coverage is also very limited, so if your current FEDVIP is not adequate for your needs, you may wish to explore your options for private dental and vision coverage.

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Dave Ramsey Says

Time to Get Serious

Dear Dave,

My husband and I have always gotten by. We both make about \$40,000 a year, we each turned 50 last month, and we only have a little bit of debt. Recently, my mother-in-law moved in with us due to health issues. Since that time, we have been struggling financially due to the added expense of having her with us. We love her and want her to be here, but we are unsure how we will continue to make things work. Can you help?

– Renaye

Dear Renaye,

It's completely understandable that your mother-in-law moving in tightened things up for you guys

– to a point. What it has also done is trained a spotlight on the fact you and your husband need to start behaving better with your money. That means living on a written, monthly budget, and telling your money where to go instead of “getting by” and wondering where it all went.

That sound you hear is a phone ringing, and it's your wake-up call. If I were you, I'd pick up. That call's saying you two have been disorganized and a little sloppy with your finances in the past, but you've made just enough money to get away with it. Now, you're going to have to get serious and get organized, because you've chosen to take care of her. Don't get me wrong, it's an honorable decision you've made to bring her into your home. But it also means some changes have to be made in terms of the day-to-day finances around your place. You're going to have to sit down with your husband and separate

the wants from the needs.

The good news, Renaye, is that with a budget you can analyze, in detail, the need to cut expenses, generate extra income – or both. But for this thing to work, you've got to create a little margin. Because if you continue to just wander along without a plan, you're going to have a real mess on your hands.

God bless you folks.

– 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. ★

Tenants Sought for New Copperwood Square Retail Building



The new retail suites available near the corner of Sungarden Drive in Citrus Heights in the Copperwood Square Shopping Center feature up-to-date utilities for those seeking to increase customer traffic.

Story and photo by Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG) - A Starbucks drive-thru coffee shop opened in 2021 in a new commercial pad building at 7056 Sunrise Boulevard near the corner of Sungarden Drive in Citrus Heights in the Copperwood Square Shopping Center and is doing brisk business.

Next door, four separate adjacent retail spaces in the same building, which total some 5,446 square feet still sit vacant, looking for new tenants.

Marketing those individual retail suites is the task of the Rome Real Estate Group in Folsom.

Situated on a busy retail arterial in the Sunrise Marketplace retail corridor, that was once home to a multi-story bank building, it was demolished to make way for the new commercial center. Earlier plans to turn the site into a 24-hour gas station and convenience store were dropped amid heated opposition from local residents.

The area around Sungarden Drive and Sunrise Boulevard is surrounded by a population of over 141,900 households within a three-mile radius, according to the company.

“It's an ideal location, with a choice of retail suites ideal for a local business in Citrus Heights which might want to relocate to a good traffic location along Sunrise Boulevard,” said Andy Jonsson of

the Rome Real Estate Group.

What's taking time to fill those individual suite vacancies is an especially challenging commercial real estate market with strong competition from cities in the surrounding area, Jonsson explained.

“We've been marketing these suites to both regional and a national target retail audience and will continue to do so, but we also want to let local businesses in Citrus Heights know that on a competitive cost per square foot basis, these new individual suites at 7056 Sunrise Boulevard really do have a lot to offer,” Jonsson said.

“We think that any one of these individual suites which are very visible from Sunrise Boulevard could ideally fit the needs of a local business seeking to relocate, especially if they are looking to find space in a new building with up-to-date utilities and features,” he said.

The Copperwood Square Shopping Center is anchored by Food Maxx, Planet Fitness and Dollar Tree. Planet Fitness completed an expansion of its gym facilities earlier this year.

“We're pleased that customers continue to rediscover all that Copperwood Square Shopping Center has to offer,” Jonsson said. “It's received a refresh in recent years and has seen an increase in customer traffic.”

For leasing information, contact Andy Jonsson of the Rome Real Estate Group at 916-932-2199 or visit romeacre.com. ★



Employment and Independent Contractor Positions at Messenger Publishing Group

We publish ten local newspapers in the Sacramento Region. Our main office is in Carmichael. We have been publishing for fifteen years and are seeking new qualified employees.

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Managing Editor - We are seeking a Managing Editor for our newspaper group. This position works in the Carmichael office and works directly with the Publisher. Work hours are flexible between 8:30 to 5:00 Monday through Friday. Previous editing and managing experience is required.

City Reporter - We are seeking a part-time City Reporter for our newspaper group. This position may be assigned to work in the Carmichael office or another area office and works directly with the Editor. Work hours are flexible depending on assignments. Previous reporting experience is required.

Social Media Support - MPG is seeking a part-time Social Media Assistant to work in our Carmichael office. This position requires current knowledge of social media platforms. This position has a flexible work schedule and you would be working directly with the publisher.

Freelance Contributing Writer - We are seeking local writers for our ten local newspapers. These are independent freelance positions compensated on a per article basis. These are work from home positions.

Advertising Services Support - We are seeking a part-time Advertising Services Support person for our newspaper group. This position works in the Carmichael office and works directly with the owner of the company and the advertising/graphics staff. Work hours are flexible between 8:30 to 5:00 Monday through Friday. Previous newsprint sales experience is required.

Delivery Driver - We are seeking a part-time Delivery Driver for our newspaper group. This position would transport newspapers from our Carmichael office to our offices in Marysville and Gridley. Work hours are from 8:30 to 4:00 every Thursday. Must be able to lift and move bundles of newspapers without assistance. Must have your own reliable cargo van. This is an independent contractor position and pays a flat rate for your service.

Home Delivery Driver - We are seeking home delivery independent contractors for delivery in the Sacramento Region. Compensation is determined on a per piece basis. Delivery begins every Thursday morning and newspapers are picked up at our Carmichael office.

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 - Greek god of love
 - Event host
 - *1960 Golden-Globe winner with Kirk Douglas
 - The Bee
 - Rowed
 - Costa del
 - *1922 Pulitzer-winning "Long Day's Journey into Night" author
 - *James Cameron's 1997 Oscar-winner
 - Steal
 - "Killers of the Flower Moon" tribal members
 - All's opposite
 - *2021 "royal" Emmy winner
 - "One Fish Two Fish Fish..."
 - More eccentric
 - Assistant
 - Expels
 - Before, old-fashioned
 - Consummate professional, in music
 - Mid-body narrowing, pl.
 - Feather glue
 - Library offerings
 - Cry like a baby
 - *"The _____", 1972 mafia Oscar winner
 - Jeopardy, not the game
 - Type of molding
 - This location
 - Full of blood vessels
 - Christian of haute-couture
 - Suite cleaner
 - Mountain goat terrain
 - D.C. bigwig
 - Middle of March
- DOWN**
- Brewer's perennials
 - Perching place
 - Italian money
 - Type of local tax
 - Travesty
 - Not silently
 - Loch _____
 - *2012 Emmy-winning espionage thriller
 - Fairy tale opener
 - Half of binary code, pl.
 - Yellow #5, e.g.
 - Bits of wisdom
 - Fathered
 - Bird of prey's weapon
 - Female sib
 - _____s razor
 - Waterwheel
 - Horace's poem
 - Danson and Kennedy
 - Lymph "containers"
 - Lacking vigor
 - Roman counterpart of Greek Demeter
 - *Ben Affleck's 2012 Golden Globe best drama winner
 - Wow
 - *2000-2003 White House Emmy winner, with The
 - Port city in Japan

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Federal Jury Finds Sacramento Man Guilty of Sex Trafficking

U.S. Attorney's Office News Release

SACRAMENTO, CA (MPG) - After a six-day trial, a federal jury found Antonio Deshawn Long-Andrews, 28, of Sacramento, guilty of sex trafficking by force, fraud, or coercion, U.S. Attorney Phillip A. Talbert announced.

According to court documents and evidence presented at trial, between August 2017 and Dec. 5, 2018, Long targeted a young woman using force, threats of force, and coercion to cause her to perform commercial sex acts for his financial benefit. Long's commercial sex operation occurred on the streets and inside motel rooms in Northern and Southern California cities, including Sacramento, Oakland, San Jose, Santa Ana, and Orange.

According to evidence presented at trial, on Sept. 28, 2018, as part of his sex trafficking operation, Long repeatedly punched the victim inside his car in the parking lot of a motel. During the attack, the victim tried to exit the car, but an associate of Long kept her inside the car while Long continued to beat her. An eyewitness saw the attack, and the motel's security camera recorded the victim being dragged under Long's car. Although the victim was injured and had two black eyes, a week later, Long continued to

engage her in commercial sex acts for his benefit.

During recorded calls from the Sacramento County Jail, Long maintained control over the victim, conveying that she was expected to earn money for him by selling her body to strangers. After Long's release from the Sacramento County Jail, Long continued his exploitation of the victim from late November 2018 until his arrest on Dec. 5, 2018.

This case is the product of an investigation by the Sacramento Police Department, the California Department of Justice, and the Federal Bureau of Investigation. The California Highway Patrol, the Sacramento Sheriff's Department, and the Sacramento County District Attorney's Office assisted in the investigation. Assistant U.S. Attorneys Jason Hiit, Christina McCall, and Nirav Desai are prosecuting the case.

Long is scheduled to be sentenced by U.S. District Judge John A. Mendez on Oct. 18, 2022. Long faces a minimum sentence of 15 years in prison and a maximum statutory penalty of life in prison, and a maximum fine of \$250,000. The sentence, however, will be determined at the discretion of the court after consideration of any applicable statutory factors and the Federal Sentencing Guidelines. ★

Health Care and Hospice Owner Sentenced for Conspiring to Defraud Medicare

U.S. Attorney's Office, Eastern District of California

SACRAMENTO, CA (MPG) - U.S. District Judge Troy L. Nunley sentenced Liana Karapetyan, 42, of El Dorado Hills, on July 21, 2022 to 18 months in prison for one count of conspiracy to commit health care fraud and one count of conspiracy to pay and receive health care kickbacks, U.S. Attorney Phillip A. Talbert announced.

According to court documents, Karapetyan and her husband, Akop Atoyan, owned and controlled home health care and hospice agencies in the greater Sacramento area: ANG Health Care Inc., Excel Home Healthcare Inc., and Excel Hospice Inc. On behalf of the agencies, Karapetyan and Atoyan certified to Medicare that they would not pay kickbacks in exchange for Medicare beneficiary referrals to the agencies.

Despite their certifications, from at least July 2015 through April 2019, Karapetyan and Atoyan paid and directed others to pay kickbacks to multiple individuals for beneficiary referrals, including employees of health care facilities, as well as employees' spouses. The kickback recipients included John Eby, a registered nurse who worked for a hospital in Sacramento;

Anita Vijay, the director of social services at a skilled nursing and assisted living facility in Sacramento; Jai Vijay, Anita Vijay's husband; and Mariela Panganiban, the director of social services at a skilled nursing facility in Roseville.

In total, Karapetyan, Atoyan, and others caused the agencies to submit over 8,000 claims to Medicare for the cost of home health care and hospice services. Based on those claims, Medicare paid the agencies approximately \$31 million. Of that amount, Medicare paid the agencies at least \$2 million for services purportedly provided to beneficiaries referred in exchange for kickbacks paid to, among others, Eby, Anita Vijay, Jai Vijay, and Panganiban. Because the agencies obtained the beneficiary referrals by paying kickbacks, the agencies should not have received any Medicare reimbursement.

This case was the product of an investigation by the Federal Bureau of Investigation and the Department of Health and Human Services' Office of Inspector General. Assistant U.S. Attorney Matthew Thuesen prosecuted the case.

In separate cases, Atoyan, Eby, Jai Vijay, Anita Vijay, and Panganiban pleaded guilty for their roles in the kickback scheme. They await sentencing. ★

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Aerospace Museum Feels 'the Need for Speed'

By Ruth N. Morse

SACRAMENTO REGION, CA (MPG) - The Sacramento-area Aerospace Museum of California in McClellan celebrated its first evening Open Cockpit event on Saturday, August 20, 2022. Since it has a "Top Gun" F-14 Tomcat and the movie "Top Gun: Maverick" is out this summer, the museum staff decided to open fourteen of their plane cockpits for viewing on Saturday afternoon.

Traditionally, the Aerospace Museum sponsors Open Cockpits twice a year during the day — once on May 4th for "May the Fourth be with you" and once on Veterans Day on November 11th. These events, which have proven to be popular with attendances up to one thousand, have now been reformatted into Top Gun Open Cockpit.

The event was an enjoyable date for visiting with volunteers, staff and the public about their experiences with the Museum. Karen Jones, Advancement Director at Aerospace Museum of California, oversees its fundraising and pointed out that the Covid experience in the last couple of years was beneficial for the facility. They profited in many ways, reinvented the experience and kept staff busy refurbishing their exhibits, when they could not be open to the public. A new café was opened during this time and a new exhibit built around the Makani, a large energy kite named after the Hawaiian word for wind they received from the manufacturer in 2020.

Aerospace Museum's four-acre property has a unique combination of volunteers and paid staff, which are necessary since the operation does not receive government funding. There are over three hundred volunteers who range in age from students doing community service to retirees with aviation experience.

In addition to those with a love of aviation and serving our country in the military, others manned the Aerospace facility actively promoting the educational emphasis in STEM. These staff and volunteers reach out to the next generation to encourage them to pursue careers and interests in the STEM subjects of Science, Technology, Engineering and Mathematics. Another event at the museum promoting STEM includes summer camp, a weeklong day event with as many as one hundred children at a time



Skylar Webster sports a green flight suit and stands beside a Desert Storm plane. Photo by Ruth N. Morse

and a total of nine different camps.

Senior volunteer Bob Hiltachk logged more than five hundred hours of volunteer work. He enjoyed showing off the newly refurbished Blue Angel to Tim and Logan Jacobsen visiting from Rancho Cordova. The Blue Angel was recently returned to the museum after four years at the nearby Coast Guard for refurbishment. It looked great indoors with its new blue paint job.

The museum features a gift shop which allows the of purchase items such as the museum mascot, Amelia Bearhart. The bear is often hidden in the museum and becomes part of a scavenger hunt. Amelia Bearhart's Storytime and Crafts will be held from 10 a.m. to 2 p.m. in the Museum, Saturday, August 27th. They also had Top Gun items for sale in the shop, and an interesting book about a local triple ace named Colonel Bud Anderson, a centenarian who lives in Auburn and is involved in the museum.

As Karen pointed out, the museum is

thriving despite Covid closures over the last couple of years. It appeals to diverse groups of people who enjoy coming together to learn about planes and flying,

engineering and history. The Museum even qualifies to be a Smithsonian Institution partner, something only two local museums are qualified for.

Museum normal operating hours are Thursday to Sunday from 10:00 a.m. to 4:00 p.m. Admission is \$15 for adults and \$10 for seniors, youth, teachers and veterans. An upcoming event is a storytime on Saturday, August 27, 2022.

For more information visit aerospacemuseum.org or 3200 Freedom Park Drive, McClellan, CA 95652 or call 916-643-3192.

The Museum is forward-looking by encouraging the next generations to participate in aviation history and technology. You can attend and come away with new knowledge after this enjoyable "infotainment" experience! ★



A young boy in a NASA spacesuit views the checklist he was given at the Aerospace Museum "Top Gun Open Cockpit" event held on Saturday, August 20 in Sacramento. Photo courtesy of the Aerospace Museum of California



Volunteer Bob Hiltachk and visitors Logan and Tim Jacobsen from Rancho Cordova stand beside an Air Force plane. Photo by Ruth N. Morse

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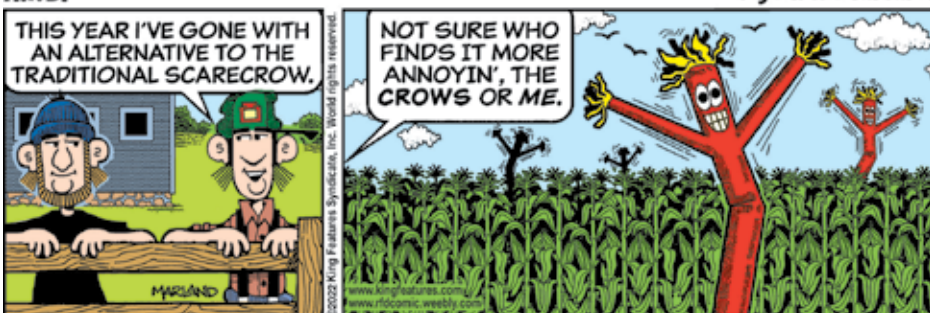
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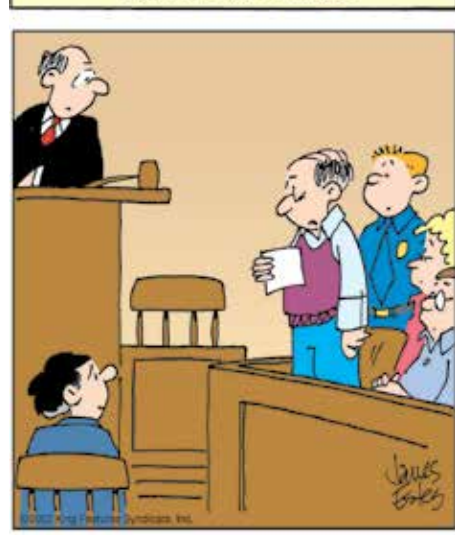
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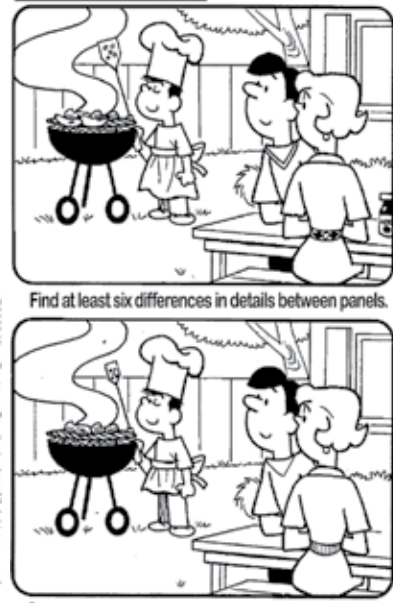
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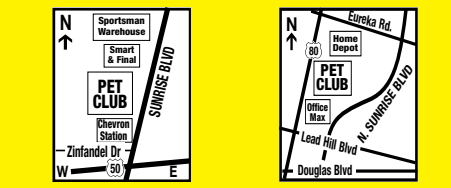


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AQUEON BOXED 10 GALLON TANK With Economy Kit

Just add Heater For Tropical Fish **\$48.99** Limit 1 Per Family

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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 8/31/22 - 9/6/22

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 8/31/22 - 9/6/22

\$1.49

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 8/31/22 - 9/6/22

\$2.39

CHM PLU 449

Chief Gets Soaked at ALS Association Fundraiser

By Patrick Larenas

SACRAMENTO, CA (MPG) - The Greater Sacramento Chapter of ALS (Amyotrophic Lateral Sclerosis) Association recently partnered with Sacramento Downtown Commons (DOCO) at 405 K Street, Sacramento for its inaugural CEO Soak to raise funds for those suffering from what's commonly known as Lou Gehrig's Disease.

On August 12, CEOs from the region participated in ALS Association's ice bucket soaking to donate a total of \$15,265 for the association's efforts in providing funds in a three-pronged approach against the disease, including patient care, public policy, and global research.

Senior Vice President of Territory Management for the ALS Association, Amy Sugimoto, stated, "Our programs and services allow for people across the 24 counties we serve to have access to support group meetings, durable medical equipment such as wheelchairs and ramps, speech communication devices, and so much more."

Patrick Dunlap, Managing Director in the Western Region, said, "Eight years ago, millions of people dumped buckets of ice water on their heads for the ALS Ice Bucket Challenge; this global social media sensation shined a much-needed light on an underfunded and misunderstood disease."

"Basically, this was the first year for Sacramento and the west," said Dunlap, to participate in the CEO Soak to help raise vital funds for the



Top row (L-R): Jeff Rosenblum, ALS Leadership Council Member; Stephanie Cardenas, Director of Development; Jennifer Tomarelli, Territory Marketing and Communications Manager; Amy Sugimoto, Senior Vice President of Territory Management; Tony Sertich, ALS Leadership Council; Ann Graef, ALS Leadership Council Member; Nancy Wakefield, Managing Director Care Services; Brandy Weigand, Managing Director, Development; Cherie Felsch, ALS Leadership Council Member; Heather Dawson, Care Services Manager; Stephanie Stinson, Caregiver Support Manager. **Middle/Bottom row (L-R):** Todd Harms, Fire Chief, Sacramento Metropolitan Fire District; Marty McGartland, ALS Leadership Council Member and Retired, Natoma Technologies; Michael Creedon, Regional Manager, Mobility Works; Brandi Rollins, Director, Operations and Control, Lock 'n' Stitch; Heinz Ludke, ALS Leadership Council Member and person living with ALS; Vladimir Ochoa-Diaz, person living with ALS; Patrick Dunlap, Managing Director, Volunteer Engagement; Lisa Parks Ferro, Broker and Owner, The Blue Waters Group; Bree Gold, Territory Executive; Matt Sinner, Area Vice President, Maxim Healthcare Services; and Jeremy Macdonald, CEO, Bonney Plumbing, Heating and Air. Photo courtesy of Sacramento Metropolitan Fire District

Association to find a cure for ALS.

One of those CEOs soaked for his efforts at bringing in funds through his agency and generosity was Sacramento Metro Fire Chief Todd Harms. "I was honored to participate in the first annual CEO Soak to bring more awareness to this very important cause," he said.

Harms noted that his awareness of the progressive neurodegenerative disease was raised when "a dear friend and former board member of Metro Fire was diagnosed with ALS a few years ago." The Fire Chief thanked all

"[who] contributed in his



Todd Harms (left), Sac Metro Fire District Chief, and Jeff Rosenblum, ALS Leadership Council Member stand up and support the ALS Association at 405 K Street, during the CEO Soak. Photo courtesy of ALS Association Greater Sacramento Chapter

name with donations." Other Sacramento

region CEOs contributing for the soak included

Lisa Ferro of Blue Waters Mortgage in Folsom; Jeremy Macdonald CEO of Bonney Plumbing of Rancho Cordova; Marty McGartland, Retiree of Natoma Technologies; Matt Sinner, Area Vice President, Maxim Healthcare Services; Michael Creedon, Regional Manager, Mobility Works; Brandi Rollins, Director, Operations and Control, Lock 'n' Stitch; Mike Beams, Maxim Healthcare Services; and Beza Admassu, Maxim Healthcare Services.

The total amount the ALS Association received in donations was 61

percent of their target goal of \$25,000 for this first year of the event.

"Every single CEO who showed up at our inaugural CEO Soak for the Western Territory," said Sugimoto, "is contributing and partnering with us to help people living with ALS. We are forever grateful for them."

The ALS Association Greater Sacramento Chapter is located at 5701 Sunrise Blvd, Citrus Heights, California 95610. For more information visit www.als.org/greater-sacramento/events/ceo-soak-greater-sacramento or call (916) 233-5483 ★

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FROZEN & FISH DEPT

Korean Corndog 5 pieces REG. \$9.99/EA \$6.99 /ea	Tandoori Garlic Naan 1.2 kg / 15pcs REG. \$9.99/EA \$5.99 /ea
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WEEKLY MEAT SPECIALS

Beef Ribeye Roast - Boneless Chuletón de Ternero Asado \$5.49 /lb	Beef London Broil & Top Round Roast - Boneless Polpa Para Hornear Sobras con Bistec \$3.99 /lb	Chicken Leg Quarters Pierres y Mitón de Pollo 99¢ /lb	Pork Spareribs Single Pack Costillas de Cerdo \$2.49 /lb
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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 31 - SEPTEMBER 06, 2022.

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

KP KARAOKE SPECIAL Sun-Thru 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 (12 total)	For 18 people \$275.00 3 Hours Karaoke + 3 Pizzas + Pitcher Soda + 7 Main Dishes (39 total)
For 12 people \$185.00 3 Hours Karaoke + 2 Pizzas + Pitcher Soda + 4 Main Dishes (24 total)	For 28 people \$350.00 3 Hours Karaoke + 3 Pizzas + Pitcher Soda + 8 Main Dishes (48 total)
For 14 people \$210.00 3 Hours Karaoke + 2 Pizzas + Pitcher Soda + 5 Main Dishes (28 total)	

9 Dishes To Choose From

FRESH PRODUCE

Rainbow Bellpepper 2lb \$7.49 /ea	Mini Watermelon \$1.99 /ea	Green Grape Premium \$1.99 /lb	Yukon Potato 99¢ /lb
Mexican Onion 59¢ /ea	Ginger 79¢ /lb	Black Watermelon 59¢ /lb	Yellow Onion 2lb/\$1

AMERICAN/HISPANIC GROCERY

Soft & Strong \$5.99 /ea	EED Beef Tissue Soft & Strong \$5.99 /ea	AI Steak Sauce Original 12 oz \$3.99 /ea	Frank's Red Hot Original 12 oz \$1.99 /ea	Mexico Coconut Juice with Pulp 9.5 fl oz \$1.99 /ea	Kingford Charcoal Original 16 lb \$12.99 /ea
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ASIAN GROCERY

SPAM \$6.49 /ea	SPAM \$3.79 /ea	SPAM 99¢ /ea	SPAM \$4.29 /ea	SPAM \$9.99 /ea
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EUROPEAN GROCERY

Crisis Earl Grey Black Tea 100 T/B \$7.99	OREO TOMATOES \$1.99	Zippit Tomatoes for Bricks 5 lbs \$2.99	OREO PINEAPPLE \$2.99	OREO PEACH \$2.99	OREO MANGO \$1.19
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KOREAN/JAPANESE GROCERY

ALLIUM \$9.99 /ea	ALLIUM \$6.99 /ea	ALLIUM \$5.99 /ea	ALLIUM \$2.99 /ea	ALLIUM \$3.99 /ea	ALLIUM \$1.99 /ea
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HOUSEWARES

HAMILTON BEACH KITCHENWARE 99¢ /ea	HAMILTON BEACH KITCHENWARE \$3.99 /ea	HAMILTON BEACH KITCHENWARE \$3.99 /ea	HAMILTON BEACH KITCHENWARE \$3.99 /ea
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FROZEN & FISH DEPT

Salmon Fillet \$4.99 /lb	Oven Roasted Chicken \$7.19 /lb	Black Olives \$4.49 /lb
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