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# AMERICAN RIVER Messenger

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JUNE 24, 2022

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## Metro Fire Opens New Unit



Sac Metro's newest state-of-the-art Fire Station 68 is located at 12065 Cobble Brook Dr., Rancho Cordova, Calif., near Douglas Road and Sunrise Boulevard. Photo courtesy of Sac Metro Fire

By Patrick Larenas

**SACRAMENTO COUNTY, CA (MPG)** - On May 27, the Sacramento Metropolitan Fire District (Metro Fire) opened with a “hose uncoupling” the newly constructed Fire Station 68 in east Rancho Cordova. The now inaugurated facility, located near Douglas Road and Sunrise Boulevard, incorporates state-of-the-art improvements which show the way of the future in firefighting facilities.

Susan Wood, wife of Sac Metro Board Director Ted Wood – Division 4, shared with the crowd that during the economic slowdown, the older Fire Station 68 had been temporarily closed, which left a sizeable

“geographic service area hole” in the surroundings.

The new Fire Station 68 located at 12065 Cobble Brook Drive will replace the station that was formerly located at 4381 Anatolia Drive, which Rancho Cordova Mayor Donald Terry described as “more like a shed with a house in the back.”

Sac Metro staff said the facility will keep “three firefighters, staffing one fire engine with room to expand staffing as the area continues to build and grow.” And there certainly has been a lot of growth recently.

Fire Chief Todd Harms commented on the first stages of the project: “When I first came out here, and we looked at the site, there was nothing that was out here—literally a few

roads. There was a little bit of expectation of the growth that was about to happen. But just in the time that we have built this location, the growth has just been incredible.”

The fire station, which features state of the art crew quarters, health and wellness facilities, safety equipment, and fast-access sideways opening bay doors (rather than garage-style doors), was designed by Tylor Babcock of MFDB Architects and built by Trent McCuen of McCuen Construction Inc., and the construction management team led by Sean Strongman.

Speakers highlighted that what makes the new fire station building so innovative are the health and safety

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## Grand Jury Releases New Status Review

Superior Court of California News Release

**SACRAMENTO COUNTY, CA (MPG)** - When required to respond to a Sacramento County Grand Jury report showing a less than robust record of leadership at the onset of the COVID-19 pandemic, the Grand Jury found that the Board of Supervisors has opted to dodge and deflect. But the Grand Jury’s deep concern, plainly stated in that February 2022 report, continues.

In the Grand Jury’s newly issued Status Review, it finds that the Board’s responses to the Grand Jury report reflect the Board’s continuing refusal to acknowledge or accept responsibility for any deficiencies of leadership, accountability or engagement at the outset of the 2020 countywide emergency.

The Grand Jury in its February 2022 report called out the Board for lack of oversight and leadership during the first five critical months of the COVID-19 pandemic. The Grand Jury conducted extensive research and interviews which found: 1) the Board of Supervisors handed off essential decision-making and CARES Act funding responsibility to its County Executive, or his designee; 2) the Board did not receive timely reports on allocation of CARES Act funds; 3) it failed to demand regular public updates on County pandemic activities; and 4) the Board failed to provide public forums to assess the vast array of needs and challenges faced by residents across Sacramento County.

The record of Board sessions speaks for itself: No actions were taken to publicly account for use of emergency funding, engaging with local residents and businesses, and even with its own agency heads, and is documented in the Grand Jury report.

It was this pattern of lack of leadership, engagement and oversight that was contained in the Grand Jury’s report, and the basis of its findings and recommendations. The Grand Jury found that in the Board’s response, it unfortunately cloaks itself in bureaucratic, misleading, and at times inaccurate statements.

The Board of Supervisors’ position that there is ‘nothing to see here’ reflects the

*Continued on page 7*

## Sacramento County Recommended Budget Approved

By Kim Nava, Sacramento County

**SACRAMENTO COUNTY, CA (MPG)** - The Sacramento County Board of Supervisors voted unanimously on June 9 to approve the \$7.3 billion recommended budget for Fiscal Year (FY) 2022-23.

“Sacramento County’s FY 2022-23 budget works to address many of the needs of our community and includes additional investments in programs and services related to homelessness, mental health, substance abuse and social services for some of the most vulnerable people among us, while maintaining vital and essential existing services,” said District Five Supervisor and Board Chair Don Nottoli.

The \$7.3 billion budget consists of \$2.8 billion in Enterprise and Special Revenue Fund appropriations (utility rates, fees and other dedicated revenue), \$3.5 billion in General Fund appropriations (\$936 million in discretionary resources, \$1.1 billion in restricted funds, and the remaining

\$1.4 billion with Federal, State and fee revenue dedicated to specific purposes), and \$1.1 billion in Restricted Funds.

“This approved budget reflects substantial investments in new and enhanced programs based on the Board’s priorities and a survey of Sacramento residents,” said County Executive Ann Edwards. “In addition to increased funding addressing homelessness, social services and improving the condition of County roads, we were able to set aside more money in the County’s ‘rainy day’ reserve funds.”

The recommended budget recognized new or enhanced areas of growth, including annual commitments of: Addressing Homelessness – \$5.3 million to fund new programs and services addressing homelessness in the County; Road Pavement Rehabilitation Projects – \$20 million in one-time Net County Cost transferred from the General Fund to the Roads Fund to fund pavement maintenance and rehabilitation on roads throughout the

unincorporated County. Substance Use Disorder Residential Treatment – \$10 million for the Department of Health Services to procure an additional 156 beds annually for substance use disorder residential treatment; Crisis Stabilization Units – \$5 million for the Department of Health Services to establish a pool for behavioral health crisis stabilization units, which is a service the County is required to provide to Medi-Cal beneficiaries; Mental Health Services Act Full Service Partnership – \$7.5 million in MHSA and Federal match for the Department of Health Services to procure Full Service Partnership programming as a requirement in fulfilling permanent supportive housing commitments; School-Based Mental Health Program – \$4.3 million of Medi-Cal funding for the Department of Health Services to provide increased support to the school-based mental health program, with a planned site expansion to 40 sites; Child, Family and Adult Services

– \$19.1 million to support Child Family and Adult Services’ programs, including \$5.4 million to provide enhanced security services at the Centralized Placement Support Unit; Afghan Refugee Assistance – \$3 million in Net County Cost for the Department of Human Assistance to provide services to support new Afghan arrivals in adjusting to their new environment.

During budget deliberations, the Board added additional items totaling \$2.6 million in appropriations, which included: \$1 million for additional scattered sites to house people experiencing homelessness; \$498,072 to provide a fourth staff position in Districts 1,3,4 and 5; \$450,000 for improvements at McFarland Ranch, American River Ranch and Dillard Ranch; \$167,881 to provide a position supporting homeless issues in District 2; \$150,000 to Visit Sacramento for a total annual contribution of \$500,000; \$106,690 to provide

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# Medi-Cal Holding Seniors Back

By Ana B. Ibarra,  
CalMatters.org

California living is expensive. So imagine having to get by on \$600 a month. That's essentially what some seniors and people with disabilities have to do in order to access Medi-Cal, the state's health insurance program for low-income residents.

Individuals with significant medical expenses — but whose income is too high to qualify for free Medi-Cal — may still access the program if they pay some of the costs.

That share of cost works like a monthly deductible; people are allowed to keep \$600 for personal use and must spend the rest of their income on health care expenses before their Medi-Cal coverage kicks in.

"If you make \$1,600 a month, \$1,000 has to go toward paying for your care," said Tiffany Huyenh-Cho, a staff attorney at Justice in Aging, an organization that is urging state lawmakers to update the income rule. Because people using this type of Medi-Cal usually have costly care, for some it's worth paying, but most can't afford it, she said.

In January of this year, the latest month for which state data is available, there were about 81,000 people who were enrolled in Medi-Cal but couldn't use it because they did not meet their share of the cost. The majority are over 65 or have a disability, data show.

Take Maxine Wells of San Diego — she is 91, and with the help of her son,



Thirty-year-old Medi-Cal income limit leaves some seniors without needed care. Photo © Katarzyna Bialasiewicz | Dreamstime.com

Keith Wells, she recently applied for Medi-Cal. Her Social Security monthly income of \$2,000 puts her over the limit for free coverage. Keith is still waiting to get official word from the state on his mom's eligibility status, but isn't sure they'll be able to meet her share of the cost.

The dollar amount that people get to keep, \$600 for an individual and \$934 for a couple, hasn't changed since 1989, when the minimum wage was \$4.25 an hour.

"It was shocking to hear it hasn't been updated since then," Keith Wells said.

Older adults like Wells

also qualify for Medicare, the federal health insurance program for seniors and people with disabilities. But Medicare doesn't cover all her needs or at-home care. Wells, a former beauty shop owner, suffers the aftermath of a heart attack, which left her heart muscle damaged. She has chronic obstructive pulmonary disease (COPD), dementia and anxiety. Medi-Cal would supplement her Medicare coverage. About 1.4 million Californians are enrolled in both programs.

California has put forth sweeping and first-in-the-nation policies to expand health insurance coverage to more people. It has

one of the lowest uninsured rates in the country — about 6% of California residents don't have health insurance. Still, pockets of people continue to struggle to afford the coverage and care they need, meaning they go without it.

Aging advocates say older adults tend to live on fixed incomes but are sometimes subject to rules that haven't kept up with the current cost of living.

Aging and health advocates are now asking legislators and the governor's office to allow Medi-Cal recipients who need to pay a share of cost to keep more of their

income. Assembly Bill 1900 by Assemblymember Dr. Joaquin Arambula, a Fresno Democrat, proposes to raise the monthly limit from \$600 for an individual, which is about 55% of the federal poverty level, to \$1,562, or 138% of the federal poverty level.

This adjustment would require federal approval, according to the Department of Health Care Services, which oversees the Medi-Cal program.

Arambula's bill made it out of the Assembly last week and is now before the Senate. "This is simply a matter of fairness for Californians who are struggling to make ends meet and need access to

health care," Arambula said about his bill in the Assembly Health Committee hearing earlier this year.

Linda Nguy, a policy advocate with the Western Center on Law and Poverty, said it would be difficult to pass the bill if funding for it isn't included in this year's state budget. Funding for this proposal was not included in the governor's May revision of the budget.

However, the version of the budget released by the Legislature's Democratic leaders allocates \$31 million to reduce the share of cost for this population. The Legislature and Gov. Gavin Newsom must now come together and hammer out a final budget.

The Legislative Analyst's Office has estimated that this proposal would cost anywhere between \$53 million and \$151 million, of which half would be paid for by the state and the other half through federal funds. Without that funding, Arambula's bill would likely get stuck in the Senate's fiscal committee, Nguy said.

At least nine other states and the District of Columbia allow people who pay a share of cost for Medi-Cal (Medicaid in other states) to keep a higher amount for personal use than California does, according to the Kaiser Family Foundation.

CalMatters COVID and health care coverage is supported by grants from the Blue Shield of California Foundation, the California Health Care Foundation and the California Wellness Foundation. ★



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# Concern Over Missing Chickens in the Village

Story by Shaunna Boyd

**FAIR OAKS, CA (MPG)** - Local residents in Fair Oaks are accustomed to seeing wild chickens parading through the Village. The chickens are an integral part of the fabric of life in Fair Oaks, to which the annual Chicken Festival is a testament.

But many have noted a decline in the number of chickens crossing the streets and strutting through the parks. Among those was Fair Oaks local Linda Regli, who noticed far fewer chickens than usual and grew concerned: "People come from miles to see the famous Old Fair Oaks chickens. That is what old Fair Oaks is known for."

While most people love Fair Oaks' wild chicken population, others find them to be a nuisance – and an unconfirmed rumor suggests that someone had been shooting and killing the chickens with a bb gun.

Kim Pitillo, Executive Director of the Fair Oaks Chamber of Commerce, said the Chamber has received a lot of calls about the missing chickens. She first heard the bb gun claim from a group of citizens who feed the chickens. Pitillo was told that some injured chickens were taken to a local veterinarian, and they suspected the chickens had been shot by a bb gun. Messenger Publishing Group has been unable to substantiate those claims at this time.

But Pitillo also said she recently saw approximately 20 roosters in the

Village, so she knows that many are still around. The chickens roost in trees in the evening, and also migrate to different areas from time to time, so Pitillo wondered if there are still more chickens around than people realize.

And the demolition of the old Amphitheatre building in the Village might have scared off some of the chickens, which could now be living in other areas of Fair Oaks. Pitillo suggested that the declining number of chickens in the Village is not a new phenomenon but has actually been going on for a while: "People are used to walking around and seeing a whole clutter of them, but it really hasn't been that way for a couple years."

Fair Oaks Recreation and Park District (FORPD) Administrator Mike Aho heard the bb gun rumor as well, but he stated, "I have not seen any evidence of this. ... We have not seen it happen or talked to anyone who has firsthand knowledge of this happening." While the rumor was shared with the District's Park Police, Aho said no evidence was discovered and nothing was confirmed.

Aho did agree that there are fewer chickens in the Village now than in the past: "I am not certain why. It could be less chickens being dumped, someone picking them up, diseases, or any number of things. The vast majority of the chickens are roosters with very few hens, so the population only increases

when people dump them off."

Public Information Officer Rodney Grassmann with Sacramento County Sheriff's Office said they have no knowledge of anyone shooting the chickens, and the Sheriff's Office hasn't received any reports of such incidents.

Dawn Fisher, with Field Operations for Sacramento County Animal Care and Regulation, said her department has received calls suggesting the chickens were being shot, but Animal Control officers patrolled the area and didn't find anything. Fisher said, "Nobody's found anything to support that." No dead bodies of chickens have been reported to or recovered by her department, so Fisher said at this time there's "no evidence" to support the claim.

Fisher said the decline could be due to more predation from coyotes or foxes in the area, or the chickens could just be getting older and dying out. And Fisher explained that people sometimes capture the chickens, either rehoming them at hobby farms or turning them in to Animal Control to be rehomed.

Many are disturbed by the idea that someone has been shooting the beloved Fair Oaks chickens, so possible alternative explanations might be comforting to some. Messenger Publishing Group will continue to investigate this issue if new information comes to light. If anyone has any knowledge of these claims, please email publisher@mpg8.com. ★

# Placer Native Among 5 Marines Killed in Aircraft Crash

By Shaun Holkko, assistant editor

**GLAMIS, CA (MPG)** - Five United States Marines tragically died in an aircraft crash Wednesday, June 8, in Glamis, California, during what was supposed to be a routine training session.

One of the five victims was identified as Capt. John J. Sax, 33, of Placer, California. The other four victims were: Cpl. Nathan E. Carlson, 21, of Winnebago, Illinois, a Tiltrotor Crew Chief. Capt. Nicholas P. Losapio, 31, of Rockingham, New Hampshire, an MV-22B Pilot. Cpl. Seth D. Rasmuson, 21, of Johnson, Wyoming, a Tiltrotor Crew Chief. Lance Cpl. Evan A. Strickland, 19, of Valencia, New Mexico, a Tiltrotor Crew Chief.

John Sax graduated from Granite Bay High School and went on to become a MV-22B Pilot for the Marines. John Sax is the son of West Sacramento native and five-time MLB All-Star, Steve Sax.

"It is with complete devastation that I announce that my precious son, Johnny was one of the five US Marines that perished on Wednesday, June 8, in the Osprey Military crash near San Diego," Steve Sax said in a statement published Saturday by CBSLA-TV. "For those of you that knew Johnny, you saw his huge smile, bright light, his love for his family, the Marines, the joy of flying airplanes and defending our country! He was my hero and the best man I know, there was no better person to defend our country."

Steve Sax said when



Capt. John J. Sax, 33, of Placer, California, an MV-22B Pilot. Photo courtesy of U.S. Marine Corps

his son John was a boy, he dreamed of being a pilot and would get distracted by planes flying overhead during his Little League baseball games.

"There was never any doubt from a young age that Johnny would be a pilot and his passion was to fly!" Steve Sax said in a statement. "This loss will change my life forever and is a loss to not only the Marines but this world!"

"It is with heavy hearts that we mourn the loss of five Marines from the Purple Fox family" said Lt. Col. John C. Miller, Commanding Officer of VMM-364, in a news release. "This is an extremely difficult time for VMM-364 and it is hard to express the impact that this loss has had on our squadron and its families.

"Our primary mission now is taking care of the family members of our fallen Marines and we respectfully request privacy for their families as they navigate this difficult time. We appreciate all the prayers and support from the strong extended Purple Fox family and want them to know that more

information will be forthcoming on how to help."

The five Marines were based at Marine Corps Air Station Camp Pendleton, CA, and were flying on a MV-22B Osprey aircraft at the time of the crash. All five were assigned to the Marine Medium Tiltrotor (VMM) Squadron 364, Marine Aircraft Group (MAG) 39, 3rd Marine Aircraft Wing (MAW), according to a news release from the Marines.

At the time of the mishap according to the Marines, the MV-22B Osprey and crew were conducting routine flight training and that the cause of the crash is under investigation. The crash occurred in Imperial County which is about 115 miles east of San Diego and about 50 miles from Yuma, Arizona.

John Sax served in the Marines for five years and eight months. He was awarded with the National Defense Service Medal, Global War on Terrorism Service Medal and Letter of Appreciation. John Sax is survived by his 20-month-old daughter and his wife Amber, who is pregnant with their second child. ★

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# California's Sham Budget and Unintended Consequences



By Dan Walters  
CALMatters.org

The “law of unintended consequences” is a tenet of classic economics – essentially a warning that an action meant to have a positive effect can often bring a negative outcome.

The political version is an oft-voiced admonition: “What goes around comes around.”

The California Legislature’s frantic effort this week to approve a 2022-23 budget – or at least its unfinished version of the budget – exemplifies the principle.

For many decades, the state constitution has required the Legislature to pass a budget by June 15 but for many decades the requirement was routinely violated – sometimes for months.

During those decades, the budget required a two-thirds vote in the Legislature, which meant the minority party – usually Republicans – could hold up passage until its demands were met. The syndrome reached a climactic point in 2009 when one Republican state senator, Abel Maldonado, refused to vote for the budget until Democratic leaders agreed to place a measure on the ballot to change California’s primary election process to what’s called a “top-two” system.

Leaders of both parties despised the proposed new system, but Maldonado, with backing from then-Gov. Arnold Schwarzenegger, held out until they agreed to his demand. The top-two proposal, in which all candidates appear on one ballot and the two top finishers face each other in the general election regardless of party, was approved by voters in 2010. Last week’s election was its latest employment.

Maldonado’s holdout had a consequence that neither he nor Schwarzenegger intended – motivating Democrats to make sure it never happened again. Their labor union allies spent millions of dollars to qualify and pass another measure in 2010, lowering the budget vote to a simple majority.

To make the measure more attractive to voters, its sponsors included a passage that said legislators would lose their pay if a budget was not enacted by June 15.

That proviso, however, had another unintended consequence a year later when Republican Schwarzenegger’s successor, Democrat Jerry Brown, and his fellow Democrats in the Legislature deadlocked over details of the state budget.

Brown vetoed the placeholder budget that the Democrats passed by the June 15 deadline, saying it was not balanced, and Controller John Chiang declared that since that left the state without a balanced budget, legislators would have their pay – about \$400 a day – suspended until there was one.

Chiang said the

Democratic budget was, by his reckoning, \$1.85 billion out of balance. “The numbers simply did not add up,” said Chiang, drawing the ire of his fellow Democrats, who sued, contending he had overstepped his authority.

Fundamentally, the courts later said, the Legislature is the sole judge of whether it has met the June 15 deadline. Consequently, the penalty for noncompliance that was ballyhooed to voters in 2010 is a fiction.

In subsequent years, the Legislature has always passed a budget by the June 15 deadline, sometimes a real one in agreement with the governor but often merely a placeholder.

The 1,000-page budget being passed this week is another sham, drafted largely in secret with minimal public exposure and many blanks to be filled in later. Democratic leaders and Gov. Gavin Newsom are still at odds on multi-billion-dollar issues, including the size and form of payments to Californians to offset inflation.

There’s also a big gap over how much of the state’s projected surplus to spend on permanent commitments, with Newsom’s Department of Finance warning that overspending could create problems in the future if, as many economists suspect, a recession is on the horizon.

That could be a truly important consequence of budgetary gamesmanship.

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

# Jan's Lounge Celebrates New Ownership with Ribbon Cutting Ceremony



Jan's is open Monday through Friday 10:30 a.m. to 2 a.m. and Saturdays and Sundays 9 a.m. to 2 a.m.

Story and photo by MaryAnne Povey

ORANGEVALE, CA (MPG) - The Orangevale Chamber of Commerce came to mix, mingle and celebrate the new ownership of Jan's Lounge located at 9222 Greenback Lane, with an official ribbon cutting ceremony!

The new owners, who revived and updated the iconic hangout, were all smiles as friends, local business owners and chamber members gathered to celebrate.

“Jan’s Lounge is an entertainment bar with a country vibe,” explained Steve Santich, one of the partners. “We were excited to purchase Jan’s Lounge so that the iconic Orangevale bar could live on as a welcoming, hometown bar for everyone.”

After months of waiting, they officially opened their doors to the public on April

1 to showcase a “new and improved” interior including a full bar, cold beer, food, darts, shuffleboard, sports on nine big screen TVs, DJ trivia, country line dancing lessons, dancing and live music too! There is always something fun going on seven days a week!

Sunday: Karaoke; Monday: Industry Night (drink specials); Tuesday: Live music (check schedule for performers) from 6pm-9pm; Wednesday: DJ Trivia from 7pm-8:30pm; Thursday: Country Dance Night from 7pm-midnight; Friday and Saturday: Live music (country, classic rock, southern rock, rock, and blues).

Jan's is open Monday through Friday 10:30 a.m. to 2 a.m. and Saturdays and Sundays 9 a.m to 2 a.m. Check it out!

Learn more on their website at [www.jans-lounge.com](http://www.jans-lounge.com). Follow them on Facebook @jansloungeov or Instagram @jans.lounge. ★

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By Marlys Johnsen Norris, Christian Author

After accepting God’s Beloved Son as their Lord and Savior a person is fully blessed. Only after a person who calls themselves a “Christian”, will experience a special anointing of God to fall on them. God’s Holy Spirit resides within them “and they have a surprise injunction from the Holy Spirit” (1 John 2:20) The Holy Spirit leads and guides with a special anointing for something special the Father/God desires to take place.

An anointing for a believer can take place at any time in their lifetime. It can be an anointing in a church service or to give their testimony possibly to encourage someone about

## God's Holy Anointing!

how God has touched their life. The receiver is chosen of God, to learn about the love and power God has for every living soul!

*The Holy Word of God puts it this way! See 1 John 2:27*

*“But the anointing which you have received from Him abides in you and you do not need that anyone teach you; but as the same anointing teaches you concerning all things and is true and is not a lie, and as it taught you, you will abide in Him. “ Him equals the Holy Spirit!”*

*Within a church service occasionally there is an anointing service giving people an anointing with oil. It is symbolic giving a Christian Spiritual Power for an answered prayer or possibly for God to accomplish something in the person's life. There are many different ways the Holy Spirit inspires with a special anointing*

for what ever God desires accomplished.

All too often Christians forget we have been anointed by God. Then, when an event we have prayed about takes place, we simply rejoice and thank God. When we have talked with God for many years, we often we just take way too much for granted.

Something special thing happens when we do hear an anointed message in church. We hear the pastor bring the message of faith and truth about this special “gift of anointing” and we wake up! We thank God for His many gifts of love bestowed on our lives We are a truly blessed people when we walk with God daily in our lives.

Marlys Johnsen Norris  
Christian Author  
of 7 Books  
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## Stay Comfortable and Save Money

### SMUD News Release

SACRAMENTO, CA (MPG) - As the mercury rises in Sacramento, residents are seeking ways to stay comfortable in their homes without breaking their budget. While SMUD customers enjoy some of the lowest rates in California, air conditioning needs can drive customer usage and bills during these hot summer months, so SMUD is offering tips on how to stay comfortable in your home while also saving money.


Summer rates start June 1, but it’s easy to keep energy use in check without giving up cooling comfort. One of the easiest ways to save is to pay attention to when you are using energy. Energy rates are cheapest during off-peak hours before 5 p.m. and after 8 p.m. That means customers can save by minimizing energy use during the week between 5 p.m. to 8 p.m.

Another easy step is to prevent your home from heating up, which can reduce immediate cooling costs and help save on long-term costs from wear and tear on cooling equipment. SMUD has also partnered

with the Sacramento Tree Foundation to provide free trees to shade and cool your home.

SMUD has more energy-saving solutions on its website and offers additional tips to save:

- In the summer, use fans and close blinds on windows that get direct sun.
- Swap out light bulbs for LEDs.
- Change your air filter and clean your HVAC unit.
- Use a programmable/smart thermostat to help control HVAC use.
- For every 2 degrees that you turn up your thermostat, you can save 5-10 percent on cooling costs.
- Avoid using multiple large appliances at the same time, especially during peak hours.
- On hot days BBQ outside or use small cooking appliances like crock pots and microwaves to help keep your house cool.
- Customers can also get customized tips, manage their bills and set up alerts on the website. ★



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# DOCO Kicks Off Summer



## DOCO News Release

**SACRAMENTO, CA (MPG)** - DOCO (Downtown Commons) is kicking off summer with an entertaining music series, weekly Yoga on the Green fitness class and a high-energy artisan Makers Market. The summer activations on the DOCO plaza are free and open to everyone.

### LIVE AT 5 MUSIC SERIES Thursdays at 5 p.m. to 7 p.m. from June through October

Shoppers and plaza guests will enjoy a free summer music series on the west plaza terrace (near Macy's) on Thursday evenings starting tonight, June 2. The line-up will change each week, offering a diverse and eclectic variety of music including live acoustic acts and popular DJs. The June schedule includes:

- 6/2 Ryan Hernandez  
(Singer, multi-instrumentalist)
- 6/9 Jacob Alexander  
(Pop vocalist, song writer)
- 6/16 Kaz Haji (Guitarist)
- 6/23 Seth Kaminsky (Alternative pop singer-songwriter/looping artist)
- 6/30 Brian Chris Rogers  
(Songwriter/bassist/drummer)

### YOGA ON THE GREEN Saturdays at 10 a.m. to 11 a.m. from June through July

Yoga on the Green, presented by CorePower Yoga, kicks off on June 4 and will be offered in the open-air space at DOCO in front of the entrance to Golden 1 Center. Classes will focus on CorePower Yoga 2, which aims to strengthen, balance and detoxify the entire body and mind as participants move through more challenging postures with connected breath. Led by

passionate instructors and set to an energizing playlist, this free yoga series is suitable for all levels and available to ages 16 years or older. Participants must sign a waiver via their smartphone through a QR code and should bring their own mats (water bottles, small towels and sunscreen are also recommended).

### TROPICAL SUNDAYS Sundays at 4 p.m. to 8 p.m. from June through August

Plaza guests will enjoy free family-friendly entertainment curated by Kandia Entertainment with local artists and DJs at Tahoe Blue Ridge on Sunday evenings starting on June 5. This summer music series will feature multicultural live music with a dance floor and salsa, bachata and cumbia lessons.

### MAKERS MARKET June 25 at 11 a.m. to 4 p.m.

Guests are invited to attend the high-energy DOCO Makers Market presented by River City Marketplace, showcasing 40 local vendors and artisans offering handmade specialty items. Additionally, the plaza will be filled with entertaining music.

DOCO is an outdoor shopping, dining and entertainment destination in the heart of downtown Sacramento. Convenient parking is available in DOCO's central garage with an entrance on J Street between 4th and 5th Streets. The elevators and escalators take guests up to the plaza's main level and second level terrace near many of the restaurants, eateries and retail tenants.

For summer schedule updates, information about other upcoming community activations and/or the variety of retail shopping, dining, and service offerings at DOCO, visit [www.docosacramento.com](http://www.docosacramento.com) or follow DOCO on Facebook, Twitter and Instagram. Social Media Tags: #HelloDOCO. ★

# DWR Offers Grants to Protect Communities, Support Fish Populations, and Restore Streams

## DWR News Release

### SACRAMENTO, CA (MPG)

The Department of Water Resources (DWR) on Wednesday, June 1, released the final Guidelines and Proposal Solicitation Package for the Riverine Stewardship Program, which provides funding to plan and implement projects that will reduce flooding, improve water quality, and restore streams, creeks, and rivers to enhance the environment for fish, wildlife, and people.

As communities and wildlife alike face challenges posed by climate extremes and California's ongoing drought conditions, the program will award up to \$15 million in competitive grants to implement projects that help reduce flood risk, increase water supply, and enhance and restore fish populations and habitat. The funding will be delivered through the Riverine Stewardship Program and its two subprograms the Urban Streams Restoration Program (USRP) and the San Joaquin Fish Population Enhancement Program.

All three programs will help support watersheds, local wildlife, and aquatic habitat. Eligible projects include habitat restoration, bank stabilization, water temperature

improvements and habitat enhancements to increase water supply reliability to help fish adapt to climate change.

"Climate change is driving multiple threats to California including the severe drought conditions that challenge our communities and fish populations alike," said DWR Director Karla Nemeth. "This funding supports a local and state partnership to make our communities and their streams more drought resilient for people and fish."

Both the Riverine Stewardship Program and San Joaquin Fish Population Enhancement Program are funded by Proposition 13, while the Urban Streams Restoration Program is funded by Proposition 68, 84, and state budget general funds.

During the 2019 solicitation, DWR awarded \$54.4 million in competitive grants to 20 projects that improve habitat and spawning conditions for fish species, reduce flood risk to property and local communities, and more. The Urban Streams Restoration Program, which has funded projects for 35 years, recently celebrated ribbon cutting ceremonies for previously completed restoration projects located in Santa Barbara, Berkeley, and

Santa Rosa.

Applications will be accepted starting June 1, 2022, and funding is available for Tribes, local public agencies, and certified non-profits as specified in the program guidelines and proposal solicitation package. Other applicant types such as community groups will be considered on a case-by-case basis. For-profit corporations, non-public entities, and individual landowners are not eligible. The released guidelines will also address future funding that may become available to DWR through the 20222023 Budget Act to address drought resilience and aquatic habitat improvements.

The Urban Streams Restoration Program also provides funding and technical assistance for public engagement, outreach, and under-represented community support. DWR encourages community participation in project design and implementation to promote educational opportunities to community members of all ages and increase understanding of the project's benefits.

For more information about upcoming grant opportunities, visit DWR's Grants and Loans webpage. ★

# CAL FIRE Awards Nearly \$118 Million in Wildfire Prevention Grants

## CAL FIRE News Release

**SACRAMENTO, CA (MPG)** - As part of California's strategy to prepare properties and communities against the devastating impacts of wildfires, CAL FIRE announced it will direct nearly \$118 million in funding for 144 local wildfire prevention projects across the state.

"Drought conditions have once again taken hold of California and are already contributing to another year of early fire activity," said Joe Tyler, CAL FIRE Director and Fire Chief. "This funding is a critical part of our overall wildfire strategy."

CAL FIRE's Wildfire Prevention Grants enable local organizations like fire safe councils, to implement activities that address the hazards of wildfire and reduce wildfire risk to communities. Funded activities include hazardous fuel reduction, wildfire prevention planning, and wildfire prevention education. These projects all meet the goals and objectives of California's Wildfire and Forest Resilience Action Plan, as well as the Strategic Fire Plan for California.

In Los Angeles County, the San Gabriel Valley Council of Governments is one of many organizations receiving funding towards wildfire prevention efforts. Their project will work towards developing a Regional Wildfire Protection Plan that will help to protect over 31 cities and communities, 22 of which are identified as "Communities at Risk". In Lake County, a grant has been awarded to the Robinson Rancheria Band of Pomo Indians for a hazardous fuels reduction project in the wildland-urban

interface that will incorporate professional training as well as a community outreach and education campaign to increase awareness of defensible space and fuels management. In El Dorado County, a grant has been awarded to the El Dorado Fire Safe Council for a project that will assist residents with hazardous tree removal to slow the spread of the bark beetle infestation. The project will also assist with removing stressed and injured trees damaged by the Caldor Fire.

"These 144 local wildfire prevention projects, along with the 105 projects we just funded in September 2021, will significantly increase California communities' preparedness towards wildfires," said Chief Daniel Berlant, CAL FIRE Deputy Director of Community Wildfire Preparedness and Mitigation.

The Wildfire Prevention Grants Program is funded as part of the State's Wildfire and Forest Resilience Strategy, in part with Cap-and-Trade auction proceeds administered by the California Climate Investments (CCI) Greenhouse Gas Reduction Fund. CCI is a statewide program that puts billions of Cap-and-Trade dollars to work reducing greenhouse gas emissions, strengthening the economy, and improving public health and the environment - particularly in disadvantaged communities. For more information about CAL FIRE's other CCI programs, please visit CAL FIRE Grants.

These grants are part of the Governor's unprecedented \$1.5 billion investment in wildfire resilience. The Governor's Wildfire Resilience initiative has launched 588 projects to date, in addition to projects to be funded by these grants. ★

MEMORIAL

CHAD ALAN WILSON • 8/23/1965 – 6/7/2022

Chad Alan Wilson was born August 23, 1965. He passed away unexpectedly on Tuesday, June 7, 2022, at his home in West Point, California (Calaveras County.)

He was a Senior Installation Engineer specializing in telecommunications and worked for Black Box Network Services. His co-workers described him as a "mentor, friend, and expert."

Chad was born in Nebraska, though he lived in Colorado and California for most of his life. He graduated from Katella high school in Anaheim, CA. He later moved to Orangevale, CA in 1995. In 1996 Chad met and married the love of his life, Nicole Menendez. They lived happily in Orangevale with their four children, Dustin, Shara, Dylan, and Dalan for nearly 25 years. Chad enjoyed his children and grandchildren immensely; they, and Nicole, were the center of his world. Chad's family and friends were everything to him.

Chad's hobbies included coaching football in Orangevale for 12 years. He loved camping, hunting, cars, a warm fire and a good chat. Chad's church was on the side of the road. He had to stop and help anyone in need.

Chad's biggest dream was to leave the city and build a family compound where he, Nicole, their children and the children's families could gather and perhaps even reside. Last year (2021) he achieved his goal and moved his family to a 107 acre farm in West Point, CA.

Chad is remembered and cherished by his wife of nearly 26 years, Nicole Wilson; father Roger Wilson; brother Jeff Wilson (Kelly); children Dustin Wilson (Hailey),

Shara Gregory (Jacob,) Dylan Wilson (Cali Roiz,) and Dalan Wilson; and grandchildren Rhylan, Coralynn, Charleigh, Liberty, Hunter and Jaxon. He was preceded in death by his devoted and much loved mother Lila Rae Wilson, his sister Teresa Lynn Wilson and his first wife Christine Wilson.

In lieu of flowers please consider a memorial donation to either the Prostate Cancer Foundation, 1250 Fourth Street, Santa Monica, CA 90401, Tax ID #95-4418411; or the American Heart Association, 2007 O Street, Sacramento, CA 95811, Tax ID #13-5613797

A memorial service will be held at 10:00 a.m., Saturday, June 25, 2022, at **Christ the King Lutheran Church** located at **5811 Walnut Ave, Orangevale, CA**. The service will be held outdoors in the "Grove of Grace" located directly behind the church. Attendees should **bring a lawn chair if you wish to be seated for the service**. Wearing a protective mask would be appreciated, though not required.

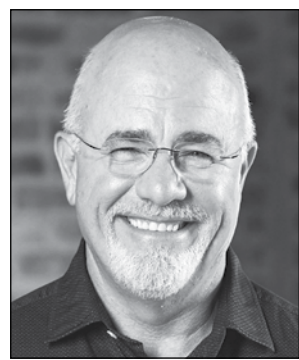
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## Dave Ramsey Says

have to wait until they're out of debt to get married. I don't tell people they should wait until they're debt-free to have children, either. Listen, you two love each other. You have a baby together, you live together and you're trying to figure out a way to combine incomes and everything else – except the debt. Too late. That ship has sailed.

Here's some arm-around-your-shoulder, old-man advice. The best thing for that baby, and the best thing for you and your boyfriend, is for you two to get married and combine your incomes, combine your lives – combine everything – and join it all so tight it cannot be torn apart. Then, go live a beautiful, glorious life together. Getting out of debt is part of the adventure. Raising that child together is part of the adventure. Waking up and looking at your husband when he starts to lose his hair is part of the adventure.

and relationally to play out of debt to get married. You get into stupid arguments over who bought the mustard when you're sharing the same bed. It's just so inconsistent and incongruent. That's the system you're using now, but there are better things waiting for you.

I'm not being judgmental, Dakota. I just want good things – the best things – for you and your family.

– 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.* ★

### Combine ... Everything

Dear Dave,

I live with my boyfriend, and we have a baby together. I brought debt into the relationship, and I'm using your debt snowball method to pay it off, but he is debt-free. We have quite a few shared expenses that we split 50-50, but that means we are constantly reimbursing each other. Should we keep our finances separate until I pay off my debt, or is it okay to combine everything now? I'm 26, and we love each other and want to get married, but he makes quite a bit more money than I do. I feel guilty taking that step when I still have debt.

– Dakota

Dear Dakota,

I don't tell people they

It's very difficult legally

# A Comment on Another Grim Small Business Optimism Report

### NFIB Press Release

**SACRAMENTO, CA (MPG)** - The April 12, 2022 release of the latest Small Business Economic Trends report (aka the Optimism Index) wasn't expected to have any good news, and it didn't disappoint.

"What our latest Optimism Index showed is that there is little optimism along the Main Streets of America that the economy is going to improve any time soon," said John Kabateck, California state director for the National Federation of Independent Business (NFIB), which produces the monthly Optimism Index. The Index is a national snapshot not broken down by state.

"The California Legislature is on Spring Recess this week, and I suggest that they make an extra effort to meet with some of the small-business owners in their districts and listen to what they have to say," said Kabateck. "Maybe upon their return to Sacramento they can put the brakes on proposals that will put the small-business economy in even more dire straits, such as upending the longstanding process for settling workers' compensation claims or ruining the highly successful fast-food franchise model that has created untold thousands of jobs for decades. Small businesses have already dodged a couple of bullets this year by the failures of mandatory vaccine requirements and universal health-care scheme to advance, but lawmakers must stop sending the wrong signals again and again."

Key findings from the new Index include:

Owners expecting better business conditions over the next six months decreased 14 points to a net negative 49%, the lowest level recorded in the 48-year-old survey; Forty-seven percent of owners reported job openings that could not be filled, a decrease of one point from February; The net percent of owners raising average selling prices increased four points to a net 72% (seasonally adjusted), the highest reading in the survey's history.

From NFIB Chief Economist Bill Dunkelberg

"Inflation has impacted small businesses throughout the country and is now their most important business problem. With inflation, an ongoing staffing shortage, and supply chain disruptions, small business owners remain pessimistic about their future business conditions."

Keep up with the latest on California small-business news at [www.nfib.com/california](http://www.nfib.com/california), where this release can also be read, or by following NFIB on Twitter @NFIB\_CA or on Facebook @NFIB.CA.

For 78 years, NFIB has been advocating on behalf of America's small and independent business owners, both in Washington, D.C., and in all 50 state capitals. NFIB is a nonprofit, nonpartisan, and member-driven association. Since its founding in 1943, NFIB has been exclusively dedicated to small and independent businesses and remains so today. For more information, please visit [nfib.com](http://nfib.com). ★

# Metro Fire Opens New Unit

Continued from page 1

features incorporated into its design.

Chief Harms explained that "because someone will live in this fire station 24 hours a day and 365 days a year for the next 60-70 years," they will be exposed to toxic diesel exhaust fumes and soot which cause cancer.

Station 68 features a descending exhaust ducting system that hooks up to tailpipes to expel spent gases, together with divided living and garaged areas which are pressurized at different levels (somewhat analogous to a space station) so as not to allow contaminants flowing into living spaces when opening doors and other access breaches.

Metro Fire Board of Directors President Cinthia Saylor expressed gratitude that this station prioritizes the long-term health and safety of its members.

"As a retired firefighter, this is extremely important to me," Saylor said,

"My generation suffers [from] very many types of cancers because we did not have the protections of sucking up the exhaust fumes; We had to live with the exhaust from our rigs; We had to live with the dirt on our turnouts; We carried our turnouts inside our rigs... We did not know that just the soot on our turnouts was cancerous."

Newly representing the redrawn Supervisor District 3, which covers Station 68, Supervisor Rich Desmond attended the grand opening and congratulated the fire district and residents.

Desmond said that the new station was not only going to "improve response times... in the local community... but also that it was going to boost Sac Metro's response to all hazards in the county." He was referring to the pre-positioning of wildland response rigs and other special operations which will be based at Station 68.

For more information visit: [metrofire.ca.gov](http://metrofire.ca.gov). ★

# Grand Jury Releases New Status Review

Continued from page 1

precise leadership and accountability deficiencies outlined in the Report. Sacramento County needs and deserves engaged, accountable leadership from Supervisors. This became clear during the pandemic.

The Report provides a roadmap toward improved County governance

to better serve its residents. The Grand Jury remains concerned that the Board's apparent refusal to acknowledge any deficiencies will leave the County ill-prepared and vulnerable to the next inevitable public emergency. The Grand Jury strongly urges the Board to carefully reconsider the recommendations contained in its Report. ★

# Recommended Budget Approved

Continued from page 1

additional staffing for the Clerk of the Board's Office; \$100,000 to the Mack Road Partnership to purchase the South Sacramento Community Center property; \$75,000 to Splash for vernal pool education; \$25,000 for an additional \$5,000 in TOT District Funds for each District.

The Board also set aside \$5 million to fund the new American River Parkway Homeless Reserve.

"I'm grateful to my colleagues and staff for supporting my proposal to assist the American Parkway Foundation in their well-coordinated efforts to proactively assist those living in the Parkway so we can save the Parkway," said District One

Supervisor Phil Serna.

For details, read the County Executive's Budget Letter or view the budget documents on the Office of Budget and Debt Management website.

The numbers on the Recommended Budget will change between now and September, when the County receives new information, including the impact of the State Budget and updated revenue totals. The Final Budget will come back to the Board of Supervisors in September for review and adoption.

By the Numbers: \$7.3 B: Total Budget; \$3.5 B: General Fund; \$2.8 B: Enterprise and Special Revenue; \$1.1 B: Restricted Funds; 13,252 Number of Employees ★

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**STATEPOINT CROSSWORD • FOURTH OF JULY**

- CLUES**
- ACROSS**
- Cutting the mustard
  - French vineyard
  - Expression of satisfaction
  - Chicago's Navy \_\_\_\_
  - Not that
  - Lock horns
  - Sound of pride
  - Tom Hanks' character had this in "Philadelphia"
  - Dre's headphones
  - Handheld firework
  - Eurozone money
  - Chinese weight units
  - Campaigned
  - Popular July Fourth salad
  - Ltd
  - A in I.P.A.
  - Type of embellished surface
  - Dunking treat
  - Potato state
  - Type of poem
  - Rabbit trap
  - "I, Claudius" role
  - As much as necessary
  - Opposite of trans- in chemistry
  - Bring into servitude
  - Bottle \_\_\_\_
  - Ill temper
  - Olive branch
  - Campaign worker
  - Declaration signer
  - Extinct Italic language
  - Forsaken or desolate
  - Rumpelstiltskin's weaver
  - Between Egypt and Algeria
  - Heed
  - At the summit
  - Beaver's construction
  - "I Thee \_\_\_\_"
  - Liberty Bell did it to mark Declaration reading
- DOWN**
- Calendar abbr.
  - Life stories, for short
  - Faith jump?
  - Misprints
  - \*Cooler purpose
  - Fair attractions
  - CCCP, in English
  - Lab culture
  - Type of pilot
  - "For \_\_\_\_ a jolly ..."
  - Hit 80's song "\_\_\_\_ Me"
  - Crosswise, on deck
  - Popular type of July Fourth gathering
  - Two to one, e.g.
  - Antonym of keep
  - "Common Sense" author
  - "Like the days of 1776"
  - Crocodile ones are insincere
  - Place, in French
  - Race course
  - Causing fear
  - "That thou \_\_\_\_ do quickly"
  - Like a certain ranger
  - Fuss
  - 4th of July, e.g.
  - Sudden upset
  - The night before
  - Dad's mom
  - Gladiators' battlefield
  - Cold storage
  - Space exploration mission
  - Dog-\_\_\_\_ pages
  - "Heat of the Moment" band
  - Intercontinental ballistic missile

**CROSSWORD**

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# Defendant Convicted of Kidnapping, Three Sexual Assaults

**Sac County DA News Release**

**SACRAMENTO COUNTY, CA (MPG)** - Manuel Sicario was convicted by a jury of kidnap for the purpose of rape, assault with the intent to commit rape, sexual battery, attempted sexual battery, annoying or molesting a child and indecent exposure.

The jury also found true allegations that Sicario kidnaped the victim; the victim was particularly vulnerable; Sicario's crimes were carried out with planning, sophistication, and professionalism; and Sicario engaged in a violent conduct that indicates a serious danger to society.

On August 10, 2019, the 15-year-old victim was at Sutter's Landing when Sicario walked up next to her and began to masturbate. As Sicario masturbated, he pulled the victim towards him. The victim was able to pull away from him and flee. She did not call the police. On August 18, 2019, the second victim was at Sutter's Landing when Sicario came near her and began to strip down to his underwear. The victim was so uncomfortable with Sicario's behavior that she took a video of him. When the victim turned her back on Sicario, he immediately jumped on her.

Sicario straddled the victim and tried to grope her. The victim was able to throw Sicario off of her, run away and call 911. The third victim was jogging on the bike path at Sutter's Landing when she encountered Sicario standing on the bike path. When she tried to pass him, Sicario grabbed her, dragged her down the bike path and took her under the I-80 overpass. Sicario threw the victim to the ground exposed himself. He then held one of the victim's hands down as he pulled her clothes to expose her body. The victim tried to fight off Sicario during the entire attack. When Sicario covered the victim's mouth to prevent her from screaming, the victim bit his hand so hard that he let her go for a minute. The victim ran away screaming for help. Law enforcement took the second victim's video of Sicario and released it to the public, resulting in numerous tips. The tips included the first victim reporting that she was assaulted by the suspect as well. Sicario was located in Tulare County and arrested on August 28, 2019.

Sicario faces a maximum sentence of 32 years to life in prison. Sentencing is set for July 6, 2022, at 1:30 p.m. in Department 10 before the Honorable Ernest Sawtelle. ★

# Defendant Convicted of Charges Stemming from Domestic Violence Assault

**Sac County DA News Release**

**SACRAMENTO COUNTY, CA (MPG)** - Michael Dwyer was convicted by a jury of kidnapping, kidnapping for carjacking, domestic violence, evading an officer with willful disregard, and making terrorist threats.

Dwyer and the victim were estranged. On July 15, 2016, the victim opened her garage door and Dwyer immediately rushed into the garage. Dwyer punched the victim in the head, took her phone, duct taped her mouth shut, and tied her hands with zip ties. He forced her back into her house and threatened to kill her, her children, and her parents. Dwyer then threw the victim in the trunk of her car and drove her to his residence. While tied up in the trunk, the victim pressed random buttons on her iWatch until she got a hold of someone who called 911. Officers were not able to find the victim since Dwyer had taken her to his residence. At the house, Dwyer forced the victim into his bathtub, tied her legs with zip ties, and water boarded her because he wanted her to

admit she was having an affair. He also showed her a curling iron and told her he would stick it inside of her and burn her. After begging Dwyer to loosen the ties on her hands, he cut the ties on her hands, but tied her to a chair. He then swallowed a cupful of pills. When Dwyer passed out, the victim was able to cut the zip ties off and get her phone before running out of the house. Officers saw the victim running down the street with no shoes and duct tape still around her neck. Before officers could get all the information from the victim, Dwyer pulled out of his garage in the victim's car and fled. Officers chased Dwyer who was speeding in excess of 100mph while running red lights and stop signs. The pursuit ended when Dwyer lost control of the victim's car. The Sacramento Police Department, Elk Grove Police Department and CHP all worked together to investigate this case.

Dwyer faces a maximum sentence of 18 years and 8 months to life in prison. Sentencing is set for July 6, 2022, at 1:30 p.m. in Department 20 before the Honorable Michael Sweet. ★

# CHP Arrests Teen for Attempted Murder

**CHP News Release**

**SACRAMENTO, CA (MPG)** - The California Highway Patrol (CHP) arrested a Sacramento teen on multiple felony charges stemming from the April 2022 shooting in a south Sacramento parking lot, which left a local man with serious injuries.

Since the April 22 incident,

CHP investigators worked to identify the suspected shooter and his accomplice. On Tuesday, June 7, officers from the CHP's South Sacramento Area office conducted an operation in which the alleged shooter, 16-year-old Joesuff Cochrun, was located and taken into custody without incident. He was booked into the Sacramento Youth Detention

Facility on multiple felony charges, including attempted murder, conspiracy to commit armed robbery, and robbery.

An arrest warrant has been issued for a second suspect wanted in the shooting that occurred in the parking lot of the Employment Development Department at 2901 50th St. in Sacramento. 16-year-old

Larry Bernard Scott Jr., of Sacramento, is wanted on similar felony charges as the suspect in custody.

The involved vehicle, a gold 2000 Chevrolet Malibu, was located at a third residence in Sacramento and taken as evidence to be searched pursuant to a search warrant.

The incident remains under

investigation by the South Sacramento CHP Area office and Valley Division CHP. Any new information regarding the incident or the whereabouts of Larry Bernard Scott Jr. can be sent to an anonymous tip line at [chpvalleytip@chp.ca.gov](mailto:chpvalleytip@chp.ca.gov).

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

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Winter Yard Cleanups, Complete Landscape Design/Installation, Sprinkler System Installs/Repairs, All Types Concrete Work, Fence Installation, Retaining Walls- All Types, Drainage Systems-all types, Landscape Lighting, Residential/ commercial American Landscape Design & Installation, Est 1987 American Construction & Property Maintenance Company  
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DONATE YOUR CAR TO KIDS Fast Free Pickup - Running or Not - 24 Hour Response - Maximum Tax Donation - Help Find Missing Kids! Call 1-888-491-1453. (Cal-SCAN)

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### For Rent

Property is under construction and will soon have 1,2,3, & 4 bedroom units for rent!  
The Housing Authority of the County of Butte is currently accepting applications for its Farm Labor Housing property in Gridley, CA. We have 2 Bd. units available at this time. Rental assistance is available and provided by USDA Rural Development for those that meet USDA Rural Development guidelines. For more information contact our office at (530) 895-4474 or TDD 1-800-735-2929.  
\*The Housing Authority of the County of Butte is an Equal Opportunity Employer and Housing Provider\*

### Health & Wealth

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Order online at [www.allamericanwillkits.com](http://www.allamericanwillkits.com)

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**Attention: Oxygen Users!** Gain freedom from a Portable Oxygen Concentrator! No more heavy tanks and refills! Guaranteed Lowest Prices! Call the Oxygen Concentrator Store: 1-844-653-7402 (Cal-SCAN)  
SAVE BIG ON HOME INSURANCE! Compare 20 A-rated insurance companies. Get a quote within minutes. Average savings of \$444/year! Call 1-844-410-9609! (M-F 8am-8pm Central) (Cal-SCAN)

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### Miscellaneous

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 844-327-2824. (Cal-SCAN)  
**The difference in winning and losing market share** is how businesses use their advertising dollars. CNPA's Advertising Services' power to connect to nearly 13 million of the state's readers who are an engaged audience, makes our services an indispensable marketing solution. For more info call Cecelia @ (916) 288-6011 or [cecelia@cnpa.com](mailto:cecelia@cnpa.com)

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

General Contractor looking for 1,000 to 1,200 sq. ft. shop in Orangevale - Roseville area. Will trade material and labor to upgrade shop for reduction of monthly rent. (916) 275-9258 Donald  
Visit: [mpg8.com](http://mpg8.com)  
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**DISCLAIMER**  
Be wary of out of area companies. Check with the local Better Business Bureau before you send any money for fees or services. Read and understand any contracts before you sign. Shop around for rates.

### Hall Rentals

**Property is under construction and will soon have 1,2,3, & 4 bedroom units for rent!**  
The Housing Authority of the County of Butte is currently accepting applications for its Farm Labor Housing property in Gridley, CA. We have 2 Bd. units available at this time. Rental assistance is available and provided by USDA Rural Development for those that meet USDA Rural Development guidelines. For more information contact our office at (530) 895-4474 or TDD 1-800-735-2929.  
\*The Housing Authority of the County of Butte is an Equal Opportunity Employer and Housing Provider\*

### Hall Rentals

**VFW Post 6158**  
3300 U Street, Antelope  
916-607-8344  
Call for available dates

### Hall Rentals

**VFW Post 4647**  
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**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 June 9th, the Sacramento County Board of Supervisors voted unanimously to approve the \$7.3 billion recommended budget for Fiscal Year 2022-2023. As all of this money comes from our tax dollars, I wanted to take this opportunity to provide you with some of the major takeaways from the adopted budget.

Anyone who has followed since I was first elected to the Board of Supervisors knows that I have been a routine advocate for building up our budget reserves. Sacramento County has consistently been operating with budget reserves significantly smaller than any county of similar size - and ever since I have been on the Board of Supervisors our reserves have represented less than 1% of our operating budget. I am extremely pleased to report that we made an enormous contribution to our reserves by putting in \$92 million, which brings the total discretionary reserves to \$208 million. This brings our discretionary reserves to about 6% of our operating budget, and while we still have room to build this higher (the recommended amount is ~17%), this is an

**Orangevale Community Update**

**Highs and Lows of the 2022-2023 County Budget**

enormous step in the right direction.

Like virtually everyone in the County, the current state of homelessness in our community is constantly at the forefront of my mind. To that end, the County is investing a further \$5.3 million to fund new programs and services addressing homelessness in the County. We also are investing \$7.5 million (partly county funds, and partly a federal match) for the Department of Health Services to procure Full Service Partnership programming as a requirement in fulfilling permanent supportive housing commitments.

And we are putting in more money to try to solve the root causes of homelessness, by investing \$10 million for the Department of Health Services to procure an additional 156 beds annually for substance use disorder residential treatment. Further, we have dedicated \$5 million to fund solutions for homelessness on the American River Parkway.

Another major concern for me is the current failing state of our county roads, and while I have written several times in the past about why this is happening (in short, a severe reduction in state and federal funds), the County needs to step to the plate and get things back on the right track. In this budget cycle, we are putting in \$20 million to fund pavement maintenance and rehabilitation on roads, above what we already put in.

I know that most readers have eagerly been following the ongoing debate around law enforcement in the County. While many

have called for the reduction or elimination of funding for the Sheriff's Department, the communication my office has constantly received from my constituents lead heavily towards providing the Sheriff with a necessary level of funding to be able to protect our community. As such, I am pleased to report that the budget provides the Sheriff with the level of funding that was requested, which is an increase both in budget, and in staff.

I don't want to sit here and pretend that this is a perfect budget, because it's not. The reality is that the County is going to be facing lean times in the years to come due to one time COVID funds from the federal government drying up. As I mentioned above, we still need to invest a significant more into reserves, and even though that's not a particularly sexy thing to spend money on, anyone who has run a business or managed our own personal budget knows how important it is. Still, we were able to achieve much good - and I can honestly say that I am more proud of this budget than I have been since I have been your county supervisor.

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

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



**Sustain Your Game**

We all go through the good, the bad, and even the ugly of life. We face some bad times and feel like it never be good again. But there are ways to manage stress, avoid stagnation and beat burnout. What if I told you the average US worker spends 25% of their day reading and responding to their email and 40% of the population believe work and life balance is unattainable. But **Alan Stein Jr.** doesn't agree. He is a basketball coach turned business consultant, and shares high-performance secrets and shows you how you can build the mental fortitude necessary to stay on top of your game in "**Sustain Your Game.**" So what makes the best? According to Stein, ultimately the best are where they are because of the mindset, habits and rituals they have both in their respective "arenas" and also in private during the unseen hours. Success isn't something that happens to you. It's something you attract and you create. Successful people do the little things better than everyone because they know all the big things arise from them. The highest performers in all walks of life have taken full ownership. Based on his years as a successful basketball performance coach...training superstars like Kevin Durant and Kobe Bryant, and trainer to major companies like Pepsi and Arnex, he brings the keys to lasting unimaginable success. Here are a few approaches to ponder.

1. Stress comes from the desire for things to be different than they are in the present moment. You can lower stress by merely accepting what is...without resistance. Learn to be OK with what is happening (even if it's not your preference) and

focus on how you will respond.

2. Get crystal clear on your core values and who you strive to become. Make decisions...and create your schedule... based on those answers. Learn to say 'yes' to the things that are in alignment with your values (not based off emotions and feelings).
3. Your emotions are designed to inform you, not direct you. They are merely information. Learn to accept all emotions (even the unpleasant ones) and let them flow through you. It's OK to feel upset, frustrated, angry or disappointed. It's not OK to behave accordingly.
4. The things you say silently to yourself are the most important things you say every day. Learn to be kind and compassionate with yourself. When you make a mistake or fall short of a goal, speak to yourself with the same love and grace you would a close friend.
5. Learn to detach from outcomes and external validation and enjoy the process. If you can love the work, love the reps, and love the journey...then you've won before you've started! Let achievement and accolades be a welcomed bonus...not the be all and end all.
6. Remember, if 'nothing changes...nothing changes.' Change is a requirement to growth and growth is a requirement to fulfillment. Don't resist change, lean into it!

Check out **Alan Stein** at [www.alanstein.com](http://www.alanstein.com) and reach out for managing stress and achieving success in "**Sustain Your Game.**" ★

**Sacramento County to Launch First 'Safe Stay' Site**

**By Janna Haynes, Sacramento County**

**SACRAMENTO COUNTY, CA (MPG)** - The Board of Supervisors approved Sacramento County's first proposed "Safe Stay Community" for persons experiencing homelessness. The new concept community will open at 8144 Florin Road, on the corner of Power Inn and Florin at the former site of a now razed grocery store. The site will house up to 100 Pallet sleeping cabins - both single and double occupancy, bathrooms, and communal gathering spaces. At any point in time, it can shelter up to 125 people.

The Board originally heard this item at its April 26 meeting but voted to delay the item six weeks to allow for more community outreach and engagement.

"This is an important first step in implementing Safe Stay Communities throughout the County," said District 2 Supervisor, Patrick Kennedy. "This project will ensure people experiencing homelessness in the area

will be put in a stable environment and are connected to services to help get their lives in order. We are fully committed to making this and other Safe Stay Communities a success for our neighborhoods, business districts and our homeless neighbors."

Guests for every Safe Stay Community will be brought in from the immediate neighborhood, not only providing direct relief to the community, but providing local and dignified shelter in an area the guest is familiar with.

The County is concurrently standing up Encampment Services Teams who will connect people living unsheltered into the communities and are already providing deeper connections to County behavioral health services, connection to benefits like CalFresh, CalWorks, Medi-Cal, etc., linkages to longer-term shelters, and flexible funding to help support individuals' transition into permanent housing. Ultimately, all sites should be considered as a stepping stone to stabilize and support individuals on a pathway to permanent housing.

"It is vital that we get this right, both in terms of ensuring the surrounding community feels listened to, and to best serve our unsheltered constituents," said First District Supervisor Phil Serna who represents the north side of Florin Road in the area where the Safe Stay campus is proposed. "It is absolutely incumbent that the 'Safe Stay' campus be a great neighbor to nearby residents, businesses, educational campuses, and places of worship.

It's why that as the third vote to approve the county's first 'Safe Stay' site, I was insistent critical 'good neighbor' policy elements be adopted," said Supervisor Serna.

While homelessness can be successfully addressed by providing stable, affordable housing, combined with appropriate support services, this approach can take many years. Safe Stay Communities provide immediate safe and hygienic locations for persons experiencing homelessness to live and access services. The communities also provide a consistent location for service providers and outreach workers to engage on a more regular basis with occupants.

Additionally, some of the broader community benefits anticipated by having this safe space community include a reduction in trash and debris, the mitigation of environmental and health hazards, and the ability to restore land previously occupied by unsanctioned encampments to its intended use.

Work will begin on the site in the near future, including the assembly of the cabins, followed by additional infrastructure, such as electricity and sewer, through the summer/fall - we anticipate moving guests sometime in November if there are no delays. For more information on Safe Stay Communities, read our "Safe Stay Community FAQs."

For more information about Sacramento County's response to homelessness, visit [www.saccounty.gov/Homelessness/Pages/default.aspx](http://www.saccounty.gov/Homelessness/Pages/default.aspx). ★



**Toni King**

*Toni:*

I have received a notice from CMS (Medicare) saying they do not have record of me having prescription drug coverage that "met Medicare's minimum standards from 8/1/2019 when I applied for Medicare Part A after turning 65 to 6/1/2022 and I may receive a **Part D Late Enrollment Penalty.** I had enrolled in Medicare Part B after losing my job due to a recent layoff.

I thought applying for Part B with the Medicare form signed from my HR department notified Medicare that I had been covered with employer benefits including prescription drug coverage. What do I do? I do not understand any of this!

~ Jessie from San Diego, CA

Jessie:

Americans retiring or laid off after 65 with employer's group benefits who are applying for Medicare Parts A and B must prove that they have "**creditable**" prescription drug coverage when applying for their new Medicare Part D.

Taking the "Request for Employment Information" form to Social Security to avoid the "famous" Medicare Part B penalty informs Medicare that you have had employer benefits since turning 65. The form does not inform Medicare that you had "creditable" prescription drug coverage.

The letter you received from the new Medicare Part D prescription drug plan which you enrolled in, explains what you should do to inform Medicare what prescription drug coverage you had by either calling an 800 number or has a form describing what type of coverage you had which you can mail back to the Medicare Part D plan you enrolled in.

Because America is overloaded with marketing material when enrolling in Medicare, many fail to open the important mail and understand the importance of notifying the specific Medicare Part D plan regarding what type of prescription drug coverage was received when leaving employer benefits.

The **Medicare & You** handbook states: "Creditable prescription drug coverage could include drug coverage from a current or former employer or union, TRICARE, Indian Health Service, the VA, or health insurance coverage. Your plan must tell you each year if your drug coverage is "creditable coverage." This information may be sent to you in a letter or included in a newsletter from the plan. Keep this information because you may need it if you join a Medicare drug plan late."

The handbook does **NOT** advise what creditable coverage is. Creditable drug coverage should "meet or exceed" what Medicare's Part D plan minimums are for that current year.

Puzzling, I know... Medicare does not regard discount prescription drug cards or low-cost generics programs as "creditable coverage." These types of plans cannot keep you from the Late Enrollment Penalty.

Your late enrollment period (LEP) does not begin from the day you lose or leave your company health plan, BUT from the month your Medicare Part A begins not Part B.

This LEP (late enrollment period) penalty can be because:

1. You waited past 63 days without creditable prescription drug coverage when you are leaving company benefits and you are older than 65 years old and 90 days. Do not wait past 63 days to get Part D when leaving company health plans. Need your Medicare LEP letter examined by a Toni Says® Medicare consultant, call 832/519-8664 or email [info@tonisays.com](mailto:info@tonisays.com).
2. Your company prescription drug benefits (not health benefits) are not creditable as Medicare declares.
3. You simply never enrolled in Medicare Part D when you were first eligible and want to enroll.

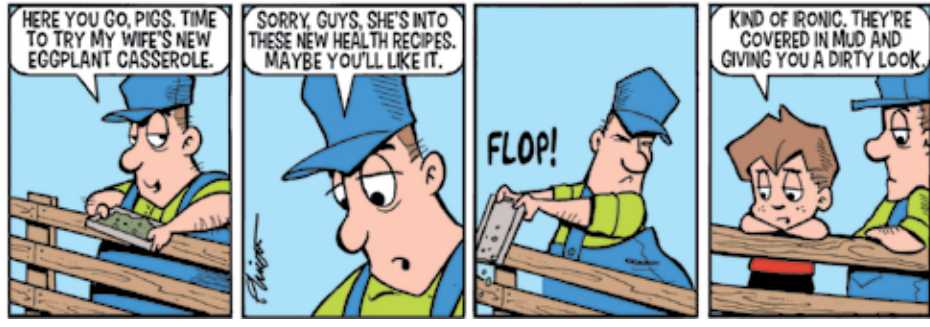
Last week a Toni Says® Medicare client called asking a Toni Says® Medicare consultant about the letter they had received in May that was never opened and was to their 63-day look back period.

Sign up for the Toni Says® Medicare newsletter explaining Medicare rules at [www.tonisays.com](http://www.tonisays.com) to better under the Medicare LEP penalty. ★



# WEEKLY COMICS

## Amber Waves



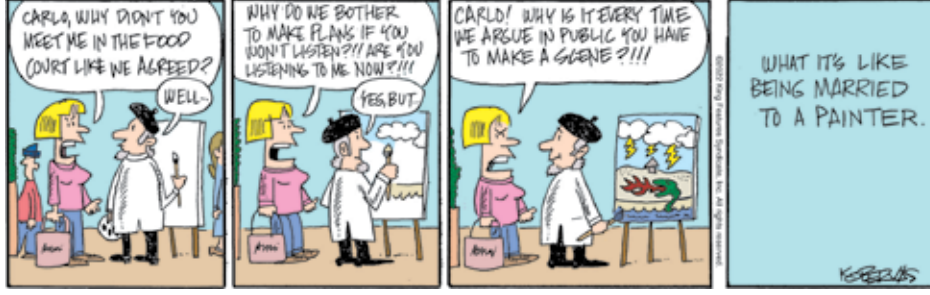
by Dave T. Phipps

## The Spats



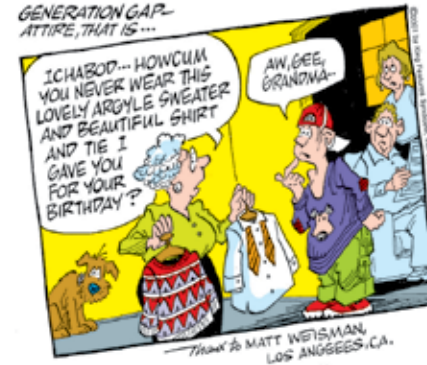
by Jeff Pickering

## Out on a Limb



by Gary Kopervas

## THEY'LL DO IT EVERY TIME



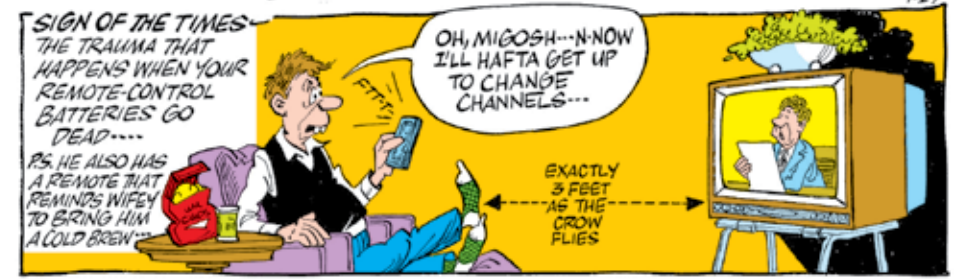
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## R.F.D.



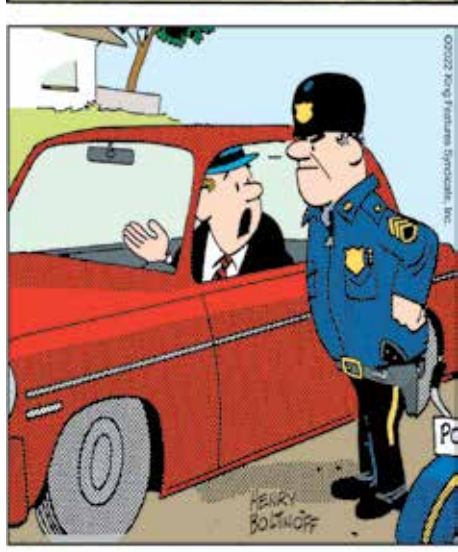
by Mike Marland



## GRIN and BEAR IT



## LAFF-A-DAY



## Just Like Cats & Dogs



## HOCUS-FOCUS



We have an Excellent Supply of **Friskies** (5.5 oz) & **Fancy Feast** (3 oz) Canned Cat Food! Compare OUR Prices with chain pet stores, online stores, and local grocery stores. **You'll be Amazed at Our Low Prices!**

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

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

**COUPON**

ANY 26 LBS OR MORE PREMIUM DRY DOG FOOD PLU #336

**\$200 OFF**

ANY 14 LBS OR MORE PREMIUM DRY CAT FOOD PLU #337

Nutro, Science Diet, Eukanuba, Avoderm, Wellness, Pro Plan. Limit 1 Bag.

Cannot be used in conjunction with similar dollar off, percentage off coupons, or advertised sale items! CHM

Limit: 1 Coupon Per Family

Effective 6/22/22 - 6/28/22

**COUPON**

**2 FREE CANS OF PREMIUM FUSSIE CAT FOOD**

2.8 Oz Tin Black Label Only

With Any Purchase of Pet, Fish Food, or Supply PLU 349

Limit: 1 Coupon Per Family

Effective 6/22/22 - 6/28/22

We Only Accept ATM, Cash, & Checks M-F 9-7, SAT 9-7, SUN 10-7 Effective 6/22/22 - 6/28/22

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

<p><b>ZIGNATURE LIMITED INGREDIENTS FORMULA DRY DOG FOOD</b> 12.5 Lb &amp; 25 Lb</p> <ul style="list-style-type: none"> <li>Turkey • Lamb • Trout/Salmon • Zessential • Duck • Salmon • White Fish • Venison • Pork • Catfish</li> </ul> <p><b>ON SALE EVERYDAY</b> Effective 6/22/22 - 6/28/22</p>	<p><b>DIAMOND NATURALS DRY DOG FOOD</b> 40 Lb Bag Limit 2 Bags Per Family</p> <ul style="list-style-type: none"> <li>Chicken \$33.99 • Lamb &amp; Rice • Beef • Large Breed • Senior • Skin &amp; Coat • Lite (30 Lb) (Lrg Breed Lamb \$33.99) (Ex Athlete \$41.99)</li> </ul> <p><b>\$31.99</b> Effective 6/22/22 - 6/28/22</p>	<p><b>NUTRO WHOLESOME ESSENTIALS DRY DOG FOOD</b> 30 Lb Bag Limit 2 Bags Per Family</p> <p>Chicken &amp; Brown Rice &amp; Oatmeal Formula</p> <ul style="list-style-type: none"> <li>Large Breed <b>\$38.99</b></li> <li>Senior <b>\$39.99</b></li> <li>Adult <b>\$39.99</b></li> <li>Lite <b>\$39.99</b></li> </ul> <p>Effective 6/22/22 - 6/28/22</p>	<p><b>PEDIGREE DRY DOG FOOD</b> Limit 2 Bags Per Family</p> <ul style="list-style-type: none"> <li>Chicken &amp; Rice &amp; Vegetables</li> <li>Steak &amp; Vegetables</li> </ul> <p>44 Lb Bonus Bag <b>\$25.99</b></p> <p>50 Lb Bonus Bag <b>\$27.99</b></p> <p>Effective 6/22/22 - 6/28/22</p>
<p><b>9 LIVES CANNED CAT FOOD</b> 5.5 Oz All Varieties</p> <p>Limit 2 Cases Per Family</p> <p><b>47¢</b> Effective 6/22/22 - 6/28/22</p>	<p><b>FANCY FEAST GOURMET CANNED CAT FOOD</b> Selected Varieties except Elegent Medley 3 Oz</p> <p>Limit 2 Cases Per Family</p> <p><b>ON SALE Everyday</b> Effective 6/22/22 - 6/28/22</p>	<p><b>PURINA CAT CHOW DRY CAT FOOD</b> Regular • Indoor 15 Lb Bag</p> <p>Limit 2 Bags Per Family</p> <p><b>ON SALE Everyday</b> Effective 6/22/22 - 6/28/22</p>	<p><b>SCOOPAWAY Unscented 25 Lb Box \$8.99</b></p> <p><b>SCOOPAWAY Multi-Cat 20 Lb Box \$6.99</b></p> <p><b>FRESH STEP SCOOP Regular 20 Lb Box \$9.99</b></p> <p><b>FRESH STEP Outstretch 19 Lb Box \$10.99</b></p> <p><b>CLUMPING CAT LITTER</b> Limit 2 Boxes</p> <p>Effective 6/22/22 - 6/28/22</p>

<p><b>WORLD'S BEST CAT LITTER</b> Original • Extra Strength New Size 15 Lb Bag Limit 2 Bags</p> <p><b>\$14.99</b></p>	<p><b>ORIEN DOG &amp; CAT FOOD SALE</b> All Products 15% OFF OUR REGULAR LOW PRICES</p> <ul style="list-style-type: none"> <li>Dry Dog Food • Dry Cat Food • Canned Dog Food • Dog &amp; Cat Treats</li> </ul>	<p><b>PRECIOUS CAT CLUMPING CAT LITTER</b> 18 Lb Bag • Regular • Ultra Limit 2 Bags Per Family</p> <p><b>\$6.49</b></p>	<p><b>JONNY CAT PREMIUM CAT LITTER</b> 10 lb Bag Limit 2 Bags Per Family</p> <p><b>\$2.79</b></p>	<p><b>EUKANUBA DRY DOG FOOD</b> 30-33 Lb Bag</p> <ul style="list-style-type: none"> <li>Lrg Breed \$47.99</li> <li>Medium Breed \$49.99</li> <li>Adult \$56.99</li> <li>Senior \$58.99</li> </ul>	<p><b>PREMIUM CHOICE ALL NATURAL CLUMPING CAT LITTER</b> 40 Lb Bag (Extra Strength 25Lbs \$8.99) Limit 2 Bags</p> <p><b>\$9.99</b></p>
<p><b>CANIDAE PURE ADULT DRY DOG FOOD</b> Grain Free 24 Lb Bag • Selected Varieties Limit 2 Bags</p> <p><b>\$15 OFF</b> As Marked OUR REGULAR LOW PRICES</p>	<p><b>AVODERM CANNED DOG FOOD</b> Regular • Grain Free (Avoderm Canned Cat Food 3 Oz. 13 Oz Limit 1 Case Grain Free \$9.99 5.5 oz Reg \$1.25)</p> <p><b>\$1.79</b></p>	<p><b>MEOW MIX DRY CAT FOOD</b> Original Choice 16 Lb Bag Limit 2 Bags Per Family</p> <p><b>\$13.99</b></p>	<p><b>CAT'S PRIDE FRESH &amp; LIGHT PREMIUM CLUMPING CAT LITTER</b> 15 Lb Bag Limit 2 Jugs</p> <p><b>\$8.99</b></p>	<p><b>MERRICK'S CLASSIC NATURAL DRY DOG FOOD</b> Chicken/Green Pea/Ancient Grains 25 Lbs Limit 2 Bags • Beef/Green Pea/Carrots • Lamb/Green Pea/Ancient Grains</p> <p><b>\$10 OFF</b> OUR REGULAR LOW PRICES</p>	<p><b>FRESH STEP CRYSTALS CAT LITTER</b> 8Lb Bag Limit 2 Bags</p> <p><b>\$14.99</b></p>

<p><b>COASTAL &amp; HAMILTON PET LEASHES</b> Leashes • Harnesses • Lead • Collars All Varieties</p> <p><b>20% OFF</b> OUR SUPER LOW PRICES</p>	<p><b>PENN-PLAX CASCADE POWER FILTER SALE</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <th>MODEL</th> <th>TANK SIZE</th> <th>PET CLUB SALE</th> </tr> <tr> <td>CASCADE 100</td> <td>20 Gal.</td> <td><b>\$29.99</b></td> </tr> <tr> <td>CASCADE 150</td> <td>35 Gal.</td> <td><b>\$42.99</b></td> </tr> <tr> <td>CASCADE 200</td> <td>50 Gal.</td> <td><b>\$57.99</b></td> </tr> <tr> <td>CASCADE 300</td> <td>100 Gal.</td> <td><b>\$82.99</b></td> </tr> </table>	MODEL	TANK SIZE	PET CLUB SALE	CASCADE 100	20 Gal.	<b>\$29.99</b>	CASCADE 150	35 Gal.	<b>\$42.99</b>	CASCADE 200	50 Gal.	<b>\$57.99</b>	CASCADE 300	100 Gal.	<b>\$82.99</b>
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<p><b>INABA CAT TREATS</b> Churu (Creamy Puree) • Juicy Bites • Grilled Chicken &amp; Tuna Filet All Varieties</p> <p><b>As Marked 25% OFF</b> OUR SUPER LOW PRICES</p>	<p><b>SPOT PET TOYS</b> All Varieties</p> <p><b>20% OFF</b> OUR SUPER LOW PRICES</p>															
<p><b>PETMATE HOODED Litter Pans</b> Large \$14.99 Jumbo \$21.99</p>	<p><b>FURMINATOR PROFESSIONAL PET PRODUCTS</b> Cats &amp; Dogs • Under Coat (All Sizes) • Deshedding Tool • Shampoo</p> <p><b>20% OFF</b> OUR SUPER LOW PRICES</p>															
<p><b>AQUEON BOXED 10 GALLON TANK</b> With Economy Kit Just add Heater For Tropical Fish</p> <p><b>\$48.99</b> Limit 1 Per Family</p>	<p><b>KENT MARINE WATER SUPPLEMENTS</b> 20% OFF OUR SUPER LOW PRICES</p>															
<p><b>INSTANT OCEAN SEA SALT</b> 50 Gal. Salt Mix</p> <p><b>\$15.99</b></p>	<p><b>ARM &amp; HAMMER CAT LITTER DEODORIZER</b> 20 Oz Box Limit 2 Boxes with Coupon Limit One Coupon Per Family Price Valid Only With Coupon</p> <p><b>\$14.99</b> Effective 6/22/22 - 6/28/22</p>															

<p><b>BONUS COUPON</b></p> <p><b>FRISKIES BUFFET CANNED CAT FOOD</b> 5.5 Oz All Varieties Limit 1 Case With Coupon Limit One Coupon Per Family Price Valid Only With Coupon</p> <p><b>ON SALE Everyday</b> Effective 6/22/22 - 6/28/22</p>	<p><b>BONUS COUPON</b></p> <p><b>FRISKIES PARTY MIX CAT TREATS</b> 2.1 Oz • Selected Varieties Limit 2 Pkgs Per Family Limit One Coupon Per Family Price Valid Only With Coupon</p> <p><b>\$1.35</b> Effective 6/22/22 - 6/28/22</p>	<p><b>BONUS COUPON</b></p> <p><b>ARM &amp; HAMMER CAT LITTER DEODORIZER</b> 20 Oz Box Limit 2 Boxes with Coupon Limit One Coupon Per Family Price Valid Only With Coupon</p> <p><b>\$14.99</b> Effective 6/22/22 - 6/28/22</p>
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# Cooley Awarded Legislator of the Year by Judges Association



Assemblyman Ken Cooley (D-Rancho Cordova) received the 2022 Scales of Justice award presented by the California Judges Association. Photo courtesy of Ken Cooley

## Office of Assemblyman Ken Cooley

SACRAMENTO, CA (MPG) - Assemblyman Ken Cooley (D-Rancho Cordova) was honored to receive the 2022 Scales of Justice award presented by the California Judges Association.

The California Judges Association was established in 1929 and is the professional association representing the interests of the judiciary of the State of California. Members include judges

of the Superior Courts and Courts of Appeal, Commissioners of State courts and State Bar Court judges.

"It is quite an honor - a high point of my legal career," said Assemblyman Ken Cooley.

The "Scales of Justice Award" is given to a select few legislators in recognition of their contribution to the courts and the people they serve.

"Early in my career - another judge, U.S. Supreme Court Justice

Anthony M. Kennedy - sent me a letter that has shaped my view of public service since 2003. It said 'Congratulations to you and all of your colleagues for working to reinvigorate the principle of participatory democracy. Self-government must not be an abstract ideal, but must be a reality, and we must be unceasing in our efforts to make it more effective and respected by our people'. This was a private letter from US Supreme Court Justice Anthony M. Kennedy (who taught constitutional law at McGeorge School of Law in the 1980's) to me dated June 18, 2003, in anticipation of the founding of the City of Rancho Cordova on July 1, 2003," said Assemblyman Ken Cooley.

Assemblyman Ken Cooley represents the communities of Arden-Arcade, Carmichael, Citrus Heights, Rancho Cordova, Rancho Murieta, Rosemont, Wilton and other portions of unincorporated Sacramento County. For more information, please visit <http://asmdc.org/members/a08/>★

# Get Floored with Just Perfect Floors!

Story and photo by MaryAnne Povey

SACRAMENTO REGION, CA (MPG) - Home improvement projects have been on the rise since 2020 and there's a good reason why - you can't go wrong investing in your home! And, in case you're wondering where to start, how about from the ground up? Updating your flooring is one of the top investments you can make that not only improves the aesthetics of your home, but the value too!

For many homeowners, the whole process can be overwhelming and so making the right decisions to get the "perfect floor" can be challenging unless you have a trusted professional like Just Perfect Floors to guide you through the process!

"There are so many options to consider when choosing the right floor," said Josh Penuel, owner of Just Perfect Floors, "getting the right flooring isn't difficult if you have the expertise to know what to recommend. It's what we love to do."

Josh and his wife Sarah are a "perfect" match in many ways, each with their area of expertise. Josh is the on-the-job installation expert and Sarah is the office manager/designer who will guide you from start to finish, including picking the perfect flooring to compliment your home.

The Penuels decided to start their own business in 2013 after Josh had been working in the industry for over 18 years. They saw a need to do more and raise the bar by providing better attention to detail, a higher level of expertise, and the flexibility to go the extra mile.



Just Perfect Floors husband and wife team Josh and Sarah Penuel will help you replace your flooring from start to finish.

When you call Just Perfect Floors, Sarah will get an overall idea of what you are hoping to achieve and schedule a free appointment with Josh. They will treat you with the highest level of professionalism, from start to finish.

Integrity, honesty, and dependability are the values of their family and business too. Their countless glowing reviews speak volumes as to what you get when you hire them for your flooring project.

"Sometimes, people will pick flooring that's not quite right or inexpensive and won't hold up. I can help them make good decisions that may cost slightly more, but will save them in the long run," Josh shared, "We're not the cheapest, nor the most expensive, but as they say, 'you get what you pay for.'" Josh will take the time to make sure you get what you need. Sometimes he can offer a simple repair, other times

he has saved homeowners big headaches by pointing out problems, like foundation issues, that need to be addressed before new flooring is installed.

Josh and his team are licensed and HEPA certified, which is BIG - meaning that when they do a job, they leave your home super clean. They get all the small particles of dust and debris out of the air while they are working. One customer who had a sensitivity to dust, "was amazed at how clean the place was during the whole process including having major foundation work done too."

"Our business has been blessed with good clients, and we are always happy to help others," said Josh, "If you're looking for a great job, give us a call. We will be happy to serve you."

Just Perfect Floors can be reached at 916.821.6997! Go to [www.justperfectfloors.com](http://www.justperfectfloors.com) or follow them on Facebook. ★

## TUNNEL TO TOWERS HONORS OUR MILITARY AND FIRST RESPONDERS

WHO CONTINUE TO MAKE THE SUPREME SACRIFICE OF LIFE AND LIMB FOR OUR COUNTRY

\*\*\*\*\*

**DONATE \$11/MO TODAY**  
**T2T.ORG**

**International MARKET**

FOOD COURT NOW OPEN

10971 Olson Drive  
Rancho Cordova, CA 95670  
916.853.8000

Market - 7 Days, 8am-9pm  
Food Court - 7 Days, 11am-10pm  
Korean, Mex, Viet, 7-9pm last call  
Chinese, Japanese 7-9pm last call

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### FROZEN & FISH DEPT

Japanese Style  
Sponge Cake  
4 Kinds 280g  
REG. \$7.99/EA  
**\$5.49**  
/lb

Philippine  
Spring Rolls  
1.5 lbs  
REG. \$14.99/EA  
**\$10.99**  
/ea

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### WEEKLY MEAT SPECIALS

**BONUS BUY**

Beef Ribeye Roast  
Boneless  
**\$6.79**

**GREAT VALUE**

Beef Ribeye Steak  
Boneless  
**\$6.99**

**USDA CHOICE**

Pork Loin  
**\$4.69**

**USDA CHOICE**

Top Round Steak  
**\$3.99**

**Tyson**

40 lb Box  
**\$35.99**

**ibp**

Pork Neck Bones  
**\$1.59**

**ibp**

Pork Butt - Bone In  
**\$1.79**

**ibp**

Pork Tenderloin  
**\$2.99**

\*Advised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE JUNE 22 - JUNE 28, 2022.

## HAPPY HOURS Draft Beer

\$2.50 & UP

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

### KP KARAOKE SPECIAL

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

**For 6 people \$85.00**

3Hours Karaoke + 3Pizzas + Pitcher Soda + 2 Main Dishes (12 Dishes)  
**\$85.00**

**For 12 people \$185.00**

3Hours Karaoke + 2Pizzas + Pitcher Soda + 4 Main Dishes (14 Dishes)  
**\$185.00**

**For 14 people \$210.00**

3Hours Karaoke + 3Pizzas + Pitcher Soda + 5 Main Dishes (16 Dishes)  
**\$210.00**

**For 18 people \$275.00**

3Hours Karaoke + 3Pizzas + Pitcher Soda + 7 Main Dishes (18 Dishes)  
**\$275.00**

**For 28 people \$350.00**

3Hours Karaoke + 3Pizzas + Pitcher Soda + 8 Main Dishes (20 Dishes)  
**\$350.00**

9 Dishes To Choose From

Pork Chop
Beef Ribeye
Chicken Wings
Filet Mignon
Filet Mignon
Chicken Wings
Ham
Chili
Chili

## FRESH PRODUCE

White Potato  
10 lb  
**\$5.39**  
/bag

Grape Tomato  
10.5 oz  
**2/\$3.00**

Lemon  
3 lb  
**\$3.99**  
/bag

Aloe Vera  
**79¢**  
/lb

Red Onion  
**79¢**  
/lb

Daikon Radish  
**2lb/\$1**

Taiwan Cabbage  
**69¢**  
/lb

White Nectarines  
**\$1.59**  
/lb

## AMERICAN/HISPANIC GROCERY

**\$2.99**  
/ea

**\$4.49**  
/ea

**\$4.99**  
/ea

**\$3.99**  
/ea

**\$2.99**  
/ea

## ASIAN GROCERY

**\$2.99**  
/ea

**\$13.99**  
/ea

**\$1.49**  
/ea

**\$9.99**  
/ea

**\$1.99**  
/ea

## EUROPEAN GROCERY

**\$14.99**  
/ea

**\$3.99**  
/ea

**\$4.99**  
/ea

**\$2.69**  
/ea

**\$3.49**  
/ea

## KOREAN/JAPANESE GROCERY

**\$32.99**  
/ea

**\$13.99**  
/ea

**\$9.99**  
/ea

**\$2.49**  
/ea

**\$2.99**  
/ea

**\$2.49**  
/ea

## HOUSEWARES

**99¢**

**\$30.99**

**8.99**

**39.99**

**4.99**

**\$3.99**

## FROZEN & FISH DEPT

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

REG. \$12.99/ea  
**\$7.99**  
/ea

## EUROPEAN DELI

**\$6.79**  
/ea

**\$5.39**  
/ea

**\$5.29**  
/ea

**\$4.29**  
/ea

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