



SJUSD Food Drive Asks for Help Supporting Families in Need

PAGE 3

Meals to Seniors During COVID in Sac County

PAGE 9



AMERICAN RIVER Messenger

VOLUME 15 • ISSUE 20

Serving Fair Oaks, Orangevale & Sacramento County

OCTOBER 23, 2020

SEE INSIDE

CHP GRANT IMPROVES MOTORCYCLE SAFETY



PAGE 3

KIWANIS NEVER STOPS!



PAGE 7

MISUSING TAXPAYERS' MONEY FOR CAMPAIGNS



PAGE 10



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

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!

To place your legal advertising, go to CarmichaelTimes.com

Super Women Offer Wisdom



Super women. Susan Peters (right) will soon bow out of County government after 16 years as Supervisor for District 3. Her predecessors are Muriel Johnson, (left) and Sandy Smoley.

Story and photos by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - Because women have led Sacramento's District 3 for almost 50 years, its three living Supervisors laughingly call their board position the 'girl's seat.' Susan Peters' 2021 retirement will end that matriarchal dynasty. A guy - either Rich Desmond or Gregg Fishman - will take over.

When Sandy Smoley, Muriel Johnson and Susan Peters recently convened, conversation was not so much memory lane as memorable potholes. Endless roadworks, they agreed, would be an inherited challenge for the election winner. "Something different comes up for a Supervisor every day," notes Susan Peters. "But road deterioration will always be with us."

Sandy Smoley made history in 1972 as the first woman elected to

County government. "I struggled for an identity because no female served before me," she recalls. "I guess I became a role model for the women who followed." The former nurse is gratified her efforts for advanced firefighter training saved many lives. Thanks to Smoley's push, all Sacramento fire trucks now carry qualified paramedics. She also lobbied for County sponsorship of the arts; its support of women's health; its

Continued on page 2

311 Connect New and Improved Links to Services

By Andrea Sandoval, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - In 2013, Sacramento County launched 311 to handle all municipal County service requests. By now, everyone knows to call 311 to report an abandoned vehicle or a broken streetlight in unincorporated Sacramento County. Sacramento County 311 handles these and hundreds of other questions covering a variety of County services every day, seven days a week and 24 hours a day.

What you may not know is that the County has been working hard to improve the 311 service and in February 2020 completed a project that integrates all County municipal service departments with 311 for seamless transfer of service request directly to the department that will handle the request. 311 encouraged public user and internal department participation in each phase of the project. They included citizen and departmental suggestions throughout the project and the new system features many elements provided by user feedback.

311 is delighted to announce the following new self-service customer features:

Request Services Online by completing virtual interviews that route your request to the appropriate department for handling (a) Interview questions were specifically developed by the responsible departments (b) Interview answers enable departments to quickly resolve the request;

Instantly receive a case number with an estimated time of completion; Use the Interactive Map to pinpoint the exact location for your request; View Nearby Requests of reported issues in your area; Track and update your Service Requests Online; Quickly access information online for County services using our newly created self-service Knowledge Base; Search the Public Knowledgebase to learn about countywide services and find answers to frequently asked questions (FAQs); Submit requests online or by use of a mobile device; Provide feedback, letting 311 know if the information was helpful or not, our dedicated team will review and revise as necessary.

311 is excited to provide this new and improved service for the

Continued on page 6

New Neonatal Intensive Care Unit Opens

By Yessenia Anderson, Dignity Health

CARMICHAEL, CA (MPG) - Dignity Health announced the completion of construction of the new 'Robert S. and Star Pepper Neonatal Intensive Care Unit' at Mercy San Juan Medical Center. The NICU spans 17,889 square feet and is a huge increase over the previous 1,200-square-foot space originally built in 1989. Mercy San Juan's original NICU was among the first of its kind in Northern California. Over the past three decades, the practice of neonatology has progressed significantly and the Sacramento region has grown exponentially and therefore so have the community's needs for the NICU. Since its inception, the hospital has always grown with its community, and the development of the new NICU further demonstrates Dignity Health's continued commitment to carry out its mission of improving the health of the people we serve, especially those who are most vulnerable.

On average, 400 babies annually receive life-saving



Left to right: Dr. Robert Kahle, Neonatologist; Dr. Carolyn Getman, Neonatologist; Star Pepper (lead donor); Cecilia Sandoval, Director of Human Resources; Robert S. Pepper (lead donor). Photo: Dignity Health

care at the NICU, with many transferred from other Northern California hospitals that are unable to provide the high-level care they require. The NICU has cared for some of the most critically ill babies who are born as early as 23 weeks and weigh as little as 400 grams. The new Level III NICU will now be able to accommodate 40 infants in 16 private rooms and eight three-bed pods. The private rooms are available for

multiple birth family sets, isolation for infants whose circumstances require it, and a private place for families to say a loving goodbye to NICU babies who, despite every effort, will be unable to survive. The new space also offers parents the opportunity to stay at the bedside of their baby at all times.

"For over 30 years, Mercy San Juan Medical Center's NICU has been a life-saving resource for families

throughout the Sacramento region," said Mercy San Juan Medical Center president, Michael Korpiel. "The new unit will house the remarkable neonatologists and nurses who have made the NICU what it is today and continue to offer this urgently needed, excellent care to our region's most vulnerable babies."

Despite caring for many of the sickest and most-vulnerable infants in the Sacramento

Continued on page 3

Super Women Offer Wisdom

Continued from page 1
ongoing program to involve community volunteers in government. The lone female endured disproportionate workplace scrutiny: she survived breast cancer and other health issues in a fishbowl; even her divorce was public property. “The Sacramento Bee ran a he-said-she-said report of the court proceedings,” she winces. “They wouldn’t have done that to a man. That’s why at 84, nothing can get to me. I’ve heard it all.”

After 20 years, leaving the Board was not a retirement. Governor Pete Wilson grabbed Smoley for State and Consumer Services Secretary; she later became his Secretary of Health and Human Services. “I went to bigger arenas with greater influence,” she says. “But County government was always my favorite. I saw results for every decision I made on the Board. I can still drive down streets and see bike lanes I put in, or a day care center I started.” She relished Board members’ diversity of service: “One day, I had to change my outfit five times. I started in the morning in jeans, riding on a buckboard for a parade. I ended up in evening dress, at a Crocker Art Museum gala.”

Community activist and fundraiser Muriel Johnson won the District in 1993. She pushed to begin costly revamps for Fulton Avenue and for the widening of the Watt Avenue bridge. “We added bike lanes, benches and art,” she enthuses. “We gave Watt Avenue the best-looking bridge in town.” During 1990s efforts to save McClellan Air Base, she



Muriel Johnson (left) and Susan Peters joined Sacramento Library Director Annmarie Gold to reopen Carmichael Library in 2006.

met President Bill Clinton in Sacramento and later sat beside him for Washington DC negotiations. “He was charming and easy to talk to,” she recalls. “He let us down gently. He understood what McClellan meant to the community but he was straight with us. We gave it our all, but we just couldn’t save the base.”

Smoley was her chief mentor. “She appointed me to the Arts Commission and other committees,” recalls Johnson. “She persuaded me I could run for District 3. You only had to watch Sandy’s energy in office, and seeing was believing.” Cracking the whip for 12 years at Johnson’s side was Chief of Staff Mary Anne

Dann. “If I got off track, Mary Anne quickly got me back,” approves her boss. “In 1986, my husband and I went to New York for a vacation. After two days, Mary Anne called me and commanded: get back - your District’s flooding! I came straight back to work on saving the levies.” Evening meetings sentenced the Supervisor and her husband (ENT surgeon Ernie Johnson) to years of takeout food. “He never complained,” says his spouse. “One night I found him peeling potatoes. He’d decided to teach himself to cook.”

Before retiring, she recruited banker Susan Peters to run for her seat. “In Susan, I felt I’d found

the golden ring,” says Johnson. “She’s been so capable and wonderful for the District. After I stepped down, I immediately missed the job’s involvement. Being Supervisor was the cat’s pajamas - I loved knowing what was going on everywhere.”

The COVID crisis means Susan Peters will complete 16 years of service during a hot mess of civic cancellations - her own farewell party included. Achievements will nevertheless dominate her memories. “We built three new parks using innovative ways to fund them,” she considers. “We’ve established two new PBIDs that put business in the hands of

businesses.” To the relief of countless motorists, Hazel Avenue (Fair Oaks) has been widened. Peters’ cooperation with the Sheriff and DA has endowed District 3 with hands-on policing (POP and HOT teams) and a community prosecutor to indict local miscreants. Via this process, a recent slum landlord plea deal assisted Carmichael Park Foundation to the tune of \$15,000.

Peters names her late husband, business entrepreneur Peter McCuen, as mentor. “He taught me so much,” she says. “Running the county is like running a business, with a \$6.5 billion budget that must be balanced.” Another bouquet

goes to Chief of Staff Howard Schmidt. “He’s been on my team the whole 16 years,” she says. “We think so much alike. He understands my direction and helps me get the job done.”

Glittering moments include a 2015 homecoming for three Sacramento men who saved a French train from terrorist attack. “We worked hard to put that parade together so quickly,” she recalls. “The huge crowds that came out to celebrate heroism made it worthwhile.” During a Foothill Farms open day, Peters volunteered to help a police canine’s attack demonstration. “Even with protective padding, my arm was numb for days,” she attests. “I advise anyone involved in a canine chase to just give up.”

Her January farewell to arms promises nostalgia. “I’ll miss so many people,” she considers. “But I’ll sleep better. Years of waking up - worrying about the parkway’s flooding or another deputy’s been injured on the job - it all takes its toll.”

Veterans Smoley, Johnson and Peters agree their successor will agonize for the County’s homeless problem and the economic recovery from COVID 19. But they each have buoying advice:

Suggests pioneer Sandy Smoley: “Enjoy your service. It’s a tough job, but it’s rewarding.”

Offers Muriel Johnson: “Don’t sit downtown. Get out to the District and listen to people.”

Adds Susan Peters: “Problems aren’t solved quickly. The job’s not a sprint. It’s a marathon.” ★

KP International MARKET
FOOD COURT NOW OPEN
10971 Olson Drive
Rancho Cordova, CA 95670
916.853.8000
Market: 10 Days: 8am - 10pm
Food Court: 10 Days: 11am - 8:30pm
(Chinese: 11:30am - 8:30pm)

To Our Valued Customers.

We will continue to offer the best prices possible during these challenging times. Our KP team is working very hard and have your families and our communities in mind. Please honor “social distancing” and be patient in your shopping experience and courteous to all in the store.

THANK YOU for shopping at KP International Market.

FROZEN & FISH DEPT

Breaded Rex Sol \$2.99/lb
Raw Shrimp - Peeled & Deveined • 31/40 • 2 lb \$10.99/ea

WEEKLY MEAT SPECIALS *SUBJECT TO AVAILABILITY

Beef New York Roast - Boneless \$3.79/lb
Boneless & Skinless Chicken Breasts \$1.29/lb
Beef London Broil & Top Rnd Roast-Bnls \$2.99/lb
Country Style Pork Loin Ribs - Bnls \$1.99/lb
Beef New York Steak - Boneless \$3.99/lb
Pork Tenderloin \$2.99/lb
Pork Neck Bones \$1.29/lb

FRESH PRODUCE SALES FOR PRODUCE WILL BEGIN ON WEDNESDAYS @ 12:00PM

Cluster Vine Tomatoes \$1.99
Limes 10/\$1
Mandarins 2 lb Bag \$2.99
Blackberries 6 oz \$1.99
Japanese Sweet Potato \$0.99
Russet Potato 10 lb Bag \$2.49
Taiwan Cabbage \$0.59
Jicama 2lbs/\$1
Patriotic Pumpkin 2lbs/\$1
Mini King Oyster Mushrooms 500 g \$2.99
Esoba \$0.59

AMERICAN/HISPANIC GROCERY

Wipes \$1.99
Cocoa Pebbles \$3.99
Pret Cakes & Fruity Pebbles Cereal 11 oz \$1.49
CRV Gluten Smart Water 1 Liter \$3.99
Maggi Noodle 5 Pk 5 x 90 gm \$1.29
Papa's Duritos 3.5 oz \$1.29

ASIAN GROCERY

Wai Yai Bread \$8.99
Sweet Rice Cakes \$3.99
Wai Yai Bread \$4.99
Wai Yai Bread \$7.99
Wai Yai Bread \$9.99

EUROPEAN GROCERY

Horvitz Multigrain Nester 1 Ltr \$1.79
Wafel Cake Belychka 250 gr \$2.99
Chumak N/R Sunflower Oil 0.9 Ltr \$3.29
Taralli Lunghi Handmade 300 gr \$2.99
Bot Frost Water 225 gr \$1.29

KOREAN/JAPANESE GROCERY

Cl Chm H 10 lb Bag \$8.99
Great Jm-Jambong 4 x 100 gr \$4.99
Sungyeon Wheat Flour 5.5 lb \$3.99
Lantern Curry Tea w/ Honey 12 x 6.5 oz \$2.99
Bangwon Tea Light Standard 5.29 oz \$1.99
Sungyeon Roasted Sesame 1.41 oz \$2.49
Behlert Crystal Fine Salt 3 lb \$5.99
Cari Chee & Corn Oil Seasoning 2.33 oz \$1.99
Duk Dduk Anchovy 12 oz \$9.99
Gekkeikan Sake 1.5 Liter \$6.99
Golden Curry & Kinds 7.8 oz \$2.49
Bokkarae Chon Curry Marin \$2.99

FROZEN & FISH DEPT

Surasang Out Rice Porridge 3 Kinds • 1.65 lb \$5.99/ea
Krino's Oil Cured Olives \$3.49
Columbus Pan Roasted Turkey Breast \$7.99

HOUSEWARES

NOVEL ELECTRIC GLASS KETTLE 1.7 L \$25.99
NOVEL MINI ELECTRIC RICE COOKER 1.5 C \$19.99
HAMILTON BEACH \$9.99
ELECTRIC BRIGOLI \$29.99
ELECTRIC RICE COOKER (4 CUPS) \$3.99
ELECTRIC RICE COOKER (6 CUPS) \$3.99
ELECTRIC RICE COOKER (8 CUPS) \$6.99

EUROPEAN DELI

Level 6 Foods Smoked Polish Bacon \$6.69
Level 6 Foods Smoked Cheddar Cheese 50% \$7.99

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 OCTOBER 21 - OCTOBER 27, 2020.

Advised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE OCTOBER 21 - OCTOBER 27, 2020.

Local Water Districts Mount Campaign Against New Map Proposal

By Patrick Harbison, CHWD

CITRUS HEIGHTS, CALIF. (MPG) - The Citrus Heights Water District (CHWD) and Fair Oaks Water District (FOWD) have submitted a letter objecting to the San Juan Water District's (SJWD) plan for transitioning from "at large" to "by district" elections. Styled as a plan to respect the "urban-rural" divide within SJWD; a cursory review of the proposed map shows no rational basis for its boundaries other than protecting incumbents to the extent possible. 4 of these 5 incumbents live in Granite Bay, and Citrus Heights, Fair Oaks and other communities have been historically underrepresented on the SJWD Board.

The joint letter to SJWD, signed by CHWD President Ray Riehle and FOWD President Gary Page, urges SJWD to abandon its current map and consider a map that considers existing county, city and neighborhood boundaries. For context, the letter includes two overlays on the proposed map. The first overlay compares the proposed map to existing county, city, and neighborhood boundaries. It is obvious that the proposed map follows no existing community lines

and seems to intentionally disregard existing boundaries. This unnecessarily separates existing communities that form natural district boundaries.

The second overlay provides some potential justification for the proposed map. It adds the location of existing incumbents and shows that the maps are drawn to separate incumbents from each other to the extent possible. While SJWD has indicated that its map is based on respecting the "urban-rural" divide, SJWD fails to use population density or some other appropriate metric.

CHWD and FOWD recommend that SJWD abandon the current, flawed map, which protects Granite Bay's existing supermajority on the Board, and follow existing law(s) regarding the preparation of revised voting district maps in compliance with state and federal requirements.

CHWD and FOWD encourage all of their customers to follow the SJWD's Board representation transition process closely and voice their concerns, including attending an important public hearing on Wednesday, October 14, 2020 at 6:00 pm accessible through <https://attendee.gotowebinar.com/register/663838652507163406>. ★

Neonatal Care Unit Opens



The state-of-the-art space offers hope of a healthier start to life for hundreds of Greater Sacramento Area newborns. Photo: Dignity Health

Continued from page 1
region, Mercy San Juan Medical Center's NICU had a mortality rate of 1.1 percent in 2015 – among the lowest in the nation.

"Thanks to Bob and Star Pepper and numerous other donors and supporters of this project, the department now has the facilities and equipment it needs to continue carrying out its extraordinary life-saving work," said Kevin Duggan, President and CEO of Mercy Foundation. "It is through this thoughtful generosity of many that the NICU can continue to be a source of comfort, hope and advanced medical care for fragile infants in our community for generations to come."

With Dignity Health's commitment of \$35 million to make the new NICU a reality, Mercy Foundation led the efforts to raise community support and donations for the additional \$3,080,000 needed to expand and update the NICU at Mercy San Juan.

"The work they do there is just incredible. They've accomplished miracles in very tight quarters. You merely have to look at some of the little babies that can

fit in the palm of your hand and realize that they're able to save their lives so Star and I are very pleased to have had a role making this new unit possible," said Bob Pepper.

As most premature babies are in the NICU until they reach what would have been 36 to 40 weeks gestation, they may be in the care of NICU staff for months, with parents who are trying to balance work, caring for family at home, and being at the hospital for their newborn baby. Central to this initiative was the desire to offer families the opportunity to stay with their infants. Research has shown that these tiny patients have the best chance at survival when they are able to bond with their parents or guardians. The new NICU offers families a comfortable space with enough room in which to nurture their new babies and get to know them. An important element for people like Scott and Cary Boese, who know very well the difficult journey that can come with being parents to babies who need high-level care.

"When we heard news that the new NICU would be built, we were overcome

with joy and emotion, because the unit represents more than just additional bed space. It gives our community access to a modern facility, new technology, and room for privacy, so that parents can bond with their fragile children," said Cary.

The NICU will be up and running to receive its first patient sometime in late October to early November.

Dignity Health is a multi-state nonprofit network of 10,000 physicians, more than 60,000 employees, 41 acute care hospitals, and 400-plus care centers, including community hospitals, urgent care, surgery and imaging centers, home health, and primary care clinics in Arizona, California, and Nevada. Dignity Health is dedicated to providing compassionate, high-quality, and affordable patient-centered care with special attention to the poor and underserved. Dignity Health is a part of CommonSpirit Health, a nonprofit health system committed to advancing health for all people and dedicated to serving the common good. For more information, please visit our website at www.DignityHealth.org. ★

CHP Grant Improves Motorcycle Safety

By Jaime Coffee, CHP Information Officer

SACRAMENTO, CA (MPG)

- The California Highway Patrol (CHP) is stepping up motorcycle safety awareness statewide as part of the Get Educated and Ride Safe (GEARS) III, a yearlong, federally funded program focused on educational and enforcement efforts.

The primary goal of GEARS III is to reduce the number of motorcycle-involved crashes and victims. In federal fiscal year (FFY) 2017-18, the number of motorcycle-involved crashes increased approximately 3 percent within CHP

jurisdiction. However, provisional FFY 2018-19 data show a 10 percent decrease.

"The ultimate objective is to improve not just motorcycle safety, but highway safety overall," CHP Commissioner Warren Stanley said. "The additional education and enforcement funded by GEARS III helps our officers meet this objective."

During the grant period, the CHP will increase motorcycle safety activities in regions with a high number of motorcycle incidents and participate in traffic safety education campaigns such as "May is Motorcycle Safety Awareness Month." The campaigns will promote

the use of U.S. Department of Transportation-compliant helmets for all riders and raise motorists' awareness of sharing the road with motorcyclists. The campaigns will also focus on the most dangerous traffic violations, including speeding, improper turning, and driving under the influence of alcohol and/or drugs.

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

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

Food Drive Seeks Help for Needy Families

San Juan Unified School District Press Release

CARMICHAEL, CA (MPG)

- In response to increased need due to the COVID-19 pandemic and economic downturn, the San Juan Unified School District has created the "Food to Learn" program to provide additional food to students and their families.

The current San Juan Unified Food Closet donation levels are not meeting the growing need and requests for help. While the school meal program continues to serve breakfast and lunch to students during distance learning, the San Juan Unified Food Closet strives to provide food for evening and weekend meals to our families in need.

Each month, the San Juan

Unified Food Closet needs at least 600 bags of food to serve up to 300 families. Each bag of food helps a family of four to survive for up to three days. "Students cannot effectively learn when their stomachs are empty," said Diana Marshall, Director of Equity and Student Achievement. "Hunger can negatively impact a child's academic performance."

San Juan Unified asks the community to support this initiative with donations of non-perishable food. Suggested items for donation include instant oatmeal, boxed cereal, instant mashed potatoes, pasta, beans, lentils, rice, flour, peanut butter, canned fruit and vegetables, soup, canned meats and fish, cooking oil, fruit and vegetable juices, and snack foods. Items should be new, unopened, and in original

packaging. No large bulk or expired items please. We will also accept cash, checks payable to SJUSD, and grocery gift card donations.


Bring donations to the "Food to Learn" drive-thru donation event on Saturday, October 24 from 8:00 a.m. to 4:00 p.m. at the Whitney Avenue Elementary School, 4248 Whitney Avenue, Sacramento (enter on Eastern Avenue).

San Juan Unified will also be adding information to its website for making tax-deductible, online donations.

For more information about the "Food to Learn" donation event and program updates, please contact Edith Gonzalez at (916) 979-8877 or edith.gonzalez@sanjuan.edu, or visit www.sanjuan.edu/foodtolearn. ★

ELECT PAM TOBIN

For San Juan Water District



Leadership, Experience and a Strong Voice for San Juan Water District

As a trusted, well respected, and principled leader in the water industry, Pam Tobin understands the complexity of regional water management, sound fiscal planning, and has diligently served the community for many years.


Endorsed by:

Ted Costa, President/Director, San Juan Water District
 Ron Greenwood, Director, Carmichael Water District
 Robert Dugan, Chair/Director PCWA Water District

Visit our website to learn more about our campaign!

916-275-0875

www.pamtobin.com
electpam@pamtobin.com



VOTE FOR



Brian

DAHLE

STATE SENATE

Fair Oaks Chamber Corner



Dot Boyd, Fair Oaks Chamber of Commerce

FAIR OAKS, CA (MPG) - In my September column, I covered that FO Chamber has gone virtual. It just made business sense during these uncertain times with all of our in-person community events having been cancelled or postponed due to the pandemic. However, you can follow what's happening via various social media sites: www.fairoakschamber.com; on Facebook at The Fair Oaks Chamber of Commerce and Fair Oaks Chamber of Commerce Ambassador; on Instagram at MyFairOaks. Not on social media? You can reach our intrepid Executive Director, Kim Pitillo at 916-967-2903 and at info@fairoakschamber.com. Keep an eye out for

her around Fair Oaks as she starts holding "FOCC Office Hours" at our local businesses. All requisite safety protocols will be followed, of course. You may find Kim out and about celebrating Support your Chamber of Commerce Day on October 21st! Thank you to our members who have renewed memberships or joined as new members recently. Even if you don't own a business, or are retired, you can support our community Chamber by becoming a member for a nominal fee. To the greater Fair Oaks community and beyond: thank you for shopping and dining locally to help keep our small businesses afloat. We all appreciate you!

Our 5th Annual Best of Fair Oaks contest voting will start soon. Be sure to check out www.bestof-fairoaks.com for updates along with social media posts.

If you've stopped by Fair Oaks Village lately, you may have been surprised to see so many new businesses opening up. Great news, isn't it? There's Biker Bar, a bicycle repair

shop with a café coming soon; Brahma Bar & Grill; Wild Runners for all your running needs; and a new shop inside the Finegold building, Walter Nash Jewelry along with Dream Vacations. There are new businesses popping up all over including Caffè Italia which is kitty-corner from Del's Pizza. For updates on FO Recreation & Parks District renovations, go to www.forpd.org or follow on social media.

It's getting spooky out there, Fair Oaks! Chamber member Madison Marketplace is hosting a Halloween Tent Display Contest & Drive-Thru on Saturday, October 24th from 2 pm to 5 pm. That sounds like a safe and fun event! Chamber member Rotary Club of Fair Oaks is hosting its annual Safe Halloween event on Friday, October 30th from 10 am to noon in FO Village. Over twenty five businesses are participating in this popular event observing all safety protocols currently in place.

Stay safe and I'll see you in Fair Oaks!

Remembering Our Past, Looking to the Future

Story by Shaunna Boyd

FAIR OAKS, CA (MPG) - October 8 marked the 75th anniversary of the Fair Oaks Recreation and Park District (FORPD). Commemorating the occasion presented some challenges with the continued pandemic, but District staff found creative ways to celebrate.

At the virtual Zoom celebration, Assemblyman Kevin Kiley, representing District 6, commended FORPD for its dedication to serving the community and improving the quality of life of all residents: "This year, more than ever, we're seeing the importance of having vibrant outdoor and recreational opportunities. And I think people in our area have never been more grateful for the tremendous work that you do."

Visitors to a special anniversary page on the District's website (<https://www.forpd.org/429/75th-Anniversary>) can view a retrospective of photos from throughout the District's history, learn more about Fair Oaks history, and submit their own memories.

The District also hosted the Discover Fair Oaks Challenge, which got families out of their homes and into the parks for a socially distanced scavenger hunt. Participants traveled to each of the District's parks to take photos in specific



Locals celebrate the 75th anniversary of the Fair Oaks Recreation and Park District. Photo provided by Fair Oaks Recreation and Park District.

locations and find historical features. Residents also attended Pop-Up History Gallery events (at Plaza Park on October 9 and Phoenix Park on October 10) to view old newspapers and artifacts while talking with local historians.

Sabrina Bernardo, FORPD recreation supervisor, said there is always something new to discover in Fair Oaks. And with Measure J funding many upcoming District improvements, Bernardo noted the importance of celebrating this milestone. It's a moment for the community to remember its past while looking to the future. ★

Farm Bureau Releases Voter Guide

By Dave Kranz, California Farm Bureau Federation

SACRAMENTO, CA (MPG) - Reiterating its strong opposition to a ballot initiative that would establish a split-roll property tax, the California Farm Bureau Federation has announced positions on the other statewide measures to be decided this fall. The CFBF Board of Directors released a Voter Guide for the Nov. 3 general election.

Farm Bureau was among the first organizations to oppose Proposition 15, which would create a split-roll property tax to reassess and raise taxes on commercial and industrial property. Although its proponents claim agriculture would be exempt, the measure would allow reassessment of agricultural facilities and improvements such as barns, dairies, orchards, vineyards and processing plants.

"In the middle of a pandemic that has severely disrupted our food-production system, Proposition 15 would impose a new tax burden on family farms and ranches," CFBF President Jamie Johansson said. "Ultimately, those higher costs to the food system would lead to higher food prices. Make no mistake: A tax on farms is a tax on everyone."

Among its other ballot positions, Farm Bureau emphasized public safety by supporting Proposition 20, which would increase penalties for certain theft-related crimes, and opposing Proposition 25, which would abolish the state's cash-bail system.

Theft, vandalism, trespassing and other crimes remain chronic and growing problems in rural California," Johansson said. "By passing Proposition 20 and rejecting Proposition 25, voters have an opportunity to reinforce protection for rural and urban communities alike."

Here Is The Full List Of CFBF Ballot Recommendations:

Proposition 14 – Stem Cell Research Bonds	Neutral
Proposition 15 – Split-Roll Property Tax	NO
Proposition 16 – Affirmative Action	Neutral
Proposition 17 – Voting by Paroled Felons	NO
Proposition 18 – Voting Age	NO
Proposition 19 – Taxes on Homes, Inherited Property	Neutral
Proposition 20 – Criminal Penalties	YES
Proposition 21 – Rent Control	NO
Proposition 22 – App-Based Drivers	YES
Proposition 23 – Kidney Dialysis Clinics	Neutral
Proposition 24 – Consumer Privacy	Neutral
Proposition 25 – Cash Bail	NO

The full Voter Guide may be downloaded from the CFBF website at www.cfbf.com/voterguide.

works to protect family farms and ranches on behalf of nearly 34,000 members statewide and as part of a nationwide network of nearly 5.6 million Farm Bureau members. ★

Story by Shaunna Boyd

SACRAMENTO REGION, CA (MPG) - On October 14, the San Juan Water District (SJWD) Board of Directors held the fourth and final public hearing to approve a division map and election sequencing for their transition to division-based elections.

In response to a threatened lawsuit claiming the established at-large election system violated the California Voting Rights Act (CVRA), the District is now working to meet the legal requirements of the CVRA: the new divisions must be compact and contiguous with reasonably equal populations, and communities of interest must be considered. Racial gerrymandering is prohibited.

During previous public hearings, multiple residents of Granite Bay expressed concern that the reasonably equal population requirement would lead to a lack of representation for their area, and for rural properties and retail customers generally. They asked that their area be combined with other similar communities of interest.

According to the staff report, the California Constitution defines a community of interest as a contiguous population with "common social and economic interests." Urban, rural, industrial, and agricultural areas are also considered communities of interest.

According to the Board, they considered the following communities of interest: city/county boundaries, zip codes, existing election boundaries, urban and rural areas, official community associations, special districts, and the retail service area. The staff report cited an "imperfect ability to keep all portions of all identified communities of interest together" while creating compact, contiguous, reasonably equal divisions.

But District Legal Counsel Jennifer Buckman said the proposed map met all the legal requirements. The map also met the Board's priorities of respecting community associations and following the rural/urban divide. The map also refrains from packing the retail customers into one division, which

would have diluted the voting power of this group.

Ahead of the meeting, the Citrus Heights Water District (CHWD) and the Fair Oaks Water District (FOWD) submitted a joint letter to the Board in opposition to the proposed map. The letter stated that the map "ignores any existing county, city, or neighborhood boundaries. These communities of interest, especially the City of Citrus Heights, are divided to the maximum extent possible," which they said was "bad policy."

The letter stated that "Constituents have the right to expect clean district lines that make sense in relation to the community," and they saw "no obvious reason for the oddly shaped" divisions.

In an interview prior to the meeting, Ray Riehle, president of the CHWD Board of Directors, said that while the proposed map is likely legal under the CVRA, it "missed the spirit of the law dramatically."

The staff report specified, "Districts are considered compact when they do not bypass nearby population for people farther away." But Riehle pointed out that most of Granite Bay is included in Division 2, except for a small urban area that is excluded. But Division 2 then extends down into Sacramento County to include parts of Orangevale, including the more densely populated areas along Greenback Lane. Bypassing nearby urban populations for far-away urban populations doesn't seem to meet the spirit of the compactness requirement, and Riehle said "the geography doesn't make sense."

Riehle said that people living in rural areas of Granite Bay probably don't have a whole lot in common with people living along Greenback, so he is skeptical of the claim that the Board prioritized the urban/rural divide.

According to Riehle and the Citrus Heights and Fair Oaks water districts, the eastward projection of Division 1, which cuts into central Granite Bay in Division 2, is an obvious sign the map has been gerrymandered

in an effort to protect at least two seats for Granite Bay – where four of the current Board members reside. Riehle believes "political calculus" was involved in the decision-making process.

Legal Counsel Buckman responded to the joint letter at the October 14 meeting: "The commenter is incorrect when they indicate that the map ignores existing neighborhood boundaries. In fact, the commenters would just prefer some different boundaries to have been selected."

Regarding the claim that the map attempts to protect incumbent seats, Buckman said, "There's absolutely no evidence in the record to support that statement." She further stated that she "expressly advised" that the Board not take incumbent addresses into account, and that the Board followed her advice.

Mike McRae, a director on the FOWD Board and a candidate in the upcoming election for SJWD Board, spoke at the October 14 meeting, stating that the map is "designed to bring long-term disharmony to the San Juan family." He said the primary communities of interest in SJWD are the water districts (CHWD, FOWD, Orange Vale Water Company, and the San Juan retail division): "This map appears to be purposefully created to fragment across those retail water agencies."

McRae pointed out that while Placer County makes up only 13% of the SJWD population, it will have a shot at two Board seats – or 40% of the Board – under the new division boundaries.

Two Granite Bay residents, Amber Beckler and Sandy Harris, both spoke in support of the proposed map. Beckler said, "It preserves the community of interest and representation."

The Board voted unanimously to move forward with the proposed map and the election sequencing – elections for Divisions 1, 3, and 5 will be held every four years starting in 2022 and for Divisions 2 and 4 starting in 2024. The final vote for official approval will be held at the November 9 regular meeting. ★

Counseling is Available for Medicare Open Enrollment Period Oct. 15-Dec. 7

By Kathleen Newton, Northwest Media Consultants

SACRAMENTO COUNTY, CA (MPG) - Medicare's Open Enrollment period begins Oct. 15 and ends Dec. 7. During that period, Medicare recipients may:

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

To help you understand your options, you can schedule a free

one-on-one session with a local state-registered HICAP Medicare counselor.

HICAP (the Health Insurance Counseling & Advocacy Program) is administered by the California Department of Aging. Its trained volunteer counselors are available by phone and video-conferencing to answer questions and help seniors and other eligible recipients understand their Medicare rights and benefits.

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

HICAP serves clients

in El Dorado, Nevada, Placer, Sacramento, San Joaquin, Sierra, Sutter, Yolo and Yuba counties, regardless of income or age.

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

- Call – (916) 376-8915 or email – hicap@lscn.net
- Once your appointment is scheduled, you will receive an appointment reminder by phone, email or text prior to your appointment. If you need to cancel an appointment for any reason, you are asked to call (916) 375-3763.
- For more information, go to www.HICAPservices.net. ★

How PG&E is improving Public Safety Power Shutoffs in 2020.



Smaller, shorter, smarter.

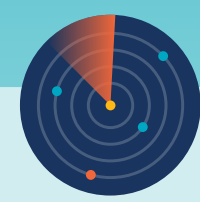
PUBLIC SAFETY POWER SHUTOFF (PSPS) is a statewide effort to prevent wildfires by proactively turning off power to communities when severe weather is forecast. As California battles historic wildfires, a Public Safety Power Shutoff is just one of many tools that PG&E uses to help keep customers and communities safe.

PG&E is working to make PSPS events smaller, shorter and smarter, by:



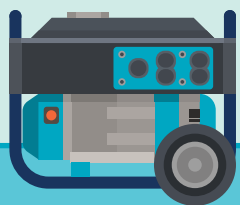
Installing over 600 devices that redirect power to limit the size of outages

1



Using more than 765 advanced weather stations to pinpoint where severe weather is most likely to occur

2



Adding backup generation in some high fire-threat communities to keep the lights on

3



Nearly doubling our helicopter fleet from 35 to 65 and adding more field crews to cut restoration time in half compared to 2019

4



Upgrading our Community Resource Centers (while following COVID-19 health guidelines such as the use of masks and social distancing) by providing water, snacks, and other resources

5

PG&E refers to Pacific Gas and Electric Company, a subsidiary of PG&E Corporation. ©2020 Pacific Gas and Electric Company. All rights reserved. Paid for by PG&E shareholders.



To learn more ways to prepare for a Public Safety Power Shutoff, visit safetyactioncenter.pge.com



By Marlys Johnsen Norris, Christian Author

In the Middle of the Storm – Hope is Found in God!

Our world has endured many troubles and heartaches and recent trouble has been devastating to many people. Deaths surmounting because of this virus, happening all over the world. Families separated, unable to even comfort each other. Not to mention facts about our economy in jeopardy. Businesses shut down and given various restrictions by our government. Riots in our neighborhoods! Why?

Yet we are so grateful to people in the MEDICAL world who are serving and helping, working endless hours to help people in need. And our POLICE doing their best to stop rioting, looting and creating havoc in our streets all over our country.

WE LOVE AND THANK YOU ALL FOR BEING THERE!!

Plus another year being our political year to again elect our President to serve us the next four years. Our present President Trump and wife now coming down with the virus and

possibly having affected others because of his commitments to speak to Americans in many places. OUR PRAYERS NEED TO SURROUND OUR GOVERNMENT!

Our world has been “out of control” for several months and some have tried to forget or discredit the Creator/God, His laws and of all there is. **God has not been pleased!**

He created us to become a part of Himself, through the death and resurrection of His Beloved Son, Jesus Christ. Through Jesus, the Heavenly Father/God provides forgiveness to those who accept Him as their Lord and Savior of their Soul. Once a person has experienced God’s presence – they will never want to live without Him.

He becomes their “Everything” and the PEACE of God comes within when God is in control. Psalm 29:11 states “The Lord will give strength unto His people, the Lord will bless His people with peace.”

Genesis 15:6 “and he (you and I) believed in the Lord; and God counted it to him for righteousness. Verse 7 continues “And he said unto him, I AM the Lord...”

The wonderful thing about the God who created us – is – he is a God who has not left us! Because He is our Creator and is more loving and caring than we can even imagine. He is our Strong Tower and He will never leave or forsake us! Even in our shortcomings and disobedience God still loves us. Isn’t that truly like what a truly loving parent does?

Let us become “one big family of God” in spite of any differences we have! A family loves each other in spite of how we see life. Let’s stop being self-righteous and self-important and come together in peace, listening to each other and showing respect as a citizen of the most wonderful country we live in ordained by the laws of God written in our constitution at its inception.

Honor our Creator and be enveloped in His Abundant Love for Everyone!

Marlys Johnsen Norris
Christian Author
of 7 Books,
Stephen’s Minister
ARM Columnist
since 2006
Marlysjn@gmail.com
PO Box 114,
Orangevale, Ca 95662 ★

Junk Is a Matter of Personal Definition

By Rev. James L. Snyder

I thought I had everything organized and in order. It just shows how useless my thinking is these days.

There are many piles in my office and on my desk, and I know what is in each pile. Everything is organized to my specifications. My rule is: if I can’t find something, I don’t need it. Believe me; there’s a lot of things I don’t need.

The Gracious Mistress of the Parsonage came into my office area and said rather strictly, “What is all this junk?”

The only junk I could see in my office area was the waste can, which was full at the time. So I picked up the waste can, took it out, emptied it, and brought the empty waste can back.

“There,” I said with a degree of satisfaction, “I got rid of all the junk.”

My method of organizing is not the same as hers. For example, on the other side of the house, she has what she calls her “Craft Room.” I walked into it once, and it was so organized I had to get out as quickly as possible. It gave me a headache. It looked like a well-organized store of craft products. Everything had its place,

and every place had its thing.

My idea of organization is that I know where everything is and if I can’t find it, well, you know the rest of that.

“Look at all of the junk in your office. How can you work with all of this junk around you?”

Still, I do not understand what her definition of junk in my room is. But the fact is, I work better when I’m surrounded by what she calls “junk.”

Then she said something that froze my liver. “I have some time so let me help you organize your office.”

Then she briskly walked towards one of my “piles.” I almost panicked.

“No, no,” I said as gently as I could even though I was in panic mode. “Everything is okay; I’ll take care of it, you don’t have to worry.”

Then something happened that saved me from this predicament.

My wife’s cell phone rang, and it was our daughter. She wanted to know something about a craft project she was working on and wanted to know if her mother could help her.

I saw her eyes light up as she left my office area and went back into her craft

room to help our daughter. I think that’s why God gives us daughters!

One person’s junk is another person’s workspace. Just because you don’t understand how my office is organized doesn’t mean it’s not organized, and it doesn’t mean I don’t know what I’m doing in my office.

My workspace, or junk as my wife says, is my environment to think and to work.

While my wife was back in her craft room, talking to our daughter, I happen to think of a verse of Scripture. “Commit thy works unto the Lord, and thy thoughts shall be established” (Proverbs 16:3).

When in my space, no matter how somebody else may do it, I am in an atmosphere to do the thinking I need to do. Most of the time, my thoughts are rooted in God and how he has marvelously blessed my life.

Dr. James L. Snyder is pastor of the Family of God Fellowship, Ocala, FL 34472. He lives with the Gracious Mistress of the Parsonage in Silver Springs Shores. Call him at 352-216-3025 or e-mail jamesnsnyder2@att.net. The church web site is www.whatafellowship.com. ★

311 Connect: New and Improved Links to Services

Continued from page 1

citizens of Sacramento County. No matter what the concern might be, friendly and knowledgeable customer service representatives remain available 24/7 to answer questions, route calls and manage cases for verification and resolution.

By embracing innovative technologies like 311 Connect, the County focuses on delivering a more accessible, available and accountable government because technology tracks all requests and centralizes the data, allowing for better reporting and analysis. Department directors can review the data, spot trends and identify opportunities for improvement.

The information also allows departments to collaborate on multi-department issues, analyze workloads, balance resources and research spikes in requests for staff scheduling. In addition, the system contains an expanding knowledge base of issues for customer self-service answers to many of your questions.

Together we will keep our neighborhoods safe and clean places to live. At Sacramento County, we strive for

continuous improvement and welcome your feedback.

Non-Emergency

311 Connect Service Request Types:

Abandoned vehicles and shopping carts; Animal issues - stray, deceased; Culvert/pipe repair or cleaning; Curb, gutter or sidewalk repair; Ditch cleaning; Drainage problem; Illegal dumping - garbage, trash; Missed garbage collection service; Occupied outbuilding; Graffiti; Potholes; Street light out; Street sign down; Substandard housing conditions - no water, utilities, deficient building, surfacing sewage; Tobacco - selling to minors; Traffic signal timing; Tree trimming

Top Service Requests:

Illegal Dumping; Missed Refuse Services; Abandoned Vehicles; Barking Dogs; Yard Parking/Junk & Rubbish on Private Property

To report an issue within the unincorporated Sacramento County, simply call 311 or 875-4311, visit the 311 website, or download Sac County 311 Connect in the app store on your smartphone. ★



Dare to Live Without Limits

by Bryan Golden

Are You Productive or Busy?

Do you feel you are so busy you can’t keep up, yet you don’t feel you are getting anything accomplished? Although both being productive or busy require time and effort, only productivity moves you closer to your goals.

Being busy increases stress because you are exhausted with nothing to show for your efforts. In this mode, working harder or longer, doesn’t help. You feel as if you are running on a treadmill which is going faster than you can keep up with.

There are effective strategies for becoming productive. Start with identifying exactly what you want to accomplish, along with your deadline. Having a meaningful deadline enables you to set priorities. If you don’t know what you want to accomplish, there’s no way to be productive.

Apply the 80/20 principle, which states that 80% of your accomplishments are achieved by 20% of your effort. This principle was based on the study of sales organizations which found that 20% of the salespeople were responsible for 80% of the sales. So, concentrate on the 20% of your efforts which yield 80% of your results.

Set your priorities. Focus on what you need to do, rather than what you think you should do. Any activity which moves you toward a goal is something you need to do. Time spent on activities which are not goal oriented, keep you busy with nothing to show for it.

Without clear, meaningful goals, you won’t be productive. Procrastination prevents you from being productive. When you are busy, instead of productive, you are engaging in displacement behavior. You are attempting to avoid the guilt of not doing anything, by doing something.

Eliminate any tasks which accomplish little or nothing. These are displacement behavior traps which pull you away from productivity. It’s common to find a significant portion of your day spent on these tasks.

Remove distractions. Unplug. Silence your phone. Turn off your email. Focus boosts productivity. The greater your concentration, the greater your accomplishments. Interruptions significantly reduce your efficiency. An unbroken flow gets you into high productivity mode.

Contrary to popular belief, multitasking impedes productivity. Continually changing gears has the same impact as distractions. Your mind performs at peak efficiency when it is unimpeded by having to switch to different tasks. Dedicate yourself to one important task at a time.

Boost your productivity by breaking goals down into small, manageable steps. Each step can then be readily accomplished without becoming intimidating. When a task is too large it seems overwhelming, allowing

procrastination to set in.

Utilize your peak productivity period for your most important tasks. This is the time of day when your energy cycle is at its highest. You are the most alert and least fatigued. Other periods, when you are tired, can be used for handling secondary, non-essential tasks.

Organization boosts productivity. The time you spend looking for stuff is wasted. Highly productive people are highly organized. Get rid of anything you don’t need, especially papers.

The less you have to keep track of, the easier it is to organize.

Have a standard of excellence. Productivity is enhanced by completing a task only once. Doing things right the first time means you don’t have to find time to do them over. Continually fixing mistakes wastes time and energy.

Monitor your progress toward each goal. Track productive time versus unproductive time.

Always be on the lookout to reduce or eliminate unproductive activities. Living a productive life is infinitely more satisfying than just being busy.

NOW AVAILABLE: “Dare to Live Without Limits,” the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnist.com or write him c/o this paper. © 2020 Bryan Golden ★

GRACE BAPTIST CHURCH

Come and Experience God’s Amazing Grace

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

SERVICE SCHEDULES

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

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

PASTOR CHARLES CARTER

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

TO ADVERTISE WITH

THE AMERICAN RIVER MESSENGER CALL

916-773-1111



The Kiwanis Corner

By Sal Arrigo, Jr.

Kiwanis Never Stops!

support the Divine Savior Food Drive on Saturday, October 24. Kiwanis is also adding additional funds to this very worthy cause.

As I previously stated, we never stop supporting our community! Once again we are sponsoring the 2nd Annual Kiwanis Club of Orangevale – Fair Oaks Pajama Drive to provide our local children with a brand new pair of pajamas. Our club works with the About Kidz organization in Fair Oaks who not only distributes pajamas at the holiday season, but they also provide many other needed items, including toys. In 2019, the Kiwanis Club was responsible for delivering 467 brand new pajamas to About Kidz. We do not do this alone. With support, we can make this the best Pajama Drive yet!

Your donation of new pajamas can be placed in one of the following drop boxes at the following locations from October 19 through December 5, 2020.

Badfish Coffee & Tea 9346 Greenback Lane #3, Orangevale
 Blossom Vale Senior Living 6125 Hazel Avenue, Orangevale
 The Last Tangle 8820 Greenback Lane Suite "J" Orangevale
 Scotty's Hideaway 9353 Greenback Lane #8 Orangevale

We would like to especially thank these community businesses for their generous support of our Pajama Drive!

Kiwanis also received grants from Almond Heights Senior Living in Orangevale, as well as our own Kiwanis Foundation. We will use these funds to further support the mission of Kiwanis by assisting children in our service area and other important projects. In the last few months this Kiwanis Club has also added four new members. Now I ask you: why not join a great service club that *just doesn't stop!*

When we went to press, restaurants had reopened. All are welcome to come and visit Kiwanis at El Gallo Mexican Restaurant, located at 11773 Fair Oaks Blvd., on the 2nd Tuesday of every month. Meetings begin at 6:30 pm. We also have social gatherings on the 4th Tuesday of every month (the location varies). Find us at facebook.com/KiwanisclubofOFO or email us for more information at kiwanisclubofifo@gmail.com. Our nonprofit tax ID # is 85-0549857.

Sal Arrigo, Jr., is the secretary of the Kiwanis Club of Orangevale – Fair Oaks. The Kiwanis Corner is published monthly. ★

Orangevale Community Groups Distribute 72,000 Pounds of Fresh Food



The office of Senator Brian Dahle, in partnership with Badfish Coffee & Tea, K-LOVE, and the Sacramento County Sheriff's Office got together for distributing 2000 boxes of food. Photo: Office of Senator Brian Dahle

By Joseph Encinas, Office of Senator Dahle

ORANGEVALE, CA (MPG) - The office of Senator Brian Dahle, in partnership with Badfish Coffee & Tea, K-LOVE Air 1 Christian Radio, and the Sacramento County Sheriff's Office, hosted a drive-thru food distribution event Friday morning for local faith-based groups and people serving nonprofits in the Sacramento Area.

The event utilized food boxes from the U.S. Department of Agriculture's Farmers to Families Food Box program to distribute over 2,000 boxes of food. Each box weighed approximately 35 pounds and was filled with fruit, vegetables, dairy, and a protein. Badfish Coffee & Tea owners Mark Eister and Pearl Spencer, alongside property owner Cliff Wylie, opened up their parking lot for use by big rigs, forklifts, pallet jacks, and volunteers to pass out over 75,000 pounds of food. All of the equipment used was provided by Cliff Wylie, CEO of Ware House Interiors.

"We are handing out food to people in need," said Cliff in a video posted to Orangevale Live's Facebook page. "That's how Orangevale rolls. We step up to the plate."

Badfish is a local, family-owned business that opened in 2018 with a passion for family, community, and coffee. Badfish owners Mark and Pearl look to influence the development and progress of the business community of Orangevale by actively engaging meaningfully with every person that comes in the door.

Senator Dahle noted: "The USDA has

this resource, but when you need to get the food distributed to the places in the community that really has needs we call on faith groups, small churches, and service organizations, they always know better than the Government where people are who may be falling through the cracks. I want to thank these small businesses and other volunteer groups for doing this good deed."

Boxes of food were secured by North State Relief 501c3. They were distributed by numerous volunteer groups including Orangevale Food Bank, St. John's Women's Shelter, Grace House - The Way Ministries, Mooretown Rancheria, The Church of Jesus Christ of Latter-day Saints Citrus Heights, Community for Peace, Citrus Heights Veteran's Homeless Center, Citrus Heights Veteran's Homeless Shelter.

Volunteers from K-LOVE Air 1 Radio and the Sacramento County Sheriff's Office were on scene early in the morning, staging 48 pallets of food and handing out boxes to families as they drove in. K-LOVE Air 1 helped spread the word and get the community engaged while keeping morale high by playing music throughout the entirety of the event.

The Farmers to Families Food Box initiative was created through the Coronavirus Food Assistance Program to provide relief to farmers and distributors who saw a decline in the demand for their food products as COVID-19 took hold over California. Ultimately, both the farmers and distributors and local communities are reaping the benefits of such a program. All of the food came from Daylight Foods, a Bay Area food distribution company in Union City, California. ★



"THIS DOESN'T HAVE TO BE FAKE NEWS...TOGETHER, WE CAN MAKE IT SACRAMENTO COUNTY'S FUTURE!"

RICH DESMOND

FOR SUPERVISOR

A Humane Approach To Homelessness That Doesn't Compromise Public Safety

Increase state and local resources for mental illness, addiction, and physical disability treatment; a path to transitional and permanent housing; responsible affordable housing programs.

Confronting Covid-19 Based On Science

Make decisions based on the best information available from experts; communicate with the public and be willing to listen; work with community groups and non-profits to understand individual needs and get services where they are needed.

Independent Leadership That Puts Partisan Politics Aside

Focus on practical solutions to the issues that most impact our quality of life; put people first and focus on making Sacramento County a better place for future generations to live and work.

VOTE RICH DESMOND FOR SUPERVISOR

MAIL-IN BALLOT REQUEST DEADLINE: OCT 27TH

RichDesmond.com
 /RichDesmondCA

PAID FOR BY RICH DESMOND FOR SUPERVISOR 2020 (FPPC # 1419486)

Residents Asked To Help Develop Disaster Mitigation Plan



Floods showed, rebounding can be costly and time consuming. It is possible to reduce that impact before disaster strikes. Image by Hans Braxmeier from Pixabay

Sacramento County Press Release

SACRAMENTO COUNTY, CA (MPG) - Natural disasters whether forecasted or having the element of surprise can leave areas devastated for long periods. As the 2017 floods showed, rebounding can be costly and time consuming. It is possible to reduce that impact before disaster strikes, but to do that requires having a well-developed Hazard Mitigation Plan in place. That plan provides guidance before anything occurs, as well as a roadmap to help get people back on their feet.

Sacramento County is updating its 2021 Local Hazard Mitigation Plan (LHMP) to develop a long-term strategy for reducing disaster losses. The County is teaming with cities and several special districts to meet Federal

Emergency Management Agency (FEMA) requirements to ensure eligibility for FEMA pre- and post-disaster grant funding along with receiving lower costs of flood insurance to residents through the National Flood Insurance Program's (NFIP) Community Rating System (CRS).

The County is looking for residents to take an active role in developing the 2021 LHMP. No specific background is required. Residents would attend community meetings, and review a draft plan to provide important feedback. Their knowledge of the needs of area neighborhoods will provide the County and its partners with a better vision of potential issues that might occur if a natural disaster strikes.

The 2016 LHMP was vital in the County receiving FEMA funding to assist with

Sacramento County residents living in flood prone areas to receive discounts of up to 40% off their flooding insurance. The County plan also helped secure money for the Sacramento County Home Elevation Program for residents in flood prone areas to raise their homes above the flood elevation level in which FEMA would pay 75% of the cost. To date, two homes are in the process of being elevated above the flood plain.

This preparation for unforeseen disasters will lay the groundwork for successfully coming through them if they strike. The County will be hosting online public meetings about the 2021 LHMP. For more information, and to obtain the Zoom link for the meetings, please visit our Local Hazard Mitigation Plan webpage at www.StormReady.org. ★

Out-of-Work Californians Urge Governor to Expedite Unemployment Benefits

By Nghia Nguyen, Office of Senator Jim Nielsen

SACRAMENTO, CA (MPG) - Standing in front of California's Employment Development Department (EDD) headquarters, seven residents of Northern California urged Governor Newsom to be more hands-on with helping those in need. Like millions of Californians, these residents lost their jobs after the Governor triggered a shutdown of businesses and ordered a shelter-in-place for all Californians.

"The experiences of out-of-work Californians and EDD's lack of action are shameful," said Senator Jim Nielsen (R-Tehama). "The Governor and his Administration must do better to serve the people who elected him. Californians deserve better."

Waiting for unemployment benefits has been a shared frustrating, infuriating and devastating experience.

Phone calls are cut off after hours of waiting on hold. Mails and emails gone unanswered. Endless requests for legal documents that are not always related to the applicant's claims, has resulted in a nerve-racking game of waiting.

With the support Senator Jim Nielsen, Sacramento area residents spoke up for the 1.6 million Californians who are still waiting for their benefits.

"Action must be taken now to help those who are waiting for their benefits," said La Toya Horne of Sacramento. "I don't want anyone else to deal with the humiliation and bureaucratic obstacles I had to endure. I lost my home. No one should have to lose their home while waiting for a benefit they have earned and deserved."

Ms. Horne owned a thriving salon in an upscale part of town. She applied for unemployment in March when salons were forced to close. Months later, a stranger contacted Ms. Horne through social media to inform her that mail from EDD arrived at his house. She had lived at that address 10 years ago. When she amended her application and updated her identification, EDD told her she needed a judge to resolve the issue. They later reversed their decision.

Resolved in her passion to help others, Ms. Megan Williams drove nearly 100 miles to urge the Newsom Administration to act swiftly to get benefits to applicants.

"It is very disheartening to see the lack of urgency. I feel bad for the people who are not as lucky to have others to lean on financially, or who have landlords that are not as understanding as mine. The stress of having to call

phone companies, credit cards companies, etc. to work out payment plans or shifting debt from one credit card to another, just to maintain on time payments, or keep things turned on, is unnecessary," Ms. Williams stated.

EDD just emerged from a two weeks closure that left an estimated 100,000 people unable to apply for benefits. The hiatus was supposed to "reset" its operations and implement a new system. However, Senator Nielsen's office was informed Tuesday that the backlog to review claims went from eight weeks to 11 weeks.

Understanding the financial and mental toll of waiting for EDD's sloth-like movements, Mr. Rick Walters of Yuba City joined the call to ask the Governor to immediately take action to help those who have lost their jobs due to the government-imposed lock-down.

"Government is supposed to work for us when we need help. We are law-abiding taxpayers. This experience was beyond stressful. As Governor, you need to act now to protect our citizens of this state," Mr. Walters appealed.

Like the 1.6 million residents still waiting for their benefits, Ms. April Carlton of Citrus Heights has been able to meet most of her financial obligations thanks to her close-knit family.

As an office manager and bookkeeper at a small business, Ms. Carlton's hours were reduced and she was later furloughed. EDD denied her claim based on a name change in 2018. Ms. Carlton provided EDD with judgment orders for the name change, immigration papers and proof of residence. Despite providing all legal documents, Ms. Carlton is still waiting for her backdated benefits.

"Thank God for the support of my family. Without them, I would not have been able to handle this financially straining and emotionally infuriating process," said Ms. Carlton.

Sherri Bailey of Rancho Cordova, along with her 82-year-old mother, joined the group to remind EDD officials of their commitment during the Great Recession to the public and lawmakers.

"They are not keeping the promise they made in 2008. They owe it to Californians to tell us what they did do to serve the public. Clearly, their system is still broken."

Elected to the State Senate in January 2013, Senator Nielsen represents the Fourth Senate District, which includes the counties of Butte, Colusa, Glenn, Placer, Sacramento, Sutter, Tehama and Yuba. To contact Senator Jim Nielsen, please call him at 916-651-4004, or via email at senator.nielsen@senate.ca.gov. Follow him @CASenatorJim. ★

RESTORATION SPINAL CARE CENTERS

**WE LISTEN
WE CARE
WE GET RESULTS!**

THE NATURAL WAY TO GOOD HEALTH

Consultation, Exam, X-Rays (if necessary), and 1 Adjustment for

\$45⁰⁰*

* Excludes Medicare and Worker's Compensation.

Dr. Thad Potocki DC
5150 Sunrise Blvd.
Suite F1
Fair Oaks, CA 95628
(Corner of Wildridge & Sunrise)
916-536-0400
www.drpotocki.com

Proposition 15 Is A Small Business Issue!

National Federation of Independent Business Press Release

SACRAMENTO, CA (MPG) - Should it pass in November, Proposition 15 would be the largest tax increase in California history, but would it work as advertised? Most definitely not, argue two public policy veterans in the second in a series of NFIB podcasts established to give its small-business-owning members the full picture of the issues impacting their solvency.

Rex Hime, president of the California Business Properties Association, says the proposition will do little for education while having manifestly negative consequences for California's economy, and John Kabateck, NFIB's California state director, explains why Prop. 15 is a small-business matter and takes issue with proponents' arguments that it's not.

Hime also provides a brief history of the previous attempts to undo the property tax protections put in place 40 years ago with the passage of Proposition 13.

To listen to the half-hour podcast and hear the first podcast on Paycheck Protection Program loans with special guest James Beckwith, president of Five Star Bank visit www.nfib.com/content/news/california/nfib-california-launches-podcast-series/

Keep up with the latest on California small-business at www.nfib.com/california
For more than 77 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. ★

AMERICAN RIVER Messenger

Serving Fair Oaks, Orangevale and Sacramento County since 2006

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

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

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

Subscription rate is \$28 per year in Fair Oaks and Orangevale. The *American River Messenger* is published twice-monthly.

Call 916-773-1111 for more information.

**Publisher,
Paul V. Scholl**

American River Messenger is a member of **Messenger Publishing Group**

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Publisher@mpg8.com.
Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at (916) 773-1111.

We are proud members of these newspaper associations.

MORE TIME ON YOUR BUSINESS!

...and less time managing payroll.

We specialize in franchises and small businesses ranging from **one to hundreds of employees**, offering comprehensive and intuitive payroll solutions:

- DIRECT DEPOSIT
- QUARTERLY TAXES FILING
- PAYROLL TAXES PAY
- ACCRUAL TRACKING
- FILING AND REPORTING
- PAYROLL APP

FREE PAYROLL PROCESSING FOR ONE MONTH IF YOU CALL NOW!

916-760-7227

www.pinnaclehro.com

Meals Getting to Seniors During COVID in Sacramento County

By Brenda Bongiorno, Sacramento County

SACRAMENTO COUNTY, CA (MPG) - Sacramento County established a new program during COVID-19 to bring meals to seniors who are facing food scarcity. Dine At Home Sacramento, a partnership between Sacramento County, local restaurants and the Area 4 Agency on Aging (A4AA), is proud to announce that as of Sep. 11, 15 participating restaurants have served 62,911 meals to 819 seniors across Sacramento County.

"All involved in Dine At Home Sacramento have worked incredibly hard and have been creative and adaptive in meeting challenges along the way," said Michelle Callejas, Sacramento County Director of Child, Family and Adult Services. "This program has allowed our seniors to quarantine at home while receiving nutritional meals and has also provided economic stimulation to at least a few of our many local restaurants."

Sacramento County Adult Protective Services offers access to programs such as Meals on Wheels, CalFresh, and the Brown Bag Food Program where eligible seniors are provided hot meals, canned foods, fresh vegetables and bread. However, earlier this year when calls increased related to food needs from seniors in our community, A4AA began coordinating with a restaurant to fulfill orders to seniors who were in process for receiving Meals on Wheels. A4AA has expertise in operationalizing meal delivery programs and the agency utilizes a dietician to work with restaurants to establish nutritional menus for seniors.

The approach led to the new program of getting food to more seniors faster and boosting the restaurant industry. Sacramento County Child, Family and Adult Services is proud to have implemented this innovative new program with A4AA. Dine At Home Sacramento partners with restaurants in unincorporated areas and the cities of Galt, Folsom and Isleton that expressed interest in a meals program partnership. Through the partnership, the restaurants have received more than \$1,572,775 of revenue (\$25 a meal for preparation and delivery).

Using restaurants in these locations allows Sacramento County to reach more seniors in need of food while helping restaurants hire back employees and generate revenue.



"This program has allowed our seniors to quarantine at home while receiving nutritional meals and has also provided economic stimulation to at least a few of our many local restaurants." Photo by Norma Mortenson from Pexels

Currently, this program has reached capacity. If the program is able to accept new applicants in the future, Sacramento County will share an update on how to apply.

"There are several benefits to our program, which is why we chose to pursue it," said Michelle Callejas, Sacramento County Director of Child, Family and Adult Services. "The county was able to be more flexible with eligibility criteria, so we can serve more seniors facing food insecurity who might not be eligible for the state's new delivery program or our other programs. Through our partnership with A4AA, the goal is to expand the number and types of local restaurants participating to serve more meals by the end of the year."

"The program used roughly \$3.5 million of CARES Act funding the county received to serve seniors," said Ruth MacKenzie, Senior and Adult Services Division Manager for the Department of Child, Family and Adult Services. "Sacramento County, Child Family and Adult Services went to the Board of Supervisors on September 22 requesting authority to expand the contract with A4AA by \$3.4 million, this will allow us to increase the number of recipients and continue providing meals to our seniors through the holidays."

Visit the County's Senior and Adult Services webpage to learn more about their programs, provider services, volunteer opportunities and resources. ★



By County Supervisor Sue Frost

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

As everyone is painfully aware, the State of California remains in lockdown as we wait for the end of the COVID-19 pandemic. Since mid-March, schools and businesses have been forced to remain fully or partially closed. We are now on our second or third version of a reopening model, but unfortunately, it still does not make a whole lot of sense. The latest model is a tiered system, placing counties into a different colored tier based on daily new cases and positive test rates. The "Blueprint for a Safer Economy," as this model is called, still ignores the deficiencies of a county-based system. I am proud to say that I have joined my fellow elected leaders in writing the Governor and the State Secretary of Health and Human Services, urging them to employ a system that makes more sense.

On October 5th, Assemblyman Kiley, Senator Dahle, Folsom Mayor Aquino, and I signed a joint letter asking for a reopening system that focuses on zip codes, not counties. We did so because

Orangevale Community Update

Need For More Targeted Approach to COVID

cities like Folsom are meeting the levels of testing and positivity rates to advance tiers faster than the County. Meanwhile, Folsom shares a border with El Dorado Hills, which is advancing tiers significantly faster than Sacramento County, allowing for the reopening of schools and businesses ahead of Folsom. To the surprise of no one, El Dorado Hills having more businesses open has caused Folsom residents to cross the county border to shop, dine, and enjoy a somewhat normal lifestyle. Because the State insists on sticking with a County-based approach, Folsom businesses are left to suffer without the ability to open fully.

When asked whether the State would consider a zip-code based system during a hearing, the acting State Public Health Officer insisted that they had to continue to let the data at the County level determine reopening. Then, in a contradictory move, the State announced that data from disadvantaged communities would be added as a factor in a County's reopening ability. While it is essential to ensure that COVID-19 does not disproportionately impact disadvantaged communities, this also proves that the data we use to reopen is arbitrary. California could benefit from looking to New York, where the Governor has decided to focus resources based on, you guessed it, zip codes.

Folsom and El Dorado Hills are not the only California cities that are separated by nothing more than

a line on the map. Shifting the approach of the State to one focused on zip codes enables us to simultaneously focus COVID-19 resources in the most heavily impacted communities while allowing businesses in less impacted areas to reopen safely. Moreso, school districts that cross county lines can focus on putting kids back in classrooms and not navigating conflicting jurisdictional restrictions. To me, helping the communities struggling the most while helping everybody by allowing businesses to open seems like a clear win-win scenario.

It is irresponsible to carry on with a system based on the assumption that county lines stop the spread of COVID-19. For more than half a year, businesses have been forced to stay closed or operate at a reduced capacity. Businesses and families are suffering, and not just from COVID-19, but an inability to pay bills and put food on the table. We are beyond the point of doubling down on a flawed system to make it seem like there is some level of control. I sincerely hope that the Governor and state leaders will take the words of my colleagues and I seriously and rethink the "Blueprint to a Safer Economy."

Sue Frost represents the 4th District, which includes all or part of the communities of Citrus Heights, Folsom, Orangevale, Antelope, Rio Linda, Elverta, Gold River, Rancho Murieta, North Highlands, Carmichael, Foothill Farms and Fair Oaks. ★

How Has the Decline in Physical Activities Affected California Residents

By Elli Carrillo, QuoteWizard

SEATTLE, WA (MPG) - The lack of physical activity is found to be directly linked to mental health along with many health conditions deemed high-risk for serious COVID-19 illness. Physical activity during stay-at-home orders found 43% of people experiencing a significant decline, which came with an increase in stress.

Our team at QuoteWizard

analyzed CDC data and found, 79.2% of California residents were found to be physically active ranking among the most active states in the country - making those in California at lower risk of serious illness from COVID-19, but susceptible to adverse mental health. If you would like to learn more about physical activity and its effect on health during the pandemic, visit our full data report here: <https://>

quotewizard.com/news/posts/most-physically-active-states

Key Findings:

In 2019 there were 64.2 million US gym memberships, with an average attendance of 104 days a year per gym goer; On average 76% of American's have participated in physical activities in the last month; Nearly 88% of workers reported experiencing moderate to extreme stress over the first six weeks of the COVID-19 outbreak. ★

Independent & Assisted Living for Seniors 55+

6125 Hazel Ave. Orangevale, CA 95662 blossomvalesl.com

 Blossom Vale SENIOR LIVING

BUSINESS DIRECTORY

LANDSCAPE SERVICES



Superior Landscape Services
Landscaping and Maintenance

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

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

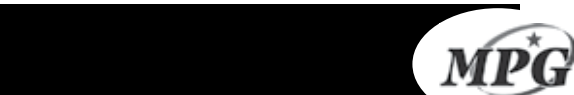
BEAUTY CONSULTANT

Natalie Miller
Independent Beauty Consultant

MARY KAY.

millernatalie29@yahoo.com
www.marykay.com/nmiller9625
916.621.0833

Contact me for a Complimentary Facial



**IF YOU'RE READING THIS
SO ARE YOUR CUSTOMERS**
Advertise Your Business Here
CALL 916-773-1111

DRUG AND ALCOHOL REHABILITATION



HELPING PEOPLE AND THE COMMUNITY WITH
THE ALCOHOL AND DRUG PROBLEM!
18 YEARS IN BUSINESS!

DETOX (916) 965-3386 SOBER LIVING (916) 961-2691

LET'S FACE IT!

Some jobs are just too big to do-it-yourself!
Whatever it is that you need done,
Call A Professional!
Check out the advertisers on this page. They are waiting to hear from you!



LET US SAVE YOU TIME & MONEY

REACH 75+ MILLION READERS WITH ONE ORDER, ONE BILL!

Community Classified 25 words/245+ papers	1x \$650 Statewide \$435 North/\$485 South
Daily Classified 25 words/41 papers/7 days	7 days \$995 \$650 North/\$650 South
CLASSIFIED COMBO 25 words/282+ papers	8 days \$1,270 Statewide
DISPLAY - Community Newspapers 140+ papers	1x \$1,600 2x2 Statewide; \$1,240 2x2 No.; \$1,240 2x2 So.

HOLLYWOOD CALIFORNIA NEWSPAPERS DELIVER!
More info: Call (916) 288-6011; email cecelia@cnpa.com



We'd love to help your business connect with our readers.
Call 916 773-1111

GOT LOCAL NEWS?

Call 916 773-1111



Land For Sale

39 ACRE SELF SUFFICIENCY HOMESTEAD - \$182 MONTH - Outstanding buy on quiet - secluded off grid northern Arizona homestead at cool clear 5,800' elev. Entirely useable grassy meadowland with sweeping views of surrounding red rock ridges. Situated within a secluded valley location surrounded by thousands of acres of uninhabited wilderness. Bordered by 1,280 acres of uninhabited State Trust land. Free well water access, rich loam garden soil, and ideal year-round climate. No urban noise and dark sky nights. Zoned for livestock. Camping and RV use ok. Maintained road access. On special at \$19,900, \$1,990 dn. with no qualifying seller financing. Free brochure with similar property descriptions, photos/terrain maps/ weather data/ nearby pioneer town info. 1st United Realty 1-800-966-6690. (Cal-SCAN)

Local Classified

Announcement

Water Damage to Your Home? Call for a quote for professional cleanup & maintain the value of your home! Set an appt today! Call 855-401-7069 (Cal-SCAN)

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

ENJOY 100% guaranteed, delivered-to-the-door Omaha Steaks! Get 4 FREE Burgers. Order The Grill's Bundle - ONLY \$79.99. 1-877-882-4248 Use Code 63281PAM or www.OmahaSteaks.com/family06 (Cal-SCAN)

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

Autos Wanted

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

DONATE YOUR CAR, BOAT OR RV to receive a major tax deduction. Help homeless pets. Local, IRS Recognized. Top Value Guaranteed. Free Estimate and Pickup. LAPETSALIVE.ORG 1-833-772-2632 (Cal-SCAN)

Cable/Satellite TV

DIRECTV - Switch and Save! \$39.99/month. Select All-Included Package. 155 Channels. 1000s of Shows/Movies On Demand. FREE Genie HD DVR Upgrade. Premium movie channels, FREE for 3 mos! Call 1-888-641-5762. (Cal-SCAN)

COMPUTER SERVICES

Zinsky's
PC Configurations
"Don't replace it - REPAIR IT!"
Custom Desktop Computer Configurations
• PC Repair • Home Wireless Networking
• Installations • Virus & Spyware Eradication
Alan Zinsky
Phone: 916-622-2269
Zconfig@sbglobal.net
Bus. Lic. # 305372 • E. E. R. Reg. #84416
www.zinskyspcrepair.com

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"



Fitness/Yoga

Your Fitness Genie
19 Years of Experience
Virtual sessions available soon
Age Well In Place
Avoid Assisted Living
*Keep Strength and Mobility
Be Active. Call Today!
Jenn@YourFitnessGenie.com
(916)768-8767

Financial Services
Over \$10K in Debt? Be debt free in 24 to 48 months. No upfront fees to enroll. A+ BBB rated. Call National Debt Relief 1-888-508-6305. (Cal-SCAN)

Struggling With Your Private Student Loan Payment? New relief programs can reduce your payments. Learn your options. Good credit not necessary. Call the Helpline 866-305-5862 (Mon-Fri 9am-5pm Eastern) (Cal-SCAN)

Handyman

A Quality Home Maintenance
Hauling
Gutters Cleaned
Yardwork
One Time Lawn Mowing
You Name It!
Scott Lehman
Gutter Dog
(916) 613-8359

Health & Medical

I will visit your loved one in Sacramento area nursing home / rehab facility or adult care home. For socialization, run errands, and light exercise routine. I have a healthcare and recreation therapy background. College Grad. Tim 916-370-0858

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

Stay in your home longer with an American Standard Walk-In Bath. Receive up to \$1,500 off, including a free toilet, and a lifetime warranty on the tub and installation! Call us at 1-844-252-0740 (Cal-SCAN)

ATTENTION: OXYGEN USERS! The NEW Inogen One G5. 1-6 flow settings. Designed for 24 hour oxygen use. Compact and Lightweight. Get a Free Info kit today: 1-844-359-3976 (Cal-SCAN)

Classified Advertising
916 773-1111

Insurance/Health
Lowest Prices on Health & Dental Insurance. We have the best rates from top companies! Call Now! 888-989-4807. (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)

WE SUPPORT OUR MILITARY

Landscaping

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

LANDSCAPING
Fall Yard clean up. Mow, weed, prune, haul, rock, bark, and gutters. Light Fence Work
916 205-9310
916 688-9310

Classified Advertising
916-773-1111

Miscellaneous

ATTENTION DIABETICS! Save money on your diabetic supplies! Convenient home shipping for monitors, test strips, insulin pumps, catheters and more! To learn more, call now! 1-855-702-3408.

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

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

Music Lessons
Guitar Lessons - Beginner to Advanced. \$10/half hour. \$15/hour. freddieballbert1@gmail.com. 530-263-6926 (MPG 12-31-20)

Painting / Roofing
PAINTING
BAES Painting Service
House & Apt Interior/Exterior
Flat Roof: Water Leak Repair
Gutter Cleaning
Cell: 916 291-6671
20 years of experience

Classified Advertising
916-773-1111

Classified Advertising
916-773-1111

Pets/Animals

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

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

Roofing
BERNARDINO ROOFING
Reroofs, Repairs, Maintenance, Dryrot, Gutters, Family Operated. BBB MEMBER!
FREE ESTIMATES
SENIOR DISCOUNTS
Lic#817946 35 Years Experience
916.920.0100
www.bernardinoroofing.com

School
AIRLINE CAREERS Start Here - Get trained as FAA certified Aviation Technician. Financial aid for qualified students. Job placement assistance. Call Aviation Institute of Maintenance 877-205-4138. (Cal-SCAN)

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

Classified Advertising
916 773-1111

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

The difference in winning and losing market share is how businesses use their advertising dollars. We deliver the largest consortium of trusted news publishers in California and beyond. For more info on multi-market solutions call Cecelia @ (916) 288-6011 or cecelia@cnpa.com

Work Wanted
I do garage and house organizing, cleaning, and de-cluttering. Pruning and weeding. Natural Health Education. References, College grad, security and Health background. Tim, 916-370-0858. (MPG 12-31-20)

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

RETIRED COUPLE
Has \$\$\$\$ to lend on California Real Estate*
V.I.P. TRUST DEED COMPANY
OVER 40 YEARS OF FAST FUNDING
Principal (818) 248-0000 Broker
WWW.VIPLOAN.COM *Sufficient equity required - no consumer loans
CA Department of Real Estate License #01941073
Private Party loans generally have higher interest rates, points & fees than conventional loans

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

NOTICE TO READERS
California law requires that contractors taking jobs that total \$500 or more (labor and/or materials) be licensed by the Contractors State License Board. State law also requires that contractors include their license numbers on all advertising. Check your contractor's status at www.cslb.ca.gov or 800-321-CSLB (2752). Unlicensed persons taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors State License Board.
DISCLAIMER
Be wary of out of area companies. Check with the local Better Business Bureau before you send any money for fees or services. Read and understand any contracts before you sign. Shop around for rates.

Wanted

KC BUYS HOUSES - FASTEST CASH - Any Condition. Family owned & Operated . Same day offer! (951) 777-2518 WWW.KCBUYSHOUSES.COM (Cal-SCAN)

Need some cash! Sell your unwanted gold, jewelry, watches & diamonds. Call GOLD GEEK 1-844-905-1684. BBB A Plus Rated. Request your 100 Percent FREE, no risk, no strings ATTACHED appraisal kit. Call today! (Cal-SCAN)

Freon Wanted: We pay CASH for cylinders and cans. R12 R500 R11 R113 R114. Convenient. Certified Professionals. Call 312-586-9371 or visit RefrigerantFinders.com (Cal-SCAN)

Wanted - AUTOS
WANTED! Old Porsche 356/911/912 for restoration by hobbyist 1948-1973 Only. Any condition, top \$ paid! PLEASE LEAVE MESSAGE 1-707-339-5994. Email: porscherestoration@yahoo.com (CalSCAN)

YARD SALE

Neighborhood yard sale Oct. 23-24, 8 am - 3 pm Albury St Brookcrest Way Citrus Heights

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

THE MONTERO'S ASSOCIATE DEPARTMENT OF HOME IMPROVEMENT PRO XTRA LIC/BONDED.

From custom shell, wood fencing, stone work, cement, painting, landscaping, tree service, pruning, etc. Call Hector 530-488-0311. 8-28-20

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!

Call 916 483-2299

CALL 916 773-1111 TO ADVERTISE IN YOUR LOCAL HOMETOWN NEWSPAPER

CLERGY ABUSE

Victims of sexual abuse by Catholic clergy have rights.

While nothing can undo you or your loved one's pain of abuse, many states are giving victims a short time to recover compensation from their abusers and the institutions that enabled them.

Call today for your free, confidential consultation.

CLERGY ABUSE ATTORNEY HOTLINE

800-444-9112

ATTORNEY ADVERTISING

THE MATTHEWS LAW FIRM, PLLC, 250 VALLOMBROSA AVE, SUITE 266 CHICO, CA 95926

Messenger Publishing Group
Call to Advertise Here 916 773-1111

100% PEOPLE POWERED

Pamela Swartz
State Senate
District 1

Jackie Smith
State Assembly
District 6



NO CORPORATE MONEY!

TOGETHER WE WILL FIGHT FOR:

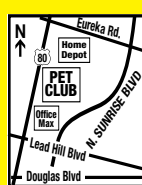
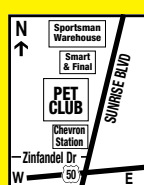
- Affordable Housing
- Tenant Rights
- Veterans and Seniors
- Broadband Internet
- Wildfire Prevention
- Affordable Healthcare

WWW.PAMELAFORSENATE.COM
WWW.JACKIESMITHFORASSEMBLY.COM

Paid for by Jackie Smith for Assembly 2020 FPPC #1418267 | 5515 Pacific St. #244, Rocklin, CA 95677 and
Paid for by Pamela Swartz for Senate FPPC ID# 1423306 | PO Box 344 Nevada City, CA 95959

EVERY OTHER WEEK WE HAVE THE **LOWEST PRICES ON FRISKIES (5.5oz) OR FANCY FEAST (3oz)** * *Compared to All Chain and Local Stores. Regular Prices Only.

We Beat Almost All Online Prices on Premium Brand Pet Foods.
Including Blue Buffalo, Chicken Soup, Earth Born, Diamond Naturals, Pinnacle, Taste of the Wild, & Royal Canin.



COUPON
FREE
1 LB SPORT MIX PREMIUM DOG BISCUITS
with the purchase of pet, fish food or supply.
Limit 1 Lb PLU 332 CHM
Limit 1 Coupon per family
Effective 10/21/20 - 10/27/20

COUPON
\$5.00 OFF
ANY PURCHASE OF \$15.00 OR MORE OF PET OR FISH SUPPLIES (Excluding Pet Food or Litter) Cannot be used in conjunction with similar dollar or percentage off coupons & advertised sale items.
Limit 1 PLU 351 CHM
Limit: 1 Coupon Per Family
Effective 10/21/20 - 10/27/20

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

We Only Accept ATM, Cash, & Checks M-F 9-8, SAT 9-7, SUN 10-7 Effective 10/21/20 - 10/27/20

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

<p>BLUE BUFFALO DRY DOG FOOD •Chicken (Reg. \$11.00 Off) 30 Lb Bag •Chicken (Large Breed) •Fish & Oatmeal (Reg & Lrg Breed) •Puppy (Reg & Large Breed) As Marked •Senior (Reg & Lrg Breed) •Lamb & Rice •Healthy Weight \$8 OFF Our Regular Low Prices! Effective 10/21/20 - 10/27/20</p>	<p>NATURAL BALANCE DRY DOG FOOD •Ultra Grain Free 24 Lb. •Potato & Duck 26 Lb. •Fat Dog 28 Lb. •Vegetarian 28 Lb. •Chicken & Brown Rice 28 Lb. SUPER BUY \$5 OFF Our Super Low Prices Limit 2 Bags Per Family Effective 10/21/20 - 10/27/20</p>	<p>MERRICK'S GRAIN FREE DRY DOG FOOD •Chicken/Sweet Potato •Duck/Sweet Potato •Buffalo/Sweet Potato •Salmon/Sweet Potato •Venison/Sweet Potato 25 Lb Bag \$10 OFF Limit 2 Bag OUR REGULAR LOW PRICE! Effective 10/21/20 - 10/27/20</p>	<p>PURINA KIT N' KABOODLE DRY CAT FOOD 16 Lb Bag Limit 2 Bags Per Family \$8.99 Effective 10/21/20 - 10/27/20</p>
<p>FRISKIES BUFFET CANNED CAT FOOD 5.5 Oz All Varieties Limit 2 Cases Per Family ON SALE Everyday Effective 10/21/20 - 10/27/20</p>	<p>FUSSIE CAT PREMIUM CANNED CAT FOOD Black Label Gold Label 2.8 Oz. Limit 2 Cases Per Family ON SALE As Marked Effective 10/21/20 - 10/27/20</p>	<p>TIDY CATS SCOOPABLE CAT LITTER 20 Lb Jug •Regular •Unscented Limit 2 Jugs Per Family ON SALE Everyday Effective 10/21/20 - 10/27/20</p>	<p>HI-COUNTRY WILD BIRD SEED 20 Lb Bag (Kaytee, 20 Lbs - \$8.99) (Audubon Friends, 20 Lbs - \$5.99) Limit 2 Bags Per Family \$6.99 Effective 10/21/20 - 10/27/20</p>
<p>PRO-PLAN DRY DOG FOOD 30-35 Lb Bag Limit 2 Bags Per Family •Chicken & Rice •Lamb & Rice •Beef & Rice •Sensitive Skin & Stomach •Lite •Performance \$3 OFF OUR SUPER LOW PRICE</p>	<p>EVERCLEAN PREMIUM CAT LITTER 25 Lb. Box Limit 2 Boxes •ES Unscented •US Ever Fresh \$12.99</p>	<p>MERRICK'S GOURMET CANNED DOG FOOD 13.2 Oz All Varieties Limit 2 cases On Sale</p>	<p>IAMS DRY DOG FOOD 30 Lb Bag Limit 2 Bags Per Family •Mini-Chunk \$27.99 •Large Breed •Lamb Meal & Rice •Weight Control \$28.99</p>
<p>WILDERNESS DRY CAT FOOD •Chicken •Salmon •Duck •Indoor •Weight Control 100% Grain Free 11-12 Lb Bag Limit 2 Bags AS MARKED \$6 OFF OUR REGULAR LOW PRICES!</p>	<p>PESTELL CLUMPING CAT LITTER 40 Lb. Bag Limit 2 Bags \$8.99</p>	<p>AVODERM CANNED CAT FOOD 13 Oz Limit 1 Case •Regular •Grain Free (Avoderm Canned Cat Food 3 oz Grain Free \$89¢ 5.5 oz Reg \$1.19) \$1.69</p>	<p>NEW OKOCAT CLUMPING WOOD LITTER •Regular •Soft Step 11-13 lb 16.7 lb 19.8 lb \$13.99 \$17.99 \$17.99 Dust Free Natural Paper 12.3 lb \$17.99</p>
<p>FRESH STEP CAT LITTER 21 Lb Bag (14 Lb Bag - \$4.49) Limit 2 Bags \$6.49</p>	<p>SCIENCE DIET DRY DOG FOOD 28.5-33 Lb Bag Limit 2 Bags •Lite \$44.99 •Sensitive Stomach \$49.99 •Perfect Weight \$51.99</p>	<p>CORE NATURAL DRY CAT FOOD 3 FREE Care Cat Cans 5.5 Oz With each purchase •Original •Indoor •Turkey Grain Free 11 Lb Bag Limit 2 Bags \$37.99</p>	<p>MEOW MIX CAT FOOD Market Select 2.75 Oz Cup Limit 2 Cases 53¢</p>
<p>ADVANTAGE FLEA CONTROL & TREATMENT Dog Small (Green) Dog Extra Large (Blue) As Marked Dog Medium (Teal) Cat Small (Orange) Dog Large (Red) Cat Large (Purple) Limit 2 Per Family. Cannot be combined with any other offer. \$4 OFF OUR REGULAR LOW PRICES</p>	<p>REDBARN NATURAL DOG TREATS •Bully Treats •Filler Bones •Bully Nuggets All Varieties except Mammoth Bone \$7.99 20% OFF OUR SUPER LOW PRICES</p>	<p>Bramton SIMPLE SOLUTION TRAINING PADS 23" x 24" 100 Ct Box \$21.99</p>	<p>NATURE'S MIRACLE DISPOSABLE LITTER BOX with Baking Soda •Regular 3 pack •Jumbo 2 pack \$8.99</p>
<p>PET CORRECTOR 1.58 oz. \$6.99 6.35 oz. \$13.99</p>	<p>MARINELAND POWER FILTER SALE MODEL TANK SIZE PENGUIN 100B20 Gal. \$17.99 PENGUIN 150B30 Gal. \$24.99 PENGUIN 200B50 Gal. \$29.99 PENGUIN 350B75 Gal. \$39.99</p>	<p>AQUEON BOXED 10 GALLON TANK With Economy Kit Just add Heater For Tropical Fish \$36.99 Limit 1 Per Family</p>	<p>PENN PLAX PLASTIC AQUA-PLANTS 20% OFF OUR SUPER LOW PRICES</p>
<p>BONUS COUPON JONNY CAT PREMIUM CAT LITTER 10 Lb Bag Limit 2 Bags With Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 10/21/20 - 10/27/20 \$1.79 CHM PLU 365</p>	<p>BONUS COUPON WHISKAS TEMPTATIONS CAT TREATS •All Varieties 3 Oz. Limit 2 Pkgs With Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 10/21/20 - 10/27/20 \$1.39 CHM PLU 569</p>	<p>BONUS COUPON FANCY FEAST GOURMET CANNED CAT FOOD 3 Oz - All Varieties Except Elegant Medley Limit 1 Case Per Family Limit One Coupon Per Family Price Valid Only With Coupon Effective 10/21/20 - 10/27/20 ON SALE Everyday CHM PLU 361</p>	