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Lancers Earn First Win!



Cordova senior running back Kevin Lewis rushes for a three-yard touchdown on 2nd and goal during a 40-0 win against Valley on Friday, October 14 in Rancho Cordova. Photo by Rick Sloan

By Shaun Holkko, sports editor

RANCHO CORDOVA, CA (MPG) - The Cordova varsity football team earned its first win in a big way on Friday night with a 40-0 blowout victory against Valley at home.

The Lancers (2-7, 1-2 Greater Sacramento League) were given a forfeit win for their week two game against El Camino, which Cordova lost 41-0, due to the Eagles using

an ineligible player in the game. However, this was the Lancers' first victory on the field in 2022.

Cordova led 21-0 at the end of the first quarter and never looked back. The Lancers led 27-0 at halftime when the crowd got to enjoy a performance from the marching band, who had a competition the following day.

Cordova led 40-0 halfway through the third quarter, which led Valley (0-8, 0-3 GEL) to request that the

fourth period would only be seven minutes long rather than 12, with a running clock.

Despite the losses, one thing is clear from this season; Kevin Lewis is a star. The senior began at quarterback and has now shifted into the backfield offensively. Lewis reached the end zone once again on Friday night and had his three-yard touchdown run on 2nd and goal featured

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**Medicare Open
Enrollment
Period Lasts
Oct. 15-Dec. 7**

**HICAP Outreach
News Release**

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

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

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

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

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

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

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

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

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MACC Director and Curator Cheryl Gleason Reflects on 5 Years of Art in Rancho Cordova

Visit RC News Release

RANCHO CORDOVA, CA (MPG) - The Mills Station Building has lived many lives. Since 1911, it's been a cannery, a gas station, a post office, a grocery store, and a dance hall, among other things. It's undergone significant metamorphoses, but one constant is the building's significance to the Rancho Cordova community.

"It's really incredible," said Cheryl Gleason, art director and curator of the Mills Station Arts & Culture Center (MACC), which currently occupies the building. "I really wish these walls could talk."

Though the building's walls are silent, they are quite literally blank



MACC Director and Curator Cheryl Gleason. Photo via MPG archive

canvases. Since 2018, local and international artists have displayed their work on the MACC's walls.

From exhibits exploring intricate 3D worlds constructed from tape to shows featuring wildfire

photography from across the west coast, the MACC regularly features exhibits focused on local artists, culture, history, and social justice.

This month, the MACC celebrates its fifth birthday with a special exhibit titled "How Sweet It Is." The exhibit showcases sugary-sweet artwork from local artists and will also feature a new show called "CREATIONS" by Utah-based artist Christopher Creek, who sculpts intricate artworks into the filling of double-stuffed Oreo cookies.

For Gleason, the five-year anniversary marks a significant milestone not just for the MACC but for herself.

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De'Aaron Fox Surprises Local Breast Cancer Survivors



Sacramento Kings guard De'Aaron Fox and breast cancer survivors with their families pose for a photo in front of the Sacramento Metro Fire Cancer Engine on Friday, October 7 in Sacramento. Photo courtesy of the Albie Aware Breast Cancer Foundation

By Shaun Holkko, sports editor

SACRAMENTO, CA (MPG) - Sacramento Kings sixth year guard De'Aaron Fox recently partnered with the Albie Aware Breast Cancer Foundation to surprise local breast cancer survivors.

Fox and Albie Aware were joined on the surprise squad by Kaiser Permanente and the Sacramento Metropolitan Fire District on October 7.

"The Sacramento Kings, Kaiser Permanente, Metro Fire and Albie Aware have come together to celebrate breast cancer survivors," said Courtney Quinn, breast cancer survivor and executive director of Albie Aware Breast Cancer Foundation. "Also, we are creating awareness as many individuals missed their breast cancer screenings throughout the pandemic and Albie Aware is here to provide this support in the greater Sacramento area."

According to Albie Aware, Sacramento County has a higher death rate due to breast cancer than state and national averages. Additionally, the county did not reach its Healthy People 2020 goals for mammograms in the past two years for women ages 50-74.

"A cancer diagnosis can be life-changing for so many, and Kaiser Permanente South Sacramento is committed to providing our patients with high-quality, compassionate care," said Claudia De Young, MD, an internal medicine physician at the Kaiser Permanente South Sacramento Medical Center, who also runs the breast clinic and breast cancer survivorship program. "We are proud to partner with Albie Aware as we our support our patients on their breast cancer journey, and provide them with this joyful, fun experience."

In recognition of Breast Cancer Awareness

Month, Fox and the crew surprised breast cancer survivors with tickets to the Kings Breast Health Awareness game against the Los Angeles Lakers on October 14. Fox arrived on the scene in Metro Fire's Cancer Engine, which was covered in pink and blue to raise awareness of breast and prostate cancer.

"We are honored and proud to work alongside the Sacramento Kings and Albie Aware to honor these breast cancer survivors," said Sacramento Metro Fire Captain Parker Wilbourn. "The Sacramento Metro Fire Cancer Engine is a 46,000-pound billboard traveling throughout Sacramento County raising awareness and reminding everyone to get their breast and prostate cancer screenings."

Breast cancer is a personal subject for Fox, whose mother Lorraine was diagnosed with the disease in 2000 when he was only 2 years old. Now today, Lorraine is celebrating over 20 years as a survivor and her son is making a significant impact in his community both on and off the court.

"It's great to be out here, just to see all of these smiling faces," Fox said Friday. "Not only the moms, but the kids, the husbands - everyone who is out here to support them. It's definitely a great day."

Inspired by his mom's perseverance, De'Aaron and his family established the Fox Whole Family Foundation to help women whose lives have been affected by breast cancer and to strengthen the leadership skills of underprivileged youth. Albie Aware and Fox's foundation have partnered to provide financial assistance to individuals dealing with breast cancer across the greater Sacramento region.

To learn more about both foundations, visit albieaware.org and deaaronfox5.com/fox-whole-family-foundation. ★

FEMA Updates Flood Maps in Sacramento County and Select Cities

FEMA News Release

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

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

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

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

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

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

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

Lancers Earn First Win!

Continued from page 1
on KCRA 3.

Lewis scored five of the Lancers' six touchdowns. The 5-foot-10, 140-pound senior got going early, scoring on Cordova's first offensive play from scrimmage. Sophomore Victor Cubero scored the Lancers' other touchdown on a run to the left that went for over 50 yards into the endzone.

Sophomore Donnavon Schiffnen recently took over at quarterback for Cordova. The underclassman signal caller executed the offense well on Friday, including when running read option plays with Cubero and Lewis.

The Lancers left the field on Friday night jubilant, upbeat and excited

following the win. The victory is the first in the coaching career of interim head coach Kyle Williams, who played at Cordova from 2004-05.

"I'm trying to restore Cordova's tradition and dominance," Williams proclaimed to the Grapevine Independent back in August.

In what has been a tough season for the Lancers thus far, Friday's win can be seen as a monumental step for the young program.

Cordova will have an extra day of rest before attempting to win its second game in a row. The Lancers play at Johnson (6-3, 2-1 GEL) on Saturday afternoon at 11 a.m. ★

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Rancho Cordova City Council

Linda Budge for City Council - 2022 • ID#1245439

"I've worked hard for Rancho Cordova for 47 years and will continue to do that."

International Railfair Returns Cheryl Gleason Reflects on 5 Years of Art in Rancho Cordova



Share your joy and childhood memories with your family and enthusiasts at the International Railfair. Photo courtesy of IRF

By Thomas J. Sullivan

SACRAMENTO REGION, CA (MPG) - It's 'All Aboard' for Northern California's largest model railroad exhibition, International Rail Fair 2022 (IRF) which returns after a two-year absence to The Grounds in Roseville at 700 Event Center Drive on Saturday, October 22 and Sunday, October 23.

Remember the thrill you felt when, as a child, you looked in wonder at an operating model railroad layout? Share that joy and make new memories with your family at the International Railfair.

Enthusiasts can enjoy a 'county fair' worth of model railroad activities and see operating model railroads in different scales and shop vendors who sell model railroad and rail-

include the Sacramento Modular Railroaders - Sacramento Central (HO scale), European Train Enthusiasts with two layouts one in HO and one in N scale, Gold Country Model Railroaders (HO



Roseville Roundhouse on the Sacramento Central Railroad layout, operated by the Sacramento Modular Railroaders. Photo courtesy of IRF

scale), Sacramento FreeMo-N (N scale), Sacramento Brick Builders - (LEGO 1:48), BAZ

badge to wear.

New this year is the 'One Foot Challenge' inviting the public to create a scale model diorama in a 12"x12" square space. Think you're up to the challenge?

Dioramas must arrive at the IRF Fall Square Foot Challenge Table by noon on the Saturday of the show, October 22nd. The public will be able to vote until 3:45 pm. on Saturday. The votes will be tabulated, and the winner(s) announced at 4 pm.

"There's no restriction on what scale can be used, it just needs to be a scale model. Just create a big scene in a square foot," said Tom Campbell, who's overseeing the contest. "Entrants must have at least one element that's related to railroads, and it must have at least one element that is related to the fall

season which has a lot of creative possibilities."

The diorama can be entered for either exhibition or a contest to win the People's Choice Award and receive a custom trophy. For information on the "One Foot Challenge, contact Tom Campbell at: tom.c.irf@gmail.com

Hot food and drinks are available at the snack bars during the show and seating is available for those who wish to enjoy lunch.

International Rail Fair 2022 (IRF) will be held at The Grounds in Roseville at 700 Event Center Drive on Saturday, October 22 from 10 am to 5 pm and Sunday from 10am to 4 pm.

Purchase advance tickets online at ticketor.com/internationalrailfair. Cash admission at the gate on the day of the show. Cost: Adult admission is \$10, and children ages 12 and under are free. Sunday only, kids ages 13 to 17 is \$5. A reminder that parking at The Grounds in Roseville is \$10. For additional information visit: www.internationalrailfair.com ★



Railroad enthusiasts have been putting on model railroad shows in the region for over 40 years. Photo courtesy of IRF

fan products. Learn about model railroading, railroad history, and prototypical railroad operations.

IRF is run by members of the Sacramento Modular Railroaders, the Sacramento chapter of the European Train Enthusiasts, Roseville Roundhouse Model Railroad Association, and the Sierra Division of the NMRA, all of whom have been putting on model railroad shows for over 40 years.

Operating layouts

BoyZ (Z scale) and the Sacramento Valley Garden Railway Society (G scale). Children will enjoy exploring a special starter 'layout' and have an opportunity to operate a train on a finished model railroad. Members of the Sacramento Modular Railroaders club provides experienced members to demonstrate to each child how to operate a train on the layout and then turn over the controls to the 'student engineer.' After operating the train, the student engineer is promoted to 'junior engineer' and given a 'Junior Engineer'

Continued from page 1

"When I got this job, it was right before Christmas and I felt like that was the best Christmas present that year in 2017," said Gleason. "Thinking about the last five years, I'm looking back at the amazing accomplishments from where we started to what we have created here today and the immense trust and leeway I've had to be creative in establishing what's going on here."

"I can't thank the Cordova Community Council, the Rancho Cordova City Council and retiring City Manager Cyrus Abbar enough for that opportunity," she added.

Seeds of an Artist

Gleason's roots in the art world date back to her childhood. Growing up in Sandpoint, Idaho, she was passionate about drawing, often recreating found pictures on paper with pencil. She dreamed of being an artist, but after finishing high school, she decided to enroll in a 12-month architectural drafting course. But the work didn't resonate with her.

"I ended up moving to California and I started going to community college," said Gleason, who signed up for art classes while attending school. "I just fell back in love with that thing that was missing from my life for the longest time."

After community college, Gleason earned a degree in fine art and a minor in art history from the University of California, Davis. But post-graduate life quickly pulled her back from her passion. While studying at UC Davis, Gleason was employed by Nugget Markets and following graduation, she quickly rose through the grocer's ranks, eventually becoming the market's director of training. Nearly 12 years passed and all the while, Gleason felt an itch, as if something was missing from her life.

"I learned a lot, but I didn't paint much and there was always this slight frustration and sadness," she said.

Eventually Gleason left her post at Nugget Markets for a job in Rancho Cordova. During that time, she noticed art submission calls from the city hall in Rancho Cordova.

"I had a little bit more time, so I started painting again," she said. "And I started submitting to these shows and getting to

know the artists and getting to know the Cordova Community Council."

As Gleason built relationships in the Rancho Cordova community, the Cordova Community Council and the City Council were hard at work on a secretive project at the Mills Station Building, a project that would elevate the arts by transforming the building into a home for them.

A center for the arts

When the MACC was ready to launch, the Cordova Community Council tapped Gleason to run the center. Since then, Gleason has worked tirelessly to establish the MACC as the artistic hub for the Rancho Cordova community. She partners with local nonprofits in the area like Rise Up Theatre, Ri-Nu Imagination, the Soroptimists and more. Through the Rancho Cordova Arts 501c3 arts group, they raise money in their annual Micro-Masterpieces fundraiser to buy thousands of dollars of art supplies for the students and teachers in Rancho Cordova.

Underlying all the community engagement work is a passion for the arts and its indelible effects.

"That's why having the MACC, which is free, where anyone can come and see different exhibits and be inspired or have thought-provoking conversations, even if only in your own head, is very important," she said. "Culture is what defines a city."

With each exhibit, Gleason hopes to spark reflection and conversation. And her mind is always burgeoning with ideas for future shows. Inspiration strikes from anywhere and everywhere.

"I get ideas from the darndest places," she said. "It can be a picture in a magazine, it could be a conversation that you and I have where you mention something. I mean, it's just so random how the brain works."

When asked about the MACC's important to the community, Gleason said, "Art is more important today than it ever has been. It's a reflection of our culture. It talks about our past, it talks about our present and it talks about our future."

And for the MACC, the future looks bright.

Celebrate five years of the MACC by attending "How Sweet It Is," which is running Oct. 6-Oct. 22. Learn more about the event and the MACC at www.rcmacc.org ★

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Sac State Football Runs Away from Eastern Washington, 52-28

No. 5 Hornets Equal Best Start in School History at 6-0

**Sac State Athletics
News Release**

CHENEY, WA (MPG) - Sacramento State rushed for a season-high 385 yards to pull away from Eastern Washington, 52-28, on Saturday at Roos Field.

The fifth-ranked Hornets improved to 6-0 overall and 3-0 in the Big Sky Conference. The six consecutive wins to start a season matches the school record, which was set in 1991, and is the best start in the Div. I era (1993-pres.). The Eagles, who have endured a brutal early season schedule, fell to 1-5 overall and 0-3 in league.

Sacramento State jumped out to a 21-0 lead only to have EWU tie the contest with 21 unanswered points of its own. The Hornets then closed the first half with a pair of touchdowns in the final five minutes and never looked back. The two teams combined for 56 points in the first half as Sacramento State entered the break with a 35-21 lead.

After the Hornet defense forced a 3-and-out on the opening drive of the game, the offense went to work with a methodical touchdown drive. Sacramento State rushed nine times during the series, and the points came on a 1-yard rush from Asher O'Hara.

The Hornets quickly added to that advantage when Brock Mather picked off Gunner Talkington and weaved his way into the end zone for a 22-yard touchdown. The TD was the second pick six for the Hornet defense this season, following Caleb Nelson's 98-yard return in the season opener against Utah Tech.

A wild sequence of events saw the Sacramento State throw an interception of its own and was followed by a big pass play from the Eagles to take the ball deep into Hornet territory. However, EWU had to settle for a field goal



Sacramento State quarterback Asher O'Hara scores a touchdown during a 52-28 win at Eastern Washington on Saturday, October 15 in Cheney Washington. Photo courtesy of Sacramento State Athletics

attempt which was blocked by Jett Stanley and returned by Cameron Broussard across midfield.

Shortly after, Cameron Skattebo caught a screen pass on the left side of the field, hurdled a defender, juked another, and then ran through a third would-be tackler for a 37-yard touchdown reception. That touchdown gave the Hornets a 21-0 lead at the end of the first quarter and a 71-7 edge in the opening period this year.

Eastern Washington got on the board with a touchdown on the opening drive of the second quarter. The big play came on a 31-yard strike from Talkington to Jakobie James which took the ball to the 2-yard line. After being stopped on its next two plays, Talkington hit Jett Carpenter for a touchdown in the front right corner of the end zone.

The Eagles kept the momentum by forcing a fumble and then scoring two plays later on

a 26-yard pass to Efton Chism. After a forcing a 3-and-out, Eastern Washington drew even on a 15-yard end around from Justin Jackson.

Sacramento State was able to thwart the run with an 8-play, 75-yard drive to move ahead, 28-21. The team had three plays of at least 10 yards during the drive and also drew a pass interference call in the end zone. O'Hara scored his second TD of the game with a 1-yard leap over the pile.

After a defensive stop, the Hornets provided the final points of the first half when Jake Dunning hit Marshel Martin for an 11-yard touchdown to give the team a 35-21 lead at the break. The 35 first-half points tied Sacramento State's season best which previously came against Utah Tech.

The second half began with the Hornets piecing together a drive which abruptly ended when the

Eagles picked off a pass in the end zone. However, EWU gave the ball back when a pass on a fake punt fell incomplete giving Sacramento State the ball at the Eagle 38.

A 28-yard run from Skattebo moved the ball to the 10-yard line before O'Hara scored his third touchdown of the game with a 5-yard scramble. The game marked the second time this season that O'Hara has rushed for three touchdowns, and he now has 11 TD's this season.

Less than two minutes later, Eastern found the end zone again to make it a two-score game, but any hopes of a comeback were dashed when Kyle Sentkowski converted a 36-yard field goal and Parker Clayton caught an 8-yard TD pass for the only score of the fourth quarter. The Hornets outscored EWU, 17-7, in the second half.

Sacramento State's 385 rushing yards were the third most in the

school's Div. I era, and the most since rushing for 392 against Cal Poly in 2000. Skattebo led the way with a career high 201 rushing yards (29 carries, 6.9 yards per tote) while O'Hara added 94 and Elijah Tau-Tolliver had a 57 yards on six carries.

The quarterbacks combined to complete 13-of-19 passes for 140 yards and three touchdowns. Skattebo, Pierre Williams and Marshel Martin tied for the team lead with three receptions.

Armon Bailey paced the Hornet defense with nine tackles, including two for loss and a pass breakup. Fellow linebacker Jeremy Harris had eight stops. Mather had five tackses (three solos) and a quarterback hit to go along with his pick six.

Sacramento State returns home for its next two games. The first coming on Oct. 22 against Montana. The game will start at 8 p.m. and air nationally on ESPN2. ★

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Re-Elect Assemblyman Ken Cooley

ABOUT

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



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

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

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

RANCHO CORDOVA CITY FOUNDER

Ken was elected to Rancho Cordova's first City Council and in that role he and his 4 colleagues established the City of Rancho Cordova. He was Mayor twice, first in 2005 when its City Hall was built and again in 2010 when Rancho Cordova won



national recognition as an All America City by the National Civic League. Ken ran for the City Council because he was tired of the crime and drug dealing that hurt his community and held back its future. He felt the city should strive to copy Citrus Heights which was renowned for its conservative fiscal policies. As Mayor and Councilman, Ken balanced budgets, worked on public safety and focused on creating jobs. Rancho Cordova is now a hub for jobs in the county.



Read more at
www.kencooley.com

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California Faces a Housing, Wildfire Conundrum



By Dan Walters, CALMatters.org

California must ramp up housing construction to reduce the ever-widening gap between supply and demand and ease the high shelter costs that drive families into poverty and contribute to the state's homelessness crisis.

However, given the seemingly nonstop series of uber-destructive wildfires California is experiencing, prudence dictates that we should also avoid housing construction in what's called the "wildland urban interface" where fires are most likely to have cataclysmic impacts.

The friction between those two imperatives is played out in the political arena, where officialdom makes land use policy.

A case in point: Two years ago, by overwhelming bipartisan majorities, the Legislature passed a bill that would have required local governments to make fire safety a major factor in approving housing developments in fire-prone areas by compelling developers to include protective features.

The measure was passed in response to a wave of killer fires, including the Camp Fire that destroyed the rural community of Paradise in 2018, killing 86 people.

Gov. Gavin Newsom vetoed the bill, saying

that while he supported its aims it "creates a loophole for regions to not comply with their housing requirements."

"Wildfire resilience must become a more consistent part of land use and development decisions. However, it must be done while meeting our housing needs," Newsom wrote.

In the absence of clear policy from the Legislature and the governor on limiting construction in fire-prone areas of the state, Attorney General Rob Bonta has intervened.

This year he joined forces with environmental groups to stall a huge housing and golf resort project in Lake County, where wildfires are a constant threat. A Lake County judge declared that local authorities and the developer had not paid sufficient attention to the Guenoc Valley project's vulnerability to fires.

The ruling "affirms a basic fact: Local governments and developers have a responsibility to take a hard look at projects that exacerbate wildfire risk and endanger our communities," Bonta said. "We can't keep making shortsighted land use decisions that will have impacts decades down the line. We must build responsibly."

This week, Bonta took another step, issuing a set of guidelines that local authorities should follow in assessing the potential wildfire dangers of proposed developments.

It declares that it's "imperative that local jurisdictions making decisions to approve new developments carefully consider wildfire impacts

as part of the environmental review process, plan where best to place new development, and mitigate wildfire impacts to the extent feasible."

Unveiling the policy in San Diego County, whose fast-growing inland communities are in constant peril from wildfire, Bonta said, "This is the new normal. When it comes to development, we can't continue business as usual. We must adjust. We must change."

Bonta's guidelines don't have the force of law, but they contain the implicit threat that his office will intervene if they are ignored, as it did with Guenoc Valley.

Avoiding housing in areas of extreme fire danger would seem to be common sense, but except for a narrow strip of land fronting the Pacific Ocean, the flatlands of the Central Valley and the deserts of Southern California, the state is mostly a tinderbox.

Moreover, Californians prefer, if they can, to live in single-family homes in scenic locales and therefore developers want to comply with those preferences, which is why they propose projects such as Guenoc Valley.

The issue demands something more definitive than a document from the attorney general. Newsom and the Legislature should, as they ramp up pressure for more housing construction, also delineate where it should — and should not — occur.

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

New Study Proves Breastfeeding Sheds COVID Shot mRNA



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

Liberty Counsel News Release

WASHINGTON, D.C. (MPG)

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

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

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

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

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

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

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

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

DWR Takes Actions to Support State's Future Water Supply Strategy

DWR News Release

SACRAMENTO, CA (MPG) - On September 29, the Department of Water Resources (DWR) announced new steps that, if approved, could save enough water to supply 4.7 million Californians annually while making conservation more affordable through financial assistance and tax exemptions. The actions improve long-term water conservation and reduce wasteful outdoor water use as California adapts to a hotter, drier future driven by climate change.

The new actions will build on California's ongoing long-term efforts to make water conservation a way of life while advancing water efficiency efforts outlined in California's Water Supply Strategy: Adapting to a Hotter, Drier Future. DWR will be implementing and supporting actions that include:

Outdoor Water Use Recommendations

To help prepare for a hotter and drier future, DWR has submitted outdoor water use efficiency recommendations to the State Water Resources Control Board. With outdoor water use accounting for 50 percent of urban residential water use on average, the recommendations outline standards that would provide urban retail water suppliers with a framework to support more efficient outdoor residential water use. The framework will also include standards for the irrigation of large commercial, industrial, and institutional (CII) landscapes in their service areas.

DWR's outdoor water use recommendations combined with indoor residential water use recommendations submitted in November 2021 would result in expected long-term water savings of 450,000 acre-feet per year starting in 2030 – enough water to supply about 1.6 million homes or about 4.7 million residents for both indoor and outdoor annual needs. The recommendations would also result in near-term savings of 100,000 acre-feet a year starting in 2023. DWR's recommendations will be evaluated by the State Water Resources Control Board through a formal rulemaking process, which will include additional analysis, engagement, and opportunity for public comment.

Indoor Water Use Legislation Signed

California also recently took additional steps to increase indoor water use savings with Governor Newsom's signing of Senate Bill 1157 (Hertzberg), which adopts recommendations made by DWR and the State Water Board last year to reduce indoor water use targets to 47 gallons per day by 2025 and 42 gallons by 2030. By adjusting indoor water use standards to reflect the joint recommendation of DWR and the State Water Board, the legislation will help increase water conservation and water use efficiency, ensuring a more water-resilient future for California.

Financial Assistance for Turf Transition and Conservation

DWR has developed a set of funding programs that will help build resiliency in all communities including underrepresented communities and Tribes. The funding programs include financial assistance for projects that strengthen resilience in urban communities, turf transition for residential and commercial landscapes and water conservation programs for urban water suppliers. DWR's programs will help to clear some of the hurdles that underserved communities face with direct install programs and support for local water agencies, while also helping build resiliency with equity in mind. DWR plans to release these grant programs in October. These new programs will build on the momentum created by the millions of dollars in grant funding that has been distributed by DWR in 2022.

Turf Tax Exemption

For those making smart water decisions to replace their lawns now and, in the future, Governor Newsom signed Assembly Bill 2142 (Gabriel), which will exempt from state income tax calculations any grant, rebate or additional financial assistance awarded from a state or local agency for turf transition. The law will provide the exemption through tax year 2027.

For more information on water use efficiency and the recommended standards, visit DWR's Urban Water Use Efficiency Standards webpage. For information about other DWR and State drought response efforts and funding programs, visit drought.ca.gov. ★

Medicare Open Enrollment Period Lasts October 15 - December 7

Continued from page 1

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ASI Children's Center Distributes Free Diapers

By Jennifer K. Morita, Sac State

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

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

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

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

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

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

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

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



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

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

Within days of launching on Sept. 2, the Children's Center distributed more than 1,800 diapers, Velte said.

The numbers don't lie, said Lorena Carranza, the Sacramento Food Bank's community resource manager. When the COVID-19 pandemic hit, the number

of families the Sacramento Food Bank served doubled from 150,000 a month to more than 300,000, she said.

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

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

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

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

The Sacramento Food Bank also partners with Sac State to provide food for the ASI Food Pantry and knowing college students' needs makes the

collaboration "a perfect fit," Carranza said.

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

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

McCartney picked up diapers on the first day.

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

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

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

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

Flood Insurance Industry Undergoing Massive Regulatory Change

Commentary by Mac Armstrong

In this age of extreme weather and worsening natural disasters, it is crucial that we refresh and modernize our approach to disaster mitigation and recovery. A good place to start would be floods, which cost our nation approximately \$17 billion in damages each year.

Californians who live in a 'mandatory' flood zone as defined by FEMA are required by lenders to obtain flood insurance before purchasing their home. Residents in such zones must acquire flood insurance as a condition of the home purchase, and they have historically purchased insurance from the federal government through the National Flood Insurance Program (NFIP). Pending regulatory changes would allow private insurers to better compete with government insurance, but for the moment the NFIP enjoys an effective monopoly in mandatory zones. However, it's important to understand that damaging floods occur outside these 'mandatory' zones every year. Approximately 20% of NFIP claims, for example, come from flood events in FEMA's 'moderate' and 'low' risk zones, where residents are not required to purchase flood insurance. According to the NFIP's own flood calculator, just one inch of standing water due to flooding can cause \$25,000 dollars of damage to a home.

Consumers deserve choice, especially considering government-mandated changes to NFIP that will dramatically increase the cost of government flood insurance to cover program losses. How big a change? According to analysis by Redfin, 81% of the NFIP flood policyholders are seeing an increase in their premium as of April 1 of this year. In California, 79% of NFIP policyholders are now paying more for their government insurance. The NFIP price hike impacts all types of communities but is most pronounced in majority-Hispanic neighborhoods, where 84% of residents have seen their premiums increase.

The combination of under-insurance and price hikes raises troubling questions about our collective resilience to flood damage. According to the First Street Foundation, our country's annual losses from flood – currently at \$17 billion – could grow to \$32 billion by the year 2051. Of course, this figure does not include the cumulative cost of tornadoes, hurricanes and other wind events, fires, and earthquakes. Over the past five years, the average annual cost for all natural disasters in the United States was \$51 billion. If policyholders facing premium hikes discontinue NFIP coverage, the costs of uninsured losses will be borne by American communities and threaten the ability of government entities at all levels to finance needed repairs and recovery efforts.

In short, we need to stop depending solely on government to restore

our communities after disaster strikes. We envision a chain of community resilience where government, NGOs, community leaders and insurers work seamlessly to maximize available resources in support of Americans in need. A property that lacks adequate protection against flood or other events creates costs that are shifted to other links in the chain of resilience – government aid, or NGOs and philanthropies. In an era of tightening budgets and worsening weather, this is not sustainable.

The urgent order of business is to ensure that Californians are aware of their risk from flood damage and have multiple affordable options to protect their families. Private flood insurance is now an even more attractive alternative for California families and businesses, especially in an age of higher prices for everything from gasoline to housing. It's crucial that Californians educate themselves about their options and potential alternatives to the NFIP. Above all, it's crucial that vulnerable homes and businesses obtain coverage so that costs of recovery are not transferred to the federal government or to NGOs. The time to update our approach to disaster response is here, and we must seize the moment.

Mac Armstrong is Chairman and CEO of Palomar Holdings, a specialty insurer active in metro Sacramento and throughout California. For more information please visit Plmr.com ★

Defendant Sentenced for Robbery with Firearm

Sac County DA News Release

SACRAMENTO COUNTY, CA (MPG) - The Honorable Matthew Gary sentenced Marquess Wilson to 37 years to life in prison.

On December 14, 2021, a jury convicted Wilson of two counts of

first-degree robbery with use of a firearm, first-degree residential burglary and felon in possession of a firearm. The Court found true allegations that Wilson has a prior 2011 strike conviction for assault with a firearm and a prior 2014 strike conviction for battery with

serious bodily injury.

On December 11, 2020, Wilson confronted the victim on her driveway, pointed a gun at her and demanded she let him into her house. While inside the house, Wilson stole items totaling more than \$30,000. Wilson then went into the victim's 9-year-old

son's room while he was playing video games. Wilson stole the son's video game console and phone. Law enforcement recovered some of the stolen property from the trunk of Wilson's wife's car. Wilson was arrested, but the firearm was never recovered. ★

City of Rancho Cordova Legal Notice

NOTICE IS HEREBY GIVEN that on **Monday, November 7, 2022, at 5:30 p.m.**, or as soon thereafter as the matter may be heard, the City Council of the City of Rancho Cordova will hold a **Public Hearing** at the **Rancho Cordova City Hall, located at 2729 Prospect Park Drive, Rancho Cordova**, to consider the following:

ADOPTION OF THE 2023 ANNUAL ACTION PLAN FOR THE COMMUNITY DEVELOPMENT BLOCK GRANT (CDBG) PROGRAM

Note: Due to precautions surrounding the current COVID-19 pandemic, public attendance guidelines for City Council Public Hearings may vary. Members of the public are advised to check the Public Hearing Agenda at the following link for specific instructions for attending this meeting: <https://www.cityofranchocordova.org/government/city-clerk/council-meeting-agendas-minutes-and-videos>

If you have any questions, you may contact the City Clerk's Office by phone at (916)851-8720, or by checking the website at <https://www.cityofranchocordova.org/government/city-clerk>

The City is estimating that it will receive approximately \$600,000 in 2023 CDBG funds, as well as rollover funds from previous program years, for the 2023 program year. The CDBG program is funded by the U.S. Department of Housing and Urban Development (HUD). The program provides funding for activities that benefit low-income persons, eliminate slum or blight, and/or serve an urgent need. Eligible activities include property acquisition, public improvements, housing rehabilitation, economic development, and public services.

The City has developed the 2023 Annual Action Plan which describes how the City will utilize CDBG funds for eligible activities during the 2023 program year. The 2023 Annual Action Plan will be made available to the public for at least 30 days before adoption by the City Council. The documents were released on October 7, 2022 for public review and comment, and have been made available until November 7, 2022 at City Hall, **2729 Prospect Park Drive, Rancho Cordova**, between the hours of 8:00 a.m. and 5:00 p.m. on weekdays and on the City's website: <https://www.cityofranchocordova.org/departments/community-development/housing/community-development-block-grant>.

The purpose of this public hearing will be to present the 2023 Annual Action Plan to City Council for their approval, as well as to give citizens an opportunity to make their comments known regarding community needs, goals, and potential activities to be funded under the CDBG Program. The 2023 CDBG program year will run from January 1, 2023 to December 31, 2023. Annual Action Plans can be amended as needed to reallocate funds to housing and community development activities. Written comments and questions regarding the Annual Action Plan may be directed to:

**Stefan Heisler
City of Rancho Cordova
2729 Prospect Park Drive
Rancho Cordova, CA 95670
(916) 851-8757**

The City of Rancho Cordova encourages interested parties to attend public hearings and comment on the issues being discussed. If you wish to provide testimony and are unable to attend the meeting, written comments that are delivered to the City Clerk's office prior to the time of the hearing will be made a part of the public record. Questions regarding this matter should be directed to the **City of Rancho Cordova City Clerk's office at (916) 851-8727**.

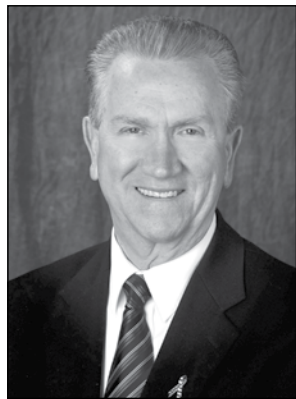
NOTICE REGARDING CHALLENGES TO DECISIONS

Pursuant to all applicable laws and regulations, including without limitation, California Government Code Section 65009 and/or California Public Resources Code Section 21177, if you wish to challenge in court any of the above decisions (regarding planning, zoning and/or environmental decisions), you may be limited to raising only those issues you or someone else raised at the public hearing(s) described in this notice/agenda, or in written correspondence delivered to the city at, or prior to, this public hearing.

ADA COMPLIANCE STATEMENT

In compliance with the Americans with Disabilities Act, if you need special assistance to participate in this meeting, please contact the City Clerk's Department at (916) 851-8720. Notification 48 hours prior to the meeting will enable the City to make reasonable arrangements to ensure accessibility to this meeting.

Printed in the Grapevine Independent on **October 21, 2022**



And Another Thing A Christmas poem about a Soldier

By Bob McGarvey

I received this among many pieces of mail from military organizations. This is from DAV, Disabled American Veterans, as we become closer to Christmas. This Christmas poem or story is about a soldier, and it makes me think about Veterans and soldiers and Veterans Day. Santa Clause is talking to the soldier.

“Twas the night before Christmas, he lived all alone, in a one bedroom house made of plaster and stone. I had come down the chimney with presents to give, and to see just who in this house did live. I looked all about, a strange sight I did see, no tinsel, no presents, not even a tree.

No stocking by mantle, just boots filled with sand, and on one wall pictures of far distant lands. With medals and badges, awards of all kinds, a sobering thought came to my mind. For this house was different, so dark and so dreary, the home of a soldier, now I could see clearly.

The soldier lay sleeping, silent, alone, curled up on the floor in this one bedroom home. The face was so gentle, the room in such disorder, not how I pictured a United States soldier. Was this the hero of whom I’d just read? Curled up on a poncho, the floor for a bed?

I realized the families that I saw this night, owed their lives to these soldiers who were willing to fight. Soon round the world, the children would play, and grownups would celebrate a bright Christmas day. They all enjoyed freedom each month of the year, because of the soldiers, like the one lying here. I couldn’t help wonder how many lay alone,

on a cold Christmas Eve in a land far from home. The very thought brought a tear to my eye, I dropped to my knees and started to cry. The soldier awakened and I heard a rough voice, “Santa don’t cry, this life is my choice;

I fight for freedom, I don’t ask for more, my life is my God, my country, my corps.” The soldier rolled over and soon drifted to sleep, I couldn’t control it, I continued to weep. I kept watch for hours, so silent and still, and we both shivered from the cold evening’s chill.

I didn’t want to leave on that cold, dark, night, this guardian of honor so willing to fight. Then the soldier rolled over, with a voice soft and pure, whispered, “Carry on Santa, it’s Christmas Day, all is secure.” One look at my watch, and I knew he was right. “Merry Christmas my friend, and to all a good night.” “By Lance Corporal James M. Schmidt”

I guess that is a little early for Christmas, but it isn’t too early for the Veterans of our country. This column will be printed in the October 21, 2022 Grapevine Independent, and that will only be two weeks before Veterans Day. We can look at this as early for Veterans Day, or very early for Thanksgiving, or very very early for Christmas, but our soldiers are always out to help protect others; and those soldiers are both young men and women who are willing to help protect others while they are far away from home. Thinking of them brings me back to that soldier that Santa found who said “Santa don’t cry, this life is my choice”. There aren’t as many in uniform today as there were in the past, but they also say “this life is my choice.”

From Bob McGarvey, God bless and we’ll see you next time. ★

Council Boosts Pay of Outgoing City Manager

By Bill Bird

RANCHO CORDOVA, CA (MPG) - Rancho Cordova City Manager Cyrus Abhar has announced his intentions to retire at the end of the year. But he isn’t going away empty-handed.

The Rancho Cordova City Council voted unanimously during its October 3rd meeting to award Abhar with what a city staff report calls a “performance enhancement benefit” of 5-percent. This represents a raise of \$14,283.06 for the 2022 fiscal year.

According to the website “Transparent California,” Abhar earns a salary of \$251,193.00. The website also states that Abhar earns an additional \$29,629.00 in what is termed as “other pay.” This brings the City Manager’s total compensation package to \$280,822.00.

The City Council chose to reward Abhar with the 5-percent increase following a performance evaluation that took place in closed session meeting on September 27, 2022. The public report from

that meeting, announced by Rancho Cordova Mayor Donald Terry, was that the City Manager’s performance was “exemplary.”

Abhar informed the City Council of his intentions to retire this December during the September 27th meeting. According to a news release issued by the City of Rancho Cordova the next day, Abhar indicated that he would be willing to stay into 2023, or until the recruitment process (for a new City Manager) is complete.

“We have a lot of very unique success to thank Cyrus for,” City Councilman David M. Sander said during the October 7 meeting. “We’ve got a lot of thinking to do about how we maintain that (city) momentum going forward.”

Abhar is one of the city’s longest-serving employees. He joined the City of Rancho Cordova when the community officially incorporated into a city in 2003. He served as Public Works Director until he was elevated to the position of City Manager seven years ago. ★

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P	O	L	L			Y	E	S		S	T	Y	L	E	

STATEPOINT CROSSWORD • TV HOSTS

CLUES

ACROSS

1. Big splash, in the audience
6. Diminish
9. Miss America's accessory
13. Wear away
14. V
15. Nile's mouth, e.g.
16. Enter password (2 words)
17. Poetic "even"
18. Misbehave (2 words)
19. "Carpool Karaoke" James _____
21. "The Tonight Show" longest-serving host
23. Negative conjunction
24. One of Five Ws
25. Communications regulator, acr.
28. Australian palm
30. Branch of traditional medicine, adj.
35. Monet's water flower
37. Succotash ingredient
39. Indian side dish
40. Like dental exam
41. Administer
43. Frequenter
44. Town news announcer
46. Do like eagle
47. Recipe command
48. "Not Fallon
50. Like a "Vogue" ad
52. "Is it _____ wonder?"
53. Onion's kin
55. Am is to I as _____ is to we
57. "Certain Barbarian's namesake
60. "Last Week Tonight with John _____"
63. Indifferent to emotions
64. Tokyo, in the olden days
66. Type of car
68. Not upright
69. Floor cleaner
70. Not mainstream
71. Gallup's inquiry
72. Word for a nod
73. Particular manner

DOWN

1. Electric swimmer
3. Gator's kin
3. NBC's peacock, e.g.
4. Deck out
5. Muscle to bone connector
6. Balanced
7. "Full Frontal" Samantha _____
8. "Judge Wagner and Judge Judy "hosted" from it
9. 1/60th of min, pl.
10. Palo _____, CA
11. Like nonlethal gun
12. Accident
15. Squirrel or hummingbird, moving-wise
20. _____ Kane of soap opera fame
22. Pleasurable interjection
24. Male witch
25. Bo-Peep's sheep, e.g.
26. Wispy clouds
27. Request to Geico
29. Politicians, for short
31. Opposite of riches
32. Plants and animals
33. Did not go out for dinner (2 words)
34. "Late "Live" King of CNN
36. Original matter, according to Big Bang Theory
38. "Stewart's successor
42. Judge Judy's event
45. Remnant of the past
49. "Regis and Kathie _____"
51. Critical situation
54. Hostile force
56. Black tie one
57. Football great Graham
58. Skin infection
59. Tiny river
60. "My bad!"
61. Whirlpool
62. Commuter line
63. Pine juice
65. Bambi's mom
67. Clinton _____ Rodham _____"

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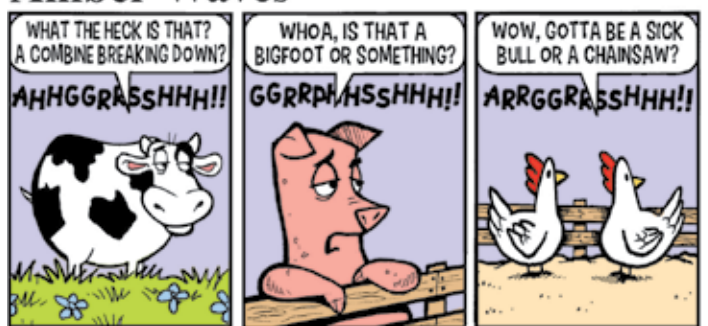
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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

WEEKLY COMICS

Amber Waves

by Dave T. Phipps



The Spats

by Jeff Pickering



Out on a Limb

by Gary Kopervas



THEY'LL DO IT EVERY TIME

BY AL SCADUTO



R.F.D.

by Mike Marland



GRIN and BEAR IT

LAFF-A-DAY



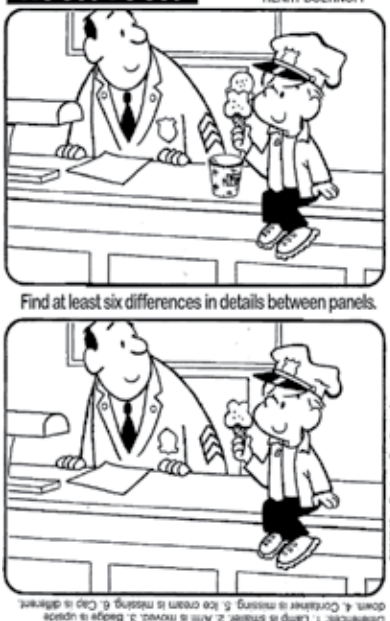
Just Like Cats & Dogs

by Dave T. Phipps



HOCUS-FOCUS

BY HENRY BOLTNOFF



KP International MARKET
 FOOD COURT NOW OPEN
 10971 Olson Drive, Rancho Cordova, CA 95670
 916.853.8000
 Market - 7 Days 6am - 9pm
 Food Court - 7 Days 11am - 7:30pm
 Korean, Mex/Viet, 7:30pm last call
 Chinese/Japanese 7:00pm last call

FROZEN & FISH DEPT

Shrimp Raw Whole Frozen REG. \$4.99/LB \$1.99 /lb	Aysencoho Sashimi REG. \$16.99/LB \$9.99 /lb
----------------------------------------------------------------	-----------------------------------------------------------

WEEKLY MEAT SPECIALS

Beef New York Roast - Boneless Carne de Res Nueva York Asado Deshuesado \$5.99 /lb	Beef New York Steak - Boneless Carne de Res Nueva York Filee sin Hueso \$6.49 /lb	Beef Chuck Roast Boneless Chuck Asado Deshuesado \$3.99 /lb
Chicken Leg Quarters Pernas y Muslo de Pecho 79c /lb	Pork St. Louis Ribs - Single Pack Costillas de San Luis \$2.99 /lb	Pork Cushion Meat - Boneless Carne de Cochon en Grasa sin Hueso \$1.99 /lb
		Pork Hocks Carne de Piviera de Cerdo \$1.99 /lb

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE OCTOBER 19 - OCTOBER 25, 2022.

HAPPY HOURS

Draft Beer **\$2.50** & UP

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

KP KARAOKE SPECIAL

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

For 6 people \$85.00 3 Hours Karaoke + Pizza + Pitcher Soda + 2 Main Dishes	For 18 people 275.00 3 Hours Karaoke + 3 Pizzas + Pitcher Soda + 7 Main Dishes
For 12 people \$185.00 3 Hours Karaoke + 2 Pizzas + Pitcher Soda + 4 Main Dishes	For 28 people \$350.00 3 Hours Karaoke + 3 Pizzas + Pitcher Soda + 8 Main Dishes
For 14 people \$210.00 3 Hours Karaoke + 2 Pizzas + Pitcher Soda + 5 Main Dishes	

9 Dishes To Choose From

FRESH PRODUCE

Yellow Sweet Onion 3 lb 2/\$5	Red Potato 5 lb \$2.99 /bag	White Potato 10 lb \$4.99 /bag	Blueberry 18 oz \$4.99 /ea
Fuyu Persimmon 79c /lb	Hawaiian Purple Yam \$2.99 /lb	Seafood Mushroom 150 g \$2.49 /ea	Small Taro \$1.59 /lb

AMERICAN/HISPANIC GROCERY

Spectrum Organic Coconut Oil 14 Ltr \$8.99 /ea	Genova Salsitas Crackers 18.6 oz \$3.99 /ea	Knorr Chicken Bouillon 7.9 oz \$2.49 /ea	Herbes Gustanole Salsa Medium 15.7 oz \$2.99 /ea	Brown Breadcrumbs 17.25 oz \$7.39 /ea
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ASIAN GROCERY

Marco Pina Patis Fish Sauce 33.81 Ltr \$2.99 /ea	HongKong Style Black Tea Bags 100x2.5 g \$10.99 /ea	M-150 Energy Drinks 6 pack 6x8.4 Ltr \$6.99 /ea	Skyline's Crackers 28.21 oz \$10.99 /ea	Dragonfly Hot Pot Soup Base 7.06 oz \$2.59 /ea
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EUROPEAN GROCERY

Zoflora Sanitizer Oil 3 liters \$18.99	Zeygo Light Spread Garlic 15oz 19 oz \$3.69	Taramasalata Greek Style Cakes Spread 14 oz \$7.99	Mr. Martin Softener Soda 149 g \$1.99	Guinness Beverage 2 liters \$2.79
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KOREAN/JAPANESE GROCERY

ACE White Rice 100% 2.2 g \$13.99	ACE White Rice 100% 2.2 g \$14.99	ACE White Rice 100% 2.2 g \$2.99	ACE White Rice 100% 2.2 g \$1.99	ACE White Rice 100% 2.2 g \$2.99	ACE White Rice 100% 2.2 g \$13.99
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FROZEN & FISH DEPT

Punjabi Samosa 25 pcs. \$11.99 /ea	REG. \$16.99/ea
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EUROPEAN DELI

Pan Roasted Turkey Breast \$8.39	Green Olives Stuffed w/ Almonds \$5.39
Peppered Turkey Breast \$8.79	Olive Medley \$4.09

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BUY ONE GET ONE 1/2 OFF WEEKENDS
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(Excluding Pet Food or Litter)
Cannot be used in conjunction with advertised sale items or similar percentage or dollar off coupons. Limit 1. PLU 324
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Effective 10/19/22 - 10/25/22

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<p>BLUE BUFFALO DRY DOG FOOD 30 Lb Bag Limit 2 Bags •Chicken (Regular & Large Breed) •Fish & Oatmeal •Puppy (Reg & Large Breed) •Senior (Reg & Lrg Breed) •Lamb & Rice •Weight Control (Reg & Lrg Breed) \$5 OFF Our Regular Price! Effective 10/19/22 - 10/25/22</p>	<p>NATURAL BALANCE DRY DOG FOOD •Ultra Free 24 Lb •Potato & Duck 22 Lb •Fat Dog 28 Lb •Chicken & Brown Rice 26 Lb •Ultra Original (Reg & Lrg Breed 30 Lb) Limit 2 Bags Per Family \$5 OFF Our Regular Prices Effective 10/19/22 - 10/25/22</p>	<p>MERRICK'S GRAIN FREE DRY DOG FOOD •Chicken/Sweet Potato •Duck/Sweet Potato •Bison/Beef/Sweet Potato •Salmon/Sweet Potato •Texas Beef/Sweet Potato 22 Lb Bag Limit 2 Bags Per Family \$10 OFF OUR REGULAR PRICES! Effective 10/19/22 - 10/25/22</p>	<p>PURINA KIT N' KABOODLE DRY CAT FOOD 16 Lb Bag Limit 2 Bags Per Family \$10.99 Effective 10/19/22 - 10/25/22</p>
<p>FRISKIES BUFFET CANNED CAT FOOD 5.5 Oz All Varieties Limit 2 Cases Per Family ON SALE Everyday Effective 10/19/22 - 10/25/22</p>	<p>FUSSIE CAT PREMIUM CANNED CAT FOOD Black Label Gold Label 2.8 Oz. Limit 2 Cases Per Family ON SALE Effective 10/19/22 - 10/25/22</p>	<p>TIDY CATS SCOOPABLE CAT LITTER 20 Lb Jug •Regular •Unscented Limit 2 Jugs Per Family ON SALE Effective 10/19/22 - 10/25/22</p>	<p>HI-COUNTRY WILD BIRD SEED 20 Lb Bag (Kaytee, 20 Lbs - \$10.99) (Audubon Friends, 20 Lbs - \$9.99) Limit 2 Bags Per Family \$9.99 Effective 10/19/22 - 10/25/22</p>

<p>WELLNESS CANNED CAT FOOD Full Case •Pate •Gravy Selected Varieties Also •Signature Select •Care 5.3 Oz Can Limit 1 Case 15% OFF OUR REGULAR PRICES</p>	<p>EVERE CLEAN PREMIUM CAT LITTER •ES Unscented •US Ever Fresh 25 Lb. Box Limit 2 Boxes \$14.99</p>	<p>WELLNESS CANNED DOG FOOD Natural 12.5 Oz Full Case •Regular •Stew •Core Limit 2 Cases 15% OFF OUR REGULAR PRICES</p>
<p>PRO-PLAN DRY DOG FOOD 30-35 Lb Bag Limit 2 Bags Per Family •Chicken & Rice •Beef & Rice •Weight Control •Sensitive Skin & Stomach •Performance \$5 OFF OUR REGULAR LOW PRICE</p>	<p>PESTELL CLUMPING CAT LITTER 40 Lb. Bag Limit 2 Bags \$9.99</p>	<p>PURELY FANCY FEAST CANNED CAT FOOD 2 oz. All Varieties Limit 1 Case \$1.29</p>
<p>SCIENCE DIET DRY DOG FOOD Limit 2 Bags •Lite \$59.99 •Sensitive Stomach \$63.99 •Perfect Weight \$65.99</p>	<p>FRESH STEP CAT LITTER 21 Lb Bag (14 Lb Bag - \$5.49) \$7.49</p>	<p>MILK-BONE DOG BISCUITS Large 10 Lb Box \$13.99 Flavor Snacks 7 Lb Box \$11.99</p>
<p>FRESH STEP SCOOPABLE CAT LITTER 42 Lb Bag Limit 2 Bags \$17.99</p>	<p>DIAMOND PRO 89 DRY DOG FOOD •Beef, Pork & Ancient Grains 40 Lb Bag (89% Protein from Animal Sources) Limit 2 Bags \$44.99</p>	<p>ÖKOCAT CLUMPING CAT LITTER •Regular 11-12 Lb \$13.99 •Soft Step 16.7 Lb \$19.99 19.8 Lb \$17.99 Dust Free</p>

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<p>AQUEON BOXED 10 GALLON TANK With Economy Kit Just add Heater For Tropical Fish \$48.99 Limit 1 Per Family</p>					<p>PENN PLAX PLASTIC AQUA-PLANTS 20% OFF OUR SUPER LOW PRICES</p>	<p>MARINELAND PREMIUM FISH FOOD ALL VARIETIES •Goldfish •Cichlids •Tropical •Wafers 20% OFF OUR SUPER LOW PRICES</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 10/19/22 - 10/25/22 ON SALE Everyday CHM PLU 361</p>	<p>BONUS COUPON JONNY CAT PREMIUM CAT LITTER 10 Lb Bag Limit 2 Bags Per Family Limit One Coupon Per Family Price Valid Only With Coupon Effective 10/19/22 - 10/25/22 \$2.79 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 10/19/22 - 10/25/22 \$1.99 CHM PLU 569</p>
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