



**Medi-Cal Holding Seniors Back**  
PAGE 3



**Celebrate Your Freedom**  
**HAPPY 4TH OF JULY**

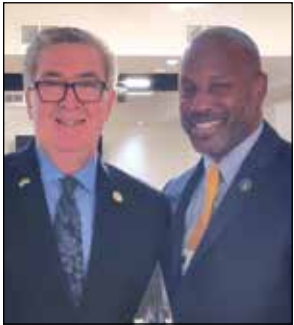
# Gold River Messenger

VOLUME 10 • ISSUE 7 *Serving Gold River and Sacramento County*

JULY, 2022

**SEE INSIDE**

**KEN COOLEY RECEIVES AWARD**



PAGE 2

**'KINGS, QUEENS RISE'**



PAGE 4

**INFANT FORMULA OPTIONS**



PAGE 5

**OR CURRENT POSTAL CUSTOMER**



PRSR STD U.S. POSTAGE PAID RANCHO CORDOVA, CA PERMIT NO. 91

## Metro Fire Opens New Unit



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

By Patrick Larenas

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

Susan Wood, wife of Sac Metro Board Director Ted Wood – Division 4, shared with the crowd that during the economic slowdown, the older Fire Station 68 had been temporarily closed, which left a sizeable “geographic service area hole” in the surroundings.

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

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

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

growth that was about to happen. But just in the time that we have built this location, the growth has just been incredible.”

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

Speakers highlighted that what makes the new fire station building so innovative are the health and safety features incorporated into its design.

*Continued on page 5*

## Plastic Tax Initiative Will Devastate Working Families

*Commentary from Stop the Tax on Working Families*

**SACRAMENTO, CA (MPG)** - According to a new cost impact study released by the Center for Jobs and the Economy, the average family of four could pay more than \$900 extra per year in higher costs under the Tax on Plastic Initiative (Initiative #19-0028A1) that has qualified for the November 2022 ballot.

The analysis estimates the ballot measure’s tax on plastic products and complex regulatory requirements will generate nearly \$9 billion per year in higher direct and indirect consumer costs – more than double the \$5.6 billion currently paid for recycling programs.

“This massive tax increase could not come at a worse time for working families. Record-high inflation and skyrocketing food costs are already causing serious financial hardship for nearly half of California’s households making less than \$40,000 per year, according to a recent poll from the Public Policy Institute of California,” said Robert Gutierrez, president of the California Taxpayers Association. “Hardworking Californians can’t afford to add another \$900 per year to their expenses.”

The cost impact study looks at the job, consumer costs, and business impacts of the Plastics Tax Initiative, which proposes a one-cent tax on single-use plastic packaging and food containers while adding a myriad of new regulatory requirements on plastic products. Despite the measure’s significant cost increase, its flawed provisions make it unlikely to achieve the state’s current recycling goals.

Some of the report’s key findings include: Adds \$901 per year in higher costs for consumer goods for the average family of four; Creates nearly \$9 billion more per year in total direct and indirect costs, including \$4.3 billion in higher taxes – one of the largest state tax increases in recent history on working families; Doubles the \$5.6 billion that Californians currently pay for recycling while likely failing to achieve California’s recycling diversion goal; Impacts more than 40,000 in-state good-paying, middle-class jobs in the packaging industry that

*Continued on page 6*

## Sacramento County Recommended Budget Approved

By Kim Nava, Sacramento County

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

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

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

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

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

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

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

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

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

*Continued on page 5*

# Stay Comfortable and Save Money

## SMUD News Release

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

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

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

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

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

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

# Cooley Awarded Legislator of the Year by Judges Association

## Office of Assemblyman Ken Cooley

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

The California Judges Association was established in 1929 and is the professional association representing the interests of the judiciary of the State of California. Members include judges of the Superior Courts and Courts of Appeal, Commissioners of State courts and State Bar Court judges.

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

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

"Early in my career - another judge, U.S. Supreme Court Justice Anthony M. Kennedy - sent me a letter that has shaped my view of public service since 2003. It



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

said 'Congratulations to you and all of your colleagues for working to reinvigorate the principle of participatory democracy. Self-government must not be an abstract ideal, but must be a reality, and we must be unceasing in our efforts to make it more effective and respected by our people'.

This was a private letter from US Supreme Court Justice Anthony M. Kennedy (who taught constitutional law at McGeorge School of Law

in the 1980's) to me dated June 18, 2003, in anticipation of the founding of the City of Rancho Cordova on July 1, 2003," said Assemblyman Ken Cooley.

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



## PAYROLL and HR Support

# \$250 a month

Offer valid through 12/31/2022

We specialize in small and mid-sized businesses. Offering comprehensive and intuitive payroll and HR solutions.



HR | Payroll | Benefits

**DIRECT DEPOSIT**

**QUARTERLY TAXES FILING**

**PAYROLL TAXES PAY**

**ACCRUAL TRACKING**

**FILING AND REPORTING**

**PAYROLL APP**

**HR COMPLIANCE**

# 916-760-7227



## WE SUPPORT FIRST RESPONDERS



**International MARKET**

10971 Olson Drive  
Rancho Cordova, CA 95670  
916.853.8000

Market: 7 Days 9am - 9pm  
Food Court: 7 Days 11am - 2:30pm  
Korean/Mex/Thai: 7:30am last call  
Chinese/Japanese: 7:00pm last call

---

### FROZEN & FISH DEPT



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



**Bay Scallops**  
1 lb  
REG. \$8.99/EA  
**\$5.99/ea**

---

### WEEKLY MEAT SPECIALS

**BONUS BUY**



**Beef T-Bone Steak**  
Filet de T-Bone  
**\$4.99/lb**

**GREAT VALUE**



**Beef Porterhouse Steak**  
Filet de Porterhouse  
**\$5.49/lb**

**USDA CHOICE**



**Beef London Broil & Top Round Roast - Boneless**  
Pulpa Para Hornear  
Roast sin Hueso  
**\$3.99/lb**

---

**GEORGES**



**Chicken Leg Quarters**  
Piermas y Muela de Pollo  
**99c/lb**

**ibp.**



**Country Style Pork Loin Ribs - Boneless**  
Coscillas de Lomo de Cerdo al Estilo Compras  
**\$2.49/lb**

**ibp.**



**Pork Loin Chops Boneless**  
Chorizos de Cerdo sin Hueso  
**\$2.49/lb**

**ibp.**



**Pork Spareribs Single Pack**  
Coscillas de Cerdo  
**\$2.99/lb**

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE JUNE 29 - JULY 5, 2022.

### FRESH PRODUCE



**Black Grape**  
**\$1.79/lb**



**Jicama**  
**79c/lb**



**Cleansed Cactus Leaf** 1 lb  
**\$1.99/ea**



**Russet Potato** 10 lb  
**\$3.29/bag**



**Garlic 5pk**  
**2/\$3.00**



**Grapefruit**  
**99c/ea**



**Korean Singo Pear Box** 11 lb  
**\$32.99/box**



**Red Yam**  
**79c/lb**

---

### AMERICAN/HISPANIC GROCERY



**CHEER-IT**  
Cheer-It Original 7 oz  
**\$2.99/ea**



**EED Mighty Absorbent Paper Towels** 6 rolls  
**\$7.99/ea**



**A-1 Steak Sauce Original** 10 oz  
**\$5.99/ea**



**Clementine Cocktail** 164 Count  
**\$4.99/ea**



**Kingsford Match Light Charcoal** 12 lb  
**\$12.99/ea**

---

### ASIAN GROCERY



**Super Q Bihon** 16 oz  
**\$2.19/ea**



**Golden Mountain Seasoning Sauce** 20 Fl oz  
**\$3.49/ea**



**Tropical Farm Coconut Milk** 13.5 Fl oz  
**99c/ea**



**Chiao Kuo Coconut Milk Drinks 6pk** 6x 8.5 Fl oz  
**\$5.99/ea**



**Orzo & Palm Corned Beef Chunky** 11.5 oz  
**\$5.99/ea**

---

### EUROPEAN GROCERY



**Santal Avocado Oil** 1 liter  
**\$11.99/ea**



**Abnand English Tea No.1** 100 T/B  
**\$4.99/ea**



**Vital Protein Cheese Spread** 198 gr  
**\$3.19/ea**



**Anti White Milk Cheese** 2.5 lb  
**\$13.99/ea**



**Galina Backbeef** 900 gr  
**\$5.49/ea**

---

### KOREAN/JAPANESE GROCERY



**Cajeta White Rice** 12x7.5 oz  
**\$12.99/ea**



**Soybean Nuts** 5.4x10 oz  
**2.49/ea**



**Gengyo White Beans** 2.5 kg  
**5.99/ea**



**Bell Cakes Large 3 Kinds** 365 g  
**7.99/ea**



**Kumogata Soft Bread** 10x100ml  
**7.99/ea**



**Dragon Fruit** 2x150g  
**12.99/ea**



**Beer Laker Red Orange Premium** 60x50 ml  
**5.99/ea**



**Organic Chestnut** 300 g  
**5.99/ea**



**Orzo Snack 2 Kinds** 152 g  
**2.99/ea**



**Golden Curry 4 Kinds** 2.5 oz  
**3.99/ea**



**Orzo Cui Beer** 6x350 ml  
**7.99/ea**



**Kikkoman Sauce 2 Kinds** 10.6 x 11.5 fl oz  
**2.99/ea**

### HOUSEWARES



**HAMILTON BEACH KITCHENWARE** 4 Pieces  
**99c/ea**



**Spiralizer**  
**8.99/ea**



**ELECTRIC RICE COOKER**  
**4.99/ea**

### FROZEN & FISH DEPT



**Dried Cod Fish** 500 g  
**\$12.99/ea**

**REG. \$16.99/ea**

### EUROPEAN DELI



**Columbus Oven Roasted Chicken Breast**  
**\$6.99/ea**



**Pined Olives with Italian Seasoning**  
**\$4.69/ea**



**Columbus Black Forest Ham**  
**\$6.99/ea**



**Pined Olives Stuffed with Blue Cheese**  
**\$5.99/ea**

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 JUNE 29 - JULY 5, 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 + 2 Pizzas + Pitcher Soda + 2 Main Dishes (11 Items)

**For 12 people \$185.00**

3 Hours Karaoke + 2 Pizzas + Pitcher Soda + 4 Main Dishes (14 Items)

**For 14 people \$210.00**

3 Hours Karaoke + 2 Pizzas + Pitcher Soda + 5 Main Dishes (14 Items)

**For 18 people \$275.00**

3 Hours Karaoke + 3 Pizzas + Pitcher Soda + 7 Main Dishes (18 Items)

**For 28 people \$350.00**

3 Hours Karaoke + 3 Pizzas + Pitcher Soda + 8 Main Dishes (18 Items)

**9 Dishes To Choose From**



# Medi-Cal Holding Seniors Back

By Ana B. Ibarra, CalMatters.org

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

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

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

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

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

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



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

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

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

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

Older adults like Wells

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

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

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

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

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

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

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

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

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

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

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

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

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

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

ARE YOU SURE ABOUT YOUR  
**INVESTMENTS?**  
**RETIREMENT**  
**SAVINGS?**

**DAN LEAHY, CFP®**  
Senior Financial Advisor

**PETER ABI NADER, CFP®**  
Senior Financial Advisor

CALL US TODAY JUST TO BE SURE.  
916-635-5858

We are your neighbors, our roots in Gold River go back more than 20 years.

11246 Gold Express Dr Gold River, CA

**JAG**  
JOURNEY ADVISORY GROUP

Investments & Planning For Your Life's Journey

www.JourneyAdvisory.Group

Keep Your Low-Rate First –  
**Our Second Mortgages ARE ON SALE**

You can keep your low-rate home loan and still tap into your home's equity. And right now, our home equity loans are on sale **with fixed rates as low as 3.99% APR.**

- ★ No application fees, and no cash required at closing
- ★ Predictable, fixed monthly payments to keep your budget on track

And right now, we have put our low rates to work for you during a limited time home equity sale - **with fixed rates as low as 3.99% APR.**

Talk with a First U.S. Home Loan Specialist today to learn more or to get started today. Just call (800) 556-6768, stop by your local branch or visit firstus.org.

Visit firstus.org    Call (800) 556-6768    Stop by your local branch

**FIRST US**  
Community Credit Union

11220 Gold Express Dr., Gold River

APRs, rates, terms and offers accurate as of 06/24/2022 and subject to change without notice. Your actual rate may vary based on your credit history and CLTV. Maximum LTV 80%. Maximum loan amount \$200,000. \$499 fee (waived if loan is kept open for at least 3 years). Appraisal fee may be required. Owner-occupied, CA properties only. Add 1 point for piggyback loans. Payment example: 60 payments of \$18.42 per \$1,000 borrowed.

MEMBER OWNED AND OPERATED SINCE 1936

# 'Kings and Queens Rise' Launch Co-Ed Youth Sports and Mentoring



Kings and Queens Rise provides young people opportunities to engage in intercommunity activities, which help prevent and interrupt violence. Photo courtesy of the Sacramento Kings

## Sacramento Kings News Release

**SACRAMENTO, CA (MPG)** - The fifth season of Kings and Queens Rise Co-Ed Youth Sports and Mentoring League launches this week through a partnership among the Sacramento Kings and The Center at Sierra Health Foundation's Build. Black. Coalition, Black Child Legacy Campaign and My Brother's Keeper Sacramento programs.

Kings and Queens Rise provides young people opportunities to engage in intercommunity activities, which help prevent and interrupt violence. The program is a caring and safe environment where mentors teach community building and sportsmanship.

"We helped launch the Kings and Queens Rise program based on the idea that we all share a collective responsibility in creating safe and supportive environments for our youth," said Sacramento Kings Chief Operating Officer Matina Kolokotronis. "Given the latest tragedies caused by gun violence and the compounded trauma, we know this work is more

important than ever. We remain committed to providing youth with pathways for success and opportunities to build positive relationships."

"Kings and Queens Rise is part of the growing network of community-led violence prevention programs throughout Sacramento. The league provides young people opportunities to build community among themselves, across neighborhoods and with trusted adult coaches and mentors," said Chet P. Hewitt, president and CEO of Sierra Health Foundation and The Center, which manages Kings and Queens Rise, Build.Black., the Black Child Legacy Campaign and My Brother's Keeper Sacramento. "We're proud to partner with the Sacramento Kings on these social and development experiences for youth that foster pride in themselves and their communities."

Part of the Sacramento Kings Jr. Kings program, the eight-week basketball season will tip-off on June 25 and run until August 13. Eight teams composed of youth from 4th through 10th grade will participate, one from each of the

following neighborhoods: Arden Arcade, Del Paso Heights-North Sacramento, Foothill Farms-North Highlands, Fruitridge-Stockton, Marina Vista, Meadowview, Oak Park and Valley Hi. Games and practices take place throughout North and South Sacramento in community locations. The season will culminate with a tournament hosted by the Kings.

In addition to basketball, this year, Kings and Queens Rise includes a co-ed dance team of up to 30 youth as well as golf clinics and a mobile golf simulator for youth participants and coaches.

To learn more about the first season of Kings and Queens Rise, see the inaugural season impact report here and a video recap here. View a video recap of the second season here, the third season impact report here and a video recap of the fourth season here.

To register a youth participant, fill out the Kings and Queens Rise application. For details about the fifth season of Kings and Queens Rise, visit the Black Child Legacy Campaign website. ★



# Oh Beautiful



That's how it all began... "Oh beautiful for spacious skies for amber waves of grain" a description of a wondrous new land.. We celebrate the Fourth of July with parades and picnics and fireworks where permitted, but sometimes we don't really think about what it really means. This day is the official beginning of our country and its growth to be what it is today. But how much do we know about this special day and the founders? I thought it would be fun to do a "did you know" column of facts we don't think of, as we celebrate to the Max! So here we go on the lighter side.

1. Only two people signed the Declaration of Independence on July 4: John Hancock and Charles Thomson, secretary of Congress. Most of the others signed on August 2.
2. Not everyone was on board with celebrating on July 4, the day Congress approved the Declaration. John Adams who became our second President, wanted to celebrate on July 2, the day congress voted for independence. He refused to attend festivities on July 4.
3. One U.S. President, Calvin Coolidge, was born on July 4. So were Nathaniel Hawthorne, George Steinbrenner, and Malia Obama.
4. July 4 wasn't deemed a federal holiday until 1870, nearly 100 years

after the nation was founded, and a paid holiday for federal employees in 1941.

5. On July 4, 1778, George Washington ordered a double ration of rum for his soldiers to celebrate the holiday.
6. Fireworks have been a major part of Fourth of July since the earliest celebrations. In 1884, miners blew up the post office in Swan, Colorado because it wasn't supplied with fireworks.
7. The Philippines gained their own independence from the U.S. on July 4, 1946 by signing the Treaty of Manila.
8. Other countries...including Denmark, England, Norway, Portugal, and Sweden celebrate the Fourth of July because so many of their citizens moved to the U.S. or simply to attract American tourists.
9. Americans consume around 150 million hot dogs on the Fourth of July.
10. Americans also spend more on beer on the Fourth of July than any other national holiday.
11. The first annual commemoration of July 4 was in 1777 in Philadelphia.
12. Thomas Jefferson was the first President to celebrate July 4 at the White House in 1801 featuring horse races, parades, food and drinks.

Fun to look at the lighter side of the Fourth of July, but it was serious business at the beginning. Some colonists celebrated Independence Day during the summer of 1776 by putting on mock funerals for King George III of England. They symbolized the death of the Crown's rule in America. The main purpose of this holiday is to honor all those who fought to make this new land America, the land of the free! Enjoy your July 4 with family and friends, but don't forget to remember how it all started!

**HAPPY BIRTHDAY AMERICA!!!**

It's **Hot** outside but **Rents** are **Freezing\*** in here!

## Rent Freeze for Life\*

*in a Beautiful Family-Owned Community offering Assisted Living and Memory Care*

**Limited time offer, must deposit by July 31st**  
\*Care levels are not included

**Summerset**  
Senior Living

**Independent • Assisted • Memory Care**  
2341 Vehicle Drive • Gold River/Rancho Cordova

Call to Schedule **FREE Lunch** with Tour!

**summersetseniorliving.com**  
**916-400-3831**

GRM  
RCFE #347005361

Make our communities **Shine!**

Make our communities bright with our Shine Awards. Nonprofits can apply for a chance to receive funding for projects that support and revitalize local communities in the Sacramento region.

We're seeking proposals that promote social well-being, healthy environments, education and clean energy solutions in our service area. We're eliminating all carbon emissions from our power supply by 2030, so all customers we serve will live in a Clean PowerCity<sup>SM</sup>.

As your community-owned, not-for-profit electric service, we're always looking for ways to make our communities shine!

Learn more at [smud.org/Shine](http://smud.org/Shine)

- Shine Awards range from \$5,000 to \$100,000.
- Applicants must be incorporated nonprofit organizations within SMUD's service area.
- Awards are competitive and funds are limited.
- Attend an informational webinar.
- Apply online by **Monday, August 1, 2022 by 5 p.m.**

Powering forward. Together.

© SMUD 0599-0522 © A trademark/service mark of Sacramento Municipal Utility District, Reg. U.S. Pat. & Tm. Off.

# Metro Fire Opens New Unit

Continued from page 1

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

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

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

“As a retired firefighter, this is extremely important to me,” Saylor said, “My generation suffers [from] very many types of cancers because we did not have the protections of sucking up the exhaust fumes; We had to live with the exhaust from our rigs; We had to live with the dirt on our turnouts; We carried our turnouts inside our rigs... We did not know that just the soot on our turnouts was cancerous.”

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

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

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

# California Expands Infant Formula Options for WIC Families

CDPH Press Release

SACRAMENTO, CA (MPG) - To further support California families while supplies of infant formula remain limited, the California Department of Public Health (CDPH) is adding a new flexibility by expanding purchasing options for the WIC (Women, Infants and Children) program. Effective immediately, families with WIC benefits have eight additional formulas, and a total of 13 options, they can purchase for their infants.

WIC families can find the latest updates at [MyFamily.WIC.ca.gov](http://MyFamily.WIC.ca.gov) or the California WIC App and should contact their local WIC office with questions on how these options work for infants. General information on the infant formula shortage is available at [cdph.ca.gov/formula](http://cdph.ca.gov/formula).

“We are quickly doing what we can to provide our WIC families with as many infant formula options as possible during this challenging time,” said CDPH Director and State Public Health Officer Dr. Tomás J. Aragón. “In the coming



Many California families are feeling the effects of the formula shortage. Safe formula preparation is vital to ensure infant safety. Photo courtesy by Ben Kerckx from Pixabay

days we will also add more formulas to this list.”

The state’s action temporarily expands the existing (WIC) authorized product list to include additional infant formula options. These newer options will be removed once infant formulas are widely available again.

### Safety Information for Families in Need of Formula

Many California families are feeling the effects of the formula shortage. Safe formula preparation is vital to ensure infant safety.

Non-WIC parents and caregivers who face a shortage should call their

health care providers first to help them navigate infant formula options when supplies are scarce.

Parents and caregivers are advised to NOT dilute formula or use homemade recipes for substitution as this can seriously harm a baby’s health.

Babies usually tolerate alternative formula products except in the case of special therapeutic formula, and that’s why it’s important to consult with your healthcare provider first to get help or to discuss alternatives.

Visit [cdph.ca.gov/formula](http://cdph.ca.gov/formula) for more information. ★

# Recommended Budget Approved

Continued from page 1

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

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

“I’m grateful to my colleagues and staff for

supporting my proposal to assist the American Parkway Foundation in their well-coordinated efforts to proactively assist those living in the Parkway so we can save the Parkway,” said District One Supervisor Phil Serna.

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

The numbers on the Recommended Budget

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

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

WE SUPPORT FIRST RESPONDERS

America's Choice in Homecare.

## VisitingAngels

LIVING ASSISTANCE SERVICES

### Select Your Caregiver®

- Meal Preparation
- Light Housekeeping
- Errands & Shopping
- Bathing Assistance
- Dressing Assistance
- Hygiene Assistance
- Assistance with Mobility
- Friendly Companionship
- Flexible Hourly Care
- Respite Care for Families
- Medication Reminders

916.971.9333

[www.VisitingAngels.com/Sacramento](http://www.VisitingAngels.com/Sacramento)

Each Visiting Angels agency is independently owned and operated. Lic. #344700003

LOCALLY OWNED SINCE 1955

Your #1 stop for e-Bikes

9920 FAIR OAKS BLVD  
FAIR OAKS, CA 95628  
(916) 961-6700

(Corner of Fair Oaks and Sunrise)

378 NORTH SUNRISE AVE.  
SUITE 300  
ROSEVILLE, CA 95661  
*(across from the Auto Mall entrance)*  
(916) 784-2255

bobs cycle center.com

# SENIORS!

## A Reverse Mortgage Could Change Your Life

If you own a home and you are 62 years or older, you may be able to take advantage of the Federally Insured Reverse Mortgage Program to do the following...

- ▶ Get rid of your monthly Mortgage Payment
- ▶ Increase your Monthly Income...and not make a payment
- ▶ Obtain a Line of Credit to use however you wish...and not make a payment
- ▶ Obtain a Lump Sum of Cash to use however you wish...and not make a payment

Call today and ask for a quote to find out what options are available to you! 916.717.5626

JIM LANGDON

NMLS# 228920

916.717.5626  
[JimL@MCGloans.com](mailto:JimL@MCGloans.com)  
2200 Sunrise Blvd, Suite 168  
Gold River, CA, 95670 | NMLS 304050

MORTGAGE CONSULTANTS GROUP

Helping You Feel Right at Home.

A Division of American Pacific Mortgage Corporation, NMLS 1850

Reverse mortgages are loans offered to homeowners who are 62 or older who have equity in their homes. The loan programs allow borrowers to defer payment on the loans until they pass away, sell the home, or move out. Homeowners, however, remain responsible for the payment of taxes, insurance, maintenance, and other items. Nonpayment for these items can lead to a default under the loan terms and ultimate loss of the home. FHA insured reverse mortgages have an up front and ongoing cost; ask your loan officer for details. These materials are not from, nor approved by HUD, FHA, or any governing agency. Licensed by the Dept of Financial Protection and Innovation under the CRMLA.

# Grand Jury Releases New Status Review

**Superior Court of California News Release**

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

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

The Grand Jury in its February 2022 report called out the Board for lack of oversight and leadership during the first five critical months of the

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

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

It was this pattern of lack of leadership, engagement and oversight that was contained in the Grand Jury's report, and the basis

of its findings and recommendations. The Grand Jury found that in the Board's response, it unfortunately cloaks itself in bureaucratic, misleading, and at times inaccurate statements.

The Board of Supervisors' position that there is 'nothing to see here' reflects the precise leadership and accountability deficiencies outlined in the Report. Sacramento County needs and deserves engaged, accountable leadership from Supervisors. This became clear during the pandemic.

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

# Plastic Tax Initiative

*Continued from page 1*  
are disproportionately held by Latinos and workers with a high school degree; Dedicates only about 30% of its tax proceeds toward increasing recycling and reducing plastic waste; and Opens consumers to even higher costs in the future by allowing the state to

impose new recycling taxes and fees on other materials without a vote of the Legislature.

## About Stop the Tax on Working Families

Stop the Tax on Working Families is a coalition of consumers, taxpayers, and small businesses opposed to the Tax on Plastic ballot

measure. Paid for by Stop the Tax on Working Families, a Coalition of Taxpayer Groups and Business Associations Advocating to Keep California Affordable. Committee Major Funding from American Chemistry Council, California Business Roundtable. ★



**Publisher, Paul V. Scholl**  
Gold 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.

# Gold River Messenger

Serving Gold River and Sacramento County

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

Gold River Messenger, 7144 Fair Oaks Blvd., Suite #5, Carmichael, CA 95608. The Gold River Messenger is published monthly. Call 916-773-1111 for more information.



We are proud members of these newspaper associations.



## A Veteran Thank Today

# Local Classified

## Announcement

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)

## Autos Wanted

DONATE YOUR CAR TO KIDS Fast Free Pickup - Running or Not - 24 Hour Response - Maximum Tax Donation - Help Find Missing Kids! Call 1-888-491-1453. (Cal-SCAN)

## Cable/Internet

DIRECTV for \$79.99/mo for 12 months with CHOICE Package. Watch your favorite live sports, news & entertainment anywhere. First 3 months of HBO Max, Cinemax, Showtime, Starz and Epix included! Directv is #1 in Customer Satisfaction (JD Power & Assoc.) Some restrictions apply. 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](mailto:Zconfig@sbglobal.net) Bus. Lic. # 305312 • B. E. A. R. Reg. #84416 [www.zinskyspcrepair.com](http://www.zinskyspcrepair.com)

## Flooring

Beautiful waterproof flooring Certified Home Depot installer, more than 30 years experience! I have all material in stock! Material is 100% waterproof, 20 mil wear layer, extreme performance! For free estimates call or text Joseph, [jffloors916@gmail.com](mailto:jffloors916@gmail.com) 916 215-7558, lic#1023377

## 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 1-888-231-4274. (Cal-SCAN)

## Fitness/Yoga

**Your Fitness Genie**  
Virtual Sessions  
Your Fitness Genie  
Age Well At Home  
Avoid Assisted Living  
\*Keep Strength and Mobility\*  
Be Active, Call Today!  
[Jenn@YourFitnessGenie.com](http://Jenn@YourFitnessGenie.com)  
(916)768-8767

## 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\*

## Hall Rentals

VFW Post 6158  
8990 Kruihof Way, Fair Oaks, CA  
916-966-1663  
[vfw6158.org/rent-our-hall/](http://vfw6158.org/rent-our-hall/)  
Call or come by

## Hall Rentals

VFW Post 4647  
3300 U Street, Antelope  
916-607-8344  
Call for available dates

## Handyman

A Quality Home Maintenance  
Light Hauling  
Yardwork  
Gutters Cleaned  
Scott Lehman  
Timeless Maintenance Services  
(916) 613-8359

## Health & Medical

Aloe Care Health, medical alert system. The most advanced medical alert product on the market. Voice-activated! No wi-fi needed! Special offer! call and mention offer code CARE20 to get \$20 off Mobile Companion. Call today? 1-844-790-1673 (Cal-SCAN)  
Study group for ADHS/Autism. Call Tim 916-370-0858 for more info. TFN

## 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](http://canderson.myctfo.com)  
"You are what you absorb." World class vitamin/mineral supplement Empower Plus - Advanced. Learn more at [tbuckley1.renovaworldwide.com](http://tbuckley1.renovaworldwide.com). Tim 916-370-0858

## Insurance/Health

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)  
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)

## Miscellaneous

NEW AUTHORS WANTED! Page Publishing will help you self-publish your own book. FREE author submission kit! Limited offer! Why wait? Call now: 1-855-667-0380 (Cal-SCAN)  
The difference in winning and losing market share is how businesses use their advertising dollars. Mark Twain said, "Many a small thing has been made large by the right kind of advertising." So why spend your hard-earned dollars on social media where you already have an audience? For more info call Cecelia @ (916) 288-6011 or [cecelia@cnpa.com](mailto:cecelia@cnpa.com)

## Miscellaneous

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

## 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

## Legal Services

All American Will Kits Do-It-Yourself Legal Will  
Written by an attorney  
Valid in all states  
Order online at [www.allamericanwillkits.com](http://www.allamericanwillkits.com)

## Music Lessons

Guitar Lessons - Beginner to Advanced. \$15/half hour. \$25/hour. [freddiebbalbert@gmail.com](mailto:freddiebbalbert@gmail.com). 916-Music Lessons 507-6658 (MPG 12-31-22)

## Need to Rent

General Contractor looking for 1,000 to 1,200 sq. ft. shop in Orangevale - Roseville area. Will trade material and labor to upgrade shop for reduction of monthly rent. (916) 275-9258 Donald

## Need to Rent

Need own space for handy older client. No drinking or smoking. Carmichael, Citrus Heights, Sac. areas. Harry 916-289-9016, 916-705-4026

## Painting

PAINTER INTERIOR & EXTERIOR \$30 Hourly or Fixed Price Cell: 650-773-5221 Insured & Bonded Guarantee Work 9-1-2022

## Pets/Animals

Use Happy Jack® Kennel Dip as an area spray to control lyme disease ticks, fleas, stable flies, & mosquitoes where they breed. At Tractor Supply® ([www.fleabeacon.com](http://www.fleabeacon.com)). (Cal-SCAN)

## 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

## Real Estate

WANTED Large dog house for Labrador. Tim 916-370-0858  
Professional, Loving PET SITTING \*Established Reputation \*Kennel Free \*Lots of TLC \*Happy & Safe Environment \*Affordable Rate Call Madeline (916) 723-1608

## Real Estate

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

## RETIRE 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](http://www.viploan.com) \*Sufficient equity required - no consumer loans CA Department of Real Estate License #01041073 Private Party loans generally have higher interest rates, points & fees than conventional loans

## Roofing

BERNARDINO ROOFING Reroofs, Repairs, Maintenance, Dryrot, Gutters, Family Operated. BBB MEMBER! \*\*\*FREE ESTIMATES\*\*\* SENIOR DISCOUNTS Lic.#817945 43 Years Experience 916.920.0100 [www.bernardinoroofting.com](http://www.bernardinoroofting.com)

## Senior Living

Looking for assisted living, memory care, or independent living? A Place for Mom simplifies the process of finding senior living at no cost to your family. Call 1-844-741-0130 today. (Cal-SCAN)

## Services

LONG DISTANCE MOVING: Call today for a FREE QUOTE from America's Most Trusted Interstate Movers. Let us take the stress out of moving! Speak to a Relocation Specialist, call 844-857-1737 (Cal-SCAN)

## 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

## Wanted to Buy

FREON WANTED: We buy old refrigerants: R11, R12, R113 & more! Quick, local pickup & dropoff available. Call 312-827-6204, RefrigerantFinders.com. ¡Te pagamos por tu refrigerante! (Cal-SCAN)

## Wanted Collectibles

Sports and non sports card Collections WANTED!! Excellent cash prices paid! Serving all of California. Purchasing large and small accumulations alike! Collections purchased daily. 1-209-204-1404 SportsCardLiquidator@yahoo.com (Cal-SCAN)

## Wanted Collectibles

All Legal Ads Published by Messenger Publishing

## Wanted Collectibles

Stamp Collections, Postcards and ephemera. Call Dale at 530-417-0627

## Work Wanted

Is it time to declutter and clean your garage and house? I can help! And I prune and weed and wash windows. References, College grad. Call Tim, 916-370-0858. (MPG 12-31-22)

## Work Opportunities

TECHNICAL - Cisco Systems, Inc. is accepting resumes for multiple positions in Rancho Cordova, CA: Site Reliability Engineer (Ref: RAN190A): Design, write, and build tools to improve the reliability, availability, and scalability of key systems and services. Telecommuting permitted. Please mail resumes with reference number to Cisco Systems, Inc., Attn: G51G, 170 W. Tasman Drive, Mail Stop: SJC 5/1/4, San Jose, CA 95134. No phone calls please. Must be legally authorized to work in the U.S. without sponsorship. EOE. [www.cisco.com](http://www.cisco.com)

## Kp International MARKET

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

## 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](http://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.

## We Support Our Military

NEED HELP WITH YOUR RETIREMENT PLAN? If you have questions about your pension, 401(k) or profit sharing plan, call the Western States Pension Assistance Project at (866) 413-4911 to get free legal advice. Funded by the U.S. Administration on Aging, WSPAP staff provides free legal assistance to anyone with a question about their retirement plan. CALL US TODAY 1.866.413.4911



Messenger Publishing Group Call to Advertise Here 916 773-1111

# CALL A PRO BUSINESS DIRECTORY

**SLS** 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

**MARTY MOEN**  
Fencing and Decks

Free Estimates

- Ornamental Iron
- Wood • Chain Link

(916) 796-1005 License # 852410

**GREENWAY TREE SERVICE**  
Specializing in Expert Tree Pruning,  
Tree Removal & Stump Grinding

Free Estimates  
Competitive Prices  
Licensed and Insured

**(916) 224-9750**

**A-1 AFFORDABLE ROOFING SERVICES, INC**

- New Roofs • Certifications • Roof Repairs
- Dry Rot Repairs • Roof Inspections • Gutters

**John Fleenor, Contractor**  
1741 L Street, Rio Linda, CA 95673  
Cell: **(916) 206-1613**  
Contractor Lic. #1064966

**CLEAN & SOBER**  
LIVING  
CSTL, Inc.

Helping People and the Community  
with the Alcohol and Drug Problem!  
Over 20 Years in Business!

Sober Living - 916.961.2691

**Rio Linda Eye Care**

Laser Surgery • Eye Glasses • Contact Lenses  
• Eyewear for Computer Users

**Dr. William Fleischmann**  
(916) 991-8444

Saturday Appointments Available  
6716 RIO LINDA BLVD., SUITE B, RIO LINDA

**ESTATE ADMINISTRATION**  
Trust Administration  
• Probate of Wills

**Kilpatrick Law Offices, P.C.**

(916) 979-7025 • tk@kilpatrick.com

**CALL 916-773-1111**  
TO ADVERTISE  
In the Call a Pro Directory

**Sharon's Garden Childcare & Preschool**

Teach Private In-Home Tutoring Will Pick Up from Local Schools

COVID Safe • Certified Staff • Nurse on Call  
7am - 7pm • Breakfast, Lunch, Snacks

sharonsgardenchildcare.com  
Dennis (916) 988-2669 • dnsmshny@yahoo.com

**MORE TIME ON YOUR BUSINESS**  
...and less time managing payroll

FREE PAYROLL PROCESSING FOR ONE MONTH IF YOU CALL NOW!

**Pinnacle Employee Services**  
916-760-7227  
www.pinnaclehr.com

**Just Send It Postal**  
justsendit11@yahoo.com  
Phone: (916) 723-8855 • Fax: (916) 723-0208  
Mon.-Fri. 10 - 5 Sat. & Sun. CLOSED  
7250 Auburn Blvd. #C Citrus Heights, CA 95610  
www.justsenditpostal.com

NOTARY \* PRINTING \* SHREDDING

**TRACTOR SERVICE**

- Mowing • Rototilling
- Discing • Scraper/Loader

Call **(916) 991-8431**

C	H	E	F			R	A	F		E	R	A	S					
F	O	R	E			B	A	L	I		A	L	I	V	E			
C	O	I	N			O	D	O	R		M	E	D	I	A			
		P	E	N	G	U	I	N	S		O	P	E	D				
			E	E	R	I	E				H	U	H					
T	R	U	C	K	S					A	E	R	A	T	E			
W	E	N		K	E	B	A	B	S		N	O	P	E				
A	V	I	S	O		E	W	E			S	T	R	E	P			
S	E	T	I			M	A	N	T	R	A		S	E	E			
		L	E	D	G	E	R				E	L	O	I	S	E		
			E	O	N					K	O	L	A	S				
		L	E	W	D					M	A	D	E	L	I	N	E	
H	A	M	A	L						E	R	I	N		R	O	V	E
I	C	I	L	Y						S	M	U	T		I	D	E	S
P	E	R	K							H	A	M			S	E	N	T

**STATEPOINT CROSSWORD • CLASSIC CHILDREN'S BOOKS**

**CROSSWORD**

1	2	3	4			5	6	7			8	9	10	11		
12						13					14					
15						16					17					
	18					19					20					
						21					22					
23	24	25							26				27	28		
29						30			31	32			33	34		
35		36				37					38					
39						40					41			42		
	43					44					45			46		
						47				48	49					
	50	51								52				53	54	
55										56				57		58
59										60				61		
62										63				64		

**CLUES**

**ACROSS**

- Kitchen boss
- Churchill's "so few"
- Epochs
- "Watch out!" on a golf course
- East of Java
- "Pinocchio's state of being"
- Hard currency
- Emanation
- TV and radio
- "Mr. Popper's birds"
- Newspaper piece
- "Like 'Goosebumps Classic'"
- "What?"
- "Richard Scarry's Things That Go"
- Oxygenate, as in lawn
- Skin cyst
- Middle Eastern meat dish, pl.
- Antonym of "yup"
- Dispatch boat
- Female sheep
- Throat infection
- Searching for E.T. org.
- "I think I can, I think I can...", e.g.
- "Spot run!"
- Accounting journal
- "The Plaza Hotel resident of kids' book fame"
- Long, long time
- Caffeine-containing nut trees
- Off-color
- "Ludwig Bemelmans' Parisian boarding school resident"
- Middle Eastern porter
- Movie "Brockovich"
- Karl of politics
- In a cold manner
- Obscurity
- Middle of March
- Fringe benefit
- "Side for Green Eggs"
- Put in the outbox

**DOWN**

- Chlorofluorocarbon, abbr.
- Obstacle to jump through
- Great Lake
- Tiny fox with large ears
- Two halves of a diameter
- Like one in isolation cell
- Evergreen trees
- "Babar, e.g."
- Thumb-up catch
- Full of enthusiasm
- "The Little Mermaid" domain
- Stock exchange, in Paris
- Affair, to Emmanuel Macron
- Michael Douglas' 1987 greedy role
- "For \_\_\_ a jolly..."
- "Clement Clark Moore's famous beginning"
- Live it up
- Join forces
- Aid in crime
- Bodies
- "Athos', Porthos' and Aramis' swords"
- "Corduroy or Paddington"
- Stiff grass bristle
- "D'Artagnan's sword"
- "It ends, according to Shel Silverstein"
- North American purple berry
- \_\_\_ at Work, band
- Give in
- Worshipful
- Isis' brother and husband
- Cause and effect cycle?
- Abhorrence
- RBG's collar, e.g.
- Arabic for commander
- Screen
- Lymphatic swelling
- Like certain Steven
- Senior's fragile body part
- New York time

**Classified Advertising**

Sell Your Stuff!  
Reach 1000's of Readers Every Week!

**MPG**

916-773-1111

5	2	1	6	7	3	9	4	8
7	4	6	1	9	8	3	5	2
8	3	9	5	4	2	6	1	7
4	5	8	7	3	9	1	2	6
2	1	7	4	6	5	8	3	9
9	6	3	8	2	1	4	7	5
3	7	4	2	8	6	5	9	1
6	9	5	3	1	7	2	8	4
1	8	2	9	5	4	7	6	3

**LEGAL ADS FOR SACRAMENTO COUNTY?**  
**We Can Do That!**

Call to place your legal advertising **916-773-1111**

All Legal Ads Published by Messenger Publishing **MPG**

**dish** BRING EVERYTHING YOU LOVE TOGETHER!

Blazing Fast Internet! ADD TO YOUR PACKAGE FOR ONLY \$19.99/mo. where available.

2-YEAR TV PRICE GUARANTEE \$69.99/mo. (est.) 190 CHANNELS including Local Channels!

CALL TODAY - For \$100 Gift Card Promo Code 95198  
1-888-416-7103 Offer ends 11/30/22

**SUDOKU**

**GRAND ALASKAN CRUISE & TOUR**  
12 days, departs May - Sep 2022  
VANT promo code N7017  
1-855-208-9533

			6	7	3	9		
7								5
8	9					6	1	
	5				9			
		7		6		8		
			8				7	
	7	4					5	1
	9							4
		2	9	5	4			

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.

# Now You Can Use Your Library Card to Visit State Parks

CA State Library News Release

SACRAMENTO, CA (MPG) - California State Parks and the California State Library today announced an additional opportunity to advance safe and equitable outdoor access to all Californians.

Starting in the first week of April – National Library Week – California State Parks will be distributing the California State Library Parks Pass to public libraries across the state for checkout by library patrons. The new pass will allow free vehicle day use entry at more than 200 participating state park units.

“Spending time in nature is crucial to our mental health and well-being,” said First Partner Jennifer Siebel Newsom. “We’re lucky to have the largest state park system in the nation, and I am thrilled to partner with California State Parks and the California State Library to help make those spaces more accessible to California families. With the California State Library Parks Pass, anyone with a library card will be able to unlock the benefits and beauty of our majestic state parks.”

Research shows that spending time in the outdoors is associated with better mental and physical health, and that many Californians face barriers to accessing their parks. California has a wealth of state parks, and many public libraries are likely within driving distance of one. By reducing barriers to park access and partnering with entities such as public libraries, the state can help more Californians explore the outdoors and generate positive impacts in the area of health, natural resource stewardship, and historical and cultural connections.

“Parks and libraries have the potential to be powerful symbols and agents for California’s open spaces,” said California State Parks Director Armando



Visit your local public library and check out a California State Library Parks Pass. Photo courtesy of California State Library

Quintero. “It is an honor to work side-by-side with the California State Library, Newsom Administration and partners to advance outdoor access to all Californians via public libraries, inspire stewardship for the state park system and build a healthier California.”

As part of a three-year pilot program starting in April, each library jurisdiction will receive at least three California State Library Parks Pass hangtags per branch for checkout by library patrons, including mobile libraries. Park Passes will enter circulation on a rolling basis throughout April and May for checkout by library patrons; library users can contact their local library for more information. Library-card holders will be able to check out the pass for the allotted number of days allowed by the local library, then return the pass to the library for others to use. The pass is valid for entry of one passenger vehicle with capacity of nine people or less or one highway licensed motorcycle at participating state park units.

“Libraries are trusted community hubs where Californians know they can find what they need to work, play, and thrive,” said California State Librarian Greg Lucas. “This partnership

with State Parks now allows Californians to ‘check out’ California’s great outdoors at their community library.”

Libraries are already an important part of Californians’ lives. There are 1,184 public library buildings in California, and more than 23 million Californians have library cards. In 2019-2020, these libraries circulated over 97 million items free of charge, such as books, technology, Wi-Fi hotspots, videos, music, instruments, tools, telescopes and more. Additionally, the libraries hosted over 300,000 programs in 2019-2020, with almost 7.5 million people attending. The California State Library Parks Pass program is one more way that Californians can get empowered through their libraries. Additionally, the California State Library will be providing grant funding to libraries for outdoor-related items for checkout, programs that teach natural resource stewardship and outdoor skills, or to encourage their library patrons to enjoy the outdoors and make historical and cultural connections to parks.

“All Californians should have the opportunity to be outdoors in nature,” said California Secretary for Natural Resources Wade Crowfoot. “Yet many of

our state’s residents live in communities without adequate parks and open space. This innovative new program will enable more Californians to explore our incredible State Parks system, and in the process create more equitable access to nature and the outdoors.”

The 2021/22 State Budget included initiatives to advance equitable access to state parks and open spaces for all Californians. A \$9.1 million one-time General Fund investment was included in the budget to launch a state parks pilot to expand parks pass distribution, especially for youth in disadvantaged communities. The pilot includes the California State Park Adventure Pass program that provides free day-use passes for fourth graders and their families, the revamped Golden Bear Pass Program and the California State Library Parks Pass.

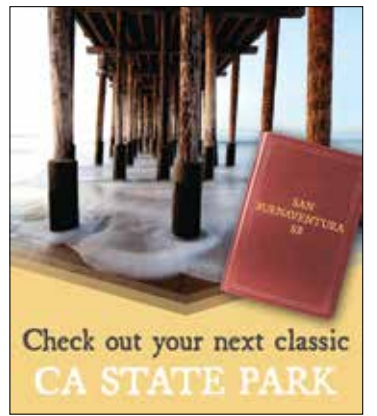
“California State Parks Foundation was honored to work with First Partner Jennifer Siebel Newsom to secure funding for the California State Library Parks Pass program and other innovative pilot programs to increase access to the state’s magnificent park system. We firmly believe every Californian should have access to the beauty and benefits

of parks, and we know that cost can be a barrier to visiting. We’re excited that local branch libraries will now be a gateway to state parks,” said Executive Director of the California State Parks Foundation Rachel Norton.

Detailed information on the new California State Library Parks Program, including full terms and conditions, is available online at CheckOutCAStateParks.com. For more information on all the new parks pass programs, please visit parks.ca.gov/CaliforniaOutdoorsForAll.

Subscribe to California State Parks News online at www.parks.ca.gov/news or email us at newsroom@parks.ca.gov.

California State Parks and the recreational programs supported by its divisions of Boating and Waterways, Historic Preservation and Off-Highway Motor Vehicle Recreation provide the opportunity for families, friends, and communities to connect. Off-highway motor vehicle recreation, boating activities, horseback riding, cycling, hiking, camping, rock climbing, tours, hikes, school group enrichment, and special events are just some of the activities enjoyed in 279 park units organized into 21 field districts throughout the state. Learn more at www.parks.ca.gov. ★



Launched during National Library Week, the new pass is valid at over 200 participating state parks throughout California for vehicle day-use entry. Photo courtesy of California State Library

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

**PET CLUB**  
FOOD AND SUPPLIES  
EVERYDAY LOW PRICES  
Super Discount Prices • Hot Specials & Coupons  
Short term promotions from vendors  
(M-F 9A-9P, SAT 9A-7P, SUN 10A-7P)

2344 Sunrise Blvd. 318 N Sunrise Blvd.  
Rancho Cordova, CA Roseville, CA  
916-635-5008 916-781-8500  
M-F 9-7, SAT 9-7, SUN 10-7 Effective 6/29/22 - 7/5/22



**FREE**  
PET CLUB  
Pet Food Can Lid  
with the purchase of pet, fish food or supply.  
99¢ value  
Limit 1 PLU 334 CHM  
Limit 1 Coupon per family  
Effective 6/29/22 - 7/5/22

**2 FREE**  
CANS OF  
CAT FOOD  
(5.5 Oz. All Varieties) Friskies  
(Selected Indoor Included), 9 Lives  
With Any Purchase of Pet, Fish Food, or Supply PLU 321  
Limit: 1 Coupon Per Family CHM  
Effective 6/29/22 - 7/5/22

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

**BLUE BUFFALO**  
DRY DOG FOOD  
30 Lb Bag Limit 2 Bags  
•Chicken (Regular & Large Breed)  
•Fish & Oatmeal (Reg & Large Breed)  
•Puppy (Reg & Large Breed) •Senior (Reg & Lrg Breed)  
•Lamb & Rice  
•Weight Control  
**\$5 OFF**  
Our Regular Low Prices!  
Effective 6/29/22 - 7/5/22

**NATURAL BALANCE**  
DRY DOG FOOD  
•Ultra Free 24 Lb •Potato & Duck 26 Lb  
•Fat Dog 28 Lb •Vegetarian Dog 28 Lb  
•Chicken & Brown Rice 26 Lb  
•Ultra Original (Reg & Lrg Brd) 30Lb  
Limit 2 Bags Per Family  
**\$5 OFF**  
Our Regular Low Prices  
Effective 6/29/22 - 7/5/22

**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 \$10 OFF  
Limit 2 Bags Per Family  
OUR REGULAR LOW PRICES!  
Effective 6/29/22 - 7/5/22

**PURINA**  
KIT N' KABOODLE  
DRY CAT FOOD  
16 Lb Bag  
Limit 2 Bags Per Family  
**\$9.99**  
Effective 6/29/22 - 7/5/22

**FRISKIES BUFFET**  
CANNED CAT FOOD  
5.5 Oz All Varieties  
Limit 2 Cases Per Family  
**ON SALE**  
Everyday  
Effective 6/29/22 - 7/5/22

**FUSSIE CAT**  
PREMIUM  
CANNED CAT FOOD  
Black Label  
Gold Label 2.8 Oz.  
Limit 2 Cases Per Family  
**ON SALE**  
Effective 6/29/22 - 7/5/22

**TIDY CATS**  
SCOOPABLE  
CAT LITTER  
20 Lb Jug  
•Regular  
•Unscented  
Limit 2 Bags Per Family  
**ON SALE**  
Everyday  
Effective 6/29/22 - 7/5/22

**HI-COUNTRY**  
WILD BIRD SEED  
20 Lb Bag  
(Kaytee, 20 Lbs - \$10.49)  
(Audubon Friends, 20 Lbs - \$9.99)  
Limit 2 Bags Per Family  
**\$9.99**  
Effective 6/29/22 - 7/5/22

**WELLNESS** CANNED CAT FOOD Full Case  
•Pate •Gravy Selected Varieties  
Also •Signature Select •Core 5.3 Oz Can Limit 1 Case  
**15% OFF**  
OUR REGULAR LOW PRICES  
28.5-33 Lb Bag  
**SCIENCE DIET** DRY DOG FOOD Limit 2 Bags  
•Lite •Active Maturity \$53.99 •Sensitive Stomach \$55.99 •Perfect Weight \$58.99  
**FRESH STEP** CAT LITTER  
21 Lb Bag (14 Lb Bag - \$4.99) **\$6.99**  
**BOSS DOG** HI-PROTEIN DRY DOG FOOD  
Complete Balance with Probiotic •Chicken & Ancient Grains 4 Lb Bag •Fish & Ancient Grains 4 Lb & 24 Lb Bag  
**Buy One & Get One FREE**

**EVERCLEAN** PREMIUM CAT LITTER  
•ES Unscented •US Ever Fresh  
25 Lb. Box Limit 2 Boxes **\$13.99**  
**PESTELL** CLUMPING CAT LITTER  
40 Lb. Bag Limit 2 Bags **\$9.99**  
**MILK-BONE** DOG BISCUITS  
Large 10 Lb Box **\$11.99** Flavor Snacks 7 Lb Box **\$10.49**  
**ÖKOCAT** CLUMPING WOOD LITTER  
•Regular •Soft Step 11-12 Lb **\$13.99** 16.7 Lb **\$19.99** 19.8 Lb **\$17.99**

**WELLNESS** CANNED DOG FOOD  
Natural 12.5 Oz Full Case **15% OFF**  
•Regular •Stew •Core Limit 2 Cases  
OUR REGULAR LOW PRICES  
**PURELY FANCY FEAST** CANNED CAT FOOD  
2 oz. All Varieties Limit 1 Case **\$1.19**  
**MEOW MIX** CAT FOOD  
Market Select 2.75 Oz Cup Limit 1 Case **65¢**  
**ESSENCE** CANNED DOG FOOD  
Super Pet Nutrition 13 Oz. Limit 2 Cases **20% OFF**  
As Marked  
•Ocean/Freshwater •Ocean Recipe •Ranch & Meadow •Land Fowl Recipe  
OUR DISCOUNT PRICE

**PET-MATE VARI-KENNELS & 2 DOOR KENNELS**  
All Sizes **20% OFF**  
OUR SUPER LOW PRICES  
**SAVORY PRIME** 20% OFF  
•Jerky •Rawhide All Varieties  
OUR SUPER LOW PRICES  
**NORTH STATES MY PET PET GATES** 20% OFF  
All Models  
OUR SUPER LOW PRICES  
**MAMMOTH PET PRODUCTS** TIRE BITER PAW TRACKS 20% OFF  
•Squeaky Freaks •Soft Pet Toys All Varieties  
OUR SUPER LOW PRICES  
**SENTRY FLEA & TICK PRODUCTS** 20% OFF  
(Excluding Fipiroguard & Advance Guard 2)  
•Sentry Home •Natural Defense •Squeeze-On •Collar •Shampoo •Sprays All Varieties  
OUR SUPER LOW PRICES

**MARINELAND POWER FILTER SALE**  
MODEL TANK SIZE PET CLUB SALE  
PENGUIN 100B 20 Gal. **\$24.99**  
PENGUIN 150B 30 Gal. **\$33.99**  
PENGUIN 200B 50 Gal. **\$40.99**  
PENGUIN 350B 75 Gal. **\$55.99**  
**AQUEON BOXED 10 GALLON TANK**  
With Economy Kit  
Just add Heater For Tropical Fish **\$48.99** Limit 1 Per Family  
**KORDON WATER CONDITIONERS**  
Amquel 16 Oz **\$8.49**  
Amquel Plus 16 Oz **\$9.49**  
Novaqua Plus 16 Oz **\$8.99**  
**MARINELAND PREMIUM FISH FOOD**  
ALL VARIETIES **20% OFF**  
•Goldfish •Cichlids •Tropical •Wafers  
OUR SUPER LOW PRICES

**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 6/29/22 - 7/5/22  
**ON SALE**  
Everyday  
CHM PLU 361

**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 6/29/22 - 7/5/22  
**\$2.79**  
CHM PLU 365

**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 6/29/22 - 7/5/22  
**\$1.49**  
CHM PLU 569