



**CAL FIRE
Gets New
Training
Tower**
PAGE 8

**When Something
You Love Makes
You Money**
PAGE 2



Gold River Messenger

VOLUME 10 • ISSUE 2 *Serving Gold River and Sacramento County* FEBRUARY, 2022

**SEE
INSIDE**

**NIELLO
ANNOUNCES
CAMPAIGN FOR
STATE SENATE**



PAGE 4

**JONES RUNS
FOR THIRD
CONGRESSIONAL
DISTRICT**



PAGE 4

**COOLEY'S BILL
TO AIDE SMALL
BUSINESSES**



PAGE 6

Help Count the Homeless



Census data helps government take into consideration the needs of its constituents. Photo: SSF

**Sacramento Steps
Forward Press Release**

SACRAMENTO, CA (MPG) - Sacramento Steps Forward issued a call for an estimated 500 volunteers to help do a physical count of individuals living outdoors throughout Sacramento County on Feb. 23 and 24.

The count, previously set for January 26 and 27, was rescheduled based on a review of the public health order issued Thursday by Sacramento County's Health Officer related to the rapid spread of the COVID 19 omicron variant as well as federal guidance on the "Point in Time" census of unsheltered residents.

SSF, a 501(c)(3) nonprofit serving the Sacramento region, is the lead agency for the Sacramento Continuum of Care (CoC), the regional planning body that coordinates housing and

services for homeless families and individuals in the Sacramento area. The U.S. Department of Housing and Urban Development requires all CoCs to conduct the count at a specified time every other year in order to qualify for federal funding for homeless services programs.

"While every other January is when we are required to do this, COVID has gotten in the way. But like other organizations, we must approach our work with public health safety first. That is why we are going to move up the date by a month," said Lisa Bates, SSF Executive Director. "This year's count is more important than ever, because it will give us hard data on the state of homelessness, particularly how the effects of the pandemic over the last two years have affected the rate of

homelessness." Its benefits will affect how future strategies to end homelessness will be shaped.

"The critical data this count will give our community is indispensable in assessing progress in decreasing homelessness, identifying strengths and gaps in our assistance programs, all of which forms the basis for future programs and services," she added.

The scheduled count for 2020 was cancelled due to COVID. The last count was done in 2019. Using a largely volunteer workforce, it identified 5,570 persons experiencing homelessness on a given night, an increase of 19 percent countywide over the previous two-year period.

The PIT count identifies the number of unsheltered individuals, families, or unaccompanied youth under age 18; the length of time being homeless; age; marital

status; ethnicity and establishes the number of those who are veterans or disabled. Unsheltered residents will also be asked about their health, wellbeing, and vaccination status.

Volunteers will have more choices about where they can help. New in 2022 is the addition of more PIT deployment centers throughout the region. The central deployment center will be located on the CSU Sacramento main campus. Satellite deployment sites will also be located in the cities of Citrus Heights, Elk Grove, Folsom, and Rancho Cordova.

Extensive preparation for the event includes the pre-mapping of locations where there is a reasonable probability of people living outside, important to ensuring that volunteer canvassers' time is put to

Continued on page 3

Sacramento Checks Out Over 3 Million Ebooks and Audiobooks



This milestone illustrates the continued growth and demand of library services including digital lending of ebooks and audiobooks. Photo courtesy Pixabay

Sacramento Public Library Press Release

SACRAMENTO, CA (MPG) - Sacramento Public Library announced today that it reached a record-breaking 3 million digital book checkouts in 2021. This milestone illustrates the continued growth and demand of library services including digital lending of ebooks and audiobooks. Sacramento Public Library is one of 20 public library systems worldwide that surpassed one million digital checkouts.

"We've experienced tremendous demand for ebooks and audiobooks over the past several years," said Library Director and CEO Peter Coyl. "Readers love the convenience of having free access to thousands of materials on their device. You can take the library wherever you go."

Sacramento Public Library has been providing readers 24/7 access to ebooks and audiobooks for several years through the award-winning Libby app, the library reading app created by OverDrive. Reader interest and usage has grown every year. Sacramento Public Library first exceeded 2 million digital items in 2019.

Through apps like Libby by Overdrive, library cardholders can not only checkout ebooks, audiobooks and magazines but also find free online classes in Libby's Extras section to learn how to play musical instruments, decorate cakes, sew, and more.

Readers in Sacramento County just need a valid library card to access digital books from the Library's digital collection. Use any major device, including Apple(R), Android™, Chromebook™ and Kindle(R) (U.S. only) to download the Libby app to get started borrowing ebooks and audiobooks anytime, anywhere.

Learn more about what you can discover with your Sacramento Public Library card at saclibrary.org/welcome.



PRSR STD U.S. Postage Paid
Rancho Cordova CA
PERMIT NO. 91

Blocking A Million Cyber Threats Daily

Sacramento County Press Release

SACRAMENTO, CA (MPG) - What if every person in the United States, about 333,000,000 people had tried to hack into Sacramento County government information systems in 2021?

The reality is that the amount would still be shy by roughly 27 million. Last year, there were a whopping 360 million unauthorized attempts to connect to Sacramento County information systems, and each of them was successfully blocked by network filters. At the same time, email filters were successfully blocking 145 million malicious email messages.

In 2021, Sacramento County Successfully Blocked Cyber Threats:

360,000,000 Unauthorized Network Attempts
145,000,000 Malicious Email Message Attempts

Network and email filters are just two of the ways Sacramento County's Department of Technology (DTech) is working vigorously to protect the confidentiality, integrity and accessibility of the County's information systems and the data within them.

Some other ways: Every day, cybercriminals try to trick Sacramento County employees into clicking malicious links. Thanks to DTech's ongoing Security Awareness training required for the entire workforce, employees are becoming more sophisticated about these persistent "phishing" attempts. In the fourth quarter of 2021, employee and contractor

phishing susceptibility was only 6.6 percent, compared to 17.6 percent in the fourth quarter of 2020, and compared to the overall government susceptibility rate of 26 percent.

To prevent cybercriminal takeovers of County accounts, DTech has implemented two-factor authentication, which requires users to verify their sign-in to County systems, webmail, and other external-facing web services.

Whenever a vulnerability is discovered in systems or workstations, DTech takes quick and thorough action to implement a software patch. Today, 99 percent of critical and important security patching is being completed within 30 days.

"The fact is, we are so focused on cybersecurity that most of our 14,000+

Sacramento County employees have no idea of the millions of malicious attacks we are blocking and intercepting on our network and email systems every single day. It is now our reality that all U.S. government agencies, big or small, are a target for cybercriminals from all over the globe. We make every effort to be one step ahead of the millions who try to break in," said, CIO and DTech Director Rami Zakaria.

Each workday, County workforce members go about their tasks knowing that although there is an army of cybercriminals constantly seeking to steal County data or disrupt operations, only a very tiny fraction of these attempts will succeed. DTech's mission is to keep shrinking that tiny fraction. ★

When Something You Love Makes You Money



Becoming an umpire is easier than you might think. Knowledge of the game is not required, but it does help. All you need to do is sign up for umpire clinics that are offered by local little leagues and softball leagues. Photo courtesy Pixabay

By Michele Townsend

SACRAMENTO REGION, CA (MPG) - It's January... and with January comes the planning of the year's Baseball and Softball season! Are you a baseball or softball fan? Some of the best games you will ever see, will be those played in Little League. Do you miss your glory days of playing ball? Or maybe, you loved the game, but you weren't one of those people blessed with the gift of being athletic. Well then, umpiring might be just the thing for you.

Umpiring is a great way to make some money as well. Depending on the league, and sometimes the level, umpires will often make between \$25 and \$75 per game. Umpires create their own schedules so you work as much or as little as you want. On weekends, there are often 6 games in a day. That can easily be a \$600 week-end in pay, or more.

Becoming an umpire is easier than you might think. Knowledge of the game is not required, but it does help. All you need to do is sign up for umpire clinics that are offered by local little leagues and softball leagues. The clinics are generally free and teach you from the basics to recent rule changes. They teach you what

equipment is legal, and why other equipment is not legal.

There are free webinars and videos on <https://www.littleleague.org/university/umpires/>. If you live in the Sacramento area, USA softball is offering an umpire school on January 29th and 30th, in Roseville. Simply go to www.usasoftballsacramento.org or go onto Facebook at Facebook.com/usasoftballsacramento to register for the umpire school. You can also call Chuck Brabec at (916)834-8074 or email UIC@usasoftballsacramento.org

If you miss this one, don't fret. There will be other clinics in your area soon. Simply call Little Leagues or softball leagues in your area and ask to speak to their Umpire in Chief. You can also contact your District office and inquire about umpiring with them. In case you don't know what District you are in: Rocklin & Auburn is Dist. 11; Dixon and Woodland is Dist. 64; Carmichael is Dist. 5; South Sacramento is Dist. 7; Gridley is Dist. 2; and West Sacramento is Dist. 6.

Don't worry about if you are new at umpiring, they won't just throw you to the wolves. They train you and move you up as you gain confidence and experience. As you learn the profession of umpiring, like anything, it's

all what you make of it. You can be one of those umpires that enjoy what they are doing and have fun being part of the game.

You can become one of those umpires that spots a shy or nervous kid and encourages them to get that hit or make that catch and know that you played a part in giving that child some self-confidence and pride. Most sports fans are officials from the stands or from their living rooms. Why not do it for real? It's a great way to stay active and have fun.

If baseball and softball is not your game, then consider officials training in whatever sport you like! In the last few years, there has been a real shortage and need for game officials in youth sports. It's really up to you where you take it. You may start out refereeing basketball for parks and rec, or umpiring for softball minors, but you may take it to officiating for schools, or for semi-pro or pro teams.

Regardless of the sport(s) you choose, working two days a week doesn't sound bad either. Officiating youth sports is a great way to give back to your favorite sport, your city and your kids! Put the knowledge you already have to use, and maybe learn some more about the game(s) you love. ★

When to Call 9-1-1



Urgent care clinics can handle most non-life threatening situations, allowing ambulances to focus on critical situations. Photo: Sac Metro Fire.

Sacramento Metro Fire Press Release

SACRAMENTO REGION, CA (MPG) - When someone calls 9-1-1, the expectation is that an ambulance shows up quickly, you are assessed, stabilized if necessary, and taken to the nearest emergency department to be seen by a doctor within minutes. However, when someone calls 9-1-1 for a non-life-threatening event, they often times are not seen quickly at the hospital. Sometimes for several hours.

This is because a hospital emergency department operates under what is called a "triage" system and not a "first-come, first-served" system—like a doctor's office. The more significant the medical event is, the faster the patient is seen. This is because things like choking, heart attacks, and head injuries require immediate attention to give the patient the best chance of survival.

Metro Fire would like

to remind the community about when it is appropriate to call 9-1-1 and when an individual is better served contacting their primary care physician or driving themselves to an urgent care clinic to be seen by a doctor.

Always call 9-1-1 for a life-threatening emergency. If someone is having difficulty breathing, choking, head injury, loss of consciousness, chest pains, significant bleeding, internal injury, falls from a high distance, or any other injury or illness that is immediately life threatening 9-1-1 is appropriate.

It is recommended that you contact your physician for issues such as general pain, prescription refills, COVID testing, or an illness or injury that is not an immediate threat to health or life. If you need to be seen immediately, urgent care clinics can handle most non-life threatening issues such as prescriptions, routing testing, cold and flu like symptoms, and more! ★

WE'RE MOVING!

STORE CLOSING

THIS LOCATION ONLY!

5425 SUNRISE BLVD | CITRUS HEIGHTS, CA 95610

ENTIRE STORE ON SALE!

MANY NEW REDUCTIONS!

50-70% OFF

LOWEST TICKETED PRICES STOREWIDE!

TIME IS RUNNING OUT!

JOANN

MONDAY - SATURDAY: 9AM-9PM

SUNDAY: 10AM-6PM

WE ACCEPT CASH, VISA, MASTERCARD, AMERICAN EXPRESS, DISCOVER • ALL SALES FINAL • NO RETURNS • NO ADJUSTMENTS TO PRIOR PURCHASES • NO SPECIAL ORDERS • NO OTHER DISCOUNT OFFERS ACCEPTED • QUANTITIES LIMITED TO STOCK ON HAND • ADVERTISED DISCOUNTS VALID ONLY AT CLOSING LOCATION LISTED ABOVE.

Sacramento Steps Forward: Help Count the Homeless

Continued from page 1
efficient use.

Bates said a volunteer sign up portal is now available on the SSF website. "Past volunteers tell us it is a great way to learn about homelessness and make an impact. Some do it to earn volunteer hours or course credit, have a joint activity with friends or colleagues, or simply to accomplish something

unique and meaningful. Whatever their reason, we welcome their participation and involvement," she said.

There are two ways volunteers can help. "We will be putting together small teams of canvassers who will use a survey tool we developed, record the count and distribute gift cards to survey participants. And there are a variety of

essential support functions that a volunteer can sign up for," she said.

These include such support functions as being a volunteers' concierge who distributes packets to canvassers and addresses canvassing questions; serving as check-in and check-out station attendants, health screeners, or helping distribute food and beverages to volunteers.

To be a canvasser, volunteers must be at least 18 years of age, be willing to travel by foot or car, attend all required trainings and be willing to bring their own flashlight, smartphone or other personal supplies.

"We are making every effort to ensure our volunteers will have a well-organized, supported and safe experience," Bates said.

All volunteers must show proof of being fully vaccinated against COVID-19 by having at least 2 shots of Pfizer or Moderna, or 1 shot of Johnson and Johnson vaccine, and of course, anyone with active symptoms of a cold, flu or COVID-19 will not be able to participate.

For more information, visit www.sacstepsforward.org ★

Gold River TOWN CENTRE

Gold River Town Centre is where you can find a variety of local eateries, shops, and services. If you are looking to grab a quick bite to eat, enjoy quality time with friends and family, or glam up with a beauty service, Gold River Town Centre has everything you need and more.



DIRECTORY OF STORES

ARIGATO SUSHI
BEACH HUT DELI
BEL AIR FRESH MARKET
BELLISSIMA NAIL SPA
BLAZE PIZZA
BROCKWAY HAIR DESIGN
GOLD RIVER DENTAL

GOLD RIVER SHOE REPAIR
IL FORNO CLASSICO
JACK'S URBAN EATS
THE JOINT CHIROPRACTIC
PAPA MURPHY'S TAKE 'N' BAKE
PERSONAL EXPRESS INSURANCE
QUEST DIAGNOSTICS

RITE AID
STARBUCKS COFFEE
SWANSONS CLEANERS
URBAN DESSERTS
WELLS FARGO BANK

Located at the corner of Sunrise Blvd & Gold Field Dr on Golden Centre Ln

Assemblyman Roger Niello Announces Campaign for State Senate



Roger Niello

Roger Niello for State Senate 2022 Press Release

SACRAMENTO, CA (MPG) - Assemblyman Roger Niello (fmr.) announced his campaign for the newly drawn State Senate District 6, currently represented by Senator Brian Dahle and Jim Nielsen.

“It is no secret that California faces significant challenges, unfortunately high rates of homelessness, increasing crime, and an abysmal climate for small business owners.” Niello stated. “We need leaders who are willing to put politics aside and do the hard work of crafting solutions that improve life for California’s working families.”

Niello enters the race

for Senate District 6 with wide-reaching support, with endorsements from over twenty-five local elected officials, including Placer County Supervisors Bonnie Gore, Robert Weygandt, and Jim Holmes, as well as Sacramento District Attorney Anne Marie Shubert and Supervisor Rich Desmond.

“Roger Niello has been a longtime advocate for our region and been steadfast in creating new business and job opportunities for Sacramento and Placer County residents.” said Placer County Supervisor Bonnie Gore. “He did it as a business leader, he did it as an Assemblyman, and I firmly believe he will do it again as our representative in the State Senate.”

Senator Jim Nielsen also added his early support for Roger, stating “Roger Niello is uniquely qualified to serve Placer and Sacramento Counties in the State Senate. After more than four decades representing these communities in the State Legislature, there is no one I trust more to serve with

knowledge, experience, and real-world compassion than Roger Niello.”

Roger Niello is a successful small business owner, having owned and operated The Niello Company auto dealer group with his brothers David and Rick.

Roger is a CPA and formerly served as a member of the Sacramento County Board of Supervisors, the California State Assembly, and President & CEO of the Sacramento Metropolitan Chamber of Commerce. In addition, Roger served as Interim Director of the El Dorado County Community Services Agency.

Roger is running for California Senate District Six, an open seat that is comprised of large portions of Placer and Sacramento Counties, including the communities of Galt, Rancho Murieta, Rancho Cordova, Arden-Arcade, Carmichael, Fair Oaks, Folsom, Citrus heights, Antelope, Roseville, Rocklin, Granite Bay, Loomis, and Lincoln.

Roger lives with his wife, Mary, in Fair Oaks. Together, they have five adult children and six grandchildren. ★

Jones Campaigning for California’s 3rd Congressional District



Scott Jones

Sheriff Scott Jones for US Congress

SACRAMENTO, CA (MPG) - Sacramento County Sheriff Scott Jones announced he is joining the Republican primary for California’s newly drawn 3rd Congressional District.

Starting with the Sacramento County Sheriff’s Office in 1989, Sheriff Jones rose through the ranks, earning the respect of his peers and the community alike. He was first elected Sheriff by the people of Sacramento County in 2010 and was subsequently re-elected in 2014 and 2018.

“We are at a pivotal moment in America’s history. Our people have an infinite amount of patriotism, passion, ingenuity and drive. Unfortunately,

the failed policies and politics of liberal Washington politicians are dividing us, making us less safe, and stifling opportunity.

I’ve spent 33 years on the front line of law enforcement. I think everyone knows I’m not always politically correct, and that I ‘call it like I see it.’ Crime and lawlessness are growing. Nothing is being done to secure the border and stop illegal immigration.

That is why this election is all about who has the leadership and experience to make a difference, and who will restore law and order in America. I am the law and order candidate – I’ll stand up against the “woke” liberals like Nancy Pelosi. I have and will stand up against the ‘Defund the Police’ movement to help make our communities safe again. I have and will stand up to demand we secure our border.

Today, I am declaring, with my wife of 27 years and my 4 children at my side, that I am a candidate for Congress. I will put the safety of America and Americans first again.”

Sheriff Jones

accomplished a strong record of leadership at the Sacramento County Sheriff’s Office, stewarding the Department’s recovery from the worst financial crisis of its history, becoming a regional leader in the fight against gangs, and hiring a record number of women, minorities, and veterans. As one of the foremost experts on law enforcement in California, Sheriff Jones will be an advocate for investing in public safety and a vocal opponent of the ‘Defund the Police’ movement. Jones will be an advocate for fiscal accountability, border security, and restoring criminal justice to America’s communities.

California’s 3rd Congressional District includes the Counties of Placer, Nevada, Mono, Sierra, Inyo, Plumas and Alpine and portions of Sacramento, El Dorado and Yuba Counties. It is an open seat and Republicans hold a 7-point registration advantage.

To learn more about Sheriff Scott Jones and his campaign for Congress, visit: scottjonesforcongress.com. ★

Sacramento Metropolitan Chamber PAC Endorses Pat Hume for Supervisor

Pat Hume News Release

SACRAMENTO, CA (MPG) - The Sacramento Metropolitan Chamber Political Action Committee (Metro-PAC) endorsed Pat Hume for the Sacramento County Board of Supervisors in District 5.

“Pat Hume is a proven regional leader through his work to drive

economic development and create coalitions across geographic and political lines to tackle real issues,” said Metro-PAC Board Chair Chelsea Minor. “Pat has been a champion for the business community, especially our small businesses. It is because of Pat’s understanding of the important role public policy plays in creating jobs

and driving inclusive economic prosperity that the Metro-PAC has endorsed him for Sacramento County Supervisor.”

The Sacramento Metropolitan Chamber Political Action Committee is joined by other area business groups including Region Business, Sacramento Association of Realtors, California Apartment

Association, and the Builders Exchange in supporting Pat Hume.

Hume has already been endorsed by the Sacramento County Deputy Sheriff’s, Sacramento County Probation Association, State Coalition of Probation Organizations, as well as the Elk Grove and Sacramento Police Officers Associations.

Pat Hume was elected to the Elk Grove City Council in 2006, and overwhelmingly re-elected three times, most recently in 2018 when he earned nearly 60% of the vote. District 5 includes the cities of Elk Grove, Galt and Isleton, and Rancho Cordova; along with the unincorporated communities of Rosemont, Wilton, and the Delta. ★

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

bobsyclecenter.com



Purchase or Refi, Same Low Interest Rate

30-Year Fixed Rate Jumbo Home Loan

3.00%/3.02% APR

LOANS TO \$1.2 MILLION

When it comes to home financing, First U.S. makes it simple with one great low interest rate, and lower fees than you’ll find from other lenders. Purchase, refinance, or get cash out – all with the same low interest rate.


- ★ No points, and low fees
- ★ Fast, local decisions and funding
- ★ Experienced professionals to help you from application through funding



Visit firstus.org



Call (800) 556-6768



Stop by your local branch



11220 Gold Express Dr. in Gold River

Annual Percentage Rates (APRs), terms and offers effective 01/24/2022 and subject to change at any time. Loan amounts \$647,201 to \$1,200,000. 60% LTV Max and 720+ credit score, owner occupied loans in California only. Payment example: 360 payments of \$4.22 per \$1,000 borrowed. Taxes and insurance are not included in payment example; your actual payment will be higher.

MEMBER OWNED AND OPERATED SINCE 1936

America’s Choice in Homecare



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

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

Folsom Lake College Supports Military Service Credit for Veterans

Folsom Lake College Press Release

FOLSOM, CA (MPG) - Folsom Lake College has been selected to participate in the Military Articulation Platform (MAP) 2022 Cohort. The goal of the program is to ensure all United States military veterans and active duty service members receive college transfer credit for the rigorous training and coursework they complete during active duty.

The cloud-based MAP system will track approval and articulation of college courses to military credit recommendations. Cohort colleges will be provided with access to the platform, along with support, training, and opportunities for regional collaboration to successfully facilitate articulation agreements to award credit to student-veterans.

Veterans and active duty service members can receive up to one year of Folsom Lake College credit towards academic programs leading to graduation, transfer

to a four-year university, and careers. For more information on military service for credit, see the Folsom Lake College website at flc.losrios.edu.

The MAP project launched in 2017 at Norco College and was supported by a \$250,000 legislative appropriation for Phase 1 (design and beta test). The current phase, Phase 3, is supported by a \$2 million legislative appropriation.

The Military Articulation Program initiative is a collaborative effort by the California Community Colleges Chancellor's Office (CCCCO), the Academic Senate of the California Community Colleges (ASCCC), the American Council on Education (ACE), CalVet, and local and regional legislators.

FLC offers educational opportunities and support for students to earn associate degrees or certificates, transfer to four-year institutions, and achieve career goals. For more information on Folsom Lake College, go to flc.losrios.edu. ★

Probation Officers Endorse Pat Hume for Sac County Supervisor

Sacramento County Probation Association Press Release

ELK GROVE, CA (MPG) - The Sacramento County Probation Association (SCDSA) endorsed Pat Hume for Sacramento County Board of Supervisors in District 5. Current Supervisor Don Notolli is not running for re-election.

"Pat Hume has a long and consistent record of standing up for crime victims and ensuring public safety officers have the resources to do a difficult job," said Greg Stuber, President of Sacramento County Probation. "He's earned our support."

"It is an honor to earn the endorsement

of the Sacramento County Probation Association," said Hume. "Probation officers are the unsung heroes of our public safety system. They are the ones getting repeat offenders and illegal guns off our streets."

Hume has also been endorsed by the State Coalition of Probation Organizations.

Pat Hume was elected to the Elk Grove City Council in 2006, and overwhelmingly re-elected three times, most recently in 2018 when he earned nearly 60% of the vote. District 5 includes the cities of Elk Grove, Galt and Isleton, and Rancho Cordova, and the unincorporated communities of Rosemont, Wilton, and the Delta. ★

Nielsen Cautions on Projected Surplus



Office of Senator Jim Nielsen

SACRAMENTO, CA (MPG) - Senator Jim Nielsen, R-Red Bluff, issued the following statement in response to Governor Newsom's proposed 2022-23 State Budget:

"Governor Newsom needs to wake up on water storage. There is an urgent need to fully-fund and immediately build large

above-ground water storage projects like Sites Reservoir, and his proposed budget falls billions of dollars short. Groundwater recharge and conservation, while important, simply aren't enough.

"As the state continues to face devastating wildfires that destroy lives, property and wildlife, the governor's budget proposes \$1.2 billion for forest health and fire prevention. Republicans have advocated for these efforts for decades. I'm glad that the Governor is slowly coming around on prevention, though much more needs to be done.

"Dangerous people are not in custody and the people of California don't feel safe. This budget proposal takes a few steps but doesn't sufficiently address the need to support law enforcement.

"The state budget has a \$21 billion surplus, so there's no reason to not provide enough money to fund these critical priorities."

Watch Senator Nielsen's video clips: <https://vimeo.com/663401256/813c222bfc>

Visit nielsen.cssrc.us/ to the Senate Republican's letter to Governor Newsom outlining their critical budget priorities.

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



Getting Through

Haven't had a chance to tell you all that I had a really BAD fall on January 17 and fractured my upper arm just below the socket. Suffice to say it has been a rough road as my whole arm down to my hand turned black and blue and range of motion is like non-existent right now. I have been off from my radio show three weeks now and probably more to come. Of course it had to be my dominant arm too. I know I will get through this trauma and pain physically, but psychologically, it has been a nightmare. I am not one to sit around like a slug. I want to go at lightning speed, and this break has put a halt to that. So I called good friend **Dr. Susan Smith-Jones** for some advice when you are hit with this kind of distress.

Dr. Jones has made extraordinary contributions in the fields of holistic healing, supreme well-being and balanced living. Author of some 27 books with her latest "**Wired For High-Level Wellness**," she shared these 12 powerful ways to achieve peace of mind and inner calm. They are simple things you can do to calm your thoughts and to live more simply and peacefully. So I hope they can help you and me when chaos strikes.

- 1. LISTEN TO MUSIC.** Music is food for the soul and an instant way to gain peace of mind.
- 2. SLOW DEEP BREATHING.** This is a quick and easy way to instantly feel calm.
- 3. GO FOR A WALK.** Getting out in the fresh air can do you a world of good and promote peace of mind.

- 4. ENJOY NATURE.** Too much concrete is never a good thing, so listen to the birds singing and enjoy the peace and tranquility.
- 5. PLAY WITH A PET.** Having a pet to play with is a great way to de-stress.
- 6. DE-CLUTTER.** Clutter can add to feelings of tension and a clean, clear home allows for a more peaceful mind.
- 7. MINDFULNESS.** When we are mindful, we are fully present in the moment, less stressed and acutely aware of our five senses: touch, taste, sight, hearing and smell.
- 8. SENSE OF HUMOR.** The world is instantly a better place when you can see the funny side of life.
- 9. LIVE IN THE MOMENT.** When we live in the present, the concerns of the past and future can't worry us.
- 10. WORRY LESS.** Learn to "shelve" worrying by reminding yourself that most of your worries are unproductive and remove any chance of peace of mind.
- 11. ENJOY "ME-TIME."** A little bit of selfish time to treat yourself or do exactly as you please sets you up for taking on the constant demands of life.
- 12. CULTIVATE AN ATTITUDE OF GRATITUDE.** Focusing on all the things in our lives for which we are grateful, promotes inner calm and reminds us that there are always positives if we seek them out. Hope this helps, and keep the **faith**. Will keep you posted! ★

Social Security Matters

I Have Medicare Advantage - Why Is a Medicare Premium Deducted from my Social Security?



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: My wife and I have a Medicare Advantage Plan, and we do not use Medicare for our claims. However, we still have the Medicare premium deducted from our Social Security checks. Is this correct? **Signed: Wondering**

Dear Wondering: If, after age 65, you choose to take Medicare outpatient coverage of any kind you must pay that Part B premium, even if you decide to acquire a Medicare Advantage plan instead of using "original Medicare" to administer your healthcare claims.

Medicare Advantage plans (often referred to as Medicare "Part C") are healthcare plans offered by private insurers who will administer your healthcare claims instead of the Federal Government. But you cannot get a Medicare Advantage plan without

first being enrolled in Medicare Part A (inpatient hospitalization coverage) and Part B (coverage for outpatient services) and paying any associated Part B (and perhaps Part A) premium.

As you know, you pay a low premium (or perhaps no premium) for your Medicare Advantage plan. That's because the Part B premium you are now paying from your Social Security is actually going to your Medicare Advantage plan provider, enabling them to offer you equivalent coverage at little or no additional cost. Some Medicare Advantage plans even provide added coverage which Medicare Part B doesn't, such as dental and vision and, sometimes, prescription drug coverage. If that all sounds enticing, remember that Medicare Advantage plans usually also include restrictions on which medical service providers you can use, unlike "original Medicare" which permits you to use any medical service provider who accepts Medicare (nearly all).

So, when you see or hear a Medicare Advantage provider advertising "no cost" or "very low cost" coverage, recognize that they can offer that only because the government pays them a fixed amount for your care

from the Medicare Part B premium taken from your Social Security. The Part B premium you are paying from your Social Security benefit is why your Medicare Advantage plan premium is as low as it is.

Many people like the cost efficiency and extra coverage provided by Medicare Advantage plans and are comfortable with the restriction to use "in-network" providers. Many others choose "original Medicare" because of the inherent flexibility to use just about any healthcare service provider they wish. You should always carefully evaluate which type of healthcare coverage is right for you personally.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org. ★

Gold River Messenger

Serving Gold River and Sacramento County

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.

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.

Sell Your Vehicle in the Local Classifieds

Call **916.773.1111**

Cooley's Bill to Aide Small Businesses Passes Committee



Office of Assemblyman Ken Cooley

RANCHO CORDOVA, CA (MPG) - Assemblyman Ken Cooley (D-Rancho Cordova) announced that his Assembly Bill 820, which aims to spur lending to small businesses especially hit hard by the COVID-19 pandemic by allowing qualified lenders to receive a tax credit for loans distributed during this trying time, has passed the Assembly Committee on Revenue and Taxation with bipartisan support.

The 2019 COVID-19 Pandemic response upended the daily lives

of all Californians. In an attempt to limit the spread of the virus, mandatory shutdowns were put in place. As the pandemic worsened and the shutdowns continued, the costs of operating a business without continued revenue became burdensome for many of California's small businesses.

"During the pandemic public investment was offered from the federal and state governments but not nearly enough small businesses applied and received relief. It is clear that the demand for capital and financial assistance exceeds available public resources," Cooley said. "It's vital that we do everything we can to keep these businesses afloat in these trying times. They are the economic engine that will spur our recovery."

AB 820 provides banks additional incentives to lend to small businesses by excluding the qualified interest income from calculation of the sales factor for taxable years

starting January 1, 2022 and before January 1, 2027. These loans must be one million dollars or less issued to a qualified business on or after March 15, 2020, but prior to January 1, 2025. A qualified small business must have 50 or fewer full-time employees and demonstrated annual loss in net income of 10% or more from 2020 to 2021. These definitions help to ensure that the aid is properly funneled towards supporting businesses that have struggled in the immediate throws of the pandemic.

AB 820 now moves to the Assembly Committee on Appropriations.

Assemblyman Ken Cooley represents the 8th Assembly District which includes the communities of Arden-Arcade, Carmichael, Citrus Heights, Rancho Cordova, Rancho Murieta, Rosemont, Wilton and other portions of unincorporated Sacramento County. For more information, please visit <http://asmcd.com/members/a08/>

Be a part of something important Help deliver the news to your neighborhood

We are looking for people who want to deliver newspapers in their neighborhoods.

Provide great customer service to our readers every Friday.

Earn money to help pay those monthly bills.



Must have a valid California drivers license and current auto insurance. Previous newspaper delivery experience a plus but not required. Call us today at 916-773-1111

Be a part of something important Local Writers Wanted

We are looking for local Freelance Writers to provide great coverage.

Call us today at 916-773-1111

Local Classified

Announcement

Become a Published Author. We want to Read Your Book! Dorance 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://doranceinfo.com/Cal/> (Cal-SCAN)

Autos Wanted

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

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

Cable/Satellite TV

DIRECTV - Watch your favorite live sports, news and entertainment anywhere. More top premium channels than DISH. Restrictions apply. Call IVS - 1-888-641-5762. (Cal-SCAN)

Cable/Internet

AT&T Internet. Starting at \$40/month w/12-mo agmt. Includes 1 TB of data per month. Get More For Your High-Speed Internet Thing. Ask us how to bundle and SAVE! Geo & svc restrictions apply. Call us today 1-855-397-7909. (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@sbcglobal.net Bus. Lic. # 305312 • E. A. R. Reg. #98416 www.zinskyspcrepair.com

For Rent

Property is under construction and will soon have 1, 2, 3, & 4 bedroom units for rent!

The Housing Authority of the County of Butte is currently accepting applications for its Farm Labor Housing property in Gridley, CA. We have 2 Bd. units available at this time. Rental assistance is available and provided by USDA Rural Development for those that meet USDA Rural Development guidelines. For more information contact our office at (530) 895-4474 or TDD 1-800-735-2929.

"The Housing Authority of the County of Butte is an Equal Opportunity Employer and Housing Provider"

Fitness/Yoga

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

Financial Services

Over \$10K in Debt? Be debt free in 24 to 48 months. No upfront fees to enroll. A+ BBB rated. Call National Debt Relief 1-888-231-4274. (Cal-SCAN)

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, jfloors916@gmail.com 916 215-7558, lic#1023377

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)

"You are what you absorb." World class vitamin/mineral supplement Empower Plus - Advanced. Learn more at tuckley1.renovaworldwide.com. Tim 916-370-0858

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

Classified Advertising

916 773-1111

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)

Landscaping

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

LANDSCAPING

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

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

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)

Update Your Home with Beautiful New Blinds & Shades. FREE in-home estimates make it convenient to shop from home. Professional installation. Top quality - Made in the USA. Call for free consultation: 1-877-438-0330. Ask about our specials! (Cal-SCAN)

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)

Music Lessons

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

Steve Estabrook's private music studio in Orangevale is now accepting students for

Piano: classical, rock, some jazz **Guitar:** rock, folk, blues, classical **Voice:** all styles Steve has a BM and MM in music from CSU Sacramento and over 35 years teaching experience. \$30/half hour. References Available. 916-599-6156 Steve@steveestabrook.com Steveestabrook.com

Pets/Animals

Use Happy Jack® ToneKote on dogs & cats to insure a warm winter coat, prevent shedding & eliminate doggy odor. At Tractor Supply® (www.fleabeacon.com) (Cal-SCAN)

Professional, Loving PET SITTING

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

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

Painting

PAINTER INTERIOR & EXTERIOR \$30 Hourly or Fixed Price Cell: 650-773-5221 Insured & Bonded Guarantee Work 4-1-2022

PAINTING BAES Painting Service

House & Apt Interior/Exterior Flat Roof: Water Leak Repair Gutter Cleaning Cell: 279 333-6660 20 years of experience

MPG Visit mpg8.com

Rental Wanted

Responsible older gentleman looking to rent 1bd house or looking for a roommate. Please call 916-289-9016 or 916-640-4355. Super Pay.

Roofing

BERNARDINO ROOFING Reroofs, Repairs, Maintenance, Dryrot, Gutters, Family Operated. BBB MEMBER! ***FREE ESTIMATES*** SENIOR DISCOUNTS Lic.#017945 35 Years Experience 916-920-0100 www.bernardinoroofing.com

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

D & T Tree Service

916-410-7100 30 Years Experience SERVICES - Fire Hazards Clearance Over Power Lines & Structures - Complete Tree & Stump Removal - Pruning, Shaping, & Trimming - Removal & Haul Away Dead & Damaged Wood FREE Estimate 24hr Emergency Service California Contractors Lic #1015391

Real Estate

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

KC BUYS HOUSES Fastest Cash- Any Condition! Residential and Commercial Cash in 72 hours! Family owned and operated 25 years. 1-909-536-2060 (Cal-SCAN)

Real Estate

New Year Land Sale Final week! 5 Acre Creekrfront or Creek Access Tracts. 20+ mile views. Prime location near Kerrville. 45 minutes to San Antonio. Enjoy incredible Hill Country living! High speed internet. Excellent financing. MUST SEE! Call 1-877-888-7579, ext 564. CreeksideatCampVerde.com (Cal-SCAN)

RETIRED COUPLE

Has \$\$\$\$ to lend on California Real Estate* V.I.P. TRUST DEED COMPANY OVER 40 YEARS OF FAST FUNDING Principal (818) 248-0000 Broker WWW.VIPLOAN.COM *Sufficient equity required - no consumer loans CA Department of Real Estate License #01041073 Private Party loans generally have higher interest rates, points & fees than conventional loans

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)

WANTED TO BUY

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 12-31-21) 564. CreeksideatCampVerde.com (Cal-SCAN)

FREON WANTED:

We pay \$\$\$ for cylinders and cans. R12 R500 R11 R113 R114. Convenient. Certified Professionals. Call 312-291-9169 or visit RefrigerantFinders.com (Cal-SCAN)

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

HELP WANTED

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

HALL RENTALS

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

NOTICE TO READERS

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

Bob's BASEBALL Tours

Texas Tour Home games for the Houston Astros and Texas Rangers. Tour begins in Dallas/Fort Worth and ends in Houston. April 16-19, 2022

West Coast Tour Home games for Arizona, San Diego, Los Angeles (Dodgers & Angels), San Francisco, Oakland and Seattle. Tour begins in Phoenix and ends in Seattle. June 17-26, 2022

Field of Dreams Home games for Chicago (Cubs/White Sox), Brewers and Twins. Also a visit to the Field of Dreams movie site. Tour begins/ends in Minnesota. Tour August 15-21, 2022

Tours include deluxe motor coach transportation, additional sightseeing opportunities and quality game tickets/hotels. Call for a FREE brochure: 507.217.1326

AIRLINE CAREERS START HERE

Get trained as FAA certified Aviation Technician. Financial aid for qualified students. Job placement assistance. Call Aviation Institute of Maintenance 877-205-4138

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

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

- 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. #681098

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

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

FREE PAYROLL PROCESSING FOR ONE MONTH IF YOU CALL NOW!

Pinnacle
 EMPLOYEE SERVICES
 HR | Payroll | Benefits

916-760-7227
 www.pinnaclehr.com

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

TRACTOR SERVICE

- Mowing • Rototilling
- Discing • Scraper/Loader

Call
(916) 991-8431

Natalie Miller
 Independent Beauty Consultant

MARY KAY

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

Contact me for a Complimentary Facial

DUDEPRESSURE
 DUDE. THAT IS CLEAN!

Pressure Washing Services

License Number SPB12021-00112

Robert Beard
 916-825-0999
 DUDEPRESSURE@GMAIL.COM
 DUDEPRESSURE.SIMDIF.COM

HOME SERVICES
 DRIVEWAYS
 PATIOS
 SIDING
 ROOF
 AUTO SERVICES
 CAR WASH
 CARPET
 SEATS
 WAX
 UV PROTECTANT

pet angel
 PAINTING

Jeannine Bringman
 Look:
j9paintings.com/paintings/
 j9paintings@yahoo.com
 cell/text 310.850.9413

Portraits / Memorials

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

STATEPOINT CROSSWORD • VALENTINE'S DAY

CLUES

ACROSS

- Fantasy sports data
- Accounting acronym
- Stark daughter on "Game of Thrones"
- Branch of economics
- All talk, no action type of service
- Relating to symmetry, in geometry
- Base-8 numeral system
- "... the land of the free..."
- Lots and lots
- *Actor Ryan of "Blue Valentine"
- "Desdemona's suspicious husband"
- Big fuss
- Nose-in-the-air type
- Uber alternative
- One on a pedestal
- Moderately wide
- Eye layer
- Twelfth month of Jewish year
- Cheese-covered chip
- Popped relief?
- *"Love, ____" movie
- Splints site
- Muhammad's teachings
- Orchestra instrument
- Past of heave
- Avoids work, in British slang
- Give off
- Dose of sunshine
- Back seat
- Hair-raising product
- *... valentine, an opposite of love note
- English author perhaps best known for "The Canterbury Tales"
- Like Mary-Kate and Ashley
- Pooh's "wise" friend
- Bring to an end
- Potassium nitrate
- Farm sound
- Arm bones
- Back talk
- Uniting conjunction
- Imposter

DOWN

- Smoke plus fog
- Comes in hard or soft shell
- Parts of a play
- ...-la
- Plural of solidus
- Heidi's shoe
- *Sweetie follower
- Cook's cover
- Wheel holder
- Cambodian money
- Two-masted vessel
- "The Sun ____ Rises"
- Trash can for fireplace (2 words)
- Source of lymphocytes, pl.
- Pull along
- Dormant state
- *Famous archer
- Dispatch boat
- *... and whistles"
- Hodgepodge
- Mr. and Mrs. Incredible's son
- Blood of the gods, Greek mythology
- Seven days postmortem
- *Hive-related endearment
- Unfortunately, exclamation
- Rumpelstiltskin machine

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
65								66	67		68			
69								70			71			
72								73			74			

BRING EVERYTHING YOU LOVE TOGETHER!

dish **Blazing Fast Internet!**

2-YEAR TV PRICE GUARANTEE **\$69.99** MO. **190 CHANNELS**

CALL TODAY - For \$100 Gift Card **1-888-416-7103**

Classified Advertising

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

MPG

916-773-1111

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

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**

SUDOKU

GRAND ALASKAN CRUISE & TOUR
 12 days, departs May - Sep 2022

1-855-208-9533

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

CAL FIRE Gets Training Tower

By Kathy Ziprik, Ziprik Consulting

CAMERON PARK, CA (MPG) - Fire Captain/Paramedic Jonah Winger possesses a specific skill that has served him well during his 27 years in the fire service: patience. In 2011 Winger started the process of requesting funding for a fire training structure for the Cameron Park (Calif.) Fire Department. Finally, after many starts and stops, a new Firefighter training structure is now in place.

"The process took us 10 years to complete, but it's so worth it," says Winger, with the California Department of Forestry and Fire Protection (CAL FIRE), the Amador-El Dorado Unit out of Cameron Park. "Fire Facilities was patient to continually update us on costs and information as we worked to get the tower approved over the years. They were easy to work with on choosing, designing, and receiving estimates for the structure we desired."

"Having the three-story Firefighter tower readily available has changed everything. Now we can train any day or time at a moment's notice."

Training is critical for firefighters across the country, but especially in wildfire-prone California. So far in 2021, CAL FIRE has assisted with numerous wildfires, including the explosive 67-day Caldor fire that burned 221,835 acres. CAL FIRE teams are constantly on-call to control all aspects of wildfire suppression in the 1,786 square miles of El Dorado County.

"The Firefighter tower can be used for wildland



Above: Region Cal Fire teams train to lift a man in a rescue simulation. Right: The new Firefighter training structure at the Cameron Park (Calif.) Fire Department. Photos provided by Ziprik Consulting

urban interface structure triage and wildland drill scenarios," says Winger. "Previously we had to train on local business buildings and at our fire stations. Now we are training daily on a tower more suited for our needs. While wildfires are extensive in our area, we use The Firefighter tower almost exclusively for structural firefighting and rescue training."

CAL FIRE/Cameron Park Fire Department has already started including other stations in training for multi-company drills. The height and features of The Firefighter allow replication training for one- to three-story

scenarios of multi-family residential units, single-family residences, commercial structures and health care facilities. The crews are also training on internal and external staircases, fire protections systems, flat commercial roofs, parapets, attics, FDC, sprinklers and standpipes.

To enhance training experiences, several custom elements were added to The Firefighter for CAL FIRE.

"We chose to add the rappelling anchors, FDC, sprinkler system, burn crib, and roof hatch so we could use the tower for a variety of training scenarios," says Winger. "Every drill we place certain features 'in or

out' of play to create a specific atmosphere and training objective."

So, how did CAL FIRE finally get its customized tower? According to Sherry Moranz, Assistant Chief, Central Division Operations for CAL FIRE, the need finally matched up with the funding availability.

"We presented the project concept, the plan, the cost, the justification, and the benefit to the Cameron Park Community Services District Board and to the El Dorado County Board of Supervisors," says

Park residents, but residents across all of El Dorado County."

Now located adjacent to Fire Station 89 in Cameron Park, The Firefighter is ready for action. Winger believes more than 100 people will train on the structure regularly.

"The tower and burn room annex are ideal for both fire and EMS scenarios," says Winger. "We anticipate the entire CAL FIRE Amador-El Dorado Unit will train here. This includes our personnel, fire interns, fire explores, fire academies, class and other El Dorado County fire cooperators."

"We waited a long 10 years to get this terrific training tower. Now we plan to use it constantly to hone our skills and prepare even harder to serve residents in our area."

Fire Facilities, Inc. (FFI), an ISFSI corporate sponsor, manufactures a full line of steel fire training structures engineered to withstand real-life firefighting conditions. From mobile units to burn rooms to high-rise towers, FFI training models are available in a multitude of configurations. Our parent company, Trachte Building Systems, is one of the largest and oldest manufacturers of steel self-storage systems in the industry. For more information, visit www.firefacilities.com or call 800-929-3726. ★



Brandon Rose Elected SMUD Board President



Brandon Rose

SMUD Press Release

SACRAMENTO REGION, CA (MPG) - SMUD's Board of Directors elected Brandon Rose as its new President of the Board. His term will run from January through December 2022. Director Rose was first elected to the Board in 2016 and represents Ward 1, which includes Fair Oaks, Citrus Heights, Orangevale and part of Folsom.

Rose first became interested in energy policy while a student researching SMUD's network of

dams in the Sierra Nevada along Highway 50. He later gained extensive experience while working in the California Energy Commission's Renewable Energy Office with a focus on emerging technologies including solar and wind power. At the California Energy Commission, Rose was staff lead for the pilot Performance-Based Incentive Program for solar electric systems, an innovative economic-based approach to incentivize installations, and a precursor to California's Million Solar Roofs Initiative.

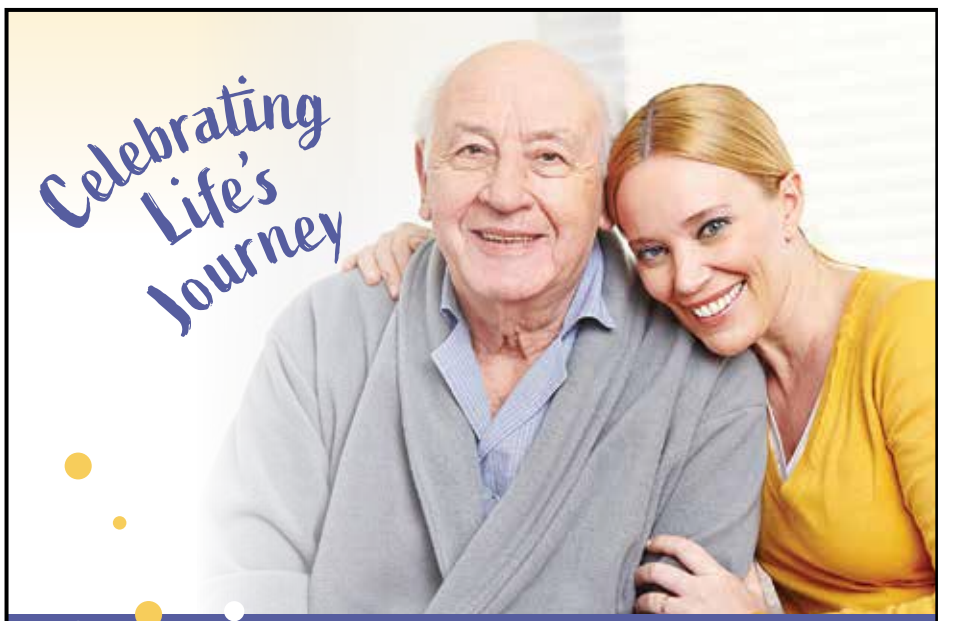
In his current role as an Air Pollution Specialist with the California Environmental Protection Agency, Rose focuses on emerging zero and near-zero transportation technologies, and the fuels that power them, such as hydrogen, renewable fuels and electricity.

Rose is active in

the community, having served as an elected Board Member of the Fair Oaks Recreation and Park District for more than eight years, including two years as Chair. In 2011, Rose was elected as the Special District Representative to the Sacramento County Treasury Oversight Committee and chaired the Committee from 2014 to 2019. He is currently an executive Board Member and Past President of the Environmental Council of Sacramento.

Rose graduated from Bella Vista High School and holds a Bachelor of Science degree from U.C. Davis in Environmental Policy Analysis and Planning, with a specialization in City, Regional Planning and Public Lands Management.

For more information on SMUD's Zero Carbon Plan and its customer programs, visit smud.org. ★



Celebrating Life's Journey

Visitors Welcome and Encouraged!

Let us manage the daily tasks so you can expand your social life, eat well and have daily entertainment.

Come on home, we're waiting for you

Summerset
Senior Living

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

summersetseniorliving.com

916-400-3831



RCFE #347005361

Thank
A Veteran Today

PAYROLL and HR Support
\$125 a month
Offer valid through 3/31/2022
916-760-7227
Pinnacle
EMPLOYEE SERVICES



It Takes All Kinds

By David Dickstein,
Gold River Resident

A Tale of Two Tails

Human to human communication hasn't been perfected in the 6 million years our species has been around, so it's no surprise that in this day of wokeness, social distancing, political polarization and anti-social social media, interaction among us has become even more flawed.

Lately, even the most innocent of encounters presents an opportunity for a "Curb Your Enthusiasm" moment. Having been subject to weird and/or awkward encounters with people from Gold River to Giza and Arizona to Antarctica in just the COVID-19 era alone, it's no overstatement when I say that the more I'm out in public, the more I understand why some prefer to live a near-hermit-like existence by rarely leaving their home.

To wit, just the other day I was walking my dog around the village, minding my own business like 99.3 percent of all Gold River residents, when I saw in the distance two women with two dogs. Noticing that all four were off-leash, Daisy and I crossed the street to walk on the opposite side of the oncoming humans and hounds. But as we got closer, one of the dogs started scampering across the street toward us. My dog, being her friendly and social self, got into a crouching position ready to greet this pooch heading our way.

"Is your dog OK?" asked the presumed owner of the free-range dog coming toward us.

I told her that's Daisy wanting to be friends, and I was a bit surprised a dog owner in her – just guessing here – late-60s didn't recognize the familiar "play bow" posture.

"My dog can be ornery," the woman said just seconds before our pets would have their close encounter of a furry kind.



Even a nice, quiet walk with the dog isn't safe from surreal human interaction these days. Photo by David Dickstein

"Your dog is ornery and not on a leash?" I responded. "He needs to be on a leash."

"I get that a lot," said the woman while her lady friend and her own dog stood silently a few yards away.

I held the strap of Daisy's harness tightly just in case the approaching dog, a Yorkshire terrier I believe, got ornery as advertised. Upon meeting, the small- and medium-sized pups checked each other out as creatures of that species do, and the first

few seconds of mutual rectal examination were cordial. Then one of them snapped. I'd need slo-mo instant replay to determine which was the instigator, but my immediate reaction was to pull Daisy away from the untied terrier.

"The reason they did that is because your dog is on a leash," said the woman, who spoke like a know-it-all despite not knowing a dog's posture for playing or Gold River's CC&Rs on the subject.

"Your dog should be on a leash," I told her, and more calmly than she deserved. "Those are the rules here" – to which she snapped back, "Rules are made to be broken."

And with that, I said, "OK, we're done," and continued with what had been a lovely brisk afternoon walk. How unfortunate that Daisy and I encountered two living beings who both need to go to obedience school.

So Shines a Good Deed in a Weary World

Whenever I worry that society is deteriorating for myriad reasons, wonderful people will come out of nowhere to restore my faith in humanity.

To wit, again, in last month's column, I wrote that I collect toiletries from my hotel stays for the downtrodden living under the 50 freeway on 18th Street. The homeless living there are always well behaved, appreciative and too proud to panhandle – at least when I pay them a visit. I left out the part about these destitute individuals being nearly all women, not that they need soaps, shampoos and other personal products any less than men living in a tent or cardboard box. Still, they get a softer heart from me.

When I mentioned that my next drop-off will be on Valentine's Day, a holiday when everyone can use a little more love, several of you answered the call by emailing me before delivering items to my home. A few swung by anonymously. Between these readers' donations and what I've collected over my latest travels, the kindness of strangers will assuredly be embraced by the down and out of this particular homeless camp. They might be penniless, but on this Valentine's Day at least, they won't be loveless.

David Dickstein is a Gold River resident, award-winning writer and principal at the PR firm Prose & Comms Inc. He can be reached at daviddickstein1@gmail.com. ★

We Beat Almost All Online Prices on Premium Brand Pet Foods.

Including Blue Buffalo, Chicken Soup, Earth Born, Diamond Naturals, Pinnacle, Taste of the Wild, & Royal Canin.



EVERYDAY LOW PRICES
Super Discount Prices • Hot Specials & Coupons
(Some items promotions from vendors)
(No Membership Fees)

We Only Accept ATM, Cash, & Checks



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 2/9/22 - 2/15/22



COUPON

FREE PET CLUB
Pet Food Can Lid
with the purchase of pet, fish food or supply.
99¢ value
PLU 334 CHM
Limit 1 Coupon per family
Effective 2/9/22 - 2/15/22

COUPON

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 2/9/22 - 2/15/22

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

BLUE BUFFALO DRY DOG FOOD
30 Lb Bag
• Chicken (Regular & Large Breed)
• Fish & Oatmeal (Reg & Lrg Breed)
• Puppy (Reg & Large Breed)
• Senior (Reg & Lrg Breed)
• Lamb & Rice
• Healthy Weight
\$5 OFF
Our Regular Low Prices!
Effective 2/9/22 - 2/15/22

PRO-PLAN DRY DOG FOOD
• Chicken & Rice 30-35 Lb Bag
• Beef & Rice • Lamb & Rice
• Sensitive Skin & Stomach
• Lite • Performance
\$5 OFF
OUR REGULAR LOW PRICES!
Limit 2 Bags per Family
Effective 2/9/22 - 2/15/22

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
Limit 2 Bags per Family
\$10 OFF
OUR REGULAR LOW PRICE!
Effective 2/9/22 - 2/15/22

NATURAL BALANCE DRY DOG FOOD
• Ultra Free 24 Lb • Potato & Duck 26 Lb
• Vegetarian Dog 28 Lb • Chicken & Brown Rice 26 Lb • Ultra Original (Reg & Lrg Bnd) 30Lb
Limit 2 Bags Per Family
\$5 OFF
Our Regular Low Prices
Effective 2/9/22 - 2/15/22

FRISKIES BUFFET CANNED CAT FOOD
5.5 Oz All Varieties
ON SALE
Limit 2 Cases Per Family
Everyday
Effective 2/9/22 - 2/15/22

PURINA KIT N' KABOODLE DRY CAT FOOD
16 Lb Bag
\$9.99
Limit 2 Bags Per Family
Effective 2/9/22 - 2/15/22

TIDY CATS SCOOPABLE CAT LITTER
20 Lb Jug
• Regular
• Unscented
Limit 2 Jugs Per Family
ON SALE
Everyday
Effective 2/9/22 - 2/15/22

HI-COUNTRY WILD BIRD SEED
20 Lb Bag
(Kaytee, 20 Lbs - \$9.99)
(Audubon Friends, 20 Lbs - \$8.99)
Limit 2 Bags Per Family
\$8.99
Effective 2/9/22 - 2/15/22

MERRICK'S GOURMET CANNED DOG FOOD
13.2 Oz All Varieties Limit 1 case
On Sale

SCIENCE DIET DRY DOG FOOD
28.5-33 Lb Bag
Limit 2 Bags
• Lite • Active Maturity • Perfect Weight • Sensitive Stomach
\$49.99 • **\$53.99**

FRESH STEP CAT LITTER
21 Lb Bag (14 Lb Bag - \$4.99)
Limit 2 Bags
\$6.99

MILK-BONE DOG BISCUITS
Large 10 Lb Box **\$10.99** Flavor Snacks 7 Lb Box **\$9.99**

EVERCLEAN PREMIUM CAT LITTER
Limit 2 Bags 3 Lb Bag
\$13.99

PESTELL CLUMPING CAT LITTER
40 Lb. Bag Limit 2 Bags
\$8.99

PRO-PLAN CANNED DOG FOOD
13 Oz Cans Limit 1 Case (Reg Price \$1.65) **\$1.49** (Reg. Price \$1.75) **\$1.59**

CORE NATURAL DRY CAT FOOD
• Original • Indoor • Turkey Grain Free 11-12 Lb Bag
• Wellness Grain Free Dry Cat Food 11.5 Lb • Adult
• Healthy Weight • Indoor Salmon **\$29.99**
3 FREE Care or Wellness Cat Cans 5.5 Oz With each purchase **\$37.99**

FANCY FEAST DRY CAT FOOD
3 Lb Bag
(Purina One Dry Cat • Selected Varieties 3 Lb. \$7.49)
\$6.49

IAMS DRY DOG FOOD
30 Lb Bag
• Large Breed • Mini-Chunk
\$30.99 • Lamb Meal & Rice • Weight Control **\$31.99**

PURINA YESTERDAY'S NEWS CAT LITTER
Made with Recycled Paper
13.2 Lb. Bag
\$6.99

ÖKOCAT CLUMPING WOOD LITTER
• Regular 11-13 Lb **\$13.99** 16.7 Lb **\$19.99** 19.8 Lb **\$17.99** Dust Free 12.3 Lb

MIDWEST METAL PRODUCTS
• Exercise Pens • Folding Crates Limited Supplies
20% OFF
OUR SUPER LOW PRICES

PET CENTER CHICKEN BREAST TENDERS
16 Oz Jar • Chicken Nibblers
100% Natural
\$11.99

PETSAFE GENTLE LEADER
• Head Collars
• Easy Walk Harnesses
• Come With Me Kitty
20% OFF
OUR SUPER LOW PRICES

MAMMOTH PET PRODUCTS TIRE BITER PAW TRACKS
• Squeaky Freaks
• Soft Pet Toys
All Varieties
20% OFF
OUR SUPER LOW PRICES

ASPEN PET PORTABLE PET HOMES
• Light Weight • Pop Up Shelter
Asst Sizes
20% OFF
OUR SUPER LOW PRICES

MARINELAND POWER FILTER SALE
TANK SIZE
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
• Goldfish • Cichlids • Tropical • Wafers
20% OFF
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 2/9/22 - 2/15/22
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 2/9/22 - 2/15/22
\$2.09
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 2/9/22 - 2/15/22
\$1.49
CHM PLU 569

Nielsen Endorses Lanhee Chen for State Controller



Lanhee Chen

Lanhee Chen for Controller Press Release

RED BLUFF, CA (MPG) - California State Senator Jim Nielsen, Vice Chairman of the Senate Committee on Budget and Fiscal Review and one of the authors of Proposition 2, which created the state's Rainy-Day Fund for fiscal emergencies, endorsed Lanhee Chen for

California State Controller. "Californians need a State Controller who will be a watchdog, not a rubber stamp on the hundreds of billions of dollars our state spends each year," said Nielsen.

"Lanhee Chen will be a tireless fiscal advocate for all Californians. More importantly for our state's future needs, he will make sure that the money allocated for everything from water infrastructure to wildfire prevention is actually spent as we are told it will be."

Nielsen continued, "I believe Lanhee is someone we can trust to keep a watchful eye over our tax dollars and state spending. I am proud to endorse him

and look forward to helping him get his message out across California."

A successful farmer and rancher, Senator Jim Nielsen grew up on a small farm in the San Joaquin Valley and graduated from Fresno State with a bachelor's degree in Agricultural Business. After college, Jim worked as a ranch foreman and operated the family cattle, field, and row-crop ranch. He later founded a company that utilized rice hulls and rice straw for fuel. Elected to the State Senate in January 2013, Senator Nielsen proudly represents the citizens of Butte, Colusa, Glenn, Placer, Sacramento, Sutter, Tehama, and Yuba counties. ★

Chuck Smith Announces Candidacy for US Senate



Chuck Smith (R)

Chuck Smith for US Senate

SUTTER COUNTY, CA (MPG) - Veteran, retired law enforcement professional and Northern California resident, Chuck Smith (R), has announced his candidacy for U.S. Senate. A husband, father and grandfather, Smith will challenge an appointee for the seat vacated by Kamala Harris in the upcoming June 7th Primary Election.

Smith felt called to run after witnessing the weakening of the United States Constitution and the gradual destruction of the 'American Dream'. "It is our duty as Americans to stand up to injustice and irresponsible

government," said Smith. "To restore the principles upon which our forefathers founded our great nation, we must replace corruptible politicians with incorruptible patriots," Smith continued. "I will combat the current trend of saddling the American people with unfair taxation without representation and will fight for America-first policies," stated Smith.

"It's time for the American people, average citizens, to run for office and take back our Nation," said Smith. "I cannot imagine the intense pressure felt by those who are currently immigrating into the United States both legally and illegally," Smith said. "With our current economy and inflation, home ownership which is part of the American Dream, is out of reach," he finished.

Smith supports the Constitution, freedom of speech, the 2nd Amendment, law enforcement, a robust economy, strong military, secure borders, term limits, smaller government and reduced taxes.

Smith served on the Sutter County Grand Jury in 2020 and was Foreman of the Sutter County Grand Jury in 2021. Smith volunteered for the Trauma Intervention Program (TIP) in 2021. Smith and his wife Linda reside in Yuba City, California, north of Sacramento. Together they have three children and three grandchildren.

Smith graduated from Rio Linda High School and attended American River College before joining the Marine Corps. Following his military service, Smith returned to American River College where he secured his Associate Degree. Smith began his law enforcement career with Yolo County Sheriff's Office in the late 1970's and was later hired as a Patrol Officer with Sacramento Police Department. Smith's 15-year law enforcement career was ended by an on-the-job injury. Smith spent 25-years working security detail for the Federal Courthouse in Sacramento before his retirement in 2017. ★

Citrus Heights Councilman Bret Daniels Enters Race for Congress



Bret Daniels

Bret Daniels for Congress

CITRUS HEIGHTS, CA (MPG) - Citrus Heights Councilman Bret Daniels officially entered the race for California's 6th Congressional District.

"Americans are suffering under the weight of Joe Biden's policy failures," Daniels stated. "The Sacramento region is in desperate need of experienced leadership in Washington - someone who will stand up to the Biden agenda and fight to turn things around. That's my pledge."

Bret Daniels was a strong advocate for developing the first Citrus Heights Police Department and has served on the City Council for 11 years. He has served on numerous regional boards

including the Solid Waste Authority, the Sacramento Transportation Authority, and the Sacramento Metropolitan Air Quality District.

Elected to his current term on the City Council in 2016 and reelected in 2020, Bret had previously been elected in 1999 and reelected in 2002. He served as Vice Mayor in 2004 and as Mayor in 2005. He successfully helped to defeat the City's efforts to raise the utility tax in 2012 and the sales tax in 2020.

Bret enjoyed a twenty-year law enforcement

career including stints in the United States Air Force in Torrejon, Spain, and Cheyenne, Wyoming, the Laramie County Sheriff's Office in Cheyenne, Wyoming, and in the Sacramento County Sheriff's Department.

He is a Founding Member and President of Badges Supporting Fallen Officers' Families (Fallen), a non-profit charitable organization that provides immediate financial support to the survivors of law enforcement officers killed

throughout the nation and is a Founding Member and President of Toys for the Troops' Kids, a non-profit charitable organization that provides toys to the kids of our military service members during Christmas.

Bret lived in the North Sacramento area until the age of 12 where he attended Hagginwood Elementary School and Del Paso Jr High School before he moved to Citrus Heights in 1973 when his father took a job at the then recently

opened Sunrise Mall. The newly-drawn 6th Congressional District comprises most of the entire northern portion of Sacramento County as well as some of the northeastern portion of the county. Communities include North and South Natomas, North Sacramento, Rio Linda, Elverta, Foothill Farms, North Highlands, Antelope, Citrus Heights, Gold River, Rancho Cordova, Rosemont, Arden/Arcade, and Carmichael. ★

KP

International MARKET

FOOD COURT NOW OPEN

12131415161718
10971 Olson Drive
Rancho Cordova, CA 95670
916.853.8000

Market - 7 Days: 8am - 10pm
Food Court - 7 Days: 11am - 8:30pm
(Chinese: 11:30am - 8:30pm)

NOW OPEN! KARAOKE & FOOD COURT

FROZEN & FISH DEPT

Abalone-Style Shellfish • 12 oz
\$9.99/ea

Frozen Octopus 300/400 • 1.5 lb
\$8.99/ea

WEEKLY MEAT SPECIALS *SUBJECT TO AVAILABILITY

BONUS BUY

Beef New York Roast - Boneless
\$5.79/lb

USDA CHOICE

Beef New York Steak - Boneless
\$5.99/lb

40 lb Box
\$25.99/box

Beef Tri-Tip Roast Trimmed - Bnls
\$4.99/lb

Beef Cross Rib/Shoulder Roast
\$3.99/lb

Chicken Leg Quarters
69¢/lb

Pork Neck Bones
\$1.49/lb

Pork Butt Roast Bone-In
\$1.69/lb

Pork Tenderloin
\$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 JANUARY 12 - JANUARY 18, 2022.

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

69¢

79¢

13.99

1.59

38.99

59¢

99¢

5.99

AMERICAN/HISPANIC GROCERY

2/\$5

2/\$3

\$9.99

\$1.99

\$32.99

ASIAN GROCERY

\$2.99

\$1.39

\$4.99

\$9.99

\$2.99

EUROPEAN GROCERY

\$6.99

\$5.49

\$2.99

\$8.99

\$1.69

KOREAN/JAPANESE GROCERY

\$1.99

\$3.99

\$2.99

\$4.99

HOUSEWARES

FORMULATED ON NATURE'S BROWNING PRINCIPLES FOR THE FIRST TIME EVER

39.99/EA

FROZEN & FISH DEPT

Japanese-Style Panko Breaded Oyster • 12 oz
\$4.99/ea

ERLINO'S

Erilino's Pitted Green Olives
\$8.19/lb

Erilino's Olive Oil
\$3.99/lb

EUROPEAN DELI

Erilino's Pitted Green Olives
\$8.19/lb

Erilino's Olive Oil
\$3.99/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 JANUARY 12 - JANUARY 18, 2022.