



**College Costs
are Holding
Students Back**

PAGE 6

**24 Museums
Participate in Free
Museum Day**

PAGE 10



Gold River Messenger

"Written by the people, for the people"

VOLUME 7 • ISSUE 02 **Serving Gold River and Sacramento County** FEBRUARY 2019

**JOURNEY
THROUGH TIME
WITH NEAL SCHON**



PAGE 3

**TACKLING
THE HIGH COST
OF HOMELESSNESS**



PAGE 5

**'Fool's Gold'
That's a Wrap**



PAGE 2

A Vital Emergency Bridge Program for Foster Children



Counties throughout California are working to recruit loving families to care for foster children. MPG Photo

By Andrea Hansen, Sacramento County Media

SACRAMENTO COUNTY, CA (MPG)

- Counties throughout California are working to recruit loving families to care for foster children, but some families may feel they cannot afford to bring a foster child into their home due to budget constraints. To increase the number of foster parents and meet the needs of foster children, the Emergency Child Care Bridge Program for Foster Children was established for counties to help caregivers pay for child care until they find other subsidized child care or are able to pay for child care themselves.

Introduced in January 2018, the Bridge Program aims to increase the number of stable, sustainable family placements for children in foster care. The program provides eligible caregivers vouchers to pay for child care. These vouchers help ensure that caregivers have adequate support to balance work and home lives and increase the likelihood of a smooth transition.

In 2018-19, 46 counties opted in to receive a portion of the \$31 million allocated to provide Bridge Program services. As of November 30, the program in Sacramento County had served 72 foster children in nearly 60 foster families.

On December 11, the Sacramento County Board of Supervisors approved a nearly \$500,000 increase of the Bridge Program contract funding to expand child care support services. The \$1.3 million budget for Fiscal Year 2018-19 will be used to contract with Child Action, Inc., the local child care resource and referral agency, for Child Care Vouchers, Navigator Services and Trauma-Informed Care Training/Coaching.

"With more parents working outside the home, the ability to recruit and retain foster parents is becoming more challenging," said Michelle Callejas, Sacramento County Director of Child, Family and Adult Services. "The Bridge Program is vital to help the Department of Child, Family and Adult Services place more local foster children in homes where they will receive high-quality care. The amendment of the contract will allow our department to support even more families who open their homes and hearts to foster children."

The Bridge Program is comprised of three major components. This includes emergency child care vouchers that are issued to eligible families to cover child care costs for children ages 0-12 for 6 to 12 months; support from a child care navigator who will work with families to find a child care provider, assist with completion of

child care applications, and develop a plan for long-term child care; as well as trauma-informed care training so child care providers can learn strategies for working with children in foster care, many of whom have experienced trauma.

There are many types of families in the foster care system who are eligible for the Bridge Program: Resource families that have completed the Resource Family Approval (RFA) process; Foster Family Agency-approved or County-approved homes; families who care for foster children in an emergency placement; an approved relative or a non-related extended family member; parenting youth and non-minor dependents; or those who have children placed with them for a compelling reason.

For additional information on the Bridge Program, contact Bridge Program Contract Monitor, Gloria Bedford.

If you are interested in learning more about becoming a resource family or adoptive parent for local foster children, attend the next Resource Family/Adoptive Parent Orientation, or call 916-875-5543, and visit the Sacramento County Department of Child, Family and Adult Services Resource Family web page. ★

Raising Your Awareness of Human Trafficking

By ANDREA HANSEN, SACRAMENTO COUNTY

SACRAMENTO COUNTY, CA (MPG) - During the month of January, advocates, organizations and individuals unite to raise awareness about human trafficking. Human trafficking is an issue that touches every community, including Sacramento County youth.

Since September 2015, Sacramento County Child Protective Services has identified 199 adolescents who were sexually exploited or at risk of being sexually exploited. 98 percent of those youth are female with the median age of 13-17, and a disproportionately high number of these youth – 45 percent are African American.

Child Protective Services (CPS) is the lead agency charged with providing services and support, including placement, for these vulnerable youth. CPS has a significant need for Foster Families, now called Resource Families, to provide loving and stable homes for all children and youth that enter foster care. There is a specific need for youth that have been sexually exploited. Learn more about becoming a Resource Family and/or adoptive parent by attending a Resource Family/Adoptive Parent Orientation or call 916-875-5543.

In 2015, the District Attorney's Office created Sacramento Together – a Human Trafficking Task Force coalition. Sacramento Together wants to raise awareness about this issue and encourage all members of the public to attend a showing of the documentary entitled, "California's Forgotten Children." This film gives viewers the tools to combat this epidemic.

The Sacramento County District Attorney's Office is also part of a number of collaborative efforts to rescue and assist victims including; Sacramento Together Anti-Human Trafficking Coalition.

"California's Forgotten Children" is a feature documentary about child sex trafficking.

LOCAL SHOWING: CASA (Court Appointed Special Advocates) and University of the Pacific George School of Law on January 31 at 6:00 - 8:30 p.m. The address is 3200 5th Ave, Sacramento, CA 95817, Classroom C. There are 150 seats available, first come first served. There is free street parking. ★

County Partnership with UC Davis Approved

By Andrea Hansen, Sacramento County

SACRAMENTO COUNTY, CA (MPG)

- On Jan. 15, the Board of Supervisors approved a collaborative partnership between Sacramento County and UC Davis Health to deliver primary care, behavioral health, and some specialty services to 5,000 Medi-Cal enrollees at the County-run Federally Qualified Health Center at Broadway and Stockton Boulevard.

"Sacramento County is thrilled for this relationship with UC Davis Health," said Supervisor Patrick Kennedy. "Together we are committed to ensuring greater access to high-quality health care

in our region. UC Davis Health already provides health care services at the Sacramento County Health Center and the expansion will allow for more access to primary care and high-quality health care to Medi-Cal patients."

Starting Feb. 1, the partnership will bring together a hospital system and Sacramento County health care providers to give coordinated, high-quality care to patients. The unique structure of the agreement is based on that of an Accountable Care Organization, where UC Davis Health provides all care for primary care and behavioral health services for enrollees at the Paul F. Hom Primary Care Facility

in the Sacramento County Health Center as well as at UC Davis facilities.

"Patients will be phased in over a period of six months to the Paul F. Hom Primary Care Facility in the Sacramento County Health Center," said Peter Beilenson, Director of the Department of Health Services. "These enrollees will be provided with comprehensive primary care and behavioral health services, but will also have opportunities to connect with on-site social service organizations that provide housing assistance, job placement, legal services, Medi-Cal system navigation and eligibility, and care coordination."

This collaborative

initiative has great potential for all involved:

- For patients and community members - primary and preventive care to Medi-Cal recipients who currently have limited access to care in the County will be increased and more coordinated
- For the Sacramento County Health Center and Sacramento County - the Health Center will be fully utilized and serve the ultimate vision of a person-centered medical and social service home for an underserved community with increased reimbursement for services provided.

Source: Sacramento County Media ★

PRSR STD
ECRWSS
U.S. POSTAGE
PAID
EDDM RETAIL

*****ECRWSS*****

Local Postal Customer



By David Dickstein, Gold River resident

'First the bad news: Hallmark Gold Crown store in Gold River has only a few more days to live. Now the good news: I know where you can buy it a condolence card cheap.

Where Gold River cared enough to buy the very best for 20 years is closing its doors for good on Feb. 25. A bad case of the Mondays is guaranteed for brand-loyal local shoppers of greeting cards, gift wrapping, home decor, sweets, candles, jewelry, toys, stuffed animals and other merchandise to help express your excitement, compassion or encouragement to those too special to buy for elsewhere. Like Dollar Tree, where cards without the familiar five-point crown on the back are two for a buck. Gold River's loss is certainly a gain for several retailers in town, Bel Air and Rite-Aid, especially, since both carry Hallmark cards mere steps from the imminent gravesite of the once-thriving company-owned superstore.

Cause of death of the Gold Crown Store is a failed lease negotiation, according to the grieving employee who recently rang me up two boxes of Christmas cards and one box of Hanukkah cards for a grand total of \$2.60. The liquidation sale felt more like an estate sale. My sympathies to all the workers who gave this place their blood, sweat and tears from paper cuts, lifting heavy boxes and all those sentimental messages,

'Fool's Gold' That's a Wrap



Gold River's Hallmark Gold Crown store closes for good this month. Photo by David Dickstein

respectively. Let's hope that the last-remaining employees have something else lined up already, or will soon find a new job. Heck, maybe they can stay where they are by working at whatever moves in.

The 5,940-square-foot body isn't even cold, yet we're all thinking the same thing: "What should go in there?" My wife wants a Greek restaurant. My youngest wants a fireworks superstore. Either would be awesome, but unlike gyros and hummus, you can't sell fireworks year-round in these parts. So, fireworks are a non-starter until I become governor.

While you're thinking up some nifty ideas, here's mine:

- The Gold River Jail! I'd say a dozen cells would be sufficient for homeowners who violate association rules. One to three hours in solitary for those who leave their trash cans out beyond Saturday. A day or two if you leave your car in the driveway too long. A month for every illegal garage sale, and no outdoor privileges. Two to three years of hard labor after the fifth citation for leaving your garage door up overnight. Hey, don't do the crime if you ain't got the time.

- A juice bar or bagel shop! I know, I know – both were here before, but it's been about six years since Jamba Juice squeezed its last orange in town and even longer since some genius guaranteed the shop's demise by opting to have bagels delivered instead of being baked on premises. The two closest Noah's are each 5 agonizing miles away from Gold River Town Centre, and when was the last time you juiced up at Jamba in the Rancho Cordova Target center?
- A diner-type restaurant that serves real breakfast! When a sandwich from Starbucks is the only hot breakfast available in an entire shopping center, something is very wrong. We deserve a place that serves better than what comes out of a combination microwave-convection oven.
- A clothes boutique! Wouldn't it be nice not having to drive to the dying Sunrise Mall, a big box store or the Folsom non-outlet outlets for something as basic as a little, black dress or polo shirt?
- A Sacramento County political headquarters! Hilary Clinton beat Donald Trump

by roughly 9 percent in the precincts that serve Gold River, far below the 30 points in statewide voting. That's close enough for either party to want to take up residence through at least the 2020 presidential election in our well-heeled, hard-working and educated community. Heck, I'm sure the landlord would sign a lease with the Peace & Freedom Party if they paid top dollar.

- Expand Bel Air Supermarket! Knock out the shared wall and make the best improvements to our neighborhood grocery since my youngest son managed the Frito-Lay inventory there and my oldest son worked as a courtesy clerk.
- A Chicago Fire! Because Blaze, Papa Murphy's, Bel Air's deli section, Mountain Mike's, Il Forno Classico, Pieology, Round Table and Milan aren't enough pizza places within a 1-mile radius.
- A DMV office! Even if it provides just non-driving services, how great it would be to wait those seven hours for a non-appointment license renewal closer to home.
- A well-supervised teen center! So that Gold River's youth has somewhere safe, indoors and affordable to play, do homework or just hang out. If it's funded by association dues or county taxes, even better.
- A LabCorp location! With Quest Diagnostics recently moving to this side of Sunrise, locating the behemoth clinical laboratory competitors mere steps from each other would cause a literal blood war. Those two would be needing each other for years, no pun(ture) intended.

David Dickstein can be reached at daviddickstein1@gmail.com ★

California Has Some of the Worst Drivers

By Emily Lamb

If you're constantly frustrated with the drivers you share the streets with, you're not alone. And there may be some truth to your road rage. Car crashes are a leading cause of death in the US and were expected to cause around 40,000 deaths by the end of 2018.

To put it plainly, America's roads are dangerous. Texting behind the wheel is a major reason for many traffic fatalities, and it's only getting worse. In 2016, 3,450 people were killed by distracted driving. Plus, cheap gas and a strong economy means America's 222 million licensed drivers are driving more than ever. More people on the road leads to more accidents and citations.

Every state has their share of bad drivers, but some are worse than others. We ranked all states from worst to best based on the methodology outlined at the end of the article. These states have the worst drivers, in order; Maine, South Carolina, Nebraska, California, and North Dakota.

The US has been politically polarized for a long time. But after the 2016 presidential elections and the 2018 midterms, there's a rising divide between Democrats and Republicans. We took it upon ourselves to settle the score by determining which political party is better behind the wheel.

So, which is it- red or blue? The final score is a bit of a tossup. Considering two-thirds of the best driving states are historically

red, and the worst driving state is blue, it looks like red takes the lead. But, the second and third worst driving states are conservative strongholds. So, we're calling it a tie.

Whether you live among the best or the worst drivers in the country, you still need a strong auto insurance policy. Especially if you live in Maine, South Carolina, Nebraska, California, North Dakota, or one of America's worst driving states.

Your rates depend in part on how well the people around you can drive. Why? Because the more bad drivers there are on the road, the higher the chance of a collision. Even if you're a fantastic driver, living in a state full of speed demons or reckless traffic weavers can cause your rates to skyrocket. Car insurance companies look at your zip code to determine your prices. And if your zip code has a propensity for poor driving, you'll pay more for coverage.

Study Methodology: We sampled incident data (with more than two million data points) from the users of our website and juxtaposed it to Federal Highway Administration fatality data. To quantify overall driver standards for comparison, we weighted various incident totals for each state with its occurrence percentage. The rankings are a sum of weighted means calculated from these incidents: Accidents; Speeding tickets; DUIs; Citations; Fatalities.

Source: quotewizard-blog.com ★

HMF Family
Dentistry

Family Dentistry Gold River

Hector Fernandez D.D.S.

- Invisalign™
- Zoom2 Whitening
- Oral Surgery Including Wisdom Teeth Extraction
- Implants
- Cosmetics
- Root Canals

HMF
hmfdentistry.com

11230 Gold Express Dr.
#306
Off Sunrise & Hwy 50

852-7660

FREE Seminar with BRUNCH
Reserve your spot now!

A LOVING APPROACH TO DEMENTIA CARE

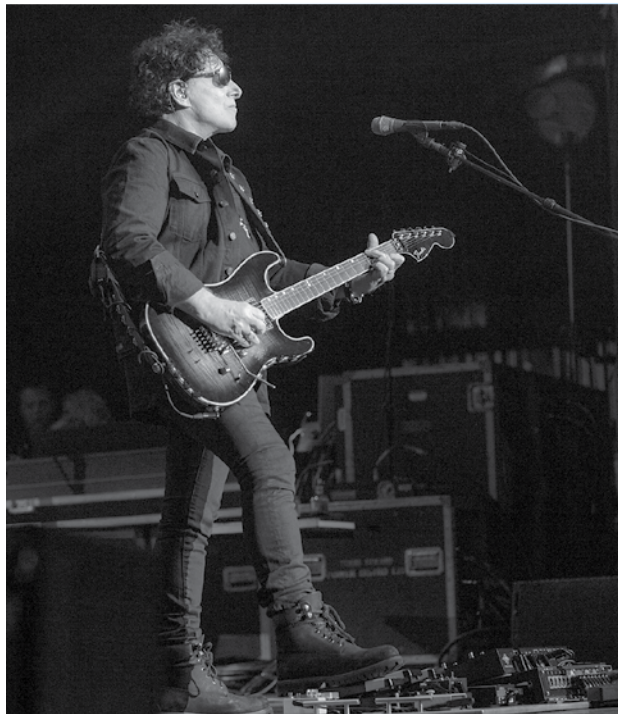
Join us for a free brunch while you learn top tools to better understand the world through the eyes of those with dementia. **Laura Wayman**, The Dementia Whisperer, will help you create more meaningful engagement, lessen frustrations and enhance the caregiving experience for you and your family! **Laura Wayman** is an in-demand expert and author delivering deep expertise in dementia communication strategies and care approach techniques.

Saturday, February 9th
Summerset Senior Living, Gold River
10:30 a.m. to Noon
*No charge. Space is limited.
RSVP by 2-6-19 to (916) 330-1300.

SUMMERSET SENIOR LIVING
2341 Vehicle Dr., Gold River/Rancho Cordova
www.summersetseniorliving.com
RCFE Lic#347005361
916.562.1036
*Restrictions apply. Rate does not include care level.

GRM

Journey Through Time with Neal Schon



Faithfully returning to their roots, the band will showcase songs from the very beginning and pay tribute to your favorite classic hits.

By Emily Tirapelle

JACKSON, CA (MPG) - Neal Schon's Journey Through Time will bring the Grand Oak Ballroom Stage alive with all the greatest Journey hits we've all come to love. They will also perform choice selections (some which have not been played in 40 years) from their earliest recordings. Neal Schon will take the stage alongside former Journey members Gregg Rolie, and Deen Castronovo, along with Marco Mendoza, Marti Frederiksen, and Chris Collins on Friday, February 22. One of only two scheduled tour dates!

Neal Schon, founding member of the Rock & Roll

Hall of Fame inducted band Journey, is proud to present Neal Schon's Journey Through Time along with two time Rock & Roll Hall of Fame inductee and former Journey and Santana band-mate, Gregg Rolie. Schon and Rolie debuted Journey Through Time in February of last year at The Independent in San Francisco, CA to a sold-out crowd, performing songs spanning Journey's 14 year existence - including the first three albums Journey, Look Into The Future, and Next.

Multi Grammy-nominated Neal Schon founded Journey in 1972 and remains the sole consistent member, having participated in every

album and tour to date. Schon was also a member of Santana and has performed with a variety of other acts including Bad English, Jan Hammer and HSAS. He has released 10 solo albums including his latest, Vortex. His guitar style has been described as soulful and melodic, admired by such fellow legends as Eric Clapton and Prince.

"Faithfully" returning to their roots, the band will showcase songs from the very beginning and pay tribute to your favorite classic hits. When the lights go down...in the Grand Oak Ballroom you'll be fully immersed into the lyrical symphony and emotion provoking sounds of the chart-topping hits that have been regarded as some of the most defining notes of Rock and Roll.

This exclusive concert is only one of two coming to California in 2019, secure your tickets now! Ticket sales begin Friday, January 11 at noon for \$80 each, available at the Casino Cashier's Cage or online at JacksonCasino.com. Will Call opens at 5 p.m., doors open at 6 p.m., and the concert starts at 7 p.m. Cash Bar and food will be available for purchase.

Jackson Rancheria Casino Resort is located at 12222 New York Ranch Road, Jackson, CA 95642. For more information, call 800-822-9466 or visit JacksonCasino.com. ★

Take Me Out to the Swim Meet!

By Jan Float

GOLD RIVER, CA (MPG) - Well, sports fans, just as Spring Training for baseball leagues is rounding the bases, so is Spring Training for the Stingrays' swim league. Gold River, intent on knocking it out of the ballpark this year, has already opened Spring & Summer registration at reduced fees. Most exhilarating is their New & Improved dryland training program - also established and underway. Although league bylaws prohibit in-the-water training in February [aka a "dry" month], this isn't called "dry"land for nothing ... and the Stingrays are taking full advantage of what was the seventh-inning stretch.

Both innovative and effective, from now through Spring Training and right on into the summer, these sessions will be conducted not as they once were, poolside and outdoors, but in the gym with Gold River Sports Club's certified personal trainers and team coaches. Clever, right? Here they are doing their thing in the group-exercise room with trainer Christine Williams. Once competition begins, the swimmers will be strong, conditioned, flexible ... and well ahead of the ballgame, ready to hit those grand slams. An added bonus? Training in the AC when it's 100 degrees in the shade without baseball caps.

This season, the fans will be cheering and the scoreboard reflecting many home runs. "Batter up, Matthew Choi! You've got this!" Now in the league's Gold Rush conference, the Stingrays' opposing teams



Matthew Choi stays in shape. Photo courtesy Jan Float

are more equal in numbers.

Baseball requires nine players out in the field for each play; swimming generally requires four Stingrays in the field for each race. With Winter, Spring & Summer training, the age-grouped athletes have fervent goals, including one triple play after another ... slamming 1, 2, 3 into the wall. "Take me out to the swim meet!"

During the summer, when baseball and swimming are in full swing, the Sacramento River Cats invite regional teams for their annual nod to the sport. All athletes, along with Tigger, parade the field, each team is recognized, and a champ within the swimming community throws out the first pitch. "Take me out to the ballgame. Take me out to the crowd." And, yes, "Buy some peanuts and crack-crack-cracks"; at swim meets, they're not allowed!

March Clinics will

soon be sliding into first base. Each week of the month is divvied up to focus on swimming's four strokes. There's also concentration on starts, turns and finishes ... sliding into first place. All the while, in the indoor bullpen, Spring Training is in full gear. Parents are likewise gearing up for their personal training: a presentation [no hand signals], an open Q&A session, and excitement to share with their Little Leaguers.

Included within team fees [decreased by 10%] are the fun-filled social events. And, just for you lucky readers, swim meet tickets are free. Baseball looks to sweep a series; swimming looks to sweep the season. The Stingrays are winding up to throw curve balls, steal countless bases and cross many a home plate. In It to Win It! More to come ... "at the ol' swim meet!" ★

SMUD Seeks Local Families for Research Project on Lighting and Autism

Initial pilot showed lighting had positive impacts on children with autism

SACRAMENTO REGION, CA (MPG) - SMUD is seeking local families for a research pilot project to evaluate the effects of lighting on children with autism. Interested families are invited to attend an informational meeting on January 24, from 6 p.m. to 8 p.m. at 6301 S Street in Sacramento to learn more.

"Studies have shown that lighting affects our circadian rhythms and may have impacts upon our health and behaviors," said SMUD's Lighting Expert Connie Samla. We're excited that our initial tests showed promise, so we wanted to reach 30 additional families to further identify changes in sleep and behavioral patterns."

Eligible participants are families that live in the Sacramento region with children ages 5 to 10-years-old with autism spectrum disorder. If selected, SMUD will provide \$1,500 in lighting

products for participants in the project.

For the first study, SMUD partnered with the Folsom Cordova Unified School District to study the effects of tunable LED lighting systems in the classroom and at two homes of children with autism. After 16 months of study, technical experts found positive results and released their findings with recommendations for further home study. Highlights from the first study are below.

- Students reported a slight increase in overall feelings of wellness and slightly lower energy levels.
- Teachers had positive feedback and all reported the new lighting helped them teach more effectively.
- The new lighting systems reduced electrical demand by 60-74% and energy consumption by 26-57%.

• One of the families in the home study reported dramatic improvements in their child's behavior. The other family reported modest behavioral changes, but a dramatic reduction in the amount of time it took their child to fall asleep.

After reviewing the results, SMUD technical experts recommended that school districts should install LED lighting systems that include lighting control scenes. Districts should consider installing tunable-white LED systems for new classrooms, especially those used at night or for teaching students with special needs. SMUD also suggested that more research needed to be done in the homes of students with autism and thus the reason for the second project.

For more information, visit smud.org.

Source: SMUD Media ★

0% Payroll Loans for furloughed federal employees



In times of budget shutdowns or furloughs, First U.S. is here to support our federal employee members and NEW FEDERAL EMPLOYEE MEMBERS with our Payroll Assistance Program.

- Short-term, 0% APR loans to help fund any payroll deposits reduced by a temporary government furlough.
- Simply visit a First U.S. branch to open your checking account, and provide a copy of your direct deposit change confirmation.

For more information, stop by a branch or visit firstus.org. To speak with a Member Service Representative call (800) 556-6768.

FIRST US
Community Credit Union

11220 Gold Express Drive in Gold River
firstus.org | (800) 556-6768

Program subject to change or cancellation at any time. Certain restrictions apply. Loan terms up to 15 months, or choose "no payments for 90 days" followed by a 12-month repayment term. Payment example: 12 monthly payments of \$83.34 per \$1,000 borrowed. Maximum loan amount: \$5,000.



BUY ONE FROZEN YOGURT GET ONE



FREE

Store Location
10933 Olson Dr.,
Rancho Cordova, CA 95670

valid on up to 10oz of frozen yogurt of equal or lesser value at participating locations only. cannot be combined with any other offer. valid thru forever.

Announcement

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

Autos Wanted

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

Got an older car, boat or RV? Do the humane thing. Donate it to the Humane Society. Call 1-844-335-2616 (Cal-SCAN)

WANTED! Old Porsche 356/911/12 for restoration by hobbyist 1948-1973 Only. Any condition, top \$ paid! PLEASE LEAVE MESSAGE 1-707-965-9546. Email: porsche356-911@yahoo.com. (Cal-SCAN)

CARS/TRUCKS WANTED!!! 2002 and Newer! Any Condition. Running or Not. Competitive Offer! Free Towing! We're Nationwide! Call Now: 1-888-416-2330 (NANI)

Donate Your Car to Veterans Today! Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398 (NANI)

DONATE YOUR CAR - FAST FREE TOWING 24hr Response - Tax Deduction - Help Save Lives! UNITED BREAST CANCER FOUNDATION 866-616-6266

Business Opportunity

MAKE MONEY MAILING POSTCARDS! Easy Work, Guaranteed Legit Opportunity! www.PostcardsToWealth.com Receive Instant \$250 Payments Daily! www.250PerDaySystem.com Homebased Urgently Needed! www.LegitOnlineWork.com

Cable/Satellite TV

DISH TV \$59.99 For 190 Channels \$14.95 High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply. 1-844-536-5233. (Cal-SCAN)

DIRECTV & AT&T. 155 Channels & 1000s of Shows/Movies On Demand (w/SELECT Package.) AT&T Internet 99 Percent Reliability. Unlimited Texts to 120 Countries w/ AT&T Wireless. Call 4 FREE Quote-1-866-249-0619 (Cal-SCAN)

Career Training

AIRLINES ARE HIRING - Get FAA approved hands on Aviation training. Financial Aid for qualified students - Career placement assistance. CALL Aviation Institute of Maintenance 888-686-1704 (NANI)

COMPUTER SERVICES

Zinsky's PC Configurations. Don't replace it - REPAIR IT! Custom Desktop Computer Configurations • PC Repair • Home Wireless Networking • Installations • Virus & Spyware Elimination. Alan Zinsky Phone: 916-422-2269. www.zinskyspcrepair.com

Financial Services

Unable to work due to injury or illness? Call Bill Gordon & Assoc., Social Security Disability Attorneys! FREE Evaluation. Local Attorneys Nationwide 1-844-879-3267. Mail: 2420 N St NW, Washington DC. Office: Broward Co. FL (TX/NM Bar). (Cal-SCAN)

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

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"

Classified Advertising 773-1111

Education

HEALTHCARE CAREER TRAINING ONLINE. Start a New Career in Medical Billing & Coding. Medical Administrative Assistant. To learn more, call Ultimate Medical Academy. 855-629-5104

PHARMACY TECHNICIAN - ONLINE TRAINING AVAILABLE!

Take the first step into a new career! Call now: 833-221-0660

Fitness/Yoga

Your Fitness Genie

17 Years of Experience. FREE Fitness Goal Planner. Got Wealth, Not Health! More Time, No Stomach! *Gain Strength, *Increase Energy. Feel Better Now!

Be Active, Call Today! Jenn@YourFitnessGenie.com (916)768-3767

Handyman

A Quality Home Maintenance

Hauling Demo Gutters Cleaned Yardwork You Name It! Scott Lehman Gutter Dog (916) 613-8359

CARPENTER DAVID MACK

Handyman • 25 Years Experience Bus. Lic. # 636425

Honest Man • Quality Work

Doors Specialist • Dry Rot Roof Repairs • Painting Sheet Rock • Texture

All Floors, Windows, Decks, Tiles, Patios A to Z Exterior Sidings

Not a Licensed Contractor 916-548-8249

Health & Medical

OXYGEN - Anytime. Anywhere! No tanks to refill. No deliveries. The All-New Inogen One G4 is only 2.8 pounds! FAA approved! FREE info kit: 1-844-359-3976. (Cal-SCAN)

FDA-Registered Hearing Aids.

100% Risk-Free! 45-Day Home Trial. Comfort Fit. Crisp Clear Sound. If you decide to keep it, PAY ONLY \$299 per aid. FREE Shipping. Call Hearing Help Express 1-844-234-5606 (Cal-SCAN)

Medical-Grade HEARING AIDS for LESS THAN \$200!

FDA-Registered. Crisp, clear sound, state-of-the-art features & no audiologist needed. Try it RISK FREE for 45 Days! CALL 1-877-736-1242 (Cal-SCAN)

ATTENTION OXYGEN THERAPY USERS!

Inogen One G4 is capable of full 24/7 oxygen delivery. Only 2.8 pounds. FREE information kit. Call 877-929-9587 (NANI)

Insurance/Health

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

DENTAL INSURANCE.

Call Physicians Mutual Insurance Company for details. NOT just a discount plan, REAL coverage for 350 procedures. 1-855-472-0035 or http://www.dental50plus.com/canews Ad# 6118 (Cal-SCAN)

Lawn / Yard Care

JOHN WILLIAMSON LAWN & YARD. Res/comm. Wkly services, cleanups, pruning, gutters. Riding mower prop. ok. 916-508-2158 BizLic 836256 Not serving Gold River/ Rancho

LANDSCAPING

One time yard clean up. Mow, weed, prune, haul, rock, bark, and gutters. 916 205-9310 916 688-9310.

WE SUPPORT OUR MILITARY

Landscaping

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

Miscellaneous

SAWMILLS from only \$4397.00-MAKE & SAVE MONEY with your own bandmill- Cut lumber any dimension. In stock ready to ship! FREE Info/DVD: www.NorwoodSawmills.com 1-800-567-0404 Ext.300N (Cal-SCAN)

TYPE-2 DIABETICS - Gangrene of the genitals has been associated with the use of SGLT2 inhibitors, like Invokana, Farxiga, Jardiance. Call 1-800-800-9815 - you may be entitled to compensation! (Cal-SCAN)

INVENTORS - FREE INFORMATION PACKAGE

Have your product idea developed affordably by the Research & Development pros and presented to manufacturers. Call 1-888-501-0236 for a Free Idea Starter Guide. Submit your idea for a free consultation. (NANI)

Financial Benefits for those facing serious illness. You may qualify for a Living Benefit Loan today (up to 50 percent of your Life Insurance Policy Death Benefit). Free Information. CALL 1-855-632-0124

Spectrum Triple Play! TV, Internet & Voice for \$29.99 ea. 60 MB per second speed No contract or commitment. More Channels. Faster Internet. Unlimited Voice. Call 1-877-338-2315 (NANI)

Stay in your home longer with an American Standard Walk-In Bathtub. Receive up to \$1,500 off, including a free toilet, and a lifetime warranty on the tub and installation! Call us at 1-855-534-6198 (NANI)

SAVE ON YOUR NEXT PRESCRIPTION! World Health Link. Price Match Guarantee! Prescriptions Required. CIPA Certified. Over 1500 medications available. CALL Today For A Free Price Quote. 1-866-293-9702 Call Now! (NANI)

BATHROOM RENOVATIONS. EASY, ONE DAY updates! We specialize in safe bathing. Grab bars, no slip flooring & seated showers. Call for a free in-home consultation: 888-912-4745 (NANI)

A PLACE FOR MOM has helped over a million families find senior living. Our trusted, local advisors help find solutions to your unique needs at no cost to you. Call 855-741-7459 (NANI)

CASH FOR CARS: We Buy Any Condition Vehicle, 2002 and Newer. Nationwide Free Pick Up! Call Now: 1-800-864-5960. (NANI)

DISH TV \$59.99 For 190 Channels + \$14.95 High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply 1-800-718-1593 (NANI)

Recently diagnosed with LUNG CANCER and 60+ years old? Call now! You and your family may be entitled to a SIGNIFICANT CASH AWARD. Call 877-648-6308 today. Free Consultation. No Risk. (NANI)

DENTAL INSURANCE. Call Physicians Mutual Insurance Company for details. NOT just a discount plan, REAL coverage for 350 procedures. 888-623-3036 or http://www.dental50plus.com/58 Ad# 6118

Will juice in your home for you. Have juicer will travel. Used juicers wanted. 916 370-0858

Cable - Internet - Phone. No Credit Check! No Contracts! \$29.99 each! Bundle - Save huge! We're local installers! Call Free Quote! 1-888-480-7717

Mobile Home for Sale

Price reduced! Mobil Country Club Senior Park. 238 Palm View Lane. Renovated 2bd/1bth, granite counter tops, new floors, new hot water heater, central heat & air. Call Now for more info. 916 757-8906.

Music Lessons

Guitar Lessons - Beginner to Advanced. \$10/half hour. \$15/hour. frediebalbert1@yahoo.com. 530-263-6926 (MPG 12-31-18)

Pets/Animals

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

Real Estate

Redding Area: 27-1/2 Acres in 6 Separate Parcels. Trees, Views, dirt road. \$28,000. Down, \$1,600/Mo., \$189,000. Cash Price All 6. Lg. Family/Group. OWC, OWNER 530-605-8857 (Cal-SCAN)

Roofing

BERNARDINO ROOFING

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

RV Sales

Bill Eads RVs

Buy, Sell, Trade & Consign

"Results... not Promises" Number 1 Consignment Lot in Northern California

We Pay Top \$\$ for clean RVs!

Great, Secure I-80 Freeway Location.

Lic & Bonded - 29 Years Exp! Check out BillEadsRV.com 4409 Granite Dr. Rocklin, CA Office 916-624-7600 Bill 916-878-0273

Schools

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

Senior Living

A PLACE FOR MOM. The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is FREE/no obligation. CALL 1-800-550-4822. (Cal-SCAN)

Tax Services

ARE YOU BEHIND \$10k OR MORE ON YOUR TAXES? Stop wage & bank levies, liens & audits, unfiled tax returns, payroll issues, & resolve tax debt FAST. Call 855-970-2032. (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

Work Wanted

I do garage and house organizing, cleaning, and de-cluttering. Pruning and weeding. I will juice fruit and vegetable juices in your home. Have Juicer will Travel. Health background. References. College grad. Tim, 916-370-0858. (MPG 12-31-18)

Wanted

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

Rummage Sale

Fair Oaks United Methodist Church. Fri 2/1/19, Sat 2/2/19. 8-2pm.

ICS Consultant Wanted

Infor (US), Inc. has an opening for an ICS Consultant in Rancho Cordova, CA. Participate in the full lifecycle of a client implementation such as kickoff, bus. analysis, funct. specification, sys. config., design, testing, documentation, training & change mgmt. execution ensuring compliance w/methodology. Travel and work at client sites as assigned. Telecommuting permitted up to 50%. How to apply: Mail resume, ref. IN1008, incl. job history, to: Infor (US), Inc. Attn: Cheryl Sanocki, 1351 South County Trail, Building 3, East Greenwich, RI 02818. EOE.

LEGAL ADS FOR SACRAMENTO COUNTY? We Can Do That! Call to place your legal advertising 483-2299 All Legal Ads Published in the Carmichael Times

ANGELS of MERCY Specializing in housing assistance for people with challenged credit. 916 990-2128

LET US SAVE YOU TIME & MONEY REACH 75+ MILLION READERS WITH ONE ORDER, ONE BILL! Community Classified 1x \$650 Statewide 25 words/245+ papers \$435 North/\$485 South Daily Classified 7 days \$995 25 words/41 papers/7 days \$650 North/\$650 South CLASSIFIED COMBO 8 days \$1,270 25 words/282+ papers Statewide DISPLAY - Community Newspapers 140+ papers 1x \$1,600 2x2 Statewide; Sizes: 2x2; 2x4; 2x5; 2x6 \$1,240 2x2 No.; \$1,240 2x2 So. CALIFORNIA NEWSPAPERS DELIVER! More info: Call (916) 288-6011; email cecelia@cnpa.com

Yard Sharks CRAB FEED \$60 per person February 2, 2019 Citrus Heights Community Center 4pm Doors Open No Host Cocktail Awesome Door Prizes Raffle Prizes - Silent Auction DJ Music and lots of Fun We are a Non Profit raising money to help young athletes play at the collegiate level. We are a 100% college placement. bingoscheduling@gmail.com

Natalie Miller Independent Beauty Consultant MARY KAY. millernatalie29@yahoo.com www.marykay.com/nmiller9625 916.621.0833 Call or Text me your order

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

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

Advertise in your local community newspaper Call 916 773-1111

OVARIAN CANCER | TALCUM POWDER Have you or a loved one suffered from Ovarian Cancer or other health issues and used talcum powder? Contact us about your legal rights before it's too late. You may be entitled to money damages!! 888-568-4115 Call now or contact us online at: www.ovariancancer.case.com

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

Witness the Majesty of England go today travel your way BOOK YOUR DREAM VACATION CALL 888-725-1076

LEGAL ADS FOR SACRAMENTO COUNTY? We Can Do That! Call 483-2299

PARADISE CAMP FIRE CLAIMS Areas impacted by the California wildfires suffered huge economic losses. ANYONE IN THOSE AREAS CAN NOW CLAIM COMPENSATION FOR DAMAGES. ANYONE who lost property, vehicles, farms, ranches, and businesses or suffered an injury or had a loved one lose their life during the evacuation of Paradise and nearby areas may be entitled to significant financial compensation! FOR MORE INFO PLEASE CALL: 530-282-1903 Local Office: Robins Clouds LLP 808 Wilshire Blvd. #450 Santa Monica, CA 90401 Principal Office: Pulaski Law Firm 2925 Richmond Ave, Suite 1725 Houston TX 77098

RETIRE COUPLE Has \$\$\$\$ to lend on California Real Estate! V.L.P. TRUST DEED COMPANY OVER 35 YEARS OF FAST FUNDING Principal (818) 248-0000 broker WWW.VLPLOAN.COM *Not all states are covered by this company. Real Estate License #00440732 CA Department of Real Estate, NMLS #5328217 *Not all loans qualify for this program and not all states are covered by this company

CALL A PROFESSIONAL Business & Service Directory

LANDSCAPE SERVICES Superior Landscape Services Landscaping and Maintenance Insured Lic#794551 (916) 728-5812 • Cell (916) 761-0999 Dave Cochran Owner • dave_SLS@surewest.net

Painting Services QUALITY A PAINT SERVICE Over 20 years Experience ♦ Testimonials Available ♦ Bonded & Insured Especially on small kitchen cabinets Ext & Int Paint on small homes & Mobiles Ext Patio Furniture-A brand new look We paint wrought iron gates also, do power wash on drive ways etc. 916-967-0763 State Lic. 646386

DRUG AND ALCOHOL REHABILITATION CLEAN & SOBER LIVING CSTL, Inc. HELPING PEOPLE AND THE COMMUNITY WITH THE ALCOHOL AND DRUG PROBLEM! 18 YEARS IN BUSINESS! DETOX (916) 965-3386 SOBER LIVING (916) 961-2691



By County Supervisor Sue Frost

GOLD RIVER COMMUNITY UPDATE

Tackling the High Cost of Homelessness

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

At the beginning of 2018, Sacramento County launched an ambitious new program that attempted to prioritize getting the 250 homeless people who cost the most amount of money each year in taxpayer dollars, into permanent housing. Some of these homeless people are costing the county upwards of \$150,000 a year, so it made sense to me to focus our efforts on getting them off the streets. Now that it's been around a year since we launched that program, I wanted to explain to you how the program works, and share with you the exciting news regarding how successful it has been.

As soon as the program was established last year, the Sheriff's department in coordination with Sacramento County Behavioral Health Services and the Sacramento County Department of Technology established the list of the 250 people costing the most money. These costs primarily come in the form of emergency room visits, jail visits, and utilizing alcohol, drug, and mental health services — all of which can be quite costly.

Once the 250 people were chosen, they were assigned

to individual case managers, who then had the job of physically locating them in the community. This is no easy task, and can often be one of the largest obstacles to getting them treatment. Once they are found, they are told that they are eligible for fast-tracked housing and services, but convincing them to take part in it can be its own challenge. On average, this is the 7th housing program they have been affiliated with, and their level of trust with the government has often eroded. Many remain skeptical that they aren't going to just get put on another list where nothing happens.

Once they sign up for the program, the case manager helps to clear any obstacles that may prevent them from getting the assistance they need. They will ensure they have met all their court requirements, are taking the proper medications, have a valid identification card, have a social security card, etc. After all these obstacles are lifted, they are then placed straight into housing that is wrapped in social services on-site.

The housing currently available to them are apartment style units that are located in the Del Paso Heights area and in South Sacramento. We are using apartment style housing for a couple key reasons. First, it allows us to acquire the number of units we need in a much faster and more affordable way. Second, it allows us to save on staffing costs, since our social services staff stays on-site instead of travelling long distances between visits.

Many of my constituents were skeptical when

this program was announced because they thought it would be a waste of time. They felt that these 250 homeless people would never accept county services. To be honest with you I had some doubts as well, but remained optimistic that even if we were able to house a small portion of this segment of the homeless population, it would be a successful program.

I am thrilled to be able to report to you that 196 of the 250 have signed up for the program (including the #1 most expensive person), and 109 of them have already been housed! This is an incredible feat, and I am thrilled with the result thus far.

I know it is easy to become frustrated and jaded when trying to tackle the growing problem of homelessness in our community. The problem is so large that it can sometimes feel overwhelming. But if we focus on prudent solutions to this problem that are mindful of protecting taxpayer dollars, we can make some positive strides in the right direction, and this program is evidence of just that.

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

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

Meet Charlie of Gold River



By Kay Burton



Charlie is a snuggle bug and loves to position himself right up against family members on the couch and in bed.

Charlie is a mixed breed ½ yorkie and ½ dachshund. He is sometime called a "dorkie". He was actually an accident as his 4lb yorkie mom wasn't supposed to "connect" with his 9 lb. dachshund, Dad, so he was given to his current owners, free of charge.

Charlie and his family moved to Gold River in 2004 from East Sacramento. Owners David and Traci Nystrom moved to Pioneer Village. Charlie is a snuggle bug and loves to position himself right up against family members on the couch and in bed.

Whenever a guest comes to visit, he brings them one of his favorite toys. He enjoys spending time in Lake Tahoe where he gets to take long walks along the Lake and Kayak with Mom and Dad as well as hiking. Charlie is well travelled and has flown all over the

western US states. Charlie has some naughty characteristics too.

He loves to chase squirrels and turkeys and is very protective over his human family. He believes that the best defense is a strong offense so he "pretends" to be a tough guy when walking in the neighborhood or confronted by mail deliverers. He barks relentlessly when he wants food.

As a puppy, Charlie developed bladder stones (very common in small male dogs) and has had his first surgery to remove them when he was just 2 years old. After years of successfully avoiding bladder stones through prescription dog food he started to get bladder stones again.

In 2005, he had two more bladder stone removal surgeries. The most recent surgery was performed UC Davis Animal Hospital where a team of nutritionists created a homemade diet recipe, consisting mainly of long grain white rice and chicken thigh meat, that has successfully prevented more bladder stones from forming.

Despite his older age, Charlie is still playful like a puppy and he loves to be outdoors.

Kay Burton is a longtime columnist and supporter of the SSPCA and other Rescue groups. To share your family pet story with our readers, email: Kayburton@comcast. ★

Fair Oaks EcoHousing

A Family-Friendly Green Neighborhood

- Safe and Supportive Community for People of All Ages
- Close to Fair Oaks Village
- Large Clubhouse and Gardens
- 30 Townhomes and Flats

Join us for a monthly site tour

For more information, visit FairOaksEcoHousing.org

Live Healthy,

Aid Nutritional Stability and Feel Vibrant!

Keep an eye on our website and Facebook for new products and great deals on your favorite products

OUR PRICES LOWER THAN OUR COMPETITORS OR WE WILL MATCH ANY OF THE "BRICK AND MORTAR" STORE PRICES

Earn one (1) star for every dollar spent. - For every 100 stars, you'll earn \$5 back!

February is *Heart Health Month*

Enjoy shopping with a one-time **10% DISCOUNT** on your entire purchase

No copies will be accepted. Some exclusions may apply. Expires 2/28/2019

Visit Our Store For More INDIVIDUAL PRODUCT SALES!

Bah Hum Zum

50% OFF

Vega ONE SHAKE

35% OFF

Barlean CBD Oil

15% OFF

Now Two Convenient Locations

To Save Your Health and Nutrition Needs

EverGreen Nutrition & Beauty

4044 Sunrise Blvd, Ste 160 (in the sunrise Plaza Center)

Monday - Thurs 10-7pm
Fri - Sat 10-6pm Sun 11-5pm

(916)500-3334 | www.evergreenfnb.com

cs@evergreenfnb.com - find us on facebook.com/EverGreenNutritionBeauty

Sunshine Natural Foods

8121 Madison Ave, Fair Oaks

(916) 966-8021 | www.sunshinenaturalfoods.net

Monday - Thursday 10-7pm | Friday & Saturday 10-6pm
Sunday Closed

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: Editorial3@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.

Subscriptions should be mailed to *Gold River Messenger*, 7144 Fair Oaks Blvd., Suite #5, Carmichael, CA 95608. Subscription rate is \$12 per year within Gold River. The *Gold River Messenger* is published monthly. Call 916-773-1111 for more information.

MPG

We are proud members of these newspaper associations.

SPRING SEASON 23

Sacramento CHORAL SOCIETY & Orchestra

Donald Kendrick, Music Director

EUROPEAN MASTERWORKS

A German Requiem | Johannes Brahms
Serenade in E Minor | Edward Elgar
Five Mystical Songs | Ralph Vaughan Williams

Requiem for the Masses—with its German text and emphasis on consoling the living, Brahms' decidedly non-Latin Requiem was unlike anything that had come before it.

Elgar's most favorite *Serenade* is a prelude to Vaughan Williams' astonishing settings of poems of love and Resurrection.

Carrie Hennessey

Trevor Scheunemann

Carrie Hennessey, Soprano
Trevor Scheunemann, Baritone

Saturday, March 23, 2019 at 8:00 pm

7:00 pm – Pre-concert talk

Sacramento Community Center Theater

ARTS COMMISSION

West Coast Première

LIGHT AND FIRE

LUX The Dawn from On High | Dan Forrest
Die Erste Walpurgisnacht | Felix Mendelssohn

Joshua Dennis, Tenor
Matt Hanscom, Baritone
Also featuring Oksana Nebozhuk, Mezzo

Saturday, May 4, 2019 at 8:00 pm

7:00 pm – Pre-concert talk

Sacramento Community Center Theater

SACRAMENTOCHORAL.COM

CCT Box Office | 916.808.5181

College Costs are Holding Students Back

Out-of-pocket Costs at UC, CSU Actually Lower than Community Colleges

By Shannon Serrato, TICAS

OAKLAND, CA - California students might be surprised by the findings of a new study on college costs. What College Costs for Low-Income Californians, released by The Institute for College Access and Success (TICAS), finds that low-income students and families actually pay less to attend each of the nine University of California (UC) campuses than they would at Cal State (CSU) or California Community Colleges (CCC) in the same region.

Students pay more at community colleges despite lower published tuition - called the "sticker price" - because tuition and fees only tell part of the story when it comes to college costs. Books, meals, housing, and other costs add to the overall price tag. More importantly, grant aid to help students cover costs varies widely across the three California college systems. Despite paying less in tuition, community college students face similar living expenses and receive substantially less financial aid. The findings of this report have vital implications for both students and policymakers.

"Don't assume a college is or isn't affordable based on the sticker price; find out what you'll actually pay including financial aid and living expenses. A four-year degree at UC or CSU might be more affordable than the local community college," said TICAS executive vice president Debbie Cochrane. "This should also be a wake-up call in Sacramento. Most full-time California community college students pay no



Students pay more at community colleges despite lower published tuition - called the "sticker price" - because tuition and fees only tell part of the story when it comes to college costs.

need-based aid to serve all eligible applicants and better covering non-tuition costs like housing, meals, and school supplies. Currently, fewer than 5 percent of CCC students receive a Cal Grant, even though many more are eligible. Legislators can help by immediately increasing the number of competitive Cal Grants available to students who have been out of high school for more than a year and increasing the Cal Grants' maximum award to better cover non-tuition costs.

Because California state financial aid has historically been tied to tuition, UC students receive three times the amount of grant aid. This means that students at California community colleges - which disproportionately serve low-income families - are stuck footing higher bills. While experts agree that students should not work more than 20 hours per week while enrolled, the net prices at the vast majority of public colleges surveyed - including most UC campuses - would require a typical low-income student to work more than this amount.

There is increasing consensus that California's financial aid programs need reform to better meet student needs. In recent years, TICAS, the California Student Aid Commission (in collaboration with The Century Foundation) and the Legislative Analyst's Office have proposed ways to reform and expand financial aid to better support students in paying for the full costs of college.

California lawmakers can take immediate steps towards reform by expanding

need-based aid to serve all eligible applicants and better covering non-tuition costs like housing, meals, and school supplies. Currently, fewer than 5 percent of CCC students receive a Cal Grant, even though many more are eligible. Legislators can help by immediately increasing the number of competitive Cal Grants available to students who have been out of high school for more than a year and increasing the Cal Grants' maximum award to better cover non-tuition costs.

"College costs are holding too many students back from earning the credentials they seek and that the state needs," said Laura Szabo-Kubitz, associate California program director at TICAS. "Our new governor takes office facing many critical challenges, but he must make it a priority to put college truly within reach for every Californian."

An independent, non-profit organization, The Institute for College Access & Success (TICAS) works to make higher education more available and affordable for people of all backgrounds. Our Project on Student Debt works to increase public understanding of student debt and the implications for our families, economy, and society. For more information see www.ticas.org or follow us on Twitter and Facebook. ★



Make It Fun and It Will Get Done!

The Secret to Being Organized

Pam Young's Corner

How to Use Your Imagination to Have a Clean Home

Close your eyes just for a sec and imagine taking a bite from a chilled, ripe, juicy watermelon? Imagine your mouth filled with the sweet juice as you chew the imaginary fruit? Did your mouth water as you ran the thought through that beautiful mind of yours? If you swallowed, it's physiological proof that you have a great imagination and your body responded viscerally to the thought.

Think how powerful your imagination is! You can use this power to solve all kinds of problems, like this one, for an example. Say you want to make Wiener Schnitzel and most recipes call for one inch thick, boneless pork loins to be flattened to a quarter of an inch thick. What if you don't have one of those wooden hammers you see in fancy kitchens? What could you use?

When I was confronted with this problem, I actually had one of those hammers, so I took one of the loins and started pounding it to 1/4 inch. At the time I was writing a cookbook (*The Phony Gourmet*) with my sister and I wanted to be able to tell my readers correct times for my recipes, so I timed it—five minutes! If I'd continued the marathon pounding I would have had to say this particular dish (for four) would take 20 minutes of pounding time! Who has 20 minutes to whack at a bunch of pork before ever starting the recipe?

I got quiet and asked

myself, what can I use instead of this stupid decorator hammer? Five seconds later the answer came to me!

Use the car! Whoop whoop! I couldn't wait to try it. I put a loin in a zip-lock bag, put the bag under one of the back tires of my Ford (in front of the tire) and slowly rolled the car forward over the pork.

SCHPLOTT! the piece of meat cut through the bag and sailed out behind the car into the street! I looked to see if the meddlesome neighbor had her nose on the window but her blinds were closed so I peeled the pork off the pavement and went in the house to consult with my imagination, this time with more information.

I would need to find a way to keep the loin under the tire, but how? That's when it occurred to me I could put the meat in a zip-lock bag and wrap the bag in an old towel or rag. I found an old dishtowel in the rag bag and wrapped another victim up for the crunch. IT WORKED! The fabric kept the protein in place and the tire pressed that loin into a beautiful specimen for my Wiener Schnitzel.

Within minutes I realized I could use the Ford in place of my Cuisinart for making crumbs, crushed nuts, and to tenderize any tough cut of meat.* So how do you use your imagination for helping you get organized?

As you begin making a meal, imagine what you'd like the kitchen to look like when you're ready to sit down with your family

to eat. Would you like the kitchen counters clear of all ingredients, and utensils used for preparation? Would you like pots and pans to be soaking in a sink of hot sudsy water while you eat? Imagine it. Keep the vision in your head as you prepare the meal and watch what happens! You'll sit down with your family leaving a neat and tidy kitchen just waiting for the family to bring their dirty dishes in to put in the dishwasher and ready to help wash the soaking pots and pans.

***If considering this tip, use a mid-size car (no SUVs or Hummers) and make sure you don't have studded snow tires on the vehicle.**

If you liked what I did with the pork, I think you'll like *The Phony Gourmet Cookbook* (the recipe for that pork dish is called Wiener Schnitzel Michelin and it's in the book!). I've even got a clearance price and now this hardback book is just \$5 (down from its original price of \$15.00).

<http://shop.cluborganized.com/everything-is-5-phony>
Happy Imagining,

For more from Pam Young go to www.cluborganized.com. You'll find many musings, videos of Pam in the kitchen preparing delicious meals, videos on how to get organized, lose weight and get your finances in order, all from a reformed SLOB's point of view. Pam's books are also available on Amazon. ★

Sustainability Series for SMUD Business Customers

Join us for a new Sustainability Series and learn how sustainable business practices can improve productivity, generate profit and protect the planet. Attend this monthly program led by BERCC (Business Environmental Resource Center) that provides sustainable solutions to you from subject matter experts on innovative solutions.

Classes in the series:

- February 8, 2019 – Lighting and Controls
- March 8, 2019 – Water Conservation
- April 12, 2019 – Renewables
- May 10, 2019 – Electric Vehicles and Electric Buildings
- June 14, 2019 – Selling Your Plan Upstream

Register now for this free series, or a few classes, and learn from our experts on how your business can adopt sustainable strategies that make good business sense.

smud.org/Workshops



The Roseville Rock Rollers Gem and Mineral Society 501(C)

57th Roseville Gem, Jewelry, Fossil & Mineral Show!

Family Fun! **March 23 & 24**
Saturday 10 am - 5 pm • Sunday 10 am - 4 pm
@the Grounds in Roseville (Placer County Fairgrounds)

The Big Show!! **60 Vendors**
Family Fun & Exhibits

- Crystals • Beads • Jewelry • Gemstones
- Gold Panning • Meteorites • Fossils
- Minerals • Free Door Prizes • Fabulous Food!

PARKING! \$5 **Kids & Scouts "Education Station"**

General Admission \$6.00
Seniors 60+ \$5.00
Kids 12 and Under FREE
Rain or Shine • Inside & Outside

\$1 OFF ADMISSION WITH THIS AD
www.rockrollers.com

Spend More Time Selling, Less Time Managing Payroll

Specializing in franchises and small businesses, we offer comprehensive and intuitive payroll that's perfect for any size business from 1 employee to 100's

- Direct Deposit
- File Quarterly Taxes
- Pay Payroll Taxes
- Accrual Tracking
- Reporting and Filing
- Payroll App

Call Now and Receive One Month of Payroll Processing FREE!*

Call Now 916.760.7227
www.pinnaclehro.com

Pinnacle Employee Services
HR | Payroll | Benefits

SMUD Announces Regional Initiative to Develop a Future Mobility Center in Sacramento

Special SMUD Release SACRAMENTO

REGION, CA (MPG) - SMUD CEO and General Manager Arlen Orchard unveiled a vision for the Sacramento region to lead the way in mobility by developing a model for a future Mobility Center that will foster innovation in the clean transportation sector and serve as a catalyst for carbon reduction and inclusive economic development.

Building on California's policy leadership in tackling greenhouse gas emissions, and SMUD's commitment to electric transportation and innovative mobility solutions, SMUD is funding two feasibility studies to support the Mobility Center. The Mobility Center would bring existing regional efforts to secure an electric vehicle prototyping hub and the Autonomous Transportation Open Standards initiative under one umbrella organization. The Mobility Center is envisioned as a public-private partnership of governmental entities, leading universities, electric utilities, technology and automotive companies, and venture capitalists.

Once up and running, the Mobility Center will support, fund and commercialize new mobility technologies including electric vehicles, autonomous transportation, battery storage, shared mobility solutions, public transit and new business and policy models for adoption on the international stage.

"As the Capitol of California, Sacramento is uniquely positioned to leverage cutting edge public policy, electric transportation expertise, university research, and an innovative ecosystem to lead in developing, supporting and testing emerging transportation technologies,

and business and policy models, while at the same time improving the environmental, social and economic vitality of communities across our region," said Orchard. "SMUD is proud to support the Sacramento region in taking a leading role in the future of mobility and this is the first step."

This announcement puts in motion a feasibility study conducted by German based PEM Aachen GmbH, which has extensive expertise in key facets of the mobility sector. Spun off from RWTH Aachen University, PEM currently has a large testing and prototyping facility in Germany and has a strong interest in expanding with a location in the Sacramento area. Organized by the Greater Sacramento Economic Council, city of Sacramento officials, business leaders and university representatives visited the PEM facilities in 2018 and came away impressed.

In 2017, the city of Sacramento and business leaders helped launch the Autonomous Transportation Open Standards initiative to position Sacramento as a testbed for connected and autonomous vehicles throughout the Sacramento region. The Mobility Center will build on the ATOS model by providing a full life cycle suite of services from idea all the way to market.

In addition to PEM, EnerTech Capital has been retained to develop a financially sustainable consortium framework with a goal of attracting global investors to the Mobility Center. With offices in Toronto, Philadelphia, Montreal, Menlo Park and Calgary, EnerTech is a venture capital firm specializing in early to growth stage companies in the energy, transportation and

technology space.

While the feasibility studies are funded by SMUD, the concept of a Mobility Center has garnered the interest of regional leaders such as the Greater Sacramento Economic Council, city of Sacramento, Sacramento County, University of California, Davis, Sacramento State, Valley Vision and VSP, as well as policy makers and venture capitalists.

"This collaborative effort to build a center of mobility excellence in Sacramento will create economic development, jobs and promote innovative mobility solutions throughout the region," said Barry Broome, president and CEO of the Greater Sacramento Economic Council. "Expanding mobility will promote a robust workforce and expand opportunities in disadvantaged communities."

Once the feasibility studies are completed in late March, supporters will begin the process of securing partners and investors in the new Mobility Center.

As the nation's sixth-largest community-owned, not-for-profit, electric service provider, SMUD has been providing low-cost, reliable electricity for more than 70 years to Sacramento County and small adjoining portions of Placer and Yolo Counties. SMUD has been supporting electric vehicle technology and providing innovative customer programs since the 1990s. SMUD is a recognized industry leader and award winner for its innovative energy efficiency programs, renewable power technologies, and for its sustainable solutions for a healthier environment. SMUD's power mix is about 50 percent non-carbon emitting. For more information, visit smud.org. ★

Senator Ted Gaines Sworn in as First District Board of Equalization Member

By Dave Titus

SACRAMENTO, CA (MPG) - Senator Ted Gaines (R-El Dorado) was sworn in as an elected Member of the California State Board of Equalization (BOE) during a ceremony held at the Stanley Mosk Library and Courts Building in Downtown Sacramento. The oath of office was administered by Governor Gavin Newsom.

"I am excited to continue serving Californians as a taxpayer advocate," said Senator Gaines. "My new role as a BOE Member comes with different challenges and opportunities, but my number one priority is to ensure hardworking Californians are allowed fair tax policies that create jobs and grow our economy."

Senator Gaines will

represent more than nine million California residents living in the 1st Equalization District, which spans inland California from San Bernardino County to the Oregon border. The five-member BOE is a publicly elected tax board responsible for administering Property Tax, Alcoholic Beverage Tax, and Tax on Insurers programs.

"Californians should be treated with respect and fairness when it comes to tax administration. They are tired of being over-taxed, and over-regulated. I pledge to fight on their behalf," said Senator Gaines.

Prior to being elected to the BOE, Senator Gaines served 12 years in the State Legislature as a tireless advocate for California's taxpayers, ratepayers, businesses and families. He

fought to protect citizen privacy and led major efforts to bring thousands of new jobs to the state, as well as support critical legislation to strengthen and expand California's infrastructure.

In addition to his life in public service, Senator Gaines is a successful small business owner, having owned Gaines Insurance for more than 30 years. He has been married to his wife Beth since 1986 and together they reside in El Dorado County and are blessed with six children and two grandchildren.

As a constitutional officer, Senator Gaines is currently the highest-ranking elected Republican state official in California.

Source: Office of Ted Gaines ★

Influenza Is Increasing Throughout California

By Corey Egel, CDPH

SACRAMENTO, CA (MPG) - The California Department of Public Health (CDPH) today announced that influenza activity is increasing throughout California. Health officials encourage Californians to get vaccinated.

"It is important to get vaccinated now if you have not done so already," said CDPH Director and State Public Health Officer Dr. Karen Smith. "I encourage everyone six months of age and older to be vaccinated to help protect themselves and others from the dangers of flu."

Flu activity is occurring throughout every region of the state and above expected levels for this time of year.

Although the severity of the flu season cannot yet be determined, Californians should take precautions, including vaccination.

"Flu activity usually reaches its peak January and February, but typically continues to spread through the spring," said Dr. Smith.

Each year, the flu causes millions of illnesses, hundreds of thousands of hospitalizations and thousands or sometimes tens of thousands of deaths in the United States.

Common symptoms of the flu include fever or feeling feverish, a runny and/or sore throat, a cough, stuffy nose, chills, fatigue and body aches. Children may also have nausea, vomiting or diarrhea.

To stop the spread of flu

and other respiratory illnesses, CDPH recommends these steps: Stay home when sick; Cover a cough or sneeze with an elbow or tissue and throw the tissue in the trash; Wash hands thoroughly with soap and warm water or an alcohol-based hand sanitizer; Avoid touching your eyes, nose and mouth.

Californians should contact their health care provider, pharmacy or a clinic about obtaining the flu vaccine. Some local health departments may also offer low- or no-cost flu shots. For more information about the flu, including weekly updates on flu activity, visit the CDPH influenza web page.

Source: www.cdph.ca.gov ★

WE ARE NOW

spare time sports clubs

GOLD RIVER SPORTS CLUB

We've changed our name and expanded our offerings, but you can still rely on the quality service, expert instruction and family-friendly environment you have come to expect.

JOIN TODAY!

GET 2 WEEKS FREE

Only \$39 Initiation Fee

Plus Receive a Limited Edition Hydro Flask

JOIN IN FEBRUARY AND GET A KICKSTARTER TRAINING PACKAGE

3 PERSONAL TRAINING SESSIONS FOR ONLY \$99

2201 Gold Rush Drive • Gold River

916.638.7004

sparetimesportsclubs.com

Offer good through 2/28/19 and is a first-visit joining incentive. Some restrictions may apply.

CHEERS & JEERS

by Damian Holbrook

Cheers to Gotham

for beginning its end at the end. Usually, flash-forwards are cop-outs, but the final season's opening shot of our heroes—and villains!—teaming up in the near future was a perfect tease to the hell Jim Gordon (Ben McKenzie, pictured) is about to unleash on the, uh, Bane of his beloved city before the Fox series wraps.

Cheers to Tidying Up With Marie Kondo

for sparking the joy of how-to shows that actually teach us how to do things! In translating her bestselling guide to getting rid of clutter, the guru of domestic simplicity has given Netflix a soothing, bingeable original that's as instructive as

it is inspiring for anyone whose home looks like a Hoarders episode.

Jeers to Owen (Kevin McKidd) on Grey's Anatomy

for his sickeningly bad form. Our stomachs turned when the trauma surgeon told lover Amelia (Caterina Scorsone) that he was having a baby with Teddy (Kim Raver)—while all three of them were trapped in an elevator—then almost hooked up with her. We thought doctors were supposed to do no harm!

Jeers to The Masked Singer

for being so weird! Fox's new oddity wants judges Jenny McCarthy, Robin Thicke, Nicole Scherzinger and Ken Jeong to guess the



Usually, flash-forwards are cop-outs, but the final season's opening shot of our heroes—and villains! (Ben McKenzie, pictured).

crooning celebs disguised as giant deer, with host Nick Cannon or plush cyclops, while we want to know who will be paying our therapy bill for the nightmares these outfits inspire. ★

ASK MATT

BY MATT ROUSH TV Guide Senior Critic

Is MODERN FAMILY As Good As It Used To Be?

Question: Might be a totally controversial topic, but do you feel like Modern Family has gotten stale over the years? I mean, I don't think it's bad or anything. There are a few gems every now and then, and I still adore Mitch (Jesse Tyler Ferguson), Cam (Eric Stonestreet), Phil (Ty Burrell), Gloria (Sofia Vergara) and Jay's (Ed O'Neill) characters, but the show just hasn't been the

same the last three or four seasons. — Flo

Matt Roush: I appreciate how reluctant you are to call a favorite show out when it no longer lives up to your expectations, but you're hardly alone on this one. *Modern Family* is still popular enough that ABC (and the 20th Television studio) is reluctant to let it end gracefully, but it's obvious to most that its best days are behind it. For me, the problem with this show (unlike *The Middle*, which always lived in its

shadow) is that the younger family members for the most part didn't develop into characters who are still fresh and funny. The traits that were amusing in the adults still by and large work after ten seasons, some weeks more effectively than others, but *Modern Family* is an example of how difficult it can be to sustain such a high degree of quality over the long haul, especially when so many of the situations are built on misunderstandings and farce. (The show's high concept of breaking the fourth wall also now seems more intrusive than innovative.)

To submit questions to TV Critic Matt Roush, go to: tvinsider.com To submit questions to TV Critic Matt Roush, go to: tvinsider.com★

GET A GREAT DEAL!



America's most complete TV listings magazine

just 75¢ per issue!



- Localized TV and cable listings for the Greater California area
- Daily best bets & sports section
- A-Z movie guide & network news
- Q & A with your favorite celebrities
- Puzzles, games, trivia, soaps and horoscopes

WOW 81% OFF* FOR MESSENGER PUBLISHING GROUP READERS

The Ultimate Guide To What's On TV

ordering is easy!

1-877-580-4817

tvweekly.com or subscribe by mail

YES! Sign me up for 13 issues for only \$9.75!

Just 75¢ per issue! ORDER TODAY

Name _____
 Address _____
 City _____ State _____ Zip _____
 Phone _____ Email _____

Option #1
 Pay by check or money order Make check or money order out to: TV Weekly

Option #2 Charge my credit card Credit Card # _____
 Visa MC Discover AmEx Exp. Date: _____

Mail payment with coupon to: Signature Required: _____
TV Weekly magazine
 213 Park Drive
 Troy MI 48083
 Allow 4-6 weeks for delivery of your first issue.

TWCP

*the cover price

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

PET CLUB
 FOOD AND SUPPLIES
 EVERYDAY LOW PRICES
 Super Discount Prices* Hot Specials & Coupons
*Short term promotions from vendors (Price, quantity, location, etc. may vary)



2344 Sunrise Blvd.
 Rancho Cordova, CA
 916-635-5008

8515 Bond Rd.
 Elk Grove CA
 916-686-7808

We Only Accept ATM, Cash, & Checks M-F 9-8, SAT 9-7, SUN 10-7 Effective 1/30/19 - 2/5/19

PET CLUB is Excited to Offer: Blue Buffalo, Chicken Soup, Earth Born, Diamond Naturals, Pinnacle, Taste of the Wild, & Royal Canin Pet Foods

FREE
 1 LB SPORT MIX PREMIUM DOG BISCUITS
 with the purchase of pet, fish food or supply.
 Limit 1 Lb. PLU 332 GRM
 Limit 1 Coupon per family
 Effective 1/30/19 - 2/5/19

\$5.00 OFF
 ANY PURCHASE OF \$15.00 OR MORE OF PET OR FISH SUPPLIES (Excluding Pet Food or Litter) Cannot be used in conjunction with similar dollar or percentage off coupons & advertised sale items.
 Limit 1 PLU 351 GRM
 Limit: 1 Coupon Per Family
 Effective 1/30/19 - 2/5/19

NATURAL BALANCE DRY DOG FOOD
 •Lamb Meal & Rice (Reg & Lrg Breed)
 •Sweet Potato & Fish •Sweet Potato & Venison •Sweet Potato & Bison
 •Sweet Potato & Chicken 26-28 Lb Bag
\$5 OFF
 Limit 2 Bags Per Family
 Effective 1/30/19 - 2/5/19

AVODERM NATURAL DRY DOG FOOD
 24-26 Lb Bag Limit 2 Bags Per Family
 •Lamb Meal & Rice •Chicken Meal & Rice
 •Lite •Salmon & Potato •Large Breed
\$4 OFF
 OUR DISCOUNT PRICES!
 Effective 1/30/19 - 2/5/19

NUTRO WHOLESOME ESSENTIALS DRY DOG FOOD
 30 Lb Bag Limit 2 Bags Per Family
 Lamb Meal & Rice **\$35.99**
 •Small Bites **\$37.99**
 •Adult
 •Large Breed
 Effective 1/30/19 - 2/5/19

FRISKIES TENDER & CRUNCHY COMBO DRY CAT FOOD
 16 Lb Bag
 Limit 2 Bags per Family
\$9.99
 Effective 1/30/19 - 2/5/19

FRISKIES BUFFET CANNED CAT FOOD
 5.5 Oz All Varieties
ON SALE
 Everyday
 Limit 2 Cases Per Family
 Effective 1/30/19 - 2/5/19

ARM & HAMMER SUPER SCOOP CLUMPING CAT LITTER
 20 Lb Box •Unscented •Double Duty (Clump n Seal Regular 19 Lb \$8.99) (Slide 19 Lb \$9.99)
\$5.99
 Limit 2 Boxes Per Family
 Effective 1/30/19 - 2/5/19

SCIENCE DIET CANINE MAINTENANCE CANNED DOG FOOD
 13 Oz •Selected Varieties (Reg price \$1.75) (Healthy Cuisine 12.5 oz \$1.75 Reg price \$1.99)
\$1.49
 Limit 2 Cases Per Family
 Effective 1/30/19 - 2/5/19

SCOOPAWAY CLUMPING CAT LITTER
 42 Lb Bag
 •Multi-Cat Formula
Super Buy \$10.99
 Limit 2 Bags Per Family
 Effective 1/30/19 - 2/5/19

PURINA BENEFUL PREPARED MEALS
 All Varieties 10 oz
 Limit 1 Case
\$1.49

PURELY FANCY FEAST CANNED CAT FOOD
 2 oz. All Varieties
 Limit 1 Case
\$1.09

PEDIGREE CANNED DOG FOOD
 •Choice Cuts in Gravy •Chunky Ground Dinner
 •Chopped Ground Dinner 22 Oz Can Limit 1 Case
99¢

EARTH BORN HOLISTIC DRY DOG FOOD
 Natural Grain-Free
 •Primitive Feast •Great Plains Feast •Meadow Feast •Coastal Catch
 28 Lb Bag Limit 2 Bags Per Family
\$43.99

NUTRO MAX MAX CAT DRY CAT FOOD
 •Selected Varieties 6 Lb Bag Limit 2 Bags (lams dry cat food 7 Lb \$10.99)
\$9.99

9 LIVES DRY CAT FOOD
 •Grilled Tuna & Egg
 12 Lb Bag Limit 2 Bags Per Family
\$7.49

NATURE'S MIRACLE PREMIUM ORGANIC CORN COB LITTER
 Bio-Enzymatic Formula
 10 Lb Bag Limit 2 Bags
\$7.49

SCIENCE DIET SMALL BITES DRY DOG FOOD
 •Adult •Light •Mature
 17.5 Lb Bag Limit 2 Bags Per Family
\$22.99

Super Buy FRESH STEP CRYSTALS CAT LITTER
 8Lb Bag Limit 2 Bags
\$10.99

ELEVATE SUPER PREMIUM DRY DOG FOOD
 NEW Antioxidant Blend 28 Lb Bag
 •Chicken •Lamb •Salmon •Pork (25 Lbs)
 Limit 2 Bags Per Family
\$5.00 OFF
 OUR SUPER DISCOUNT PRICE

NATURALLY FRESH CAT LITTER 100% Natural Walnut-based
 14 Lb Bag Pellets **\$5.49** Multi-Cat Clumping **\$8.99** **Super Buy \$9.99**

MILK-BONE DOG BISCUITS
 Large 10 Lb Box **\$10.99** Flavor Snacks 7 Lb Box **\$9.49**

PREVUE PET PRODUCTS & WARE CAT FURNITURE
 Also: •Alpine Trees
 Lots of Selections Ass't. Styles All Varieties
20% OFF
 OUR SUPER LOW PRICES

SMART BONES HEALTHY ALTERNATIVE TO RAWHIDE
 Made with Real
 •Chicken •Peanut Butter
 •Sweet Potato All Varieties
20% OFF
 OUR SUPER LOW PRICES

CHUCK IT FETCH GAMES
 •Ball Launchers
 •Flying Squirrel •Tennis Balls
 •Glow Balls •Ultra Balls
 •Fetch Toys All Varieties
20% OFF
 OUR SUPER LOW PRICES

SENTRY PETROMALT & PETRODEX All Varieties
 •Tooth Care •Hairball Relief
20% OFF
 OUR SUPER LOW PRICES

PENN PLAX BIRD LIFE BIRD PRODUCTS All Varieties
 •Regular •Natural
 •Toys •Ladders •Perches
20% OFF
 OUR SUPER LOW PRICES

PENN-PLAX CASCADE POWER FILTER SALE

MODEL	TANK SIZE	PET CLUB SALE
CASCADE 100	20 Gal.	\$17.99
CASCADE 150	35 Gal.	\$21.99
CASCADE 200	50 Gal.	\$25.99
CASCADE 300	100 Gal.	\$35.99

AQUEON BOXED 10 GALLON TANK With Economy Kit
 Just add Heater For Tropical Fish
\$36.99 Limit 1 Per Family

TETRA FISH FOOD SALE
 Tetrafin Goldfish 7.06 oz. \$7.99
 Tetrafin Staple 7.06 oz. \$11.99
 Tetra Color 7.06 oz. \$11.99

REEF CRYSTALS
 50 Gal. Salt Mix
\$14.99

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 1/30/19 - 2/5/19
ON SALE
 Everyday GRM PLU 361

BONUS COUPON
FRISKIES PARTY MIX CAT TREATS
 2.1 Oz •Selected Varieties
 Limit 2 Pkgs with Coupon
 Limit One Coupon Per Family
 Price Valid Only With Coupon
 Effective 1/30/19 - 2/5/19
\$1.19
 GRM PLU 573

BONUS COUPON
JONNY CAT PREMIUM CAT LITTER
 20 Lb Bag
 Limit 1 Bag With Coupon
 Limit One Coupon Per Family
 Price Valid Only With Coupon
 Effective 1/30/19 - 2/5/19
\$3.59
 GRM PLU 362

Game Plots

Game Developers Have Seemed to Adopt a Lazy Attitude

By Noah Howard

SACRAMENTO REGION, CA (MPG) - As a general rule, the big-budget video games of the past five years have been of absolutely stellar quality, but this holiday season's releases have seen a drastic shift in the wrong direction. Bethesda and Electronic Arts/DICE, publishers/developers of *Fallout 76* and *Battlefield V* respectively, have seemed to adopt a lazy attitude that their consumers are undiscerning enough to buy whatever they put out, and so have released games far below both studios' usual caliber for quality.

Battlefield V is the less offending of the two. While the core gameplay is by far the best in the long-running *Battlefield* series, it doesn't have nearly enough content to qualify as a full game. In this writer's opinion, multiplayer games like *Battlefield* have tended to be light on content in the past compared to single-player story-based experiences, but the tiny number of maps and modes that *Battlefield V* offers is unacceptable. Even the brief story mode is incomplete, with promises from the publisher that more content will be added on for free at a later date.

Fallout 76, however, makes *Battlefield V* look like a masterpiece. Set in the post-nuclear-apocalypse wasteland of the *Fallout* series, the game advertises itself as

a dynamic multiplayer experience, encouraging players to cooperate and rebuild a broken society. What was delivered instead was a painful, bafflingly incomplete slog, with little meaningful interaction between players and even less meaningful interaction with the environment. The game is full of bugs, has almost no interesting tasks to complete, and has graphics that would have looked bad eight years ago. To add insult to injury, players who ordered the \$200 special edition were promised a limited edition canvas bag, and, without announcement, were instead delivered a bag made of cheap nylon. Fans of *Fallout* are outraged at the release, with little word from Bethesda.

The answer to why these clearly incomplete products were released at all probably lies with the holiday season; November and December are the biggest months for video game purchases, and considering the lack of successful new products from either Electronic Arts/DICE or Bethesda this year, they likely wanted to take advantage of an injection of revenue rather than wait another year. This strategy operates under the assumption, however, that any product they release will sell a viable number of units to cover the high cost of making a game. With *Battlefield V*, and especially with *Fallout 76*, this is unlikely to be



Bethesda and Electronic Arts/DICE have underestimated how quality-discerning their fanbase is, and even if *Battlefield V* and *Fallout 76* earned enough from pre-release orders to cover their costs the stain on both companies' reputations could prevent that from happening again down the road.

true in the immediate future. Both companies have underestimated how quality-discerning their fanbase is, and even if *Battlefield V* and *Fallout 76* earned enough from pre-release orders to cover their costs, the stain on both companies' reputations could prevent that from happening again down the road.

Rockstar, developer of the recently released *Red Dead Redemption 2*, should be commended as the exception to this season's rule. Like Bethesda and Electronic Arts/DICE, Rockstar's fanbase is strong enough to ensure at least some margin of good sales on basically any product. Nevertheless, *Red Dead Redemption 2* is one of the best, most impressive games ever made, even though merely "good" would have earned them money. *Fallout 76* and *Battlefield V* ought to learn Rockstar's lesson, as this holiday season, both games are likely to collect dust on store shelves.

To respond to noah's articles email him at digitalartsnoah@yahoo.com ★

Women's Empowerment Receives \$25K from US Bank

Funds will provide job skills training and financial literacy for homeless women

By Kristin Thébaud

SACRAMENTO, CA (MPG) - Women's Empowerment has received a \$25,000 grant from U.S. Bank Foundation's Community Possible program. The grant will fund job skills training, career-readiness classes and financial literacy programs for Sacramento women experiencing homelessness.

"U.S. Bank continues to invest in the bright futures of homeless women through its generous donations to our job-readiness programs," said Lisa Culp, executive director, Women's Empowerment. "Our partnership with U.S. Bank ensures women can break the cycle of homelessness by gaining the skills needed to secure employment, regain a home and manage finances. When our mothers become financially self-sufficient, they create a better life for their children."

Since 2001, Women's Empowerment has been working to break the cycle of homelessness for women and children in Sacramento. In the initial nine-week program, women who are homeless receive free onsite child care in the group's child development center and transportation assistance. Each woman works with a master's level social worker to address her root causes of homelessness. She attends classes on job-readiness, confidence building, health and empowerment, as well as support groups for domestic violence and substance abuse. Financial empowerment courses are provided, including budgeting, improving credit score and second chance checking. With the help of volunteer teachers,



Lisa Culp of Women's Empowerment receives a check from Jessica Cook of U.S. Bank for Women's Empowerment's career-readiness, job training and financial literacy programs for women who are homeless.

women unlearn financial habits and create a step-by-step action plan for achieving their financial goals. Women then focus on job placement with their employment specialist and volunteer career mentor.

Women who have graduated from the nine-week program can enroll in the group's graduate services at any point when they need assistance. Services include paid job training, vocational certifications, counseling with a social worker and employment specialist, access to a professional clothing closet, and job retention services for employer and employee.

"At U.S. Bank, we invest in and support programs and organizations that help people succeed in the workforce and gain greater financial literacy," said Jessica Cook, assistant vice president at U.S. Bank. "Through our Community Possible giving and engagement platform we are working to close the gaps between people and possibility. Our partnership with Women's Empowerment is doing just that."

Women's Empowerment is an award-winning

organization that has graduated 1,554 homeless women and their 3,738 children. Last year, 82 percent of graduates found homes and 76 percent found jobs or enrolled in school or training. The program combines self-esteem courses, job training, health classes and support services to help homeless women across diverse ages, races and cultures. Women's Empowerment is funded through private donations from the community and receives no government funding except for in-kind rent from the County of Sacramento. To make a donation: www.womens-empowerment.org.

Community Possible is the corporate giving and volunteer program at U.S. Bank, focused on the areas of Work, Home and Play. The company invests in programs that provide stable employment, a safe place to call home and a community connected through arts, culture, recreation and play. For more information: www.usbank.com/community.

Source: Thébaud Communications ★

"Mom's dementia is getting worse. She can no longer live safely at home."



- My wish list for Mom:
- feel a sense of purpose
 - meet new friends
 - be happy
 - know she's loved
 - discover new passions

ESKATON
Transforming the Aging Experience

Eskaton Lodge Gold River
Assisted Living, Pre-Memory Care and Memory Care
916-900-1685
eskaton.org/elgr

If this is you, please call, click or come by today.

License # 347001241



24 Museums to Participate in Free Museum Day on Saturday, February 2

By Traci Rockefeller Cusack

SACRAMENTO, CA (MPG) - With 24 museums participating by offering complimentary admission, the 21st Annual Free Museum Day takes place on Saturday, February 2, 2019, from 10 a.m. to 5 p.m. New this year, the popular day is also the kick-off to Sacramento Museum Week (February 2-8, 2019) filled with special events, activities and activations at various museums. While admission is complimentary to everyone on Free Museum Day only, regular admission applies at all museums during Sacramento Museum Week. Coordinated by Sacramento Area Museums (SAM) with the support of Visit Sacramento, Free Museum Day and Sacramento Museum Week in 2019 are proudly presented by Sutter Health and sponsored by California Family Fitness.

"We are thrilled to present the 21st Annual Free Museum Day plus extend the fun by offering a new Sacramento Museum Week this year," said Sacramento Area Museums Chair Delta Pick Mello. "We'd especially like to thank our presenting sponsor Sutter Health and our returning sponsor California Family Fitness for providing much-needed resources to help us to present these important events. Our continuing goal as a collaborative organization is to introduce the community to the amazing array of arts, culture and museum offerings available in the greater Sacramento

region." Free Museum Day is a popular cultural tradition designed to encourage all members of the community to experience the Capital City's incredible wealth of art, history, science and wildlife, free of charge. Many of the museums are within walking distance of each other and easily accessible via public transportation.

And, to help easily and conveniently transport guests who wish to visit multiple museums in Sacramento's urban core, Sacramento Regional Transit (SacRT) is offering free rides on all buses and light rail trains on Saturday, February 2 only with a printed SacRT Museum Day flyer (only one flyer needed per family or group). A screen shot of the flyer from a smartphone is also acceptable. To print or display the flyer, please visit www.sacrt.com. For more information specifically about SacRT park-and-ride stations and schedules, visit sacrt.com/services.

On Free Museum Day, event coordinators suggest that guests plan to visit no more than two or three different museums on this day in order to allow adequate time to enjoy the experience and to travel between individual sites. Due to the popularity of Free Museum Day, some locations must limit the number of admissions for safety reasons. The event is scheduled from 10 a.m. to 5 p.m. but note the last guests will be admitted at 4 p.m.

New in 2019, Free Museum Day is the kick-off



New This Year, Free Museum Day is Kick-Off to a Week Filled with Special Events, Activities & Activations Happening at Various Local Museums. Photo courtesy T-Rock Communication

to a week filled with special activities presented by various museums and popular destinations. While a comprehensive listing will be available on the website (www.SacMuseums.org), a sampling of the special activities follows:

- Saturday, 2/2 (10 a.m. to 5 p.m.) - 24 local museums and popular destinations offer free admission along with some that will present special activities for guests;
- Sunday, 2/3 (11 a.m. to 2 p.m.) - the California Automobile Museum offers "Downtown Sunday Drives" in vintage cars;
- Monday, 2/4 (11 to 11:30 a.m.) - the California State Railroad Museum presents an "All Aboard for Story Time" children's reading activity;
- Tuesday, 2/5 (6 to 8:30

- p.m.) - Verge Center for the Arts offers a real-life Adult Drop-In Figure Drawing class;
- Wednesday, 2/6 (10 a.m.) - the California State Library will conduct special guided tours on this day and during Museum Week Tuesday and Thursday. Museum Day tours will be on request.
- Thursday, 2/7 (11 a.m. to 3 p.m.) - Locke Art Studio will offer a free Joy Kuo Master silk screen printing demonstration;
- Friday, 2/8 (10 a.m. to 3 p.m.) - Cemetery volunteers will be available to answer questions about the Cemetery, help visitors find specific graves or assist with their genealogical research.

More detailed information about participating museums, addresses, limitations, suggested parking

and public transit options is available at www.sacmuseums.org (click on "News & Events"), or by calling Visit Sacramento at 916-808-7777.

Participating Museums for Free Museum Day on February 2, 2019* Aerospace Museum of California - California Automobile Museum - California Museum - California State Capitol Museum - California State Railroad Museum - Don & June Salvatori California Pharmacy Museum - Folsom History Museum - Leland Stanford Mansion State Historic Park - Locke Boarding House Museum - Maidu Museum & Historic Site - SSVMS Museum of Medical History - Old Sacramento Schoolhouse Museum - Powerhouse Science Center - Roseville Utility Exploration Center

- Sacramento Children's Museum - Sacramento Historic City Cemetery - Sacramento History Museum - Sojourner Truth African American Museum - State Indian Museum - Sutter's Fort State Historic Park - Verge Center for the Arts - Wells Fargo History Museum (Capitol Mall) - Wells Fargo History Museum (Old Sacramento) *Not all SAM member museums will be able to officially participate in Free Museum Day on February 2, 2019, by offering complimentary admission so please review the participant list carefully and/or contact them directly with any museum-specific questions.

For more information about upcoming activities offered by Sacramento area museums visit the user-friendly website at www.SacMuseums.org.

Comprised of 30 greater Sacramento area museums working in partnership with Visit Sacramento, SAM's mission is to raise awareness of local museums by giving the community the opportunity to discover the region's fine art, history, science and wildlife treasures. SAM achieves its mission through implementing cooperative promotions and developing strategic marketing alliances, by encouraging sharing of knowledge and resources among its partner institutions. For more information, visit www.SacMuseums.org.

Source: T-Rock Communications ★

KP International Market
 FOOD COURT NOW OPEN
 10971 Olson Drive - Rancho Cordova, CA 95670 - 916-853-8000

FROZEN & FISH DEPT

REG. \$4.99 EA
\$2.99 /ea
 Odenyasan Assorted Fish Cakes
 9.7 oz (275 g)

REG. \$4.99 EA
\$2.99 /ea
 Rice Cake Mochi • 8 Pcs
 4 Kinds (284 g)

WEEKLY MEAT SPECIALS

Beef New York Roast - Boneless \$3.99/lb
Beef Cross Rib/Shoulder Clod Roast \$2.69/lb
Beef Shoulder Steak & Espaldilla (Thin Cut) \$2.99/lb

Boneless & Skinless Chicken Breasts \$1.29/lb
Pork Tenderloin \$1.99/lb
Pork Cushman Meat-Brisk \$1.49/lb

Lamb Shoulder Chops \$9.99/lb
 Lamb Arm Shoulder Chops \$9.99/lb
 Lamb Rib Chops \$21.99/lb
 Lamb Loin Chops \$14.99/lb

Lamb Leg Steaks \$10.99/lb
 Lamb Ribs \$5.49/lb
 Boneless Lamb Filets \$7.99/lb
 Boneless Lamb Stew \$9.99/lb

Hind Lamb Shanks \$4.69/lb
 Short Cut Lamb Leg \$5.99/lb
 Lamb Neck Stew \$3.99/lb
 Ground Lamb \$7.99/lb

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

Mandarines 2 lb Bag \$1.99
 Fuji Apples 5 lb Bag \$3.99
 Roma Tomatoes \$8.99
 Pineapple 6 ct \$2.99
 Mexican Green Onions \$3.52
 Minneola Tangerines \$7.99

Popeye Spinach \$2.83
 Grape Tomatoes \$2.83
 Fuji Apples \$6.99
 Young Thai Coconut 9 ct \$9.99
 King Oyster Mushrooms \$1.99
 Oranges 10 lb Bag \$2.99
 Napa Cabbage 2 lbs \$1

AMERICAN/HISPANIC GROCERY

Palmas Animal Cookies 14 ct \$1.29
 Jiffy Paper Towels 90 Sheets \$1.99
 Capri Sun Fruit Drinks 10 x 8.1 fl oz \$2.99
 Capri Sun Fruit Drinks 12 x 2.25 fl oz \$3.99
 Nescafe Classic Pure Instant Coffee 7 ct \$5.99

ASIAN GROCERY

Good Egg \$1.99
 Jelly \$9.99
 Jelly \$9.99
 A&C Brand \$1.99
 Beer \$4.99
 Beer \$2.99

EUROPEAN GROCERY

Zestful Pitted Sore Cherries 26 ct \$5.99
 Mince Pilsner White Pilsner 25 ct \$1.99
 Pilsner \$1.49
 Baskin-Robbins 500 g \$2.29
 Baskin-Robbins 200 g \$1.29

KOREAN/JAPANESE GROCERY

Three Delights Jasmine Rice 5 lb Bag \$4.99
 Sausage \$5.99
 Sausage \$2.99
 Gyoza \$2.49
 Instant Ramen \$1.99
 Gyoza \$7.99

Roasted Soybean Sprouts \$2.99
 Korean Cold Sausage \$9.99
 Classic Japanese Sake \$5.99
 Mijolba \$1.99
 Kimbap \$10.99
 Organic Cold Beer \$3.99

FROZEN & FISH DEPT

Shrimp Cudles 450 g \$7.99

EUROPEAN DELI

Miseryn Pro Char \$6.99
 Inova Merguez Brand Sausage \$6.99
 Ancho's Deli Canadian Style Bacon \$4.99
 Pops Food Bakery \$2.99

WEEKLY PROMOTION!

ACE COOK VENICE 4 KINDS

Sauce Pot 28 cm \$34.99
 Jumbo Wok 36 cm \$39.99

GLASS POT For Oven & Microwave \$8.99

MAGIC GLOVES \$8.99

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 30 - FEBRUARY 5, 2019.