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THE NEWS

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Serving Rio Linda, Elverta and Sacramento County

SEPTEMBER 9, 2022

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The Lunch Bunch is Growing



Community members pose for a photo with honorary speaker, SMUD Ward 7 Director Heidi Sanborn (center), following the monthly "Lunch Bunch" meeting on Thursday, September 1 at Pancake Palace in North Highlands.

Story and photos by Shaun Holkko, assistant editor

SACRAMENTO REGION, CA (MPG) - With temperatures and utilities costs soaring across Sacramento, SMUD Ward 7 Director Heidi Sanborn spoke Thursday afternoon, September 1, at the monthly "Lunch Bunch" event held at the Pancake Palace in North Highlands.

Sanborn represents Antelope, Foothill Farms, North Highlands and parts of Arden-Arcade and Carmichael within the Sacramento Municipal Utility District.

"We give more to our community I think than any other utility that

I know of," Sanborn said. "We go to a lot of national conferences and there's actually a thing in the utility industry called 'SMUD envy.' Most utilities are really jealous of our status as far as energy efficiency, customer relations, we score the highest in J.D. Power in just about everything."

Despite being a community-owned electric utility, SMUD's biggest competitor in the Sacramento region is PG&E, an investor-owned utility with publicly traded stock. According to Sanborn, SMUD's rates are 45% below PG&E.

"And we appreciate that, we had PG&E before!," shouted out multiple audience members at the

monthly gathering.

Sanborn said the number one reason the Sacramento community has been losing power is distracted drivers running into SMUD poles.

"We are losing one pole a week," Sanborn explained. "Not just driving off the road and banging into it. But literally plowing it over in half until the entire thing falls and costs us about \$30,000 to replace. That is happening every single week and six people die a year in this county hitting our poles. That's how much distracted driving is going on."

"The reason I say that is it's a real thing. Please be safe out there and please encourage people not to be on
Continued on page 3

September is National Recovery Month

Sacramento County Special Release

SACRAMENTO COUNTY, CA (MPG) - Each September, National Recovery Month is celebrated as a national observance to promote and support new evidenced-based treatment and recovery practices, the emergence of a strong and proud recovery community, and the dedication of service providers and community members who make recovery possible. It also takes place to increase awareness and educate people about how substance use and mental health services can help people and their families to live healthy and rewarding lives.

National Recovery Month shares the message of hope through treatment and recovery. All month long, Sacramento County Substance Use Prevention and Treatment Services celebrates the fact that prevention works, treatment is effective and people can and do recover.

"National Recovery Month is a time for recognition of the strength and resilience of those in recovery from substance use and mental health as well as the families who support those in recovery," said, Lori Miller, Division Manager for Sacramento County Division of Behavioral Health Services.

The 2022 National Recovery Month theme, "Every Person, Every Family, Every Community," reminds people in recovery and those who support them that no one is alone in the journey. Recovery belongs to all of us.

How to Get Involved with Sacramento County Recovery Month and Get Help

- National Addiction Professionals Day will be celebrated on Sept. 20, 2022. This day aims to celebrate the vital people who make a difference and their powerful work in the field of addiction on a daily basis. This day marks the 30th anniversary.

- Wear purple on Sept. 30, International Recovery Day. Purple is the color symbolizing addiction recovery.

- Attend a Sacramento County Opioid Coalition, Methamphetamine Coalition or Youth Coalition meeting or join a sub-committee. Email DHS-SUPT@saccounty.net.

- Attend Sacramento County Alcohol and Drug Advisory Board meetings and learn more about the work happening related to Substance Use Prevention and Treatment Services. The board meets virtually from 5:30 -7:30 p.m. on
Continued on page 3

Mommy Can You Hear Me?

A state program that provides children's hearing aids may be expanded to include more families

By Elizabeth Aguilera, CALMatters

A proposal to expand a year-old California program that provides hearing aids to children was approved by the state Legislature in the final days of the session that ended Wednesday.

If Gov. Gavin Newsom signs the bills, the expansion will add about 2,000 additional deaf or hard of hearing children who have partial insurance coverage and up to age 21 who are not currently eligible for the income-based Hearing Aid Coverage for Children Program. If approved, it will go into effect Jan. 1, 2023.

"For the families that weren't eligible before this is relief they have been waiting for a long time. Young adults who are aging out of the program will be able to stay on," said Mike Odeh, senior director at Children Now, an advocacy organization focused on children. "We know hearing aids are not just a nice-to-have medical device. It's truly



Scarlett Kovacevic wears her hearing aid at her family's home in Lincoln on July 26, 2022. Her family had to pay for the hearing aid out of pocket after her provider experienced billing issues with a state program. Photo by Rahul Lal, CalMatters

important for all sorts of communication, socialization, and development that are important for kids and youth thriving."

Ensuring more children are eligible is good news for parents and advocates but it raises the question about whether the program, which has been plagued with problems, can actually serve them. In its first year, the program provided

hearing aids to a tiny fraction of the 2,300 kids it intended to reach annually. Overall, about 7,000 kids currently qualify but they typically only need devices every three years.

In addition, the application process is complex and takes a long time, families with some insurance coverage are not eligible and few qualified providers who serve

children are accepting the program. For physicians and audiologists, the state reimbursement rates are low and they could wait years to get paid, advocates said.

The last-minute addition to the budget bills this week followed a CalMatters story about the program's challenges, a strident letter from the
Continued on page 4

Knights Beat Lancers in Dominant Home Opener

By **Shaun Holkko**, sports editor

RIO LINDA, CA (MPG) - The Rio Linda High School varsity football team has now won two games in a row following a dominant 48-7 win over Cordova on Friday, September 2

in the team's home opener. The Knights won their first game of the season in a gritty 12-6 victory at Kennedy on August 26. Cordova (0-3) has now been outscored 137-21 through three games under first-year interim head coach Kyle Williams. The Lancers' defense

has allowed at least 41 points to all of their opponents so far this season. Rio Linda began Friday's game with a strong first quarter, outscoring Cordova 14-0. The second period was encouraging for the Lancers, as both teams scored one touchdown

each. With 13 points in the third quarter and 14 in the final period, the Knights put the game away in the second half scoring 27 unanswered points. Rio Linda defeated Cordova 48-7. Statistics for both teams were unavailable as of press time. The Knights will now have a bye

week before taking on Foothill (1-1) on September 16. The Lancers will host a regional rival on Friday night when they play the Rosemont Wolverines (1-1), who are also under a first-year head coach in John Straw. Kickoff is scheduled for 7:30 p.m. at Lancer Stadium. ★



Rio Linda senior running back Daniel Miralrio breaks away from Cordova tackle attempts during a 48-7 win over the Lancers on Friday, September 2 in Rio Linda. Photo by Rick Sloan



Rio Linda senior tailback Anthony Grahn stiff arms a Cordova defender during a 48-7 win over the Lancers on Friday, September 2 in Rio Linda. Photo by Rick Sloan



Rio Linda senior wide receiver Waylon Morgan receives a hand off and surveys the field during a 48-7 win over the Lancers on Friday, September 2 in Rio Linda. Photo by Rick Sloan



Rio Linda senior tailback Anthony Grahn rushes in for a touchdown during a 48-7 win over the Lancers on Friday, September 2 in Rio Linda. Photo by Rick Sloan



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September is National Recovery Month

Continued from page 1

the second Wednesday of the month.

- Share your experiences with recovery at Sacramento County Substance Use Prevention and Treatment Services public speaking events. For information email us at DHS-SUPT@saccounty.net or call (916) 875-2050.
- Get help for yourself, a friend or a family member who is struggling with drug or alcohol addiction. Sacramento

County provides alcohol and drug treatment services that include outpatient treatment, medication-assisted treatment, residential treatment, detoxification and perinatal services. Please call 916-874-9754 for an assessment or access the Prevention Services Provider Directory.

To learn more about Recovery Happens, visit the Recovery Happens website at recoveryhappens.info. ★

Sanborn Speaks at Lunch Bunch

Continued from page 1

their phones when they're driving because they get hurt and they're also knocking the power out."

One of the main topics that Sanborn dove into was SMUD's 2030 Clean Energy Vision.

"Since I saw you last, we've already procured [and] expanded our Solano wind farm in the Solano area which has the best wind resource in the nation, really, and we bought that land in the 70s," Sanborn said. "We just took our 23 windmills and we're expanding those blades to be way bigger and produce a lot more power off the same system. That will now produce enough energy for almost 350,000 homes."

The Zero Carbon Plan also includes: a project near Roseville to build a utility scale solar project that will produce local power, six commercial battery units by Mather that will store renewable power and creating our own hydrogen power in the Sacramento region that can be stored and used as needed.

One question that was posed at the gathering was in regard to how the 2030 Clean Energy Vision will align with California's 2035 electric vehicle mandate.

"Thank you for bringing this up, because this gets asked a lot, it's a great question," Sanborn said. "We're trying to get people to create their own power, store it on site and use it on site. That is great because if you ship it to the grid then the grid has to handle it. If you pull from the grid, then the grid has to handle it. Whether



SMUD Ward 7 Director Heidi Sanborn speaks at the monthly "Lunch Bunch" meeting on Thursday, September 1 at Pancake Palace in North Highlands.

it's coming or going, that adds stress.

"On the going side, adding all these electric cars a lot of people are worried, is the grid able to handle it? Our grid is able to handle it. We are the first in the nation that can literally tell [that] Len is producing power right now and sending it to the grid. Charlea is pulling juice with her car. All the comings and goings, we can tell by the house at the millisecond what is coming and going. We can tell how to manage this grid and balance it so we're in a way better position than others to handle it."

The SMUD app can help customers track their power use and receive notifications when they should reduce their use. As temperatures skyrocket into the triple-digits, SMUD has requested for their customers to minimize their utility use during peak hours from 4-9 p.m.

"When it comes to generation, we've always

said, 'Please don't over-stress our units if we don't have to.' If you're going to run your dishwasher, please just fill it up and run it after nine, don't run it at five. We're not saying don't do your things, we're just saying please shift a couple of hours. If we have to build systems to handle everybody doing everything at the exact same time, you will not like the rate. We're trying to keep the rates low."

SMUD offers several incentives beyond free trees. One of the incentives is to become a Clean Power City champion. SMUD's goal is to double their enrollment to 50,000 people who will be the first to be alerted about rebates after signing up at cleanpowercity.org. Other incentives include weatherization opportunities; heat pump, water heater and induction cooktop rebates; and solar panels with an inverter rebate.

For more information about SMUD, visit smud.org. ★

Senate Democrats Kill Proposal to Fund Critical Water Storage



Office of Senator Jim Nielsen

SACRAMENTO, CA (MPG) - Senator Jim Nielsen, R-Red Bluff, issued the following statement in response to Senate Democrats killing his proposal on August 30, to fully fund and build Sites Reservoir:

"Here they go again. Senate Democrats need to get their heads screwed on straight. For the second time this year,

they have killed critical funding to build Sites Reservoir.

"California is in the third year of a devastating drought. The state budget is flush with money. Doesn't it make sense to get large-scale, aboveground water storage funded and built?"

"What's most frustrating is that voters overwhelming approved building water storage via Proposition 1 back in 2014. Not one shovel has been turned. Not one drop of water has been stored.

"That's shamefully irresponsible and short-sighted of our state's leaders. The future of our children and grandchildren depends on a reliable water supply."

Nielsen offered amendments to Assembly Bill 2201, which would have established the Water Storage and Conveyance

Fund to provide:

- \$2.6 billion to fully fund Sites Reservoir; and
- \$685 million to repair the Friant-Kern/Delta-Mendota Canals and the San Luis Field/San Joaquin Divisions of the California Aqueduct.

To watch Sen. Nielsen's Senate floor speech, visit www.youtube.com/watch?v=LaBTDzi-0ACo.

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

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Mommy Can You Hear Me?

Continued from page 1

Republican Caucus to the state about the failure of the program to reach more children, and continued work by advocates and Central Valley Assemblymember Joaquin Arambula.

“I’m so grateful,” said Michelle Marciniak, founder of Let California Kids Hear, an advocacy organization that works to increase access for deaf and hard of hearing children. “It was a huge weight seeing a certain population excluded from this program.”

Earlier this year, as part of the budget process, the Legislature had requested additional funds to improve the program and proposed expanding it to include children with partial insurance coverage. But that proposal did not make it into the governor’s revised budget released in May.

Then last week, Arambula carried the language that was inserted into broader budget bills.

“This budget item means so much to so many children and families. I applaud the advocates whose tenacity helped achieve this, and I’m profoundly grateful to the State Administration for working with us to ensure the Hearing Aid Coverage for Children Program can be expanded this year to underinsured children in need,” he said in an email. “We know these hearing aids and services are vital in helping these children develop and learn and, most importantly, bolster their well-being and connect with the world around them.”

Odeh pointed out that while the expansion is great news, advocates will continue to lobby the state to improve the clunky and long application process, to increase reimbursement for providers and to get more audiologists and doctors to accept the program.

Hearing aids for children typically cost from \$3,000 to 10,000 and need to be replaced every three years.



Ensuring more children are eligible is good news for parents and advocates but it raises the question about whether the program, which has been plagued with problems, can actually serve them. Photo courtesy of Jelena Ivanovic Dreamstime.com

The program, which debuted in July 2021, currently provides hearing aids for children who do not qualify for Medi-Cal, the state’s insurance program for low-income residents, or do not have any other insurance. Families must meet certain income requirements. It was created after a 2019 legislative proposal to classify hearing aids as medically necessary so health insurers would have to cover them. That bill was opposed by health insurers and was pulled by the author after the Newsom administration said it would fund a program instead.

In its first year, the program dispensed only 39 hearing aids, according to data from the California Department of Health Care Services, which oversees the program. The agency did not say why the program reached so few children in its first year.

On Aug. 12, the Senate Republican Caucus expressed concern about the program in a letter to the Department of Health

Care Services and demanded answers. In the letter, they asked why the program has served so few children and what is going to be done to correct the problems.

“It strains belief that, after a year of operation, this program has only assisted a fraction of those estimated to be eligible, and without explanation,” they wrote.

According to the office of Lancaster Republican Sen. Scott Wilk, the caucus has not yet received a response from the Department of Health Care Services.

Agency spokesperson Anthony Cava said it is still preparing a response for the caucus. If the expansion becomes official, Cava said it would update all communication, including websites, applications, and correspondence with the new eligibility information by January 2023.

Getting hearing aids early in life is critical for infants and children. They stand to lose speech,

language and social-emotional development if they are not able to hear soon enough, according to a study in the journal Pediatrics.

The goal among physicians is to fit children with hearing aids by the time they are 6 months of age, said Dr. Dan Duran, audiologist and manager of audiology at Valley Children’s Hospital in Madera.

Any delays in getting hearing aids make it nearly impossible for kids to catch up to their hearing peers.

“These delays can impact kids in terms of their speech and language development,” Duran said. “It can also set them back in other important milestones as they are developing and growing.”

Duran said the expansion of eligibility will benefit families who struggle to pay their share of costs after insurance or who wait to gather up the funds or put off getting devices for their

children because of cost. He expects the center will be even busier because families come from as far as Santa Barbara and Stockton for care.

Marciniak said the lack of providers accepting the program is a huge problem for families who have to drive long distances to reach them. Expanding the provider list is next on advocates’ list of things to do.

For single mom Kimberly Nguyen, in Sacramento, the expansion comes a little too late for her family to use now but it will be a great benefit in the future, she said.

She had been waiting to see if any changes to the program would cover her family because they have partial insurance. After waiting more than a year and seeing no hope for change this year she used money she saved from working extra hours to finally purchase a pair of hearing aids for her youngest daughter last month.

Nguyen has two daughters, 10 and 7, who typically need hearing aids every three years. Next time she hopes the state program will save her thousands of dollars. That is if she can find a provider in Sacramento. Currently the closest doctors on the state’s provider list are in San Francisco.

“This is great for all the families who can now access the program and who don’t have to worry about how to pay the difference,” said Nguyen, who has testified before the Legislature and advocated for the change. Her insurance covers \$1,000 of the \$6,000 hearing aids she purchased.

At the same time this week, the California Public Employees’ Retirement System, which administers health benefits for state and local government employees and retirees, announced that its basic plans would cover hearing aids for children starting in January 2023. That means instead of covering just a fraction of the cost, the insurers will fully pay for the devices. ★

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Emergence of Monkeypox Underscores Need to Strengthen Public Health

California Can't Wait News Release

SACRAMENTO, CA (MPG) - The California Can't Wait Coalition, including local public health officials, health equity advocates, county governments, and frontline workers, applauded the California State Senate's passage of AB 240, their sponsored bill with bipartisan support (39-0) to require a comprehensive assessment of our public health workforce and infrastructure.

"Californians now know that public health saves lives. Preparing for the next threat will require a clear assessment of workforce and infrastructure gaps that have emerged over decades of disinvestment," said Michelle

Gibbons, Executive Director of the County Health Executives Association of California. "AB 240 will provide a roadmap for California to ensure local health departments have the workforce and infrastructure to protect the state against public health threats and deliver and achieve health equity."

"SEIU members had a front-row seat to how quickly the COVID-19 pandemic overran our threadbare public infrastructure and how longstanding inequalities left communities of color predisposed for the worst outcomes," said Dr. Kelly Zhou, Nurse Anesthesiologist, LAC USC and member of SEIU Local 721. "We simply can't wait for the next crisis to invest in our public health system.

AB 240 is a simple bill to allow California to study the long-term needs of local public health agencies so that California never again experiences such suffering and inequity in sickness and death. SEIU members are proud to support this essential bill."

"Californians face an unprecedented series of overlapping public health crises - viruses such as COVID and monkeypox as well as societal conditions such as poverty and racism," said Harold Goldstein, Executive Director of Public Health Advocates. "The state senate has consistently supported legislation to help public health officers address multiple threats and they deserve our thanks." ★

Technology Allows PG&E Customers to Connect Backup Power to Their Homes

PG&E News Release

SAN FRANCISCO, CA (MPG) - As part of its work to build a stronger, more resilient energy grid for the hometowns it serves, PG&E successfully developed a first-of-its-kind personal microgrid backup power transfer meter device for customers that fully integrates into PG&E's existing electric SmartMeter system.

The device provides customers with a more reliable solution for interconnecting backup power sources, such as portable generators or batteries, to power essential devices and appliances during a power outage.

Customers in High Fire-Threat Districts (HFTD) as defined by the California Public Utilities Commission who have been issued a rebate for a qualified backup generator through the Generator Rebate Program are eligible to receive a backup power transfer meter device and have it installed by PG&E, free of charge. The device comes with a universal adapter allowing customers to safely connect off-the-shelf backup power sources as needed, helping PG&E's most vulnerable customers safely and easily attach auxiliary power to their homes.

Customers are encouraged to visit www.pge.com/transfermeter to confirm eligibility and request a backup power transfer meter.

"Our customers count on electricity to provide basic and critical needs during power outages including lighting, internet, communications, refrigeration, and charging and operating medical devices. We know that using extension cords with a portable generator is not the most practical solution, and that the cost of purchasing and installing a transfer switch can be prohibitive - in the thousands of dollars. That's why we created this new backup power transfer meter technology to help our customers maximize connectivity of their backup power source to their home - in a simple fashion - through their electric meter and electrical panel," said Vincent Davis, Vice President, Customer Operations & Enablement, PG&E.

Developing the Backup Power Transfer Meter

PG&E's SmartMeter program team, in consultation with industry partners, designed and built a prototype device from scratch in 2020. The product went through rigorous safety and reliability testing at PG&E's Applied Technology Services lab and through a third-party testing lab, Exponent.

PG&E concurrently identified hundreds of customers who would potentially be eligible for a meter upgrade to include the device, based on their enrollment in PG&E's Generator Rebate Program.

In early 2021, following successful lab testing and customer outreach, PG&E began deploying the new devices to customer sites.

"As the environment in which the grid operates continues to evolve, developing and implementing the backup power transfer meter device is one way we are innovating to help our customers - and electric customers around the country - take control of their energy usage and costs. Our customers who live and work in areas of high fire threat and frequently experience extreme weather conditions can now better power essential appliances, devices, equipment and services at home or at their small business and be assured that their personal microgrid is resilient," said Davis.

How Installation Works

After customers order the device, PG&E will schedule a time and date for installation. As a part of the installation appointment, a PG&E representative will train and advise each customer on how to safely operate a backup power source using the device during a broader planned or unplanned power outage. Safely connecting a qualified portable generator to a backup power transfer meter device follows an easy-to-understand, six-step process as illustrated in PG&E's installation guide.

The device provides PG&E grid operators with visibility into when a customer switches their power source to backup generation, and the device will automatically and safely switch the customer back to PG&E grid power when the outage is resolved, and grid power is restored.

Plans for Expansion

PG&E has installed more than 100 backup power transfer meter devices for eligible customers and anticipates installing thousands more in 2022.

PG&E also plans to make the technology available to utilities throughout the United States as a resource to help as many potentially vulnerable electric customers as possible.

PG&E recently applied for a United States Patent for this backup power transfer meter technology, which the company expects will be approved by 2023. PG&E owns a variety of patents that apply to smart energy metering, electrical grid systems, wires down detection, asset management and mapping, and gas operations. Including the backup power transfer meter application, PG&E has several patent applications pending for a range of technologies including data analytics tools, sensor technologies, and location and marking systems.

About PG&E: *Pacific Gas and Electric Company, a subsidiary of PG&E Corporation (NYSE:PCG), is a combined natural gas and electric utility serving more than 16 million people across 70,000 square miles in Northern and Central California. For more information, visit pge.com and pge.com/news.* ★

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Democrats Think the Inflation Reduction Act Will Help Their Midterm Fortunes



Commentary
 by Sally C. Pipes

Congressional Democrats are increasingly optimistic about this fall's midterm elections. They believe their recently enacted Inflation Reduction Act, especially its healthcare provisions, will win them plaudits from voters.

But they could be in for a rude awakening. Contrary to lawmakers' claims, the Inflation Reduction Act won't reduce inflation or bring down drug prices for most Americans. Many voters will ultimately feel duped, and they could take their frustrations out at the ballot box for years to come.

Consider a recent analysis of the IRA by the Penn Wharton Business Model, the authors of which reported "low confidence that the legislation will have

any impact on inflation." The Congressional Budget Office reached a similar conclusion, finding that the bill would have "a negligible effect" on inflation in the coming years.

So much for addressing voters' chief concern.

In fact, it's entirely possible that the legislation won't merely fail to reduce inflation, it could actually cause prices to rise further in the years ahead.

The new law extends generous Obamacare subsidies to middle and even high-income households through 2025, at a supposed cost of \$64 billion. In reality, the three-year cost may well be higher. Those same subsidies have cost about 50% more than anticipated this year alone, according to health economist Brian Blase.

If a future Congress ultimately makes the subsidies permanent, as Democrats clearly hope to do the ten-year cost will balloon, pumping hundreds of billions more in deficit spending into the economy and driving up inflation.

Or consider the IRA's price controls on prescription drugs. Democrats promised consumers cheaper medicines -- but the vast majority of Americans won't

notice any difference at the pharmacy counter.

Here's why. The price controls only apply to Medicare, so by definition, Americans with private insurance won't derive any savings from the price caps. Even seniors won't notice much change, since their out-of-pocket copays and coinsurance are set by insurance plans, not drug companies.

Plus, these price controls don't kick in until 2026, and will only impact 10 drugs. That figure will steadily increase to 20 by 2029.

Democrats are doing their best to downplay this inconvenient reality in the hopes of improving midterm prospects. It's a desperate, cynical strategy, and it's unlikely to work. Voters will find out soon enough that, with the IRA, they've been sold a bill of goods and an expensive one at that.

Sally C. Pipes is President, CEO, and Thomas W. Smith Fellow in Health Care Policy at the Pacific Research Institute. Her latest book is False Promise, False Reality of Medicare for All (Encounter 2020). Follow her on Twitter @sallypipes. ★

Increased Overdose and Mental Health Risks Persist Two Years After Opioid Dose Reduction

UC Davis Health News

SACRAMENTO, CA (MPG) - Does dose reduction for patients on stable opioid therapy have long-term overdose and mental health risks?

Researchers from the UC Davis Center for Healthcare Policy and Research examined the potential long-term risks of opioid dose tapering. They found that patients on stable but higher-dose opioid therapy who had their doses tapered by at least 15% had significantly higher rates of overdose and mental health crisis in the second year after tapering compared to their pre-tapering period.

Their study was published June 13 in JAMA Network Open.

Changes in prescribing guidelines and regulatory policies driven by the rise in opioid-related deaths have led many physicians to reduce daily doses for patients on stable opioid therapy for chronic pain. The dose reduction process, called tapering, has been linked to worsened pain, symptoms of opioid withdrawal and depressed mood among some patients.

Recently, a team of UC Davis Health researchers found an increased risk of overdose and mental health crisis up to one year following dose reduction. Their research suggested that patients undergoing tapering need significant support to safely reduce or discontinue their opioids.

“While patients may struggle during the early tapering period, we reasoned that many may stabilize with longer-term follow-up and have lower rates of overdose and mental health crisis once a lower opioid dose is achieved,” said Joshua Fenton, professor and vice chair of research in the Department of Family and Community Medicine at UC Davis School of Medicine and lead author of the study. “Our findings suggest that, for most tapering patients, elevated risks of overdose and mental health crisis persist for up to two years after taper initiation.”

To draw associations between dose reductions and changes in the risk for overdose and mental health visits, the researchers used a database covering a 10-year period (2008-2017) for more than 28,000 patients prescribed long-term opioids. They examined enrollment records and medical and pharmacy claims for patients prescribed stable high

opioid doses (the equivalent of at least 50 morphine milligrams per day) and who had their doses reduced by at least 15%.

From this patient cohort, they selected those who had at least one month of follow-up during the second year of their post-tapering period. They identified a total of 21,515 tapering events for 19,377 patients.

Those events included emergency department visits or inpatient hospital admissions for drug overdose, withdrawal, or mental health crisis events, such as depression, anxiety, or suicide attempts. The team compared rates of these events in the pre-tapering period with those during the second year of follow-up after tapering initiation.

The study found that for every 100 patients, there was an average of 3.5 overdose or withdrawal events and 3 mental health crises during the pre-tapering period, compared to 5.4 events and 4.4 crises in the 12-24 months post-tapering period. That’s a 57% increase in overdose or withdrawal incidents and a 52% increase in mental health crises. The risks of tapering were greatest in patients with the highest baseline doses.

In 2018, the Department of Health and Human Services (HHS) issued guidelines to advise clinicians to monitor patients carefully during tapering and provide psychosocial support. They recommended close follow-up and cautioned about the potential risks of rapid dose reduction, including withdrawal, transition to illicit opioids, and psychological distress.

This new study emphasized the need for clinicians and patients to discuss dose reduction and carefully weigh the risks and benefits of opioid continuation and tapering. Tapered patients would benefit from close follow-up and monitoring not only in the short term but in the long term too, to make sure they’re coping well on lower doses.

“We hope this work will inform a more cautious approach to decisions around opioid dose tapering,” Fenton said. “While our results suggest that all tapering patients may benefit from monitoring and support up to two years after taper initiation, patients prescribed higher doses may benefit from more intensive support and monitoring, particularly for depression and suicidality.” ★

Newsom Calls GOP Governors ‘Bullies,’ But What About Him?



By Dan Walters, CALMatters.org

Politicians who claim to have an elevated moral purpose risk being branded as hypocrites if they fail to live up to the standards they set for others.

California Gov. Gavin Newsom runs that risk as he denounces the Republican governors of other states, particularly Ron DeSantis of Florida and Greg Abbott of Texas, as “bullies” for their states’ policies on abortion, gay rights and other issues.

Newsom has run ads critical of the two governors and donated \$100,000 to DeSantis’ challenger, Charlie Crist. At the very least, Newsom is raising his national political profile. But it could be the beginning of a presidential campaign, which he denies.

“People keep asking why I’m calling out DeSantis and these Republican governors,” Newsom tweeted late last month. “The answer is simple: I don’t like bullies.”

Newsom’s tweet contained his interview with ABC news, including a lengthy rant beginning with “I can’t take what’s going on in this country.”

“I can’t take what these governors are doing state after state affecting minorities, affecting vulnerable communities, threatening

the Special Olympics with fines, going after the LGBTQ community, saying if you’ve been raped by your father you don’t have the right to express yourself and rights over your own body,” Newsom told ABC’s Matt Gutman.

“My entire life I don’t like bullies,” Newsom added. “I don’t like people who other other people. I don’t like people who demean other people and that’s being celebrated in American politics today and you got to call it out. DeSantis is the worst of it but Abbott and these other guys, they’re right there and forgive me, I’m naming them because we have to and I think people need to understand what’s going on in this country and there’s too much at stake.”

On the issues that Newsom cites, particularly abortion and LGBTQ rights, his criticism is more than warranted. But calling rival governors “bullies” is over the top. After all, they were duly elected to their positions, as was Newsom, and like him, probably will be re-elected this year. Their positions on these hot button issues would not fly in California, but they apparently do in their states.

That’s not bullying; it’s governing, which often means compelling people to do things they’d rather not do. Newsom has done a lot of it since becoming governor nearly four years ago, especially during the COVID-19 pandemic, when he was governing by decree.

Was Newsom being a bully or governing when he ordered thousands of small

businesses to shut down to stop the spread of the deadly coronavirus? Those affected, including more than 2 million workers who lost their jobs, might say he was being a bully, since larger businesses were often exempted.

Likewise, parents complained that Newsom arbitrarily closed schools and forced their children into “Zoom school” even though COVID-19’s threat to children was scant.

Many of California’s city officials have complained that Newsom is bullying them into building high-density housing that their constituents don’t want, threatening legal action or financial sanctions if they don’t comply. Newsom says the state must act aggressively to solve its housing shortage.

California gun owners complain constantly that Newsom and the Legislature impose nonsensical, harassing regulations on their constitutional right to bear arms.

Newsom considers all of those acts, and many others, to be governing – just as DeSantis, Abbott, et al, consider what they do to be governing. But in the eyes of beholders, he could be just as easily branded a bully.

Finally, doesn’t Newsom’s name-calling make him one of the “people who demean other people” he professes to despise?

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

ASK THE DMV



Get Ahead of Back-to-School Season with the DMV’s Online Services.

Back-to-school season is right around the corner, so check off your DMV to-do list faster through the DMV’s online services before you’re back in charge of carpool duty! You can now complete most DMV transactions from the comfort of your couch including renewing your vehicle registration, starting an application for a REAL ID, updating your address, and more! dmv.ca.gov/online – ready when you are.

Q: My teen just turned 16 and they are ready to get their first driver’s license. Can their first license be a REAL ID?

A: Yes, save yourself and your new driver the hassle of upgrading later. Just remember - any teen under 18 years old will need to visit the DMV office after their application to take the in-person driving tests. Visit dmv.ca.gov/realid to start the online application today.

Q: Can I apply for an ID card for a minor using the online application?

A: Yes. A parent or guardian can use their own email account when completing the electronic application for minors if the minor does not have their own email account.

Q: I am on summer vacation and can’t visit a DMV office to renew my license, is there an online option available?

A: Yes, most people can renew their license or ID card through the DMV website by just filling out a simple application and paying the renewal fee. Check your most recent renewal notice to see if you’re qualified to renew online!

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Scammers Use Every Trick to Steal Your Identity, Financial Information

IRS News Release

WASHINGTON, CA (MPG)

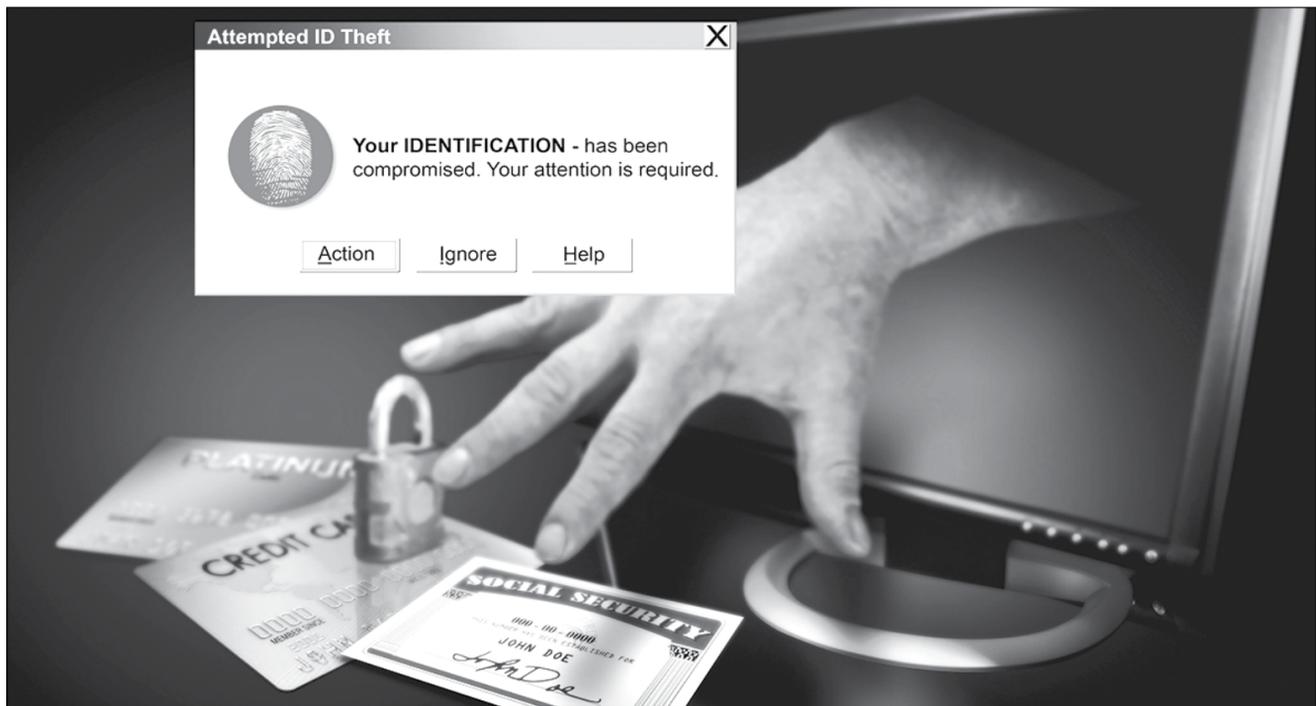
- Suspicious communications in all its forms designed to either trick, surprise or scare someone into responding before thinking is No. 7 on the 2022 “Dirty Dozen” scams warning list, the Internal Revenue Service announced today, warning everyone to be on the lookout for bogus calls, texts, emails and posts online to gain trust or steal.

Criminals have used these methods for years and they persist because these tricks work enough times to keep the scammers at it. Victims are tricked into providing sensitive personal financial information, money or other information. This can be used to file false tax returns and tap into financial accounts, among other schemes.

“If you are surprised or scared by a call or text, it’s likely a scam so proceed with extreme caution,” said IRS Commissioner Chuck Rettig. “I urge everyone to verify a suspicious email or other communication independently of the message in question.”

The IRS has compiled the annual Dirty Dozen list for more than 20 years as a way of alerting taxpayers and the tax professional community about scams and schemes. The list is not a legal document or a literal listing of agency enforcement priorities. It is designed to raise awareness among a variety of audiences that may not always be aware of developments involving tax administration.

As part of the Security Summit effort with the states and the nation’s tax industry, the IRS has made great strides in preventing and reducing tax-related identity



Criminals have used these methods for years and they persist because these tricks work enough times to keep the scammers at it. Victims are tricked into providing sensitive personal financial information, money or other information. MPG file photo

theft. But it remains a serious threat to taxpayers and tax professionals who don’t adequately protect Social Security numbers (SSN) and other personal information.

For example, criminals can quickly file a fake tax return using a stolen SSN in the hope that it has not already appeared on another filed return. People frequently don’t know they are a victim of identity theft until they are notified by the IRS of a possible issue with their tax return or their return is rejected because the SSN appears on a return already filed.

Here are some common scams the IRS continues to see. Taxpayers should take extra caution with these schemes, which continue to evolve and change:

Text message scams: These scams are sent to taxpayers’ smartphones and

can reference things like COVID-19 and/or “stimulus payments.” These messages often contain bogus links claiming to be IRS websites or other online tools. Other than IRS Secure Access, the IRS does not use text messages to discuss personal tax issues, such as those involving bills or refunds. The IRS also will not send taxpayers messages via social media platforms.

If a taxpayer receives an unsolicited SMS/text that appears to be from either the IRS or a program closely linked to the IRS, the taxpayer should take a screenshot of the text message and include the screenshot in an email to phishing@irs.gov with the following information:

Date, time and time zone they received the text message; Phone number that

received the text message; The IRS reminds everyone NOT to click links or open attachments in unsolicited, suspicious or unexpected text messages whether from the IRS, state tax agencies or others in the tax community.

Email phishing scams: The IRS does not initiate contact with taxpayers by email to request personal or financial information. The IRS initiates most contacts through regular mail. If a taxpayer receives an unsolicited fraudulent email that appears to be from either the IRS or a program closely linked to the IRS, report it by sending the email as an attachment to phishing@irs.gov. The Report Phishing and Online Scams page at IRS.gov provides complete details.

Phone scams: The IRS does not leave pre-recorded, urgent or threatening messages. In

many variations of the phone scam, victims are told if they do not call back, a warrant will be issued for their arrest. Other verbal threats include law-enforcement agency intervention, deportation or revocation of licenses.

Criminals can fake or “spoof” caller ID numbers to appear to be anywhere in the country, including from an IRS office. This prevents taxpayers from being able to verify the caller’s true number. Fraudsters also have spoofed local sheriff’s offices, state departments of motor vehicles, federal agencies and others, to convince taxpayers the call is legitimate.

The IRS (and its authorized private collection agencies) will never:

Call to demand immediate payment using a specific payment method such as a

prepaid debit card, gift card or wire transfer. The IRS does not use these methods for tax payments; Threaten to immediately bring in local police or other law-enforcement groups to have the taxpayer arrested for not paying; Demand that taxes be paid without giving the taxpayer the opportunity to question or appeal the amount owed; Ask for credit or debit card numbers over the phone.

Generally, the IRS will first mail a bill to any taxpayer who owes taxes. All tax payments should only be made payable to the U.S. Treasury and checks should never be made payable to third parties. For anyone who doesn’t owe taxes and has no reason to think they do: Do not give out any information. Hang up immediately. For more information, see IR-2022-25. ★

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Defendant Convicted for Shooting Murder Detectives Arrest Sex Registrant

Sac County DA News Release

SACRAMENTO COUNTY, CA (MPG) - Patrick Noied was convicted by a jury of the first-degree murder of Tayler Wellman-Holochwost.

The jury also found true the allegation that Noied personally discharged a firearm causing the death of the victim.

On May 5, 2021, the victim drove to an apartment complex to sell marijuana to an acquaintance. The victim, the acquaintance and several other individuals smoked marijuana and hung out together in and around the victim's car. Patrick Noied joined the group for some time and then left.

He returned to the victim's car, brandished a firearm and attempted to rob the victim of his marijuana. Noied fired at least two shots into the car striking the victim in the neck and arm. He then reached into the car to grab the victim's bag of marijuana before fleeing. The victim was able to drive his vehicle to a store and ask for help before succumbing to his injuries minutes later. The gun used in the murder was never recovered.

Noied faces a maximum sentence of 50 years to life in in prison. Sentencing is set for October 14, 2022, at 9:00 a.m. Department 30 before the Honorable Donald Currier. ★

By Lieutenant Rod Grassmann, Sac County Sheriff's Department

SACRAMENTO COUNTY, CA (MPG) - On August 30, 2022, Aleksandr Anatolyevi Rudenko (26), of Sacramento County, was arrested in relation to a sexual assault investigation conducted by the Sacramento County Sheriff's Office, Sexual and Elder Abuse Bureau (SEAB). Rudenko is a registered sex offender. He is known to frequent public recreation areas, parks and movie theaters throughout Sacramento County. Rudenko has been habitually meeting minors online through various social media platforms using fictitious names/profiles. The victims in this case are female minors aged 13 and 17.

There are no further details at this time. Aleksandr Anatolyevi Rudenko was booked into the Sacramento County Main Jail on five counts that include Lewd/Lascivious Acts w/Child Under 14, Sodomy and Oral Copulation. He was released on \$135,000 bail the following day. Rudenko will appear in court on September 1, 2022 at 3pm to answer for the charges.

This is an active and ongoing criminal investigation. Any community members with information regarding this investigation are urged to contact the Sacramento County Sheriff's Office Sexual and Elder Abuse Bureau at (916) 874-5070 or Sacramento Valley Crime Stoppers at (916) 443-HELP. ★

Second Brother Sentenced for Sexual Assault

Sac County DA News Release

SACRAMENTO COUNTY, CA (MPG) - The Honorable Laurel White sentenced Jared Belmares to 34 years in prison.

On April 29, 2022, a jury convicted Jared Belmares of 4 counts of child sexual assault and his brother, David Belmares, was convicted of 9 counts of child sexual assault. David Belmares was previously sentenced to 68 years to life in prison.

A family member of the defendants

operated a foster care and daycare out of her home. Over a period of years between 2011 – 2013, the defendants molested children who were in the daycare. At the time of the abuse, the defendants were adults, and the children were all under the age of 10 years old. Both defendants had previously molested several young girls who were in foster care at the home from 2008-2011, but information about the abuse did not come to light until later disclosures by the children who were victimized. ★

Sexual Assault Detectives Seeking Assistance from Public



Michael Jimenez Ruiz

By Lieutenant Rod Grassmann, Sac County Sheriff's Department

SACRAMENTO COUNTY, CA (MPG) - On August 28, 2022, Michael Jimenez Ruiz (55)

was arrested in relation to a sexual assault investigation conducted by the Sacramento County Sheriff's Office, Sexual and Elder Abuse Bureau (SEAB). Ruiz is a chiropractor working in several different locations throughout Sacramento County and had numerous clients/patients under his care. There are no further details at this time.

Michael Jimenez Ruiz was booked into the Sacramento County Main Jail on three counts that include oral copulation by force or fear of bodily injury, sexual battery for

sexual arousal while victim is restrained and sexual battery. He was released on \$170,000 bail the following day. Ruiz will appear in court on August 30, 2022 at 3pm to answer for the charges.

This is an active and ongoing criminal investigation. Any community members with information regarding this investigation are urged to contact the Sacramento County Sheriff's Office Sexual and Elder Abuse Bureau at (916) 874-5070 or Sacramento Valley Crime Stoppers at (916) 443-HELP. ★

Defendant Pleads to Sexually Assaulting Child

Sac County DA News Release

SACRAMENTO COUNTY, CA (MPG) - Doua Xiong pled to four counts of lewd & lascivious acts with a child.

From approximately April 10, 2018, to November 1, 2020, Xiong engaged in acts of sexual conduct with a female child when she was between the ages of 5 and 7 years of age.

Xiong faces a maximum sentence of 14 years in prison. Sentencing is set for September 14, 2022, at 1:30 p.m. in Department 62 of the Sacramento Superior Court. ★

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

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

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

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



Hall Rentals

VFW Post 6158

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Fair Oaks, CA
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vfw6158.org/rent-our-hall/
Call or come by

Hall Rentals

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"You are what you absorb." World class vitamin/mineral supplement Empower Plus - Advanced. Learn more at tbuckley1.renovaworldwide.com. Tim 916-370-0858

Insurance/Health

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

Insurance/Health

SAVE BIG on HOME INSURANCE! Compare 20 A-rated insurance companies. Get a quote within minutes. Average savings of \$444/year! Call 1-844-410-9609! (M-F 8am-8pm Central) (Cal-SCAN)

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Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 844-327-2824. (Cal-SCAN)

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916 688-9310

CREATE YOUR PARADISE

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Written by an attorney

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

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Voice: all styles

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Steve@steveestabrook.com
Steveestabrook.com

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*Affordable Rate
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Visit: mpg8.com

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Allstate Insurance in Carmichael is looking to employ an enthusiastic person (with or without an insurance license). Great benefits, unlimited income! call 916-944-5090 or email your resume to alain@allstate.com

Work Wanted

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

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...and less time
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FREE PAYROLL PROCESSING FOR ONE MONTH IF YOU CALL NOW!

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Reach 1000's of
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We Can Do That!

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

STATEPOINT CROSSWORD • THE 1920s

CLUES

ACROSS

- The Sweet's hit "Ballroom"
- _____
- Farm cry
- Schooner pole
- Barrel racing meet
- "_____ Quiet on the Western Front," 1920s novel
- Move sideways
- Southeast Asia org.
- Hula dancer's garland
- Like the Vitruvian Man
- "New type of movie in the 1920s"
- "Jack Dempsey's sport"
- Triple _____ liqueur
- Prep flour
- "Hamilton: An American Musical" singing style
- Floppy data storage
- Smack
- Not much (2 words)
- "Prolific playwright _____ Coward"
- Sacrum, pl.
- "Nana" author Émile
- Flash of light
- Not kosher
- Convex molding
- "Football legend Graham, born in 1921"
- Furniture wood
- Not wholesale
- Aquatic snakes
- Reggae precursor
- Animal den
- Café alternative
- "Assassinated Villa"
- "St. _____, 1928 Olympic site"
- East Asian peninsula
- Nope
- "Bite the bullet," e.g.
- Relating to Quechuan people
- B&B, e.g.
- Foul smell
- Challenge
- Langley, VA agency
- Decorates, as in Christmas tree

DOWN

- Type of undergarment
- "Like generation described by Gertrude Stein"
- Brain wave
- Shades of blue
- Very tired
- "The Fighter" actor Christian _____
- Bass or Redhook
- Defendant's excuse
- Longer than mini
- Port in Yemen
- Smelting waste
- _____ Aviv
- 6 equal parts of 6
- Cake layer
- Short for oftentimes
- Mosquito, slangily
- Schick's product
- Beyond's partner
- "Amelia Earhart, e.g."
- "Like Charles Lindbergh's 1927 transatlantic flight"
- W on a bulb
- TV classic "Green _____"
- Floorboard sound
- "The Trial" and "The Castle" author Franz _____
- Samoan money
- Not on time
- Much, in Italy
- Tin Man's prop
- Follows soh
- Confession, archaic
- Not Doric nor Corinthian
- Downy duck
- Kind of cornbread
- Rainbows and snuff
- Like a drink in a pitcher
- Mimicking bird
- _____caca, South American lake
- Type of modern meeting
- "American Girl character born in 1923"
- American cuckoo
- Robinson to "The Graduate"

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

2-YEAR TV PRICE GUARANTEE \$69.99/mo. 190 CHANNELS including Local Channel!

CALL TODAY - For \$100 Gift Card (Promo Code 95198) **1-888-416-7103** Offer ends 11/30/22. Offer subject to change without notice. © StatePoint Media

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GRAND ALASKAN CRUISE & TOUR
12 days, departs May - Sep 2022
VANT promo code N2017
1-855-208-9533

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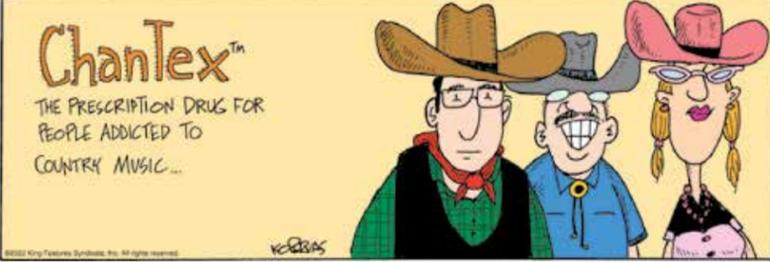
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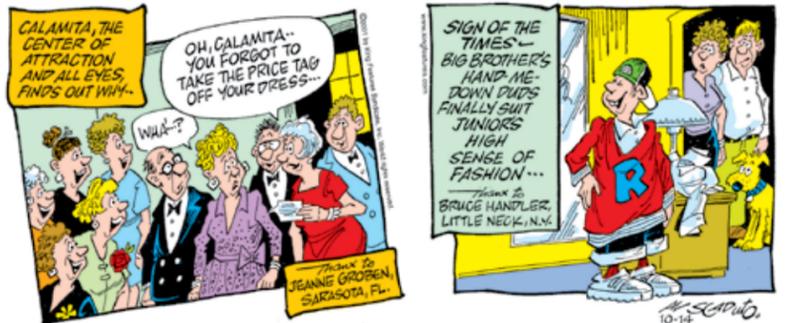
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The Spats



THEY'LL DO IT EVERY TIME



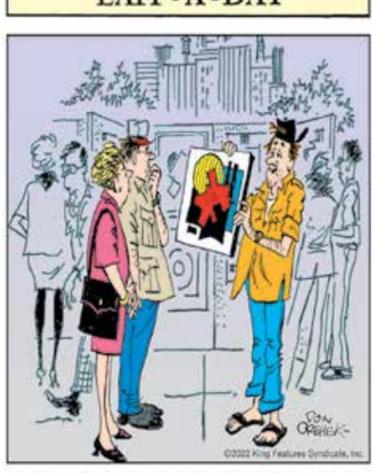
R.F.D.



GRIN and BEAR IT



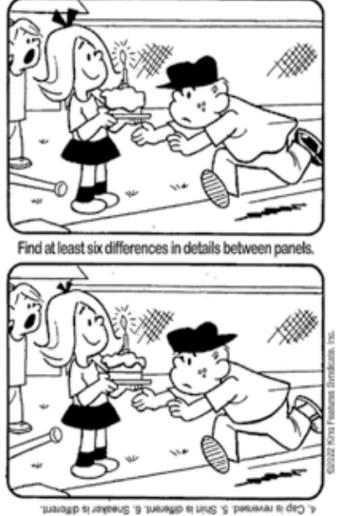
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EVERYDAY LOW PRICES
Super Discount Prices • Hot Specials & Coupons
Short term promotions from vendors
(No Membership Fees)

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Rancho Cordova, CA Roseville, CA
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COUPON

FREE
PET CLUB
Pet Food Can Lid

with the purchase of pet, fish food or supply.
99¢ value
PLU 334 CHM
Limit 1 Coupon per family
Effective 9/7/22 - 9/13/22

COUPON

2 FREE
CANS OF
CAT FOOD

(5.5 Oz. All Varieties) Friskies (Selected Indoor Included), 9 Lives
With Any Purchase of Pet, Fish Food, or Supply PLU 321 CHM
Limit: 1 Coupon Per Family
Effective 9/7/22 - 9/13/22

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

NATURAL BALANCE DRY DOG FOOD
22-24 Lb Bag
Lamb Meal & Rice (Reg & Lrg Brd) • Sweet Potato & Salmon • Sweet Potato & Chicken • Sweet Potato & Venison • Sweet Potato & Bison

Limit 2 Bags Per Family
\$5 OFF
Our Super Prices
Effective 9/7/22 - 9/13/22

FRISKIES BUFFET CANNED CAT FOOD
5.5 Oz All Varieties

Limit 2 Cases Per Family
ON SALE
Everyday
Effective 9/7/22 - 9/13/22

AVODERM NATURAL DRY DOG FOOD
26-30 Lb Bag Limit 2 Bags Per Family
Lamb Meal & Rice • Chicken Meal & Rice • Lite • Senior • Large Breed

Limit 2 Bags Per Family
\$4 OFF OUR DISCOUNT PRICES!
Effective 9/7/22 - 9/13/22

FUSSIE CAT PREMIUM CANNED CAT FOOD
Black Label Gold Label 2.8 Oz.

Limit 2 Cases Per Family
ON SALE
Effective 9/7/22 - 9/13/22

NUTRO WHOLESOME ESSENTIALS DRY DOG FOOD
Lamb Meal & Rice 30 Lb Bag
Small Bites (•Adult •Large Breed) \$42.99

Limit 2 Bags Per Family
\$41.99
Effective 9/7/22 - 9/13/22

ARM & HAMMER SUPER SCOOP CLUMPING CAT LITTER
20 Lb Box • Unscented • Double Duty

• Clump n Seal 19 lb
• Slide 19 lb
• Absorbx 15 lb

Limit 2 Boxes Per Family
ON SALE
Effective 9/7/22 - 9/13/22

FRISKIES DRY CAT FOOD
16 Lb Bag
Tender Crunchy Combo

Limit 2 Bags per Family
\$12.99
Effective 9/7/22 - 9/13/22

SCOOPAWAY CLUMPING CAT LITTER
42 Lb Bag
Multi-Cat Formula

Limit 2 Bags Per Family
\$13.99
Effective 9/7/22 - 9/13/22

PURINA PRO-PLAN CANNED CAT FOOD
Selected Varieties 3 Oz \$1.25 Limit 1 Case
Selected Varieties \$1.25 Limit 1 Case

Limit 2 case
EARTH BORN HOLISTIC CANNED CAT FOOD
Catalina Catch • Harbor Harvest • Monterey Medley • Chicken Cacciatore 3 Oz. 5.5 Oz.
\$1.25 \$1.79

Market Select 2.75 Oz Cup Limit 1 Case
69¢

CORE GRAIN FREE DRY DOG FOOD
Original • Reduced Fat • Ocean 22-24 Lb Bag
\$6 OFF OUR REGULAR PRICES

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

1.4 oz. All Varieties Limit 2 Pkgs
FANCY FEAST CLASSIC BROTH \$1.19

9 LIVES DRY CAT FOOD
Grilled Tuna & Egg 12 Lb Bag Limit 2 Bags Per Family
\$10.99

35 Lb Bag Limit 2 Bags
GRAVY TRAIN DRY DOG FOOD \$19.99

Natural Grain-Free
EARTH BORN HOLISTIC DRY DOG FOOD Limit 1 Bag Per Family
Primitive Feast • Great Plains Feast • Meadow Feast • Coastal Catch \$43.99
Weight Control • Large Breed 25 Lb Bag

14 Lb Bag
NATURALLY FRESH CAT LITTER Limit 2 Bags
100% Natural Walnut-based Multi-Cat Clumping \$5.99
10 Lb Pellets \$10.99
Clumping \$11.99

CHICKEN SOUP FOR THE SOUL DRY CAT FOOD As Marked
Adult (Chicken) • Indoor/Hairball • Weight/Mature Care • Kitten 13.5 Lb Bag Limit 2 Bags
10% OFF OUR REGULAR PRICES

• Probiotic • Gently Scented • Scent Free (Natural & Extra Strength) Veterinarian Recommended Limit 2 Bags
BOXIE CAT CAT LITTER
16 Lb \$2.00 OFF 28 Lb \$3.00 OFF

MIDWEST METAL PRODUCTS
Exercise Pens • Folding Crates • Ovation Trainer
20% OFF OUR SUPER LOW PRICES

SCOTT PET PORK CHOMPS NUTRI CHOMPS All Varieties Rawhide Free
20% OFF OUR SUPER LOW PRICES

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KONG PRODUCTS All Varieties
Classic • Cat Toys • Dental Chews • Puppy Chews • Air Dog • Wubba • Soft Toys • Asst Toys
Cats & Dogs
20% OFF OUR SUPER LOW PRICES

PET SAFE SCOOP FREE LITTER TRAY CARTRIDGE (Automatic Litter Box - \$119.99)
\$19.99

BOXED GLASS TANK WITH STARTER KIT

10 Gal Tetra LED Deluxe... \$66.99
20 Gal Tetra LED Deluxe... \$113.99
29 Gal Tetra LED Deluxe... \$136.99
55 Gal Tetra LED Deluxe... \$224.99

AQUEON BOXED 10 GALLON TANK With Economy Kit Just add Heater For Tropical Fish
\$48.99 Limit 1 Per Family

KORDON WATER CONDITIONERS
Amquel 16 Oz... \$8.49
Amquel Plus 16 Oz... \$9.49
Novaqua Plus 16 Oz... \$8.99

REEF CRYSTALS
50 Gal. Salt Mix
\$19.99

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 9/7/22 - 9/13/22
ON SALE CHM PLU 361
Everyday

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 9/7/22 - 9/13/22
\$1.49 CHM 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 9/7/22 - 9/13/22
\$5.39 CHM PLU 362

We Can Do It - Together! - Inspiring Girls in STEM



STEM mentors from the St. Francis High School Genesis Robotics Team and student mentors from Echelon Catapult at the Aerospace Museum of California in McClellan. Photo courtesy of the Aerospace Museum of California

Aerospace Museum of California News Release

MCCLELLAN, CA (MPG) - On Saturday, September 24, 2022, from 10 a.m. - 2 p.m., the Aerospace Museum of California will host the second annual We Can Do It - Together! - Inspiring Girls in STEM (Science, Technology, Engineering, and Math).

This event is a perfect opportunity for families and youth organizations with middle school and high school-age girls to meet and learn from Sacramento area women role models who will share their journey in STEM. Students and families will be able to connect with diverse women in a variety of STEM careers at our meet and greet table talks, as well as participate in fun STEM-based demonstrations, activities, and scavenger hunts.

Linda Martin, the Aerospace Museum of California's Board President stated, "As a former Associate Superintendent, I know how important it is to inspire our

young people, especially girls, with engaging hands-on STEM education. Our Museum's upcoming event We Can Do It - Together: Inspiring Girls in STEM pays homage to Rosie the Riveter, who became an iconic symbol and inspiration to women, who stepped up and took on previously male-dominated roles in factories during World War II.

"Today, we aim to inspire another generation of women to explore, discover and dream of a career in STEM. Currently, women are underrepresented in STEM careers, accounting for only 27% of the workforce. This makes our Museum's incredibly important mission all the more relevant. We believe that fun and engaging hands-on experiences in STEM learning will spark interest and passion, and events like We Can Do It - Together will help connect young girls with role models and explore future careers opportunities."

The Aerospace Museum of California is pleased to host dozens of professional women in

diverse fields and backgrounds to be STEM/STEAM role models for this event. Students and families will be inspired as these incredible women describe how they became interested in their field, and share what they have learned from their experiences. Career path information will be available as well as interactive demonstrations and fun hands-on STEM-based activities and experiments such as parachute engineering, rocket launching and so much more!

Partners for the event are SMUD, the San Juan Unified School District, Girl Scouts, UC Davis (Mechanical and Aerospace Engineering Department), Echelon Catapults, the St. Francis High School Robotics team and the Kiwanis Club of Carmichael.

We invite families and youth organizations to help these girls to imagine their dreams and help them take flight. Family/Group tickets are \$10 for up to 6 people. Please see our website for more information: <https://www.aerospaceca.org>.



STEM event attendees construct paper airplane launchers at the Aerospace Museum of California in McClellan. Photo courtesy of the Aerospace Museum of California



Aerospace Museum of California Board President Linda Martin (left) and Committee Member Donna Miller pose for a photo at the 2021 Girls in STEM event at the Aerospace Museum of California in McClellan. Photo courtesy of the Aerospace Museum of California



Table Talk Presenter Monique Day, a Water Resources Engineer from West Yost Associates, speaks at the 2021 Girls in STEM event at the Aerospace Museum of California in McClellan. Photo courtesy of the Aerospace Museum of California



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