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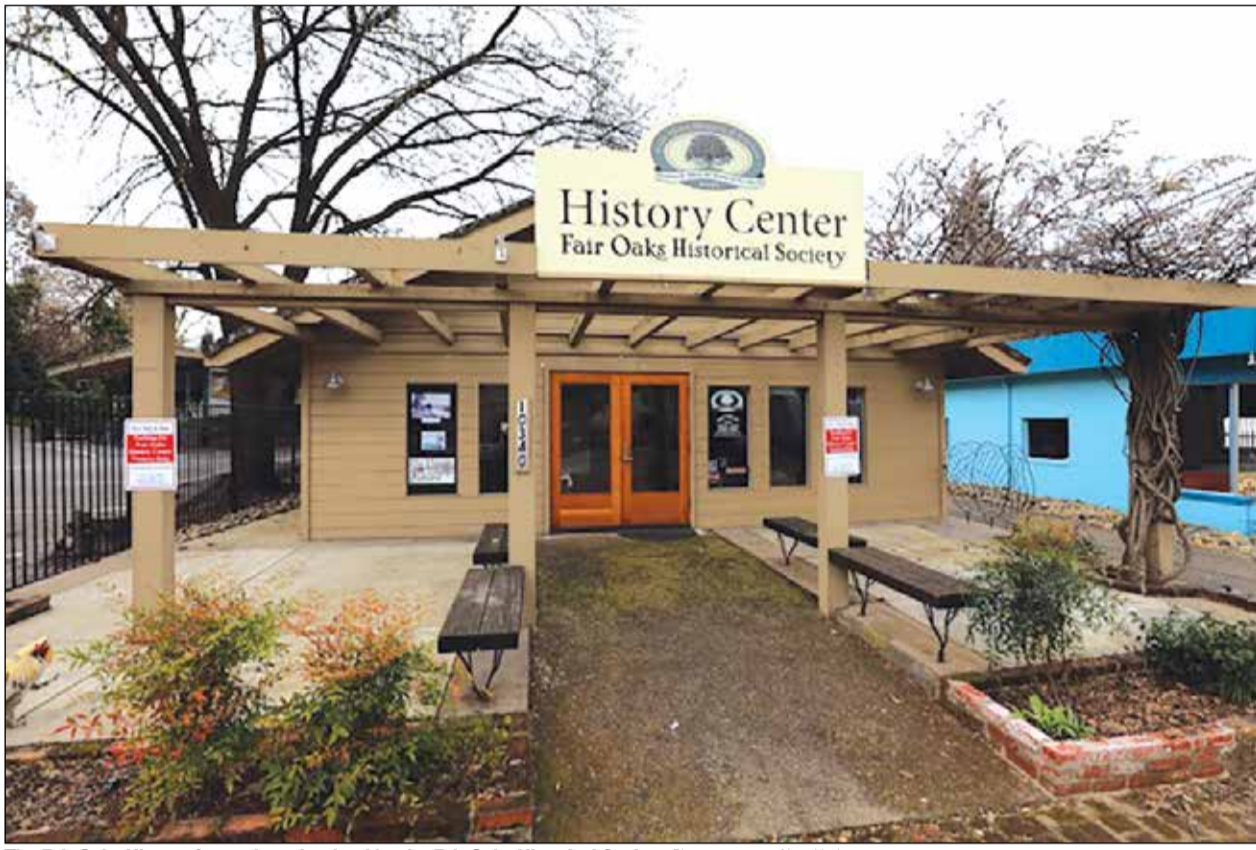
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Looking Forward to the Past

Fair Oaks Historical Society is Repository of Village Nostalgia



The Fair Oaks History Center is maintained by the Fair Oaks Historical Society. Photo courtesy of Lee Harlan

By Tamara Warta

FAIR OAKS, CA (MPG) - Tucked away in Fair Oaks Village, next door to the popular Sunflower Drive In, is the Fair Oaks History Center. Maintained by the Fair Oaks Historical Society, the unassuming building is filled with treasures of Fair Oaks' past, and it is definitely worth a visit to explore.

"We don't have anyone paid - we're all volunteers, and we are always looking for more volunteers," said Carolyn Spotts, the current Vice President of the historical society. "We have such rich history here. Fair Oaks was founded in 1895 by settlers

that came from Chicago."

The Village itself has long been iconic to both locals and visitors, with its charming strip of shops and restaurants residing alongside beautiful, tree-lined homes. The area feels like a comforting sanctuary, which is sheltered away from the bustling Sunrise Ave bordering its limits.

The Fair Oaks Historical Society itself was founded in 1975, with many of its first founders and members descendants of early settlers to the region.

"Our 50th anniversary is coming up in 2025," noted Spotts.

When you walk into the museum,

there's a good chance you'll meet Chris Hightower, the History Center Operations Manager who is friendly upon first introduction, but lights up a wattage further when discussing the history of Fair Oaks - a town he's resided in himself since he was a child in the 1960s.

"The orange industry died out in 1932 when we had the freeze. The large productions that we used to have weren't there anymore," he describes while sharing about one of the earlier functions of Fair Oaks. He and Spott continued, "The fruit used to be carried over the river to

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Sacramento Blankets for Kids Readies for Holiday Giveaway



Kids love Beanie Babies, so SBSK is asking for donations of new or "almost new" Beanie Babies as well as Joann's fleece blanket kits (48 x 60). Photo courtesy of SBSK

By Claire Gliddon, SBSK

SACRAMENTO REGION, CA (MPG) - Every September, Sacramento Blankets for Kids (SBSK) picks as many of the lowest-income elementary schools they can and finds out how many kindergartners they have. Then volunteers make double fleece blankets (about 40" x 60") for ALL of them, and a little fleece pouch with a Beanie Baby in it to go with each blanket.

Through this act of generosity, SBSK gives these blankets to children as gifts right before Christmas break. Some of these kids live in their cars or in places without heat! And this is ALL they get for Christmas. It is wildly popular with the teachers and the kids! Spread the word, too!

SBSK has been doing this for 10 years and we hope to continue doing it, as long as they can get Beanie Babies. In 2022, SBSK gave out over 2,200 blankets and Beanie Babies in their Kindergarten Project! SBSK is always looking for new volunteers to make blankets all year round for children in need. SBSK is asking for donations of Joann's fleece blanket kits (48 x 60) all year long. SBSK is asking for donations of new or "almost new" Beanie Babies all year long.

If you'd like more information about SBSK, please go to www.sacblankets4kids.com and sign in! No pressure, no timelines, no meetings...just people who enjoy crocheting, knitting, quilting, sewing, making no-sew blankets and helping a whole lot of children at the same time.

SBSK is a non-profit organization that serves children in need from infants to 18-year-olds. They do this all year long! But the Kindergarten Project is their "special" project of the year. ★

We Can Do It Together



Role models at the Aerospace Museum's "We can Do it Together" event include Karen Jones (left), Karen Mogus, Erin Donnette, Meghan Roberts, Cathy Cook, Heidi Sanborn, Rashel Cedeno de Abreu, Lauren Grindstaff and Amber Motley. The open day encourages STEAM-based education for young women.

Story and photos by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - Almost 1000 teenage girls recently flocked to the Aerospace Museum

of California's third annual "We Can Do It Together" open day.

Free to middle and high school students, the event aimed to introduce its visitors to STEAM (science, technology, engineering,

art and math) careers. One attraction was the opportunity to meet role models who have succeeded in STEAM fields. Architects, pilots and women making waves in energy, medicine, dentistry and construction

discussed their careers.

The teens had free range of museum exhibits, including artifacts from aviation's early years. They also got handy with STEAM-based activities

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Record-breaking Year at The California Capital Airshow

By Lindsey Nelson,
Niche Communications

SACRAMENTO, CA (MPG) - The California Capital Airshow (CCA), presented by Sacramento County in partnership with the City of Rancho Cordova, successfully wrapped its 2023 Airshow on Sunday, September 24, with more than 105,000 attendees at the two-day full-capacity event. The 17th Annual Airshow featured performances from the world's most talented pilots and thrilling aircraft, including the legendary United States Air Force Thunderbirds jet demonstration team.

To kick-off the weekend, the Airshow hosted a free community event on Friday at Village Green Park in Rancho Cordova. Attendees met airshow performers, including the USAF Thunderbirds, and enjoyed live music, food trucks, and activities provided by local STEM and sports organizations.

On Saturday and Sunday, the Sacramento skies were filled with the sound of U.S. Air Force A-10 Thunderbolt II Demonstration Team, the return of the U.S. Air Force C-17 Globemaster Demonstration, U.S. Navy F-18 Super Hornet, an awe-inspiring lineup of world-class civilian aerobatic performers, and an extraordinary selection of rare World War II aircraft.

"The feeling of bringing the Airshow back to full capacity for the first time since 2019 is indescribable," said Darcy Brewer, CCA Executive Director. "It was a perfect weekend, made even more memorable by seeing the joy and excitement the event brought to the Sacramento region's families and aviation enthusiasts."

True to CCA's mission of nurturing young people's interest in STEM careers, the Airshow hosted a special 'Girls in Aviation Day' on Saturday, where girls ages 8-18 were invited to learn more about what their future may look like in aviation, aerospace, or related career fields. The event featured mentors from Travis Air Force Base, UPS, Beale Air Force Base, Metro Fire, Mach 5 Aviation, Aerospace Museum of California,



Two of the F-16Cs performing daredevil acrobatics for the legendary United States Air Force Thunderbirds team during this year's California Capital Airshow. Photo by Rick Sloan



A sold-out crowd of more than 105,000 attendees enjoyed 204 acres of event space on September 23-24. Photo by Rick Sloan



The United States Air Force Thunderbirds F-16 demonstration team soared through the Sacramento region's skies this September. Photo by Rick Sloan

and William Jessup University.

"The greatest thrill for us this weekend is knowing that we have inspired young people to dream big and explore the world of aviation and STEM," said Terrence McNamara, CCA Board Chairman.

At the center of the Airshow was a 'Cold War Legacy' pop-up museum, which honored Mather Air Force Base's integral role in the Cold War and efforts such as the Korean War, Cuban Missile Crisis, and Vietnam War. Attendees took in informational exhibits and were able to get up-close to Cold War-era aircraft throughout the event including Colonel Douglas MacArthur's "Connie."

"We are especially grateful to the over one thousand volunteers who work tirelessly to produce this thrilling and meaningful community event every year," said Darcy Brewer. "We simply couldn't do it without them."

Special thanks also to CCA sponsors Sacramento County, the City of Rancho Cordova, Knight Elk Grove Dodge, 7Up, Lockheed Martin, Modern Aviation, Michelob Ultra, Visit Rancho Cordova, Thunder Valley Casino Resort, Matheson, SMUD, Atlas Disposal, Fox 40, and iHeart Media.

The Airshow's performances, themes, exhibits, and activities are new and different every year, and planning is already underway for 2024. CCA will be releasing more information about that event in the coming months. For more information on the Airshow, go to www.californiacapitalairshow.com.

Established in 2004, the California Capital Airshow 501(c)3 plans and operates the exciting, family-friendly annual event designed to honor the Sacramento region's rich aviation heritage and veterans while using the power and magic of flight to inspire young people. CCA gives back to the community through STEM scholarships, charitable group donations, and exciting educational youth programming throughout the year. For more information, please visit the California Capital Airshow website. ★

Oriental Fruit Flies Detected in Sacramento County

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - The Sacramento County Agricultural Commissioner, in cooperation with the California Department of Food and Agriculture and the United States Department of Agriculture, have initiated an extensive survey and eradication plan in response to the detection of nine male oriental fruit flies (OFF), *Bactrocera dorsalis*, near the city of Rancho Cordova and the American River Parkway in

Sacramento County.

The initial detection was confirmed on Sept. 12, 2023. The detections were made as part of our coordinated pest prevention system that protects our agriculture and natural resources from invasive species, with early detection as a key component to successfully eradicating an infestation before it can become established.

The extensive survey, also known as a delimitation survey, consists of multiple oriental fruit fly traps at prescribed densities going out 4.5 miles in each direction from the oriental fruit fly detection sites. These nine

OFF will trigger a quarantine, which will be announced shortly by the California Department of Food and Agriculture.

Following the principles of Integrated Pest Management (IPM), agricultural officials use "male attractant" technique as the mainstay of the eradication effort for this invasive species. This approach has successfully eliminated dozens of fruit fly infestations in California. Trained workers squirt a small patch of fruit fly attractant mixed with a very small dose of Spinosad, a natural pesticide made by a soil

bacterium and approved for use on organic crops, approximately 8-10 feet off the ground on street trees and similar surfaces; male fruit flies are attracted to the mixture and perish after consuming it. The male attractant treatment program is being carried out over an area that extends 1.5 miles from each site where the oriental fruit flies were trapped.

The oriental fruit fly is known to target over 230 different fruit, vegetable and plant commodities. Important California crops at risk include grapes, pome and stone fruits, citrus, dates,

avocados, tomatoes and peppers. Damage occurs when the female fruit fly lays her eggs inside the fruit. The eggs hatch into maggots, which tunnel through the flesh of the fruit, making it unfit for consumption.

Residents with questions about the project may call the Sacramento County Agricultural Commissioner's office at 916-875-6603 or the California Department of Food and Agriculture's Pest Hotline at 1-800-491-1899. ★

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Anthony's Stereo Celebrates New Name with Ribbon Cutting



Anthony Garcia announces the rebranding of his car audio services to Anthony's House of Sound during a ribbon cutting hosted by the Orangevale Chamber of Commerce. Photo by Jayden Velasquez

By MaryAnne Povey

ORANGEVALE, CA (MPG) - Anthony's Car Stereo along with Orangevale Chamber of Commerce, recently celebrated a ribbon cutting ceremony to introduce their new management and the rebranding of the longtime Orangevale stereo business to "Anthony's House of Sound".

It was a fun day for the community coming together to tour the business, enjoy live music, and see classic cars on display. The new owner, Anthony Garcia, said while former issues are being addressed from previous management, "a dedicated team is in place for top-notch service in car audio, security, and home theater installations".

The shop's ambiance has also been transformed to a more modern and inviting feel. Anthony's is dedicated to getting involved in the community, offering transparent pricing, superior



Custom work done at Anthony's House of Sound includes car stereos, security, home theater installations & more. Photos by Jayden Velasquez

service, and a commitment to customer trust.

"We want our customers to feel like family when they walk into our House of Sound, and we're willing to go the extra mile to

earn their trust."

Stop by the showroom at 9156 Greenback Lane Ste F, call 916.988.6930 or visit their website, www.antonyscustom.com, for more info. ★

Looking Forward to the Past

Continued from page 1

the railroad station and taken on to Sacramento, Modesto, etc. Some of the original orchards are still standing."

The museum packs in so much history, one could likely drop in for a chat with a docent and walk back out the door viewing Fair Oaks in a completely different way.

One of the first to establish the museum was Jim Pearce, who is spoken of fondly by the current leadership, as he served as the first major historian and archivist of the society. Today's leadership not only loves to share about the days gone by, but also hold a distinct passion to see the historical society continue on after they're gone.

"What we're trying to do right now is to grow the membership. We're really trying to drive awareness to get more people involved. A lot of our members are aging out and so we're trying to get the younger generation involved," said Spotts.

Claudia Thorn, a former president of the society added, "We are trying to bring in young blood. We've got Meraki High School, whose coordinator has a couple students who would like to come work here and do research for us. We are hoping to excite some history majors over at Sac State to come work as docents."

A docent would come in and work with Hightower, learn about the artifacts they have in the museum, learn about the history of Fair Oaks and share with others when they come in. Volunteers



Some leaders of the Fair Oaks History Center and Historical Society (L to R) Chris Hightower, Jennifer Coulter, Claudia Thorn, and Carolyn Spotts. Photo by Tamara Warta

are also needed to clean the museum and to help run events. The society's budget is approximately \$10,000 per year, and they hold gatherings to raise both funds and awareness of the group.

The Fair Oaks Historical Society's Soup Night is its big annual fundraiser – this will be their 17th year come February. Held at Faith Lutheran Church, five different restaurants donated the soups last year, although in older days the members made them. They sell around 200 tickets, and the next Soup Night is happening February 9th.

Other events include Welcome Hour, which is held at the museum on the 1st Saturday of each month. October's theme is the history of Del Campo High School, and November will be all about vintage utensils and tools from the earliest days of Fair Oaks.

Members of the society also enjoy events like ice cream socials and quarterly meeting potlucks.

The group meets in January, April, July, and October for a two-hour meeting that includes social time and a guest speaker.

When asked what it is about Fair Oaks that capture them, their answers were filled with a fine combination of love and nostalgia for the Village.

"The first time we came to Fair Oaks, there [wa]s a sense of community," said Thorn, who is from Long Island, NY, "People would wave to you, total strangers."

Sports added, "Just driving through the Village is what got us hooked. You feel like you're home."

"People who have moved away say the same thing," Hightower said, "They remember this."

If you wish to get involved with the Fair Oaks Historical Society, give them a call at (916) 844-7103. The museum is located at 10340 Fair Oaks Blvd, and is open to visitors Tuesdays, Thursdays, and Saturdays from 10am-2pm. ★

Medicare's Annual Election Period Fast Approaching

By Tim Coughlin



Medicare's Annual Election Period, ("AEP") for Part D Prescription Drug Plans and Medicare Advantage plans runs from October 15th until December 7th. During AEP eligible Medicare enrollees can join or change a Medicare Advantage (Part C) or Part D drug plan. Enrollees can also "disenroll" from a Medicare Advantage plan and return to Original Medicare (Parts A/B) and join a drug plan.

Here is a timeline to assist you in navigating this important Enrollment Period and to help you avoid coverage surprises:

September

Your current Medicare Part D drug plan or Medicare Advantage plan is required to send you an Annual Notice of Change ("ANOC") notice. It's important that you read this notice as it contains important information about changes to your plan for the 2024 Plan Year. The "ANOC" notice will advise you if the plan premium is changing or if there are changes to the drug formulary, provider network and/or plan benefits. It can be a mistake to assume the plan you have this year will remain the same next year. Take the time to review your "ANOC" notice!

October 1st

Sometimes referred to as the "marketing" period or "shopping" period, October 1st is when the 2024 Plan Year information is released and companies can begin marketing Medicare's Annual Election Period Fast Approaching plans. This is a good time to review options for your prescription drug or Medicare Advantage coverage for 2024. Since plans can and do change, it's a good idea to confirm that your current plan continues to cover your prescriptions well and to meet your needs for the upcoming year.

October 15th Until December 7th

This is when you can actually submit an enrollment if you want to enroll in a plan or to change plans for 2024. December 7th is a hard deadline. Your ability to change Part D Prescription Drug Plans after December 7th may be non-existent or extremely limited.

Every year we have people call us that miss the December 7th deadline and end up stuck on a Part D plan that has increased their premium or that doesn't cover their prescriptions well.

Last Valid Enrollment

During AEP it is possible to submit multiple enrollments with the final enroll-

ment being the plan that will go into effect on January 1st. This allows for you to change your mind during the Enrollment Period.

Disenrollment / Medicare Supplements

AEP is also a time when you can "disenroll" from a Medicare Advantage plan and return to Original Medicare (Parts A/B) and join a Part D drug plan.

If you're also intending to enroll in a Medicare Supplement (aka Medigap) plan when returning to Original Medicare during AEP, keep in mind that enrollment in a Medicare Supplement may not be guaranteed. You may have to answer health questions to enroll in a Medicare Supplement outside of limited guaranteed issue periods. An experienced insurance agent can be valuable if you're wanting to leave your Medicare Advantage plan and get a Medicare Supplement. Failing to do things properly and in the right sequence can end up creating a deficit in your medical coverage. The services of an independent agent are free to consumers.

A Word on Medicare Commercials

During AEP the airways are flooded with commercials pitching Medicare Advantage plans and all the free benefits you're missing out on. These commercials often tout benefits that are only offered in specific areas or to select segments of Medicare enrollees. They entice you to call and once you call they'll try to enroll you in a plan quickly over the phone. Exercise caution if you call one these large call centers.

Being proactive about your Medicare coverage during the Annual Election Period can go a long way to helping you avoid coverage issues and to feel confident in your coverage selections for 2024.

Tim Coughlin is an award-winning independent insurance agent specializing in health and Medicare insurance for over 35 years in Gold River. He can be reached at (916) 346-4417 or by email: tim@summitindins.com.

"We do not offer every plan available in your area. Currently, we represent 9 organizations which offer 52 products in your area. Please contact Medicare.gov, 1-800-Medicare, or your local State Health Insurance Program (SHIP) to get information on all of your options."

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An Oasis of Hope Helps the Homeless



Julia Woods with a furry friend during an Oasis gathering. Photo courtesy of Julia Woods

By Tamara Warta

CITRUS HEIGHTS, CA (MPG)

Homelessness is a hot topic in California, with both everyday residents and politicians taking note of its increase and the issues it triggers. According to a recent census count conducted by Sacramento Steps Forward, there are upwards of 9,000 unhoused individuals on Sacramento streets on any given night. While there is a war of many words as to what causes such a high population and what should be done to resolve it, some local groups are looking for solutions instead. Oasis Ministries is one such group.

“It’s really simple, actually. Love God, love people,” says Julia Woods, co-founder of Oasis, “It’s really the basis of everything we do, everything we should do.”

Woods, along with her husband Pastor Thomas Woods, started Oasis several years ago as a ministry of their church, Living Water Assembly of God in Citrus Heights. Pastor Thomas became the senior pastor four years ago. The church itself is small – only 35-40 attend the Sunday morning services – but their impact is mighty.

“We are so very outreach minded. We wanted to make sure church is what you do between the Sundays,” says Julia. “If all we do is meet inside of a

building, we’re never going to be able to talk to anybody about Jesus. We are never going to grow the kingdom.”

For the Woods family, their kingdom focus comes in the form of true help for the low income and homeless. Every Friday, Pastor Thomas brings a grill into the church parking lot and makes hot dogs for local kids and their families. The church also brings out basketball hoops and cornhole for the young people to enjoy. The pastor enjoys the moniker “Pastor Hot Dog,” which has been given to him by the kids who frequent the parking lot on Friday nights.

“That’s their meal for the night, and sometimes they ask to take a few extras for the weekend,” Julia said.

On Mondays, the focus is on the homeless. The church was approached by the Citrus Heights Navigators, in partnership with Citrus Heights HART, about opening the doors of the church to serve the homeless. Now every Monday from 11am to 3pm, the church turns into a hub to help this vulnerable population with hope and dignity. From meals to showers to social time, Oasis has become a sanctuary.

Oasis stays too focused on that hope to bother with the stigmas some people zero in on when thinking about the homeless crisis. They know from their firsthand

interactions that not all unhoused individuals have the same story, and it’s important to love them where they are.

In speaking about one frequenter to the church that they’ve helped, Julia said.

“He comes to church every Sunday, he comes to Bible study every Wednesday. He’s still on the streets. He does not have an addiction problem, but life happens and he was on the streets for a few years. He has housing and a job lined up – he was so excited to have someone come alongside him.”

The pastors believe in what they do partially because of where they’ve been. Life hasn’t always been smooth sailing.

“We’ve been on the streets. We’ve been addicted. We’ve been pastors,” said Julia, “One of us comes from money, one doesn’t. There’s not a lot we can’t relate to in some form. He [God] keeps bringing us back to people who are hurting, people who are broken, people who are looked down on... we want to be that non-judgmental person and place.”

The organization benefits from donations like casual clothing and camping gear and picks up donations a few times per week. Financial donations are also gladly accepted both in the church dropbox and through their website, livingwaterag.com.

Donors and volunteers are welcome to head over to the church on Mondays between 11 and 3 to see the group in action and where donations go. The church is also holding a Harvest Celebration on October 14, where “Pastor Hot Dog” and his crew will be out distributing hot dogs, chips, and candy.

Through Oasis, the homeless are not just receiving practical resources – they are receiving hope and healing.

“They are so comfortable. They can leave the worries of outside for three hours and know they are safe. They are loved. They are respected. If they need help, we will do everything we possibly can.”

Living Water Assembly of God is located at 7605 Lauppe Ln, Citrus Heights. ★

New Guidance Available for COVID Vaccines

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - In response to the evolving nature of the COVID-19 virus, the Centers for Disease Control and Prevention (CDC) has issued new guidance for vaccines. Bivalent COVID-19 vaccines have been phased out, making way for an updated vaccine that offers enhanced protection against the prevalent Omicron variants.

Who Should Get the Updated COVID-19 Vaccine?

The CDC strongly recommends that every individual aged 6 months and older receive the updated COVID-19 vaccine. This inclusive approach ensures that a broad spectrum of the population is shielded from the ever-evolving virus.

The updated COVID-19 vaccine will soon be accessible to the public and available to most people at no cost. For those without insurance, a network of pharmacies, select health care centers, and clinics operated by Sacramento County Public Health will offer the vaccine. This approach ensures that no

one is left behind, regardless of their financial circumstances.

Individuals with private health insurance, Medicaid, or Medicare coverage are encouraged to visit a pharmacy or their doctor’s office to receive their updated COVID-19 vaccine. This streamlined process allows those with insurance to efficiently access the vaccine through existing healthcare channels.

To stay updated on the latest information regarding the availability and distribution of the updated COVID-19 vaccine, visit the Public Health website. We will provide valuable resources, including links to the MyTurn platform and information on nearby clinics.

The updated COVID-19 vaccine is a continued resource in safeguarding public health against the Omicron variants. By ensuring accessibility to all, regardless of insurance or immigration status, we aim to create a safer, healthier community for everyone. Stay informed, stay protected, and let us move forward together in the fight against COVID-19. ★

We Can Do It Together

Continued from page 1

like Alka Seltzer rocket art, making wind turbines and designing their own space craft.

“Our ‘We Can Do It Together’ events take Rosie the Riveter as an example of what was achieved by women during WW 11,” explained Aerospace Museum Advancement Director Karen Jones. “Rosie was all about strength, determination and breaking the mold.

We want girls to know they can be anything they want to be. The sky is their limit – and beyond. We want them to aim high and dream big.”

Event sponsors included: Aerojet Rocketdyne; Boeing; Girl Scouts; Carmichael Kiwanis, San Juan and Twin Rivers School Districts; SAFE Credit Union; SMUD. Learn about Aerospace Museum events at www.aerospaceCA.org ★

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Orangevale Community Update

Time For Real Action on Homelessness

from societal norms. This, understandably, presents unique challenges for our tax-paying society. For example, how does one monitor parolees without an address?

In the unincorporated areas of the County, the Board of Supervisors addresses these challenges by bridging the divide. Programs such as Navigator outreach, Park Rangers, Sheriff HOT Teams, and sweeps serve to maintain a connection with our homeless community. These operations identify encampments, determine if there are criminal records among inhabitants, combat human trafficking, and shield the most vulnerable. Sheriff Cooper's pragmatic approach to law enforcement underscores a simple truth: the laws exist, they merely need consistent application.

Recently, DA Thien Ho took an unprecedented step, sending a message to the City of Sacramento that reiterates this sentiment. His letter emphasizes the necessity for the City of Sacramento to uphold existing laws, especially concerning the management of the downtown homeless population. The point isn't to demonize, but to highlight the importance of consistent enforcement of laws.

The current policy direction in our state has unfortunately widened the gaps in public safety and how we enforce laws. But a lingering question remains, how much longer do taxpayers have to bear the burden of problems

amplified by legislative inaction? This isn't just an abstract statement; it's a call for accountability!

Despite the obstacles, I remain hopeful. With leaders like DA Thien Ho and Sheriff Cooper standing up for justice and law, there's a silver lining. Even in the face of criticism, I hold a positive outlook for our Safe Stay communities. Their mission is to pave the way for treatment and brighter prospects for those who need it most. DA Thien Ho's commitment to tackling Sacramento's homelessness issue signals a tide of change.

His candid criticism of Sacramento City's officials, especially regarding the inconsistent enforcement of rules, such as the encampment-clearing ordinance, resonates with many. A new approach is overdue. Residents of Sacramento, both in the County and City, should reside in a place free from illegal encampments, and most importantly everyone deserves an opportunity for a stable future.

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@saccounty.gov.

Sacramento County Supervisor Sue Frost represents the 4th District, which includes the communities of Citrus Heights, Folsom, Orangevale, Antelope, North Highlands, Rio Linda, Elverta, and Rancho Murietta. ★

Safe Sleep Baby Education: A Lifesaving Initiative

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Sacramento County's Safe Sleep Baby Education Campaign is a testament to the power of community-based initiatives. The program has made a significant impact on the lives of many families since its inception in 2014. In honor of National Baby Safety Month, Sacramento County's Department of Child, Family and Adult Services is sharing the life-saving efforts of the Safe Sleep Baby Education Campaign and how it's reducing the prevalence of baby sleep-related deaths.

On average, 27 babies die from sleep-related deaths in Sacramento County each year. These deaths are especially prevalent among African American babies, who are three times more likely to experience infant sleep-related fatalities than their non-African American counterparts. The goal of the Safe Sleep Baby Education Campaign is to reduce infant sleep-related deaths, especially within the African American community. These heartbreaking deaths are preventable when parents are equipped with the knowledge and tools to ensure their babies sleep safely.

"Every other week in Sacramento County, an infant dies of a sleep-related death, half are African American babies. However, these are nearly all preventable when a parent understands and uses the six steps to safely sleep their baby every time the baby sleeps. Every infant sleep-related death is more than a tragic statistic; it's a deafening silence in a home, first steps that will never be taken, future laughter that will never be heard, and dreams unfulfilled. Through Safe Sleep Baby, we are not just disseminating information but reclaiming the promise of life itself for every child in our community," says Child Abuse Prevention Center Chief Program Officer Stephanie Biegler.

The six steps Stephanie refers to are part of the program's core mission to educate parents and caregivers about safely putting a baby to sleep.



The Safe Sleep Baby Education Campaign is actively working to break generational and cultural misconceptions about safe sleeping practices. Image by PublicDomainPictures from Pixabay

Remember: Alone, Back, Crib Always when sleeping a baby. These are the six steps:

Sleep the baby ALONE; Sleep the baby on their BACK; Sleep baby in a CRIB; Put nothing in the baby's sleep area; Do not overdress the baby; Do not smoke anything around the baby.

The Safe Sleep Baby Program does more than just provide parents and caregivers with these safety steps. Rather than simply distributing brochures, the program's model involves parents connecting with home visitors for at least an hour to go through a comprehensive PowerPoint presentation. The personal touch ensures that parents receive accurate information and have the opportunity to ask questions. The program goes above and beyond to break barriers and help families in need. If the family does not have a place to safely sleep their baby, the program can provide them with a portable crib. One new parent shared, "The Safe Sleep Baby workshop not only pertained to sleep but covered several topics that are imperative to keeping your baby safe, happy, and healthy. Reach one, teach one, is being fulfilled by Safe Sleep Baby to set a foundation for generations to come."

Data shows that since the Safe Sleep Baby Program started, Sacramento County infant sleep-related deaths decreased by 54% among African American infants, and the disparity gap in deaths between African American infants and all other racial groups has decreased by 60%.

Safe Sleep Baby education is imperative for

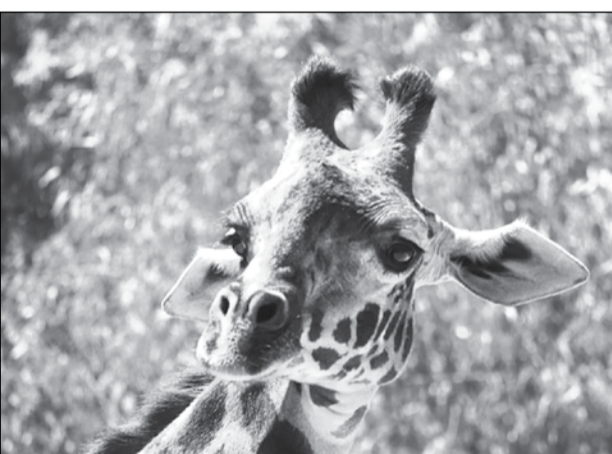
infants with a Sacramento County Child Protective Services (CPS) referral. From 2010-2019, the infant sleep-related death rate was nearly four times greater for infants with CPS referrals compared with those infants who had no history of CPS.

In addition to reducing deaths, the Safe Sleep Baby Education Campaign is actively working to break generational and cultural misconceptions about safe sleeping practices. Staff from the program say parents they've worked with express gratitude and feel empowered. The campaign also works with hospitals to make sure nurses and doctors are actively modeling safe sleep behaviors.

Through education, outreach, and collaboration with service providers, Sacramento County's Safe Sleep Baby Education Campaign is keeping babies safe while empowering parents and caregivers. Initiatives like this one make a lasting impact in our community. With knowledge, resources, and dedication, we can protect Sacramento County's most vulnerable children and communities.

While most parents and guardians who participate in the Safe Sleep Baby Program are referred to the program, any parent/caregiver with an infant under the age of one in Sacramento County can take the one-hour education training. To learn more about the campaign or for assistance, contact the Information & Referral Line at (916) 244-1900. Together, we can ensure every baby in Sacramento County sleeps safely and soundly. ★

Masai Giraffe Loses Calf Shortly After Giving Birth



Masai giraffe Amirah lost her calf on Monday, September 4th. Despite this, the first-time mother is doing well. Photo courtesy of Sacramento Zoo

Sacramento Zoo News Release

SACRAMENTO, CA (MPG) - The Sacramento Zoo is saddened to share that Masai giraffe, Amirah, lost her calf on Monday, September 4th shortly after giving birth. Amirah, a first-time mother, had a routine and successful gestation and delivery, but unfortunately the calf was not viable. Veterinary staff from the UC Davis School of Veterinary Medicine as well as members of the Zoo's giraffe care team were on

site throughout the birth to observe and assist if needed. Amirah is healthy and continuing to do well under the observation of animal care and veterinary staff and will be back with the rest of the giraffe herd soon.

"I am beyond proud of our Zoo staff and their commitment to the animals we care for here at the Sacramento Zoo," said Melissa McCartney, Senior Manager of Animal Care and Veterinary Health Services at the Sacramento Zoo. "While the loss of any animal is

heartbreaking to our zoo family, we are grateful for the support of our community as we continue the important work of protecting wild giraffes and providing exceptional care to the giraffe herd at the Sacramento Zoo. On behalf of the Zoo's animal care and vet teams, we are appreciative of everyone's compassion as we process this loss."

In addition to Masai giraffe, Amirah, the Sacramento Zoo is currently home to three other female Masai giraffes (including two young giraffes born in 2020 and 2023), one male Masai giraffe, and one female reticulated giraffe. The Zoo is one of 34 institutions managing 138 Masai giraffes in the Association of Zoos and Aquariums (AZA) population. The Zoo partners with and supports the Wild Nature Institute (WNI), a field research organization studying Masai giraffe demographics and the African Savanna ecosystem. This partnership with WNI is critical to giraffe research and conservation efforts in Africa. ★

Hoover Endorses Manuel Perez for San Juan School Board

Manuel Perez for San Juan School Unified School Board

CITRUS HEIGHTS, CA (MPG) - Manuel Perez's campaign for the San Juan School Board receives a significant boost with the endorsement of California Assemblyman Josh Hoover, a former school board member and effective freshman legislator representing California's 7th Assembly District. Hoover's endorsement highlights Perez's dedication to education and parental rights, reinforcing his position as the community's choice in the upcoming San Juan School Board special election.

Josh Hoover, a respected advocate for education and parental involvement, expressed his support for

Manuel Perez, stating, "Manuel Perez will be a strong voice for parents and students. As a former school board member, I know Manuel has what it takes to improve San Juan schools. He is a man of integrity and I am proud to endorse Manuel for the San Juan Unified School District." With a background in both education advocacy and legislative leadership, Hoover's recognition of Manuel Perez's potential to drive positive change within the school district adds weight to Perez's campaign.

This endorsement follows closely on the heels of endorsements from current San Juan Unified Board Members Tanya Kravchuk and Ben Avey. Collectively, these endorsements underscore Manuel Perez's growing

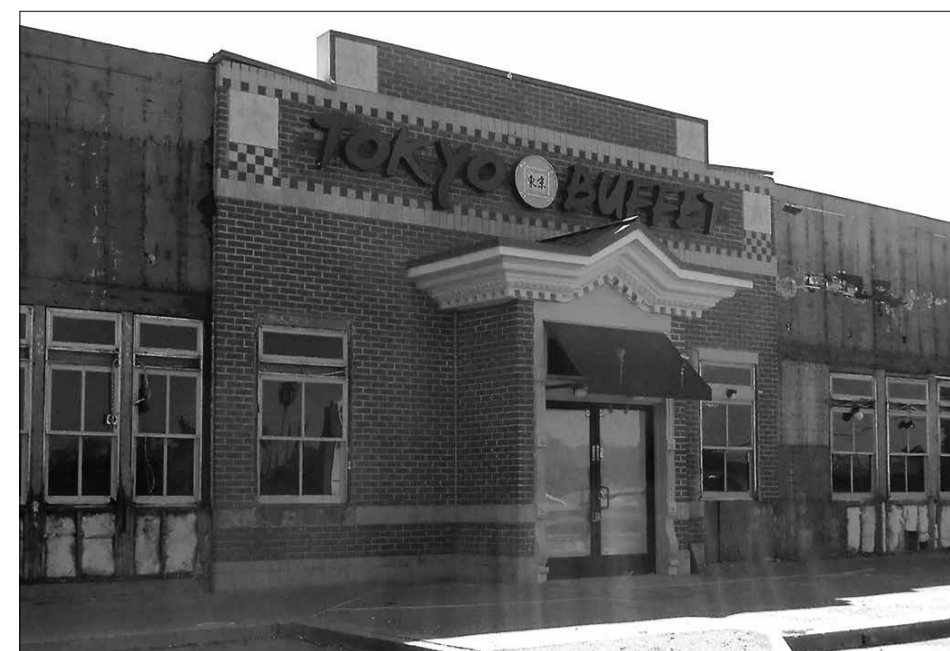
influence and demonstrate his broad-based support within the community.

Manuel Perez's campaign is gaining momentum as the November 2023 special election approaches. Ballots will be sent out in October 2023, providing the community an opportunity to choose a candidate who not only understands the unique challenges faced by students and families in District 7, but also has the experience and vision to address these challenges effectively.

Manuel Perez is a father, community leader, and businessman running for San Juan Unified School Board District 7. For more information about Manuel Perez's campaign and his vision, please visit <https://manuelperezforsjud.com>. ★

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Buffet Renovations Begin



The former Tokyo Buffet, closed since a fire occurred at the site in 2019, will undergo repair and begin external renovations designs by VSAC Design for an upcoming Yum Buffet and Grill.

Story and photo by Thomas J. Sullivan

CITRUS HEIGHTS, CA (MPG) - Renovations have begun to the exterior of the former Tokyo Buffet restaurant building at 7217 Greenback Lane in Citrus Heights, shuttered since a fire occurred at the site in 2019, which damaged the restaurant's heating, ventilation and cooling system.

Sacramento-based Yum Buffet and Grill will open at the site, according to temporary signage visible from Greenback Lane, which announces the new restaurant as coming soon.

The property owner, Jaing Xinying, was issued a building permit on August 4th by the City of Citrus Heights planning department to repair fire damage

inside the restaurant and to begin external renovations.

Construction crews have since removed much of the restaurant building's exterior wood fascia and window trim which faces Greenback Lane. The name of the former restaurant, Tokyo Buffet, above the front entrance, hasn't yet been removed.

Xinying has retained VSAC Design of Sacramento to prepare project architectural designs, said Huan Vu, a principal engineer for the firm. Vu said he did not know if a general contractor had been chosen to complete the work. His firm, VSAC Design, specializes in commercial façade improvements and new commercial construction.

A restaurant manager at the Sacramento restaurant at 4300 Florin Road, who was spoken to by phone, confirmed plans by the owner to open a Yum Buffet and Grill at the Greenback Lane address, but provided no further details about a likely opening date or a means to contact the owner for further comment.

Yum Buffet & Grill in Sacramento offers a vast array of Chinese and American cuisine for buffet dine-in or to-go options.

The new restaurant is located off Fountain Square Drive, facing Greenback Lane, in the same shopping center plaza as a Sam's Club warehouse store, and not far from the U.S. Post office and Citrus Heights City Hall. ★



Poppoff!

With Mary Jane Popp

A Promise Made

Life is not always kind. We suffer setbacks, loss from divorce, surviving disasters, dealing with life-threatening diseases, and I could go on and on with what we deal with on a daily basis. Frank D'Maio knows what that's like. He has been there and wants to help others deal with adversities and evolve to emotional prosperity. You see, Franks's wife was diagnosed with breast cancer, and that's when he began a journal. He told me on my radio show POPPOFF that it opened the door to his soul. That journal became a gift. But it wasn't that way at the beginning. It was a repository for emotional intimate moments, outbursts of screaming in words, and things he wanted to remember or forget. He added that, in his opinion, husbands are ill-equipped to handle the jumbled emotions of grief, trauma, and hopelessness. They attempt to create an "emotional fortress" that fails to protect them from the pain of loss. So that's when he wrote "A Promise Made, A Promise Kept." It's a husband's journey through journaling to heal the loss of his spouse. And it's written with other husbands in mind. He shares his emotional decline of being left behind with no specific group counseling geared toward the level of loss and the depth of a rabbit hole delivered by breast cancer. Granted, group counseling is a general approach, but moving forward isn't about the steps or stages, it's about oscillating through layers of emotions and recalling important moments of positive memory. That's why he wrote the book to provide others a glimpse into the process of trial and error he went through. Eight years later he participated in a group counseling program

and received training as a peer support group facilitator. Here are five points to start cleaning the negative chaos in our emotional house through journaling.

- 1. Allow, Accept, And Acknowledge Mourning And Grief.** Writing those feelings in a journal gives you time to evaluate them.
- 2. Surrender And Let Others Help.** Don't be stubborn or pig-headed, thinking you can do it all alone. Frank said he tried and failed until 2012 when he hit emotional bottom and sought group counseling.
- 3. Lower Your Expectations Of Getting Over The Loss.** The emotion is raw, but it doesn't have to define who you are as a human being in pain.
- 4. Show Blame Out The Door.** Shame and guilt only drag a person down – a reminder of stored negative memories. These act as triggers or what he prefers to call prompts.
- 5. Laugh Often And Out Loud.** Laugh at yourself. Laughter releases hormones, making a person show joy, happiness, and improved spirit. Remember moments of laughter and joy. Those shared emotions leave you smiling and playful with the innocence of a child again.

If you want additional information on Frank D'Maio and his book "A Promise Made, A Promise Kept" check out his website FJDwriter.com. Life goes on, but it isn't easy when your pain persists. Hopefully, Frank's book can give you solace from any loss. ★

PEACE AND LOVE ALWAYS!!!

CDPH Recommends All Californians Stay Up to Date on COVID-19 Vaccine

CDPH Release

SACRAMENTO, CA (MPG) - Following federal approval of the updated COVID-19 vaccine and recommendations for the upcoming winter respiratory virus season, the California Department of Public Health (CDPH) is recommending all Californians stay up to date on the vaccine and get the updated shot when available.

For renewed protection against severe illness, hospitalization and death, all Californians 5 years and older should receive one dose of the updated COVID-19 vaccine, as long as it's been 2 months or more since their most recent dose. Getting vaccinated may also minimize your symptoms if you do become infected so you can return to your daily activities more quickly. Recommendations for younger children depend on the number of doses received previously.

CDPH strongly urges vaccination for individuals who are at high risk of serious illness from COVID-19 due to advanced age or underlying illness as this is the group of individuals most vulnerable to severe disease and the worst outcomes.

"Staying up to date on the COVID-19 vaccine is the best way to keep your immunity strong and protect yourself and others from severe illness, hospitalization, and death," said CDPH Director and State Public Health Officer Dr. Tomás Aragón. "As we enter the winter season, it is crucial that all individuals remain up to date with vaccinations when they're eligible, including flu, COVID-19 and RSV."

WHO SHOULD GET VACCINATED

•Everyone Age 5 and Up: Everyone 5 years of age and older, regardless of previous vaccination, is eligible to receive a single dose of the updated COVID-19 vaccine as long as it's been at least 2 months since the last dose.

•Younger Children and Infants: Infants and younger children, 6 months through 4 years of age, who have previously been vaccinated against COVID-19 are eligible to receive one or two doses of the updated vaccine. The timing and number of doses depends on the previous COVID-19 vaccine received.

•Unvaccinated Younger Children and Infants: Unvaccinated infants and younger children, 6 months through 4 years of age, are eligible to receive three doses of the updated Pfizer-BioNTech COVID-19 vaccine or two doses of the updated Moderna COVID-19 vaccine.

WHEN & HOW TO SCHEDULE

YOUR UPDATED COVID-19 VACCINE: Initial supplies of updated COVID-19 vaccine are expected in California in the coming weeks. For added convenience, COVID-19, flu, and RSV vaccines can all be administered in the same visit. Schedule a vaccine appointment by visiting MyTurn.ca.gov or contacting your local pharmacy or health care provider.

HOW TO PAY FOR A COVID-19 VACCINE: COVID-19 vaccines will continue to be free for most Americans through their health insurance plans, including Medi-Cal and regular health care providers.

The CDC's Bridge Access Program will provide limited quantities of COVID-19 vaccines to uninsured and underinsured adults through December 2024. The Vaccines For Children (VFC) program is a federally funded program that provides vaccines at no cost to children (18 and younger) who might not otherwise be vaccinated because of inability to pay.

CDPH'S VIRUS PREVENTION TIPS: The best defense against COVID-19 and other winter viruses starts with good prevention. Follow these five tips to protect yourself and others:

•Stay Up to Date on Vaccines: Vaccines reduce the chances of infection and are the best defense to limit severe illness and death. COVID-19, flu, and RSV vaccines will all be available for this winter season.

•Stay Home if You're Sick, Test for COVID and Treat if Needed: Staying home when you're sick slows the spread of COVID-19, flu, RSV, and even the common cold. If you have symptoms, test for COVID-19 and contact your doctor immediately to seek treatment. Treatments work best when started right after symptoms begin.

•Consider Wearing a Mask in Indoor Public Places: Wearing a mask significantly reduces the spread of respiratory viruses, especially in crowded or poorly ventilated spaces.

•Wash Your Hands: Frequent handwashing with soap and warm water, for at least 20 seconds, is an easy and very effective way to prevent getting sick and spreading germs.

•Cover Your Cough or Sneeze: Remember to cough or sneeze into your elbow, your arm, or a disposable tissue to help prevent the spread of winter viruses. Wash or sanitize your hands and dispose of your tissue after.

For more information visit www.cdph.ca.gov ★

Social Security Matters About Federal Taxation of Social Security Benefits



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: Why are my Social Security benefits being taxed at all? The Social Security FICA payroll taxes taken out of my paycheck while I was working were paid with taxable income. **Signed: Disgruntled Taxpayer**

Dear Disgruntled Taxpayer: Many Americans share your belief that federal taxation of Social Security benefits is unfair because we pay into the program through payroll taxes on our taxable earnings. Unfortunately, Congress took a different view in 1983 when taxation of Social Security benefits was first enacted at a time Social Security was having financial issues. Congressional logic back then was that a beneficiary only personally pays 50% of the Social Security contributions made (the other half is paid by the employer) so, since your Social Security entitlement was only half paid for by you and the other half by your employer, the portion

of your benefit attributable to your employer's contributions should be taxable. So, it's that other half – the portion of your benefit which resulted from employer contributions – which the 1983 Congress decided should be taxed. So, starting in 1984, if a beneficiary's overall annual income from all sources exceeded \$25,000 for a single filer or \$32,000 for those filing married-jointly, half of that person's Social Security benefits became part of their income taxable by the IRS.

That was how it worked until 1993 when a new and different Congress added another threshold which, if exceeded, resulted in up to 85% of Social Security benefits received during the tax year becoming taxable. The logic used for the 1993 law was that beneficiaries, on average, would only personally pay for about 15% of the lifetime benefits they would eventually receive, leading that Congress to conclude that if your combined income from all sources exceeded the higher threshold (\$34,000 for single filers and \$44,000 for those filing married/jointly), up to 85% of your benefits should be taxable. Please understand that I'm not defending nor endorsing those historical Congressional views, but I have researched why Social Security benefits are taxable at all, and the above is what I've learned from that

research.

For information, the Association of Mature American Citizens (AMAC), has long advocated for eliminating federal taxation of Social Security benefits or, at the very least, raising the thresholds at which benefits become taxable. The income thresholds for taxing Social Security benefits were established in 1983 and 1993, but those thresholds have never been adjusted for inflation. When taxation of Social Security started in 1984, less than 10% of beneficiaries paid income tax on their benefits, whereas today that percentage is over 50% and growing. If you want to add your voice to those who oppose federal taxation of Social Security benefits, you may wish to contact your Congressional Representative to do so. And it is worth noting that eleven U.S. states, to varying degrees, also levy income tax on Social Security benefits.

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



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The Spats

by Jeff Pickering



Amber Waves

by Dave T. Phipps



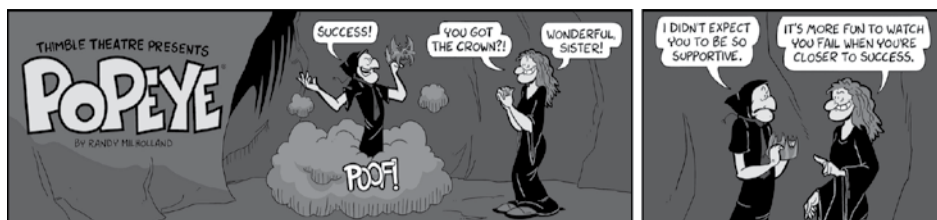
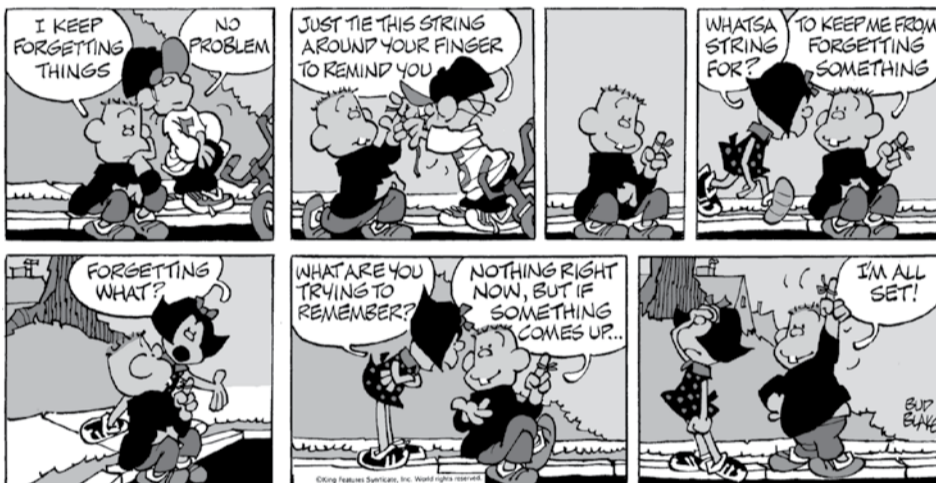
Out on a Limb

by Gary Kopervas



TIGER

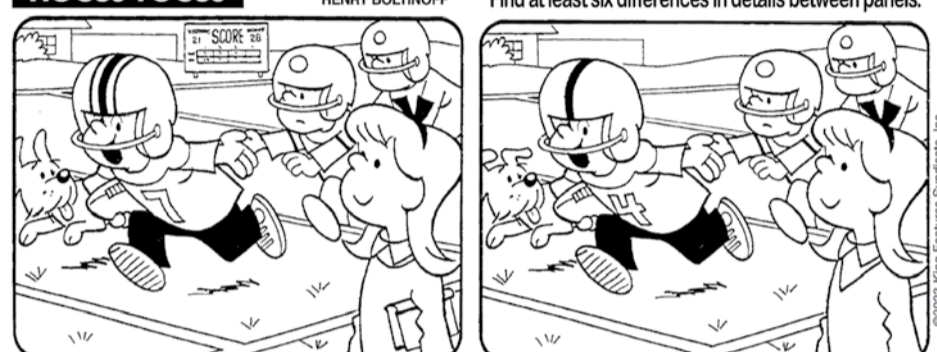
by BUD BLAKE



HOCUS-FOCUS

BY HENRY BOLTIHOFF

Find at least six differences in details between panels.



Differences: 1. Bars are different. 2. Stripes are missing. 3. Neckline is different. 4. Scoreboard is missing. 5. Neckline is missing. 6. Book is missing.

CRIN THE BEAR IT

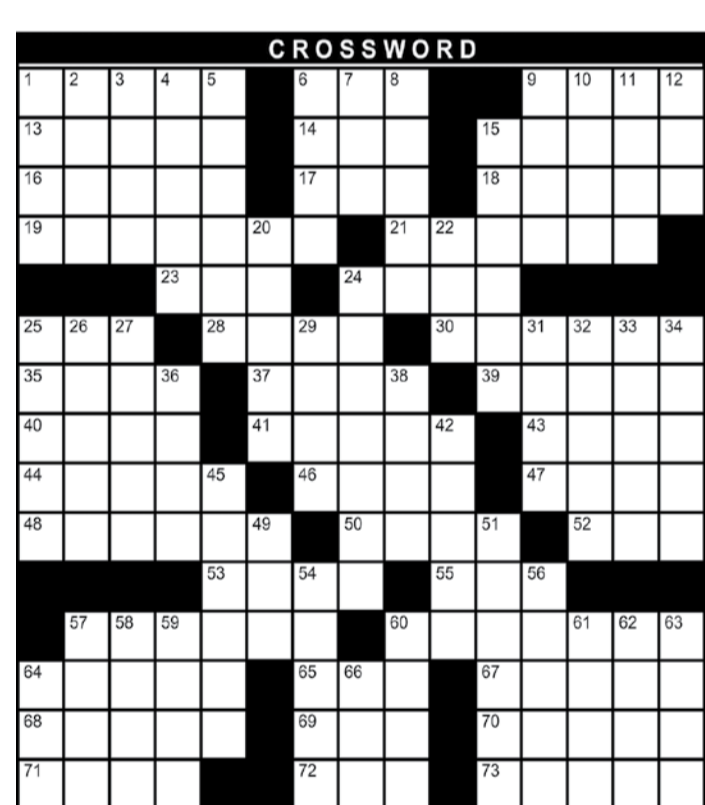
Just Like Cats & Dogs

by Dave T. Phipps



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- CLUES**
- ACROSS**
1. "Planted" customer
 6. Pie and mode connection (2 words)
 9. *Atomic ____ unit
 13. Salk's conquest
 14. Beesly of "The Office"
 15. Secret storage
 16. Crème de la crème
 17. Flow alternative
 18. a.k.a. vampire
 19. *Any substance in chemistry
 21. *Periodic table entry
 23. Douse or soak
 24. Pavarotti's song
 25. Between Big and Wolf
 28. Mattress description
 30. *Positively charged particle
 35. Elevator manufacturing giant
 37. Horsetly
 39. Rabbit trap
 40. Sure or uh-huh
 41. Sainly rings
 43. North Sea feeder
 44. Flax flower genus
 46. Shrivle, as in plant
 47. Like undesirable row
 48. Related on mother's side
 50. Barbara of "I Dream of Jeannie"
 52. Porky's home
 53. Practice in the ring
 55. Burmese neighbor
 57. *Core of an atom
 61. *C
 64. Theater guide
 65. Org. that gets parents involved in school
 67. Sign up again
 69. Supernatural being
 70. Three, to Caesar
 71. Grouchy Muppet
 72. European sea eagles
 73. News channel acronym
 74. Liable to cry
- DOWN**
1. Health resort in Baden-Baden, e.g.
 2. River islet
 3. Hip bones
 4. To-do enumerations
 5. Bingo and keno
 6. Imitator
 7. *Chemistry classroom
 8. Fly in ____, or a reminder of the past
 9. Hat-tipper's word
 10. Highest point
 11. Splints site
 12. Assigned spot
 15. Rids of obstruction
 20. Period in history
 22. Mouth piece
 24. Designer's studio
 25. *____-Mariotte Law
 26. Dined at home
 27. Late Princess of Wales
 29. Defect
 31. Two halves of two
 32. Discussion intended to produce agreement
 33. Galactic path
 34. Demanding attention
 36. Like a barred door
 38. *Aurum, in English
 42. Type of grave marker
 45. It loves company?
 49. PC "brain"
 51. Limited in scope
 54. Gelatin
 56. Like one with high BMI
 57. Artist's model, sometimes
 58. Application utilizer
 59. Keep it up?
 60. TV classic "____ Make a Deal"
 61. Jealous biblical brother
 62. Fairy-tale opening
 63. Less than average tide
 66. *Sn, or stannum, on periodic table
 68. Like dry humor

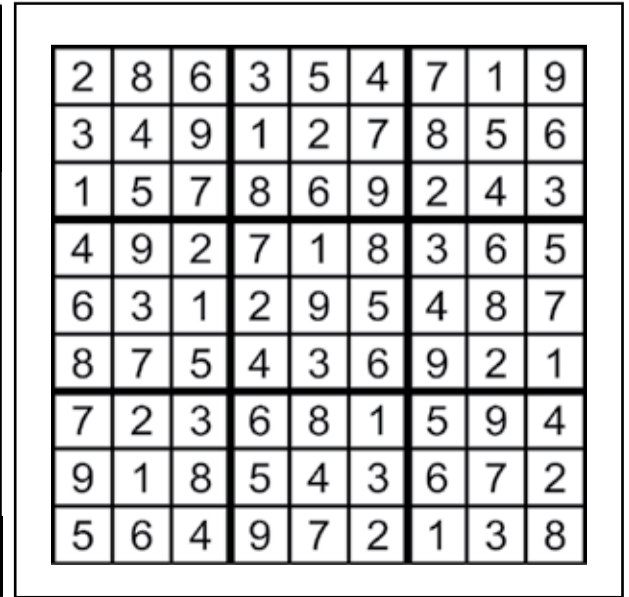


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FROZEN & FISH DEPT

Sanuki Udon Japanese Style 2.75 lbs REG. \$6.99/ea \$4.99/ea	Salted Mackerel Korean Style 2.2 lbs REG. \$16.99/ea \$11.99/ea
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WEEKLY MEAT SPECIALS

Beef Cross Rib/Shoulder Roast - Bnls Asado de Costillas, Costillas de Carne y Asado de Hombros sin Hueso \$3.99/lb	Beef Ribeye Roast - Boneless Chuletón de Ternera Asado \$6.99/lb	Beef Ribeye Steak - Boneless Filete de Chuletón de Ternera \$7.99/lb
Boneless/Skinless Chicken Breasts Pechuga de Pollo sin Hueso \$1.99/lb	Pork St. Louis Ribs - Single Pack Costillas de San Luis \$2.99/lb	Pork Loin Roast Boneless Lomo de Cerdo Asado sin Hueso \$2.99/lb

FRESH PRODUCE

Russet Potato 2 lbs/\$1.00	Yukon Potato 99¢/lb	Whole White Mushroom 8 oz \$1.79/ea	Asparagus \$2.49/lb
Mexican Papaya 99¢/lb	Mini Sweet Pepper 1 lb \$2.99/ea	Honey Crisp Apple 89¢/lb	Singos Pear Box 11 lbs \$29.99/box

AMERICAN/HISPANIC GROCERY

Tree Top Apple Juice 100% 64 Loz \$2.99/ea	PAM Oil Spray Original 6 oz \$3.99/ea	Roma Detergent Powder 11.02 Lbs \$9.99/ea	Jarrinon Soda 1.5 Liters \$1.99/ea	Delmonico Tomato Ketchup 24 oz 2/\$3.00
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ASIAN GROCERY

Three Ladies Vietnamese Rice Noodles 2 lbs \$3.99/ea	Sundee Coconut Milk 13.5 Loz 99¢/ea	Dragonfly Jelly Bar Back Pack 25.22 oz \$5.99/ea	Foreway Pure Sesame Oil 12 Loz \$5.19/ea	Hung-Kid Peng Pao Mixed Biscuits 17.64 oz \$9.99/ea
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EUROPEAN GROCERY

OT Marina Sunflower Seeds 500 gr \$6.99/ea	Kinder Happy Hippo 2 kinds 100 gr \$4.69/ea	Milenna Tea Biscuits 1 kg \$4.49/ea	Dunder Sunflower Seed (not roasted) 1 kg \$4.29/ea	Chudo More Kilka in Oil 500 gr \$5.79/ea
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KOREAN/JAPANESE GROCERY

Product of Korea White Rice 20 lbs \$19.99/ea	Hot Oh Yes Choro 12 x 28 g \$3.49/ea	Laver Seaweed Roasted Gift Box 10 x 7.2 g \$14.99/ea	Hot Chicken, Ramen 2 kinds 5 x 140 g \$6.99/ea	Boiled Silkworm 4.5 oz \$12.29/ea	Korean Rice Cinnamon Patch 6 x 180 ml \$6.99/ea
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HOUSEWARES

BIGEN SPEEDY HAIR COLOR (REG. \$8.99) 4.99/ea	HAIR DARKENING SHAMPOO 19.99/ea	ELECTRIC RICE COOKER (16 CUPS) \$49.99	ELECTRIC RICE COOKER (6 CUPS) \$54.99	ELECTRIC RICE COOKER (10 CUPS) \$59.99
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FROZEN & FISH DEPT

Dried Cod Fish 500 g \$12.99/ea	Columbus Seasoned Roast Beef \$12.19/ea	Olives Stuffed with Jalapeno \$5.19/lb	Green Cracked Olives \$3.99/lb
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