

Concerts Season Wraps in Carmichael Park
PAGE 2

Meals on Wheels Seeks Volunteers
PAGE 3



Carmichael Times

VOLUME 44 • ISSUE 38 *Serving Carmichael & Sacramento County since 1981* SEPTEMBER 22, 2023

SEE INSIDE

BERA TOURS THE HIGHWAY 50 CONSTRUCTION



PAGE 2

FORMING A PATHWAY FOR ALL



PAGE 11

HEALTH SCREENINGS



PAGE 4

Nature on Parade



Nature educator Gabe Kerschner will bring a menagerie of animal ambassadors to interact with kids to the NatureFest event at Effie Yeaw Nature Center on October 8. A red-tailed hawk Tawny will be among visiting critters.

Story and photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Birds, reptiles and marsupials will be among educators during the Effie Yeaw Nature Center's NatureFest event. The October 8 event is the center's largest educational open day of the year.

Among visiting presenters will be Gabe Kerschner, who runs an animal sanctuary in Placer County. His rescued animals are stars of hundreds of school programs. They include an alligator, a lemur, a kangaroo and a kinkajou. NatureFest supporters will also view a more regional menagerie: this could include a skunk, a raccoon and an opossum and raptors.

NorCalBats, an organization that rescues and rehabilitates bats will bring wee flying mammals and discuss their benefits to the environment. A bee keeper will exhibit a hive with its industrious inhabitants. Folsom City Zoo Sanctuary will have rescued native species on display and Miridae Nursery will offer native plants for purchase.

Save the Snakes, a nonprofit that champions one of nature's most misunderstood species, will offer slithering gopher and king snakes for supervised handling. Volunteers from Sacramento Splash will detail microscopic species found in wetlands.

Resident Nature Center animals – including Einstein the tortoise and several crowd-pleasing raptors – will

also interact with visitors. Deer and wild turkey sightings are likely on hosted walks through the center's 100-acre wildlife preserve.

The Nature Center is a hub for Native American studies. Maidu skill demonstrations will include basketry and tule doll-making.

Kids' games will be offered, and youth groups are welcome at the event. Snacks can be purchased from food trucks.

NatureFest runs from 10 a.m. to 3 p.m. in the Effie Yeaw Nature Center (Ancil Hoffman Park). General admission is \$7; \$3 for children aged ages 3 to 11. Parking is free. Presale tickets are available online. For more information visit www.sacnaturecenter.net ★

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 Sacramento 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 nonprofit 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. ★

Carmichael Nonprofit Turns Tragedy into Fun Opportunity

By Cynthia Smith

CARMICHAEL, CA (MPG) - Last November, an arsonist destroyed a Carmichael Landmark most people don't even know exists. The Carmichael Alano Club, also known as Gibbons, has been of service to the local community for over 53 years.

Tucked back from the street is a little-known house that was converted into a meeting hall back in 1970 by some local men and women who needed a place to have fun, eat dinner with friends, plan trips and many recreational activities, as well as hold meetings for the people in this area who have chosen Recovery.

Drug addiction and alcoholism have plagued communities worldwide, but in the little house on Gibbons Drive you could always find respite from the chaos. As an alcohol and drug-free place, you can get a cup of coffee and



A fire destroyed the Sunset No-Al Club in Carmichael on November 7, 2022, leaving the nonprofit unable to conduct its addiction recovery meetings and other support events. Photo courtesy of Alano Club of Carmichael

converse with other people who have chosen the Recovery Lifestyle.

Unfortunately, we are at a complete loss. Insurance on the building was insufficient for a complete rebuild, so we have created a public event to ask

the community for help in raising funds to rebuild.

"Raise The Roof" for Recovery will be held on Saturday, October 7, at the Horsemen's Association on Longview Drive here in Sacramento from 12 to 5pm. Admission is \$

25 which includes BBQ lunch, 2 live bands, cake walk, huge raffle prizes, an educational booth and resources available to the public.

Our goal is to raise money for rebuilding the

Continued on page 4



Scan our QR Code for a direct link to our online edition!

PRSRD STD.
U.S. POSTAGE
PAID
CARMICHAEL, CA
PERMIT NO. 350
OR CURRENT
POSTAL CUSTOMER

Concerts Season Wraps in Carmichael Park

Nation's Finest Educational Program to Help Veterans in Need

Nation's Finest News Release

SACRAMENTO, CA (MPG) - Veterans' advocates and community leaders joined together at the California State Capitol on September 12, 2023, to launch a 3-month campaign by Nation's Finest to raise awareness about programs and services to help Veterans in need.

Coinciding with National Suicide Prevention Month, the community outreach program aims to shine a light on the alarming statistics impacting Veterans – from mental health and high suicide rates to homelessness and unemployment -- and help connect Veterans and their families to resources that honor their service and ensure their care and success.

"The suicide rate among Veterans remains high, with approximately 17 Veterans committing suicide each day, and on any given night, over 40,000 Veterans don't have a place to call home in our country," said Chris Johnson, President & CEO, Nation's Finest. "As a nation, we can and should do better to honor those who have sacrificed and served, which is why we are launching this program to raise greater awareness and help connect Veterans to the help and services they need."

Through Veteran's Day, Nation's Finest will host a series of community awareness events in California, Arizona, and Nevada, that bring together community leaders, Veterans' advocates, and community partners to ensure Veterans and their families have access to services, programs, and the care available to them. Each event will feature a Nation's Finest mobile service unit staffed by trained professionals to assist Veterans, as well as community partner booths to provide educational information about available services. On display will be a powerful storytelling exhibition honoring Veteran heroes for making a difference in the lives of Veterans. At each event, Nation's Finest will present special awards to local Veterans who have gone above the call of duty to help Veterans and their families in their local communities.

During a ceremony on the west steps of the Capitol, seven local Veteran heroes from Northern California were honored for their service. Sacramento Mayor Darrell Steinberg joined Nation's Finest to present special medallions to them for their work. A special storytelling exhibition featured their stories and that of other Veteran heroes, which will also be on display through September 30th in the window fronts of the historic Weinstocks Building in downtown Sacramento located at 1130 K Street.

"These local heroes exemplify the spirit of our community and continue to answer the call of duty in helping those who have served access mental and behavioral health care, including housing stability, employment and suicide prevention services," said Mayor Steinberg. "I applaud the efforts of

Nation's Finest in launching this important program and so many other Veteran organizations, community partners, and advocates, who work tirelessly to ensure our Veterans can get the care they need and deserve."

Sacramento area recipients of the Nation's Finest 50 Local Heroes Award include Gail Belmont, Don Harper, Kia Phillips, Steve Reed, Preston Sharp, Julie Baumgarten, and Michael Harris. Their personal stories, along with all the Nation's Finest awardees, are featured in the exhibition and on the Nation's Finest website at www.NationsFinest.org, along with information about the Community Outreach Program.

Harris, a U.S. Army Veteran and Sacramento native credits the work of Nation's Finest and the support he received at Mather Veterans Village for helping change his life during vulnerable times, saying, "It was a life-changing experience to be so humbled to have to ask for help with you are vulnerable and broke. They helped lift me up and gave me a chance." Today, Michael helps other Veterans, particularly those facing homelessness. He is also Chair of the California Black Agriculture Working Group, where he is dedicated to bringing equity to Black agricultural producers.

The Nation's Finest Community Outreach Program is funded through the support of many community partners, including Verizon (presenting partner), U.S. Veterans Affairs, Safeway, the Land of the Free Foundation, Comcast, Turton Commercial Real Estate, Enterprise Community Partners, and the Charles M. Shulz Museum, among others.

"Verizon is honored to join together with so many community partners in supporting Nation's Finest and their mission help Veterans in need," said Sophia Garcia, Director, External Affairs & Local Engagement at Verizon. "Verizon is committed to helping Veterans and their families with access to smart technologies that improve connectivity to the programs, services, and care available to them. It's through community partnerships like this that we can work together to make a difference."

This year marks 50 years since Nation's Finest was founded to support Veterans returning from the Vietnam War by providing critical housing, health, and employment support to ensure Veterans reach their full potential. During the past five decades, the programs and impact of Nation's Finest has continued to grow, having served 150,000+ veterans and providing \$275 million in direct services in 31 locations in California, Arizona, and Nevada, as well as through national services. Additionally, through its mobile service unit program, Nation's Finest can reach thousands more Veterans each year, who lack access to care by bringing resources directly to them, particularly those living in rural areas. ★



Todd Morgan will front his Emblems retro band in Gibbons Park, September 24.

Story and photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - A blockbuster performance by the rock group Wasted Space recently wrapped up Carmichael Recreation and Park District concerts for the 2023 season.

The seven-piece group entertained a crowd of almost 2000 with cover tunes that included a "Margaritaville" tribute to the late Jimmy Buffett. "We made a last-minute decision to get it in," explained Wasted Space singer Linda Ingoglia. "Jimmy died just before our concert, and we felt we had to do something in his honor. The crowd loved it."

Wasted Space was originally scheduled to play mid-July but postponed when 109 degrees was forecast for gig night. Noting the group's local popularity, CRPD amended the concert program with a September date.

In all, the season featured 11 performances, including a Red, White and Blue

celebration show preceding fireworks at La Sierra Community Center. Band genres ranged from Chicago-style rock to Latin and rockabilly performances.

"Audiences filled our dance floor each week," said CRPD recreation Services manager Alaina Lofthus. "We had some challenges with extreme heat but made adjustments to keep musicians and audiences safe. We're thankful for event sponsors and the generous audience donations. These concerts only happen with great community support."

Mission Oaks Park District offers a concert by Todd Morgan and the Emblems on September 24. Morgan's show begins at 5 pm in Gibbons Park (4701 Gibbons Drive, Carmichael).

Carmichael concert sponsors included: Carmichael and Mission Oaks Recreation and Park Districts; Carmichael Chamber of Commerce; Buck Family Automotive; KZAP Radio, Sacramento; Arthur Murray Dance Studio and Kiwanis Club of Carmichael. ★

Bera Tours the Highway 50 Construction



Representative Ami Bera, M.D. (CA-06) joined Caltrans District 3 workers for a behind-the-scenes look at the ongoing construction along Highway 50. He supported the Bipartisan Infrastructure Law, which is playing a pivotal role in driving forward essential infrastructure upgrades right here in Sacramento County and across the nation. Photo courtesy of the Office of Representative Ami Bera, M.D.

One Team, One Cost, One Location



Financing Available

A Great Smile Can Start Today



All on 4 Fixed Denture with Temporary Denture

\$ 14,995*

*does not include the final Prosthesis. After the Temporary Prosthesis has healed a Final Prosthesis will be placed, Extra charges will Apply.



2 Implant Denture with Existing Denture

\$ 4,995*

*does not include Extractions or New Denture



TEETH IN A DAY IN MOST CASES

Call Today to Schedule your FREE Consultation |

(916) 944-1197

www.NRD916.com

Meals on Wheels Seeks Volunteers

By Tamara Warta

SACRAMENTO REGION, CA (MPG) - When COVID-19 hit our world, many businesses and organizations were paused or shut down completely, never to reopen. For some that were fortunate enough to survive, bouncing back after such an event hasn't been simple. While the shut-downs may now seem like ancient history to many people, non-profit organizations in particular are still recovering. One such local group is Meals on Wheels by ACC Senior Services.

Meals on Wheels is a well-known national organization, and locally it's quite known as well. The group helps keep seniors in their homes and communities by providing nutritious meals, safety net services, social contact, and community resource information. Sacramento Valley's Meals on Wheels division alone is home to 126 routes that deliver meals all throughout the region - stretching all the way out through the delta, as well as 13 congregate programs where seniors can go eat at a cafe and socialize.

According to Michelle Bustamante, the operations manager of the Sacramento Meals on Wheels division, they adjusted during the pandemic by switching from hot delivered meals to frozen meals that arrived with little to no face-to-face contact. And now, they are aiming to work their way back up to their full meal distribution services pre-pandemic.

"We need volunteer



Gladys and Jean enjoy a meal together at the Meals on Wheels sponsored All Seasons Cafe. Photo courtesy of Meals on Wheels by ACC

drivers," said Bustamante. "We are still looking to convert four routes back [to hot meals with face-to-face contact] and need drivers."

Meals on Wheels also has several programs outside of its home meal delivery service. All Seasons Cafe is an in-person restaurant-style space.

"It is for people who are more mobile and can get out and want to go have lunch with peers," Bustamante explained. "It's an opportunity for them to socialize."

While All Seasons Cafe

currently has 13 locations, they are looking for one more. Meals on Wheels currently does not have a Citrus Heights location. They are urgently seeking anywhere with a commercial kitchen and enough space for seniors to congregate. These cafes typically take place in community centers, senior centers, or in senior apartment complexes. With each lunch hosting 20-90 folks each meal, Bustamante hopes to raise awareness of the need and find a willing partner so they can serve the seniors of Citrus Heights.

With the holidays quickly approaching, Meals on Wheels will also again host Project Warm Wishes, which distributes gifts to seniors served by their organization. Both fun and functional items are appreciated, including toiletries, small household items, blankets, gloves, and amusements like adult coloring books and magazines.

"We just want to make sure those people know that they're not forgotten and are cared for," Bustamante said about the holiday project, which is

completely delivered by volunteers.

Project Warm Wishes starts in mid-October and donations are accepted through December 8. Used items are not accepted, but brand-new donations are enthusiastically welcomed.

One other very special program operated by Meals on Wheels? Animeals. Through this, they deliver food to roughly 200 cats and dogs throughout Sacramento County. After it was discovered that some home-bound seniors were sharing their meals with their animals to get by, the

group realized the need and took action. Most of the pet food or the funding for the program are donated.

"Pets are more than just animals - they are family to many of our seniors," says Bustamante.

From cafe workers to route drivers, all of Meals on Wheels' volunteers receive a background check and go through a training program. When Bustamante asked how volunteers are chosen and implemented, she mentioned that both individuals and groups like churches and service clubs apply. The goal is to plug people in where their heart is.

"The initial onboarding is done online nowadays, and we meet up with a volunteer and find out what their availability is and what they would like to get out of volunteering."

Volunteers are greatly needed at Meals on Wheels in Sacramento, and any adult with a passion to help can get involved. While help for the organization comes through various sources including Community Block Grants, city funding, private donors, and the Agency on Aging (Area 4), volunteers are still very difficult to find at times.

Meals on Wheels currently has a waitlist for seniors needing services, and the more volunteers they can train and recruit, the smaller that waitlist gets. Those hoping to get involved can contact Michelle Bustamante at (916) 444-9533 or by emailing mbustamante@mowsac.org



ARE YOU READY FOR AN EXCEPTIONAL RETIREMENT LIFESTYLE?

Make your move and let us do the heavy lifting!

Ask about our

PACK & MOVE PACKAGE

Limited Time Bonus Offer! (A \$1500 VALUE)

That's right! Make a move to River's Edge and our professional movers will get you packed and moved!

Celebrate joyful living, delicious dining, engaging programs, and care when you need it. River's Edge is the best choice for a full-service, maintenance-free retirement lifestyle.

These rare offers end soon.

CALL 916.970.3992 TODAY to schedule a tour appointment.



CARF-ACCREDITED INDEPENDENT & ASSISTED LIVING AND MEMORY CARE RESIDENCES

601 Feature Drive, Sacramento • 916.970.3992 • RiversEdgeRetirementLiving.com

INDEPENDENT LIVING RESIDENCES

\$3995 PER MONTH*

+ COMMUNITY FEE WAIVED (A \$4000 VALUE)

ASSISTED LIVING RESIDENCES

\$1,000 OFF MONTHLY RATE*

+ COMMUNITY FEE WAIVED (A \$4000 VALUE)

*Special pricing on select residences and not valid with any other promotions or specials. Residency agreement applies. See representative for details. Offers end soon.



Dave Ramsey Says

you and their mom have worked hard, been smart with your money, and that's why you're in the position you're in.

We taught all our kids, from a very young age, just how important it is to work. Work equals money. When you do that, and kids see it in their parents' attitudes and actions, it makes a big impression. With little kids, it can start with simple things like cleaning up their rooms or clearing the table after dinner. And it should carry over into their teenage years, as well. Every able-bodied child should be working and earning money, whether it's their own entrepreneurial idea, at a fast food joint or babysitting.

Another thing we did was based in our faith. As Christians, we taught our kids that we don't really own anything. It all belongs to God, and one of our jobs is to wisely manage the things He entrusts to us. The first rule is to take care of your own household—the important stuff. After that, it's okay to have some

nice things, but it's not all about fun. It's also about thoughtful giving and being generous.

As a parent, your job isn't to be a buddy to your kids. It's not to give them every little thing they want, and make sure they're running around carefree and playing every hour of the day. Your job is to teach them about the important things in life, and over time, mold them into mature, responsible human beings who can survive—and succeed—in the real world.

—Dave

Dave Ramsey is an eight-time national best-selling author, personal finance expert and host of "The Ramsey Show." He has appeared on "Good Morning America," "CBS This Morning," "Today," Fox News, CNN, Fox Business and many more. Since 1992, Dave has helped people take control of their money, build wealth and enhance their lives. He also serves as CEO for the company Ramsey Solutions. ★

Be Workers and Givers

Dear Dave,
My wife and I have been very fortunate in our careers. We both have six-figure incomes, and as a result we have a little over \$2 million in savings and investments. With this in mind, do you have any advice on how to make sure your kids aren't spoiled as they grow up in a family that's doing well financially?

—Gary

Dear Gary,

First, don't spoil them! Teach them to work, and teach them to be givers. Oh, and gently remind them every so often that it's you and your wife who are wealthy—not them. Yeah, I know. This probably sounds mean to some folks, but I'm talking about simply explaining to them how

Carmichael Nonprofit Turns Tragedy into Fun Opportunity

Continued from page 1

Alano Club, while bringing Awareness to the many people in our community that know so little about where and when to get help from the many addictions we face. A sober motorcycle poker run is part of this event which starts at 11am at Harley Davidson of Folsom and ends at The Sacramento Horsemen's Association. If you would like to attend the Poker

Run, just show up before 11am in Folsom. The fee is \$ 25. If you would like to attend the event, just show up any time after 12pm. Entry fee is \$ 25. If you would like to donate, please send to: Sunset NO-AL Club "Raise The Roof," PO Box 991 Carmichael, CA 95609. Contact person: Cynthia Smith hmofc93@gmail.com

More information can be obtained on our website at sunsetnoalclub.org ★



Health Screenings

We always seem surprised when disease strikes. But is there something we can do to stem the tide of any disease? And we have all done this. We wait until we get sick to focus on our health. Longtime nurse **Allen Daugherty** says we have it backwards. It's preventive care we should add to our vocabulary. Routine screenings at various stages of our lives can save our lives. **Allen** worked in the medical field for some 50 years, first as a U.S. Air Force medic, then RN and certified dialysis nurse. He has seen a lot, and he understands the pain a diagnosis of life-threatening disease can cause. It can work on both your physical and mental state. So he authored "**An Ounce of Prevention is Worth More Than You can Imagine.**" I asked him to give us some good reasons to have screenings when I interviewed him on POPPOFF. Here are ten that you might want to keep in mind.

1. EARLY DETECTION OF DISEASES. Health screenings can detect diseases before symptoms appear, allowing early intervention and treatment.

2. PREVENTION OF DISEASES. Some screening tests can help prevent the disease they are designed to detect. For example, colonoscopies and Pap smears can identify precancerous abnormalities that can be addressed so they cannot continue to grow and become cancerous

3. IMPROVED OUTCOMES. Early detection and treatment of diseases can lead to better outcomes and improved quality of life.

4. REDUCED HEALTHCARE COSTS. Preventive care screenings can help identify health issues before they become more serious and costly to treat.

5. INCREASED LIFESPAN. Regular health screenings can help people live longer by detecting and treating diseases early on.

6. BETTER MANAGEMENT OF CHRONIC CONDITIONS. Health screenings can help people with chronic conditions manage their health more effectively by detecting changes in their condition early on.

7. IMPROVED QUALITY OF LIFE. Early detection and treatment of diseases can improve quality of life by reducing symptoms and complications.

8. REDUCED RISK OF COMPLICATIONS. Health screenings can help reduce the risk of complications associated with certain diseases, such as heart disease and diabetes.

9. INCREASED AWARENESS. Health screenings can increase awareness about the importance of preventive care and encourage people to adopt healthier lifestyles.

10. PEACE OF MIND. Regular health screenings can provide peace of mind by detecting potential health issues early on, before they become more serious.

Allen advised checking with your doctor to see what you might need and at what stages you need to check things out. I think the problem we all face is we may not want to know. But **Allen** is right. Knowing early can perhaps save our lives. It's painful to deal with getting that diagnosis, but if it can save our lives, it's something we need to heed. You can check out **Allen Daugherty** at www.preventivehealthandsafety.com. His book "**An Ounce of Prevention is Worth More Than You Can Imagine**" is available at all the regular places. Who knows? It might save YOUR life! ★

MPG
WE SUPPORT FIRST RESPONDERS

ORANGEVALE WOMAN'S CLUB

BUNCO NIGHT

Friday • October 6, 2023

Doors open 6 pm • Games begin 7 pm

Orangevale Community Center • 6826 Hazel Ave

\$25 ADVANCE ONLY
CALL/TEXT 916.417.9750 OR 916.849.5261 FOR TICKETS

Join us for a night of fun, desserts, prizes and opportunity baskets! Everyone over the age of 18 is welcome and no experience necessary!

A portion of the proceeds will go back to the Orangevale Community to support our scholarship fund and local school needs.

Senior Health Fair

Resources for The Golden Years

INFORMATION & ENTERTAINMENT
FOR SENIORS, THEIR FAMILIES AND FRIENDS

FREE Parking **FREE Admission**

Saturday, September 23, 2023
10 am to 4 pm

Wyndham Sacramento Hotel Northeast 5321 Date Avenue
Off of Highway 80 at Madison, Sacramento, CA 95841

• FREE EXHIBITS! • FREE ENTERTAINMENT!
• HEALTH SCREENINGS! • SAMPLES & PRIZES!

LOCAL CRIME REPORTS

CRIME SCENE DO NOT CROSS

Find out what's happening in your local area at...

CARMICHAELTIMES.COM

ARREST LOGS UPDATED DAILY

Rock-n-Roll Concert and Classic Car Displays!

• Senior Care • Nutrition & Health Foods • Home & Garden • Sports & Fitness • Anti-aging Programs • Veterans Information • Chiropractors and Massage • Natural Healing • Health & Other Insurance • Investment and Retirement

Great Entertainment & Live Music
Hear old time rock n' roll, cruising songs, surfer songs. It's the music you grew up with!

sponsored by

CITRUS HEIGHTS CALIFORNIA MPG Messenger Publishing Group aetna AGENCY ON AGING AREA 4 Walgreens SMUD

www.SeniorHealthFair.org To Exhibit: 916.910.9499 or info@recoveryforall.net

Legal Advertising Hotline
916-483-2299
Legal Advertising Fax
916-773-2999

LEGAL ADVERTISING

*Carmichael Times Adjudicated For and By the County of Sacramento, Adjudication No. 317294 – February 7, 1984
Rancho Cordova Independent Adjudicated For and By the County of Sacramento, Adjudication No. 195380 – September 18, 1969
Citrus Heights Messenger Adjudicated For and By the County of Sacramento, Adjudication No. 34-2020-00273535 – March 12, 2020
The Rio Linda News Adjudicated For and By the County of Sacramento, Adjudication No. 358073 – March 21, 1988*

Legal Advertising
7144 Fair Oaks Blvd #5
Carmichael, CA 95608

NOTICE OF PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF JANINE L. GRAHAM

CASE NO. 34-2021-00309782

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both, of Janine L. Graham.

A Petition for Probate has been filed by Keri Thomas, in the Superior Court of California, County of Sacramento, requesting Krystina Marston be appointed as personal representative(s) to administer the estate of the decedent.

The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A hearing on the petition will be held in this court as follows October 12, 2023, 1:30 p.m. in Dept 129; Superior Court of California, County of Sacramento, William R. Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may

affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Attorney for Petitioner is: H. Douglas Duncan, 214 W. Lockeford Street Suite 2, Lodi, CA 95240; 209-810-2936
Publish: Sept 22, 29, Oct 6, 2023
GRAHAM 10-6-23

NOTICE OF PETITION TO ADMINISTER ESTATE OF RICHARD OLIN BORAH

CASE NO. 23PR000352

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both, of Richard Olin Borah.

A Petition for Probate has been filed by Jacqueline Marie Borah, in the Superior Court of California, County of Sacramento, requesting Jacqueline Marie Borah be appointed as personal representative(s) to administer the estate of the decedent.

The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A hearing on the petition will be held in this court as follows October 24, 2023, 9:00 a.m. in Dept 129; Superior Court of California, County of Sacramento, William R. Ridgeway Family Relations Courthouse, 3341 Power Inn

Road, Sacramento, CA 95826.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Petitioner is: Jacqueline Marie Borah, 109 Cakebread Circle, Sacramento, CA 95834; 916-658-3747
Publish: Sept 22, 29, Oct 6, 2023
BORAH 10-6-23

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME
FILE NO. FBNF2020-00357

The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of: Lumpia Ko, 156 Lily Bay Circle, Sacramento, CA 95834. Marylissa Cua, 156 Lily Bay Circle, Sacramento, CA 95834.

The Fictitious Business Name Statement was filed on 1/14/2020 in the County of Sacramento.

Filed with the clerk of Sacramento County: 1/14/2020.
Publish: September 1, 8, 15, 22, 2023
LUMPIO 9-22-23

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME
FILE NO. FBNF2022-03969

The following person(s) has/

have abandoned the use of the FICTITIOUS BUSINESS NAME of: Asurion Tech Repair and Solutions, 1537 Howe Avenue Suite 120, Sacramento, CA 95825.

Allstar Tech Solutions, LLC, 19655 East Ivy Lane, Queen Creek, Arizona 85142.

The Fictitious Business Name Statement was filed on 5/23/2022 in the County of Sacramento.

Filed with the clerk of Sacramento County: 5/23/2022.
Publish: September 8, 15, 22, 29, 2023
ASURION 9-29-23

SUMMONS

SUMMONS (FAMILY LAW)

CASE NUMBER (NUMERO DEL CASO): 23FL03475
NOTICE TO RESPONDENT (Name): AVISO AL DEMANDADO (Nombre): Crystal Irene Farinias
YOU HAVE BEEN SUED. Read the information below and on the next page. PETITIONER'S NAME IS: (NOMBRE DEL DEMANDANTE): Ricardo Garcia Vega.

You have 30 CALENDAR DAYS after this Summons and Petition are served on you to file a response (form FL-120) at the court and have a copy served on the petitioner. A letter, phone call or court appearance will not protect you. If you do not file your response on time, the court may make orders affecting your marriage or domestic partnership, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs. For legal advice contact a lawyer immediately. Get help finding a lawyer at the California Courts Online Self-Help Center (www.courts.ca.gov/selfhelp), at the California Legal Services website (www.lawhelpca.org) or by contacting your local county bar association.

usted tiene 30 DÍAS CALENDARIO después de que se le presente esta Citación y Petición para presentar una respuesta (formulario FL-120) en el tribunal y tener una copia notificada al peticionario. Una carta, llamada telefónica o comparecencia ante el tribunal no lo protegerá. Si no presenta su respuesta a tiempo, el tribunal puede hacer órdenes que afecten su matrimonio o pareja de hecho, sus bienes y la custodia de sus hijos. Es posible que se le ordene pagar la manutención y los honorarios y costos de los abogados. Para obtener asesoramiento legal, póngase en contacto con un abogado de inmediato. Obtenga ayuda para encontrar un abogado en el Centro de Autoayuda en Línea de los Tribunales de California (www.courts.ca.gov/selfhelp), en el sitio web de Servicios Legales de California (www.lawhelpca.org) o comunicándose con el colegio de abogados de su condado local.

NOTICE: RESTRAINING ORDERS ARE ON PAGE 2: These restraining orders are effective against both spouse or domestic partners until the petition is dismissed, a judgment is entered or the court makes further orders. They are enforceable anywhere in California by any law enforcement officer who has received or seen a copy of them.

AVISO: LAS ÓRDENES DE RESTRICCIÓN ESTÁN EN LA PÁGINA 2: Estas órdenes de restricción son efectivas contra ambos cónyuges o parejas domésticas hasta que se desestime la petición, se dicte una sentencia o el tribunal dicte más órdenes. Son exigibles en cualquier lugar de California por cualquier oficial de la ley que haya recibido o visto una copia de ellos.

FEE WAIVER: If you cannot pay the filing fee, ask the clerk for a fee waiver form. The court may order you to pay back all or part of the fees and costs that the court waived for you or the other party.

EXENCIÓN DE TARIFAS: Si no puede pagar la tarifa de presentación, pídale al secretario un formulario de exención de tarifas. El tribunal puede ordenarle que devuelva la totalidad o parte de los honorarios y costos que el tribunal renunció para usted o la otra parte.

The name and address of the court are: (El nombre y dirección de la corte es): Sacramento Superior Court, 3341 Power Inn Road, Sacramento, CA 95826.

The name, address and telephone number of the petitioner's attorney, or the petitioner without an attorney are: (El nombre, dirección y número de teléfono del abogado del peticionario, o del peticionario sin abogado es:) Ricardo Garcia Vega, 7474 Winkley Way, Sacramento, CA 95822; 916-969-0546
Date: (Fecha) 7-26-2023
Clerk, by (Secretario, por) R. Ruiz, Deputy (Asistente)
Publish: Sept 15, 22, 29, Oct 6, 2023
RICARDO 10-6-23

jas domésticas hasta que se desestime la petición, se dicte una sentencia o el tribunal dicte más órdenes. Son exigibles en cualquier lugar de California por cualquier oficial de la ley que haya recibido o visto una copia de ellos.

FEE WAIVER: If you cannot pay the filing fee, ask the clerk for a fee waiver form. The court may order you to pay back all or part of the fees and costs that the court waived for you or the other party.

EXENCIÓN DE TARIFAS: Si no puede pagar la tarifa de presentación, pídale al secretario un formulario de exención de tarifas. El tribunal puede ordenarle que devuelva la totalidad o parte de los honorarios y costos que el tribunal renunció para usted o la otra parte.

The name and address of the court are: (El nombre y dirección de la corte es): Sacramento Superior Court, 3341 Power Inn Road, Sacramento, CA 95826.

The name, address and telephone number of the petitioner's attorney, or the petitioner without an attorney are: (El nombre, dirección y número de teléfono del abogado del peticionario, o del peticionario sin abogado es:) Ricardo Garcia Vega, 7474 Winkley Way, Sacramento, CA 95822; 916-969-0546
Date: (Fecha) 7-26-2023
Clerk, by (Secretario, por) R. Ruiz, Deputy (Asistente)
Publish: Sept 15, 22, 29, Oct 6, 2023
RICARDO 10-6-23



NOTICE OF PUBLIC LIEN SALE SELF STORAGE AUCTION

Notice is hereby given that the undersigned intends to sell the personal property described below to enforce a lien imposed on said property pursuant to the California Storage Act (Sections 21700-21716 of the Business & Professions Code.)

ARMOR MINI STORAGE: Property is located at 5714 Auburn Blvd., Sacramento, CA 95841. The auction will be conducted entirely online at: <https://bid13.com/> Auctioneer: Bid13.com 1-844-348-2776; agent for Owner. Contents for the following lien units will be sold:

Tenant unit number and name

B037 Stacy Guzman, H058 Holly Moore, F001 Barbara A Stahlbaum
Pictures of the contents of the storage space can be seen online. Bids must be entered online beginning, Tuesday **September 26th, 2023 at 9am and ending Thursday September 28th 2023 at 9am PST.** Payment must be made at the time of purchase. All items in the unit are sold **as is** and must be removed within three days of the time of sale. Sale is subject to cancellation in the event of settlement between owner and obligated party.

Carmichael Times 9-15 and 9-22-2023

CarmichaelTimes.com

GRACE BAPTIST CHURCH

Come and Experience God's Amazing Grace

Come grow with us at Grace Baptist Church where the Old Time Gospel Message is still preached and God-Honoring music is still sung. Grace Baptist still stands on the Principles, Doctrines and Separation, found and taught in The Bible.

SERVICE SCHEDULES

Sunday Schools (All Ages)... 9:45 am
Sunday Worship..... 11:00 am
Sunday Evening..... 6:00 pm
Wednesday Evening..... 7:00 pm

6724 Palm Avenue, Fair Oaks, CA 95628
(Located one block South of Madison; just East of Dewey)

PASTOR CHARLES CARTER

CALL FOR MORE INFORMATION (916) 967-3915 WWW.GBCFAIROAKS.NET



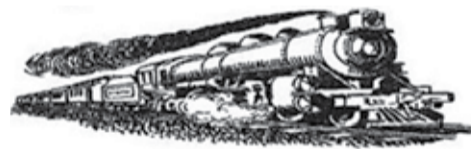
Toy Train Operating Society
Sacramento Valley Division presents

THE RIVER CITY TOY TRAIN SHOW

Saturday, September 30, 2023 10 am to 3 pm

Carmichael Elks Lodge

5631 Cypress Avenue - Carmichael, CA 95608



Toy Trains, Accessories, Parts & Supplies
Buy, Sell or Trade • Operating Train layouts

Drawing for Kids with Paid Adult
Must be present to win

FREE PARKING • ADMISSION \$10.00 (Cash)
Children 12 and under Free with Paid Adult

Info: Bryan Stanton - 916-838-0095 - brsta@comcast.net

The Chamber is

connection.

The Chamber excels at bringing together leaders & influencers from throughout the community to build the teams that make things happen.

Build strong business relationships at www.CarmichaelChamber.com



Publisher,
Paul V. Scholl

Carmichael Times is a member of Messenger Publishing Group

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Publisher@mpg8.com.

Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at (916) 773-1111.

Carmichael Times

Serving Carmichael and Sacramento County since 1981

It is the intent of the Carmichael Times to strive for an objective point of view in the reporting of news and events. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

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

Subscriptions should be mailed to Carmichael Times, 7144 Fair Oaks Blvd. Suite 5, Carmichael, CA 95608. Subscription rate is \$52 per year within Carmichael, \$62 within Sacramento County.

The Carmichael Times is published weekly. Call (916) 773-1111 for more information.

We are proud members of these newspaper associations.



Compromise Settles Dispute Over Status Of Franchises In Fast Food Industry



By Dan Walters, CALMatters.org

In some ways, the most interesting — and perhaps most significant — event of the 2023 legislative session's closing days was a compromise agreement on state oversight of the fast food industry.

Last year, unions pushed through legislation that would have created a new state commission to set wages and working conditions in the industry.

Inferentially, the legislation set aside the industry's franchise system and treated local outlets of as merely branches of their corporate franchisors.

While the wage increases that would have resulted garnered most of the media attention, erosion of the franchise model was most worrisome aspect to the fast-food corporations and their franchisees.

Immediately, big guns in the industry pledged tens of millions of dollars for a campaign to challenge the legislation via a referendum that qualified to go before voters in 2024.

The Legislature's response was entertaining another bill that would have doubled down on attacking the franchise model by making corporate franchisors legally responsible for labor law violations in their franchisees' fast-food outlets.

With the outcome of the referendum election in doubt, the long-warring factions began negotiating and last week a bargain was struck.

The 2022 legislation would be repealed, the 2023 legislation would be scuttled and a substitute for both would retain the fast-food council, but alter its membership slightly, limit its authority to set wages and working conditions, provide a new \$20 per hour minimum wage for fast food workers, prohibit local efforts to affect wages, and remove threats to the franchise model.

Like all legislative compromises, this one, written into Assembly Bill 1228, had something for everyone but didn't give every stakeholder everything it wanted.

"For the last decade, fast-food cooks, cashiers and baristas in California have been sounding the alarm on the poverty pay and unsafe working conditions plaguing our industry," Ingrid Vilorio, a fast-food union leader, said in a statement. "We have always known that to solve these problems, we need a seat at the table with our employers and the power to help shape better rules across our industry."

"It provides meaningful wage increases for workers, while at the same time eliminates more significant — and potentially existential — threats, costs, and regulatory burdens targeting local restaurants in California," International Franchise Association CEO Matt Haller said in a statement.

Haller's statement hints that on balance, it appears that given the

circumstances, the fast-food industry's big players, such as McDonald's, came out ahead, although their franchisees will feel whatever financial pinch ensues.

The \$20 minimum wage is only slightly over what, on average, fast food workers are being paid now, the industry having boosted wages sharply in the last few years in an effort to fully staff the outlets. Current California fast food wages average \$19 an hour.

More significantly, the agreement protects the franchise system's assumption that the operators of fast-food outlets are independent businesspersons who invest their money and are fundamentally responsible for hiring, training, paying and sometimes firing their workers.

Had state regulation of fast-food wages and working conditions survived as originally proposed, with franchisees indirectly considered to be merely branch managers rather than entrepreneurs, it could have undermined franchising in other consumer industries.

Union leaders much prefer to deal with large scale sectors rather than individual employers in both organizing workers and negotiating contracts. The recently ratified labor contract affecting every West Coast port is an example of sector-wide negotiations, as is the current standoff over a new auto industry contract.

Cracking the fast-food franchise system would have been a big step in that direction.

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

Social Security Matters

Will Opening a Joint Account Affect My Disabled Father's "SSI?"



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: I live in Michigan and my senior disabled father lives in rural Kentucky. His income is part Social Security and part disability. I talked to a local credit union near his home and explained I would like to open a joint account. They said as long as he comes in with his ID it's possible. My question is - will adding money to our joint account affect his SSI and disability?

Signed: Caring Daughter

Dear Caring Daughter: First, I need to clarify that there are two types of disability programs administered by the Social Security Administration — Social Security Disability Insurance (SSDI), and Supplemental Security Income (SSI). The acronym "SSI" normally refers to "Supplemental Security Income" which is a benefit for disabled senior adults (and children) who have very little income and very few assets. "SSI" is not Social Security income; rather it is a general benefit program jointly administered by the Social

Security Administration and the State in which your father lives. In contrast, Social Security Disability (SSDI) benefits are earned from working and are not affected by the recipient's assets, as are "SSI" benefits.

From what you've written, I assume that your father may have a small Social Security retirement benefit (because he has reached his full retirement age and SSDI isn't available after full retirement age), and he is also receiving Supplemental Security Income (SSI) disability benefits. If this is the case, although your father's Social Security retirement benefit would not be affected by opening a joint account at the credit union, his Supplemental Security Income (SSI) disability benefit likely will be. As co-owner of the joint account your assets would count towards your father's "SSI" asset limit, and your assets, as well as any "in kind" assistance you otherwise provide, would likely put your father over the SSI income/asset eligibility limit and result in his SSI benefits being terminated.

So, although the credit union may be willing to open a joint account for you and your father, I'm afraid that would result in your father losing his SSI (Supplemental Security Income) benefits, leaving him with only his small Social Security retirement benefit. You may wish to review the SSI

eligibility information at this link: www.ssa.gov/ssi/eligibility or you could contact the Social Security Administration and ask to speak with someone experienced with Supplemental Security Income matters. For clarity, "SSI" assistance is jointly administered by the Social Security Administration and each State's Human Services department, and assistance available varies somewhat depending on the recipient's state of residence. Thus, since your father lives in Kentucky, you might also contact that state's human services agency to discuss your options for providing remote assistance to your father without jeopardizing his Supplemental Security Income (SSI) benefit: www.chfs.ky.gov/Pages/contact.aspx.

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

CALL A PRO BUSINESS DIRECTORY

SLS Superior Landscape Services
Landscaping and Maintenance

- Sprinkler Repair/Install • Pruning
- Mowing/Trimming • Fertilizing

Insured Lic#794551

(916) 728-5812 • Cell (916) 761-0999
Dave Cochran Owner • dave_SLS@surewest.net

A-1 AFFORDABLE ROOFING SERVICES, INC

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

John Fleenor, Contractor
1741 L Street, Rio Linda, CA 95673

Cell: (916) 206-1613
Contractor Lic. #1064966

GREENWAY TREE SERVICE

Specializing in Expert Tree Pruning, Tree Removal & Stump Grinding

Free Estimates
Competative Prices
Licensed and Insured

(916) 224-9750

TD SNELL CONSTRUCTION
GENERAL BUILDING CONTRACTOR

Concrete, Foundation, Flatwork, Rough Framing
Residential and Commercial Remodel and New Construction
Tiny Houses, ADU Homes

Tom Snell
Cell 916-432-9380 | Office 916-991-1932 | tom.snell@sbcglobal.net

DRAINS ONLY
THE DRAIN & SEWER CLEANING CO.

Charles Mitchell
916-868-5771
CMJR6348@GMAIL.COM
4 Picket Ct. Sacramento, CA 95823
SPB12018-00953

Rio Linda Eye Care

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

Dr. William Fleischmann
(916) 991-8444

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

All American Pro Construction
Family-owned & operated.
We offer Veterans & Senior Discounts
Great Craftsmanship & Customer Service
Specializing in Kitchen & Bath Remodels, plus Much More
BIG or SMALL, We Do It All. Give Us a Call.
916-504-0188

CSLB# 1089369, Licensed, Bonded & Insured

Just Send It Postal

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

NOTARY * PRINTING * SHREDDING

RETIRED COUPLE
HAS \$1MIL TO LEND ON CA. REAL ESTATE*

V.I.P. TRUST DEED COMPANY
Buys T.D.s and Buys/Lends on Partial Interests

OVER 40 YEARS OF FAST FUNDING
Principal (818) 248-0000 Broker
WWW.VIPLoan.COM *Sufficient equity required - no consumer loans

Real Estate License #01041073 CA Department of Real Estate, NMLS #339217
Private Party loans generally have higher interest rates, points & fees than conventional discount loans

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

FREE PAYROLL PROCESSING FOR ONE MONTH IF YOU CALL NOW!

Pinnacle EMPLOYEE SERVICES
916-760-7227
www.pinnaclehr.com

AFFORDABLE TRENCHLESS & PIPE LINING

Install a Water/Electric line under your existing driveway!

SEWER PROBLEMS? WATCH OUR VIDEO.
www.ydig.com

We're #1 in the #2 business
Off (916) 488-1215 Lic #754886

TRACTOR SERVICE

- Mowing • Rototilling
- Discing • Scraper/Loader

Call
(916) 991-8431

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

CHPH 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 ★

Local Classifieds Advertise in your local community newspaper Call 916-773-1111

Announcement

Prepare for power outages today with a GENERAC home standby generator. \$0 Money Down + Low Monthly Payment Options. Request a FREE Quote - Call now before the next power outage: 1-844-439-5645 (Cal-SCAN)

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-855-424-7581 (Cal-SCAN)

NEW AUTHORS WANTED! Page Publishing will help you self-publish your own book. FREE author submission kit! Limited offer! Why wait? Call now: 1-855-667-0380 (Cal-SCAN)

Autos Wanted

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

Donating your vehicle? Get more! Free Towing, Tax Deductible. Plus a \$200 restaurant voucher and a 2-night/3-day hotel stay at one of 50 locations. Call Heritage for the Blind to donate your vehicle today. CALL 1-844-491-2884 (Cal-SCAN)

GOT AN UNWANTED CAR?? Your car donation to Patriotic Hearts helps veterans find work or start their own business. Fast free pick. Running or not! Call 24/7: 1-877-529-0495. (Cal-SCAN)

Tiene un vehiculo no deseado? Donelo a Patriotic Hearts! Recogida rápida y gratuita en los 50 estados. Patriotic Hearts ofrece programas para ayudar a los veteranos a encontrar trabajo o iniciar su propio negocio. Llama ahora: 1-844-244-5441 (24/7)(Cal-SCAN)

WANTED! Old Porsche 356/911/912 for restoration by hobbyist 1948-1998 Only. Any condition. Top \$ paid! PLEASE LEAVE MESSAGE 1-707-339-5994. Email: Porscherestoration@yahoo.com (Cal-SCAN/21724)

Business Opportunity

Ambitious/Energetic individual to manage growing internet business, this area. Training provided. eXciting! fUn!! No risk!!! Please contact John - Txt: 916 517 8005 or Email: jandre100@yahoo.com for more information 9/29/23

Advertising Works!

GOT LOCAL NEWS?
Call
(916) 773- 1111

Computer Service

Zinsky's
PC Configurations
"Don't replace it - REPAIR IT!"
Custom Desktop Computer Configurations
• PC Repair • Home Wireless Networking
• Installations • Virus & Spyware Eradication
Alan Zinsky
Phone: 916-622-2269
Zconfig@zglobal.net
Bus. Lic. # 305312 • B. E. A. R. Reg. #84614
www.zinskyspcrepair.com

Fitness/Yoga

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

Financial

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

For Sale

'V-8 (Cadillac Engine) in 1995 Oldsmobile Aurora. 64,000 original miles. Must take whole car. Transmission is no good. \$500 or best offer. Call 530-742-9144 and leave message. (TFN)

'84 Corvette, 88,000 miles, engine is extremely strong, 4 speed tranny, get's up and goes. Interior needs work. Primered. First \$2,500 drives it away. 530-742-9144 leave message. (TFN)



Mobility Scooter For Sale
Brand New. Never Used and is in good working condition. It comes with powercord, battery, keys, booklet. If interested call Nikki at 916-613-3950. Will offer lower price depending on each person case. Price is \$750!

For Sale

Auctioning off 1964 Biltmore Mobile Home. October 7, 2023 11 AM. 10x40 ft. View at Skylark Mobile Home Park. 3205 W. Capitol Ave #14 West Sacramento Ca 95691 Starting bid \$5,000 (916) 873-3193 (10/6/23)

Hall Rentals

VFW Post 6158

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

Health/Wellness

JOIN FOR FREE - NO KITS OR QUOTES & FREE WEBSITE. CTFO (Changing The Future Outcome) Has the best CBD oil available. Products for health, beauty, weight or hair loss and even for your pets. Check out these products: canderson.myctfo.com (TFN)

Stroke and Cardiovascular disease are leading causes of death, according to the American Heart Association. Screenings can provide peace of mind or early detection! Contact Life Line Screening to schedule your screening. Special offer - 5 screenings for just \$149. Call 1-888-892-5598 (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)

Internet

FREE high speed internet for those that qualify. Government program for recipients of select programs incl. Medicaid, SNAP, Housing Assistance, WIC, Veterans Pension, Survivor Benefits, Lifeline, Tribal. 15 GB internet service. Bonus offer: Android tablet FREE with one-time \$20 copay. Free shipping & handling. Call Maxsip Telecom today! 1-855-480-0769 (Cal-SCAN)

Home Remodel

Jacuzzi Bath Remodel can install a new, custom bath or shower in as little as one day. For a limited time, we're waiving all installation costs! (Additional terms apply. Subject to change and vary by dealer. Offer ends 9/30/23) Call 1-833-985-4766 (Cal-SCAN)

Home Remodel

Safe Step. North America's #1 Walk-In Tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our FREE shower package and \$1600 Off for a limited time! Call today! Financing available. Call Safe Step 1- 888-989-5749 (Cal-SCAN)

Job Opportunities

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

Landscaping

CREATE YOUR PARADISE

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

YARD SERVICE

ONE-TIME CLEANUP
Mow, Weed, Prune & Haul
NEED: Landscaping bark?
Gutters cleaned?
Light fence work?
CALL 916/205-9310
or 916/627-9000/

Miscellaneous

DID YOU KNOW Newspaper-generated content is so valuable it's taken and repeated, condensed, broadcast, tweeted, discussed, posted, copied, edited, and emailed countless times throughout the day by others? Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email cecilia@cnpa.com (Cal-SCAN)



Miscellaneous

The difference in winning and losing market share is how businesses use their advertising dollars. CNPA's Advertising Services' power to connect to nearly 13 million of the state's readers who are an engaged audience, makes our services an indispensable marketing solution. For more info call Cecelia @ (916) 288-6011 or cecilia@cnpa.com

Music Lessons

Guitar Lessons
Beginner to Advanced . \$20/ half-hour; \$30 full hour. 916-507-6658, freddiebbalbert@gmail.com (12/30/23)

Pets/Animals

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

Real Estate

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

Roofing

BERNARDINO ROOFING
Reroofs, Repairs, Maintenance, Dryrot, Gutters, Family Operated. BBB MEMBER!
FREE ESTIMATES
SENIOR DISCOUNTS
Lic.#817945 43 Years Experience
916.920.0100
www.bernardinoroofing.com

Tree Service

BP TREE SERVICES LLC.

TREE & STUMP REMOVAL
TREE TRIMMING/ SHAPING
FREE ESTIMATE
10% OFF WITH THIS AD
Insured. Workman's comp. Arborist
916-722-6321
BPTreeServices.com
VISA / MASTER CARD
California Contractors Lic #1036031

Visit:
mpg8.com

My wife laughed when I wanted to be a CEO, But when I took the company public?

- Can't Get That Right Job?
- Is Age A Problem?
- Have You Been Downsized?
- Want To Change Industries?
- Do You Find Sending Resumes To Job Boards Unproductive?
- Are You Reaching The Unpublished Market?
- Would You Be Open To Remote or Hybrid Work?
- Are You Getting The Compensation That You Deserve?

Executives: FREE Resume Evaluation and Free Position Evaluation and Guidance

Next Level 646 219-0000
Resume to vpcareers20@gmail.com

Take the Smell Test Challenge
A free scratch-and-sniff test can help researchers learn more about brain health.
Request your test at mysmelltest.org/news or scan the QR code.

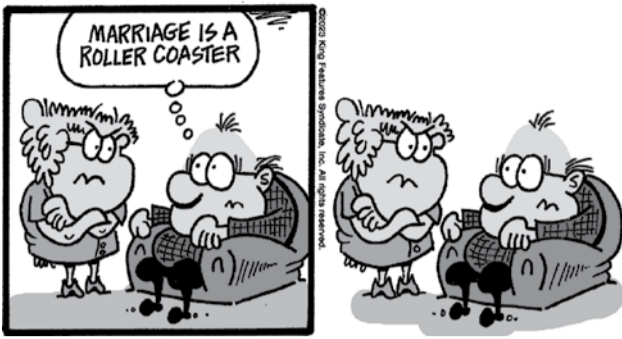
RETIRED COUPLE
HAS \$1MIL TO LEND ON CA. REAL ESTATE*
V.I.P. TRUST DEED COMPANY
Buys T.D.s and Buys/Lends on Partial Interests
OVER 40 YEARS OF FAST FUNDING
Principal **(818) 248-0000** Broker
WWW.VIPLoan.com *Sufficient equity required - no consumer loans
Real Estate License #01041073 CA Department of Real Estate, NMLS #339217
Private Party loans generally have higher interest rates, points & fees than conventional discount loans

We Support Our Military

**To Advertise
Call 16.773.1111**

COMICS & PUZZLES

The Spats



by Jeff Pickering



Amber Waves



by Dave T. Phipps

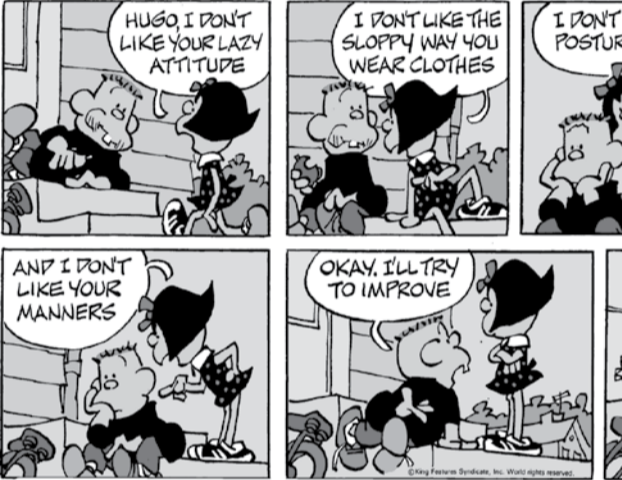


Out on a Limb

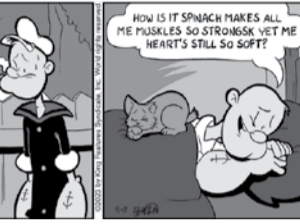
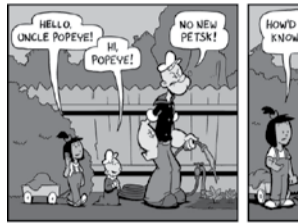


by Gary Kopervas

TIGER



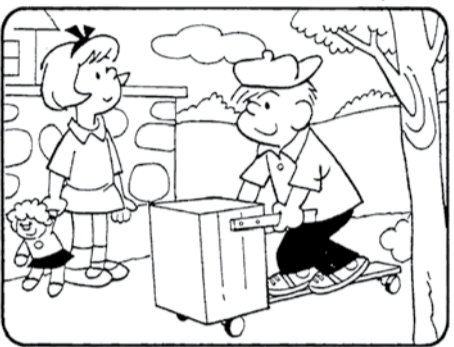
by BUD BLAKE



HOCUS-FOCUS

BY HENRY BOLTIHOFF

Find at least six differences in details between panels.



GRIN & BEAR IT



Just Like Cats & Dogs

by Dave T. Phipps



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

STATEPOINT CROSSWORD • WORLD SERIES

- CLUES**
- ACROSS**
- In the middle of
 - "... the Beloved Country"
 - Start of "The Night Before Christmas"
 - Anoint
 - "... three strikes, ...re out, at the old ball game"
 - Capital of Egypt
 - *Yanees owner, George ___ brenner
 - Mandela's org.
 - Back street
 - *Walk-off move (2 words)
 - *One of MLB countries
 - Start an engine
 - Salvador Dali's muse
 - Old French coin
 - Select
 - Pass, as time
 - Antonym of is
 - Rumpelstiltskin's weaver
 - Virgo's brightest star
 - Snack, in Spain
 - Rose oil
 - *Yogi Berra - 295 PA, e.g.
 - *Player's representative
 - Eyelid affliction
 - Shade of beige
 - *a.k.a. Mr. October
 - Small island
 - In the know
 - Part of armor
 - Octopus' defense
 - *Last year's World Series winners
 - *Ronald Acu a Jr.'s home base
 - Indian monetary unit
 - Sun, in Mexico
 - ___ Asimov
 - Artemis' companion
 - E.T.'s craft, acr.
 - Shelf material
 - Cry like a baby
 - Young newt
 - Shermans, in World War II
- DOWN**
- It starred Alan Alda from 1972-1983
 - Digging, so to speak
 - Think
 - More like a fox
 - Madagascar's hedgehog-like animal
 - Printer cartridge color
 - *Guidry, Cey or Gardenhire
 - New Mexico's state flower
 - Samoan money
 - * ___ card
 - Length times width
 - Tofu ingredient
 - Lock sites
 - Soft palate hanger
 - Kind of beer
 - Speech organ
 - Fretted instrument
 26. a.k.a. People of the Middle Waters
 - Remove pegs
 - Auction portions
 - Cathedral recess
 - * ___ clock
 - Close call
 - Relish (2 words)
 - NASA's orange drink

CROSSWORD

1	2	3	4	5		6	7	8		9	10	11	12					
13						14				15								
16						17				18								
19						20				21	22							
						23				24								
25	26	27				28				30	31	32	33	34				
35						36				38								
40										42			43					
44						45				46				47				
48						49				50			51		52			
										53			54		55	56		
						57	58	59					60			61	62	63
64										65	66				67			
68										69					70			
71										72					73			

Classified Advertising

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

MPG

916.773.1111

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

SWITCH & GET \$25

Off First Month of New Service!
USE PROMO CODE: GZ590

Consumer Cellular

CALL CONSUMER CELLULAR 888-804-0913

© 2023 Consumer Cellular Inc. For promo details please call 888-804-0913

SUDOKU

Call today and receive a **FREE SHOWER PACKAGE PLUS \$1600 OFF**

SAFE STEP WALK-IN TUB 1-855-576-5653

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

© StatePoint Media

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!

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

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

Forming a Pathway for All

By Tamara Warta

FAIR OAKS, CA (MPG) - All parents watch their children grow and have hopes and dreams for their future, but when your child struggles with a physical or intellectual disability, those ambitions can be clouded by worry and the reality of the lack of opportunities that may be available to them. But Kim Christensen is one example of those parents who jump in to positively navigate the journey.

Christensen founded Pathways to Employment in 2017 after realizing there wasn't any programming in the area for her special needs daughter. Located in Fair Oaks, the organization was created after Christensen and other parents banded together knowing a difference needed to be made. Alta Regional, our area's local center out of the 21 located throughout California, is the largest in the state and severely impacted. Christensen also noted there aren't a lot of services for adults with the most challenging of developmental disabilities.

"The reimbursement rates are pretty low, so all of these programs have wait lists and they aren't incentivized to take those with severe needs."

After having experiences where a one-on-one aide was necessary for her daughter, she knew that Alta's format, which typically maintain a 1:3 ratio would not work out well for their family.

"We thought, 'even if she gets in off of the wait list that is years long,'" Christensen recounted, 'she is going to get kicked out in a week or



Pathways for Employment clients work the group's coffee cart on Thursday mornings. Photo courtesy of Wendy Keedy.

two'."

Today, Pathways to Employment offers a variety of classes for special needs adults, as well as employment opportunities including an onsite coffee cart and also offsite pop up vendor events. In earlier days, they used a classroom at Christensen's daughter's school. After the regional center told them it was too restrictive and they would need to lease a formal space in the community instead, hope seemed to dim since they had only \$1500 in the bank.

"We ended up getting a fantastic offer [in Fair Oaks] to rent some space for a facility," Christensen said, "but financially it is still difficult because we aren't vendorized yet. We try to keep our costs low because most parents are paying privately."

At Pathways to Employment, only the instructors are paid. Working

off of a shoestring budget, Christensen herself has never taken a salary despite being the founder and director for the past six years. The group finds their growth mostly via word-of-mouth and social media posts, but they would love for more exposure.

"We just have a really diverse set of clients. We don't turn anyone away, and we can't afford to hire support staff for our instructors," Christensen responded when asked what the biggest challenge is about the group. "We require the parents to stay onsite for assistance for behavior and communication issues. We are promoting independence and that's challenging when parents are in the same room. It would be nice to hire permanent staff to act as an aide to the instructors."

Since acquiring their facility, Pathways to Employment's

once-per-week social skills group has expanded to various classes offered five days a week. Their current instructors teach social skills, mindful movement, art, physical fitness, and other such offerings throughout the year. Their core group ranges from 15-30 clients, with the desire to take more once their vendorization process is complete and more funds can be raised.

If you're a coffee drinker local to Fair Oaks, consider passing up Starbucks on Thursday mornings and heading over to their offices at 9813 Fair Oaks Blvd instead, where current clients are learning skills while brewing up some great drinks.

"Anyone can come out and buy a cup of coffee on Thursday mornings. That is a great way to support our program," says Christensen. "We usually have 3 or 4

clients that would like to volunteer, but there isn't a lot of foot traffic where we are located."

Pathways to Employment clients have also worked pop up stands at soccer games, and sometimes share handcrafted items like water color painted thank you cards at the Fair Oaks Farmers Market. They will also be at the Orangevale Bow Wow Day on September 23 from 9am-1pm. At the end of the day, the ultimate goal is to help these young adults gain the independence they rightly deserve.

"They all have so much anxiety. Everyone is pretty scared to work the pop up stands," Christensen said in regards to her clients who participate in the handicraft sales for the first time, "But people will start asking what they made and it builds their confidence."

The group is also holding

a concert fundraiser on October 8, 4-6pm at their offices, featuring the band Civic Escape. Tickets will be available at the door, and there will be a food truck and drinks available for purchase at this family-friendly event.

Christensen's daughter is now 24 years old, and optional programs like Pathways to Employment have made a big difference in her life.

"For our clients, there is a federal push to get them out into the community. But even though she's in the community, no one is inviting her out to lunch or to parties. [Pathways to Employment] is where she makes her social connections."

Unlike traditional day programs, Pathways to Employment charges for classes by the hour. This allows their clients to work a job if they are able to, and still participate and socialize at the offices. State funding is also evolving. There is now a self-determination program, where special needs families receive a budget to spend on what they wish. This provides autonomy a disabled individual wouldn't have had a decade ago. Christensen's daughter can hire care staff, but also take horseback riding lessons and go volunteer at the SPCA. The quality of life is higher.

"People with disabilities used to not have a choice as to what their life would look like," Christensen reflects, "That has really changed in the past 4 or 5 years."

You can learn more about Pathways to Employment by visiting their website: pathwaystoemploymentgb.org. ★

INDOOR PICKLEBALL

Come join us at the La Sierra Community Center for indoor pickleball. Our Johnson Gym has 5 indoor courts for drop-in play.

DAYS AND TIMES:

- Starting November 29th
- Tuesdays and Thursdays from 9:00 a.m. - 12:00 p.m.

LOCATION:

- La Sierra Community Center (5325 Engle Rd)
- Johnson Gymnasium

FEES:

- \$5 for a day pass or \$40 for a 10-day punch card
- Purchase passes/punch cards at the La Sierra Community Center Recreation Office (5325 Engle Rd, Suite 100)



6608 Stanley Avenue, Carmichael, CA 95608 | Offered at \$1,699,000



Custom designed & built in 2019, this stunning residence is nestled on a large private lot in Carmichael! Open-concept single-story floor plan w/ 3 bedrooms, 2.5 baths, plus a versatile office/possible fourth bedroom. Great room w/ kitchen/family combo boasts vaulted ceilings, a double-sided stone fireplace, & dual sets of French doors that open up to your own private oasis. Chef's kitchen is appointed w/ quartzite countertops, high-end stainless steel appliances, 2 farmhouse sinks, island w/ bar seating & much more! Bar area w/ wine fridge & formal dining & living rooms. The master retreat boasts 2 huge walk-in closets, his-&-her sinks, soaking tub & curbless shower. Entertain outdoors w/ 400 sq. ft. of covered outdoor living, outdoor kitchen, fireplace, sprawling green lawn, & sparkling pool/spa w/ a waterfall feature. Whole house fan, indoor laundry room, huge 3-car garage, basement suitable for a wine cellar, & mudroom. In-ground utilities in place for ADU. Minutes away from Ancil Hoffman Park, The American River, fabulous shops & restaurants!



3988 Orval Way, Carmichael | \$739,000



3739 Orangerie Way, Carmichael | \$599,900

Fantastic Opportunity for multi-generational housing or an investment property that will cash flow! This spacious 2,500 square foot house has 4 bedrooms and 3 full baths. This home has a separate living room, family room, and huge sunroom. The kitchen/dining combo offers plenty of storage space. Attached with a separate entrance is a 2 bedroom and one bath home. Each home has its own 2-car garage and backyard. Zoned Rd-10, it is possible to convert this home into a triplex. Great location with convenient access to freeways. Don't miss this opportunity!

This 3 bedroom and 2 bath home is tucked away in the heart of Carmichael. Updated kitchen with granite countertops, recessed lighting, & a kitchen island! The open dining and living room has built-in glass shelving with paneled doors & an 18-foot entertainment center. Recently installed luxury vinyl flooring, & newer HVAC system. The large pool was resurfaced in 2019 with lava rock & a cascading waterfall feature. A stand-alone hot tub, 3 slides, and a diving board are surrounded by covered patios & greenery. Long driveway with partial covering, cement pad for RV storage, & 2-car garage.



8178 Sundance Drive, Orangevale | \$585,000



4400 E Nichols Avenue, Sacramento | \$397,000

This charming home is tucked away in a fantastic neighborhood in Orangevale. Step inside to a bright and airy floor plan with 4 bedrooms, 2.5 baths, and spacious living areas. The living/dining combo has vaulted ceilings and great natural lighting. The family room opens up to the private backyard and features a wood-burning fireplace. The updated kitchen is appointed with granite countertops and has plenty of storage space. The roomy master features vaulted ceilings and a step-in shower. Enjoy those long summer days ahead in the backyard with a sparkling pool, spa, and pergola.

This charming 2 bedroom and 1 bath house has it all! A private European courtyard and well-landscaped front yard add to this home's great curb appeal. The dreamy kitchen features granite countertops, newer white cabinets, and a gas cooktop stove. The dining/living room combo offers great natural lighting with expansive dual pane windows. Enjoy spacious bedrooms and a newly remodeled bathroom. Newer laminate flooring throughout and an indoor laundry room. The large backyard with a tool shed and RV access provides ample space for a potential ADU!

Craig Diez
 Craig@DiezandSiggProperties.com
 CalRE #01019930
 916.425.5884
 Realtor®/Owner **CraigDiezProperties.com**



Awarded
 2017 2019
 2018 2021
 2022

The accuracy of all information contained herein regardless of source including, but not limited to square footage and lot size, is deemed reliable but is not guaranteed by RE/MAX Gold and should be independently verified by the appropriate professionals. Source: MetroList. CA DRE 01215931.

DiezandSiggProperties.com | [/DiezandSiggProperties](https://www.facebook.com/DiezandSiggProperties) | [/DiezandSiggProperties](https://www.instagram.com/DiezandSiggProperties)

Protect and Heal your whole family with Affordable Chiropractic Memberships

All-inclusive monthly memberships from \$35-\$55 per visit. CALL or TEXT us today!



- Affordable memberships - plan for your health
- All inclusive - services and therapies
- Relieves pain from head/back/neck/sciatica
- Improves mobility, maintains flexibility
- Family owned and operated
- 20+ years experience serving the community

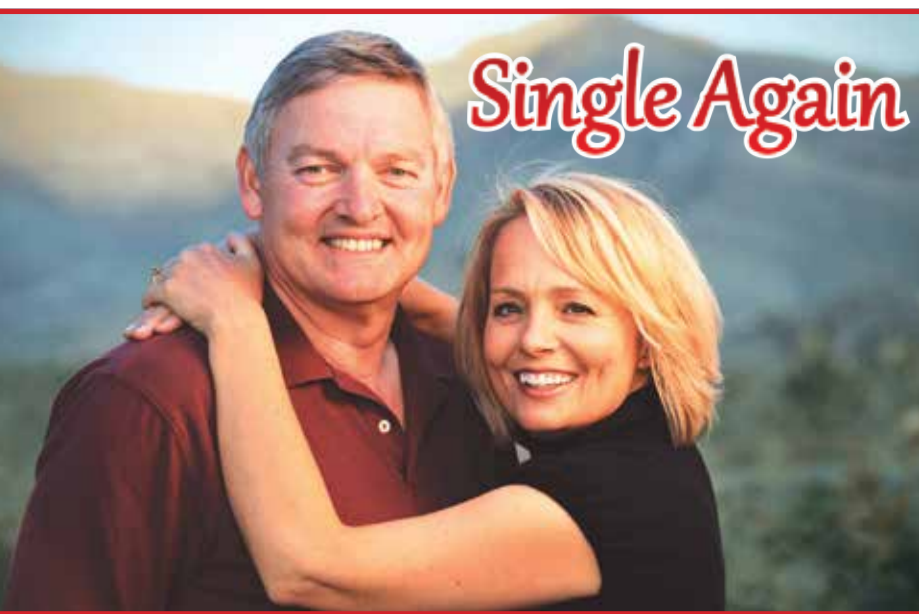
AMERICAN RIVER CHIROPRACTIC

2280 Vehicle Drive, Suite 110 Rancho Cordova, CA 95670

916-776-6362

americanriverchiropractic.com

CALL or TEXT today!



Single Again

Make the rest of your life the best of your life!

Are You Single Again?

SingleAgain.com is a website dedicated to helping people put their lives back together again after divorce, separation or the loss of their spouse.

Finding yourself single after years of being in a relationship can add a different kind of unknown stress to your daily life.

We provide articles and information from many sources to help you put all the pieces together so you can live a healthy and loving new life. When you first visit the website, be sure to make us one of your favorites. We publish many articles to help you along your new journey.



- Dating & Relationships
- Counseling & Advice
- Money & Finances
- Health
- Fashion & Beauty
- Consumer News
- Food & Recipes
- Travel
- Lifestyle
- Parenting

Visit SingleAgain.com today, get back out there and have some fun!

SingleAgain

SingleAgain.com

UNITED STATES AIR FORCE
Thunderbirds
SACRAMENTO COUNTY
presents
CALIFORNIA CAPITAL AIRSHOW
MATHER AIRPORT • SEPTEMBER 23-24, 2023
in partnership with
RANCHO CORDOVA CALIFORNIA

BUY DISCOUNT TICKETS NOW!

SEPTEMBER 23-24, 2023 | CaliforniaCapitalAirshow.com

KP International MARKET
FOOD COURT NOW OPEN
10971 Olson Drive, Rancho Cordova, CA 95670
916.853.8000
Market: 7 Days 8am - 9pm
Food Court: 7 Days 11am - 7:30pm
Korean/Mex/Viet: 7:30pm last call
Chinese/Japanese: 7:00pm last call

NOW OPEN

ENJOY OUR FRESHLY BAKED BREAD & CAKE



FROZEN & FISH DEPT

	Raw Shrimp Peeled & Deveined 61 / 70 2 lbs REG. \$16.99/ea \$10⁹⁹ /ea		Masago Wild Caught Product of Korea 500 g REG. \$19.99/ea \$10⁹⁹ /ea
--	---	--	--

WEEKLY MEAT SPECIALS

	Beef Rump/Bottom Round Roast - Bnls Paipo Contra en Trozo sin hueso \$4⁹⁹ /lb		Beef Ribeye Roast - Boneless Chuleton de Ternera Asado \$5⁹⁹ /lb		Beef Ribeye Steak - Boneless Filete de Chuleton de Ternera \$6⁹⁹ /lb
	Chicken Leg Quarters Piermas y Maslo de Pecho 79c /lb		Pork Baby Back Ribs Costillas de Cerdo \$3⁹⁹ /lb		Pork Loin Chops Bone In Chuletas de Cerdo con Hueso \$2⁹⁹ /lb

FRESH PRODUCE

	Russet Potato 10 lbs \$3⁷⁹ /bag		Rainbow Bellpepper 2 lbs \$3⁹⁹ /ea		Chayote Squash 99c /lb		Mexican Papaya 99c /lb
	Fairytale Pumpkin 79c /lb		Sweetie Apple \$1⁴⁹ /lb		Hami Melon 59c /lb		Orange Valencia 10 lbs \$5⁴⁹ /bag

AMERICAN/HISPANIC GROCERY

	Vivita Aloe Vera Drink 1.5 liters \$2⁴⁹ /ea		Morton Iodized & Refiners Salt 26 oz \$1⁴⁹ /ea		Multi-O Meal Cereal Bag 4 kinds 16-47 oz \$2⁹⁹ /ea		Maseca Corn Masa Flour 4 lbs \$4⁹⁹ /ea		Pura Ultra Soft Bath Tissue 12 rolls \$6⁹⁹ /ea -TAX
--	---	--	--	--	--	--	--	--	---

ASIAN GROCERY

	Lee Kum Kee Kum Chon Oyster Sauce 17 oz \$1³⁹ /ea		Chippis Soy Sauce 2 kinds 900 ml \$2⁴⁹ /ea		Chachok Coconut Water 1 liter \$1⁹⁹ /ea		JHC Fried Onion 8 oz \$5⁹⁹ /ea		Savoy Coconut Cream 14 Ltr \$1⁹⁹ /ea
--	---	--	--	--	---	--	--	--	--

EUROPEAN GROCERY

	Knuterok Sunflower Oil (unrefined) 5 Liters \$19⁹⁹ ea		Polinka Cabbage Leaves (pickled) 5L 8 oz \$7²⁹ ea		Potrovia Beef Goulash 300 gr \$4⁹⁹ ea		Honey Ginger Tea 3 kinds 20 sachets \$3⁹⁹ ea		Best Tea Blend and Earl Grey 500 gr \$9⁹⁹ ea
--	---	--	---	--	---	--	--	--	--

KOREAN/JAPANESE GROCERY

	Product of Korea White Rice 20 lbs \$19⁹⁹ ea		Fukuda Biryangam 4 x 4.59 oz \$2⁹⁹ ea		Miyosho Soy Sauce 2 kinds 900 ml \$7⁹⁹ ea		Premium Roasted Seasoned Liver 3 x 4 g \$1⁵⁹ ea		Qin Jin Ramen 2 kinds 15 x 4.25 oz \$16⁹⁹ ea		Pickled Napa 2.2 lbs \$2⁹⁹ ea		
	Wang Go Chju Jang 500 g \$2⁹⁹ ea		Original Somy Noodle 3 lbs \$6⁹⁹ ea		Korean Rice Cake Stick 2 lbs \$2⁹⁹ ea		CJ Korean Pickaxe & Frypan Mix 1lb \$2⁴⁹ ea		Joven Green Tea 1kg 5 kinds 16.9 oz \$1⁹⁹ ea		Soba & Somen Noodle 12.17 oz \$3⁹⁹ ea		Nana Yaki Soba 16.93 oz \$2⁹⁹ ea

HOUSEWARES

	Bigen Speed Hair Color (REPL. ONLY) 4⁹⁹ ea		Hair Darkening Shampoo 19⁹⁹ ea		Electric Rice Cooker \$4⁹⁹		Electric Rice Cooker \$5⁹⁹		Electric Rice Cooker \$9⁹⁹
--	--	--	--	--	--	--	--	--	--

FROZEN & FISH DEPT

	Dried Pollack 200 g \$12⁹⁹ /ea		Kretschmar Oven Roasted Turkey Breast \$8¹⁹ ea		Kretschmar Ham off the Bone \$6¹⁹ ea		Pitted Green Olives \$4⁹⁹ ea		Green Olives Stuffed with Almonds \$5⁹⁹ ea
--	--	--	--	--	--	--	--	--	--