



**Shenanigans  
Afoot!**

PAGE 3

**Grant Provides  
Grant Line Road  
Safety Improvements**

PAGE 2



# AMERICAN RIVER Messenger

VOLUME 19 • ISSUE 14      Serving Fair Oaks, Orangevale & Sacramento County      JULY 26, 2024

**SEE  
INSIDE**

**FLIGHTS TO  
FREEDOM**



PAGE 4

**FREE FISHING  
DAY: GET  
HOOKED**



PAGE 6

**'WE HIRE REALLY  
GOOD PEOPLE'**



PAGE 10



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

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

## Harvest Day Returns



Visitors can stroll the Fair Oaks Horticulture grounds on Harvest Day.

**Story and photos  
by Judy Andrews**

**FAIR OAKS, CA (MPG)** - Do you love to garden? If so, you won't want to miss Harvest Day 2024 from 8 a.m. to 2 p.m. Saturday, Aug. 3 at the Fair Oaks Horticulture Center.

Harvest Day is hosted by the University of California Cooperative Extension (UCCE) Master Gardeners of Sacramento County and is free to attend.

Last year, more than 2,000 gardening enthusiasts came out to enjoy the day and learn from the experts.

"Harvest Day is where you'll find abundant resource information,



More than 100 Master Gardener volunteers will be on hand to answer your questions throughout the day. Shown are volunteers Roxie Jones and Nancy Simpson. Photo by Judy Andrews.

ideas and answers to all your gardening questions," said Kathy Steuer, Master Gardener volunteer coordinator.

About 100 volunteers will be on hand to answer questions throughout the day.

"Visitors will also be

able to enjoy lush plantings and the wildlife habitat on the one-acre Fair Oaks Horticulture Center grounds," Steuer said. "It's a wonderful opportunity to learn about our native plants and grow your general gardening knowledge."

This year's event includes three keynote presentations by Northern California gardening pros, 30 education tables, 10 mini-talks, demonstrations and vendors. Food trucks will sell food, snacks and beverages.

The keynote speakers will talk, starting at 8:30 a.m. The topics covered by the speakers are:

8:30 to 9:15 a.m. — Nurturing Soils and Bagged Mixes for Better Plants with Keven Marini, Community Education Specialist, Home Horticulture and Defensible Space University of California Cooperative Extension

*Continued on page 3*

## FORPD Agrees to Village Renovation's Construction Change Order

**By Shaunna Boyd**

**FAIR OAKS, CA (MPG)** - The Fair Oaks Recreation and Park District (FORPD) Board of Directors at its July 17 meeting considered a possible change order for Bobo Construction for an additional cost of \$399,777 and a 168-day extension for the Village Park renovation project.

Before the board heard this item, Board Chair Ralph Carhart and Director Raymond James Irwin sat on an ad hoc committee and requested a legal review of the change order, the contract and the construction manual to determine whether the changes comply and to ensure district interests are protected.

Josh Horowitz, with the district's general legal counsel, said that this is a reasonable request, based on his initial review and understanding the various weather and permitting delays that have plagued this project.

Horowitz advised that it would cost time and money to do a more exhaustive legal review and that the end result would be "a recommendation that this change order is reasonable and within contract, and you should go ahead and approve it."

Director Irwin said his biggest concern was whether the change was in the scope of the district's responsibilities. Horowitz said that issues such as "weather delays and constructability concerns" do generally fall on the owner.

Chair Carhart wondered why this change request was coming so late in the process. Horowitz said "this is pretty typical" for weather delays or other reasons that aren't the fault of the contractor.

"It's actually better for the owner to wait for everything to be accrued and accumulated so you understand the full scope and then you negotiate, based on that," said Horowitz, rather than addressing another claim each day that the rain continues. This accrual process allowed the district to negotiate a better rate for the district, since Bobo was initially asking for approximately half a million dollars.

Horowitz also advised that denying the change order would lead to a process of litigation in which the district could end up being ordered to pay the

*Continued on page 3*

## Visit National Night Out Events August 6

**By Ornella Rossi**

**FAIR OAKS, CA (MPG)** - With National Night Out (NNO) just around the corner, communities throughout the area are gearing up for a night of celebration, camaraderie and safety awareness on Tuesday, Aug. 6.

National Night Out, an annual event celebrated nationwide on the first Tuesday of August, aims to unite residents, public safety officials and local organizations in fostering safer neighborhoods.

Throughout Sacramento County, including Fair Oaks, the Sheriff's Office will participate in various community events as part of the National Night Out. Fair Oaks is one of 357 municipalities across California participating in the event.

While the Fair Oaks Chamber of Commerce is not organizing specific events this year, residents are encouraged to reach out to their neighborhood



The community and police department come together to celebrate through dancing at National Night Out. Photo courtesy of National Night Out.

associations or check local social media pages for event details.

"National Night Out was introduced in August of 1984 through an already established network of law enforcement agencies, neighborhood watch groups, civic groups, state and regional crime

prevention associations and volunteers across the nation," according to the National Night Out official website. "National Night Out grew to become a celebration beyond just front porch vigils and symbolic efforts amongst neighbors to send a message of neighborhood camaraderie."

From block parties to cookouts, ice cream socials to safety demonstrations, National Night Out festivities cater to all ages and interests. These events are not only enjoyable but also serve as platforms to educate the public on crime prevention strategies and emergency preparedness. ★



# \$25-Million Grant Provides Grant Line Road Safety Improvements

By Gail Bullen

**RANCHO CORDOVA, CA (MPG)** - Regional leaders celebrated the United States Department of Transportation's (DOT) allocation of \$25 million to the Capital SouthEast Connector project at a July 17 news conference held at the Teichert Aggregate Plant on Grant Line Road.

The federal grant will address long-standing safety issues on a three-and-a-half-mile segment of Grant Line Road between White Rock and Douglas Road in Rancho Cordova by transforming it into a four-lane roadway with a separate lane for bikes and pedestrians.

After all segments in the 34-mile-long connector are constructed, it will link Interstate 5 at the town of Franklin to Highway 50 in El Dorado Hills by transforming Kammerer, Grant Line and White Rock roads into an expressway.

Rancho Cordova Councilman Garrett Gatewood, who chairs the Capital SouthEast Connector Joint Powers Authority (JPA) Board of Directors, described Congressman Ami Bera as the driving force behind the grant.

"This is a huge milestone for our region," Gatewood said. "I want to say thank you to Ami Bera because he really led the effort in so many ways. He is such a blessing to the city."

Bera said that he has been seeking grants for the connector from the federal Department of Transportation since his election in 2012 but he "didn't get any good news" until about a month ago.

"To get this \$25 million is really a catalyst for us to finish the entire project," Bera said. "We've got a real opportunity to do this right, to grow and really do this right."

Bera is also seeking another \$10 million for Rancho Cordova as part of the congressional appropriations process, he said.

In addition to Bera and Gatewood, six other regional leaders spoke at the celebratory event. They included Sacramento County Supervisor Pat Hume,



**Congressman Ami Bera presents a \$25-million check to the Capital SouthEast Connector representatives on July 17 at a Teichert Aggregates plant on Grant Line Road. From left are El Dorado County Supervisor John Hidahl, Bera, Sacramento County Supervisor Pat Hume, Rancho Cordova City Councilmember and Capital SouthEast Connector JPA Chair Garrett Gatewood, Capital SouthEast Connector Executive Director Derek Minnema, Elk Grove City Councilmember Sergio Robles, State Sen. Roger Niello and Folsom City Councilmember Mike Kozlowski. Photo courtesy Gail Bullen**

who represents Rancho Cordova; Construction & General Laborers Local 185 Business Manager Doyle Radford; Rancho Cordova Vice-Mayor Siri Pulipati; Sacramento County Sheriff Jim Cooper, who lives in Rancho Cordova; Sacramento Metropolitan Fire District Assistant Chief Jon Rudnicki; and Congressman Kevin Kiley.

During their remarks, the glaring safety issues on Grant Line Road and politicians working across the aisle were recurring themes.

## Safety

Gatewood said using the grant money to make Grant Line Road improvements will make Rancho Cordova safer.

"If you look behind me, this is literally the most dangerous road in the region," Gatewood said. "This road is what we call death alley. There are more accidents than anywhere else in the region."

Kiley provided the grim statistics. He said that 125 accidents and three fatalities had occurred within a four-year time span.

Rancho Cordova Vice-Mayor Pulipati shared her personal experience with the dangerous conditions on Grant Line Road. One day, while driving along the road, she saw a wide-bodied truck approaching



**Congressman Ami Bera said the Capital SouthEast Connector project grant could serve as a catalyst for completing construction of the Connector. Photo courtesy Gail Bullen**

from the opposite direction and moved a little to the right.

"The next thing I know, my tire hits the edge of the road. (My vehicle) blew through the fence and rolled over a couple of times in the middle of a field," she said. "I walked away without any major injuries but not everybody got that lucky."

The grant "is a big step" in making Grant Line Road safer, more connective and more sustainable, according to Pulipati.

Cooper described Grant Line as a critical route.

"This is kind of late in coming but we need it," the sheriff said. "It's a safety issue for our motoring public and for your first responders."

Rudnicki, who heads the fire district's emergency medical services, said that flooding and frequent wildland fires compound the problems along Grant Line Road.

"What we are celebrating today is an engineered solution to solving

many problems," Rudnicki said.

## Political Teamwork

Hume thanked Bera for his extensive work securing the grant.

"He and I may not have the same letter in the parentheses behind our names and we may disagree on policies from an ideological standpoint," the county supervisor said. "But I know in my heart of hearts that he represents his constituency from his heart of hearts."

Kiley also referred to the political divisions in the country. He said one way to overcome them is through regional projects that tangibly affect people's lives.

"That is why I think that 'Connector' is the perfect name," Kiley said. "This is all about connecting people, connecting regions and connecting communities."

After the ceremony, Messenger Publishing Group asked Bera if he had thought the funding would come through.

"It has been a long time coming," Bera said. "It's my 12th year in Congress. Every year, I talked to DOT about it. To have a different answer is huge. This will build momentum. I hope we hear by Sept. 30 that we get another \$10 million."

## Background

The funding request was submitted by the Capital SouthEast Connector Joint Powers Authority, the Sacramento County Department of Transportation and the City of Rancho Cordova.

The Grant Line Road Safety Improvement Project was one of 148 different road construction projects that received funds as part of the \$1.8 billion Federal Administration Rebuilding American Infrastructure Sustainable and Equity (RAISE) grant program. The RAISE program goal is to fund eligible surface transportation projects that will have a significant local or regional impact that advances the federal priorities of safety, equity, climate and sustainability, and workforce development. ★

**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  
10971 OLSON DR. RANCHO CORDOVA, CA 95670

**FROZEN & FISH DEPT**

REG. \$16.99/lb  
**\$10.99** /lb

REG. \$9.99/ea  
**\$6.99** /ea

**WEEKLY MEAT SPECIALS**

Beef London Broil/Top Round Roast  
Pulpa Para Hornear Roast sin hueso  
**\$4.99** /lb

Beef New York Roast - Boneless  
Carne de Res Nueva York  
Asado Desheuesado  
**\$5.49** /lb

Beef New York Steak - Boneless  
Carne de Res Nueva York  
Filete sin hueso  
**\$5.99** /lb

Country Style Pork Loin Ribs - Bnls  
Cortizas de Lomo de Cerdo al Entero Compost  
**\$2.99** /lb

Chicken Drumsticks  
Piernas de Pollo  
**79c** /lb

Pork Cusion Meat - Boneless  
Carne de Cerdo Desheuesada  
**\$2.99** /lb

Pork Loin Chops Bone In  
Chicasas de Cerdo con Hueso  
**\$2.99** /lb

**FRESH PRODUCE**

Yukon Potato  
**79c** /lb

Avocado  
2 lbs **\$2.99** /lb

King Oyster Mushroom  
**\$1.79** /lb

Russet Potato  
10 lbs **\$1.79** /lb

Yali Pear  
**99c** /lb

Big Lemon  
**3 for \$1**

White Corn  
**2 for \$1**

Yellow Onion Jumbo  
**29c** /lb

**AMERICAN/HISPANIC GROCERY**

Sunvit Fabric Softener  
8.5 liters **\$16.99** /ea

Wild Harvest Tri-Color Quinoa  
14 oz **\$1.99** /ea

JIF Peanut Butters  
28 oz **\$3.99** /ea

Barilla Penne  
1 lb **\$1.99** /ea

Kellogg's Rice Krispies Treats  
62 oz **\$2.99** /ea

**ASIAN GROCERY**

Three Ladies Viet Pho Noodles  
2 lbs **\$4.99** /ea

Lee Kum Kee Supreme Seasoning Soy Sauce  
16.9 fl oz **\$3.99** /ea

Dynasty Thai Jasmine Rice  
20 lbs **\$17.99** /ea

Santitas Hot Cocoa Mix  
300 g **\$6.99** /ea

Irvine's Sliced Egg Chips  
37 oz **\$11.59** /ea

**EUROPEAN GROCERY**

Chunak Refined Sunflower Oil  
900 ml **\$4.69** /lb

Polyna Kavaes Mineral Water  
1.5 liters **\$2.99** /ea

Ahmad Cardamom Tea  
100 T/B **\$5.99** /ea

Baliu 100% Pure Raw & Unfiltered Honey  
22 oz **\$7.99** /ea

Nutella Hazelnut Spread  
276 gr **\$4.99** /ea

**KOREAN/JAPANESE GROCERY**

Lunchbox Miso  
**\$6.99** /ea

On Food Lunchbox Miso  
**\$2.99** /ea

Spicy Mushroom  
**\$2.99** /ea

Wang Seonaid Sliced Squid  
5 oz **\$5.99** /ea

Cooking Sauce  
**\$1.99** /ea

Soy Chicken  
**\$8.99** /ea

Korran BBQ Sauce 4 kinds  
640 **\$4.99** /ea

Organic Roasted Chestnut  
300 g **\$5.99** /ea

Late Peppers Snack 5 kinds  
180 g **\$3.99** /ea

Mini Korean Cookie w/ Rice  
120 g **\$1.49** /ea

Unagi Sushi Sauce  
11.8 oz **\$2.99** /ea

Drink Ramune Original 6 pk  
6 x 200 ml **\$5.99** /ea

Kadaya Roasted Sesame Oil  
56 Lnz **\$15.99** /ea

**HOUSEWARES**

MODAMODA SHAMPOO  
300 G **\$29.99** /ea

BIGEN SPEEDY HAIR COLOR (REFILL ONLY)  
**\$5.99** /ea

ELECTRIC BBQ GRILL  
**\$39.99** /ea

ELECTRIC RICE COOKER (4 CUPS)  
**\$4.99** /ea

ELECTRIC RICE COOKER (10 CUPS)  
**\$5.49** /ea

ELECTRIC RICE COOKER (10 CUPS)  
**\$5.99** /ea

KAIZEN WOK PAN 30 CM  
**\$14.99** /ea

WATERMELON SLICE KNIFE  
**\$3.99** /ea

**FROZEN & FISH DEPT**

Dried Pollack  
200 gr **\$6.99** /ea

Columbus Roast Beef  
**\$13.19** /lb

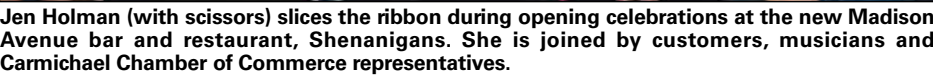
Columbus Black Forest Ham  
**\$7.99** /lb

Greek Black Olives  
**\$4.99** /lb

Pined Green Olives  
**\$4.99** /lb



# Harvest Day Returns



More than 200 customers packed the new hangout. In the glow of 10 large-screen TVs, dancers stomped to Carmichael rock group Wasted Space. Band principals are Shenanigans

In addition to libations, Shenanigans Kitchen and Bar offers pizzas, burgers, designer baked potatoes, salads and snacks. The business is located at 7431 Madison Ave., Citrus Heights. ★

# LOCAL ARREST RECORDS

Find out what's  
happening in  
your local area

Arrest Logs  
updated daily

[AMERICANRIVERMESSENGER.COM](http://AMERICANRIVERMESSENGER.COM)

The 2025 Gardener Guide and Calendar will be available for purchase. For Master Gardener shop and merchant sales, cash

For more information on Harvest Day 2024, visit [sacmg.ucanr.edu/Harvest Day](https://sacmg.ucanr.edu/HarvestDay).★

# FORPD Agrees to Village Renovation's Construction Change Order

Director Darren Mounts said, “We’re

The next Fair Oaks Recreation and Park District Board of Directors meeting is scheduled for 6 p.m. Aug. 21 at the Fair Oaks Water District, 10326 Fair Oaks Blvd. ★

# clean power. **promise**

The Clean PowerCity® movement is happening. Hundreds of thousands have taken action to join the charge, drive electric, make clean power choices at home and work and save money with SMUD rebates. Together, we're creating Clean PowerCities, while we keep our promise to deliver world-class safety, reliability and some of the lowest electricity rates in California. For 99 ways to join the charge, visit **CleanPowerCity.org** today.

© SMUD 0686-6/24 ©SMUD and CLEAN POWERCITY are trademarks/service marks of Sacramento Municipal Utility District, Reg. U.S. Pat. & Tm. Off.



# Flights to Freedom



Assemblyman Josh Hoover, his team, and Sacramento Regional Transit District are at the Watt/1-80 Transit Center Improvement Project. Courtesy photo of Assemblyman Josh Hoover

## Office of Assemblyman Josh Hoover News Release

**SACRAMENTO, CA (MPG)** - It's hard to put into words my thoughts about the assassination attempt that occurred (two weeks ago). It was not just an attack on a former president, but on our nation and our American values as well. I was grateful to see leaders from across the ideological spectrum denounce this shameful act of political violence.

Today, and every day – before anything else – we are all Americans. We cannot allow our differences to blind us from that fact.

We have no choice but to collectively turn down the rhetoric in this age of hyper-partisanship and remember that our fellow Americans are more than just political rivals. We are bound together in, as George Washington once called it, the “last great experiment for promoting human happiness in civil society.”

I am thankful that President Trump is safe, and my prayers are with the families whose loved ones were lost or critically injured.

This month, the U.S. Department of Transportation granted \$25 million to the Capital SouthEast Connector for the Grant Line Road Safety Improvements Project via the RAISE grant program. I strongly support this project and the benefits it will bring to our region.

This funding will facilitate the transformation of 3.6 miles of Grant Line Road into a four-lane divided complete street corridor, featuring a separated Class I bike path in Rancho Cordova and Sacramento County. The project aims to link existing bike and pedestrian routes at both ends of the corridor.

The Capital SouthEast Connector

will link the communities of Elk Grove, Rancho Cordova, Folsom and El Dorado Hills via a 34-mile expressway, designed to improve road safety and shorten travel times in a congested part of the Sacramento area's transportation system that is prone to accidents and flooding.

Last week, my team had the pleasure of welcoming local members from the California Assisted Living Association (CALA) to our office as part of their District Day. It was an enriching experience to hear firsthand about their dedication and tireless advocacy for older adults in our district. Their commitment to enhancing the quality of life for our senior citizens is truly commendable. We are grateful for their ongoing efforts and look forward to continued collaboration to support and uplift our elderly community.

My team joined the Sacramento Regional Transit District for the groundbreaking event of the Watt/1-80 Transit Center Improvement Project. This project includes widening of the Watt Avenue Bridge, construction of an open-air stairwell linking Watt Avenue and the transit center, a new bus/pedestrian plaza, improvements to the I-80 on-ramps, and upgrades to the portion of the transit center located beneath Watt Avenue. Collectively, these implements will help attract more riders, accommodate additional bus service from other regional operators, and enhance the overall safety of the transit center.

*Josh Hoover represents Assembly District 7, which includes the cities of Citrus Heights, Folsom, and Rancho Cordova and the unincorporated communities of Carmichael, Fair Oaks, Foothill Farms, Gold River, Mather, McClellan Park, North Highlands, Orangevale, and Rosemont.* ★

# Sloppy Staff Work and Agenda Hide-And-Seek Taint Board of Supervisors' 2023 Pay Raise

## Sacramento County Grand Jury News Release

**SACRAMENTO COUNTY, CA (MPG)** - Missed crucial details, an uncorrected math error, and an astonishing lack of transparency are among the significant problems the 2023-24 Sacramento County Grand Jury found when it investigated the process used by the Sacramento County Board of Supervisors to award themselves a hefty salary increase in 2023.

“A critical math mistake in the informational meeting packet given to the Board led some of the supervisors – and the public – to initially think they were approving a 20-percent raise. It was, in fact, 36-percent,” said Steve Caruso, 2023-24 Grand Jury foreperson. The error was discovered after the Board of Supervisors (BOS) voted on the raise.

“Even more concerning than the math miscalculation, is the choice by county staff not to update the Board with the correct information after the fact,” Caruso said. “Among other things, it raises the question of how many other times mistakes in facts presented at Board meetings are never publicly corrected.”

To examine the BOS decision-making process, the Grand Jury interviewed 16 people and reviewed a multitude of regulations and ordinances, as well as the agenda packets for the BOS meetings on April 18, 2023 – when the raise was first introduced and approved – and May 23, 2023 – when it was adopted.

Surprisingly, the pay raise proposal appeared on the consent calendar at both the April 18 and May 23 BOS meetings. The consent calendar is typically reserved for routine or noncontroversial matters that the BOS votes on as a single item. The consent calendar rarely attracts any public comment. Although the Board's use of the consent calendar was not unlawful, the Grand Jury reported, the consent calendar process lacks transparency to maintain the

public's trust when voting on matters of significant public interest.

“During our investigation, county staff acknowledged that it was a mistake to tuck the salary increase proposal in the middle of the consent calendar,” Caruso said. “But we also hold the supervisors accountable because they had the authority to take the proposal off the consent calendar to encourage more public discussion, but they made a conscious decision not to.”

In another misstep that limited public input into the process, the Grand Jury's research revealed a serious mistake in the number of days between when the salary increase was approved by the BOS and its effective date.

The county directed the salary increase to start 30 days after the final vote, but California Government Code Section 25123.5 mandates a 60 day wait. State law allows such a wait to provide time for voters, if they so choose, to organize a referendum to overturn the decision.

The Grand Jury recommends seven actions the BOS and county executive team can take to improve processes. Among them are for staff to explain, in an open BOS meeting, the financial errors made in this salary increase process.

Other recommendations include that the BOS determine, again in an open BOS meeting, the validity of the salary increase ordinance as it relates to state law as well as determine if any money already paid to the supervisors should be returned to the county.

The Grand Jury also recommends the county form a citizen-based compensation commission.

The Sacramento County Grand Jury is the independent watchdog over public entities within the county. Concerned residents can contact the Grand Jury on a confidential basis through written complaints that alert the Grand Jury to issues within public entities. We would like to hear from you at [www.sacgrandjury.org](http://www.sacgrandjury.org). ★

# Elvis Tribute Band to Perform, August 22



By Judy Andrews,  
Fair Oaks Chamber  
of Commerce

Get ready to put on your blue suede shoes and come to this summer's final Concerts in the Park performance on Thursday, Aug. 22, featuring entertainment from Jim Anderson and the Rebels.

Based out of Manteca, the band is considered by fans as “the most authentic Elvis tribute band to date.”

Anderson's concerts typically sell out. But you can see Anderson and his band perform for free from 8 to 10 p.m. Aug. 22 at the Fair Oaks Park Softball Field, 11549 Fair Oaks Blvd. Gates open at 7:30 p.m. Remember, no glass or dogs are allowed on the field. For more information, visit [fairoakschamber.com](http://fairoakschamber.com).

**More Dates and Events**  
Aug. 1 – Classic Car

Meetup, 5 to 8 p.m., Fair Oaks Park, 11549 Fair Oaks Blvd. Don't miss a fun family night with classic cars, music and food from local food trucks. Sponsored by the Fair Oaks Chamber of Commerce and the Fair Oaks Recreation and Park District, this event occurs through summer on the first Thursday of each month.

**Aug. 2** – Chamber Power Lunch, 11:30 a.m. to 1 p.m., Divided Sky Tavern, 4894 San Juan Ave., Fair Oaks. Network with members from five area chambers: Fair Oaks, Carmichael, Citrus Heights, Orangevale and Rancho Cordova. Pre-registration is required.

**Aug. 3** – Harvest Day 2024, 8 a.m. to 2 p.m., Fair Oaks Horticulture Center, 11549 Fair Oaks Blvd. This annual event is hosted by the University of California Cooperative Extension (UCCE) Master Gardeners of Sacramento County. Attendance is free. Bring cash or checks for merchant sales.

**Aug. 22** – Concerts in

the Park, 8 to 10 p.m., Fair Oaks Park Softball Field, 11549 Fair Oaks Blvd. This is a free event. Gates open at 7:30 p.m. No glass or dogs are allowed. Visit [fairoakschamber.com](http://fairoakschamber.com) for park rules.

**Aug. 23** – Comedy Under the Stars, 8:30 to 10 p.m. Gates open at 7:30 p.m. at Fair Oaks Park Softball Field, 11549 Fair Oaks Blvd. Join the Fair Oaks Recreation and Park District and Laughs Unlimited for a night of laughs this summer. Advance tickets are \$15 per person or \$20 at the door. All shows are open to anyone 18 and older. Visit [forpd.org](http://forpd.org) for more information.

**Tuesdays** - Fair Oaks Farmer's Market Tuesdays, 9 a.m. to 2 p.m. Tuesdays, Fair Oaks Park, 11549 Fair Oaks Blvd. Shop for freshly picked produce and support your local farmers. The market is open every Tuesday, rain or shine.

For more information on these events, visit [fairoakschamber.com](http://fairoakschamber.com).

*See you in Fair Oaks!* ★



## WE SUPPORT FIRST RESPONDERS



Messenger Publishing Group



## WE SUPPORT FIRST RESPONDERS







## We are Open!

Community Cafe: Folsom Senior Center  
48 Natoma Street Folsom CA, 95630

*Enjoy a hot meal @ 11:30 am Mon/Tues/ Thurs ONLY*

**There's no cost to eligible program participants.**

**A voluntary contribution is welcomed to support the program.**

**Eligibility:**

- 60 years or better
- Spouse of an eligible, enrolled participant under the age of 60

Call ahead to reserve your meal! → **(916) 461-6601**

  **@mowsac**

 Visit [www.mowsac.org](http://www.mowsac.org) to find other MoW Community Cafes near you



# New California Law Aims to Address Teacher Shortage

California Commission on Teacher Credentialing News Release

**SACRAMENTO, CA (MPG)** - The California Commission on Teacher Credentialing is optimistic that a new state law intended to address the teacher shortage will help eliminate barriers to the profession and attract more prospective educators into classrooms.

Senate Bill 153, signed by Governor Gavin Newsom on June 29, and effective immediately, allows for a qualifying bachelor's degree or higher in any subject to be all that is needed for an individual to demonstrate basic skills required for admission to most teacher preparation programs.

This means that if an applicant holds a bachelor's degree or higher from a regionally accredited institution of higher education, teacher preparation programs will no longer need to verify demonstrated competence in reading, writing, and mathematics through any other options, including passing the California Basic Skills Examination for Teachers (CBEST) or performing a transcript review.

"This change in state educator preparation policy represents a major shift that will benefit the vast majority of prospective educators in California," said Mary Vixie Sandy, executive director, California Commission on Teacher Credentialing.

"Now is a great time for anyone with a qualifying bachelor's degree or higher who has considered teaching to take the next step to pursue their passion for education and apply to one of the state's many accredited teacher preparation programs."

The Commission's recent teacher supply annual report to the Legislature tracked

an 11.2 % year-over-year decrease in the number of new teaching credentials issued between 2021-22 and 2022-23. In the most recent 2022-23 fiscal year data, there were 14,636 new teaching credentials issued compared to 16,484 the previous year.

"The CSU greatly appreciates the state's decision to recognize the bachelor's degree as demonstration of basic skills competence for educator credentials," said Commissioner Shireen Pavri, assistant vice chancellor of the Educator and Leadership Program at California State University.

"We believe this is exactly the right move toward reducing barriers for those considering teaching, counseling, and other education professions in California."

The State of California has provided approximately \$1.6 billion since 2016-17 to address the teacher shortage.

The 2022-23 state budget funded eight career counselors staffed at the Commission on Teacher Credentialing to provide one-on-one assistance to anyone interested in becoming an educator.

These experienced staff members serve as career guidance counselors, credential experts, subject matter experts, and resource specialists for individuals seeking to make the transition into a PK-12 educational career.

The Commission on Teacher Credentialing offers the following resources for those interested in pursuing a teaching credential:

- Roadmap to Teaching
- Career Counselor Appointment Request
- Approved Teacher Preparation Programs
- Funding Your Future in Teaching

For additional information on how to become an educator in California, contact [credentials@ctc.ca.gov](mailto:credentials@ctc.ca.gov).



By County Supervisor Sue Frost

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

I would love to be able to drive an affordable car that hovers over traffic and runs on a spoonful of tap water, but since that technology doesn't exist, it would be crazy to impose regulation on consumers

But that is exactly what the California Air Resources Board (CARB) is doing by pushing tough environmental rules they claim will reduce pollution from boats, trucks, and trains, aiming for a carbon-neutral future. These new regulations rely on technology that doesn't currently exist, so their justification is based more on science fiction than practical reality.

In January, California Air Resources Board started implementing the California Advanced Clean Fleets (ACF) regulation. This builds on their earlier Advanced Clean Trucks (ACT) rule. Both are designed to force companies to replace current fleets with zero-emission vehicles. California has 13 ports and moves millions of tons of produce to markets every year - so it plays a huge role in the U.S. transportation system.

The controversy gets even worse when we look at the rail sector. Last fall, California Air Resources Board wanted to bring in stricter pollution standards for all trains in California. They hoped to force rail companies to use advanced technologies that aren't yet practical or affordable. New locomotives could cost \$4 to \$5 million each, which might bankrupt smaller rail companies and would raise the cost of everything

## Orangevale Community Update

### Flights of Fancy: Regulation Without Representation

from produce to blue jeans. Trains account for less than 0.5% of air pollution - so even if the technology worked and was affordable, the impact would barely be measurable. These regulations could also disrupt supply chains since different states would need to swap out locomotives at California's border to meet these new rules.

During a Congressional hearing, a representative from the Bay Area Air Quality Management District claimed that trucks might be cleaner for transporting freight than trains, contrary to long-established facts. This statement indicates bureaucrats favor trucking over rail services, paradoxically increasing truck traffic and undermining purported environmental benefits of reducing train operations - all while the state continues to pour billions of dollars into the ill-fated California High-Speed Rail. It just doesn't make sense.

California Air Resources Board defends these regulations by comparing current train emissions to the future performance of an imaginary electric freight truck fleet envisioned by the new Advanced Clean Fleets rule. There are a host of problems with this pie-in-the-sky analysis:

California does not produce nearly enough electricity to support an electric truck fleet (or an electric train fleet.)

California does not have the charging infrastructure needed to deliver electricity to support the imaginary fleet.

Electric Trucks have an optimal range of 250-300 miles, but truckers currently average over 500 miles per day. The technology exists to replace the neighborhood Amazon delivery truck with an electric version, current technology can't replace the long-haul freighters who deliver the goods to the Amazon warehouse.

California has over 400,000 heavy freight trucks delivering goods across the state - and

fewer than 4,000 are electric (mostly for short-range delivery). There is not enough manufacturing capacity to replace all 400,000 heavy trucks.

California Air Resources Board has no viable plan for the disposal of old diesel trucks and engines they are trying to regulate out of existence.

The real problem with California Air Resources Board's approach is that unelected bureaucrats are imposing massive new regulations based on science fiction and driven by activist ideology rather than engineering or common sense - and without input from those directly impacted. These speculative regulations pose a threat to the viability of existing transport systems, would drastically increase the costs of energy, food, and other goods, and raise concerns about the equitable and effective governance of environmental policies.

As debates continue and the Environmental Protection Agency considers California Air Resources Board's waiver request, the decisions made will significantly influence the future of national transportation and economic stability.

I want cleaner air, but rather than relying on slogans and science fiction, we should concentrate our resources on proven methods we already know will reduce emissions - like improving roads and highways to reduce traffic jams and modernizing ports and freight transfer stations so trucks are not forced to idle for hours waiting for loads.

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](mailto: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 Murieta.*

FOLLOW US

for Local News and much more!

American River Messenger

Facebook: @ARMMPG8

California STATE★FAIR

STATE OF AWE

In California, we like our taste buds to be tantalized and our hearts to race. This is the state of enjoyment, excitement, and entertainment, and our State Fair celebrates it all.

Get Tickets Today!

JULY 12-28, 2024

CalExpoStateFair.com

Protect and Heal your whole family with Affordable CHIROPRACTIC MEMBERSHIPS

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

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

AMERICAN RIVER CHIROPRACTIC

2280 Vehicle Drive, Suite 110 Rancho Cordova, CA 95670

916-776-6362 • [americanriverchiropractic.com](http://americanriverchiropractic.com)

CALL or TEXT today!

Be a part of something important

Help deliver the news to your neighborhood

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

Provide great customer service to our readers every week.

Earn money to help pay those monthly bills.

MPG

Must have a valid California drivers license and current auto insurance. Previous newspaper delivery experience a plus but not required.

Call us today at 916-773-1111



# Social Security Matters

## Should I Retire at 65 or 67?

## And What About Earnings and Taxes?



By Russell Gloor,  
AMAC Certified Social  
Security Advisor

**Dear Rusty:** I'm just trying to figure out how to determine whether to retire at 65 or 67 and, if I retire, approximately how much could I make outside of my Social Security without being overly taxed. **Signed: Thinking About Retiring**

**Dear Thinking:** Deciding when to retire is serious business, because it affects your future and what your retirement income will be going forward. Thus, it's good you are taking the time to fully understand your options, and we're happy to assist you with that. Here are some things which should help you decide whether to retire at 65 or 67:

Social Security benefits are subject to income tax (by the IRS) if your combined income from all sources (which includes your Adjusted Gross Income on your tax return, plus half of the SS benefits you received during the tax year) exceeds certain thresholds for your income tax filing status. If you file your income tax as "married/jointly" and your combined income from all sources is more than \$32,000, then 50% of your received SS benefits are subject to income tax (at your

normal IRS tax rate). But if your combined income as a married couple is more than \$44,000, then 85% of the SS benefits you received during the tax year becomes part of your taxable income. FYI, the taxation thresholds are lower for those who file taxes as an individual (\$25,000 and \$34,000 respectively).

Born in 1960 or later, your full retirement age (FRA) for Social Security's purposes is 67. If you claim SS benefits before your FRA, not only will your monthly amount be permanently reduced but you'll also be subject to Social Security's "earnings test" which limits how much you can earn before they take away some of your benefits. The earnings limit changes annually, but for 2024 it is \$22,320 (future year's limits will be a bit higher each year). If your work earnings exceed the annual limit, Social Security will take away \$1 in benefits for every \$2 you are over the limit. They take away by withholding future benefits for as many months as necessary for them to recover what you owe for exceeding the annual limit. FYI, the limit goes up during the year you attain FRA, and the earnings test no longer applies after you reach your full retirement age.

If you claim SS before your FRA, your monthly amount will be permanently reduced. If you claim at age 65, you will get about 87% of the amount you would get by waiting until age 67 to claim. If you claim at age 66, your monthly amount would be about 93% of your FRA

entitlement and, by claiming at 67 you'll get 100% of the benefit you've earned from a lifetime of working. The reductions for early claiming are permanent reductions, except for the annual cost of living adjustments (COLA). Note that you can also delay longer than your FRA to get an even larger benefit amount (you can delay up to age 70 when your maximum benefit is reached). Just remember, the earnings test (as described above) will apply if you claim SS before your FRA and you are still working.

If your plan is to continue to work full time, be aware that if you claim early SS and significantly exceed the annual earnings limit, you may even be temporarily ineligible to collect SS benefits. If your work income is high enough that the penalty for exceeding the earnings limit is more than SS can recover through withheld benefits in one year, they will tell you that you're unable to collect benefits at this time (until you either earn less or reach your FRA).

So, deciding whether to claim Social Security at 65 or 67 is your personal **choice and, hopefully, the above provides the information you need to make an informed decision.**

*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).* ★

# Fair Oaks' Rachael Gajan Named to University of Iowa Dean's List

## Merit Pages News Release

**FAIR OAKS, CA (MPG)** - Rachael Gajan of Fair Oaks was among the more than 7,650 undergraduate students at the University of Iowa named to the dean's list for the 2024 spring semester.

Gajan is a second-year student in Iowa's College of Liberal Arts and Sciences and is majoring in Psychology.

Dean's list status was earned by 1,063 first-year undergraduates during the 2023 spring semester at Iowa, 1,752 second-year students, 2,041 third-year students, and 2,807 fourth-year students.

Guidelines for inclusion on the list are:

Degree seeking undergraduate students in the Carver College of Medicine, College of Liberal Arts and Sciences, the College of Education, the College of Engineering, the College of Public

Health, the Tippie College of Business, and University College who achieved a grade-point average (GPA) of 3.50 or higher on 12 semester hours or more of UI graded coursework during a given semester or summer session and who have no semester hours of "I" (incomplete) or "O" (no grade reported) during the same semester are recognized by inclusion on the dean's list for that semester

Undergraduate students in the Roy J. and Lucille A. Carver College of Medicine may qualify for the dean's list with fewer than 12 semester hours of graded credit, if deemed appropriate by the college

College of Nursing students participating in clinical courses who have a total of 12 semester hours of earned credit, with eight semester hours of graded credit with a GPA of 3.50 or higher. ★

# Evacuate Pets to Sheltering Annex

## Sacramento County News Release

**SACRAMENTO COUNTY, CA (MPG)** - When it comes to evacuations, the public needs to remember the five "Ps" before they leave: People and Pets, Prescriptions, Papers, Personal Needs and Priceless Items.

In some cases, Pets (and livestock) can pose a unique challenge during evacuations. Sacramento County is addressing this issue.

In December, the Sacramento County Board of Supervisors adopted an Agricultural Pass program to facilitate the coordinated re-entry of commercial agricultural producers to

care for their animals.

The Board of Supervisors has now introduced additional guidance for safeguarding evacuated animals. During its May 21 meeting, the supervisors approved the Sacramento County Animal Sheltering Annex, which outlines new protocols for protecting pets and livestock during evacuations.

The Annex's development was driven by the necessity that arose from previous disasters in Sacramento County and aligned with new legislation. During the 2023 flood event, area farms reported more than \$38 million in losses, including losses of animals that could not be evacuated.

The Annex was a collaborative effort involving government officials and various agencies. It outlines the roles of entities such as the county agricultural commissioner, law enforcement, public health and the Office of Emergency Services in protecting or evacuating family pets and livestock.

With the support of partners such as the American Red Cross in coordinating shelter spaces that can accommodate animals and the appointment of an animal coordinator for the Emergency Operations Center (EOC), the plan aims to ensure that necessary measures are taken to address the needs of displaced animals. ★

# Free Fishing Day: Get Hooked on New Adventure



Free fishing days are also a perfect time for former anglers to return and reconnect to the activity. Image by Susan Cipriano from Pixabay

## California Department of Fish and Wildlife News Release

**SACRAMENTO, CA (MPG)** - During the second of California's two free fishing days in 2024, which will be on Aug. 31, the public can fish throughout the Golden State without a fishing license.

For those new to fishing, this is an opportunity to explore a rewarding and exciting new hobby. For licensed anglers, this is an opportunity to introduce or reintroduce someone else to the joys of becoming an angler. Free fishing days are also a perfect time for former anglers to return and reconnect to the activity.

Those interested in fishing California's lakes, streams and rivers can find information about inland fishing locations and species on the California Department of Fish and Wildlife website at [wildlife.ca.gov/Fishing/Inland](http://wildlife.ca.gov/Fishing/Inland). Information is also available about year-round free fishing opportunities found on specific piers, jetties and breakwaters along the coast. Other helpful tools for anglers include the fish planting schedule, fishing guide and Recruit, Retain, Reactivate (R3) Program resources at [wildlife.ca.gov/r3#54518718-fishing](http://wildlife.ca.gov/r3#54518718-fishing).

A variety of offerings is also available from California Department of Fish and

Wildlife's Fishing in the City program, which focuses on teaching Californians how and where to fish in metropolitan areas. General information about the Fishing in the City program can be found on the California Department of Fish and Wildlife website at [wildlife.ca.gov/fishing-in-the-city](http://wildlife.ca.gov/fishing-in-the-city).

Children 15 and younger can fish for free every day of the year in California but Free Fishing Days offer a time when families and friends can experience the hobby together for free.

All fishing regulations, such as bag and size limits, gear restrictions, report card requirements, fishing hours and stream closures remain in effect. California Department of Fish and Wildlife encourages potential anglers to check rules and regulations for each water they plan to fish at [wildlife.ca.gov/regulations](http://wildlife.ca.gov/regulations).

For new anglers who get "hooked" on fishing, an annual sport fishing license can be bought at [ca.wildlifelicense.com/internetsales](http://ca.wildlifelicense.com/internetsales). Revenue generated from license sales helps conserve fish populations and habitats while supporting California's long-standing angling opportunities for future generations. Annual sport fishing licenses are now valid for a full 365 days from purchase. More information on licenses, validations and fees can be found online at [wildlife.ca.gov/Licensing/Fishing](http://wildlife.ca.gov/Licensing/Fishing). ★

# 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](http://WWW.GBCFAIROAKS.NET)

**Publisher,  
Paul V. Scholl**

*American River Messenger* is a member of **Messenger Publishing Group**

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

# AMERICAN RIVER Messenger

*Serving Fair Oaks, Orangevale and Sacramento County since 2006*

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

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

Subscriptions should be mailed to:  
*American River Messenger*  
7144 Fair Oaks Blvd., Suite #5, Carmichael, CA 95608.

Subscription rate is \$39 per year in Fair Oaks and Orangevale. The *American River Messenger* is published twice-monthly.

Call 916-773-1111 for more information.

*We are proud members of these newspaper associations.*



# Grants Now Available to Fund Start-Up Businesses and Entrepreneurs

**Sacramento City Express News Release**

**SACRAMENTO, CA (MPG)** - The City of Sacramento Office of Innovation and Economic Development is now accepting applications for grants to fund organizations that help start-up businesses and entrepreneurs in Sacramento.

The “Innovation Incubator and Accelerator Grants” are focused on supporting early-stage businesses located in the city of Sacramento. The goal is to help participants start or grow their own businesses, spur innovation, and stimulate economic development.

Companies and nonprofit organizations with proven experience are encouraged to apply now through Sept. 9.

“Incubator and accelerator programs are critical to building a robust entrepreneurial ecosystem in Sacramento and the region,” said Mayor Darrell Steinberg. “By investing in these programs, the City of Sacramento is helping connect startups located in the city with the resources they need to grow and succeed.”

“Sacramento is full of entrepreneurs and small businesses with innovative ideas looking for opportunities to make them a reality,” said Assistant City Manager Michael Jasso. “The grants will support incubators and accelerators that provide essential mentorship, education, and resources, fostering innovation and driving economic growth in our community.”

Companies and nonprofits can apply for up to \$100,000 to fund incubator and accelerator programs hosted in the city of Sacramento for groups of startups with high growth potential and innovative offerings. These programs should provide support through a combination of the following services:

Mentorship and coaching: Guidance from experienced entrepreneurs, industry experts, and mentors on business

development, strategy, marketing, fundraising, and more.

Educational programs: Training sessions or workshops on topics such as business planning, market research, product development, and financial management.

Product development support: Assistance or guidance on prototyping, testing, iteration, and product refinement based on market research.

Legal and administrative support: Assistance with legal, accounting, and administrative tasks such as business incorporation, intellectual property protection, and contracts.

Marketing and branding support: Assistance in identifying and reaching target audiences and customers through marketing and public relations strategies.

Strategic partnerships: Connections with other startups, industry leaders, corporate entities, and business support organizations to expand access to resources and expertise.

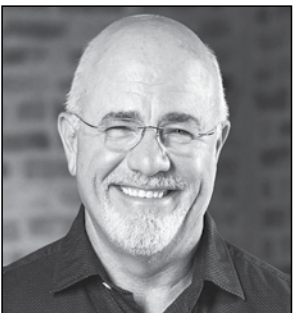
Access to funding: Pitch training and hosting pitch events, demo days, and introductions to investors including venture capital firms, angel investors, and government grants.

Office space: Access to shared office space for startups to work and collaborate.

Grant funding comes from the Innovation Growth Fund in the General Fund.

Programs must be completed within a 12-month contract period, and at least 90% of cohort participants must have either a residence or business within the Sacramento city limits.

Complete guidelines for the program can be found on the City’s website at <https://www.cityofsacramento.gov/city-manager/oied/business/innovation-and-entrepreneurship/innovation-grants> and applications will be accepted now through 5 p.m. on Monday, Sept. 9. ★



Dave Ramsey

Dear Dave,

I’m 32 and debt-free, except for my house. My grandmother passed away a couple of months ago, and her will has caused problems for my family. I was her only relative living in the same town as she got older, so I looked in on her and helped take care of her, because she didn’t want to go into a care facility. In her will, she left everything—her house and property, along with about \$300,000—to me. Some of my relatives said they deserve something. Two have even accused me of wanting everything she had and turning my grandmother against them. I don’t like what’s happening, but I’m not sure what to do. I never asked her for anything.

– Jeffrey

Dear Jeffrey

I hate it when things get ugly between family members, especially at a time when everyone should be pulling together and supporting each other. I’m sorry you’re going through all this. Let me ask you a question.

## Dave Ramsey Says You Haven’t Done Anything Wrong

Did you love your grandmother? It sounds to me like you did. A lot! It takes a special person to step in and help the way you did. I think it’s pretty obvious she loved you, too.

When a person dies, they can give their belongings to anyone they choose. It was your grandmother’s stuff, so it was her decision. Period. She could’ve spread it around among you and the rest of your family, but she didn’t do that. She had her reasons, and her final wishes were just that—her final wishes. No one in your family, even you, deserved anything from her.

I know this is a hard position for you to be in, Jeffrey. This has probably crossed your mind, so I’ll go ahead and say it. Generally speaking, it’s possible to transfer part of your inheritance to someone else even if it’s not specified in the will or trust. Keep in mind, you might need to seek court approval for such a transfer, depending on the jurisdiction and specific family circumstances.

Or, you can let anyone who has a problem with your grandmother’s decision contest the will. Of course, one possible outcome of that is you might have to spend the money she left fighting them

in court. The lady left what she left. There’s no more. It was her house, her property and her money. The others aren’t entitled to what she had just because they’re relatives or they want it.

If you go to church, I’d advise you spend some time talking to your pastor about the situation. You’ve got a lot of folks mad at you right now, and I think you might benefit from a few kind words and an objective point of view. I’d also recommend sitting down with a good financial planner—someone with the heart of a teacher—and talk about to best handle your newfound inheritance. Regardless of your decision, it’s always best to have a plan and be prepared.

In the meantime, don’t beat yourself up over this, son. You haven’t done anything wrong.

God bless you.

– Dave

*Dave Ramsey is an eight-time No. 1 national best-selling author, personal finance expert and host of The Ramsey Show, heard by more than 20 million listeners each week. He has appeared on Good Morning America, CBS Mornings, Today Show, Fox News, CNN, Fox Business, and many more.* ★



# CALL A PRO BUSINESS DIRECTORY

SLS

Insured  
Lic#794551

Superior Landscape Services

Landscaping and Maintenance

• Sprinkler Repair/Install • Pruning

• Mowing/Trimming • Fertilizing

(916) 728-5812 • Cell (916) 761-0999

Dave Cochran Owner • [dave\\_SLS@surewest.net](mailto: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

Tractor Rich

Mowing, Tilling,  
General Dirt Work,  
Etc.

Licensed and Insured

916-502-7928

Patch Masters Drywall

Acoustic Removal & Drywall Textures

• Acoustic (popcorn) ceiling removal

• Water damage & drywall repair

• Sheetrock installation

• Machine applied textures

• Hand applied texture

• Retexturing & Painting

• BBB Accredited

Mike Church

Owner  
CA Lic# 1004984  
Bonded & Insured

(916) 847-7783

[PatchMastersDrywall@yahoo.com](mailto:PatchMastersDrywall@yahoo.com)  
[www.DrywallPatchMasters.com](http://www.DrywallPatchMasters.com)

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

THE MASON MAN

LICENSE # 810329

VISUALIZE & CUSTOMIZE  
MASONRY / FENCING / CONCRETE

CALL FRED FRANKLIN - THE MASON MAN

916.826.9796

[VCMASONRY@ICLOUD.COM](mailto:VCMASONRY@ICLOUD.COM)

CONTACT  
916 505-4673

we come to you

We pickup in 1 hour or less

We buy other items

We pay the most!

WE PICK UP AND PAY  
YOU CASH ON THE SPOT

WE GIVE YOU CASH FOR YOUR DIABETIC TEST STRIPS

CASH for Diabetic Supplies

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

SENIOR DISCOUNTS!

Home Improvement Professionals

Professional • Safe • Reliable • Fully Insured

(916) 487-8655

[www.mrhandyman.com/arden-arcade](http://www.mrhandyman.com/arden-arcade)

SMOOT LANDSCAPING  
LANDSCAPES & DESIGN

DESIGN • RENOVATION • WATER FEATURE  
STONE & CONCRETE • OUTDOOR LIGHTING  
IRRIGATION SYSTEM

916-454-1300

[www.SmootLandscaping.com](http://www.SmootLandscaping.com)

Lic#633224; Serving Sacramento since 1982

Recognized in the Sacramento Bee,  
Street of Dreams & Garden Tours of East Sacramento

TRACTOR SERVICE

• Mowing • Rototilling

• Discing • Scraper/Loader

Call

(916) 991-8431

BRIAN OLSON

OWNER

License #982398

916-912-0293

[info@olsonswoodworx.com](mailto:info@olsonswoodworx.com)

[olsonswoodworx.com](http://olsonswoodworx.com)

CUSTOM CABINETS CRAFTED JUST FOR YOU!

FOLLOW US

for Local News  
and much more!

Messenger Publishing Group

Facebook: @MPG8dotcom

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

FREE PAYROLL PROCESSING FOR ONE MONTH IF YOU CALL NOW!

Pinnacle


EMPLOYEE SERVICES

EST. 1998 • 100% SATISFACTION

916-760-7227

[www.pinnaclehro.com](http://www.pinnaclehro.com)





# Employment Opportunities

# We Are Hiring

## Opportunities at Messenger Publishing Group

### Email your resume to Publisher@MPG8.com

**Circulation Manager** – We are seeking a full-time Circulation Manager to oversee our 18 local newspapers. Duties include managing the weekly reporting of distribution, preparation for weekly audits, managing and recruiting our carrier staff, preparing and reporting postal statements, customer service support, physical labor repairing and replacing newsstands, setting up new locations, and other related duties needed to run the circulation department. This position works primarily in Carmichael but will require some local travel to our other offices in the Sacramento region. The hours may vary but are flexible due to the nature of the duties.

**Office Administration** – We are seeking a full-time administrative support person for our newspaper group. This position works in the Carmichael office and works directly with the Office Manager. Work hours are between 8:30 to 5:00 Monday through Friday. Previous office experience is required. Primary duties are working with customers and assisting with weekly legal advertising filings. We also have a part-time position available in West Sacramento available in August.


**City Reporter** - We are seeking a full-time City Reporter for our newspaper group. This position may be assigned to work in the Carmichael office or another area office and works directly with the Managing Editor. Work hours are flexible depending on assignments. Previous reporting experience is required.

**Copy Editor** - We are seeking a part-time copy editor for our newspaper group. This position works in the Carmichael office and works directly with the Managing Editor. Work hours are flexible between 8:30 to 5:00 Monday through Friday. Previous editing experience is required.

**Delivery Driver** – Weekly Hauling to Marysville- We are seeking a part-time Delivery Driver for our newspaper group. This position would transport newspapers from our Carmichael office to our offices in Marysville and Gridley. Work hours are from 8:30 to 4:00 every Thursday. Must be able to lift and move bundles of newspapers without assistance. Must have your own reliable cargo van. This is an independent contractor position and pays a flat rate for your service.

**Newsstand Delivery Driver/Local** - We are seeking a part-time Newsstand Deliver Driver for our newspaper group. This position works from the Carmichael office and delivers to our locations in the West Sacramento/Sacramento Region. Routes also available in Elk Grove, Pocket, East Sacramento, Arden Arcade. Work hours are from 8:30 to 5:00 Thursday and/or Friday. Must be able to lift and move bundles of newspapers without assistance. You must have a reliable vehicle. This is an independent contractor position. Previous experience preferred.

To find out more or to apply:  
Email your questions or resume to [Publisher@MPG8.com](mailto:Publisher@MPG8.com)



# PoppTalk

With Mary Jane Popp

## Ageless

Gotta’ face it, our time on this plain is limited. So we all look for ways to prolong the time that we have. Well, there are ways to keep the ‘ole bod going a little longer. Enter **Dr. Earl Mindell**. He is the man behind the original “**Vitamin Bible**” over forty years ago, and he is still going strong. His original book has been translated in over thirty languages. I’ve known him for that many years and more, and had him on my radio show many times. I just recently had him on POPPTALK and, of course, the issue of living longer was the center of the talk with his updated latest scientific research... “**Dr. Earl Mindell’s The New Vitamin Bible.**” He’s written some sixty-five health oriented books. He is a Pharmacist, anti-aging advocate, and internationally recognized expert on nutrition, vitamins, minerals, and herbal remedies and he does care.

So I asked the good doctor to define aging and here’s what he told me. “Aging can be defined as deterioration of the physiological function necessary for survival and fertility. Some of the main causes of aging are free radicals, which cause cellular damages and the shortening of telomeres. Telomeres are the structures located at the end of chromosomes that play an important role in cellular division. As we age, telomeres shorten which speeds up the aging process. Smoking can decrease longevity by anywhere from five to fifteen years depending on the amount smoked. Diet can either increase or decrease your longevity, as shown in different parts of the world when it comes to their normal diet. The Standard American Diet (SAD) is an example of a pro-aging diet.” That sure got my attention and it’s indeed SAD. But he added “You can support healthy aging and longevity by taking these supplements and food on a daily basis.”

Let’s begin with **NAC**-Normal acetylcysteine, **NAD**-Nicotinamide adenine dinucleotide and **L-Carnitine**. They all support healthy heavy levels of **L-Glutathione**, an amino acid that protects aging from free radicals, as well as attacking foreign compounds in our blood stream. Then **Dr. Mindell** added a few more boosts to keep us going.

- 1. ARGININE.** Increases human growth hormone.
- 2. ASTRAGALAS.** Alleviates fatigue and boosts your immune system.
- 3. BLACK TEA.** An antioxidant which prevents free radical damage.
- 4. GREEN TEA.** Helps your body handle stress.
- 5. COENZYME Q 10.** Supports energy production and is a potent. Antioxidant.
- 6. CURCUMIN.** An antioxidant, anti-stress, and anti-inflammation supplement. It stimulates the production of SuperOxide Dismutase (SOD), Catalase, and L-Glutathione.
- 7. VITAMIN D3.** The natural form of Vitamin D, increases the Telomere length.
- 8. PINE BARK EXTRACT.** Supports healthy circulation and anti- inflammation.
- 9. GARLIC.** A powerful antioxidant.
- 10. ASTAXANTHIN.** Anti-aging support.
- 11. OMEGA-3.** Anti-inflammatory, reduces harmful cholesterol, and reduces clot formation.
- 12.PROBIOTICS.** Healthy gut, healthy person.

These are just some of the things we are learning like **Dr. Mindell** said “In the year 2050 we should be able to extend life expectancy to 120 plus years.” Fingers crossed!!! Check him out [www.earlmindell.com](http://www.earlmindell.com). ★



## WE SUPPORT FIRST RESPONDERS



Messenger Publishing Group

## Be a part of something important

# Local Writers Wanted

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



Call us today at 916-773-1111

# Local Classifieds

Advertise in your local community newspaper

## Call 916-773-1111

### Announcement

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase. 10% Senior & Military Discounts. Call 1-855-424-7581 (Cal-SCAN)

### Autos Wanted

DONATE YOUR VEHICLE to fund the SEARCH FOR MISSING CHILDREN. FAST FREE PICKUP. 24 hour response. Running or not. Maximum Tax Deduction and No Emission Test Required! Call 24/7: 1-877-434-6852 (Cal-SCAN)

GOT AN UNWANTED CAR??? DONATE IT TO PATRIOTIC HEARTS. Fast free pick up. All 50 States. Patriotic Hearts' programs help veterans find work or start their own business. Call 24/7: 1-855-408-6546 (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: 1-855-408-7368 (24/7) (Cal-SCAN)

Get a break on your taxes! Donate your car, truck, or SUV to assist the blind and visually impaired. Arrange a swift, no-cost vehicle pickup and secure a generous tax credit for 2025. Call Heritage for the Blind Today at 1-844-491-2884 today! (Cal-SCAN)

### Need Help? Hire a Pro!



### 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  
Zconf@sbglobal.net  
Bus. Lic. # 305312 • B. E. A. R. Reg. #B4416  
[www.zinskyspcrepair.com](http://www.zinskyspcrepair.com)

### Cellular Plans

Switch and save up to \$250/year on your talk, text and data. No contract and no hidden fees. Unlimited talk and text with flexible data plans. Premium nationwide coverage. 100% U.S. based customer service. For more information, call 1-844-908-0605 (Cal-Scan)

### Elder Care

Hardworking, tender-hearted, Christian woman available for full-time Elder Care. References. Maria 650-861-0256 (8/23/24)

GoGo. Live and age your way. Get help with rides, groceries, meals and more. Memberships start as low as \$1 per day. Available 24/7 nationwide. BBB Rated A+ Business. Call GoGo to get started. 1-855-476-0033 (Cal-SCAN)

### Financial

Struggling with debt? If you have over \$10,000 in debt we help you be debt free in as little as 24-48 months. Pay nothing to enroll. Call Now: 1-877-435-4860 (Cal-SCAN)

### Buy and Shop Local!

### For Sale

National and State Award Winning Newspaper For Sale. Northern California community weekly newspaper and multimedia company. Growing region of the San Francisco Bay area. Owners are retiring and want to spend more time with family. Looking to expand your Properties?? Call 925-487-6383 to start the conversation. (Cal-SCAN)

### Garage/Moving Sale

Mega Moving Sale July 27-28. Front and rear yard. 6324 Creekecrest Circle. Citrus Heights, CA. ALL MUST GO. China crystal decorations tools pictures books etc (7/26/24)

### Hall Rentals

**VFW Post 6158**  
  
**8990 Kruithof Way, Fair Oaks, CA**  
**916-966-1663**  
[vfw6158.org/rent-our-hall/](http://vfw6158.org/rent-our-hall/)

### Health/Wellness

Attention: VIAGRA and CIALIS USERS! A cheaper alternative to high drugstore prices! 50 Pill Special - Only \$99! 100% guaranteed. CALL NOW: 1-888-256-9155 (CalSCAN)

JOIN FOR FREE - NOKITS 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.mycfto.com](http://canderson.mycfto.com) (TFN)

### Home Remodel

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 1-877-252-9868 (Cal-SCAN)

### Visit: mpg8.com

### Help Wanted

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

### Insurance/Health

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 400 plus procedures. Real dental insurance - NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-844-203-2677 [#6258](http://www.dental50plus.com/calnews) (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, waving ALL installation costs! (Additional terms apply. Subject to change and vary by dealer. (Offer ends 8/25/24.) Call 1-855-419-8241 (Cal-SCAN)

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 1888-989-5749 (Cal-SCAN)

### Home Remodel

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 1-877-252-9868 (Cal-SCAN)

### Home Repair

WATER DAMAGE CLEANUP & RESTORATION: A small amount of water can lead to major damage in your home. Our trusted professionals do complete repairs to protect your family and your home's value! Call 24/7: 1-888-248-0815. Have zip code of service location ready when you call! (Cal-SCAN)

### Home Warranty

Don't Pay For Covered Home Repairs Again! Our home warranty covers ALL MAJOR SYSTEMS AND APPLIANCES. We stand by our service and if we can't fix it, we'll replace it! Pick the plan that fits your budget! Call:1-855-411-1731 (Cal-SCAN)

### Landscaping

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

### 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 [cecelia@cnpa.com](mailto:cecelia@cnpa.com) (Cal-SCAN)

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 [cecelia@cnpa.com](mailto:cecelia@cnpa.com)

### Music Lessons

**Guitar Lessons**  
Beginner to Advanced . \$20/ half-hour; \$30 full hour. 916-507-6658, [freddiebbalbert@gmail.com](mailto:freddiebbalbert@gmail.com) (12/31/2024)

### Real Estate

RETIRED COUPLE \$\$\$\$ for business purpose Real Estate loans. Credit unimportant. V.I.P. Trust Deed Company [www.viploan.com](http://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](http://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](http://BPTreeServices.com)  
VISA / MASTER CARD  
California Contractors Lic #1036031

### GOT LOCAL NEWS?

Call  
**(916) 773 1111**

### RETIREDCOUPLE

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](http://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



# COMICS & PUZZLES

The Spats

by Jeff Pickering

Amber Waves

by Dave T. Phipps

Out on a Limb

by Gary Kopervas

TIGER

by BUD BLAKE

POPEYE

by RANDY HOLLOMAN

HOCUS-FOCUS

BY HENRY BOLTINOFF

GRIN & BLAIR IT

by Dave T. Phipps

STATEPOINT CROSSWORD • WEATHER 101

CLUES

ACROSS

1. Barbed comments

5. Astern

8. Newspaper piece

12. Light beige

13. Old wound

14. Palate lobe

15. Reposed

16. Needle case

17. Katmandu's land

18. \*Natural electrical discharge

20. Fiber source

21. Madison Square Garden, e.g.

22. Anatomical pouch

23. \*Like air from north of Canada

26. Same as boric

30. Slang for million dollars

31. Mother-of-pearl, pl.

34. Of a particular kind

35. Exclude or omit

37. Not safe

38. Parallel grooves

39. Campbell of "Scream" fame

40. Morally degraded

42. Lt.'s subordinate

43. Weed a.k.a. dyer's woad

45. Nervous (2 words)

47. Rubber substitute, acr.

48. Broom of twigs

50. Wild plum

52. \*Short-lived whirlwind (2 words)

56. Philip Roth's "The Human \_\_\_\_\_"

57. Additional

58. Driver's spare

59. Church songs

60. Biology lab supply

61. Pac Man's blue ghost

62. \*H in HI

63. Slightly insane

64. \_\_\_\_\_ pool or \_\_\_\_\_ pit

DOWN

1. Come together

2. Smoothie bowl flavor

3. Two-masted sailing vessel

4. Broad-brimmed beachwear

5. \_\_\_\_\_ a play

6. Flora's partner

7. H.S. math class

8. \*Not sunny

9. Between larva and adult

10. Enthusiasm

11. Split lentils dish

13. Roman statesman, Nero's advisor

14. Open up

19. Three

22. "Send help!" acronym

23. Make change

24. "Inside Out 2" main character

25. Actor Owen

26. Between Phi and Kappa

27. Like some sausages

28. Cake cover

29. \*What storm pursuers do

32. \*"\_\_\_\_\_ as Ice" by Foreigner

33. Feel regret

36. \*Condensation-starting point (2 words)

38. Church assembly

40. Stock regulator, a.c.r.

41. Herpes \_\_\_\_\_, a.k.a. shingles

44. Not odds

46. Nauseant

48. Battle of the \_\_\_\_\_, 1944-1945 German offensive

49. Literary composition

50. Eyelid affliction

51. Tibetan monk

52. Like Beethoven

53. Climbing plant

54. Irritates

55. Grazing lands

56. "Zip it!"

Classified Advertising

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

MPG

916.773.1111

WE SUPPORT FIRST RESPONDERS

MPG

STATEPOINT CROSSWORD • WEATHER 101

CLUES

ACROSS

1. Barbed comments

5. Astern

8. Newspaper piece

12. Light beige

13. Old wound

14. Palate lobe

15. Reposed

16. Needle case

17. Katmandu's land

18. \*Natural electrical discharge

20. Fiber source

21. Madison Square Garden, e.g.

22. Anatomical pouch

23. \*Like air from north of Canada

26. Same as boric

30. Slang for million dollars

31. Mother-of-pearl, pl.

34. Of a particular kind

35. Exclude or omit

37. Not safe

38. Parallel grooves

39. Campbell of "Scream" fame

40. Morally degraded

42. Lt.'s subordinate

43. Weed a.k.a. dyer's woad

45. Nervous (2 words)

47. Rubber substitute, acr.

48. Broom of twigs

50. Wild plum

52. \*Short-lived whirlwind (2 words)

56. Philip Roth's "The Human \_\_\_\_\_"

57. Additional

58. Driver's spare

59. Church songs

60. Biology lab supply

61. Pac Man's blue ghost

62. \*H in HI

63. Slightly insane

64. \_\_\_\_\_ pool or \_\_\_\_\_ pit

DOWN

1. Come together

2. Smoothie bowl flavor

3. Two-masted sailing vessel

4. Broad-brimmed beachwear

5. \_\_\_\_\_ a play

6. Flora's partner

7. H.S. math class

8. \*Not sunny

9. Between larva and adult

10. Enthusiasm

11. Split lentils dish

13. Roman statesman, Nero's advisor

14. Open up

19. Three

22. "Send help!" acronym

23. Make change

24. "Inside Out 2" main character

25. Actor Owen

26. Between Phi and Kappa

27. Like some sausages

28. Cake cover

29. \*What storm pursuers do

32. \*"\_\_\_\_\_ as Ice" by Foreigner

33. Feel regret

36. \*Condensation-starting point (2 words)

38. Church assembly

40. Stock regulator, a.c.r.

41. Herpes \_\_\_\_\_, a.k.a. shingles

44. Not odds

46. Nauseant

48. Battle of the \_\_\_\_\_, 1944-1945 German offensive

49. Literary composition

50. Eyelid affliction

51. Tibetan monk

52. Like Beethoven

53. Climbing plant

54. Irritates

55. Grazing lands

56. "Zip it!"

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

With purchase of select Safe Step Walk-In Tubs. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. See dealer for details. © 2023 Safe Step Walk-In Tubs. All rights reserved.

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

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.



# ‘We Hire Really Good People’ at Metro Fire

By Margaret Snider

**MATHER, CA (MPG)** - On March 1, the California State Emergency Medical Services Authority awarded the Distinguished Service Medal to Sacramento Metropolitan Fire District’s Battalion Chief Scott Perryman. Fire Chief Adam House announced the award, saying, “Chief Perryman is at the forefront of the MIH (Mobile Integrated Health) movement and has used his success to become a leader at the local, state, and national levels.”

The Emergency Medical Services Authority (EMSA) stated, in part, “As the pandemic waned, Chief Perryman refocused MIH (Mobile Integrated Health) on providing high-quality in-field care, reducing ED (emergency department) and EMS (emergency medical service) overutilization. Integrated into the 9-1-1 dispatch system, Mobile Integrated Health treated low acuity calls at home, leading to over 60% of patients being discharged on scene, decreasing ED and EMS utilization. Chief Perryman’s leadership resulted in substantial cost savings, exceeding \$2.4 million in 2023, improved EMS efficiency, and enhanced patient satisfaction.”

The Mobile Integrated Health program frees up ambulances and ambulance staff to take other calls and helps to shorten the ambulance patient offload times (APOT) at the emergency department, and to relieve Ed congestion. Three health systems, University of California,



Seven of the nine Metro Fire’s Board of Directors stand in front of the Cancer Awareness Engine and Metro Fire’s Headquarters building. From left are directors Brian Rice, Robert Webber, Gay Jones, D’Elman Clark, John Costa, Cynthia Saylor and Ted Wood. Not pictured are Jennifer Sheetz and Grant B. Goold. Photo courtesy of Sacramento Metropolitan Fire District

Davis; Sutter Health; and Dignity Health funded the Mobile Integrated Health pilot program. The County Board of Supervisors, especially Frost and Hume, Perryman said, also have moved things around to help with funds for Mobile Integrated Health.

“The goal,” Perryman said, “is to have the insurance companies pay for this service.” At this point funding is in place for two more years.

Metro Fire has led the region in many ways. They implemented an ambulance service staffed with paramedics and EMTs.

“We call it the Metro Medic Program but it was formerly called the Single Role Paramedic Program,” said Assistant Chief Kiley Keeley. “Metro Fire also has a bulldozer and a full-time firefighting, hoist-capable and night vision-capable helicopter.” The district just acquired their third helicopter.

Metro Fire has nearly



Fire Chief Adam A. House was sworn in as Sacramento Metropolitan Fire District’s seventh fire chief on Aug. 10, 2023. He holds the distinction of being the first fire chief to serve continuously as a member of Metro Fire since its inception in 2000. Photo courtesy of Sacramento Metropolitan Fire District

700 employees, including many support staff. One of these is Kyle Macdonald, government affairs director and legislative analyst, who works with three others in the planning and development division. Macdonald’s father spent 30 years in the fire service.

“I remember the



Battalion Chief Scott Perryman and his wife, Liz, are shown at the EMSA Awards where he received the Distinguished Service Medal. Photo courtesy of Sacramento Metropolitan Fire District

summers where summer vacations would be thrown aside for the fire season, and him being deployed out for fires across California,” Macdonald said.

“Effective government affairs is essentially making sure that we have a seat at the table where decisions are being made . . . It’s about forging relationships

with our elected officials and our policy staff . . . We’re working on positive legislation that benefits the fire service as a whole, not just here in the Sacramento region, but across the state and with our federal work, across the country,” Macdonald continued.

One of many big challenges always present is funding for new

technologies and new items, for new fire stations in areas of population growth, for programs.

“MIH delved into the importance of that,” Macdonald said, “and being able to make investments into new and trailblazing endeavors.”

In this position at Metro Fire for about a year, Macdonald said, “From my understanding, and the historical context I’ve gotten, this is a new role and the first opportunity to kind of create from scratch an effective government affairs program that doesn’t just take a month-to-month look at it, but a year-to-year and five-to-15-year view of legislative and policy advocacy and analysis.”

Though the news might seem full of doom and gloom to some, Perryman said, “When I sit down and talk with people, by and large, there’s just a lot of good happening in the world. Whenever I see or hear about bad things happening, I always see people rushing in to help, to be of assistance, to show love, show compassion. There are some really good people out there, and really good leaders who make it possible, like my fire chief, Chief House.”

House considers himself fortunate. “I love public service, I love the fire department, and I love helping people . . .” House said. “We hire really good people. The citizens of Rancho Cordova and Sacramento should know that they’re protected by really good human beings that care about people. So, it makes my job easy.” ★

## Caltrans Awards \$51.4 Million for Sustainable Transportation Projects

Caltrans News Release

**SACRAMENTO REGION, CA (MPG)** - With a majority of funding coming from Governor Gavin Newsom’s clean transportation infrastructure package and the California Climate Commitment, on July 9, Caltrans awarded \$51.4 million in planning grants for 89 sustainable, climate-resilient transportation projects throughout California to help communities better withstand the impacts of extreme weather events fueled by climate change.

The selected projects will help reduce planet-warming pollution, improve resiliency of the state highway system, enhance access to safe walkways and bike paths, and expand natural disaster preparedness. Nearly \$29 million comes from one-time state and federal sources made possible by Governor Newsom’s historic \$15 billion clean transportation package in the 2022-23 state budget to further the state’s ambitious climate goals. Another \$12.4 million comes from Senate Bill (SB) 1, the Road Repair and Accountability Act of 2017. The awards will fund project planning and conceptual design efforts, helping move the projects closer to construction.

“California is at the forefront of planning transportation projects built to help underserved communities withstand the effects of climate change,” said Caltrans Director Tony Tavares. “By working closely with local partners, we can maintain a sustainable, adaptable and resilient transportation system that will serve all Californians far into the future.”

In total, Caltrans will fund:

\$28.8 million in Climate Adaptation Planning Grants – all from Governor Newsom’s clean transportation infrastructure package – to 30 local, regional and transit agencies to identify transportation-related climate vulnerabilities through the development of climate adaptation plans, as well as project-level adaptation planning to address climate impacts to

transportation infrastructure. Ninety-seven percent of these projects will benefit disadvantaged communities.

\$19.2 million in Sustainable Communities Competitive and Technical Grants to 50 local, regional and transit agencies for transportation and land use planning, as well as planning for electric vehicle charging infrastructure. This includes more than \$6 million to fund planning for 16 projects that improve safety and access for people who walk and bike. Ninety-two percent of these projects will benefit disadvantaged communities.

\$3.4 million in federally funded Strategic Partnerships Grants to nine projects that will plan for managed lanes, training and certification for local elected officials, comprehensive multimodal corridors, transit network and comprehensive operational analyses, improve

interregional ADA paratransit coordination, develop airport passenger transportation recommendations, develop a zero-emissions bus fleet, coordinate multimodal transportation and land use compatibility.

Caltrans awards transportation planning grants each year through a competitive process to encourage local and regional projects. Applications are evaluated on how projects advance state transportation and climate goals by identifying and addressing statewide, interregional, or regional transportation deficiencies on the highway system. The grant program began in the 2015-16 fiscal year. Since then, Caltrans has awarded 685 planning grants totaling \$266 million, and more than 60 percent of those projects have been completed.

SB 1 provides \$5 billion in transportation funding annually that is shared between state and local agencies. Road projects progress through construction phases more quickly based on the availability of SB 1 funds, including projects that are partially funded by SB 1.

Find more projects that are building California’s climate-friendly future at build.ca.gov and RebuildingCA.ca.gov. ★

## Senior Health Fair

Resources for The Golden Years

**INFORMATION & ENTERTAINMENT**

FOR SENIORS, THEIR FAMILIES AND FRIENDS

**Saturday, September 21, 2024**

**10 am to 3 pm**

**FREE Parking**

**FREE Admission**

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

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

**Rock-n-Roll Concert and Classic Car Displays!**



- Senior Care
- Nutrition & Health Foods
- Home & Garden
- Sports & Fitness
- Anti-aging Programs
- Mental Health

- Veterans Information
- Chiropractors and Massage
- Natural Healing
- Health & Other Insurance
- Investment and Retirement
- And Much More!

**Great Entertainment & Live Music**

Hear old time rock n’ roll, cruising songs, surfer songs.  
It’s the music you grew up with!

sponsored by



[www.SeniorHealthFair.org](http://www.SeniorHealthFair.org) To Exhibit: 916.910.9499 or [info@recoveryforall.net](mailto:info@recoveryforall.net)