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Grant Line Road Safety Improving



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

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



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

pedestrians.

After all segments in the 34-mile-long connector are constructed, it will link

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

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California Capital Airshow Soars at Mather

By Omella Rossi, photo by Rick Sloan

RANCHO CORDOVA, CA (MPG) - The 18th annual California Capital Airshow took over the skies at Mather Airport on July 13 and 14, delivering a weekend packed with aerial acrobatics, educational opportunities and community engagement.

Presented by Sacramento County in partnership with the City of Rancho Cordova, the event celebrated the rich aviation heritage of the Sacramento region while offering an exciting, family-friendly experience. With a diverse lineup of performers and attractions, the airshow proved to be a major draw for aviation enthusiasts from across the state, with nearly 90,000 attendees over two days.

"The airshow is a massive gathering of people. Our Capital Airshow is unlike most because it is all choreographed and narrated and it all has a mission and purpose to tell a story," said California Capital Airshow Executive Director Darcy Brewer. "The performances are so unique people are coming from all over the state."

Among the airshow highlights were the impressive performances of the Frece Tricolori, the Italian Air Force's renowned jet team, making its only performance in the western United States. Known for spectacular aerobatic displays, the team captivated audiences with their precision and elegance.

"The Frece Tricolori are the most mesmerizing and elegant performance I have ever seen in my life," Brewer said. The team's 10 Italian-built aircraft dazzled spectators with synchronized maneuvers and vibrant red, green and white smoke trails.

The U.S. Air Force Thunderbirds also took center stage, with its F-16 Fighting Falcon jets performing daring aerial stunts. "It's incredible; they are so loud I hear my bones shake during their performance," said spectator Patrick Martin.

Another major draw was the F-35 Lightning II Demo and the FA-18 E/F Super Hornet, both showcasing the cutting-edge technology of modern military aviation. The U.S. Air Force C-17 Globemaster III also made a grand appearance, offering a glimpse into the operations of this 250,000 plus pound aircraft.

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NCOA Plays a Vital Local Role

By Omella Rossi

SACRAMENTO REGION, CA (MPG) - The Non Commissioned Officers Association (NCOA), a military service organization established in 1960, plays a vital role in supporting members across all United States Armed Forces branches and their families from Rancho Cordova and the greater Sacramento area through programs and initiatives.

With a mission focused on enhancing quality of life and supporting the professional development of non-commissioned officers, the association operates under the motto "Strength in Unity." Throughout the year, the organization raises funds through various programs and allocates them to area veterans in need.

The Non Commissioned Officers Association also collaborates with the Rancho Cordova Area Chamber of Commerce to promote community recycling events, enhancing environmental sustainability efforts.

A cornerstone of the association's support is the partnership with Volunteers of America for the Sacramento Stand Down, a multi-day event providing critical services such as legal aid and medical and psychological treatments to homeless veterans. The Non Commissioned Officers Association contributed more than 500 towels for veterans in



Retired Chief Master Sergeant Sullivan presents Noncommissioned Officers Association Vietnam Medallions. Photo courtesy of Tammy Sullivan

need at the event.

"It's an opportunity to help those veterans to be cared for," said Non Commissioned Officers Association International Auxiliary President Tammy Sullivan. "It happens all over Sacramento. Some of our most recent locations include Placer County and Elk Grove."

Another significant program involves the association's partnership with the Veterans Administration (VA), where representatives actively assist in securing homes and furniture for homeless veterans. The association operates four warehouses in Rancho Cordova for storing donated items. Members meticulously maintain a list of veterans' needs and available resources, ensuring efficient matching and furnishing of

homes with appliances and furniture. Additionally, they facilitate direct delivery of these essentials to veterans' residences, further enhancing their support efforts.

Association members also plan to increase outreach efforts to connect with the Veterans Village residents in Sacramento.

The Non Commissioned Officers Association members had an informational booth June 20 at the annual Rancho Cordova Business Expo & Job Fair.

"As a result of the business expo, we were able to start a partnership with JumpKing to acquire used, yet functional beds and mattresses for donation," Sullivan said. "We see a huge demand for these items when it

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Foundation Gives Graduates Construction Opportunities



Julian Aguilar works on an electrical installation at a Taylor Morrison home in the Vineyard neighborhood in Sacramento County. Photo courtesy of The Write Stuff Communications

prove themselves to the trades like, ‘Hey, hire me when this four-week period’s done.’”

Aguilar was one of 52 Sacramento-area high school students participating in a program this summer that demonstrates there are good careers that don’t require them to go to college and incur large amounts of student debt.

“This is a career you can do without going into debt, going into college very easily and making \$30,000 to \$40,000 a year in an entry-level position,” said Foundation Executive Director Jennifer Poff. “If you love to work with your hands and you love seeing something come together, figure out piece by piece how it comes together, then this is a great career for you. And you don’t have to worry about incurring college debt in order to get a degree to do something when you can do this right out of high school.”

Ruddy agreed. “We tell them, if you’re not interested in college, that’s OK, you can make a good living, you can support your family. We brought in representatives from the trades to talk about their story of like, ‘Hey, I don’t have a degree, you know? Now after 15 years, I’m the foreman of this company making six figures, making a good living. I have a boat. I have a house. I have my big truck,’” he said.

Ruddy said it is crucial that the homebuilding industry recruits new workers, and soon.

“It’s important for us to keep the workforce in place. In the next five

to 10 years, this workforce is aging out. For this next generation, it’s a great career to have. You can come into the workforce right out of high school, be trained at your career, something you can be proud of. Building the American dream is what we’ve always thought this was. And it’s something these kids coming out of high school can be successful at and move up in the world.”

Students participating this year came from the Sacramento City, Twin Rivers, Natomas, Elk Grove and San Juan unified school districts. Besides Taylor Morrison, Lennar, Toll Brothers and USA Properties offered internships in several developments around the region.

Aguilar said the hands-on internship was a great experience.

“Honestly, I think this program is great because it exposes you to every trade. Maybe you want to work in an office, maybe you want to do paperwork, but the program gives you a glimpse of everything you would do, all hands-on. I think anyone that’s able to take advantage of this program should absolutely take it, because it’s phenomenal, man. Love it,” he said.

Fortunately, the program is likely to continue into its eighth year as well, Ruddy said.

“As long as I’m here, we’ll definitely keep participating,” he said.

Applications for the 2025 internship program will be available early next year. For more information about the program, visit <https://bit.ly/4cW-jTAX>. ★

Michael O’Brien III Sworn in As Highway Patrol CHP Officer



Michael O’Brien III is from Rancho Cordova and will serve CHP. Photo courtesy of CHP

CHP News Release

RANCHO CORDOVA, CA (MPG) - Michael O’Brien III of Rancho Cordova has successfully completed cadet training at the California Highway Patrol (CHP) Academy. He is assigned to duty at the CHP’s Contra Costa Area office.

Officer O’Brien graduated from Cordova High School in 2013. Prior to attending the CHP Academy, he attended Folsom Lake College and had the occupation of a window installer for Glass Masters in Roseville, California.

At the CHP Academy, cadet training starts with nobility in policing, leadership, professionalism and ethics, and cultural diversity. Training also

includes mental illness response and crisis intervention techniques. Cadet instruction covers patrol operations, crash investigation, first aid, and the arrest of suspected violators, including those who drive under the influence of alcohol or drugs. The cadets also receive training in traffic control, report writing, recovery of stolen vehicles, assisting the motoring public, issuing citations, emergency scene management, and knowledge of various codes including the Vehicle Code, Penal Code, and Health and Safety Code.

The mission of the California Highway Patrol is to provide the highest level of Safety, Service, and Security. ★

The Write Stuff Communications News Release

SACRAMENTO COUNTY, CA (MPG) - Julian Aguilar has wanted to be a construction worker for a long time; he just didn’t know what trade he wanted to pursue.

To learn more, Aguilar, 18, participated in a four-week hands-on construction internship last summer between his junior and senior year at Casa Roble High School in Orangevale. The program, sponsored by the North State Building Industry Foundation, exposed him to a wide range of building trades. This year, for the first time, selected interns from last year were invited to come back for another session to see if they were ready for job offers.

Aguilar jumped at the opportunity.

“The program exposed me to everything, and it’s helped me find what trade I want to be in,” Aguilar said during a break at the new home community under construction in the Vineyard area of Sacramento County. “At first when I got into the program, I wanted to be a framer, then I wanted to be an HVAC worker. And now, I want to be an electrician.”

At the conclusion of the internship, he got his wish. He’s been hired by Republic Electric and will begin work on July 30.

According to Shaun Ruddy, vice president of field operations for homebuilder Taylor Morrison, the senior interns worked hard.

“You can see the effort they’re putting in,” Ruddy said. “They’re trying to






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Monster Jam Roars into Sacramento Hot Jazz Jubilee 2024 to Sizzle

Monster Jam News Release

SACRAMENTO REGION, CA (MPG) - Experience big-time family fun at Monster Jam. An unexpected, unscripted and unforgettable motorsports experience for families and fans returns to Sacramento for an adrenaline-charged weekend at Golden 1 Center on Aug. 16 to Aug. 18.

At Monster Jam, world champion athletes and their 12,000-pound monster trucks tear up the dirt in wide-open competitions of speed and skill.

The excitement begins at the Monster Jam Pit Party held in Sacramento prior to the events on Saturday, Aug. 17 and Sunday, Aug. 18. Fans can see the massive trucks up close, meet their favorite drivers and crews, get autographs and take pictures. Activities include the Sand Box play area, UNOH tire demonstration, coloring and temporary tattoo station, and new photo ops, including the chance to take a photo with the Series trophy. This fun-filled experience is the only place that allows people to get up close access to the Monster Jam teams and get an insider's look at how these trucks are built to stand up to the competition.

Fans will be on the edge of their seats as the world's best drivers show off massive stunts, big air, backflips, crazy skills and all-out racing in fierce head-to-head battles for the Event Championship. Engineered to perfection, the 12,000-pound Monster Jam trucks push all limits in Freestyle, Skills and Racing competitions.

Fans are encouraged to get to their seats early to experience Monster Jam Traxside approximately one hour before the event



Driver Fernando Martinez returns to Monster Jam at Golden 1 Center as the El Toro Loco driver from Aug. 16 to 18. Photo courtesy of Monster Jam

start time. Featured festivities include competition previews, driver interviews, giveaways, opening ceremonies and power rush truck introductions.

Monster Jam drivers are trained, world-class male and female athletes. They have mastered the physical strength and mental stamina needed to compete, and the vital dexterity to control 12,000-pound machines capable of backflips, vertical two-wheel skills and racing at speeds up to 70 miles-per-hour to produce jaw-dropping, live motorsports action seen throughout the world.

Enjoy big-time family fun at Monster Jam. The competitions start at 7 p.m. Aug. 16, 7 p.m. Aug. 17 and 1 p.m. Aug. 18.

Also on Aug. 17 is a pit party from 4:30 to 6 p.m., which requires an event ticket and pit pass for entry.

On Aug. 18, the pit party from 10:30 a.m. to noon requires an event ticket and pit pass for entry.

Golden 1 Center is at 500 David J Stern Walk, Sacramento.

Tickets are affordably priced for the whole family. Tickets and pit passes are available for purchase at the Monster Jam website at MonsterJam.com, which will direct you to Ticketmaster.com. If not sold out, tickets will be

available at the door.

For more info about a Monster Jam event near you, follow Monster Jam on its social media channels: Facebook, Twitter, Instagram and TikTok. Subscribe to the Monster Jam YouTube Channel at <http://www.youtube.com/MonsterJam>.

About Monster Jam

Monster Jam features world-class athletes competing for championships on perfectly engineered dirt tracks that push these ever-evolving, state-of-the-art trucks to the limit. Beyond the 350 global live events each year, the Monster Jam brand extends off the track into the home through products, content and merchandise that keeps the fun alive year-round. For more information, visit MonsterJam.com.

About Feld Motor Sports

Feld Motor Sports, Inc. produces and presents specialized arena and stadium-based motorsports entertainment. Properties include Monster Jam, Monster Energy AMA Supercross and the SuperMotocross World Championship. Feld Motor Sports, Inc. is a subsidiary of Feld Entertainment, Inc. Visit monsterjam.com, supercrosslive.com and feldentertainment.com for more information. ★

MPG Staff

SACRAMENTO, CA (MPG) - The ninth annual Hot Jazz Jubilee will feature four days of music and entertainment over Labor Day weekend, Aug. 30 to Sept. 2, under one roof.

Five rooms will offer music, ranging from the large Grand Ballroom to the more intimate Garden Terrace and RJ's. Dancers will want to be in the three ballrooms that offer a dance floor.

The annual extravaganza will feature more than 20 bands and guest artists.

"We are excited to offer some new featured performers, plus some bands returning by popular demand," said Hot Jazz Jubilee festival director Pat Jones. "And the variety can't be beat. We have jazz, swing, zydeco, rock 'n' roll and R & B. Something for everyone."

Performers include Brian Casserly, Todd Morgan & The Emblems, San Lyon, Katie Cavera & the Lost Boys, and many more. Some exciting special sets are "Boogie Woogie Extravaganza" on Saturday, Aug. 31 and a "Back to the Future" Old Time Rock 'n' Roll set on Sunday, Sept. 1.

In addition, Shaymus Hanlin will present his "Tribute to Frank Sinatra" and High Street Band will honor Veterans with their "Salute to the '60s" on Friday, Aug. 30. There will be two gospel sets on Sunday, Sept. 1, one set with Yve Evans and Company, and the other set with High Street Band. Special guest pianist, Nicole Pesce will perform two sets, "Two Pianos, Six Hands," with Stephanie and Paolo.



Brian Casserly is a regular featured All-Star at jazz festivals throughout the country; and a session musician for commercials, professional recordings and musicals in the U.S. and Canada. Photo courtesy of Hot Jazz Jubilee



High Street Band plays jazz, Motown, R&B, blues and funk tunes that bring their audiences to the dance floor. Photo courtesy of Hot Jazz Jubilee

For the full performance schedule, check online at hotjazzjubilee.com/venues-scheduled-events.

The family-friendly event is in air-conditioned comfort at the newly-remodeled DoubleTree by Hilton Sacramento at 2001 Point West Way. Admission is free for children 18 and under.

Sacramento Jazz Education Foundation will sponsor Youth Clinics

where young musicians can perform with the pros. Food and drink and a jazz vendor fair will also be on site.

Single-day tickets are \$65 for Aug. 30, \$85 for Aug. 31 or Sept. 1 and \$65 for Sept. 2. A four-day event pass is \$155. Tickets are available online at hotjazzjubilee.com/purchase-tickets. For special group rates, visit info@hotjazzjubilee.com. ★

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NCOA Plays a Vital Local Role



Veterans come together for the Irreverent Warrior Silkie Hike in 2023. Photo courtesy of Tammy Sullivan

Continued from page 1 comes to this program.”

The Non Commissioned Officers Association also collaborates with Move America Forward, a non-profit military charity based in Sacramento, to assemble and send care packages for troops overseas, showcasing the organization’s commitment through practical, community-driven initiatives.

“I’m proud of our collaboration with the Veterans of Foreign Wars where we raise money to buy appliances such as grills and commercial toasters,” said Scott Rodowick, the auxiliary chapter treasurer, reflecting on some of the association’s initiatives. “These items are integral to our participation in barbecues, which serve as outreach programs aimed at keeping everybody connected.”

Sullivan highlighted unique challenges faced by veterans in the region, including the need for stronger peer-to-peer connections due to the absence of active military bases nearby. To address this, the Non Commissioned Officers Association organizes events such as the Irreverent Warrior Silkie Hike, an annual veteran-only hiking event in Rancho Cordova, fostering camaraderie and support among veterans. Additionally, members emphasize support for post-traumatic stress disorder (PTSD) treatment and aim to improve coordination among veterans’ organizations for more effective outreach.

Area residents, businesses and volunteers interested in supporting the Non Commissioned Officers Association’s mission can engage through volunteering opportunities listed on the association’s website at ncoausa.org



The Noncommissioned Officers Association sponsored a tee at the Veterans of Foreign Wars (VFW) Cherry Island Golf Tournament for a membership drive. Photo courtesy of Tammy Sullivan

or by following its social media presence. Sullivan emphasized the importance of community awareness and involvement in bolstering their efforts to assist veterans effectively.

“There are so many ways and varying levels of degrees to get involved,” Rodowick said. “It’s a great group of wonderful people and the greatest gift is when you are helping others. Especially those that put their lives on the line to give us the freedoms we enjoy today.”

The Noncommissioned Officers Association meets regularly in Rancho Cordova and other locations throughout Sacramento, with monthly gatherings aimed at fostering community and support among members. Two local chapters include the Central Valley and the Spirit of Sacramento Auxiliary Chapters comprising about 90 members in the Sacramento area.

When asked why residents should join the Non Commissioned Officers Association, Sullivan emphasized the organization’s responsibility to veterans and the community.

“We enjoy the freedoms

of today because of those veterans and sometimes this gets lost,” Sullivan said. “We all have someone or know someone that has put that uniform on and that uniform represents this country and everything this country stands for. We should honor that.”

Rodowick said that members do not have to be connected to the military to join. Anyone can be a part of the organization.”

Active Noncommissioned Officers Association members are throughout the greater Sacramento region, according to Sullivan, including in Rancho Cordova, Citrus Heights, Placerville, Lincoln, Plumas Lake and Elverta.

The Noncommissioned Officers Association Central Valley Chapter Number 1551 and Spirit of Sacramento Auxiliary Chapter Number 270 host meetings at 7 p.m. the first Wednesday of every month at Veterans of Foreign Wars Post 4647, 3300 U St. in Antelope. All are welcome to attend.

For more information on the Non-Commissioned Officers Association and how to get involved, visit its website at ncoausa.org. ★

CRPD Supplies a Success



Cordova Recreation & Park District and Folsom Cordova Unified School District staff stand with school supply donations for the Families in Transition Services program. Photo courtesy of Cordova Recreation & Park District

By Elena Burgé, Cordova Recreation & Park District

RANCHO CORDOVA, CA (MPG) - This summer, the Cordova Recreation & Park District (CRPD) continued their commitment to supporting the community through their Community Engagement Program.

Over the last few weeks, the Cordova Recreation & Park District Board of Directors and staff contributed donations to a school supply drive for the Folsom Cordova Unified School District’s (FCUSD) Families in Transition (FIT) Services program. More than 700 items were collected and included supplies such as calculators, binders, scissors, art supplies, notebooks and paper.

The Families in Transition Services program offers vital support to students and families facing challenges such as housing, food and healthcare insecurity. To ensure every student can start the school year prepared and focused on their academic success, the program provides essential supplies to those in need. In supporting this program, Cordova Recreation

& Park District hopes to continue their commitment to community upliftment and youth empowerment.

“Here at CRPD, our staff focus on their professional strengths and in supporting Families in Transition and providing school supplies to students in FCUSD, we are excited to support our youth in the community to focus on growing their strengths, rather than focusing on where their school supplies or resources are coming from,” said Cordova Recreation and Park District General Manager Patrick Larkin. “We fully support this program, and we are committed to fostering this partnership with FCUSD throughout the year.”

Though the Families in Transition Services program accepts school supplies, monetary donations also allow the program to better support the community and continue to provide an essential array of resources to families in need. To learn more about the program or donate, visit www.fcusd.org/educational-services/social-emotional-learning-sel-and-educational-equity/families-in-transition. ★

California Capital Airshow Soars at Mather



The Freccie Tricolori, the renowned jet team of the Italian Air Force, dazzled spectators at the California Capital Airshow by releasing vibrant green, white and red smoke, representing the national colors of Italy during its performance.

Continued from page 1

“The F-35 jet is one of my favorites, especially when it slows down in the air. It almost looks like it comes to a complete stop” said Emma Davis when asked what she was most looking forward to seeing at the event.

The Patriot Parachute Team demonstrated their precision jumping skills, featuring former members of elite military units such as Navy SEAL Team, Air Force Wings of Blue and Navy Leap Frogs.

On the ground, visitors had the rare opportunity to tour large military transport aircraft such as the C-5 Super Galaxy and the KC-135 Stratotanker. Interactive exhibits, spanning across 200 acres provided insights into various missions, including aerial refueling and humanitarian aid. Public safety and first responder displays highlighted the crucial roles that airplanes and helicopters play in law enforcement, medical evacuation and firefighting.

One of the airshow’s unique aspects is its commitment to community engagement and education. As a nonprofit organization, the California Capital Airshow uses the event’s proceeds to fund scholarships, internships and free educational programs throughout the year.

“We decided this is a massive career day in a way,” Brewer explained. “The whole event is designed to share our nation’s rich aviation history, honor veterans and inspire the next generation.”

“Watching young people explore all of the exhibits and show interest in the world of aviation and STEM is the true highlight of the weekend for the Airshow team,” said Terrence McNamara, Board Chairman of California Capital Airshow.

Volunteers play a huge role in the success of the event.

Volunteer and team leader Michael Funes has been involved with the event for six years and emphasized the joy of seeing excited young faces at the show.

“After nearly three decades in Rancho, I found myself drawn into volunteering. It’s my way of getting closer to the planes I love,” Funes said. “Over the past six years, I’ve met countless genuine people willing to take time out of their day to volunteer. This event is part of the community and is one of the biggest events Rancho has to offer.”

Pilot Mike Kelly, 99th Commander, highlighted his love for flying.

“I think any pilot would

say it’s kind of visceral a sense of freedom and adventure. Growing up, I always wanted to be a pilot. It’s a very cool opportunity to be able to fly for the community because this is home,” said Kelly when asked about performing in the show a couple of years ago. “It’s pretty cool that every year we get the big names here. Getting those names out here puts this airshow on the map.”

For those who stayed until the finale, a memorable night awaited with a unique pyrotechnic display. The performance features 500 synchronized drones, fireworks, explosive effects, parachutist and acrobatic planes launching fireworks.

According to the event organizers the combined jet demos generates 541,000 pounds of thrust, the pyrotechnic show featured 70 pounds of dynamite and 6,000 feet of detonating cord and 15 million BTU’s (British Thermal Unit) of heat.

“It’s theatrics, it’s noise, it’s color, it’s just so exciting,” Brewer said.

On the ground, 908 dedicated volunteers worked to ensure the event ran smoothly, 27 partnering nonprofits collaborated and 27,749 lemonades were sold to beat the heat and keep attendees refreshed. ★

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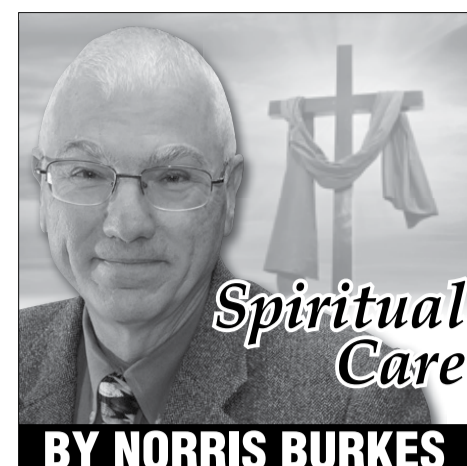
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My Limitless Limitations



Spiritual Care

BY NORRIS BURKES

"A man's got to know his limitations," is the famous advice given by Clint Eastwood in his role as Dirty Harry, in the 1973 movie, "Magnum Force." As a spiritual columnist, I see some spiritual awareness in those words.

While my limitations are unlimited, I can briefly share three settings where it's helpful for me to "know my limitations."

Three Things I'm Too Inept to Manage

I can't seem to learn Italian so I can order a venti or grande iced tea at Starbucks. I remind the clerk, "This is America, darn it. Give me the Jumbo Super Slurper."

I'm unskilled in the self-check line at the grocery store. Those computer voices fluster me. They sound too much like creepy Hal in 2001 Space Odyssey, just endlessly repeating, "Unauthorized item in the bagging area."

I can't manage accuracy when the grocery store asks for my personal information on the store application for "preferred card." I don't need the avalanche of junk mail, text messages or email spam they bring, so I use the name "Ima Snooty."

Three Things I'm Too Clumsy to Accomplish at Church.

I don't care to hug strangers. This limitation is a trait of the INFP, a type from the Myers Briggs personality test. The letters stand for "Introverted, Intuitive, Feeling, and Prospecting" and, according to the test, an INFP "tends to be quiet, open-minded, and imaginative, and they apply a caring and creative approach to everything they do."

As an INFP, I sometimes feel like I'd rather run to my car after my sermon than stay around and hug people.

I'm unable to think of the word that fills in the "fill-in-the-blank" sermon outlines found in many church bulletins. These

outlines are akin to karaoke and were popularized by the now-retired evangelical pastor Rick Warren.

I'm too rhythmically challenged to clap to the beat of contemporary church music. I have to make a choice: sing or clap. And since people tend to get hurt when I clap, I stick to singing.

Three Situations Where my Faith is Stronger Because it's Limited

On a more serious note, I'm a man who acknowledges his faith limitations.

I cannot, will not, tell you that your faith and beliefs are wrong and mine are right. Some Christians are fond of quoting John 14:6 concerning Jesus being the only way to God. But if you are reciting the verse to other faiths, you are not sharing your faith, you're shouting your condemnation.

I won't impose my faith on you in a public situation by giving a public prayer when I know that the audience may not be of my faith. Because, if I only pray what doesn't offend me and -- you can only hear what doesn't offend you -- then we dilute both of our faiths.

I won't debate you. I'm not going to argue religion with you. Neither will I engage in disputes over abortion, the death penalty, theology, politics, evolution or the existence of God. I will, however, engage in a thoughtful examination of the issues. Maybe it's the INFP personality, but my dad taught me that it can take more courage to walk away from an argument.

That's enough of the negative limitations. Before I finish, let me tell you where I tend to be limit-less.

I try to be an example of struggling faith. "What is that?" you ask. Struggling faith recognizes that no one has faith completely figured out. God is too big to be contained in one religion. We can learn things about faith from people of other faiths, and even from people who profess no faith at all.

I want to follow the direction of I Peter 3:15: "Be ready to speak up and tell anyone who asks why you're living the way you are and always with the utmost courtesy."

Finally, if you ask me, I will pray with you without limits. My prayers are voiced in plain English without the "thee" and "thou" from King James's Old English. However, given my touch of ADD, the prayers won't be a grande or a venti size prayer, just a small one.

Just don't ask me to do one of those huggy prayers. After all, a pastor really should know his/her limitations. ★



With Mary Jane Popp

Be a Dog with a Bone

You may not be the biggest or the prettiest dog in the pack, but if you want the secrets to success, fulfillment, and happiness, then Peggy McColl says you grab it all with gusto. Her bone is her dream, and you can have yours too with her book "Be A Dog With A Bone." Peggy says dogs can teach us a lot about reaching our goals, so roll over the following tips and find out how to grab your own goals and dreams and roll in the bliss of success and contentment.

1. What is your bone...your goal? A dog knows a good bone when he sees one and goes for it. Chomp on your goal, chew it over, then grab hold and ignore that little voice that says you can't.

2. Be a little dog with a big attitude. Don't think small. Dream big! Be excited about your goal, feel entitled to achieving it, and experience the feelings you'd feel if you'd already reached it. Think little lap dogs barking at a big German Shepard,

3. Get out of the dog house. Be courageous and believe in yourself. See challenging times as a terrific opportunity to leave behind the security of what you once knew and look again at what you might create for yourself.

4. Only ingest things that are good for you. A little poison, or negativity, can strongly affect you. If looking at all the obstacles facing you is making you sad, angry, or scared, stop!

5. Learn new tricks. We're always

having to learn something new. Stop thinking "it's too late" or "I'm too old."

6. Bark for what you want. Don't be shy. Speak up for yourself. If you want people to help you, approach them and ask.

7. Don't chase your tale. Let go of behaviors that are not serving you anymore. Take a look at your habits that are holding you back, and let go of them.

8. When you think you've reached the end of your leash, give yourself a little more leash to work with. Think positive thoughts and stretch past your comfort zone. Stop believing that your power to change your life is limited.

9. Wag your tale! The more you feel happiness and appreciation for what you have, the easier it will be to achieve your goal. Look at all that's working in your life already.

10. Keep your nose wet. Stay healthy. You'll need to feel good

and have stamina if you want to reach your goals. Eat well, exercise, and get your rest. Even take a nap.

Peggy has a final thought for us. **Lap us your success.** Get excited and celebrate your successes! If you do, it will lead to more successes! A dog can be deliriously happy over a bowl of water, and he'll lap it up eagerly!

Check out Peggy and her dog Pablo on YouTube for some fun. Oh, and hang on to that bone with much relish and **WOOF to your SUCCESS!** ★

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.

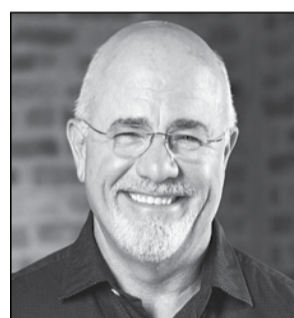
Guidelines for inclusion on the list are:

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. ★



Dave Ramsey

Dave Ramsey Says Wait ... What?

the point of my plan. The point is to get out of debt, not just move it around or try to juggle smaller portions.

What you're actually saying is you're thinking about putting your family's financial future in jeopardy, because you want to go on camping trips in a roomier car. That's a bad plan! For you guys, something like this right now would be a luxury item. Did you know I went without a vacation for four years trying to get my life back together after I went broke? Four years! I'm not suggesting you live with this attitude for the rest of your life, but I'm pretty sure there are other ways to make family camping trips happen.

Long story short, you don't need a different vehicle to go camping. And you definitely don't need to go back into car debt to go camping. Buy a couple of tents, throw them in the back of the car and head for the woods. If your cars are really just too small to handle everything, then rent a bigger car for the

weekend. I'd rather you spend a few bucks doing something like that once in a while than picking up another car payment.

Your mindset on this worries me, Sara. The reason for getting out of debt is to live a better life. Living debt-free is smart, less stressful and it makes everything else feel lighter and easier to manage. Live like no one else, so that later, you can live like no one else. Remember?

Please, don't do it.

- Dave

Dave Ramsey is an eight-time 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. Since 1992, Dave has helped people regain control of their money, build wealth and enhance their lives. He also serves as CEO for the company, Ramsey Solutions. ★

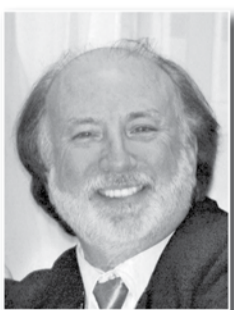
Dear Dave,

We've been following your Baby Steps plan, and we paid off two car loans a few months ago. That freed up almost \$800 a month. We have two kids, and we love to go on family camping trips. We've been trying to decide on a destination for the next one, but to do this we would need a vehicle with more room. Luckily, we found a used van at a reasonable price, and we think we could have it paid off in no more than 12 months. Would this be okay, since we would still have more money left than before?

- Sara

Dear Sara

Okay, you're telling me you just got out from under \$800 worth of car payments each month, and you want to dive right back in by financing another one? I think you've missed



**Publisher,
Paul V. Scholl**

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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.

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Grant Line Road Safety Improving

Continued from page 1

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, 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 reoccurring 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 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. ★

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CLUES

- ACROSS**
- Soothing concoction
 - The Magic School ride
 - Mama's husband
 - Dwarf buffalo
 - Moneyed one
 - "M*A*S*H" extra
 - Soon, to Shakespeare
 - Sheltered, nautically
 - *Abacus user, e.g.
 - *School jacket-wearer
 - TV classic "Happy"
 - What hoarders do
 - Speech-preventing measure
 - *Pencil end
 - Deep regret
 - Indian restaurant staple
 - What cobblers often do
 - Mother Earth, to Ancient Greeks
 - Embedded design
 - ___ Khan
 - Contending
 - *Don't forget to cross them
 - Plural of flora
 - Rolodex abbr.
 - Sultry or carnal
 - *Rydell High School movie
 - Defensive one on the gridiron
 - Oodles
 - *Some PTA members?
 - *It involves elements
 - Cuban dance
 - Burkina Faso neighbor
 - Opera solo
 - Boot-shaped European country
 - Oil org.
 - Review a service
 - Say "No!"
 - Animal's nose
 - Perceives with an eye

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DOWN

- Jezebel's idol
- Beheaded Boleyn
- Plunder
- Certain rays
- Plural of #1 Across
- Part of an eye, pl.
- Witnessed
- *Field of education
- ___ Walker, American girl doll
- *Inspiration for circular charts, pl.
- Acronym, abbr.
- Zimbabwe's capital
- Address to a woman
- Nail salon file
- Toothpaste type
- *Marks in English
- Hindu queen
- "Hannah and Her Sisters" director
- End of line
- Yogurt-based dip
- *Opposite side over hypotenuse, pl.
- Bald symbol
- *___ monitor
- Bigheadedness
- *All-school get-together
- Giuseppe ___ of opera

- fame
- Temporary craze
 - Parthenogenetic
 - Recant or retract
 - *English homework, pl.
 - *Circle, e.g.
 - Paparazzi's target
 - Remote control option
 - Middle Eastern sultanate
 - "Follow me!"
 - Genealogy plant
 - Agitate
 - Puppy barks
 - Antonym of keep

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Edible Food Recovery Microgrants Available

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - The Capital Food Access Alliance – a regional collaboration between Sacramento County and the cities of Citrus Heights,

Elk Grove, Galt, Folsom, Rancho Cordova, Sacramento – has released Edible Food Recovery Microgrants to help local organizations expand their capacity to accept food donations for distribution throughout the community.

Award amount: applicants can request a minimum of \$5,000 and a maximum of \$25,000.

Grant application period: applications are accepted now through November 2024. Applications will be reviewed once per month. Notifications of

award will be provided on a rolling basis.

The grant term will last six months.

Grant funds must solely benefit food recovery efforts in the Sacramento County region, and this grant does not require matching funds or cost-sharing.

Capital Food Access Alliance may extend or reopen the application cycle and launch a larger

grants program with higher funding limits.

To learn more about and register for this grant, visit the Capital Food Access Alliance grant overview webpage at <https://capfoodaccess.org/overview>.

Applicants will need to register with Capital Food Access Alliance to access grant information and apply. ★

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Chicken Breast Tenders 2.5 lbs Bag \$8.99/ea	Pork Butt's Boneless Collitas de Cerdo en Korean \$2.99/lb	Country Style Pork Loin Ribs - Brls Collitas de Cerdo en Korean \$2.99/lb
Chicken Leg Quarters Pernas y Moch de Pili 99c/lb	Lamb Loin Chops Chateaus de Lomon de Cordeiro \$9.99/lb	Pork St. Louis Ribs - Single Pack Costillas de San Luis \$3.99/lb

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ASIAN GROCERY

Shelly Senbei Original & Teriyaki 5.5 oz \$2.79/ea	Lars Swedish Pearl Sugar 10 oz \$1.99/ea	First World Sriracha Hot Chili Sauce 2.5 oz \$2.99/ea	Ques-O Cheese Block 500 g \$9.99/ea	Chaokoh Coconut Water, Box 1 liter \$2.49/ea
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EUROPEAN GROCERY

Zergit Farmers White Cheese 800 gr \$9.99/ea	Semenye Zaknora Buckwheat 1.5 kg \$5.49/ea	Ahmad Tea Ceylon Tea Op Ceylon Leaf Tea 16 oz \$7.99/ea	Do Gaba Tea 4 Flavors (in a pack) 4 x 100 gr \$5.99/ea	Al Amira Super Melon Seeds 350 gr \$4.49/ea
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