



**September Fun
in Fair Oaks**
PAGE 3

**Broken Compass
Plays at August 29
Bands and Brew**
PAGE 2



AMERICAN RIVER Messenger

VOLUME 19 • ISSUE 16 *Serving Fair Oaks, Orangevale & Sacramento County* AUGUST 23, 2024

**SEE
INSIDE**

**MOUNTAIN MIKE'S
OF FAIR OAKS
OUTSTANDING**



PAGE 4

**HELP YOUR PETS
BEAT THE HEAT**



PAGE 5

**NEWSOM URGES
TO RESTRICT
CELL PHONES**



PAGE 5

Free Playmaker Flag Football Launches



Playmakers Character and Leadership Academy events encourage all youth to participate. From mid-September through November, a free, inaugural Playmaker Flag Football will have two leagues for boys and girls: a league for youth between the ages of 6 and 14, and another league for youth with developmental differences. Photo courtesy of Playmakers Character and Leadership Academy

By Carol Feineman

SACRAMENTO REGION, CA (MPG) - National Football League (NFL) FLAG games give boys and girls of all abilities an opportunity to develop fundamental football skills in a positive, inclusive environment, according to the NFL FLAG organization. And now area youth will have an opportunity to develop those skills. That's because the nonprofit Playmakers Character and Leadership Academy is launching a free, inaugural Playmaker Flag Football in Citrus Heights next month. Children with developmental differences of any ability, desire and age, plus their families, are encouraged to attend. There will be two leagues, one for boys and girls between the

ages of 6 and 14, and another league for boys and girls with developmental differences. Optimist Club of Country Club and Verde Design are providing the resources for The Playmakers to offer the free NFL Youth Flag Football. All participants will receive a jersey, wristband and qualified coaching from high school and college players. The games and practices will be held at both Mesa Verde High School and San Juan High School in Citrus Heights. "This program is possible through the cooperation of both Mesa and San Juan High schools, working together for the community of Citrus Heights, beginning mid-September through November," said Playmakers founder Greg Roeszler. "Optimists and Verde

Design want all kids and families to have the opportunity to participate. Playmakers ensures the character/leadership component of the coaching and oversight." The nonprofit Playmakers organization was founded by Roeszler in 2009 to build leadership and character through sports and academics. Roeszler is an Encina High School varsity football coach and a former quarterback/punter at the University of Minnesota and San Diego State, and camp quarterback with the Oakland Raiders. The Playmakers Flag Football contact/sign ups are at Theplaymakers.org. For more information about Playmakers Flag Football, call 916-220-1284 or email Coachrozplaymakers@gmail.com. ★

July New Home Sales Return to Normal

The Write Stuff Communications News Release

SACRAMENTO REGION, CA (MPG) - After six straight months of new home sales that were well above average, sales returned to a historically normal level in July, the North State Building Industry Association reported Aug. 7. BIA member builders reported selling 433 homes during July, 6% above the monthly average of 409 recorded during July since 1997. Sales were down 15% from June and down 13% from July 2023.

BIA President and CEO Tim Murphy suggested the region's heat wave might have been a factor. "Sales were noticeably lower than they have been this year during the first two weeks of the month when the Sacramento region was suffering through a historically hot heat wave," he noted. "During eight of those days, temperatures were above 105 and reached 110 or above on three days. Temperatures dropped off a bit during the third week of the month and were in the 70s and 80s during the last weekend of the month. It's probably no coincidence that sales climbed during the third week and that the last week of the month was the best week out of the four. Still, despite the heat, overall it was a solid month for our members."

Murphy said it was also possible that talk of the Federal Reserve finally lowering interest rates next month may be causing some people to hold off on buying, although a quarter-point drop in rates would not be substantial enough to make much difference in monthly payments. New home communities in Rancho Cordova saw the most sales during the month (95), followed by Elk Grove (77) and perennial market leader Roseville, which recorded just 62 sales. Sacramento (excluding Natomas) was next with 48 and Folsom rounded out the top five with 42 sales. The next five submarkets were Plumas Lake (20), Rocklin (17), Lincoln (14), Galt (13) and Natomas (12). BIA statistics include sales by members in Amador, El Dorado, Placer, Sacramento, Sutter, Yolo and Yuba counties. ★

Stay Safe from Rattlesnakes

By Judy Andrews

SACRAMENTO REGION, CA (MPG) - Although wildlife sightings are typically more common near rivers, creeks and open spaces, this year's extreme heat has forced the local wildlife, including many unwelcome visitors such as venomous snakes, to seek food, water and shelter in populated areas, sometimes right into our backyards.



Northern Pacific Rattlesnakes are recognizable with their distinct triangular heads and dark brown blotches running down their backs. Photo courtesy of National Park Service

The California Poison Control System receives hundreds of rattlesnake exposure calls every year, especially from April to October. Although rattlesnake bites are rarely fatal, they can cause severe injury or death, according to the California Department of Fish and Wildlife, and prevention is the key to human safety. "Snakes start roaming around when they get desperate for water," said Jake Molieri, owner of SNAKEOUT, Inc. "They can die if they become overheated, so it's not unusual to find them on hot days near water sources

like sprinklers, fountains, pools, pet water dishes and inside flowerpots," Molieri said. Molieri's business provides humane snake removal services, educational resources and canine rattlesnake aversion clinics. He's one of a handful of local snake removal companies specializing in removing rattlesnakes from businesses and homes. Molieri sees a growing need for public education and awareness of wildlife behavior, especially as more people move into Sacramento County and the foothills. "Rattlesnakes are important to our ecosystem. We don't need to live in fear of them. But we need to be vigilant and respect them for their role in the environment like we do for other wildlife," Molieri explained. Depending on the

county, this region is home to between 10 and 13 different species, including the venomous Northern Pacific Rattlesnake, which is often the target of fear and misconception. Sacramentan Michael Starkey supports snake conservation worldwide through his nonprofit Save The Snakes organization. "We haven't solved the problem by killing and removing them," Starkey

Continued on page 3



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

Broken Compass Plays at August 29 Bands and Brew



Broken Compass, from left, are Django Kale Ruckrich, Mei Lin Heirendt, Kyle Ledson and Sam Jacobs performing at Orangevale Recreational Center Bands and Brews on May 23. Photo courtesy of Jeff Ledson.

By Aaris A. Schroeder

ORANGEVALE, CA (MPG) - Orangevale Bands and Brews is a free weekly family event Thursdays from 5 to 8 p.m. It includes a farmers' market, live music, food trucks and a beer and wine garden organized by the Orangevale Chamber of Commerce and Orangevale Farmer's Market at Orangevale Recreational Center on Hazle Avenue.

Every Thursday from May to October, Orangevale residents gather to celebrate their community. Businesses that participate include SMUD, Palmer Real Estate, Orangevale Community Foundation and Orangevale Rotary Club.

This time around, Aug. 29 will also be a joint chamber mixer for both the Orangevale and Citrus Heights chambers of commerce.

The cost to attend is \$20 and includes a meal voucher: your choice of food trucks, beer, wine or seltzer and dessert.

Jam band Broken Compass will be on the Aug. 29 main stage. Kyle Ledson (mandolin, guitar, banjo and vocals), Django Kale Ruckrich (guitar, mandolin, slide guitar and vocals), Mei Lin Heirendt (fiddle and vocals) and Sam Jacobs (bass) blend bluegrass and Americana sounds.

Since its conception in 2021, Broken Compass has a few songs from its 2023 "Fools Gold" album on SiriusXM Radio. The band has found support from local public radio that, according to band manager and Ledson's father, Jeff Ledson "means the

world to the band." In addition to managing, the father's duties include running sound, design, marketing and "driving the bus."

This will be Broken Compass' third time performing at Orangevale Bands and Brews.

"We love a big crowd. We understand the event is not just about the music but having an attentive audience is always rewarding as a band," Ledson said. "We also love connecting with the dancers. Seeing folks move to the music makes our performance better. It's all a relationship, one that feeds off each other to make the show greater."

According to the California Bluegrass Association, Broken Compass' songs are "not linear with a beginning, middle and end but rather stopping points of observation filled with contrasts and ponderings."

Broken Compass has performed at major summer events, including the High Sierra Music Festival in Quincy and Bluegrass in La Roche in La Roche-sur-Foron, France. The band has traveled internationally through the California Bluegrass Association.

"We were happy to give them our unique California style of 'jam-grass' and watch them react. It was all so positive, so uplifting," Ledson said. "That's the special sauce that music provides. Sometimes, a performance can feel like a job and sometimes, you can feel the magic."

For more information about the Orangevale Bands and Brews events and to get advance tickets, visit www.orangevalechamber.com and click on the event calendar. ★

San Juan Water District Receives Project of The Year Award

San Juan Water District News Release

SACRAMENTO REGION, CA (MPG) - The Sacramento Chapter of the American Public Works Association (APWA) has selected San Juan Water District (SJWD) as the recipient of a Project of the Year Award. San Juan Water District's Hinkle Reservoir Floating Cover and Liner Replacement received the honor in the awards program's Environment-Water category, and San Juan Water District was formally recognized during an awards ceremony on Aug. 9 in Sacramento.

San Juan Water District provides reliable, high-quality water service to approximately 265,000 retail and wholesale customers in eastern Sacramento and southern Placer counties. In addition to serving its own retail customers, San Juan delivers wholesale water supplies to Citrus Heights Water District, Fair Oaks Water District, Orange Vale Water Company, the City of Folsom (for customers north of the American River) and, periodically, to Sacramento Suburban Water District.

Multiple factors are considered when evaluating projects for an award. The American Public Works Association Awards Program recognizes projects that exhibit outstanding management, administration, design, sustainability, construction, and community relations. Maintaining a strong association among the managing agency, designer, contractor, and construction management team who worked together to complete the

project are also integral components of the evaluation.

"We are honored to be the recipient of APWA's Project of the Year Award," said Paul Helliker, general manager of San Juan Water District. "The upgrade and replacement of Hinkle Reservoir's floating cover and liner was our largest infrastructure project in four decades. Because the Reservoir is essential to our operations, the project had to be completed during a short wintertime window, which our design, construction management, and construction contractors very successfully achieved."

Originally built in 1916, Hinkle Reservoir was located in what is now Folsom Lake before being moved to its current site in the 1950s. To meet new environmental regulations and protect water supplies from contamination, San Juan Water District installed a Hypalon geomembrane liner and floating cover in 1980. Although the cover and liner were originally guaranteed for 25 years, San Juan Water District significantly extended the system's lifespan through regular maintenance and testing to ensure its integrity. In 2022, with the system now more than 40 years old, San Juan Water District determined a replacement was necessary. The cover and liner replacement project was completed in April of 2023, on time and under budget.

Hinkle Reservoir provides drinking water to more than 265,000 customers in the greater Sacramento region and has a total storage capacity of 62 million gallons. ★

LOCAL ARREST RECORDS

Find out what's happening in your local area

Arrest Logs updated daily

AMERICANRIVERMESSENGER.COM

International MARKET

FOOD COURT NOW OPEN

10971 Olson Drive
Rancho Cordova, CA 95670
916.853.8000

Market: 1 Day: 8am-9pm
Food Court: 7 Days: 11am-1:30pm
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

FRESH PRODUCE

| | | | |
|--------------------------------|------------------------------------|-------------------------------|------------------------------------|
| English Cucumber \$1.29/ea | Grape Tomato 10.5 oz \$2.19/ea | Black Grape \$2.29/lb | Nopales Cleaned 1 lb \$2.29/ea |
| Raw Peanut \$1.59/lb | Granny Smith Apple 79¢/lb | White Nectarine \$1.29/lb | Hami Melon 2 lbs for \$1 |

AMERICAN/HISPANIC GROCERY

| | | | | | |
|--|---|--|--|--|---|
| EED Advanced Strength Paper Towels 8 rolls REG. \$4.99 \$7.99 /ea | ACII Butter REG. \$1.99 \$1.69 /ea | Act II Butter Flavor Popcorn 8.25 oz REG. \$2.99 \$1.59 /ea | Newman's Own Fig Newmans Low Fat 10 oz REG. \$2.49 \$1.99 /ea | Garden of Eatin' Cream Wafers 5.7 oz REG. \$1.99 \$9.99 /ea | Swift Dry + Wet Sweeping Kit 1 act REG. \$15.99 \$9.99 /ea |
|--|---|--|--|--|---|

ASIAN GROCERY

| | | | | |
|---|--|---|--|--|
| Lee Kum Kee Black Bean Garlic Sauce 13 oz REG. \$3.99 \$3.49 /ea | Thai MSG 500 g REG. \$4.49 \$3.99 /ea | Pure Foods Corned Beef (with juice) 12 oz REG. \$7.99 \$6.99 /ea | Chaokoh Nata de Coco (in syrup) 176 oz REG. \$2.99 \$2.49 /ea | Hawaii's Famous Hot-Hot Sauce 24 Loc REG. \$9.99 \$8.99 /ea |
|---|--|---|--|--|

EUROPEAN GROCERY

| | | | | |
|--|--|--|---|--|
| Sobah Avocado Oil 2 liters REG. \$21.99 \$16.99 /ea | Rabe Rose Water 430 ml REG. \$5.49 \$3.99 /ea | Rabiz Sunflower Seeds 500 gr REG. \$7.99 \$5.99 /ea | ETI Tea Biscuits 400 gr REG. \$2.49 \$1.99 /ea | Vimont Salata Greek Salad 900 gr REG. \$3.49 \$2.79 /ea |
|--|--|--|---|--|

KOREAN/JAPANESE GROCERY

| | | | | | |
|--|---|---|---|---|---|
| Sobak White Rice 44 lbs REG. \$6.99 \$6.99 /ea | Halpi Apple Juice 15 liters REG. \$3.99 \$3.99 /ea | O'Food Lunch Meat 340 g REG. \$2.99 \$2.99 /ea | Sukina Buckwheat Noodle 3 lbs REG. \$4.99 \$4.99 /ea | Changin Soybean Oil 800 g REG. \$10.99 \$10.99 /ea | Korin Fish Sauce 830 ml REG. \$5.99 \$5.99 /ea |
| Kobito Red Bean In Can 475 g REG. \$1.99 \$1.99 /ea | Korean Red Ginseng Drink 20 x 50 ml REG. \$15.99 \$15.99 /ea | Lotte So-Sue Orange & Grape 12 x 238 ml REG. \$9.99 \$9.99 /ea | Hot Pepper Paste + Seasoning 1kg + 170g REG. \$6.99 \$6.99 /ea | Nishin Kani Maki 100 g REG. \$8.99 \$8.99 /ea | Shinkita Yum Noodle 6.52 oz REG. \$1.49 \$1.49 /ea |
| Korin Soybean Oil 500 g REG. \$4.99 \$4.99 /ea | | | | | |

HOUSEWARES

| | |
|---|------------------------------------|
| Bigen Speedy Hair Color (REFILL ONLY) 5.99/ea | MODAMODA SHAMPOO 300 G 2.99/ea |
| ELECTRIC BBQ GRILL 39.99/ea | ELECTRIC RICE COOKER 14.99/ea |
| ELECTRIC RICE COOKER 15.99/ea | ELECTRIC RICE COOKER 15.99/ea |

FROZEN & FISH DEPT

| |
|--|
| Beef Curry & Beef Soy Gyu Don 12 oz REG. \$9.99/ea \$5.99 /ea |
|--|

EUROPEAN DELI

| | |
|---------------------------------------|----------------------------------|
| Columbus Roast Beef 13.19/ea | Greek Black Olives \$4.99/ea |
| Columbus Black Forest Ham 7.99/ea | Greek Green Olives \$4.99/ea |

FROZEN & FISH DEPT

| | |
|---|--|
| Frozen Wild Yellow Corvina 28.22 oz REG. \$11.99/ea \$6.99 /ea | Cooked Baby Clam Meat 340 g REG. \$5.99/ea \$3.99 /ea |
|---|--|

WEEKLY MEAT SPECIALS

| | | |
|--|--|--|
| Beef Cross Rib/Shoulder Roast - Bnds \$4.99/lb | Beef New York Roast - Boneless \$5.99/lb | Beef New York Steak - Boneless \$6.99/lb |
| Pork St. Louis Ribs - Single Pack \$3.99/lb | Pork Loin Roast Boneless \$2.99/lb | Pork Loin Chops Boneless \$3.49/lb |

Advertisements good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE AUGUST 21 - AUGUST 27, 2024.

Stay Safe from Rattlesnakes

September Fun in Fair Oaks



Northern Pacific Rattlesnakes are common in this area. Photo by Judy Andrews

Continued from page 1 said. "Rattlesnakes are simple creatures with survival needs similar to ours. They are much more afraid of you than you are of them and won't strike unless provoked."

Starkey's organization provides training courses that teach students about venomous snake behavior and how to safely handle them.

"Empowering individuals to learn about snakes helps conserve their population in the ecosystem," he said.

Keeping your home snake-free

Rattlesnake sightings and encounters can occur at any time of year in this area but are more frequent as the snakes become active when temperatures rise above 70 degrees. Should you find one in your yard, don't panic. Follow the experts' advice to keep your property snake-free.

"Understanding their behavior and habits is the first step in safety and prevention," said Ben Nuckolls, Wildlife Capture Specialist and owner/operator of California Wildlife Encounters. With 30 years of experience, Nuckolls is trained to safely work with all types of wildlife, often including venomous snakes.

"The important thing to remember is that rodents



Save The Snakes teaches students and wildlife professionals how to handle venomous snakes safely. The organization accepts donations to keep their work going. Photo courtesy of Save The Snakes

attract snakes," Nuckolls said. "Removing a snake's food source is crucial to keeping your home snake-free."

Nuckolls frequently responds to calls from livestock owners and residents in rural communities who find rattlesnakes in the loose straw where rodents burrow or near chicken coops where rodents eat the feed.

Homeowners can reduce snake encounters by keeping their yards, sheds and garages clutter-free. This involves cleaning up all birdseed from the ground, trimming weeds, grass and overgrown foliage—and conducting regular home perimeter inspections, including checking woodpiles and areas near water sources.

Snake experts also advise homeowners near open spaces and greenbelts to

invest in rattlesnake fencing installed by a professional to minimize snake entry points.

Should you encounter a rattlesnake in your yard, it's recommended that you call a professional to safely and humanely remove it. Don't try to remove it yourself or kill it unless you've been trained in handling venomous snakes. A scared, provoked snake will try to defend itself.

Experts recommend having a plan in place and keeping the phone numbers of local snake removal companies or your local county Animal Control handy in case you need them at any time. Check with your nearest hospital or emergency facility to ensure they carry the antivenom. A rattlesnake bite is a medical emergency for humans and pets. ★



By Judy Andrews, Fair Oaks Chamber of Commerce

Mark your calendars for the 19th annual Chicken Festival at Fair Oaks Park (11549 Fair Oaks Blvd.) on Saturday, Sept. 21. Event hours are 12 to 6 p.m. The Fair Oaks Chamber is currently looking for members to help sponsor the popular Cornhole Tournament. For sponsorship information, phone 916-967-2903 or email info@fairoakschamber.com.

Watch for event details in the next issue of American River Messenger.

Fair Oaks chamber members and friends recently turned out to support two members with a ribbon cutting ceremony celebrating their businesses. Heather Ford ("The Mattress Lady") owns The Restful Roost in Fair Oaks.

Heather has been a chamber member since 2021 and opened her mattress and bedding store in 2023. Earlier this year, she moved her shop to a larger and new location at 8137 Sunset Ave., Number 110. Come visit Heather's

store and check out her website at www.the-restful-roost.com or phone 916-234-6266.

The ceremony also acknowledged new chamber member Rita Hanisch-Dunbar, owner of Hanisch Designs, a home staging and styling service in Fair Oaks. Rita worked with Heather to design The Restful Roost and hopes to expand her business in the area with new clients. Rita works with both home and business owners. Visit her website at www.hanischdesigns.com or phone 408-667-6591.

UPCOMING EVENTS

Aug. 28 and Sept. 4 - Navigate Your Membership with the CEO, 10 a.m. to 12 p.m. Fair Oaks Cemetery Board Room, 7780 Olive St., Fair Oaks. At a special two-hour workshop with the CEO, chamber members can learn how to make the most of their online presence and get one-on-one support. Choose one of two dates. Pre-registration is required.

Sept. 5 - Classic Car Meetup, 5 to 8 p.m., Fair Oaks Park, 11549 Fair Oaks Blvd. Don't miss the final summer family-fun car show featuring classic cars, music and food from local food trucks. This free event is sponsored by the Fair Oaks Chamber and the Fair Oaks Recreation and

Park District. **Sept. 18** - Vibes in the Village, 5:30 to 8:30 p.m., Tudors Event Center, 10120 Fair Oaks Blvd. Join the Fair Oaks Village Enhancement Committee at their next upcoming free concert featuring the band Wasted Space.

Sept. 19 - Chamber Monthly Luncheon, 11:30 a.m. to 1 p.m., Mountain Mike's Pizza, 5267 Sunrise Blvd., Fair Oaks. Network with other members and make new friends at this month's event. Pre-registration is required.

Sept. 21 - Fair Oaks Chicken Festival, 12 to 6 p.m., Fair Oaks Park, 11549 Fair Oaks Blvd. Join the Fair Oaks Recreation and Park District for a fun-filled day of activities for the whole family, including the ever-popular Cluck n' Crow Contest, Cornhole Tournament and the GREAT Chicken Decorating Contest.

Sept. 26 - W.O.W Bus, 4:30 to 5:30 p.m., Madson Place Park, 5524 Cannes Way, Fair Oaks. Children can participate in group games and creative activities as the Wonderful Outdoor World Bus makes a park stop. The event is sponsored by the Fair Oaks Recreation and Park District.

For more information on these events, please visit fairoakschamber.com.

See you in Fair Oaks! ★

RESTAURANT ROW

Mountain Mike's of Fair Oaks Outstanding

By Janice Row

I had a great time talking to Paul Grewal, the owner of Mountain Mike's of Fair Oaks. You can tell by talking to him how much he loves his customers and his Mountain Mike's family.

Paul was an engineer with General Motors for seven years but realized that it is more profitable to be the owner of the business than the employee or management. When he moved to the United States, Paul set out to own his own business and became a restaurant owner. He opened Mountain Mike's Pizza of Fair Oaks in 1992.

He loves working with the Mountain Mike's franchise, which has been around 45 years. Paul said that Mountain Mike's "is a good and established company that listens to their franchisees and treats them very well with a great brand and high-quality products."

What sets this Mountain Mike's out over other pizza places is their customer service. When you come into Mountain Mike's of Fair Oaks, you are treated like family and welcomed in like you were entering their home. They take pride in their customer service, products and cleanliness.

Customers' favorite pizzas are The Pepperoni (a mountain of legendary crispy, curly pepperoni on the classic red sauce) and The Everest (classic combination of pepperoni, Italian sausage, salami, linguica, beef, mushrooms, black olives, bell peppers and onion on the classic red sauce).

There is much more than just pizza, though, at Mountain Mike's. Check out the classic and boneless wings, sandwiches, salads, sides and



It's hard to say no to another delicious Mountain Mike's pizza slice. Courtesy photo



desserts. Plus, there are beverages, wine and the craft beers.

Mountain Mike's of Fair Oaks carries craft beers and rotates them regularly; their regular customers love that they get to try new beers when they visit.

From 11 a.m. to 2 p.m. an awesome buffet of pizza and a salad bar is offered Mondays through Fridays. At Mountain Mike's, their dough is made fresh every day. They use 100% whole milk mozzarella cheese and a mountain of toppings; the best quality keeps their customers coming back.

Restaurant TV's have sports or travel shows playing. Plus there is a game room for the kids to play.

Mountain Mike's caters to family and family events, parties, groups, sports teams, company meetings and more. Call and book your next party, meeting or group event. Ask about their fundraising programs. Mountain Mike's is all about supporting and making a difference in the local community. The fundraising programs help raise money for local schools, academic clubs, youth sports teams, church groups, charities and other nonprofit organizations.

Mountain Mike's is at 5267 Sunrise Blvd. (Madison and Sunrise) in the Quail Point Shopping Center, Fair Oaks and is open 11 a.m. to 9 p.m. daily for dining in, carry out or delivery. The website is www.mountainmikespizza.com/locations/fair-oaks-sunrise. The phone number is 916-961-4000. ★

Left: Mountain Mike's staff is always ready to welcome customers and treat them like family members. Courtesy photo

Paid Advertisement

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 To Exhibit: 916.910.9499 or info@recoveryforall.net

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.



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

OH NO!

Is that really happening?

Read the public notices in our newspaper or on our website to learn more about:

Government meetings, bids & contracts

Foreclosures

Unclaimed property

School Board issues

Elections/Polling places, initiative petitions

Tax assessments/proposals



Help Your Pets Beat the Heat



Be cautious with swimming: Supervise pets when swimming in pools or natural bodies of water. Use life jackets and avoid swimming in strong currents or water that is too cold. Image by Joshua Choate from Pixabay

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Extreme heat waves continue to affect Sacramento County and it's crucial for pet owners to ensure their furry friends stay safe and comfortable. When temperatures rise, pets face increased risks of heat-related illnesses. Here are some essential tips to help your pets beat the heat:

Never leave pets in parked cars: Even on mild days, the temperature inside a parked car can rise rapidly, turning it into a deadly trap. Leaving pets unattended in cars is both dangerous and illegal in California.

Hydrate: Always provide fresh water for your pets to keep them hydrated. If your pet is experiencing a heat-related illness, never give them cold water to drink or soak in. This could shock their system.

Avoid peak heat hours: Schedule walks and outdoor activities during cooler parts of the day, such as early mornings or evenings. Hot asphalt and concrete can burn your pet's paw pads, so test the surface with your hand first.

Provide shade and cool environments: Ensure outdoor pets have access to shaded areas and fresh water. Indoors, keep them in air-conditioned rooms

or use fans to improve air circulation.

Use sunscreen: Pets with light skin or fur are susceptible to sunburn. Apply pet-safe sunscreen to sensitive areas like their ears and nose.

Be cautious with swimming: Supervise pets when swimming in pools or natural bodies of water. Use life jackets and avoid swimming in strong currents or water that is too cold.

Recognize heatstroke symptoms: Watch for signs like excessive panting, drooling, glazed eyes, rapid pulse, lethargy, vomiting and collapse. If you suspect heatstroke, move your pet to a cool area and seek immediate veterinary attention. Gradual cooling helps stabilize their internal temperature without causing additional stress or shock to their system.

For more hot weather pet tips and to learn how to spot heat-related illnesses in pets, visit the Animal Care Services website at <https://animalcare.sac-county.gov/Pages/default.aspx>.

Looking to adopt a pet? Visit the shelter at 3839 Bradshaw Rd. in Sacramento, open Tuesday through Sunday noon to 5 p.m., and Wednesday noon to 6 p.m.

For a list of available animal care services, including walk-in licensing and how to report a lost or found pet, visit the Animal Care Services website. ★

Nepalis Call Carmichael Home



In sari and topi hats, Nepalese community leaders dedicate their new Carmichael center.

Story and photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Many thousands of miles from the Himalayas, Nepalese Americans have established a cultural home in Carmichael. With music, flags and blessings, the Greater Sacramento Nepalese Community Center Association hosted inaugural festivities on Gibbons Drive last week.

More than 150 supporters celebrated.

"We closed on the purchase only hours before," said former association President Gary Giri. "People couldn't wait to get here with their families."

Seeds for the project were sown in 1995, when a handful of Nepalese families lived in Sacramento.

"We always felt we needed a gathering place," Giri said. "But with such a small community, the idea was hard to support. We rented venues but dreamed of having our own place. In the last five years, the community here has grown significantly. Our association at last started getting some money in the bank."

The 2,700-square-foot building previously housed a Samoan church. A golden statue of elephant deity Ganesh now graces the altar.

"Hinduism is an accepting, tolerant religion," Giri said. "We are peace-loving people. Ganesh is auspicious for new beginnings. He protects us from bad fortune and brings us financial success. His presence is a blessing."

Nepali immigrants also hold reverence for their most famed icon, Mount Everest (Sagarmatha).

"Everyone knows about our mountain," Giri said. "But there are other things to learn about Nepal. It was where Buddha was born, for example. We



Colorful in national dress, children join festivities at the new Nepalese Community Center.

were a kingdom for hundreds of years but recently became a democracy. Tourism is our greatest industry."

"Many of our people came to the U.S.A. for university education and settled here; a green card lottery system allowed more to immigrate," Giri said. "We're grateful for these opportunities and we're eager to share our culture with the local community."

Almost 1,000 Nepali families call the greater Sacramento area home. Many are government employees; others work in engineering and IT fields. Many more run small businesses.

Married to an American, Giri began his California career working in a liquor store. He purchased, operated and later sold a gas station. He now heads a Citrus Heights real estate brokerage. Lobbying for a community center has been a decade-long passion and the businessman was among the donors who enabled the \$515,000 Gibbons Drive purchase.

"It was a big expense for us," Giri noted. "Fortunately, everybody supported the need. We like to be under the same roof, learning what we don't know and teaching what we know. Everyone worked hard to make this possible. We appreciate

our association's leaders and the generosity and trust of our community. The new place is not fancy, but with the love and care we'll put into it, it'll do us fine."

The center will host language and yoga classes, social events, traditional celebrations and spiritual instruction.

"We want to preserve our culture for future generations growing up in America," Giri explained. "We don't want our children to forget where we came from. We want them to be familiar with the Nepalese lifestyle so they won't feel like complete strangers when they visit. We also want to make friends with Carmichael people. Everybody's welcome to visit us."

The center's first cultural event will be a women's festival, next month.

"Our married women wear beautiful red dresses and get together to pray for the long life, well-being and good fortune of their husbands," Giri said. "It's a tradition that's been happening for thousands of years and, for the first time, our wives can pray for us in Carmichael. That's good fortune in itself."

Learn more about Sacramento's Nepalese Community at www.sacnepal.org. ★

Governor Newsom Urges Schools to Restrict Cell Phones in the Classroom



Excessive smartphone use among youth is linked to increased anxiety, depression, and other mental health issues. Photo by RDNE Stock project via Pexels.com

Office of Governor Gavin Newsom News Release

SACRAMENTO, CA (MPG) - In a letter to California schools on Aug. 13, Governor Gavin Newsom called on every school district to restrict smartphone use in classrooms as the new academic year begins. In his letter, the Governor applauds districts that have already implemented cell phone restrictions, like Los Angeles Unified, and reminded education leaders of the mental health, scholastic, and social risks of cell phone use in classrooms.

In 2019, Governor Newsom signed AB 272 (Muratsuchi) into law, which grants school districts the authority to regulate the use of smartphones during school hours. Building on that legislation, he is currently working with the California Legislature to further limit student smartphone use on campuses. In June, the Governor announced efforts to restrict the use of smartphones during the school day.

A copy of the letter can be found below:

Dear School Leaders,

As we strive to create the best learning environment for all students this new academic year, I write today to raise an urgent issue that affects their well-being: the pervasive use of smartphones in schools.

Excessive smartphone use among youth is linked to increased anxiety, depression, and other mental health issues. A recent Pew Research Center survey found that 72% of high school and 33% of middle school teachers report cell phone distractions as a major problem. Common Sense Media found that 97% of students use their phones during the school day for a median of 43 minutes. Combined with the U.S. Surgeon General's warning about the risks of social media, it is urgent to provide reasonable guardrails for

smartphone use in schools.

As I work with the Legislature to further limit student smartphone use on campus, there is no reason for schools to wait. In 2019, I signed AB 272 (Muratsuchi) into law, which grants school districts the authority to regulate the use of smartphones during school hours. This legislation was a crucial step in our efforts to minimize distractions and foster a more conducive environment for our students to learn. It is imperative that school districts take full advantage of this law to address the growing concerns surrounding student well-being and academic performance.

Leveraging the tools of this law, I urge every school district to act now to restrict student smartphone use on campus as we begin the new academic year. The evidence is clear: reducing phone use in class leads to improved concentration, better academic outcomes, and enhanced social interactions. Schools and districts, including Santa Barbara Unified and Bullard High in Fresno, have seen positive impacts of limiting smartphones on campus, with some reporting higher test scores, grades, and student engagement, and less bullying and damage to school facilities. I applaud these districts, and others like LA Unified, for their leadership.

Every classroom should be a place of focus, learning, and growth. Working together, educators, administrators, and parents can create an environment where students are fully engaged in their education, free from the distractions on the phones and pressures of social media.

Thank you for your continued dedication to our students and support in making our schools the best they can be.

Sincerely,
Governor Gavin Newsom ★

San Juan Unified School District Serves Free Student Meals

San Juan Unified School District News Release

SACRAMENTO, CA (MPG) - San Juan Unified School District announced on Aug. 13 the sponsorship of the National School Lunch and the School Breakfast Program.

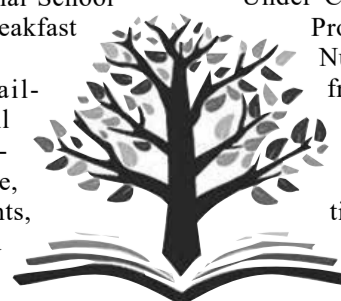
The program is available without charge to all district students. The district covers Arden-Arcade, Carmichael, Citrus Heights, Fair Oaks, Gold River and Orangevale.

San Juan Unified also sponsors all district schools and three California

Montessori Project schools (American River, Carmichael and Orangevale campuses) in participating in the Community Eligibility Program (CEP), where all students are fed at no charge.

Under California Universal Meals Program, San Juan Unified's Nutrition Services provides a free breakfast and a lunch to all enrolled students each school day.

For more information about San Juan Unified School District's meal program and to find a specific school meal calendar, visit www.sanjuan.edu. ★



San Juan Unified
SCHOOL DISTRICT

Greater Sacramento Economic Council Hosts Delegation to South Korea

Heather Atherton,
Atherton PR
News Release

SACRAMENTO, CA (MPG) - Greater Sacramento Economic Council (GSEC) is hosting its first delegation to South Korea Aug. 16 through 26, led by the new Chair of GSEC's Board of Directors, UC Davis Chancellor Gary S. May. The regional contingency is looking forward to connecting in-person with South Korean companies already investing in the Greater Sacramento region in the semiconductor and life science industries such as Samsung, which recently opened Samsung Semiconductor in Folsom, SK hynix the parent company of Solidigm, and SK bioscience, related to AMPAC Fine Chemicals, which is headquartered in Rancho Cordova.

Last November, the Greater Sacramento Economic Council unveiled its new international initiative, 'Globalizing Greater Sacramento' to expand international business opportunities and enhance direct air services to the Greater Sacramento region. The primary objective of this trip will be to further relationships with Korean companies that have already invested in our region and share the region's advancements in semiconductors and life science with additional companies and institutions.

"The investments AMPAC Fine Chemicals, Solidigm and Samsung made in our region have been transformational for our global reputation. We are now among the most innovative markets in the U.S. for semiconductors, with nine global industry leaders operating in our region. This trip to South Korea is critical to growing our relationships with the companies that are already here and building new ones with other emerging Korean companies," explained Barry Broome, President and CEO of the Greater Sacramento Economic Council.

These meetings will also serve as an opportunity to showcase the soon-to-be-completed Aggie Square at UC Davis, where leading-edge UC Davis research, innovative companies and startups, and talent from across our community will come together to create a thriving new Sacramento innovation district in 2025.



The Greater Sacramento Economic Council contingency is looking forward to connecting in-person with South Korean companies already investing in the Greater Sacramento region. Photo by Mohamed Hassan via Pixabay

"Aggie Square is a collaborative knowledge community designed to support whole ecosystems in emerging areas of technology and life science," said Chancellor May. "With the ongoing expansion of the Korean life science industry, Aggie Square serves as a gateway for Korean companies to establish a strong opportunity to grow in the U.S. market and connect with UC Davis's extensive research network."

The delegation of 18 local leaders will build on existing relationships with companies already in the region and forge new ones to bring further investment and jobs into Greater Sacramento. The delegation includes several executives with UC Davis as well as executives and elected officials from SMUD, City of Rancho Cordova, Sacramento County, City of Folsom, Los Rios Community College District, Wexford Science + Technology and PRIDE Industries, as well as three leaders from the Greater Sacramento Economic Council.

This is the second international delegation trip the Greater Sacramento Economic Council has made this year. In February, it led a group of 20 local leaders to Germany and met with global leadership at Bosch, BMW, Mercedes-Benz, Siemens Mobility, SMA Solar and more.

Key outcomes of that trip included:

Four companies are in active conversation to open operations in the region and another nine considering the region.

Progress was made toward securing a direct flight from Sacramento to Germany.

Partnerships to support Bosch in training and hiring for its new operations in Roseville, including bringing nine regional organizations across higher education, workforce and industry to submit a grant application

through CHIPS.

Act funding for a new training program.

Deepening relationships and partnerships between high education institutions that joined the trip, including Sacramento State and UC Davis.

Greater Sacramento Economic Council looks forward to another successful delegation trip, building bridges and creating opportunities for the Greater Sacramento region on the global stage.

About the Greater Sacramento Economic Council

The Greater Sacramento Economic Council is the catalyst for innovative growth strategies in the Capital Region of California. The organization spearheads community-led direction to retain, attract, grow and scale tradable sectors, develop advanced industries and create jobs and investment throughout a six-county region. Greater Sacramento represents a collaboration between local and state governments, market leaders, influencers and stakeholders, with the sole mission of driving inclusive economic growth. The Greater Sacramento region was founded on discovery, built on leadership and fueled by innovation.

About UC Davis Aggie Square

Aggie Square will bring together university research and teaching, industry and the community to create opportunities across the region. It will be home to research programs, private industry partners, classrooms, student housing and public-facing programs that engage local communities and entrepreneurs. It's projected to inject \$5 billion annually into the regional economy and support 25,000 jobs. The first buildings are expected to be completed in 2025. ★

Kings Korner

By V.G. Harris



Congratulations to Kings standout De'Aaron Fox and his wife Reece! Their young family has recently added a baby girl, and on behalf of all Kings fans I want to say a hearty congratulations to you both.

Many Kings fans have enjoyed watching Reece and baby Reign the past season, as they sit courtside and root on De'Aaron and the Kings nightly.

As an NBA veteran and former all-star, I fully expect De'Aaron to have another all-star season this year, and with the added presence of DeMar DeRozan, Fox could potentially have his best year yet.

Many believe with De'Aaron's improved three-point shooting, and his dynamic drives to the hoop, DeRozan's stellar midrange game may give Fox even better looks at the basket.

The same can be said for Keegan Murray, whose three-point shooting fell off a bit after having an eye-popping rookie season.

Teams tightened up the D on Keegan in his sophomore campaign, and the open looks he enjoyed in his rookie season were harder to find last year.

Look for DeRozan to help Keegan get back on track, and I believe every Kings fan is firmly convinced that Keegan's best basketball is still in front of him.

I have listened to NBA pundits that have downgraded the Kings to a 44-win prospect in the coming season, and this writer wonders what these supposed experts are looking at.

I see a 50-plus win team hitting the hardwood for Sacramento this year, and that is without Monte McNair making any further improvements to the roster. McNair has done a yeoman's job as a young GM, and is already developing a reputation as a GM not to be taken lightly.

Not since the Geoff Petrie days have we seen someone in the front office with the acumen that our own Monte McNair has demonstrated. So, take heart Kings fans, because I believe McNair is here for the long haul, and his 13-year stint with the Houston Rockets has proven invaluable to the Kings, as he continues to make prudent moves that are consistently

improving this team.

Many fans criticized choosing another guard in acquiring Devin Carter, but I firmly believe that utilizing the philosophy of choosing the best possible talent, regardless of position, was the correct prescription for the Kings, and just like choosing Keegan Murray two years ago, I believe that young Carter will prove his value in the 2nd half of the 2024/2025 season.

Many believe that the only reason he wasn't taken in the top 10 was due to impending shoulder surgery that has already taken place. Carter's availability looks to be sometime in late January, so his rookie campaign will consist of only half a season. I'm convinced that McNair chose wisely, so working him into the lineup in the all-important drive to the finish could make Devin Carter another fan favorite.

The continued talk is that the Kings still need a power forward to match up with stalwart big man Donatas Sabonis, and there still remains quality players that are on the open market.

One name I haven't heard mentioned is Indiana Pacers small forward Doug McDermott, who may yet be a sleeper that just needs more time on the hardwood.

A playoff team last year and a good one, the Pacers gave McDermott only 14 minutes per game while adding 5.5 points per game each night. McDermott was the 11th pick overall in the 2014 draft, and at 32 years of age could bring a veteran presence to a young Kings roster.

Tobias Harris is more of a household name, and while scoring 17.2 points per game for the 76ers last season, has scored 20 or more for the season twice in his 9-year career, and would also fit nicely into the Sacramento lineup.

Stay tuned Kings fans, because the roster for the upcoming season is not yet cast in stone, and just one more move could propel this playoff bound team to a place deep in the playoffs!

All the best, and please send your comments to vgharriskingsfan@gmail.com. ★

Your thoughts are always welcome at vgharriskingsfan@gmail.com

'Team Hope Walk' Raises Needed Funds

Weston Greene Communications
News Release

SACRAMENTO, CA (MPG) - The Northern California Chapter of the Huntington's Disease Society of America will host the Sacramento Team Hope Walk on Sept. 21 at River Walk Park, 651 2nd St. in West Sacramento.

Team Hope is Huntington's Disease Society of America's largest national grass-roots fundraising event, which takes place in more than 100 cities throughout the U.S. and has raised more than \$28 million for Huntington's Disease since its inception in 2007. Thousands of families, friends, co-workers, neighbors and communities walk together each year to support Huntington's Disease Society of America's mission to improve the lives of people affected by Huntington's Disease and their families.

Huntington's disease is a fatal genetic disorder that causes the progressive breakdown of nerve cells in the brain. It deteriorates a person's physical and mental abilities during their prime working years and has no cure. Every child of a parent with Huntington's Disease has a 50/50 chance of inheriting the faulty gene. Today, there are approximately 41,000 symptomatic Americans and more than 200,000 at risk of inheriting the disease. The symptoms of Huntington's Disease are described as simultaneously having Amyotrophic Lateral Sclerosis (ALS), Parkinson's and Alzheimer's.

America is dedicated to improving the lives of everyone affected by Huntington's Disease through community services and education to advocacy and research. Huntington's Disease Society of America was founded in 1967 by Marjorie Guthrie, the wife of legendary folk singer Woody Guthrie. The singer died from Huntington's Disease complications when he was only 55 years old but the Guthrie family legacy lives on at Huntington's Disease Society of America.

Registration starts at 9 a.m. and the event starts at 10 a.m. Sept. 21. All proceeds support Huntington's Disease Society of America's mission to improve the lives of people affected by Huntington's disease and their families.

Team Hope is Huntington's Disease Society of America's largest national grass-roots fundraising event and has raised more than \$28 million for Huntington's Disease since its inception in 2007. Thousands of families, friends, co-workers, neighbors and communities walk together each year to support Huntington's Disease Society of America's mission to improve the lives of people affected by Huntington's Disease and their families.

For more information about the event, go to <https://northernca.hdsa.org/events/2024-team-hope-walk-sacramento> and www.hdsa.org or call 800-345-HDSA. Huntington's Disease Society of America's Team Hope Walk Program is nationally sponsored by Neurocrine Biosciences and Teva Pharmaceuticals. ★

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



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.

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.



California Commissioner Faces Criticism as He Tries to Solve Crisis in Home Insurance Coverage



his 2018 campaign for insurance commissioner, former state Sen. Ricardo Lara has faced sharp criticism from Consumer Watchdog, which denounced him as a tool of the insurance industry.

However Lara has had to contend with an unprecedented crisis in California's insurance market. The disastrous wildfires that have swept through California in the last half-decade prompted many insurers to curtail their exposure, some to the point of abandoning the state altogether.

California's insurance regulatory system, they said, made it impossible to accurately project potential losses and adjust their premiums accordingly.

As tens of thousands of policies were canceled or not renewed, property owners scrambled to find new coverage, and many turned to the state's insurer of last resort, the FAIR program, that offers only limited reimbursement for losses at high cost.

Furthermore, because mortgage lenders require borrowers to maintain insurance coverage on their property, the insurance crisis has contributed to California's housing crisis.

Lara, backed by Gov. Gavin Newsom, has proposed systemic changes in how insurance is priced. He agreed with insurers that their rate proposals should be processed more rapidly, that they should be allowed to include potential losses from wildfires and other catastrophes in their rates, and that the costs of reinsurance — to spread the financial burden of losses — should be folded into premiums.

"We do not have the luxury of time," Lara said in a press release last week as he announced the adoption

of new rules to speed up rate cases.

Consumer Watchdog is still nipping at Lara's heels, saying "we remain concerned that the new procedures announced by the commissioner will short-circuit public participation and rates will be rubber-stamped."

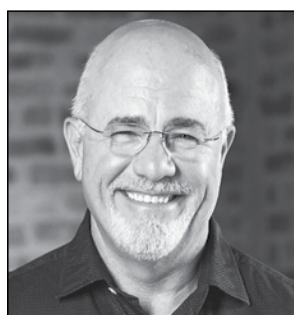
"Consumer Watchdog will analyze this action to determine if it is an illegal underground regulation or otherwise violates Proposition 103 by shutting consumers out of the process," it added.

Anticipating the criticism, Lara's announcement last week said, "Any intervenor groups engaged on certain rate filings must provide a 'substantial contribution' to the rate review process and not duplicate the work of the department's rate review experts to be eligible for compensation."

Would Lara's proposed regulatory changes likely make insurance coverage more expensive in fire-prone regions? Yes, but there are no free lunches and it's better to have costlier coverage than none.

If nothing else, Lara deserves credit for actually doing something about a severe crisis, rather than passing the buck — a contrast with how California officials are dealing with another crisis, homelessness.

Dan Walters is one of most decorated and widely syndicated columnists in California history, authoring a column four times a week that offers his view and analysis of the state's political, economic, social and demographic trends. He began covering California politics in 1975, just as Jerry Brown began his first stint as governor, and began writing his column in 1981. ★



Dave Ramsey

Dave Ramsey Says

It Gets Easier, and More Accurate, Over Time

ma—a business budget.

Next, you've got two goals to work toward with your profits. By profits, I mean after you've paid household expenses. That includes a living wage, enough to operate, keep food on the table, the lights on and that sort of thing. After basic living expenses are out of the way, your net profit in the business should be divided between retained earnings—or savings—and debt reduction. The idea is that you're going to put the lion's share toward paying off debt for now. Still, you need to have something set aside for a rainy day. In your case, that could be taken literally.

Keep in mind that in business, retained earnings are used for more than just emergencies. They're also for buying more land, equipment and anything else that'll grow your operation. But you always want a pad in there. What if you have an unusual year, and your

budget estimates are way off? It could be unexpected expenditures, or the fact you simply had a bad year. In business, that's an emergency, and you'd take that out of retained earnings.

Doing a budget, whether it's in business or personal finance, gets easier and more accurate with time and practice. You won't get everything right the first couple of tries, but with a little time and experience your budgeting skills and estimates will become more accurate.

I hope this helps, Thomas. Thanks for all your hard work!

– 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. ★

Dear Dave,

Recently, I began running my farm operation debt-free. I have 350 acres, and all the varying expenses often makes it difficult to budget correctly. I also have about \$240,000 in debt from bad financial decisions in the past. Do you have any suggestions for budgeting in a volatile industry like mine?

– Thomas

Dear Thomas,

First, you want to set up a separate budget and run a profit and loss statement. You'll want to estimate the income for the year as best you can, and you'll need to estimate your expenses item by item and category by category for the year. After that, you'll want to break it down by month. This is called laying out a business pro for-



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
CALL or TEXT today!

CALL A PRO BUSINESS DIRECTORY

SLS Superior Landscape Services
Landscaping and Maintenance

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

Insured Lic#794551
(916) 728-5812 • Cell (916) 761-0999
Dave Cochran Owner • dave_SLS@surewest.net

A-1 AFFORDABLE ROOFING SERVICES, INC

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

John Fleenor, Contractor
1741 L Street, Rio Linda, CA 95673
Cell: **(916) 206-1613**
Contractor Lic. #1064966

GREENWAY TREE SERVICE

Specializing in Expert Tree Pruning, Tree Removal & Stump Grinding

Free Estimates
Competative Prices
Licensed and Insured

(916) 224-9750

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

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

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

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

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
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

CASH for Diabetic Supplies

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

OLSON'S WOODWORK

BRIAN OLSON
OWNER
License #982398

ESTD 2005

916-912-0293
info@olsonswoodworx.com
olsonswoodworx.com

CUSTOM CABINETS CRAFTED JUST FOR YOU!

Mr. Handyman
Home Improvement Professionals

Professional • Safe • Reliable • Fully Insured
(916) 487-8655
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

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



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



PoppTalk

With Mary Jane Popp

Election Stress Relief

Are you stressed out about the upcoming election? Are you anxious or depressed? **Dr. Greg Hammer** says you can cope with it. He is a former Stanford School of Medicine Professor, physician and mindfulness expert. He authored “Gain Without Pain” and shared ten ways to deal with stress from politics on my POPPTALK Radio Show on FM-104.5 & AM-950 KAH1. By the way, you can hear POPPTALK 24/7 at www.KAH1.com. Just click on LISTEN. So, here’s the G-A-I-N Method.

1. GRATITUDE. When feeling stress focus on that for which you are grateful. Being alive today, you’re in relatively good health (it could be worse), living in a relatively safe place with electricity and running water (many others around the world do not have these simple amenities), have friends and family, your loving pet, and not being broke! **2. ACCEPTANCE.** Of things that bother you. Discern between what you can change and what you cannot change. Focus on accepting the latter. Pain is an intrinsic part of life. Suffering can be managed. **3. INTENTION.** Remember to be purposeful about how you spend your time and even your thoughts. Our brains are wired for survival, not happiness. The good news is that we have neuroplasticity. It means we can rewire our brains to be more positive and present rather than default to our negativity bias and distraction with the past and future. The combination leads to shame and depression (past) and anxiety (future). **4. NONJUDGMENT.** We are wired to be judgmental and make mostly negative judgments. We CAN learn to drop the constant judgments through

mindfulness meditation practice. So take care of yourself...enhance your physical well-being. It can reduce your stress level. **5. OPTIMIZE YOUR SLEEP HYGIENE.** Sleep is underrated and essential to our well-being. Go to bed and awaken at the same time every day, even weekends. Darken the bedroom or wear eye shades. Keep the bedroom cool if possible. Avoid caffeine after noon and alcohol after 7 PM. Put screen away at least an hour before bed. **6. GET REGULAR EXERCISE. IDEALLY AT LEAST 4-5 TIMES A WEEK.** Cardio for 45 minutes 3X a week, resistance training 2-3X a week, core and balance training 2X a week (may combine the above). Even a brisk walk around the block is better than nothing. **7. FOCUS ON YOUR NUTRITION.** Transition to a more plant-based diet, minimize sugary and refined foods. **8. TRY TO REDUCE YOUR WORKLOAD SOMEWHAT.** Here’s the best. Substitute fun activities. **9. LIMIT TIME WATCHING NEWS ON TV AND LISTENING TO NEWS ON RADIO AND PODCASTS.** The media needs to fill their 24/7...365days news cycle. And bad and exaggerated news sells. **10. AGGRAVATION.** When you hear the “other side” express political views and you disagree, delay reactivity by taking 4 or 5 slow, deep deliberate breaths. This activates the parasympathetic nervous system and turns down the “fight or flight” sympathetic nervous system. During the slow in-breath through the nose, remember **GRATITUDE, ACCEPTANCE, INTENTION AND NONJUDGMENT.** Find **Dr. Hammer** at www.greghammermd.com. And **RELAX!** ★

WE SUPPORT FIRST RESPONDERS

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

WE SUPPORT FIRST RESPONDERS Messenger Publishing Group

Local Classifieds

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

| | | | | | | |
|---|---|--|--|--|--|--|
| <p>Announcement</p> <p>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)</p> | <p>Computer Service</p> <p>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 Zconfg@sbglobal.net Bus. Lic. # 305312 • B. E. A. R. Reg. #84416 www.zinskyspcrepair.com</p> | <p>For Sale</p> <p>'84 Corvette, 88,000 miles, engine is extremely strong, 4 speed tranny, get's up and goes. Interior needs work. Primered. First \$2,500 drives it away. 530-742-9144 leave message. (TFN)</p> | <p>Insurance/Health</p> <p>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! 1-844203-2677 www.dental50plus.com/ calnews #6258 (Cal-SCAN)</p> | <p>Home Repair</p> <p>WATER DAMAGE CLEAN-UP & 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)</p> | <p>Miscellaneous</p> <p>DID YOU KNOW Newspaper-generated content is so valuable it's taken and repeated, condensed, broadcast, tweeted, discussed, posted, copied, edited, and emailed countless times throughout the day by others? Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email cecilia@cnpa.com (Cal-SCAN)</p> | <p>Real Estate</p> <p>RETIRED COUPLE \$\$\$\$ for business purpose Real Estate loans. Credit unimportant. V.I.P. Trust Deed Company www.viploan.com Call 1-818-248-0000. Broker-principal DRE 01041073. No consumer loans. (Cal-SCAN)</p> |
| <p>Autos Wanted</p> <p>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)</p> | <p>Cellular Plans</p> <p>Consumer Cellular - the same reliable, nationwide coverage as the largest carriers. No long-term contract, no hidden fees and activation is free. All plans feature unlimited talk and text, starting at just \$20/month. For more information, call 1-844-908-0605 (Cal-SCAN)</p> | <p>Hall Rentals</p> <p>VFW Post 6158</p> <p></p> <p>8990 Kruithof Way, Fair Oaks, CA</p> <p>916-966-1663</p> <p>vfw6158.org/rent-our-hall/</p> | <p>MPG8.COM</p> <p>Home Remodel</p> <p>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)</p> | <p>Home Warranty</p> <p>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)</p> | <p>Landscaping</p> <p>CREATE YOUR PARADISE</p> <p></p> <p>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</p> | <p>Roofing</p> <p>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</p> |
| <p>Elder Care</p> <p>Hardworking, tender-hearted, Christian woman available for full-time Elder Care. References. Maria 916-283-1427 (8/30/24)</p> | <p>Financial</p> <p>GoGo. Live and age your way. Get help with rides, groceries, meals and more. Memberships start as low as \$11 per day. Available 24/7 nationwide. BBB Rated A+ Business. Call GoGo to get started. 1-855-476-0033 (Cal-SCAN)</p> | <p>Health/Wellness</p> <p>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 (Cal-SCAN)</p> <p>JOIN FOR FREE - NO KITS OR QUOTES & FREE WEBSITE. CTFO (Changing The Future Outcome) Has the best CBD oil available. Products for health, beauty, weight or hair loss and even for your pets. Check out these products: canderson.myctfo.com (TFN)</p> | <p>Need Help?</p> <p></p> <p>Hire A Pro!</p> | <p>Music Lessons</p> <p>Guitar Lessons Beginner to Advanced . \$20/ half-hour; \$30 full hour. 916-507-6658, freddiebbalbert@gmail.com (12/31/2024)</p> | <p>Pet Sitting</p> <p>Established reputation, lots of TLC, kennel free, happy and safe environment, affordable rates. Call Madeline 916-723-1608 (Date)</p> | <p>Tree Service</p> <p>BP TREE SERVICES LLC. </p> <p>TREE & STUMP REMOVAL TREE TRIMMING/ SHAPING FREE ESTIMATE 10% OFF WITH THIS AD Insured. Workman's comp. Arborist 916-722-6321 BPTreeServices.com VISA / MASTERCARD California Contractors Lic #1036031</p> |
| <p>Buy and Shop Local!</p> | <p></p> | <p>Help Wanted</p> <p></p> <p>Many Positions are Available. Please no phone calls. Apply in person. 10971 Olson Dr. Rancho Cordova, CA 95670</p> | <p>RETIREDCOUPLE HAS \$1MIL TO LEND ON CA. REAL ESTATE*</p> <p>V.I.P. TRUST DEED COMPANY Buys T.D.s and Buys/Lends on Partial Interests</p> <p>OVER 40 YEARS OF FAST FUNDING Principal (818) 248-0000 Broker WWW.VIPLoan.com *Sufficient equity required - no consumer loans Real Estate License #01041073 CA Department of Real Estate, NMLS #339217 Private Party loans generally have higher interest rates, points & fees than conventional discount loans</p> | <p>Pet Sitting</p> <p>Visit: mpg8.com</p> | <p>RETIREDCOUPLE HAS \$1MIL TO LEND ON CA. REAL ESTATE*</p> <p>V.I.P. TRUST DEED COMPANY Buys T.D.s and Buys/Lends on Partial Interests</p> <p>OVER 40 YEARS OF FAST FUNDING Principal (818) 248-0000 Broker WWW.VIPLoan.com *Sufficient equity required - no consumer loans Real Estate License #01041073 CA Department of Real Estate, NMLS #339217 Private Party loans generally have higher interest rates, points & fees than conventional discount loans</p> | <p>RETIREDCOUPLE HAS \$1MIL TO LEND ON CA. REAL ESTATE*</p> <p>V.I.P. TRUST DEED COMPANY Buys T.D.s and Buys/Lends on Partial Interests</p> <p>OVER 40 YEARS OF FAST FUNDING Principal (818) 248-0000 Broker WWW.VIPLoan.com *Sufficient equity required - no consumer loans Real Estate License #01041073 CA Department of Real Estate, NMLS #339217 Private Party loans generally have higher interest rates, points & fees than conventional discount loans</p> |

COMICS & PUZZLES

The Spats by Jeff Pickering

POPEYE by EDDY FILLARDO

Amber Waves by Dave T. Phipps

HOCUS-FOCUS BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Apron bow is moved; 2. Faucet is different; 3. Water drop from dish is moved; 4. Cabinet is wider; 5. Doormat is moved; 6. Glove is longer.

Out on a Limb by Gary Kopervas

GRIN THE BEAR IT by Dave T. Phipps

Just Like Cats & Dogs

TIGER by Bud Blake

CROSSWORD

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

STATEPOINT CROSSWORD • MUSIC 101

CLUES

ACROSS

- Meat chunks
- Calendar square
- * signature, or notation that describes #34 Down
- Hiya or howdy
- Down Under runner
- West Point student
- At full speed
- Big Apple
- Flounder's domain
- *Complementary notes sung simultaneously
- *Not sonata
- Debate position
- Painter Chagall
- Munchhausen's story
- Casino chip
- *R in R&B
- Spanish earthen pot
- Lobed organs
- Nest for an eagle
- Bona fide
- *Adagio or moderato, e.g.
- What a willow did?
- *Type of piano technician
- Flock member description
- Fill beyond full
- Masters of ceremonies, colloquially speaking
- Jon Krakauer's book "the Wild"
- High craggy hill
- Church congregation
- Hole punching tool
- *A ____, or without accompaniment
- *Fast
- Not asleep
- 2000 lbs.
- Acquisition through marriage
- Rubber tree product
- Director's cry
- *Five lines
- Potassium hydroxide solution, pl.
- 168 in 1 week
- Housed

DOWN

- Mohammad Reza Pahlavi's title
- Dharma teacher
- Resembling wings
- Good Year balloon, e.g.
- Mexico City state
- Say it isn't so
- Winehouse or Schumer
- New Mexico's state flower
- Diplomat's asset
- It comes to mind
- Not in Impossible Burger
- European erupter
- Shell-like anatomical structure
- *Nine instruments, e.g.
- Bobby of hockey
- Halle Bailey's 2023 role
- *Loud or strong
- Part of small intestine
- Sometimes follows sauvignon
- 1.3 ounces, in Asia
- Coniferous trees
- October 31 option
- On top of trends (2 words)
- *Strong-weak-strong-

Consumer Cellular

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

SWITCH & GET \$25

CALL CONSUMER CELLULAR 888-804-0913

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

Classified Advertising

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

MPG

916.773.1111

SUDOKU

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

SUDOKU

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

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

With purchase of one Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. See retailer for restrictions or details of purchase. Click to locate a retailer.

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

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 SUPPORT FIRST RESPONDERS

MPG

Back to School: Prioritizing Safety for Families on Grant Line Road

By **Derek Minnema**,
Executive Director
Capital Southeast
Connector JPA



Rancho Cordova City Councilwoman Siri Pulipati had left her son at daycare minutes before her nightmare unfolded. On Grant Line Road, she steered slightly to the right when she saw a wide-body truck barreling toward her.

"I just moved a little to the right, and the next thing I know, my tire hit the edge of the road," Pulipati recently recalled. "I blew through the fence and rolled into the middle of the fields. As the ambulance was taking me away, my first thought was, 'Thank God my child was

not in the car with me.'"

While improving traffic flow through the Sacramento region has always been the Capital Southeast Connector Expressway's focus, improving safety throughout the route has been an equal goal.

The Connector

Expressway's route from Elk Grove to Highway 50 in El Dorado County has always been known for its dangers. During the Gold Rush, it was the rocky dirt track that about 300,000 gold miners used to receive supplies and send their bounty to market. The route is legendary for broken wheels on mule and horse-drawn carts, and many sections flooded during rainstorms.

Today's dangers are related to the number of vehicles speeding along a road designed for travel in past eras. Grant Line Road, a backbone arterial for the south county, poses safety risks for the thousands who rely on it daily. Potholes, sharp curves, and elevations

that obstruct the view of oncoming traffic are common, and there are long sections of the road with narrow or essentially no shoulders. Bicycling is a grave risk.

Upon completion, the Capital Southeast Connector Expressway literally eliminates all those problems, and more.

As the school year begins, the familiar challenges of commuting along Grant Line Road are once again at the forefront of concerns for many families in Rancho Cordova and Folsom. The road's current condition is more than just an inconvenience—it is a danger.

The Capital SouthEast Connector Expressway is not just about repairing

a dangerous roadway; it's about transforming it into a modern, efficient, and safe corridor that meets the needs of our growing population.

Recently, the project received \$25 million in critical federal financial support, underscoring the project's importance and potential to improve safety and ease congestion.

We will soon be requesting a matching state grant to further advance the work. Securing these additional funds is essential to ensuring that the project can begin widening the road and its shoulders, adding new lanes, and upgrading intersections. The project also includes a new bike and pedestrian path offering safe

travel options.

The success of the Capital SouthEast Connector depends not only on the work of engineers and construction crews but also on community support and engagement. Parents and residents can play an active role by staying informed and participating in the process. You can learn more about the project and share your support with elected representatives on our website at www.connectorjpa.com.

Derek Minnema is a father of three young children, a civil engineer, and chief executive leading the Capital SouthEast Connector Joint Powers Authority. ★

What Everybody Ought to Know...

About Transportation and Traffic in Sacramento County

Why Are We Publishing This Information

The Capital SouthEast Connector is the largest and most significant road project in Sacramento and El Dorado Counties, but its value to the region is often unknown to residents.

The Capital SouthEast Connector Joint Powers Authority (the agency responsible for designing and building the expressway) hopes to change that through a series of ads appearing over the next several weeks. The ads will explore the Connector's history and future, its financing, its challenges, and its successes.

Please send your comments about these ads, or any questions you might have, to ConnectorSupport@SacCounty.gov

For more information or to sign up for our newsletter, visit our website at ConnectorJPA.com or go to our YouTube channel @[southeastconnectorexpressway](https://www.youtube.com/southeastconnectorexpressway)

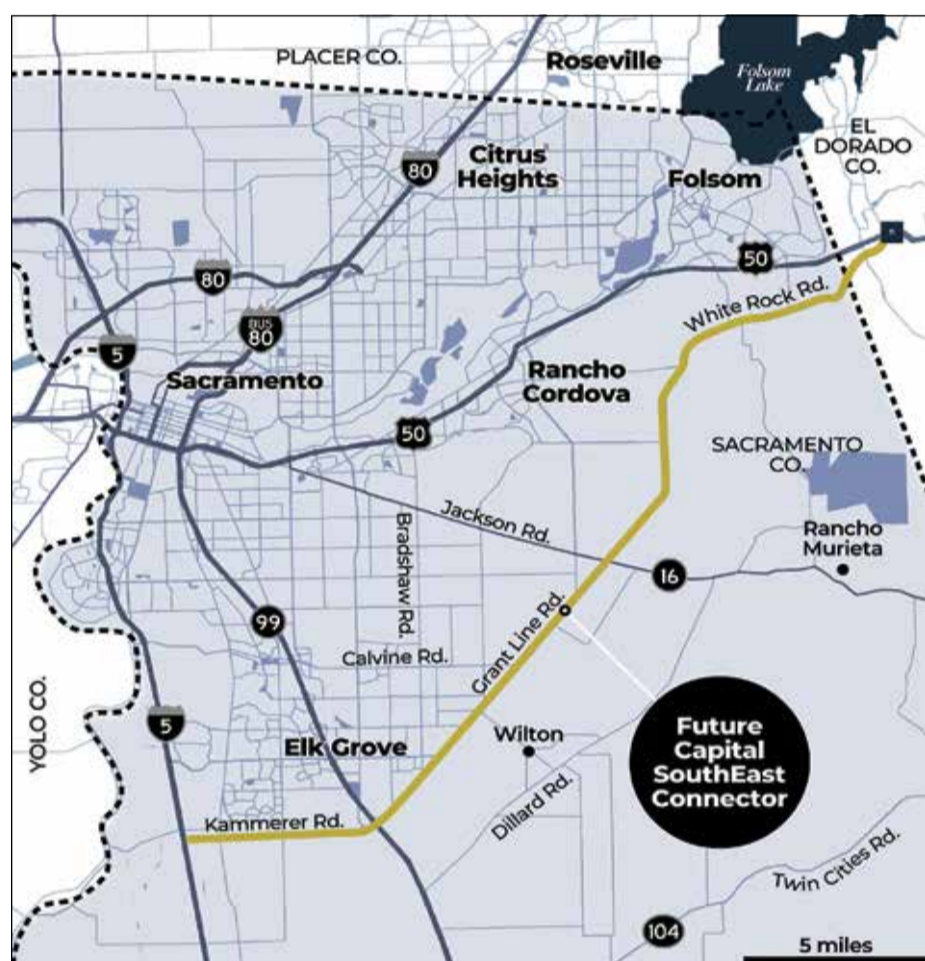
planning community development, and ensuring the safe movement of agricultural and other products. According to a 2022 economic study, the completed Capital Southeast Connector Expressway would save commuters between \$500 million and \$1.5 billion in travel time saved from 2026-2046 compared to using current roadways.

The study also found that the completed Capital Southeast Connector Expressway would generate:

- \$1.8 billion of increased economic output
- \$770 million of new labor income
- \$1.1 billion in added value to the region
- \$80 million in new state and local taxes on production and imports

Q How is the Connector funded?

Revenue from a one-half cent transportation sales tax passed in 2004, combined with other local, state, and federal funds, finances the project. For example, the next phase of the Capital Southeast Connector Expressway recently received \$25 million from the U.S. Transportation Department to transform a dilapidated and dangerous section of Grant Line Road into a modern expressway. These funds, along with other, will be used to complete that portion of the project at a total cost of \$60 million.



Map showing the location of the future Capital SouthEast Connector

Q What is the Capital SouthEast Connector Expressway?

The planned Connector is a four-lane expressway that will link Interstate 5 and Highway 99 near Elk Grove to Highway 50 in El Dorado County. The new expressway will act as a southeastern beltway circumventing downtown Sacramento and relieving congestion by directing commuter and commercial traffic around the city. Travelers to and from areas south of Sacramento will no longer need to go through the city to get to their destinations. The Capital Southeast Connector Expressway will feature a parallel bike and pedestrian trail that connects residents to recreational, entertainment and retail facilities, and to each other.

Q What effect will the Connector Expressway have on regional travel and the local economy?

Currently, people and products traveling Sacramento's main traffic arteries must pass through the downtown area, where congestion is common, to reach their destinations. Residential and commercial development is expanding much faster than road construction in the region. Thousands of new homes have been built along the Capital Southeast Connector Expressway route in Rancho Cordova and Folsom, with an additional 32,600 homes approved for construction. The economic value of the completed Capital Southeast Connector Expressway is rooted in time and distance savings by more directly linking residential areas with employment and retail centers, attracting new corporations to the region, efficiently

Q What was the purpose of the transportation sales tax, when does it expire, how much revenue has it generated over the last two decades, and how much has been allocated to the Capital SouthEast Connector Expressway?

Sacramento County's transportation sales tax expires in 2039. Voters overwhelmingly approved the tax measure to maintain and improve I-5, I-80, Hwy 50, Hwy 99, and local roads; increase transit for seniors, and expand light rail. The only new project specified in the ballot measure was the Capital Southeast Connector Expressway. Through 2023, the sales tax has generated over \$2 billion, with about \$58 million allocated to the Capital Southeast Connector Expressway.

Q What are the statistics regarding how people choose to travel in and through Sacramento?

Comparing car and commercial traffic to bus and light rail use can be complex, but statistics show that most residents of Sacramento and El Dorado Counties prefer to travel by car. For example, the light rail Gold Line, which runs from downtown to Folsom, averages 9,000 boardings per day, according to Sacramento RT. By comparison, a 2017 CalTrans study documented an average of 156,000 vehicles using Highway 50 daily near its intersection with Sunrise Avenue, a location served by the Capital SouthEast Connector Expressway. With

an average of 1.6 people per vehicle, this means approximately a quarter-million people were served daily on Highway 50 back in 2017.

Q What are the primary challenges to completing the Capital SouthEast Connector Expressway?

The main challenges are funding and politics. Political support is crucial for securing funds from local, state, and federal sources, and there are many worthy projects competing for the funding. The Capital SouthEast Connector Expressway has received bipartisan support, which has been beneficial. For example, three Republican and Democratic members of Congress from the area recently requested a combined \$30 million in federal funding for the project, demonstrating that infrastructure needs can transcend political divisions. As Congressman Kevin Kiley (R) observed, "This project is a testament to what is possible

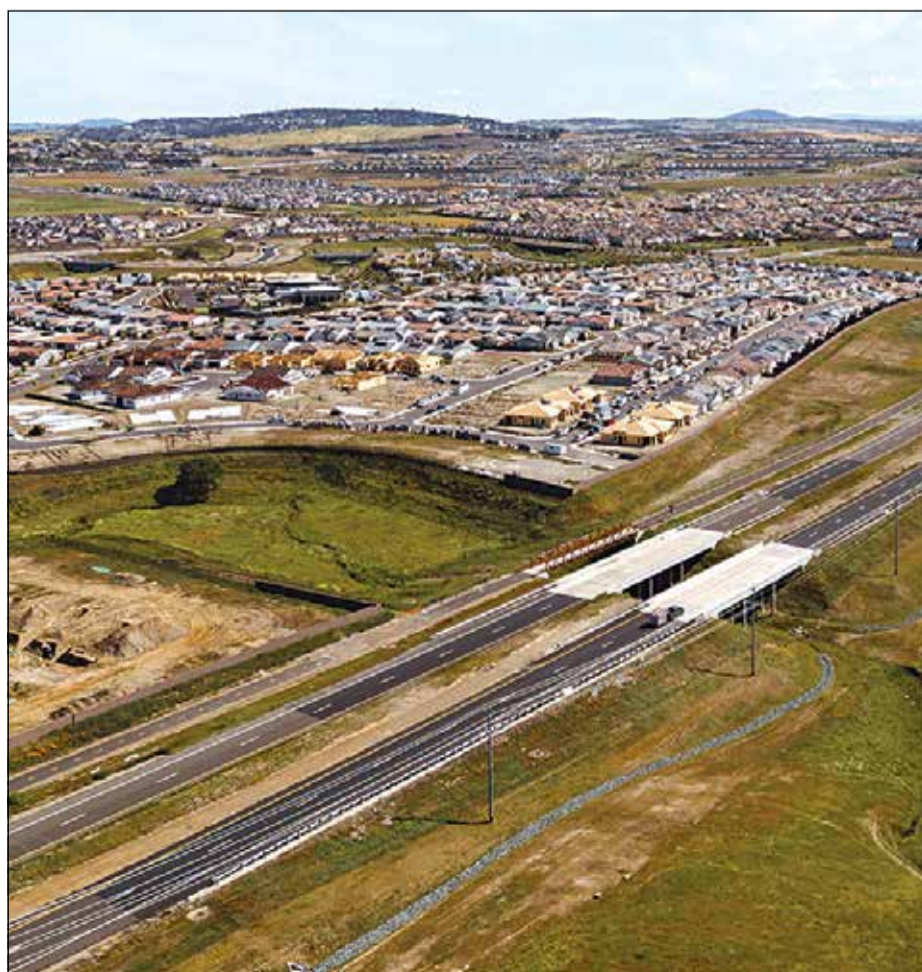
when everyone in our region works together. When you consider the political divisions in this country, local regional projects that tangibly impact people's lives can help bridge those gaps."

Q How can community residents support the Capital SouthEast Connector Expressway Project?

You can share your support with your local, state, and federal elected representatives by using the quick and easy form on our website at www.connectorjpa.com, where you can also learn more about the project or sign up for our newsletter. Alternatively, you can use the QR code on this page, visit our Instagram page at www.instagram.com/connectorjpa or our YouTube channel at www.youtube.com/southeastconnectorexpressway

PAID ADVERTISEMENT

Connector's White Rock Road Improvement



SCAN THIS QR CODE TO VISIT OUR WEBSITE AND LEARN MORE ABOUT OUR PROJECT

www.ConnectorJPA.com



CAPITAL | SOUTHEAST
CONNECTOR JPA
Connecting Communities