



**Teaching Kindness,
Character Through
Flag Football**

PAGE 6

**Fair Oaks
Chicken
Festival**

PAGE 3



Gold River Messenger

VOLUME 12 • ISSUE 9

Serving Gold River and Sacramento County

SEPTEMBER 2024

**SEE
INSIDE**

**CORDOVA REC
& PARK HOSTS
BARKTOBERFEST**



PAGE 3

**CONNECTOR
PAVES PATH TO
OPPORTUNITY**



PAGE 8

**TIME TO MAKE
IT HAPPEN**
By Dave Ramsey



PAGE 5

Soroptimists Receive Proclamation, Celebrating 15 Great Years



At the Aug. 5 City Council meeting, Rancho Cordova Mayor David Sander, Ph.D. presented the Soroptimist International of Rancho Cordova and Gold River Club with a proclamation. Photo courtesy of Soroptimist International of Rancho Cordova and Gold River Club

**Soroptimist
International
News Release**

**RANCHO CORDOVA/
CARMICHAEL, CA (MPG)** - Rancho Cordova Mayor David Sander presented the Soroptimist International of Rancho Cordova and Gold River Club with a proclamation honoring their 15-year anniversary and service to the area at the Aug. 5 City Council meeting.

The proclamation celebrated the club's

achievements in helping the community's at-risk women and students over its 15-year history.

The Soroptimist International of Rancho Cordova and Gold River Club serves the Rancho Cordova/Gold River/Carmichael area.

Since the Soroptimist International of Rancho Cordova and Gold River Club's founding in 2009, club members have helped more than 1,800 Folsom Cordova Unified School

District students, provided Comfort Kits to more than 1,500 domestic violence/sexual assault survivors and presented a total of \$30,000-plus in cash awards to 30 head of household women trying to finish a higher education degree or a professional certification.

In addition, the Soroptimist International of Rancho Cordova and Gold River Club has hosted two human-trafficking awareness and

education events to the public with plans to offer a third event next January.

"We have grown to be a vital community partner to so many and are incredibly proud of where we are today. Since our inception, we've changed and improved the lives of over 4,500-plus local women and girls," said Soroptimist International of Rancho Cordova and Gold River Club Vice-President Sheryl Longworth.

Soroptimist International
Continued on page 7

General Plan Revision Impacts Area

By Omella Rossi

RANCHO CORDOVA, CA (MPG) - The City Council's and the Planning Commission's work session on Aug. 27 was on the ongoing General Plan Update, aimed at guiding Rancho Cordova's growth and development through 2045.

Chelsey Payne and Darcy Goulart presented the update and sought input from the city on proposed changes to planning areas and sub-area boundaries. The General Plan, which serves as the city's long-term blueprint, is updated to reflect new economic conditions, housing needs and state requirements. The current update, initiated to address evolving community and environmental factors, builds upon the last update adopted in 2006.

"The proposed changes to the General Plan include reducing the planning area from 96 square miles to 68 square miles," Payne said. "We evaluated the boundaries and considered areas with limited recent planning efforts and existing development potential. Our goal is to focus on growth within current city limits."

However, members expressed concerns about removing those areas.

"I don't want to lose any of those areas," said Councilmember Garrett Gatewood. "I don't see the need or the benefit."

Mayor David M. Sander, Ph.D., emphasized the importance of historical and political contexts in defining boundaries.

"Our original intent was to establish logical boundaries. We must consider if maintaining these areas aligns with our long-term vision or if focusing on more immediate needs is more practical," Sander said.

Commissioner Lee Frechette said, "If we give up those planning areas, we cut off the possibilities of having conversations about future expansion. We want to keep all our options on the table."

On the other hand, the proposal to add areas was generally supported. These additions are intended to accommodate future annexation and ensure potential future expansions.

"Any area that the city intends to add to the sphere of influence in the future should be included in a General Plan planning area," said Payne. "The main reason to include an

Continued on page 5

Nature Savers Reel in Line

Story and photos
by Susan Maxwell
Skinner

SACRAMENTO REGION, CA (MPG) - A volunteer team has taken on a mission to clear miles of abandoned fishing line from local rivers and waterways.

Calling themselves "Project Pick Up Fishing Line," 10 nature lovers are leading other helpers to comb riverbanks for an almost invisible danger.

"Fishing line causes suffering and death to birds and a host of other river inhabitants," explained Jann Nichols, the group founder. Nichols, a photographer, has documented many situations of animal entanglement.

"In some cases, rescuers have freed birds from hooks and line," she reported. "In tragic cases, animals don't survive. Pets can also come to grief on trails through similar accidents."

Nichols acknowledged that lines get snagged and accidents happen.

"But usually, our volunteers are easily able to free and dispose of fishing

gear," she said. "If we can do this, so could anglers. We're also collecting hundreds of items of trash left in fishing spots. Litter is not abandoned by accident."

Project Pick-Up has successfully lobbied for county agencies to place receptacles and signage in fishing spots.

"We want people to

be aware that a careless act can endanger lives," Nichols said. "We also want them to know there are people you can call to save a trapped or injured creature."

Nichols and friends were recently on hand when a swan died after ingesting fishing line at Cameron Park Lake in El Dorado County. Its organs

were so damaged and the bird in such distress that euthanasia was the rescuer's only resort.

"He'd swallowed so much line that his intestines were accordioned," explained rescue expert and Project Pick-Up volunteer Leslie Ackerman. "It was heartbreaking. A beautiful bird's agony is

Continued on page 2



Project Pick Up Fishing Line volunteers join activist Jann Nichols (center, in black) at Mather Lake in Rancho Cordova. In one year on the job, they have bundled and bagged many miles of discarded line.



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

PRESORTED STD.
US POSTAGE
PAID
PERMIT 350
Carmichael, CA
OR CURRENT
POSTAL CUSTOMER

Nature Savers Reel in Line

Continued from page 1
something you never forget. The incident inspired us even more to continue our cleanup efforts and to educate people.”

In their spare time, the volunteers address areas that they say are most abused. Mather Lake in Rancho Cordova, the American River at Watt Avenue, Cameron Park Lake and Willow Creek in Folsom are top trouble spots.

“We come back from these places with grocery bags filled,” Nichols said. “Fishing lines, hooks and lures from the ground or from trees and grasses,” Nichols added. “Honestly, the stuff is all over the place. For many people, it’s invisible. To our eyes, line catches the light like spider webs. Often, we need long grabbers to reach it. Sometimes, divers find line tangled underwater. They help us dispose of it. Fishermen sometimes help us, too. Along with the careless culprits, many responsible people use the river.”

The volunteers keep their harvest as evidence of how pervasive the problem is. They assembled more than 2,000 hooks and sinkers for a recent Mather Lake display. The haul also included dozens of bulging bags of lines.

“Aquatic birds are often drawn to anglers in the hope of a feed,” Nichols noted. “They can swallow a lure or get snagged. If a hook is lodged on their body, feeding and mobility is threatened. Suffering and death often follow.”

“I started this project last year when I saw a young osprey tethered to the nest,” she recalled.



Thousands of discarded lures and hooks are among dangerous items retrieved by Project Pick Up Fishing Line volunteers.



Exhausted and near drowned by a hook and line encounter, a gull is rescued at Sailor Bar in Fair Oaks.

“Its parents had brought in a branch entangled with fishing line. The baby was snarled for a week, close to fledging time. I couldn’t sleep for worrying. It took some time for rescuers to access the nest but the baby was saved.”

“Around that time, several cygnets died from line entanglement at Cameron Park Lake,” Nichols continued. “I decided to do whatever I could to prevent this from happening again. I started picking up line wherever I saw it.”

Nichols was soon joined by friends who wanted to help.

“They’d also seen injured wildlife in situations they could not

forget,” Nichols said. “Seeing animal suffering is a powerful motivation.”

The volunteers fund their own activities. Equipment includes gloves, clippers and long-handled retrievers. Sunscreen is another essential.

“It’s hard work but it’s also nice to be out in nature,” Nichols said. “You know you’re helping wildlife and pets have a safer environment.”

Visit Project Pick up Fishing Line on Facebook or visit www.tanglefree-wildlife.com.

To report wild animals in need of rescue, contact Wildlife Care Association at 916-965-9453. ★

Phone-Free Schools Act Clears Legislature, Heads for Signature



District 7 California State Assemblyman Josh Hoover

Office of Assemblyman Josh Hoover News Release

SACRAMENTO, CA (MPG) - On Aug. 29, the Legislature passed landmark legislation authored by Assemblymembers Josh Hoover (R-Folsom), Al Muratsuchi (D-Torrance), Josh Lowenthal (D-Long Beach), and David Alvarez (D-San Diego) to limit the use of smartphones in schools. Assembly Bill 3216, also known as the Phone-Free Schools Act, requires school districts in California to adopt a policy no later than July 1, 2026, that limits or prohibits the use of smartphones by students during the school day.

“Today, the Legislature took meaningful action to support students and transform schools across California,” said Assemblyman Josh Hoover. “As a parent and former school board member, I am incredibly grateful for this bipartisan effort to put kids first and improve their academic and mental health outcomes. I thank the Governor for his leadership on this issue and urge him to sign this bill to create phone-free schools across our state.”

“Research continues to demonstrate the potential harms of smartphone use among children. The growing use of these devices in a child’s everyday life can contribute to lower test scores, anxiety, depression, and even suicide. I am grateful for the Legislature’s leadership on limiting the use of smartphones during the school day and I look forward to working with the Governor,” Hoover added.

The bill now heads to Governor Gavin Newsom’s desk for signature, who has signaled support for the legislation in recent weeks.

Many school districts have already limited or prohibited smartphone use in schools and have seen resounding success. Administrators have reported increased social interaction among peers, decreased instances of bullying on campus, and improvements in academic outcomes. A 2016 study found that when smartphones were removed from classrooms standardized test scores increased by an average of six percent, with even greater improvements among low achieving students. The Phone-Free Schools Act will continue to build on this success by expanding limitations on smartphones statewide.

A piece published in The Atlantic earlier this year by NYU social psychologist Jonathan Haidt described a number of the potential harms that smartphone use is contributing to in children:

Grades suffer when learning is disrupted as a result of smartphone distractions in the classroom

Up to 15% of teenagers engage in “problematic social media use,” which includes symptoms such as preoccupation, withdrawal symptoms, neglect of other areas of life, and lying to parents and friends about time spent on social media

The latest Gallup data found that American teenagers spend around five hours per day on social media platforms alone.

As smartphones have become ubiquitous since 2010, we have seen a 70% increase in the number of high school seniors expressing that “life often feels meaningless (now more than 1 in 5 seniors express this).”

Rates of anxiety, depression, and suicide are on the rise among young people.

Poor mental health outcomes and smartphone use are most strongly correlated in kids under the age of 14.

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

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

Jalapeno Pepper 59¢/lb	Russet Potato 10 lbs \$2.29	Mini Sweet Pepper 1 lb \$3.99	Assorted Mushroom 14 oz \$2.99
Coconut with Straw \$2.49	White Corn 2 for \$1	Orange 10 lbs bag \$5.99	Bartlett Pear 99¢/lb

AMERICAN/HISPANIC GROCERY

Fabreeze Per Odor Fighter Spray 700 ml \$3.99	Scrubbing Bubbles \$1.99	Banzoni Macaroni No.44 & No.47 16 oz \$1.99	Durrell Lea Milk Cheese Crispy Block 5.6 oz \$1.99	Storokin Chunk Light Tuna in Water 5 oz \$1.29	Knorr Beef Bouillon Cube 3.1 oz \$1.29
---	--------------------------	---	--	--	--

ASIAN GROCERY

Global Deer Bean Thread 21 oz \$4.79	Choon Choon Quail Eggs 15 oz \$2.79	Twin Fish Sliced Dried Mushroom 3 oz \$4.69	Clover Crisps \$1.99	FOCO Organic Coconut Water 1 liter \$2.49
--------------------------------------	-------------------------------------	---	----------------------	---

EUROPEAN GROCERY

Traditional Cookies Tabilynce 268 gr \$2.99	Gusto Puffulet 85 gr \$1.94	Chumak Sunflower Oil 0.9 liter \$4.49	Goodhill Backwater 3 kg \$12.99	Layna Condensed Milk 8.5% 350 gr \$2.99
---	-----------------------------	---------------------------------------	---------------------------------	---

KOREAN/JAPANESE GROCERY

Premium Sushi Rice 4.4 lbs \$6.99	Onion Beef Bone Soup 10 x 350 ml \$11.99	Seaweed Snacks 60 g \$2.49	Buldak Hot Sauce Carbonara 200 g \$2.99	Jin-Ji Rice Cake 2 kinds 134 g \$1.99	Sweet Potato Slugs \$0.99
-----------------------------------	--	----------------------------	---	---------------------------------------	---------------------------

HOUSEWARES

BIGEN SPEEDY HAIR COLOR (REFILL ONLY) \$5.99	ELECTRIC BBQ GRILL \$39.99	ELECTRIC RICE COOKER (4 CUPS) \$4.99	ELECTRIC RICE COOKER (6 CUPS) \$5.49	ELECTRIC RICE COOKER (10 CUPS) \$5.99
--	----------------------------	--------------------------------------	--------------------------------------	---------------------------------------

FROZEN & FISH DEPT

Korean Style Salted Mackerel 2.2 lbs REG. \$16.99/ea \$11.99/ea	Japanese Baked Cakes 16 pcs REG. \$6.99/ea \$3.99/ea
--	---

WEEKLY MEAT SPECIALS

Beef Cross Rib Shoulder Roast - Bnls \$4.99/lb	Beef T-Bone Steak Filet Chuletón de Ternera \$5.99/lb	Beef Porterhouse Steak Filet Bistecca de Ternera \$6.49/lb
Pork St. Louis Ribs - Single Pack \$3.99/lb	Pork Loin Chops Bone In \$2.99/lb	Boneless/Skinless Chicken Breasts \$2.69/lb

FROZEN & FISH DEPT

Frozen Tornado Potato 14.10 oz \$4.99/ea
--

EUROPEAN DELI

Columbus Roast Beef \$13.19/lb	Greek Black Olives \$4.99/lb
Columbus Black Forest Ham \$7.99/lb	Pitted Green Olives \$4.99/lb

Advertised items 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 SEPTEMBER 11 - SEPTEMBER 17, 2024.

Advertised items 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 SEPTEMBER 11 - SEPTEMBER 17, 2024.

Cordova Recreation & Park District Hosts Barktoberfest



Community members walk through a bustling walkway at last year's Doggie Day in the Park hosted by Cordova Recreation & Park District. Photo courtesy of Cordova Recreation & Park District

By Elena Burgé

RANCHO CORDOVA, CA (MPG) - As the summer winds down, the Cordova Recreation & Park District's (CRPD) calendar is winding up. Cordova Recreation & Park District's last annual summer event is Barktoberfest. The event invites the community to enjoy some quality fun outside with family and friends.

Village Community Park/Pool, 3480 Routier Road, Sacramento. Grab your lederhosen and your leashes, because the Cordova Recreation & Park District invites you and your pups to celebrate Barktoberfest at Lincoln Village Community Park. This exciting event is open to all ages, offering a day packed with fun activities, local dog-related vendors, music and delicious treats (for humans and canines alike). Vendor offerings will include dog toys, artisanal treats, pet accessories

and information from local organizations. Pups can dive into the fun with a refreshing splash in the pool, dash through an exciting agility course or sniff out all the goodies at the vendor booths. Meanwhile, their humans can indulge in tasty food and beverages. And in true Oktoberfest fashion, The Local Bark will host a lively beer garden and food trucks will serve bratwursts. Raise a glass (or a paw) and join us for a day full of tail-wagging fun. ★

Fair Oaks Chicken Festival is Sept. 21



Fair Oaks Recreation & Park District staff are with Rocky the Rooster at last year's Fair Oaks Chicken Festival. Photo courtesy of Fair Oaks Recreation & Park District

By Judy Andrews

FAIR OAKS, CA (MPG) - Start practicing your chicken calls because it's almost time to celebrate the 19th Annual Fair Oaks Chicken Festival from 12 to 6 p.m. Saturday, Sept. 21 at Fair Oaks Park (11549 Fair Oaks Blvd.). Presented by the Fair Oaks Recreation & Park District, this year's event promises to be bigger and better than ever, with activities and entertainment the whole family can enjoy. "The Fair Oaks Chicken Festival is a beloved tradition that celebrates the culture and charm of Fair Oaks and brings the community together in a fun and unique way," said Recreation supervisor and festival chair Sabrina Bernardo. "The family-friendly atmosphere promotes a sense of pride that keeps people coming back year after year."

Bernardo, festival planning begins a year in advance and requires an extensive network of volunteers. "Our volunteers help make the Fair Oaks Chicken Festival happen," said Recreation supervisor Mary Stoakley. "Whether assisting in the kid's park, helping out with parking, or welcoming event attendees at the entrance, they make a huge difference!" The Fair Oaks Youth Advisory Board is one of the many volunteer service groups participating. "The youth group serves in an advisory capacity to the Fair Oaks Recreation & Park District's Board of Directors and assumes responsibility for certain activities throughout the year, including the Fair Oaks Chicken Festival," Stockley said. "The students will sell cold water bottles at the event for \$2. The funds raised will support their activities throughout this year's term," Stoakley added. Other participating organizations and long-time

community partners include the Fair Oaks Chamber of Commerce and the Rotary Club of Fair Oaks. "We started hosting the Cornhole Tournament three years ago and enjoy watching the event grow into a friendly and fun competition," said Chamber of Commerce CEO Kimberley Pitillo. "It's a great opportunity for the chamber to be out in the community, building awareness of who we are and what we do." Said Rotary Club President Keith Walter, "The Rotary Club has been a cornerstone of the festival since its inception. In recent years, the club has hosted the popular beer and wine garden, raising approximately \$15,000 yearly for local causes. The funds we raise are vital in providing scholarships, assisting the food bank and supporting youth, seniors and veterans' programs." Beer and wine are donated by the Fair Oaks Community Foundation and local breweries. ★

America's Choice in Homecare.

Visiting Angels

LIVING ASSISTANCE SERVICES



Select Your Caregiver®

- Meal Preparation
- Light Housekeeping
- Errands & Shopping
- Bathing Assistance
- Dressing Assistance
- Hygiene Assistance
- Assistance with Mobility
- Friendly Companionship
- Flexible Hourly Care
- Respite Care for Families
- Medication Reminders

916.971.9333

www.VisitingAngels.com/Sacramento



Each Visiting Angels agency is independently owned and operated. Lic. #344700003



Last year's festival attendees enjoyed watching the Cluck n' Crow Contest. Photo courtesy of Fair Oaks Recreation & Park District



NORTHBRIDGE DENTAL

DENTAL IMPLANTS - THE BEST OPTIONS FOR MISSING TEETH

— ALL TREATMENT PERFORMED IN ONE LOCATION FROM START TO FINISH —



SNAP ON
Removable



DENTURE TO IMPLANT
Fixed or Removable



SINGLE IMPLANT
Fixed



ALL ON FOUR
Fixed



BRIDGE
Fixed

Please call for
Free Consultation with an Xray

916-944-1197

6600 Madison Ave. Ste. 4b, Carmichael, CA 95608

meals on wheels
by acc

MEALS on WHEELS
SACRAMENTO COUNTY



We are Open!

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

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

There's no cost to eligible program participants.

A voluntary contribution is welcomed to support the program.



Eligibility:

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

Call ahead to reserve your meal! →

(916) 461-6601

Visit www.mowsac.org to find other MoW Community Cafes near you

@mowsac

Sacramento CHORAL SOCIETY & Orchestra

Donald Kendrick Music Director

SEASON 29
FALL 2024

STAINED GLASS CONCERT

The French School

Sat, October 19 7:30 pm



AREA PREMIERE

Te Deum Jean-Baptiste Lully
Requiem Gabriel Fauré
Romance Camille Saint-Saëns

SOLOISTS

Sarah Sy, Soprano Julie Miller, Mezzo
Salvatore Atti, Tenor Joshua Simka, Tenor
Chris Mackey, Bass

INSTRUMENTALISTS

Ryan Enright, Organ
Beverley Wesner Hoehn, Harp
SCSO Chamber Ensemble



Fremont Presbyterian Church
5770 Carlson Dr. Sacramento

FREE PARKING – Scottish Rite Temple

Buy tickets online SACRAMENTOCHORAL.ORG

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

Fair Oaks Recreation & Park District Presents:



19th Annual
Fair Oaks Chicken Festival
Saturday
Sept. 21st, 2024
12:00pm - 6:00pm

Fair Oaks Park

11549 Fair Oaks Blvd. Fair Oaks

FREE
General Admission & Parking

- Food Court and Beer & Wine Sales
- Quality Craft & Vendors
- Kid's Park— Free & Pay-to-Play Activities
- Cornhole Tournament
- And Much More!
- Live Entertainment
 - Motherlode 12:30PM-3PM
 - Cluck n' Crow Contest 3PM
 - Island of Black and White 3:30PM-6PM



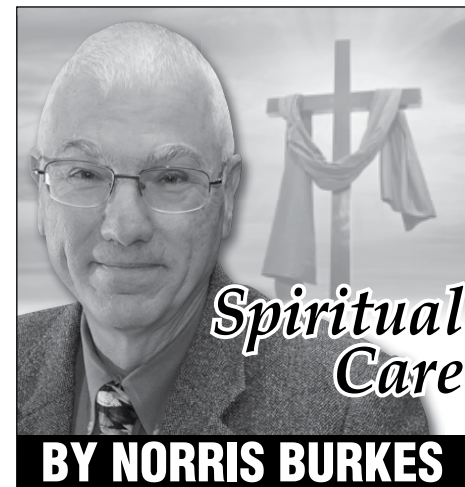
visit us @fochickenfest

Pancake Breakfast 7:30AM-10AM @ Orangevale Grange
for more info visit www.forpd.org/chickenfest

Sponsored by



Don't Tell it to the Chaplain



Spiritual Care

BY NORRIS BURKES

Last year I wrote a book called, "Tell It to the Chaplain." If you've seen it, then you're likely wondering why this headline makes the opposite request.

My title refers to certain phrases people use that cause me to jokingly reply, "Don't ever say that to a chaplain."

When they cock their head in search of an explanation, I tell them that I'm a retired healthcare chaplain and I may inject a totally different meaning into common sayings.

For instance, I once asked my photojournalism professor if he could stay after class to explain my new camera.

"I really can't," he said, "I'm on my way out."

"Please don't say that to a chaplain," I replied. "'On the way out' means you're going to meet God."

"No - no. I have a faculty meeting," he said. "And God's not often there."

On another day, I ran breathlessly to an airline gate, only to be told by the agent, "They've already departed."

Ouch. Don't say that to a chaplain.

"Departed" describes someone who has taken flight to their celestial destination. At some point, chaplains call these folks the "dearly departed."

On a different occasion, my neighbors described how they moved out of the city into our forested lake community in the California foothills.

"It just feels like we're in a better place now," the husband blurted.

I winced at "a better place" since the phrase most often describes the afterlife.

In another example, I was walking with my friend, Roger, through a sports stadium when he abruptly stopped at a concession stand to buy a Pepsi.

"Keep walking," he said, "Meet me on

the other side."

Of course, I knew he was simply asking me to meet him at our seats on the other side of the stadium.

But as a chaplain, he should have known that I'd make a heavenly inference that we'd not meet again until we got to the "Other Side."

Finally, I once stood on the banks of the Jordan River as our Israeli tour guide pointed toward the land "just beyond the river."

I nudged my wife and said, "I wish he wouldn't say that."

I started humming the refrain to Fanny Crosby's hymn, "Near the Cross."

In the cross, in the cross,
Be my glory ever;
Till my raptured soul shall find
Rest beyond the river."

Becky groaned, recognizing this as one of my favorite fragments.

I jest with these phrases because I love puns, but I also appreciate them as a comforting way to remember the three people I've lost in the past four years.

My brother, the one I called "Brotherman," died of COVID in Dec. 2020. He was so full of conspiracy theories that he wasn't contented in this world, so I really do feel a sense of comfort knowing he's very much "in a better place."

And, as you know, I lost my mother last month. I thank all of you who sent me numerous messages and cards.

But most reassuring is how I still hear the notes of her operatic voice singing those Crosby hymns. "Near the Cross" was among her favorites, and I take consolation believing she's found her "rest beyond the river."

However, my most difficult loss came four years ago this month, when I lost my life-long best friend, Roger Williams. On the last day I saw him, we sat on his couch, shoulder to shoulder, the same way we'd stood for 45 years.

As we said our temporary goodbyes, I held his cooling hand and laid my head on his shoulder. Then, in between my sobs, I told him that I'd see him "on the other side."

"That's OK, Norris," he said. "It'll be all right." Soon he was asleep. Four days later, Roger died at 63 years of age.

So, sometimes all I have left to say is "See you, Mom. See you, Roger. See ya, Brotherman. I'll meet you all "in a better place," "on the other side" just "beyond the river." ★



With Mary Jane Popp

It's Ok to be Old

Do you feel old? What is old anyway? I've spoken with people who are in their 40s and 50s and they sure act old already. On the other hand I've had people on my show who are in the 80s even 90s and they are still living life to the fullest. Unfortunately, our American view is that old is not useful. Patricia Greenberg wants to change that point of view in her new book "It's OK to be Old." She challenges our societal views on aging. When she was on POPPTALK with me, she shared her thoughts on what aging is all about. Patricia is a best-selling author, and she drew from her extensive research and personal experiences to create this comprehensive guide. "The inspiration for her book came from observing the widespread misconceptions about aging" she said, "I wanted to provide a resource that not only challenges these beliefs but also equips individuals with the tools to age with confidence, purpose and joy." She is also a wellness coach, and so she shared these ten tips for aging well.

Good food, wine and chocolate make life wonderful.

5) As we age, fitness is more about staving off decline than competing. Stay upright in all you do. Walk, run, yoga, bike, and weight train. All of it is good. You choose.

6) Socialize on a regular basis. Interactions with other people will keep your brain engaged and your emotions intact.

7) Relationships should bring you joy and a sense of well-being. Seek out those who make you feel good about yourself.

8) Enjoy nature and embrace the beauty of the world around you.

9) Hold yourself accountable with goals. It gives you hope for the future and always gives you something to look forward to.

10) Give back to the world around you. Having purpose by helping others is still the most rewarding gift you can give yourself.

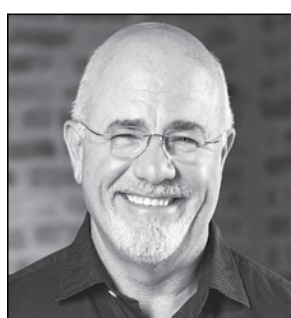
"It's OK to be Old" combines cutting-edge research on aging with practical, actionable advice. Her book is a unique approach which bridges the gap between academic insights and daily life, making it an invaluable resource to redefine what it means to grow older in today's world. You can check out more of what Patricia has discovered at www.patriciagreenberg.com. Let's keep an open mind with strategies for maintaining mental and physical vitality at any age. I'm up there in age, and you bet I won't be going quietly into the night. Why? Because "It's OK to be Old." WOO HOO! ★

1) Stop caring what people think of you, and embrace each day as it comes on your own terms.

2) Tackle each day by taking on the hard things first. It will make your evenings easier and your sleep peaceful.

3) Instead of aggressively chasing your dreams, take a step back and carefully think through each step you are taking. Slowdown is not a negative. It's prudent.

4) Approach your nutrition with positivity. Eat what you love, just make sure it's the healthiest version you can find.



Dave Ramsey

Dave Ramsey Says Time to Make Something Happen!

When I went broke a few decades ago, I had to re-think who I was in my own mind. I'd lost my business, and in many ways, I looked at that company as who I was. My identity was suddenly gone, and lots of guys go through that very same thing with a job loss.

If he's not willing to listen to you, I think you two need to sit down with a good, objective marriage counselor, because he's confused as to why he works. There are two reasons we work. One is to provide for our families. That's our primary job. The second reason is to exercise our calling—the reason we were put on this planet. But you can't accomplish the second one when you're not doing the first one. You've got to make sure your family has a place to live and food on the table.

Four months of a guy sitting on his butt like this is unacceptable. I don't want to hear about being over-qualified, or anything about a career path. Get a job and take care of your family! I don't care if it's cutting grass, shoveling snow or delivering

pizza. In situations like this, you have to stand up, be a man and take care of your responsibilities.

I'm sorry if that sounds harsh, but it's the truth. Believe me, I get it. Sometimes people go through problems, and they need a break of some kind to work through the pain. I did a little of that when I went broke. But at the end of the day, we didn't lose our home because I was sitting around doing nothing. Even when I'd lost all my self-confidence, I still went out and tried to get things started again.

It's time for your husband to stand up, brush himself off and make something happen!

- Dave

Dave Ramsey is a national best-selling author, personal finance expert and host of The Ramsey Show, heard by more than 20 million listeners each week. 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. ★

General Plan Revision Impacts Area

Continued from page 1 area would be a desire to consider the annexation of that area."

Said Councilmember Donald Terry, "If we were to incorporate and annex those existing communities, there are two equations to look at. Either the unincorporated counties vote to incorporate themselves into the city, along with the sales tax increase which makes that question way tougher to get a yes on, or you annex them in without the tax increase and then the rest of us are paying to get the level of service up there at the cost of the city."

The session also introduced the concept of dividing the General Plan planning area into

sub-areas, allowing tailored policies for each section.

Public comments reflected a range of perspectives. James Garcia voiced support for the update but urged the city to revisit existing development agreements to ensure they are being met.

"We can't just sit on out city limits; we need to grow as a city," said Garcia when commenting on the proposed area changes. "If we don't, we are going to be gobbled up. We need to protect our borders."

Larry Lad highlighted the importance of environmental justice, a principle that the city was founded on.

"I would like all economic planning along and in the parkway to ensure that development with

access within and adjacent to the American River Parkway be designed to reduce as much visual intrusion and to complement the naturalistic amenities of the parkway," said Brenda Gustin in a letter to the council. "Choosing to ignore the Preservation Act threatens our economy and out ecology."

The meeting consensus was to maintain all existing boundaries with the exception of deleting a sliver within the city of Sacramento and going forward with the proposed area additions. It was also agreed to implement the proposed sub-area divisions to more effectively tailor policies. ★

Serving Gold River and Sacramento County

Publisher, Paul V. Scholl

Gold 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.

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

Gold River Messenger, 7144 Fair Oaks Blvd., Suite #5, Carmichael, CA 95608. The Gold River Messenger is published monthly. Call 916-773-1111 for more information.

We are proud members of these newspaper associations.

Brighten a Senior's Day

Volunteer with Meals on Wheels Sacramento County

We need compassionate volunteers to deliver meals, support our community cafes, or help with clerical tasks. Your kindness helps our elderly neighbors maintain independence and dignity through improved nutrition.

For more information and to sign up, visit mowsac.org or call (916) 444-9533.

Be the reason someone smiles today.

Volunteer with us and make a heartfelt difference.

A Veteran Thank Today

Soroptimists Receive Proclamation, Celebrate 15 Years

Continued from page 1

of Rancho Cordova and Gold River Club celebrated its 15th anniversary of dedicated service to the community at a birthday bash from 1 to 3 p.m. Sept. 7 at the Mills Arts & Culture Center

(MACC) in Rancho Cordova.

The Sept. 7 celebration highlighted the achievements of Soroptimist and its awardees, fostering fellowship and fun. Attendees met past award recipients, connected with members and

partners, enjoyed appetizers and cake and won raffles and prizes.

Soroptimist is an international nonprofit organization that seeks to improve the lives of women and girls through programs leading to social and

economic empowerment. The name, Soroptimist, means "best for women," and that's what the organization strives to achieve.

To receive more information about the Soroptimist International of Rancho Cordova

and Gold River Club, how to become a member or to volunteer, email siranchocordova@soroptimist.net, call club Vice-President Longworth at 916-833-1218 or visit www.soroptimistranchocordova.org. ★

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

Announcement	Computer Service	For Sale	Insurance/Health	Home Repair	Miscellaneous	Real Estate
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)	Zinsky's PC Configurations "Don't replace it - REPAIR IT!" Custom Desktop Computer Configurations • PC Repair • Home Wireless Networking • Installations • Viri & Spyware Eradication Alan Zinsky Phone: 916-622-2269 Zconfig@sbglobal.net Bus. Lic. # 305312 • B. E. A. R. Reg. #84416 www.zinskyspcrepair.com	'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)	DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 400 plus procedures. Real dental insurance - NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-844-203-2677 www.dental50plus.com/calnews #6258 (Cal-SCAN)	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)	DID YOU KNOW Newspaper-generated content is so valuable it's taken and repeated, condensed, broadcast, tweeted, discussed, posted, copied, edited, and emailed countless times throughout the day by others? Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email cecelia@cnpa.com (Cal-SCAN)	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)
Autos Wanted	Cellular Plans	Hall Rentals	MPG8.COM	Home Warranty	Music Lessons	Roofing
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)	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)	VFW Post 6158  8990 Kruithof Way, Fair Oaks, CA 916-966-1663 vfw6158.org/rent-our-hall/	Home Remodel Jacuzzi Bath Remodel can install a new, custom bath or shower in as little as one day. For a limited time, waving ALL installation costs! (Additional terms apply. Subject to change and vary by dealer. Offer ends 12/29/24.) Call 1-833-985-4766 (Cal-SCAN)	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)	The difference in winning and losing market share is how businesses use their advertising dollars. CNPA's Advertising Services' power to connect to nearly 13 million of the state's readers who are an engaged audience, makes our services an indispensable marketing solution. For more info call Cecelia @ (916) 288-6011 or cecelia@cnpa.com	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
GOT AN UNWANTED CAR??? DONATE IT TO PATRIOTIC HEARTS. Fast free pick up. All 50 States. Patriotic Hearts' programs help veterans find work or start their own business. Call 24/7: 1-855-408-6546 (Cal-SCAN)	Elder Care	Health/Wellness	Safe Step, North America's #1 Walk-In Tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our FREE shower package and \$1600 Off for a limited time! Call today! Financing available. Call Safe Step 1888-989-5749 (Cal-SCAN)	Landscaping	Need Help? Hire a Pro!	Tree Service
Tiene un vehiculo no deseado? Donelo a Patriotic Hearts! Recogida rápida y gratuita en los 50 estados. Patriotic Hearts ofrece programas para ayudar a los veteranos a encontrar trabajo o iniciar su propio negocio. Llama ahora: 1-855-408-7368 (24/7) (Cal-SCAN)	GoGo. Live and age your way. Get help with rides, groceries, meals and more. Memberships start as low as \$1 per day. Available 24/7 nationwide. BBB Rated A+ Business. Call GoGo to get started. 1-855-476-0033 (Cal-SCAN)	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)	BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 1-877-252-9868 (Cal-SCAN)	CREATE YOUR PARADISE  Winter Yard Cleanups, Complete Landscape Design/Installation, Sprinkler System Installs/Repairs, All Types Concrete Work, Fence Installation, Retaining Walls- All Types, Drainage Systems-all types, Landscape Lighting, Residential/commercial American Landscape Design & Installation, Est 1987 American Construction & Property Maintenance Company WE ACCEPT VISA & MASTER CARD (916)612-0776 Lic#690968	Need Help? Hire a Pro! 	BP TREE SERVICES LLC.  TREE & STUMP REMOVAL TREE TRIMMING / SHAPING FREE ESTIMATE 10% OFF WITH THIS AD Insured. Workman's comp. Arborist 916-722-6321 BP Tree Services.com VISA / MASTER CARD California Contractors Lic #1036031
Get a break on your taxes! Donate your car, truck, or SUV to assist the blind and visually impaired. Arrange a swift, no-cost vehicle pickup and secure a generous tax credit for 2025. Call Heritage for the Blind Today at 1-844-491-2884 today! (Cal-SCAN)	Financial Struggling with debt? If you have over \$10,000 in debt we help you be debt free in as little as 24-48 months. Pay nothing to enroll. Call Now: 1-877-435-4860 (Cal-SCAN)	Help Wanted	Need Help? Hire A Pro! 	RETIREMENT COUPLES 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.VIPLAN.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	RETIREMENT COUPLES 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.VIPLAN.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	RETIREMENT COUPLES 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.VIPLAN.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
Buy and Shop Local!	For Sale 2 Saddles for Sale. Jumping Saddle. Antares, w/accessories, size 17 1/2. Western Saddle also available. Call 916-247-7070 (TFN) MPG	KP International MARKET Many Positions are Available. Please no phone calls. Apply in person. 10971 Olson Dr. Rancho Cordova, CA 95670				

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

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

CSLB# 0897269
Licensed, Bonded & Insured

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

BRIAN OLSON
OWNER
License #982398

OLSON'S WOODWORX
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

Protect and Heal your whole family with Affordable CHIROPRACTIC MEMBERSHIPS



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

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



Relieve Headache Pains



Reduce Chronic Back Pains



Release Neck Pains



(Dr Stirton)...is wonderful and attentive. He is very knowledgeable and I feel wonderful after my adjustments! Richard C (google review)



More than just an adjustment. Dr Stirton helped...with my shoulder pain...made it so I can enjoy what I do... without chronic pain. Rebekkah F (yelp review)

AMERICAN RIVER CHIROPRACTIC

2280 Vehicle Drive, Suite 110 Rancho Cordova, CA 95670

916-776-6362

americanriverchiropractic.com

CALL or TEXT today!



Scan for Directions



Scan for Membership Benefits

Teaching Kindness, Character Through Flag Football

By Shaunna Boyd

SACRAMENTO REGION, CA (MPG) - The Playmakers organization is a nonprofit that works with local youth to build character through free sports programs throughout the year.

By promoting kindness and social inclusion, Playmakers supports all youth and their families, with a particular focus on those with developmental differences and special needs. This year, for the first time, Playmakers founder Greg Roeszler (known as Coach Roz) is excited to announce an NFL FLAG football league for local youth.

The eight-game season will kick off on Sept. 28, running from 9 a.m. to 1 p.m. for eight consecutive Saturdays. The league will play at Mesa Verde High School's new state-of-the-art stadium at 7501 Carriage Drive in Citrus Heights. Each day will begin with athletic practice and skills development, followed by a flag football game. The league will split into two groups, one for youth between the ages of 6 and 14, and the other with a more flexible age range for youth with special needs.

The coaches are volunteer student athletes from local high schools, Mesa Verde and San Juan. These two rival schools will be "working together under the Playmakers' umbrella on character building and inclusiveness," Coach Roeszler said.

"There are a lot of families that can't afford the fees to play flag football" or other organized sports, the coach said, which is why Playmakers programs are always completely free to kids and their families. The funding for this NFL FLAG football league comes from The Optimists of Country Club, a local civic group based out of Citrus Heights, and Verde Design, which built the new stadium at Mesa Verde.

Playmakers is facilitating the league, with Roeszler running the program and providing coaching training and inclusivity awareness to the student athletes.

Roeszler acknowledged the dedication of "two unbelievable volunteers who pulled this together," Rick Johnson and Jim Szymanski, who worked so quickly to implement this new league: negotiating with the NFL for official inclusion as



Playmakers supports youth with developmental differences and promote kindness and social inclusion. Photo courtesy of Playmakers

an NFL FLAG football league region (with all the associated uniforms, equipment, and gear), working with the San Juan Unified School District to secure the stadium location, and coordinating with the high schools to recruit student volunteers.

"The fact that rival schools are working together for inclusiveness and character building is amazing. The administration is so supportive, and it can change the culture of a campus," Roeszler said, "and our NFL players are extremely pleased that this is being done at the grassroots level."

He added that it was "incredible and so encouraging" to have local civic groups getting involved, because it is so important to provide opportunities for all kids to enjoy the benefits of sports and athletics, while having fun, learning to kind to each other, and striving to be the best they can be."

Visit www.ThePlaymakers.org to sign up for this free event. For more information, call 916-220-1284 or email Coachrozplaymakers@gmail.com. ★



Election Information

November 5, 2024 – Presidential General Election

Vote Early and Vote by Mail.



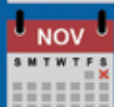
Oct 7 Ballots begin to arrive by mail. Ballot Drop Boxes are now open.



Oct 21 Close of registration. Register today!



Oct 26 11-Day Vote Centers open through Election Day.



Nov 2 All Vote Centers open through Election Day.



Nov 5 Election Day! Last day to turn in your ballot.

Vote Early! Don't wait for Election Day

Take advantage of early voting and avoid the lines! You can return your ballot in the mail, at any Ballot Drop Box, or at any Vote Center. No postage is necessary.

Track your Ballot

Sign up for "Where's My Ballot?" with Ballottrax, a free ballot tracking and alert system. It is available to all voters who wish to track the status of their Vote by Mail ballot - from printed to accepted. This provides additional transparency to voters on the status of their ballot.



Vote Early! Vote by Mail.

Visit www.elections.saccounty.gov or Call Toll Free (800) 762-8019



WE SUPPORT FIRST RESPONDERS



FOLLOW US for Local News and much more!

Gold River Messenger

Facebook: @GRMMPG8

Saluting Labor: SouthEast Connector Paves Path to Opportunity

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



While the Capital SouthEast Connector will make travel safer and greatly improve traffic flows on local highways, it also has enormous social benefits as a ladder of career opportunities.

“This project creates opportunities and pathways for second-chance individuals,” said Laborers Local 185 Business Manager Doyle Radford Jr. during a recent event. “People who don’t typically get opportunities will get a chance to work in the trades and learn valuable skills to improve their lives.”

His organization has a robust apprenticeship program for inexperienced or experienced workers in many fields including concrete placement, pipe

laying, asphalt paving, erosion control, and the building of fences, bridges, and buildings.

Thousands of workers on the Connector, from heavy equipment operators to welders, plumbers, electricians, carpenters, and virtually every trade, will literally pave the way to a better future for the region.

The Capital SouthEast Connector Expressway, stretching from Elk Grove to Highway 50 in El Dorado County, is more than just a roadway project. It is a transformative initiative designed to

widen and upgrade a historically dangerous route into a modern, efficient, safe corridor to help meet the transportation needs of our growing population.

This expressway project stands as a testament to how public infrastructure can create equitable opportunities for individuals and enhance the region’s quality of life. By providing jobs and opening doors for career-seeking individuals, the Connector is building pathways to better lives.

The laborers who bring these projects to life do so with skill, dedication, muscle and sweat. Their work is about more than just laying asphalt and concrete; it is about creating opportunities, enhancing safety, and producing economic prosperity.

According to a 2022 economic study, the

completed Capital SouthEast Connector Expressway will generate \$1.8 billion of increased regional economic output, and \$770 million of new labor

income. It will save commuters between \$500 million and \$1.5 billion in travel time over 20 years compared to using current roadways.

The Capital SouthEast Connector Expressway is a shining example of what can be achieved through collaboration, determination, and hard work.

The project’s importance was highlighted recently when it received a \$25 million federal RAISE grant. The RAISE program—Rebuilding American Infrastructure with Sustainability and Equity—recognizes projects that contribute to evenhanded outcomes, especially for communities that have historically

been underserved.

The RAISE funds will be used to reconstruct a section of Grant Line Road and correct deadly curves and elevations that obstruct the view of oncoming traffic. Longstanding drainage issues that currently cause flooding and hinder first responders during emergencies will also be fixed.

From an environmental standpoint, the SouthEast Connector Expressway has been designed from its inception to avoid negative environmental impacts where possible, and the modern design will eliminate many negative environmental impacts from the roadway’s current structure.

In partnership with the South Sacramento Habitat Conservation Plan, the project is designed to ensure the long-term viability of area plant and wildlife species while

preserving agricultural and ranch land.

When completed, the Capital SouthEast Connector will reduce greenhouse gases, pollutant emissions, vehicle miles traveled, and regional congestion. The project has obtained environmental permits and has agreed to purchase lands to replace impacted agricultural land or vernal pools.

From every perspective, the Capital SouthEast Connector is a winning proposition. Your support is vital to the project’s successful completion. To express your support or if you have questions, please email us at ConnectorSupport@sacounty.gov.

Derek Minnema is a civil engineer, and the 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)

Q What is the Capital SouthEast Connector Expressway?

A The planned Connector is an expressway that will link Interstate 5 and Highway 99 near Elk Grove to Highway 50 in El Dorado County. The new expressway will relieve congestion by directing commuter and commercial traffic around the city on a safe expressway. 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 also features a parallel bike and pedestrian trail.

Q Who will benefit from the SouthEast Connector Expressway when completed?

A The entire region will benefit from reduced

congestion on area highways, particularly Hwy 50, and from fewer toxic fumes spewing from thousands of vehicles stuck in traffic. Southeastern Sacramento County residents will have a safe new route to avoid Hwy 50 congestion and bypass downtown traffic. Businesses, companies, farmers, and ranchers will also be able to receive supplies and send products to market more safely and quickly. Most importantly, the modernized roadway will be safe to travel, unlike current conditions that endanger lives.

Q Who approved building the SouthEast Connector Expressway?

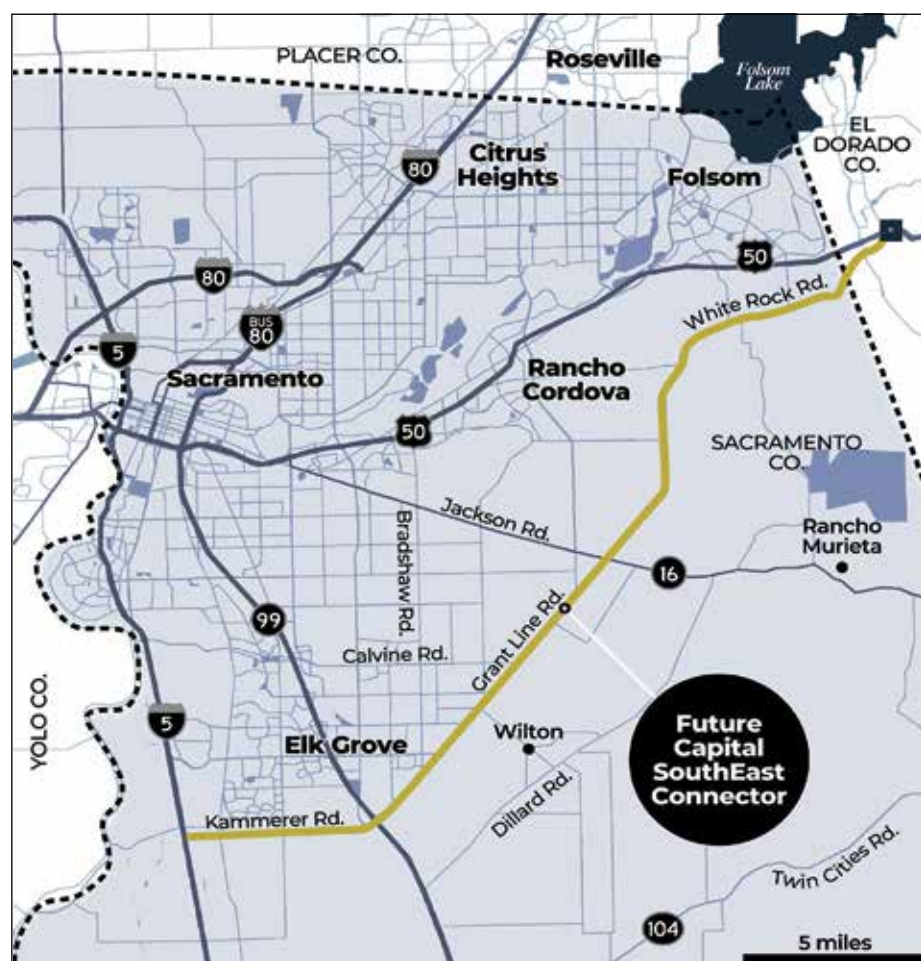
A In 2004, by a 3-1 margin, voters agreed to tax themselves for 30 years for transportation maintenance, road improvements, mass transit, mobility for seniors and people with disabilities, and

specifically to construct a new expressway connecting I-5 and Hwy 99 in the Elk Grove area to Hwy 50 in El Dorado County, now known as the Capital SouthEast Connector. Since the vote, the tax has generated about \$2 billion. To date, the Capital SouthEast Connector has received about \$58 million of those funds, which were paired with federal and state funds to complete 11 miles of the 34-mile project.

Q Where have the transportation tax funds not allocated to the Capital SouthEast Connector been used?

A The transportation sales tax funds are allocated according to a formula voters approved when they approved the tax. The largest single recipient of the funds since the tax began is the Regional Transit Authority (38%, amounting to \$709 million) for operating and maintaining light rail and bus services; and providing transportation options to seniors and individuals with disabilities. Street and road maintenance projects have received 29.4%, amounting to \$545.5 million. Overall, capital improvement projects have received 20.4%, amounting to \$377.4 million. The rest of the funds went to smaller projects, and less than ¼ of one percent is spent on program administration.

Q What has the Sacramento Area Council of Governments’ role been in the Capital SouthEast



Map showing the location of the future Capital SouthEast Connector

Connector’s construction.

A The Capital SouthEast Connector is part of the “Sacramento Blueprint,” adopted over 20 years ago by SACOG’s board of directors and still consulted today. The Blueprint’s goal is to integrate land use and transportation planning to improve the region’s quality of life. It was SACOG’s idea to create the Capital SouthEast Connector Joint Powers Authority to manage the design and construction of the expressway. Over the years, SACOG has been mostly supportive of efforts to advance the project, and SACOG recently determined that constructing a segment of the project was the region’s number one transportation priority, greatly enhancing a successful project application for federal funding.

Q What environmental impacts will the SouthEast Connector Expressway create, and how will they be mitigated?

A Like any road project, the Capital SouthEast Connector will affect the environment during and after construction, but all federal, state, and local regulations to protect the environment are being followed. After construction, the environment will be greatly enhanced due to a design that controls and channels damaging groundwater that currently floods the roadway and adjacent lands. The Connector Joint Powers Authority is a member of the South Sacramento Conservation Agency (SCCA) that oversees compliance with

the South Sacramento Habitat Conservation Plan and its rules for road construction. The Connector project has obtained environmental permits and has also agreed to purchase lands to replace impacted agricultural land or vernal pools in accordance with the conservation plan’s vision.

Q How will the Capital SouthEast Connector affect bike and pedestrian traffic in the area?

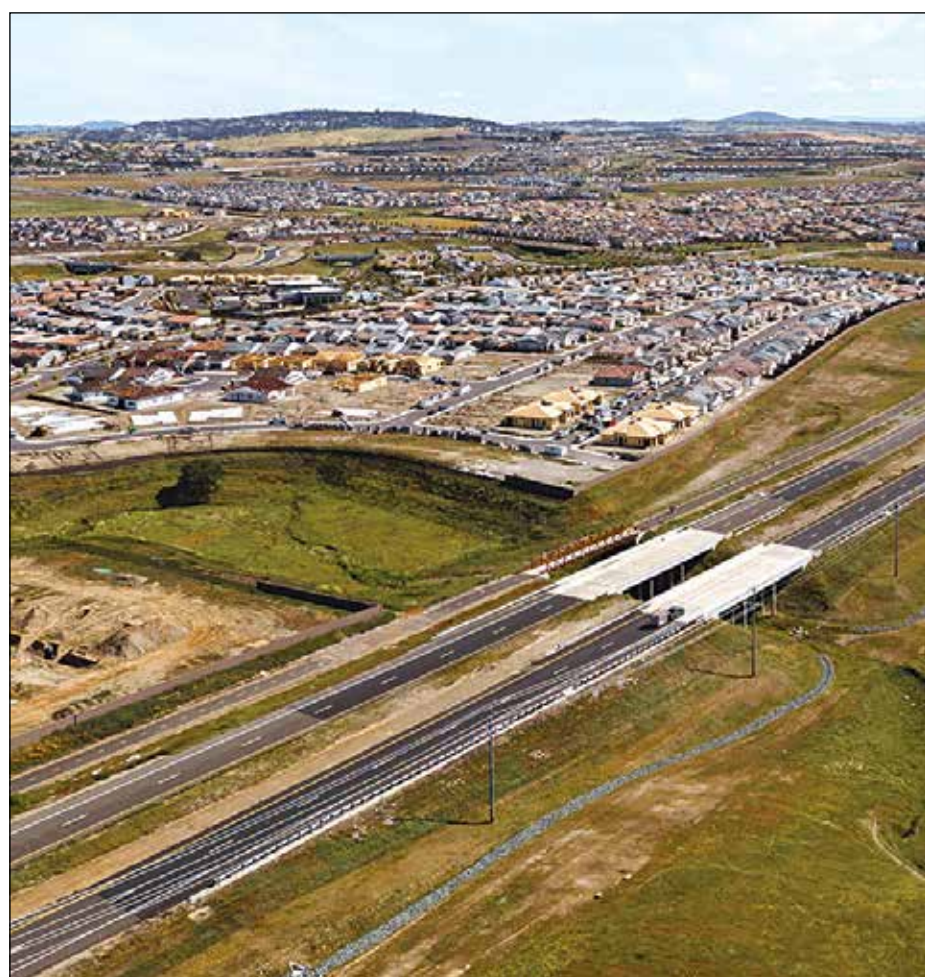
A Bicyclists and pedestrians who currently face grave danger will be able to avoid traffic entirely by using a paved, Class 1 bike trail that will be built separate from the expressway along its entire length. The bike trail is designed to enable residents to walk or ride their bikes to visit friends in neighboring communities; or peddle to work, local restaurants, stores, parks,

and entertainment venues; or simply to exercise and enjoy the outdoors.

Q How can residents support construction of the Capital SouthEast Connector?

A Your support is vital to our successfully applying for funds to complete the project. Telling your local, state, and federal elected representatives that you support the project is very helpful. You can also learn more about the project or sign up for our newsletter on our website at www.connectorjpa.com. 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. Please send questions or comments to ConnectorSupport@sacounty.gov.

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