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Elaine LaLanne Still Leads the Way

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Gold River Messenger

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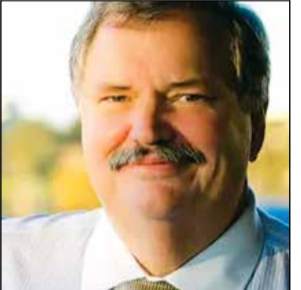
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One Weekend, World of Flavors

Terra Madre Americas Culinary and Cultural Festival



Left: Celebrity chef Alice Waters is one of the many world-renowned culinary talents participating at the Terra Madres America festival from Sept. 26 to Sept. 28 at the downtown SAFE Credit Union Convention Center, 1401 K St., Sacramento. Right: Presented by Visit Sacramento and Slow Food, Terra Madre Americas will be dedicated to showcasing the diverse flavors and traditions of Sacramento and cultures from around the globe Sept. 26 to Sept. 28 at SAFE Credit Union Convention Center, 1401 K St., Sacramento. Photos courtesy of Terra Madre Americas Photo courtesy of Terra Madre Americas



By Idaly Valencia

SACRAMENTO REGION, CA (MPG) - Experience the flavors of the Americas at a first-of-its-kind event when Terra Madre Americas is in Sacramento from Sept. 26 to Sept. 28.

Presented by Visit Sacramento and Slow Food, the weekend will be dedicated to showcasing the diverse flavors and traditions of Sacramento and cultures from around the globe.

The Terra Madre Salone del Gusto, Slow Food's premier international festival, is held every other year in Italy, where farmers, chefs and food lovers gather to promote good, clean and fair food for all.

Inspired by that festival, Terra Madre Americas will bring food

and drink tastings, live music, chef demonstrations, educational panels, artisan vendors and family-friendly activities to Sacramento.

Apart from certain ticketed/reserved experiences, the festival entrance is free and open to all ages.

Whether you're a cook, farmer or just a food lover, Terra Madre Americas is an opportunity to learn and connect with the cultural background behind the food that is being enjoyed.

Grand Tasting

The Grand Tasting, a separately-ticketed event, will kick off the weekend from 6 to 9 p.m. Sept. 26 and feature tastings from more than 20 chefs, along with craft drinks and live entertainment.

Local chefs participating include

Rebecca Campbell of Sac City Brews, Pedro Depina of The 7th Street Standard, Craig Takehara of Binchoyaki, Michael Fagnoni of Hawks Public House and Nina Curtis of Plant-ish & Co.

General admission is \$125 and includes two drinks with unlimited tastings. The experience is limited to ages 21 and older.

Live Music at the Golden 1 Stage

The Golden 1 Live Music Stage, located at 14th and I streets, will host free performances Sept. 27 and Sept. 28 where attendees can listen to the contemporary sound of national headliner performers to standout local talent.

Acts include deejay NESSS, Son Café, hotplug, Jon Wiilde, Zephyr, Continued on page 3

County Revises Approved 2025-26 Budget

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - The Sacramento County Board of Supervisors voted unanimously on Sept. 3 to revise the approved budget for the 2025-26 fiscal year.

The \$9.2 billion Revised Recommended Budget included an increase of \$239 million in total appropriations from the \$8.9 billion Recommended Budget that the board approved in June.

The increases included a \$16-million increase in General Fund appropriations and a \$223-million increase in appropriations in other funds, resulting primarily from re-budgeting of capital projects and other contractual expenditures and including \$529,000 in non-General Fund growth.

Additional growth in the revised recommended budget includes total appropriations of \$4 million in Net County Cost and 16 full-time equivalent positions.

Re the Sheriff's Department's Intensive Outpatient Program (IOP) Expansion, \$0.5 million Net County Cost is recommended to fund one full-time equivalent Sheriff Sergeant and four full-time equivalent Deputy Sheriff positions needed for the expansion of the IOP program to comply with the Mays consent decree.

Re the Correctional Health Services - IOP Expansion, \$1.8 million Net County Cost is recommended to increase the UC Davis mental health services contract for five months of expanded IOP operations during Fiscal Year 2025-26 and to provide funding required Fiscal Year 2025-26 Revised Recommended Budget for one-time capital improvements needed at the Rio Consumes Correctional Center.

Re Health Services - Behavioral Health Services Act, \$1.4 million of state funding will add nine full-time equivalent positions to provide administrative support for Behavioral Health Services Act mandates.

Re Public Defender - State Prison Unit, \$0.5 million of state funding will add two limited term full-time equivalent positions in the department's state prison unit.

During the hearings, the Board of Supervisors approved a one-time General Fund contribution of \$17,980 to Regional Parks from Service Stability Reserves and \$7,020 from Parks Revenues for a Zodiac Boat. ★

Training Tomorrow's Pilots

Sacramento County News Release

MATHER AIRPORT, CA (MPG) - Exciting changes are on the horizon at Mather Airport, where the EVA Flight Training Academy has broken ground on its newest project: a four-story student dormitory.

The new facility will feature 87 studio apartments and six guest suites, designed to provide on-site housing for international students pursuing their pilot certificates.

Along with modern living spaces, students will enjoy amenities such as a gym, library, discussion rooms and a café, making Mather Airport a true home base during their training.

For Sacramento County Supervisor Pat Hume, who represents the district that includes Mather Airport, the project is about more than just bricks and mortar. "It is exciting to see



Many dignitaries celebrated the EVA Flight Training Academy groundbreaking on its newest project, a four-story student dormitory, on Aug. 19. From left are J U.S. Congressman Ami Bera; Eric Edelmayer, president of Jackson Properties & Construction; Stephen Clark, deputy director for Commercial Development SCDA; Steven Wu, general manager, EVA Airways CO, San Francisco Office; TJ Chen, deputy director for planning and development SCDA; and Jeffery Reilly, principal architect of CJA. Photo courtesy of Andrea Sandoval

the investment by EVA Flight Training Academy to expand their operations to include a dormitory where aspiring pilots from all over the world can stay

while they learn," Hume said. "This underscores Mather's role as a regional economic hub."

EVA Flight Training Academy has steadily

expanded its presence at Mather since 2014, when it opened its office and classroom building. A maintenance hangar soon Continued on page 3

Parkway has New Connection



Funding for the American River Parkway connection was awarded through \$2.362 million in state funding through Sacramento Area Council of Governments (SACOG) Community Design Program, in addition to \$788,000 in Sacramento Transportation Authority Measure A funds through its Smart Growth Incentive Program. Photo courtesy of the City of Rancho Cordova

City of Rancho Cordova News Release

RANCHO CORDOVA, CA (MPG) - The City of Rancho Cordova celebrated the completion of the Chase Drive and American River Parkway Connection project on Aug. 15.

The project was completed in coordination with several partner agencies, including the Folsom Cordova Unified School District, Cordova Recreation and Park District, Sacramento County Regional Parks, Cordova Community Council and Soil Born Farms. "With the completion of this project, residents now have a direct connection to the American River Parkway, as well as an important link to recreational and educational amenities along Chase Drive," said Mayor Siri Pulipati. "I'm grateful to my City Council colleagues, our dedicated city staff and our partners for making this collaboration a success."

Project improvements include a separate pathway, pedestrian scale lighting, new ADA (Americans with Disabilities Act)-compliant curb ramps, high-visibility



Other major additions to Rancho Cordova's trails system are on the horizon for the City of Rancho Cordova. The Zinfandel Pedestrian Overcrossing is also being designed and construction is anticipated to begin next year. Photo courtesy of the City of Rancho Cordova

crosswalks, trees and landscaping. The pathway was installed along the Cordova High School and Mills Middle School frontages on Chase Drive. Within Hagan Park, the pathway is connected to the American River Parkway bike trail.

Construction for the first phase of the project began in May 2024 and was completed fall 2024. The second phase began this past April and was completed this summer.

Funding for the project was awarded through \$2.362 million in state funding through Sacramento Area Council of Governments (SACOG)

Community Design Program, in addition to \$788,000 in Sacramento Transportation Authority Measure A funds through its Smart Growth Incentive Program.

Other major additions to Rancho Cordova's trails system are also on the horizon for the City of Rancho Cordova. The Zinfandel Pedestrian Overcrossing is also being designed and construction is anticipated to begin next year.

For more information about current Public Works projects, visit CityofRanchoCordova.org/CurrentProjects. ★

OsteoStrong Rancho Cordova Recognized as Small Business of the Month



At OsteoStrong Rancho Cordova, members can strengthen their bones, improve mobility and reclaim independence in just 10 to 15 minutes a week. OsteoStrong Rancho Cordova is located at 3039 Kilgore Road, Suite 160, Rancho Cordova. Photo courtesy of Assemblyman Josh Hoover's Office

Assemblyman Josh Hoover News Release

RANCHO CORDOVA, CA (MPG) - Assemblyman Josh Hoover (R-Folsom) proudly announced that OsteoStrong Rancho Cordova had been selected as the Small Business of the Month for August in the 7th Assembly District on Aug. 26.

Owned and operated by Aaron and Vanesa Provençal, OsteoStrong Rancho Cordova has quickly become a vital health and wellness resource for the Rancho Cordova community and the Greater Sacramento region.

Aaron Provençal, who spent 30 years as a disaster restoration contractor helping families rebuild after water and fire damage, sold his company in 2021 and turned his focus toward health.

Through his own wellness journey, Aaron Provençal lost 40 pounds and discovered the critical role that bone density plays in living a long, healthy life. That discovery led him and his wife, Vanesa, to the innovative work of OsteoStrong, a national franchise dedicated to naturally strengthening bones.

Despite COVID-19 pandemic-related delays, Aaron and Vanesa Provençal proudly opened their Rancho Cordova center in April 2023. Vanesa Provençal manages the center with care and dedication, welcoming members, guiding them through their first sessions, and creating a

supportive environment.

Aaron Provençal leads business development and outreach, ensuring that OsteoStrong's positive impact continues to grow across the community.

At OsteoStrong Rancho Cordova, members can strengthen their bones, improve mobility and reclaim independence in just 10 to 15 minutes a week, according to the assemblyman.

"OsteoStrong Rancho Cordova is a shining example of how local businesses can transform lives," said Hoover. "Aaron and Vanesa's passion and dedication have created more than a wellness center; they've built a place of hope, health, and community. I'm proud to recognize their contributions to Rancho Cordova and beyond."

OsteoStrong Rancho Cordova is located at 3039 Kilgore Road, Suite 160, Rancho Cordova.

Assemblyman Hoover is honored to recognize them as the August 2025 Small Business of the Month and thanks them for their continued service to the 7th Assembly District.

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. ★

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Training Tomorrow's Pilots

One Weekend, World of Flavors



EVA Flight Training Academy has steadily expanded its presence at Mather since 2014, when it opened its office and classroom building. It is anticipated that training academy students will be able to move into a new dormitory, expected to be complete by late 2026. Photo courtesy of Andrea Sandoval

Continued from page 1
 followed, allowing the academy to service its training aircraft locally. The dormitory, expected to be complete by late 2026, represents the final phase of this growth.

“This project is a major asset to Sacramento County,” said Sacramento County Department of Airports Director Cindy Nichol. “By bringing students here from around the world, EVA is not only building careers in aviation but also contributing to our region’s long-term economic vitality through jobs, investment and international connections.”

EVA Air, the internationally-recognized

airline based in Taipei, Taiwan, has long been known for its safety and innovation. Its U.S.-based academy at Mather Airport connects Sacramento County to the global aviation industry, preparing future pilots while strengthening local opportunities.

Beyond the aviation community, this investment also benefits the broader region by supporting local vendors, creating jobs and opening the door to new partnerships. As the project takes shape, Sacramento County residents can take pride in knowing that tomorrow’s pilots are learning, living and thriving here at Mather. ★

Continued from page 1
 Passion Pit (solo acoustic), Jade Bird, Spoon, The War on Drugs, deejay Lady Char and Big Head Todd and the Monsters.

Performances will be from noon to 8:20 p.m. Sept. 27 and from noon to 4:30 p.m. Sept. 28. For set times, visit TerraMadreUSA.com.

Visit Sacramento curated a playlist for attendees to get a sneak peek of the music that will be heard at Terra Madre Americas Festival on Spotify at bit.ly/41CSL6U (case sensitive).

Marketplace and Outdoor Vendors

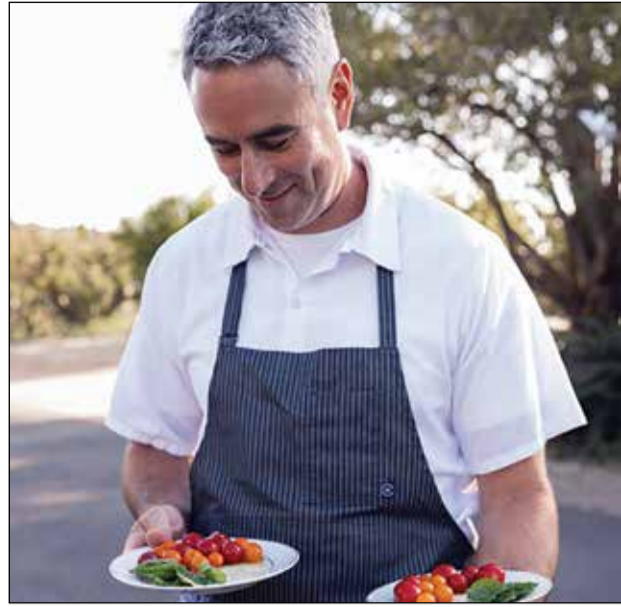
The Terra Madre Americas Marketplace, presented by UC Davis Health, will be open to all attendees to shop with local and international vendors offering coffee, spirits, meats, cheeses, seafood, produce and other products.

There will also be outdoor vendors featuring some of the best of Sacramento’s flavor with food, locally-made beers and wines, handmade goods, interactive exhibits and more.

Educational Panels

Free workshops and panels will be held at the convention center covering topics such as globalized food systems, access to food, biodiversity and indigenous perspectives.

Sessions include “Food as Relationship: Reimagining the Future Through Connection,” “What Is Specialty Coffee,” “Cacao in a Cup: Traditions from Brazil, Mexico and Ecuador” and a Wilton Rancheria discussion. Seating is



Chef Michael Fagnoni of Hawks Public House will be one of the local culinary talents participating at the Terra Madre Americas Grand Tasting experience from 6 to 9 p.m. Friday, Sept. 26. Photo courtesy of Terra Madre Americas

first-come, first-served.

Enoteca Wine Lounge

The Enoteca, presented by Bank of America, will offer wine tastings from North and South America, emphasizing the stories and traditions that are behind each pour.

Terra Madre Americas Bistro

Sponsored by SMUD, the Terra Madre Americas Bistro will present three-course meals curated by world-renowned chefs on Sept. 27 and Sept. 28. This reservation-only dining experience ranges from \$55 to \$80, with optional wine pairings for \$25.

On Sept. 27, chef line-up includes Matthew Beaudin, Drew Deckman and Elizabeth Falkner. Dishes featured in their dining experience vary from an Ora King Salmon Tartare, a Dubai Croissant, Silken Tofu and Pan Roasted Halibut.

On Sept. 28, chefs Jeremiah Tower, Mary Sue Milliken and Sean Sherman will prepare

dishes such as Goat Birria, a Ceviche Sampler, Incense Cedar Braised Rabbit, Blue Corn Tostada and vegan Wild Rice “Tres Leches” Cake.

Slow Food International

The organizer, Slow Food, is a grassroots movement dedicated to good, clean and fair food for all. The organization cultivates a worldwide network of advocates in cultural and biological diversity, promotes food education and influences policies in public and private sectors that transform food systems.

The festival runs from noon to 8 p.m. Friday, Sept. 26, 10 a.m. to 8 p.m. Saturday, Sept. 27 and 10 a.m. to 6 p.m. Sunday, Sept. 28 at the SAFE Credit Union Convention Center in downtown Sacramento, 1401 K St.

For more information about the festival or to learn more about the experiences, visit terramadreusa.com. ★

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Annual Women's Empowerment Gala Celebrates 100th Session



Women's Empowerment offers the most comprehensive job-readiness program in the Sacramento area designed specifically to help women break the generational cycle of homelessness for themselves and their children. Photo courtesy of Women's Empowerment

Women's Empowerment News Release

SACRAMENTO REGION, CA (MPG) - Women's Empowerment will hold its 24th annual Gala on Sept. 19, where guests will help raise funds for the Sacramento nonprofit organization that is celebrating its 100th session educating, empowering and employing Sacramento-area women experiencing homelessness so they can support their families.

The event will take place at 5 p.m. Sept. 19 at the Kimpton Sawyer Hotel, 500 J St., Sacramento and will include a cocktail party, plated dinner, silent and live auctions, and a panel discussion with program graduates.

"Our annual Gala is a culmination of the transformative work we do throughout the year to empower women and children to overcome homelessness but this year is even more remarkable as we celebrate our 100th session," said Lisa Culp, Women's Empowerment founding executive director. "This year's Gala will celebrate the nearly 2,000 incredible women who have walked through our doors over the past 100 sessions. But we also are gathering to raise needed funds to ensure we can continue to empower women facing homelessness in the months to come. This is an opportunity for the community to come together to fund powerful solutions to homelessness specifically for Sacramento women and children."

Women's Empowerment offers the

most comprehensive job-readiness program in the area designed specifically to help women break the generational cycle of homelessness for themselves and their children. Women's Empowerment mostly helps Sacramento County women, but due to its proximity to West Sacramento, also helps women there.

Each woman begins with an initial two-month program where she works one-on-one with a social worker, housing specialist and employment specialist. She attends classes and support groups and receives free transportation assistance, onsite childcare, meals and more.

The nonprofit organization provides lifetime services for graduates of its initial program, including counseling, job search and retention support, financial assistance, paid job training and its Trellis Gardens transitional workforce housing program.

In 2024, 155 graduates secured employment or enrolled in advanced training or school and 89% of graduates maintained or improved their housing.

Since 2001, 1,955 women have graduated from the program with their more than combined 4,000 children.

To purchase Gala tickets or a table, sponsor the event or sponsor a graduate to attend, visit online www.womens-empowerment.org/gala or call 916-669-2307.

Women's Empowerment is funded through private donations from the community and grants. To make a donation, visit www.womens-empowerment.org. ★

Soroptimist Club Seeks Award Applicants

Soroptimist International News Release

RANCHO CORDOVA, CA (MPG) - Soroptimist International of Rancho Cordova and Gold River is now accepting applications for the Live Your Dream Award (formerly known as the Women's Opportunity Award).

Application forms are available online at soroptimistranchocordova.org/live-your-dream-award. The

application portal is linked to the website and application tips are also available to help write a compelling application. Applications must be submitted to the website no later than Nov. 15.

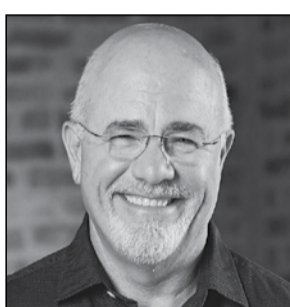
The Live Your Dream Award provides women, who serve as the primary wage earner for their family, with the financial resources to offset costs associated with their efforts to attain higher education or additional skills and training.

This cash award can be used for tuition, books, childcare, transportation, food, electricity bills, childcare, gasoline or any other education-related expense. This program, which begins on the club level, was created in 1972 to help women improve their ability to provide for their families.

Applicants for this award do not have to reside within Rancho Cordova, Gold River or Carmichael city limits. However, applicants can only apply to one club. The minimum cash prize is \$250 and it could go as high as \$1,500. Email Soroptimist International of Rancho Cordova and Gold River Vice-President Sheryl Longworth at siranchocordova@soroptimist.net or call 916- 833-1218 for more information.

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. Soroptimists are people at their best, working to help other women to be their best.

Soroptimist International of Rancho Cordova and Gold River also has members from Carmichael. Email siranchocordova@soroptimist.net for more information about the club, how to become a member or how you can volunteer with club members or visit the club's website at soroptimistranchocordova.org. ★



Dave Ramsey

Dear Dave,

I'm trying to get out of debt and start handling my money better. Should lower the amount I'm contributing to my 401(k) so I can pay off my car and house faster?

—Austin

Dear Austin,

I'm trying to get out of debt and start handling my money better. Should lower the amount I'm contributing to my 401(k) so I can pay off my car and house faster?

Austin

Dear Austin,

I can tell you're excited about the idea of getting out of debt. And that's a good thing! But I don't want you to get ahead of yourself when it comes to gaining control of your finances.

Here's my Baby Steps plan. The first thing you

Dave Ramsey Says

The Tortoise and the Hare

should do is set aside a beginner emergency fund of \$1,000. That's Baby Step 1. Next comes Baby Step 2, which means paying off all your debt, except for your house. This would include your car. During this time, you should temporarily stop any kind of investing and retirement contributions, so you can attack your debt with a vengeance.

Once your mortgage is the only debt you have, it's on to Baby Step 3. This means you start saving money to grow your beginner emergency fund into a fully-funded emergency fund of three to six months of expenses. After that, it's on to Baby Step 4, which is investing 15 percent of your pre-tax income for retirement. In your case, that would mean re-starting contributions to your 401(k).

The rest of the plan goes like this. Baby Step 5 is

putting money into your kids' college funds, if you have kids. Baby Step 6 is focusing on paying off the house early, and then comes the real fun. Baby Step 7 is where you build wealth and give like crazy.

It may take a little time in some cases, but there are millions of people out there who will tell you this—following the Baby Steps works!

—Dave

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



PoppTalk

With Mary Jane Popp

Travel Well

Have you been thinking of doing some out-of-country travel? Well, I spoke to a mother-daughter travel team on POPPTALK who told me travel can boost well-being. I countered with, if all goes well, right? So mom Dr. Evelyn Kelly and Natalie Kelly, world travelers, shared some great tips on how to make it a great time. When I say world travelers I am not kidding. They have been to 7 continents, 88 countries and all 50 USA states finding wellness in each adventure. They want to get all of us motivated in "Have A Love Affair With Travel" Your ticket to an exhilarating life.

1. PACKING HACKS. Travel light! Wear old underwear and toss it after use. Roll clothes in packing cubes to save space, and bring a wrap for planes, pillows, or modesty at religious sites. Skip expensive jewelry, carry tissues, and stash small drinks in zip-lock bags. Don't forget an empty water bottle to refill after security.

2. LUGGAGE HACKS. Snap a photo of your bag before checking it. Use TSA-approved locks, bright luggage bands, and Air Tags for tracking. Place your following lodging address inside your bag in case it goes astray.

3. SAFETY HACKS. Add a portable door stopper to hotel rooms. Use a two-wallet system: a "decoy" wallet for small cash, and a safe spot for cards and bigger amounts. Photograph your parking spot and hotel card, and always grab the hotel's business card.

4. DIGITAL AND POWER HACKS. Email yourself photos of key documents and keep a paper copy hidden in your shoe. Carry a mini power strip to charge multi-

ple devices, use a data scrambler for public USB ports, and if needed, charge via the hotel TV.

5. CURRENCY HACKS. Bring crisp bills, especially \$1s for tipping. Use an offline currency converter app, exchange only small amounts at banks, and divide cash into multiple safe spots.

6. CLEAN CLOTHES HACKS. Wash essentials in the sink with detergent sheets and dry with the towel roll-and-ring method. Bring a washcloth because many hotels don't provide them.

7. LANGUAGE HACKS. Learn key local phrases or use a translator app for smooth communication.

8. AIRPORT AND JET LAG HACKS. Use TSA PreCheck or Global Entry, print a backup boarding pass, and follow the S.A.M. approach...Socks, Agua (water), Move. Reset your watch to destination time to fight jet lag.

9. CELL HACKS. Check your mobile plan. Consider an international package or local SIM, and use Wi-Fi apps to avoid roaming fees.

10. BUDGET HACKS. Maximize loyalty programs and travel rewards cards... points can mean free flights, upgrades, or hotel nights.


And don't give me that I'm too old thing. Mom, Evelyn, is 90 years old and wants to visit 100 countries by the time she's 100. Hope the good Lord helps her make it. Check out their website for more ideas [www.travelers\(a\)heart.com](http://www.travelers(a)heart.com). So, get ready for your travels with "Have A Love Affair With Travel." So, where do you want to go? Oh, and Happy Trails to you! ★



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Elaine LaLanne Still Leads the Way



Elaine LaLanne was a featured speaker during IDEA World's Expert Spotlight Series on July 18 in Sacramento. She had the audience doing facial and foot exercises during the beginning of her talk. Photo by Seth Henderson

By Carol Feineman

SACRAMENTO REGION, CA (MPG) - Elaine LaLanne is a beacon of light promoting the benefits of a healthy lifestyle at any age to millions of fitness aficionados throughout the world.

Known for decades as the "First Lady of Fitness," LaLanne will be 100 next March.

And LaLanne is still constantly on the go as she shares the lifelong work of the Godfather of Fitness, her late husband, Jack LaLanne, via fitness conferences, podcasts, books, the Internet and running Befit Enterprises.

Today's Generation Z, Millennials, Generation X and Baby Boomers have nothing over LaLanne; the 99 year old has more energy, strength and cheerfulness than many of us. That's why she works daily to bring an awareness about exercise, nutrition and positive attitude to everyone who will listen about how to stay healthy from childhood to 100 and beyond.

It's a far cry from her mid-20s when LaLanne ate donuts, smoked cigarettes and did not exercise.

During a lunch break at the recent 2025 IDEA World fitness and wellness event at the Sacramento Convention Center, LaLanne laughed, "I thought I was old when I was 27."

But then she met Jack LaLanne, an Oakland body builder and the first modern health club owner, in 1951 during an episode on the ABC-affiliate KGO-TV "The Les Malloy Show" that she cohosted. He did pushups nonstop throughout the entire 90-minute show.

Soon, the TV cohost changed her lifestyle and "started exercising, doing pushups and weights. My muscles got more toned. I quit smoking and broiled everything, instead of frying everything."

Jack LaLanne's appearance on "The Les Malloy Show" led to an invitation to be on the nationally-syndicated "You Asked for It" TV show. Jack LaLanne broke a world record with 1,033 pushups in 23 minutes.

Shortly after, Jack LaLanne became the first exercise and nutrition show host on TV with "The Jack LaLanne Show" on KGO. The show was television's longest-running nationally-syndicated exercise program,

running for 34 years.

Little did the LaLannes know in 1951 that "The Les Malloy Show" segment would propel them to become pioneers of a healthier lifestyle and that their impact would still be felt internationally in 2025.

The American College of Lifestyle Medicine in 2022 honored the LaLannes with Lifetime Achievement Awards for their work spreading awareness of the benefits of exercise and good nutrition throughout the decades.

Jack LaLanne created prototypes of popular exercise equipment, including the weight

selector, wall pulley, leg extension, resistance band and squat machine, according to the American College of Lifestyle Medicine, and created the first protein drink, "Instant Breakfast," and protein bars.

Fast forward to today and Elaine LaLanne is still the Number One model for healthy living.

Her advice to others, especially those individuals who don't

include fitness as part of their daily life, is to keep it simple and to not make it complicated.

"Simply said, if you don't move, you're removable. When you boil it down, you have to oil your joints, move your body," LaLanne said. "That's why exercise is king and nutrition is queen. Put them together and you have a kingdom. Jack taught me that."

Having a positive attitude is a huge part of the fitness equation for LaLanne.

"You can either go forward or you can go backward," LaLanne said. "I think we should go forward

You might not be able to change a situation, the First Lady of Fitness said, "but you can realize your frustration and tell yourself that it won't bother you. It's all about attitude."

"I live each day to the fullest," LaLanne said. "I don't think about the future. Yesterday is gone, tomorrow isn't here yet. Today, being with you, is the most important part of my life."

For nutrition, LaLanne stresses moderation.

"What you eat today is walking and talking tomorrow. You want to feel energy," LaLanne said. "If you eat foods in their

that," LaLanne added.

Even today, LaLanne starts every day with exercise. She does 20 jackknives, stretching exercises, leg exercises, arm crossovers, cardiovascular punches, shoulder exercises, leg lifts and pushups before breakfast.

Yes, LaLanne still does full body pushups. Jackknives are challenging core exercises that strengthen the abs and hip flexors.

For those who are strangers to exercising, LaLanne said to start out easy.

"It's never too late to get fit," LaLanne said encouragingly, "People who don't want to work out say, 'It's not for me.' But think of the results: building muscle, having a better positive attitude and keeping healthy. Plus it mentally cleans out the cobwebs."

The more you exercise, according to LaLanne, the sharper your mind is. And it's not how you look, whether you have crow's feet or wrinkles but "just be you." Think, "I'm me and I love me." You have to love yourself. It's not the look, it's what's in your heart. You have to believe in yourself because there's no one else like you."

While LaLanne is reassured that many gyms are filled with members intent on keeping fit, she also knows that "some people still pooh-pooh exercise and a lot of people know about exercise's benefits but they don't do it."

"So I've got to be an example. I do the best I can with the equipment I have," said LaLanne, who has vision issues and uses a walker like many others 30 or 40 years younger than her. "The years go by so fast. If I take that I'm not 20, 30 or 40 anymore, I accept what I have and I go for it."

Enjoy each decade, LaLanne stressed.

"I wear old lady shoes, I'm blind in one eye, my other eye is going, I have a bad knee but my core is strong. I do 30 jackknives every day," she said.

To LaLanne, "this is my fun, talking about fitness and writing about it."

As she continues to be a fitness advocate and icon today, LaLanne is shining that beacon of light for all of us to become healthier, whatever our age and our fitness levels. ★



Elaine LaLanne, the "First Lady of Fitness," at 99 is still inspiring the public that you can work at being fit at any age. Photo courtesy of IDEA World

with the positive energy instead of the negative energy."

Her son, Jon LaLanne, standing nearby, added to his mother's comments by saying that he learned much from his parents, including common sense.

"My parents came from the Depression and used good-old-fashioned American common sense. A lot of people not doing well see the glass half-empty instead of half-full," Jon LaLanne said.

natural state as much as possible and eat vegetables and fruits with vital vitamins, you'll be OK. Too much pasta, too much of anything is not good."

After turning 80, LaLanne told her husband that she would have a piece of cake "once in a while." Jack LaLanne responded, she said, that it's what you do most of the time that counts.

"I don't overload my body; I have a little of this and a little of

that," LaLanne added.

While LaLanne is reassured that many gyms are filled with members intent on keeping fit, she also knows that "some people still pooh-pooh exercise and a lot of people know about exercise's benefits but they don't do it."

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California Mid-Decade Redistricting Scheme



Commentary
By John McGinness, MS

Beware of ethically challenged and desperate politicians' intent on using the electorate as pawns in their relentless quest for power.

Governor Gavin Newsom, Attorney General Rob Bonta and loyal party leaders are moving with haste to put a redistricting measure on a special election ballot this November. They are invoking an emergency status to warrant the hasty process with minimal time, a mere five days, allowed for the drafting of thoughtful language and deliberation to influence the electorate. Their motive is raw political ambition, not even thinly veiled, an effort to eliminate Republican seats in the State House and the U.S. House of Representatives. An element essential to candid communication in this regard is the fact that the voters of California have on two prior occasions exercised their

right to call for an Independent Redistricting Commission. The voters spoke clearly and unequivocally, calling for a thoughtfully constructed commission to be comprised of five Democrats, five Republicans and four people not affiliated with either of the two major parties. Appropriate limitations have been placed on the persons who pursue service on the commission. They are subject to a vetting and selection process, they are precluded from most forms of political activism, they are prohibited from running for office, donating to the campaigns of candidates, or working for elected officials. The foregoing is the law of the state and represents a California State Constitutional Amendment that ensures adherence to this practice, for now.

Because the state of Texas, and most other states in the US do not have such an independent commission, the Texas legislature has the right to redraw legislative maps. The Lone Star State is not bound by any manner of restriction or constitutional language; they are free to do precisely what they are doing (SCOTUS – Rucho v Common Cause 2019) regardless of how

many of us may feel about it, it is lawful. This concept of gerrymandering is not, as Governor Newsom relentlessly asserts, unprecedented. Rather, it is a plot that goes back to 1812. In fact, the very term gerrymandering was coined as a portmanteau of the word salamander and the name of Elbridge Gerry, who would become the vice-president of the United States, but in 1812 as governor of Massachusetts, signed a bill that created a partisan district in the Boston area. Obviously, by including salamander – a slimy crawling amphibian – the term was not intended to be flattering. The voters of California have recognized the unsavory element of such conduct and moved to eliminate that practice by force of law.

Our Attorney General, Mr. Bonta has publicly opined that Texas (and Florida) should have a commission and laws like we have in California; he is correct on that point. Nonetheless, he is working in concert with Governor Newsom and partisan legislative leaders in this state to usurp the twice expressed will of the people in 2008 and 2010, and the Constitutional Amendment their votes created.

The most recently drawn

lines were completed by the independent commission in 2021 after the decennial census, consistent with current law. The deliberations of the commission were in public and conducted by persons who met the explicit criteria established in law created by California voters. Those decisions were made based upon enumerated criteria, and specifically not for the purpose of benefiting either political party. In fact, the final maps were criticized by both major political parties, likely a testament to their legitimacy. In addition, the work of the commission survived legal and political challenges.

The plan advanced by Governor Newsom and his sycophantic legislative leaders is unscrupulous by any reasonable measure. However, Attorney General Rob Bonta, whose job includes the obligation to represent the public interest, has breached his codified obligation to his constituents. Additionally, it will be his responsibility to defend this unprincipled scheme against a legal challenge. Further, his office holds the duty to draft the Title and Summary for your November ballot. Do you believe for a moment that his conduct thus far has demonstrated a scintilla of

objectivity? We deserve an attorney general who will recognize and adhere to their fundamental obligation to their constituents, to represent the public interests and support the electorally expressed demands of the public.

Governor Newsom either fails to understand the role of democracy in this Constitutional Republic, or is estranged from the truth. Once again, the people have spoken through a democratic act on this critical issue. But the governor does not care for the outcome, so he profoundly and almost pathologically rejects it, ignoring his oath of office.

If these elected officials who have taken an oath to support and defend the Constitution of the United States of America, and the State of California succeed in their blatant usurpation of democracy, the 2026 midterm election will likely result in California having only four of fifty-two House seats, approximately nine percent, while nearly forty percent of California voters voted Republican in the last election. Democracy, Governor Newsom?

Governors, attorneys general, and legislators in California have historically engaged in misleading propositions with wholly

disingenuous Title and Summary language intended to dupe the voters to an unwanted and often destructive course of action. Gerrymandering for raw political power against the clearly expressed will of the people is not consistent with the expectations of representative government or the fundamentals of a Constitutional Republic.

Make no mistake, this is not simply a creative way to silence many Californians, it is a disgraceful collaboration to reject the twice expressed democratic will of the voters of the state of California. It also represents a needless expenditure of more than two hundred million dollars in taxpayers' money, while the state is in fiscal crisis.

As good citizens, we have an obligation to inform ourselves and vote wisely. I urge you to join the League of Women Voters and other responsible Californians and reject this partisan affront to democracy.

John McGinness, MS is the retired sheriff of Sacramento County, and adjunct professor of criminal justice and the host of the John McGinness Show on KFBK. He can be reached at 916-924-3901 or at john.jpm.solutions@gmail.com ★

Dolly Parton's Imagination Library Launches

Young Children Can Receive Free Books

By MPG Staff

SACRAMENTO, CA (MPG) - Sacramento County children from birth to age 5 can now receive one free book in the mail each month, regardless of family income, through Dolly Parton's Imagination Library.

Since starting in 1995, Dolly Parton's Imagination Library has become the preeminent early childhood book-gifting international program. The flagship program of The Dollywood Foundation, a nonprofit organization, has gifted more than 280-million free books in the United States, Canada, United Kingdom, Australia and The Republic of Ireland through funding shared by The Dollywood Foundation and local partners.

The Imagination Library mails more than 3 million high-quality, age-appropriate books directly to children's homes each month. Each child enrolled in the program receives one book per month for children up to age 5 at no cost to families.

Grammy-winning singer, songwriter, actress, author and businesswoman Parton envisioned creating a lifelong love of reading and inspiring children to dream more, learn more, care more and be more. The program's impact has been widely researched and results demonstrate its positive impact on early childhood development and literacy skills.

Dolly Parton's Imagination Library launched Aug. 27 in Sacramento through a partnership between United Way California Capital Region, Sacramento County Office of Education (SCOE) and The Dollywood Foundation.

Sacramento residents can sign up online at yourlocal-unitedway.org/our-work/youth-opportunity/dolly-parton-imagination-library to receive the books.

United Way California Capital Region also manages Dolly Parton's Imagination Library in Yolo County, which on Aug. 27 presented its 100,000th book to a participating family.

"When we invest in a child's imagination, we invest in their



Dr. Dawnté Early of United Way California Capital Region announces the launch of Dolly Parton's Imagination Library in Sacramento County at an Aug. 27 press conference at the Sacramento Central Public Library. Courtesy photo

future," said Dr. Dawnté Early, president and CEO, United Way California Capital Region. "Dolly Parton's Imagination Library is more than books. This program is about opening doors, sparking dreams and imagination, and making sure every child, no matter their zip code, has access to books from an early age."

United Way and the Sacramento County Office of Education aim to enroll 65,000 children in Dolly Parton's Imagination Library across the county, 65% of the population eligible, within five years.

"The Imagination Library is a simple idea with a powerful impact," said David W. Gordon, Sacramento County superintendent of schools. "By mailing a free book each month to children from birth to age 5, we're giving families the tools to build strong reading habits from the start. This program supports our Sacramento County READS literacy initiative and reflects our commitment to literacy, equity

and early learning because every child deserves the chance to thrive."

The program has received funding from United Way California Capital Region, Sacramento County Office of Education, City of Rancho Cordova, City of Sacramento, Kellogg Family Foundation, Rotary Club of Elk Grove and Laguna Sunrise Rotary Club, and is seeking additional funders to meet their goal of serving all children in Sacramento County under age 5. To learn more about supporting the program, visit www.uwccr.org/dpilsupport.

Celebrating its 30th anniversary this year, Dolly Parton's Imagination Library began in Sevier County, Tenn. where Parton grew up, and the library has expanded internationally.

In California, the Imagination Library is also supported by a 50% state match, administered through the California State Library.

"We are thrilled to celebrate

the launch of Dolly Parton's Imagination Library in Sacramento County, home to our state capital and nearly 100,000 little learners," said Hallie Anderson, community engagement coordinator for Dolly Parton's Imagination Library of California. "This partnership with United Way California Capital Region and Sacramento County Office of Education is a powerful investment in early childhood literacy, bringing Dolly's dream to life for many more children and inspiring a love of reading across the county."

United Way California Capital Region has been a driving force across the region for more than 100 years, listening, responding and taking comprehensive action to meet local needs. From advancing youth opportunities and helping children excel in school to strengthening local communities and investing in families' financial security and health, United Way mobilizes communities to build a future

where everyone can reach their full potential and thrive. Working across Amador, El Dorado, Placer, Sacramento and Yolo counties, the local United Way provides books and literacy tutoring, addresses housing and food security, leads the region's largest tax-preparation initiative, works with foster youth across school districts, launched the region's first guaranteed income program and leads the Community Schools initiative in West Sacramento. To donate, go online to YourLocalUnitedWay.org.

The Sacramento County Office of Education educates more than 30,000 children and adults each year, including thousands of district teachers who attend training sessions and workshops. It provides support services to more than 253,000 students in 13 school districts. The Sacramento County Office of Education provides technical assistance, curriculum and instructional support, staff development, legal and financial advice, and oversight to Sacramento County school districts.

Sacramento County Office of Education programs and services are available to schools, districts and other county offices of education across the region. Considered a leader of the Capital Service Region, a 10-county area consisting of Alpine, Colusa, El Dorado, Nevada, Placer, Sacramento, Sierra, Sutter, Yolo and Yuba counties; it is one of 58 county offices of education in California. Sacramento County Office of Education staff provide year-round services that complement and supplement those offered by public school districts in Sacramento County. For more information about the Sacramento County Office of Education's Sacramento County READS literacy initiative, visit online www.scoe.net/sacramentocountyreads.

Penguin Random House is the exclusive publisher of Dolly Parton's Imagination Library. For more information, go online to <https://imaginationlibrary.com>. ★

Timothy 'Chip' Dale Focused on Student Success

By San Juan Unified School District Staff

SACRAMENTO AREA, CA (MPG) - Over the summer, San Juan Unified School District welcomed new Deputy Superintendent of Schools and Student Support Timothy "Chip" Dale, Ed.D.

Dale brings more than two decades of experience as a teacher, principal and district-level leader, with a people-first approach and a deep belief in the potential of public education to transform lives.

"My journey in education began as a teacher," Dale said. "I was very much drawn to the idea of working with children who had been historically underserved and in one of the urban centers in our nation."

That drive came from formative experiences working with youth in Chicago, including at a juvenile detention center and in the Dearborn housing projects.

"These children were brilliant, smart, funny, full of energy and life was hard," Dale said. "They were overcoming so much and they were doing amazing things, despite the challenges society had thrown their way."

Those early moments cemented Dale's belief in education as a pathway to equity and change.

That purpose has stayed with him through roles in San Diego, Denver and most recently, Chattanooga, Tennessee. As he stepped into leadership, Dale found himself increasingly compelled to address educational challenges at a broader level.

"I left the classroom to go into administration with the thought that I could have a wider impact than just serving the children in my classroom," he said.

While his career has taken him across the country, Dale said, coming to San Juan Unified "felt like coming home."

"What drove me to San Juan Unified really was not only the mission and vision but the people, united together to ensure every child thrives," Dale said.

Dale is also excited to return to California, where he previously spent 13 years in education.

"I love the fabric of California..."

You can speak any language, and we're going to value you and empower you," he said.

Dale describes his leadership style as rooted in service and collaboration, shaped by a belief in the importance of learning from those around him.

"If I can serve you, then I can build a relationship with you. If I can build a relationship with you, then I can collaborate with you. And if I can collaborate with you, it's not me; it's we. And we can do great things," Dale said.

Dale approaches new roles with humility, listening first and asking thoughtful questions to identify strengths and build collective momentum.

As deputy superintendent, Dale supports both school sites and district departments, working to align instructional systems and elevate school leadership. He brings a passion for the entire ecosystem of education and leadership development.

"You're painting with different brushes," Dale said. "How do I take my experiences as a teacher, principal and district leader and use those to help?"

Relationship building is at the heart of what Dale said families and staff can expect in his first year.

"People should expect to see me out at schools. Classrooms constantly remind me of the amazing work that is happening every day in all of our schools and how to best build on these strengths."

When he is not working alongside educators and students, Dale is focused on being a dad, exploring nature with his dog and perfecting his favorite comfort foods. Dale and his wife are raising their 14-year-old daughter, a runner who regularly challenges him to keep up.

A lover of both mountains and the coast, Dale finds peace in beautiful spaces and enjoys culinary adventures with his wife, including cooking at home and hunting for the perfect slice of pizza or, in California, a carnitas burrito.

"That's my Achilles: really good pizza. But here, it's carnitas. A good carnitas burrito, I'll take that over just about anything." Dale said. ★



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FRESH PRODUCE

<p>Mini Sweet Pepper 1LB \$2.49/bag</p>	<p>Mushroom White Whole 8 oz \$1.99/ea</p>	<p>Green Grape Premium \$1.99/lb</p>	<p>Pink Lady Apple 59¢/lb</p>
<p>English Cucumber 99¢/ea</p>	<p>Ginger Root 99¢/lb</p>	<p>Winter Melon 79¢/lb</p>	<p>Seafood Mushroom 150g 89¢/ea</p>

AMERICAN/HISPANIC GROCERY

<p>Pringles Potato Chips 5.5 oz REG. \$4.99 \$2.99/ea</p>	<p>Rosarita Refried Beans 16 oz REG. \$2.49 \$1.49/ea</p>	<p>Nellie & Joe's Key West Lime Juice 16 fl.oz REG. \$4.49 \$3.49/ea</p>	<p>El Mexicano Pinto Beans 4 lbs REG. \$5.99 \$4.99/ea</p>
<p>Mi Hacienda Tortilla Chips 24 oz REG. \$5.99 \$2.99/ea</p>			

ASIAN GROCERY

<p>U.F.C. Tomato Sauces 1 kg REG. \$6.49 \$3.99/ea</p>	<p>Flavor Full Pure Sesame Oil 12 fl.oz REG. \$6.99 \$5.99/ea</p>	<p>Reno Liver Spread 9 oz REG. \$6.99 \$4.99/ea</p>	<p>Dragonfly Young Green Jackfruit 20 oz REG. \$2.29 \$1.79/ea</p>
<p>Roy Assorted Sesame Peanut Candy 7 oz REG. \$2.49 \$1.99/ea</p>			

EUROPEAN GROCERY

<p>Kostlich Egg Noodles 500 gr REG. \$4.99 \$3.49/ea</p>	<p>Marini Savoiardi Lady Fingers 500 gr REG. \$4.99 \$3.49/ea</p>	<p>Tadim Roasted Sunflower Seeds 300 gr REG. \$4.99 \$4.29/ea</p>	<p>Sesame Snack 100 gr REG. \$2.19 \$1.49/ea</p>
<p>Korovka Sweetened Condensed Milk 380 gr REG. \$3.99 \$2.99/ea</p>			

EUROPEAN DELI

<p>Columbus Beef Pastrami REG. \$13.09/LB \$12.09/lb</p>	<p>Kretschmar Ham off the Bone REG. \$7.49/LB \$6.49/lb</p>	<p>Green Olives Stuffed with Jalapeno REG. \$6.19/LB \$5.19/lb</p>	<p>Green Cracked Olives REG. \$5.99/LB \$4.59/lb</p>
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FROZEN & FISH DEPT

REG. \$14.99/EA
\$10.99/ea

Abalone Style Shellfish Meat 340 g



HOUSEWARE

<p>PAON SEVEN EIGHT HAIR COLOR (KIT ONLY) REG. \$10.99 \$8.99/ea</p>	<p>ELECTRIC RICE COOKER (4.0 QT) REG. \$119.99 \$54.99</p>	<p>ELECTRIC NICE COOKER (10.0 QT) REG. \$119.99 \$59.99</p>
<p>ELECTRIC BBQ GRILL \$39.99/ea</p>		

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 10 - SEPTEMBER 16, 2025.

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