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Bridging Generations through Music



When he attended Pershing Elementary and Churchill Middle School, Gold River resident Michael Cicelski was a Sacramento Youth Symphony member. Photo courtesy of Eric Cicelski

By MPG Staff

SACRAMENTO REGION, CA (MPG) - Area resident Michael Cicelski, a University of California, Los Angeles senior, combines his passion for music and human connection through Backbeat Bruins, a student-led organization bringing live performances to hospitals, senior centers and communities in need across California.

Cicelski has lived in Gold River since he was 2 and attended Gold River Discovery Center, Pershing Elementary and Churchill Middle School, where he was part of the International Baccalaureate (IB) program.

While in middle school and in the Sacramento Youth Symphony,

Cicelski performed as a cellist and formed a small chamber group with his sister and classmates to volunteer at local senior communities, including Eskaton Fair Oaks, Eskaton Village Carmichael and Eskaton Gold River.

His connection to these communities is deeply personal. During the COVID-19 pandemic, Cicelski's grandfather was an Eskaton Fair Oaks resident. Because of health restrictions, Cicelski could not visit his grandfather. This experience deepened Cicelski's awareness of how isolation affects older adults and inspired his later commitment to reconnecting generations through music.

While attending Folsom High

School, Cicelski decided to test out of high school early during the pandemic. Cicelski continued his studies at Folsom Lake College and American River College before transferring to UCLA, where he is majoring in sociology and pre-med.

This past spring, Cicelski founded Backbeat Bruins and joined with fellow UCLA students Aiden Jahangiri and Nupur Gupta to bring the organization to life. Jahangiri, an El Dorado Hills resident and Folsom Lake College alumnus, shares Cicelski's passion for using music as a bridge between generations. The group's mission is to bring comfort, joy and genuine human connection through live performance.

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Sacramento County Clerk of the Board Appointed



Todd Stermer

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - The Sacramento County Board of Supervisors, at its Nov. 4 meeting, unanimously concurred with the County Executive's appointment of Todd Stermer as the county's new Clerk of the Board, effective Dec. 1.

"Todd Stermer brings an outstanding blend of experience, innovation and public service to the Clerk of the Board's Office," said County Executive David Villanueva. "His commitment to accessibility, transparency and operational excellence will continue to enhance how we serve the Board, County departments and the public."

Stermer currently serves as the city clerk for the City of Fresno, a position he has held since 2021. In that role, he oversees the administrative support and functions of the Clerk's Office and service to the City Council and various legislative bodies.

While leading at the City Clerk's Office, Stermer led significant improvements to accessibility and efficiency. He introduced live AI-generated translation in 61 languages, incorporated American Sign Language interpretation into City Council meetings and enhanced communication access for the deaf and hard-of-hearing community through new assistive technologies.

Stermer is an active leader in professional organizations in the industry. He served as a past chair of the Central California Clerks Association and past voting board member of the International Institute of Municipal Clerks. He is a recent member of the California Municipal Clerks Association Board, a Master Municipal Clerk and a Notary Public. Stermer was also a previous member of the International Institute of Municipal Clerks and California Municipal Clerks Association Legislative committees, which monitored, analyzed and lobbied for legislation impacting Municipal Clerks.

Prior to his current position, Stermer served in several roles for the City of Fresno from 2008 to 2021, including senior budget analyst, senior management analyst, assistant city clerk and legal assistant. ★

Mercy San Juan Medical Center Upgrades Stroke Center



Mercy San Juan Medical Center celebrated the grand opening Oct. 22 of its newly renovated Neuro-Interventional Suite, a space designed to deliver faster, safer and more advanced stroke care. Dr. Lucian Maidan, a San Juan Medical Center neurologist, cuts the ribbon. Photo courtesy of Dignity Health

Dignity Health News Release

SACRAMENTO REGION, CA (MPG) - Dignity Health Mercy San Juan Medical Center is celebrating the grand opening of its newly renovated Neuro-Interventional Suite, a space designed to deliver faster, safer and more

advanced stroke care.

The centerpiece of the upgrade is a new Canon biplane imaging system, which allows doctors to see detailed, real-time images of the brain and blood vessels from multiple angles helping them treat strokes and other complex conditions with greater precision.

Mercy San Juan is the

only Comprehensive Stroke Center for Dignity Health in California and the first hospital in the Greater Sacramento Market to receive this designation from The Joint Commission. According to the commission, the Comprehensive Stroke Center Certification is the most demanding stroke certification and is

designed for those hospitals that have specific abilities to receive and treat the most complex stroke cases.

The \$12.9 million renovation also includes a new procedure room, monitoring area and updated staff spaces to support exceptional patient care and teamwork. With this investment,

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Bridging Generations through Music

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took place at Santa Monica Hospital, featuring student musicians and a UCLA faculty member.

“As both a parent and a music teacher, I loved seeing how much Michael enjoyed playing music with others, especially chamber music with his sister and my piano students,” said his mother, Eric Cicelski. “It’s heartwarming to see him continuing that same spirit through his outreach program.”

This past summer, while home from UCLA, Cicelski and Jahangiri organized a performance at Eskaton Village Carmichael, the same senior community where Cicelski first played as a middle-school volunteer. Local musicians joined the ensemble, volunteering their talent and time to make the event possible.

“We were amazed by the support from the local musicians who joined us,” Cicelski said. “It was inspiring to see how many people were willing to come together for such a meaningful cause.”

Beyond the music itself, Cicelski emphasizes the importance of personal interaction.

“Many residents in senior and healthcare communities experience loneliness or go long stretches without visitors,” Cicelski said. “Live performances offer something deeper than entertainment. There’s real human connection, smiling, talking, clapping together; and that can make a big difference. Music has been shown to lift moods, reduce stress and help people feel more connected, even for a short time.”

Cicelski’s studies in sociology and global health have helped shape his understanding of these effects. He has shadowed physicians at UC Davis Medical Center and at Metropolitan General Hospital in



Co-founders Michael Cicelski and Aiden Jahangiri speak at Eskaton Village Carmichael in August. Photo courtesy of Michael Cicelski

Athens, Greece, and volunteered with neurodivergent children in Jakarta, Indonesia. While volunteering abroad, Cicelski recognized that communication through music is universal, transcending language and cultural barriers.

“Music is a universal language,” Cicelski said. “It crosses borders and brings people together in ways words often can’t. My friends from different communities and countries immediately understood what Backbeat Bruins is about and they wanted to bring that same experience to their own areas.”

These experiences have broadened Cicelski’s perspective on how culture and context shape mental health care and how creative approaches such as music can adapt to diverse settings. He plans to pursue a career in psychiatry that blends music, cultural understanding and global perspectives on care.

Interest in Backbeat Bruins has already spread beyond California. A family friend in Austin, Texas, who is a music



Area native Michael Cicelski co-founded musical group Backbeat Bruins with his University of California, Los Angeles classmates. Photo courtesy of Michael Cicelski

teacher, has invited the group to host a performance and offered to perform alongside her students. In the Philippines, another friend expressed excitement about organizing a similar volunteer event and said she could recruit musicians from her church.

“It’s really something that can be done anywhere,” Cicelski said. “Music has a universal




Here is Michael Cicelski playing his cello during a Fair Oaks recital when he was a Churchill Middle School student. Cicelski often performed at area events and senior communities during that time. Photo courtesy of Eric Cicelski

appeal and our goal is to help others see how easy and rewarding it can be to create those moments of connection in their own communities.”

The group plans additional performances this year throughout the Los Angeles area, with growing interest from musicians

and healthcare communities in other parts of California and beyond. Highlights from the Carmichael performance can be viewed on their YouTube channel at youtube.com/watch?v=xght5nYOkq4.


You can also visit their website at www.backbeatbruins.org. ★




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Vote for the Best of Fair Oaks



Shown are the proud 2024 winners at last year’s annual gala.

Story and photo by Judy Andrews

FAIR OAKS, CA (MPG) - Voting is now open for the Best of Fair Oaks 2025. Voters have until Dec. 18 to select their favorite businesses and service organizations at www.bestoffairoaks.com.

Last year, more than 425 contenders competed in 86 different categories, achieving nearly 18,000 record-breaking votes.

“Nominations and votes help recognize the people and places that make our community shine,” said Fair Oaks Chamber CEO and President Kimberley Pitillo. “Local endorsements serve as a stamp of approval and bring exposure to dozens of small businesses.”

Celebrating its 10th anniversary this year, voters will be able to select their favorites from 88 different categories. From A to Z, the categories range from Best Accounting and Tax Services to Best Youth Activities/Sports.

“Restaurant categories are always popular with voters,” said Pitillo. “Everyone’s favorite ones are back, including Best Burger, Best Bakery, Best Bar/Pub and Best Restaurant.”

Voters can also choose their favorite park, hidden gem in town and Concerts in the Park band.

Pitillo noted that this year, two new categories were added: “Favorite Holiday Lights of Fair Oaks” and “Favorite Winter Wonderland Display.”

“Fair Oaks residents have a long-standing tradition of supporting locally owned businesses,” Pitillo said. “Our goal with Best of Fair Oaks is to gather as many votes as possible while raising awareness of all the great establishments we have to offer.”

Nominations for all categories will be accepted through Dec. 11, as long as they are within the Fair Oaks boundary or are Fair Oaks Chamber of Commerce members.

The annual gala, where all the winners will be announced, is scheduled for Jan. 15 at North Ridge County Club and promises to be a festive event. Tickets go on sale in December.

The Best of Fair Oaks is sponsored by American River Messenger, Fair Oaks Chamber of Commerce and VoterFly.

To vote, nominate, or review the event rules, visit www.bestoffairoaks.com. ★

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SacSewer Named Utility of the Future Today Recipient

Sacramento Area Sewer District (SacSewer) News Release

SACRAMENTO REGION, CA (MPG) - The Sacramento region's sewage collection, treatment and resource recovery utility has earned national recognition for its innovative partnerships that protect local waterways and strengthen community resilience.

The Sacramento Area Sewer District (SacSewer) has been named a 2025 Utility of the Future Today by the Water Environment Federation for its leadership in the category of Watershed Stewardship, a distinction that highlights SacSewer's flagship Confluence Regional Partnership Program (Confluence Program).

The Confluence Program was recognized specifically for its Watershed Management, Septic Tank Conversion, Public Education and American River Parkway and River Cleanup categories. By leveraging non-rate, non-fee revenues, the program invests in community-driven projects that enhance the region's environmental health, educational opportunities and economic vitality.

Since its inception, the Confluence Program has supported dozens of local efforts that reduce pollution, restore natural habitats and provide hands-on learning experiences that inspire environmental stewardship throughout the region.

SacSewer leaders recently accepted



SacSewer accepted the 2025 Utility of the Future Today award at the Water Environment Federation's Technical Exhibition and Conference in Chicago on Sept. 30. Photo courtesy of Sacramento Area Sewer District

the award at Water Environment Federation's Technical Exhibition and Conference in Chicago, joining top utilities from across the nation recognized for forward-thinking programs that deliver lasting community benefits.

Only a select group of utilities worldwide earn the Utility of the Future Today designation each year and SacSewer's fourth recognition, following awards in 2016, 2019 and 2022, highlights its ongoing commitment to advancing sustainability and community-focused initiatives.

"This recognition underscores how community partnerships can make a lasting difference," said SacSewer General Manager Christoph Dobson.

"Being named a Utility of the Future Today reflects how deeply SacSewer's work is woven into the fabric of the communities we serve through programs

like the Confluence Program that strengthen those communities, protect the environment and create long-term benefits for the Sacramento region," Dobson said.

Since 2016, the program's founding partners, the National Association of Clean Water Agencies, Water Environment Federation, Water Research Foundation, WaterReuse Association and the U.S. Water Alliance; have celebrated utilities that are redefining what it means to be sustainable, community-focused and forward-looking. Honorees are selected after a rigorous review by a committee of industry leaders and experts.

With ongoing investments in innovation and sustainability, SacSewer continues to set the bar for utilities nationwide working to safeguard public health and the environment. ★

National Collection Week Begins for Operation Christmas Child

Samaritan's Purse News Release

CALIFORNIA (MPG) - The collection season for Operation Christmas Child, a project of Samaritan's Purse begins today as nearly 5,000 drop-off locations open across the country. Individuals, families and groups across California have the opportunity to pack a shoebox gift filled with fun toys, school supplies and personal care items for children in need and drop them off now during National Collection Week, Nov. 17-24.

Operation Christmas Child has been collecting and delivering shoebox gifts to children worldwide for more than three decades. In 2025, Operation Christmas Child hopes to collect shoeboxes throughout California to help with the global goal to reach another 12 million children. The project of Samaritan's Purse partners with local churches across the globe to deliver these tangible expressions of God's love to children in need.

"Every shoebox gift is an opportunity to tell a boy or girl that God loves them. That's why we do what we do," said Franklin Graham, president of Samaritan's Purse. "I'm thankful for every single person who packs a shoebox

because these simple gifts open the door for the Gospel."

Participants can use the locator tool to find the nearest drop-off location and hours of operation as they make plans to drop off their shoebox gifts. It is searchable by city or ZIP code and signs at each location will identify the drop off.

Those who prefer the convenience of online shopping can browse samaritanspurse.org/buildonline to select gifts matched to a child's specific age and gender, then finish packing the virtual shoebox by adding a photo and personal note of encouragement. Shoebox gifts built online go to the ends of the earth to children in some of the hardest-to-reach places, whether deep jungles, city slums, steep mountainsides or one of the more than 1,000 remote Pacific islands.

Operation Christmas Child, a project of Samaritan's Purse, seeks to demonstrate God's love in a tangible way to children in need around the world and, together with the local church worldwide, to share the Good News of Jesus Christ. Since 1993, Operation Christmas Child has collected and delivered more than 232 million gift-filled shoeboxes to children in more than 170 countries and territories. ★

Mercy San Juan Medical Center Upgrades Stroke Center



The Canon biplane imaging system. The system offers real-time, high-resolution views of the brain and blood vessels from multiple angles, which help physicians perform faster, safer and more precise interventions for patients experiencing stroke and other complex neurological conditions. Photo courtesy of Dignity Health

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Mercy San Juan strengthens its position as the region's leading hospital for advanced neurological care.

The grand opening was on Oct. 22.

Most of the patients served by the Neuro-Interventional Suite come from the greater Sacramento region, including Carmichael, Citrus Heights, Fair Oaks, Orangevale, Rancho Cordova, Folsom, Elk Grove, West Sacramento and Roseville. The medical center is located at Mercy San Juan Medical Center, 6501 Coyle Ave., Carmichael.

Dignity Health is a multi-state nonprofit network of 10,000 physicians, more than 60,000 employees, 41 acute care hospitals and 400-plus care-centers,



Mercy San Juan Medical Center physicians discuss with ribbon-cutting attendees how the biplane imaging system works and helps improve care. Photo courtesy of Dignity Health

including community hospitals, urgent care, surgery and imaging centers, home health and primary care clinics in Arizona, California and Nevada. Dignity Health is dedicated to providing compassionate, high-quality and affordable patient-centered care with special attention to the poor

and underserved. Dignity Health is a part of CommonSpirit Health, a nonprofit health system committed to advancing health for all people and dedicated to serving the common good. For more information, visit Dignity Health's website at www.DignityHealth.org. ★

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Local Heroes Honored at Wall

Story and photos
by Susan Skinner

FAIR OAKS, CA (MPG) - Community leaders and families gathered on Nov. 1 to recall heroes of nation and community. The Wall of Honor ceremony is annually observed at Patriots Park, a Carmichael Park District property on Palm Avenue, Fair Oaks.

The reserve's stone monument is dedicated to 15 local men (from the ranks of military, police, CHP and firefighting services) who died in action since the park district's establishment. Plaques recall sacrifice from Vietnam War years to more recent tragedies.

The monument and its plaques are a profound reminder of the cost of liberty, said Senator Roger Niello.

"This wall doesn't speak," Niello said at the gathering. "But it stands forever as testimony to our gratitude for those who fell in service to our community."

Congressman Ami Bera compared the common goal of heroes to the disharmony of D.C. politics.

"We are all American," said the 6th District representative. "These folks didn't give their lives for divisiveness. They sacrificed so we could all come together in a safer world."

The Wall of Honor commemorates the following men: Sheriff's Deputy Robert French; CHP Officer Ronald E. Davis; Army Specialist James E. Schlottman; Army Lieutenant Robert



Supporters assemble at the Wall of Honor in Patriots Park, Fair Oaks. The monument commemorates local law enforcers, firefighters and military servicemen who died in action. Below: The Sacramento Sheriff's Honor Guard begins Wall of Honor commemorations with a flag presentation.

S. Byrnes; Air Force Captain Olin E. Gilbert Jr.; Army Sergeant Larry H. Morford; Firefighter Dean W. Rhoades; Navy pilot Lieutenant J. G. David A. Warne; Marine and firefighter Sergeant Brian E. Dunlap; Sheriff's Deputies Kevin P. Blount and Joseph M. Kievernagel; Army Sergeant Ronald L. Coffelt; Army Specialist Raymond Nigel. Spencer Jr.; Sheriff's Deputy Danny Oliver; Sheriff's Corporal Bruce R. Verhoeven; and Sheriff's Deputy Patrick Blount.

Anyone can visit the Patriots Park Wall of Honor at 6827 Palm Ave, Fair Oaks. ★



Hoover Names Stuart McIntyre 2025 Veteran of the Year

District 7 Assemblyman
Josh Hoover News Release

SACRAMENTO, CA (MPG) - Assemblyman Josh Hoover (R-Folsom) announced he has named Stuart McIntyre of Fair Oaks as the 2025 Veteran of the Year for California's 7th Assembly District.

A true American hero, McIntyre's story embodies courage, service and an enduring love for country. Born and raised in Walla Walla, Washington, he enlisted in the United States Marine Corps at just 16 years old, following the attack on Pearl Harbor in December 1941. After completing his initial service, McIntyre reenlisted during

the Korean War, later serving in Germany and dedicating 28 total years to our nation's defense.

Now a beloved Fair Oaks resident, McIntyre celebrated his 100th birthday this past August at the Veterans of Foreign Wars Post 6158, surrounded by family, friends and community members. District 7 Assemblyman Hoover had the honor of joining the celebration to personally thank McIntyre for his decades of service and lifelong patriotism.

For many years, McIntyre has proudly displayed American flags along Eastern Avenue every Fourth of July, a tradition that has inspired neighbors and reminded the community of the values he fought to

protect.

Outside of his military career, McIntyre is also an avid golfer, famously shooting his age at 86, and the publisher of his father's book, "The Last Grand Roundup," an eyewitness account of the great horse roundups in early 20th-century Washington.

"Stuart represents the best of our community and the very best of America. It's an honor to celebrate his service, his life and his continued contributions to Fair Oaks and our country," Assemblyman Hoover said. "Please join me in congratulating Stuart McIntyre as our 2025 Veteran of the Year for his extraordinary dedication to duty, community and country." ★



Assemblyman Josh Hoover presents Stuart McIntyre of Fair Oaks as 2025 Veteran of the Year.

Barking Orders and Fighting Crime

CHP's Newest Four-Legged Crime Fighters Officially Promoted To K-9 Officers

By MPG Staff

WEST SACRAMENTO, CA (MPG) - The California Highway Patrol (CHP) has added four new K-9 teams to its ranks, advancing the department's mission to provide safety, service and security to the people of California.

The graduating class includes three Belgian Malinois and one Dutch Shepherd. Each dog has been trained to apprehend offenders, detect illegal drugs and enhance officer and public safety.

"Police K-9s have proven their usefulness time and again in the situations officers face daily," said CHP Commissioner Sean Duryc. "They are hardworking, loyal partners who wake up each day ready to serve.

Each of these specialized teams has dedicated time and effort to succeed on the streets, and we are excited to welcome them to our team."

Over the past 11 weeks, the four K-9 teams completed more than 400 hours of intensive training that met the standards set by the California Commission on Peace Officer Standards and Training. The K-9s, trained in criminal apprehension and narcotics detection, received their official certification Nov. 7 during a graduation ceremony at the CHP Academy in West Sacramento.

Each K-9 handler is an experienced CHP officer with seven to 15 years of service. Handlers were carefully paired with their canine partners based on temperament, skill and



With this graduating class, the second of 2025, the CHP now deploys 53 K-9 teams statewide, including 37 Patrol and Narcotics Detection Canine teams, nine Patrol and Explosives Detection Canine teams, five Explosives Detection Canine teams and two Narcotics Detection teams. Photo courtesy of California Highway Patrol

personality. During training, the teams built strong bonds of trust and communication that will support them throughout their careers.

Following graduation, the

new K-9 teams will report to their assigned CHP Area offices to assist with patrol duties and respond to calls for service in the Northern, Central and Inland

divisions.

With this graduating class, the second of 2025, the CHP now deploys 53 K-9 teams statewide, including 37 Patrol and Narcotics Detection Canine teams, nine Patrol and Explosives Detection Canine teams, five Explosives Detection Canine teams and two Narcotics Detection teams.

From January through September 2025, CHP K-9 teams seized nearly 7,000 pounds of methamphetamine, 5,000 pounds of cocaine, 250 pounds of heroin, 750 pounds of fentanyl and 213 firearms, underscoring their critical role in combating drug trafficking and firearm-related crime.

To maintain peak performance, each team completes at least eight hours of

ongoing training each week to ensure readiness for the diverse situations they encounter in the field.

The new K-9 teams include Officer Joshua Walker and K-9 Jury of the Inland Division, Officer Christopher Partlow and K-9 Judge of the Northern Division, Officer Christopher Keeler and K-9 Jag of the Central Division, and Officer Michael Galvez and K-9 Oso of the Central Division.

Learn more about becoming a CHP K-9 handler or explore other career opportunities at www.CHPMadeForMore.com. The mission of the California Highway Patrol is to provide the highest level of safety, service and security to the people of California. ★



PoppTalk

With Mary Jane Popp

Laws For Success

Can you turn problems into possibilities? **Dr. Herbert Harris** says you can. **Dr. Harris** is a retired attorney who has touched the lives of thousands of people seeking positive change in their lives. His book addresses the way to achieve your goals. It's called "The Twelve Universal Laws of Success, Super Edition." It's a blueprint for personal success necessary to embark on new careers that are both practically and spiritually fulfilling. When he was on my POPPTALK Radio Show, I thought, what will he say that I haven't heard before? I was wrong in that what he told me is in all of us and pretty simple to accomplish. It's how you put it all together to make it happen. Here are his 12 Universal Laws for success. What do you think?

1. **UNIVERSAL LAW OF THOUGHT.** You become what you think about most of the time. What you recognize, you energize. What you energize, you realize.
2. **UNIVERSAL LAW OF CHANGE.** You change your life by changing your thinking.
3. **UNIVERSAL LAW OF VISION.** What you see clearly in your thoughts is what you get in your life experience.
4. **UNIVERSAL LAW OF COMMAND.** What you say is what you get.
5. **UNIVERSAL LAW OF HUMAN MAGNETISM.** Like attracts like. Be the person you want to be to attract the people you want to meet, the experiences you wish to have, and the possessions you seek to enjoy.
6. **UNIVERSAL LAW OF FOCUS**

AND DISCIPLINE. Keep your eye on the prize. All distractions are equal and equally counter-productive. Keep yourself under control at all times.

7. **UNIVERSAL LAW OF ACTION.** How to be most effective in doing what must be done.

8. **UNIVERSAL LAW OF VALUE AND MUTUAL EXCHANGE.** Invest your time, thoughts, energy, and money wisely and effectively. There is no such thing as a free lunch.

9. **UNIVERSAL LAW OF RELATIONSHIPS.** Do unto others as you would have them do unto you.

10. **UNIVERSAL LAW OF SUPPLY AND OPPORTUNITY.** There is always enough of what you need.

11. **UNIVERSAL LAW OF PERSISTENCE AND RESULTS.** A winner never quits and a quitter never wins. Hang tough and keep rolling.

12. **UNIVERSAL LAW OF TRUTH.** The truth shall make you free.

I am a firm believer that if you set your mind on an achievement, you can make it happen. Probably the hardest thing is to truly believe you can get to your goal. I imagine that success is not just a word, it's a journey we all must take in this life, and really do the best we can. A past author I interviewed told me "Stop Trying. Just do it! And, don't forget, put procrastination off to the side, and get busy on The 12 Universal Laws of Success Super Edition" and who knows, that brass ring may be within your reach **GO FOR IT!!!** ★

Holiday Fun in Fair Oaks



Judy Andrews

By Judy Andrews, Fair Oaks Chamber of Commerce

FAIR OAKS, CA (MPG) - December is a busy month in Fair Oaks. Here are some activities for your whole family to enjoy. Also, remember to shop Small Business Saturday on Nov. 29. Support the Fair Oaks business community by visiting your favorite shops throughout the weekend.

Dec. 4 – Fair Oaks Tree Lighting, 5 to 8 p.m., Fair Oaks Village Park, 7997 California Ave. Celebrate the joy of the season at everyone's favorite holiday event. Enjoy an evening filled with festive cheer, including photos with Santa, stage performances, children's activities, hot cocoa and more. This event is free. Food and gifts will be available for purchase from vendors. The tree will be lit at 7 p.m. For more information, visit www.forpd.org/278/Fair-Oaks-Tree-Lighting.

Dec. 4 to 13 – Festival of Trees at Village Park Plaza, 7003 Park Drive,

Fair Oaks. Celebrate the Fair Oaks Recreation and Park District's Festival of Trees by decorating your own tree and competing for awards like Best in Show and People's Choice. Open to families, businesses and community groups. Bring your best lights, ornaments and creativity to help us adorn the Village with holiday cheer. Register by Nov. 24. View the trees on display from Dec. 4 through Dec. 13. For more information, visit www.forpd.org/558/Festival-of-Trees.

Dec. 6 – Meristem Winter Fair & Wreath Walk, 10 a.m. to 3 p.m., 5 to 8 p.m., Meristem, 9200 Fair Oaks Blvd., Fair Oaks. Kick off the season with this free festive day of crafts, mini-workshops, story time, live music and hand-crafted gifts for sale by local artisans and talented Meristem students and staff. Lunch and baked goods, prepared by Meristem's culinary students, along with festive warm beverages, are available for purchase. Vote for your favorite wreath and experience the warmth of a community coming together to support autistic and neurodiverse young adults on their journey toward independence. For more information, visit www.meristem.pro/winterfaire.

Dec. 6 to 8 – Snowman Scavenger Hunt, Fair

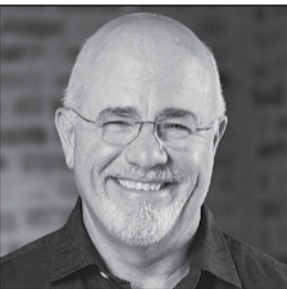
Oaks Park, Miller Park, and Gum Ranch Park. Celebrate the season with the Fair Oaks Youth Advisory Board's Snowman Scavenger Hunt. Bring your family and explore multiple parks in Fair Oaks to find the hidden snowmen. Happy hunting! For the complete details, visit www.forpd.org/488/Snowman-Scavenger-Hunt.

Dec. 13 – A Grinchy Christmas, 4 to 7 p.m. (sold out) and 6-7 p.m., Fair Oaks Community Clubhouse in Village Park, 4238 Main Street. The Grinch is coming to town — and he's taking over the Clubhouse for a mischievous evening of holiday fun. Enjoy a build-your-own Ice Cream Bar, festive activity stations, and a photo op with the Grinch himself. General admission tickets are \$20 per person. Get them soon before they sell out at www.forpd.org/559/A-Grinchy-Grinchmas.

Dec. 18 – Best of Fair Oaks Voting ends. Visit www.bestoffairoaks.com to submit your votes before the 5 p.m. deadline.

Jan. 15 – Best of Fair Oaks Awards Gala, 5 to 8:30 p.m., North Ridge Country Club, 7600 Madison Ave. Tickets will be available in December. For more information, visit www.bestoffairoaks.com.

See you in Fair Oaks! ★



Dave Ramsey

Dave Ramsey Says Lack of Knowledge, Immaturity or Worse?

Dear Dave,

My girlfriend and I have been dating seriously for a little over a year. We're both 28, and I know I love her, but there's something that worries me. She's very smart, but at the same time, she's not very responsible with money. I know that no one is perfect, but sometimes she'll get behind on her bills in order to do things like buy clothes or go to concerts. How should I approach talking to her and explaining my concern about this? I'd like to ask her to marry me sometime next year.

– Lincoln

Dear Lincoln,

Congratulations on finding the lady you want to marry! I'm also glad you're looking at things from a mature point of view where the future is concerned.

Dating is fun. And marriage is wonderful, when you've found the right person to spend your life

with. But there's something I want you to keep in mind. In a marriage, real life shows up in a hurry. That's why it's so important that couples be on the same page when it comes to their lives together, their hopes and dreams—and their finances. Unexpected things can arise that make life hard, even when you're with someone you love.

If I were you, I'd move slowly and see if she starts showing some signs of getting her spending under control. To be honest, her financial behavior is pretty immature right now. Sometimes when folks act this way, it's just a phase. Or, it's a case where they weren't taught how to properly manage money when they were younger.

If this is the case here, I'd recommend talking to her about it gently, explaining your concern and maybe introducing her to the idea of living on a monthly budget. If you're already doing this, it would be the perfect opportunity to demonstrate how it works for you, and how it would make han-

dling finances as a couple easier in the future. That way, once she understands the process—and the value of having a plan for spending money on paper before the month begins—it will be easier for her to stick to it.

But if it doesn't work, and this way of living turns out to be a character flaw, I promise you it will cause issues later on. And those issues will begin to cloud every other aspect of your relationship.

Best of luck, Lincoln. God bless you both!

– 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. ★

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DOJ Sues California Over Prop 50's 'Power Grab'

*The Lawsuit Cites the Equal Protection Clause:
'Our Constitution Does Not Tolerate This Racial Gerrymander'*

By Megan Barth,
California Globe

Today (Nov. 13), the U.S. Department of Justice, led by Attorney General Pam Bondi, announced they have joined a lawsuit against California's redistricting ballot initiative, Proposition 50, which overwhelmingly passed in a special election last week. The lawsuit names Governor Gavin Newsom and Secretary of State Shirley Weber as defendants (see below).

"Race cannot be used as a proxy to advance political interests, but that is precisely what the California General Assembly did with Prop 50," said Jesus A. Osete, Principal Deputy Assistant Attorney General for Civil Rights. "Californians were sold an illegal, racially gerrymandered map, but the U.S. Constitution prohibits its use in 2026 and beyond."

In a social media post, AG Bondi states, "Newsom should be concerned about keeping Californians safe and shutting down Antifa violence, not rigging his state for political gain."

In an emailed statement to the Associated Press, Bondi continued, "California's redistricting scheme is a brazen power grab that tramples on civil rights and mocks the democratic process. Governor Newsom's attempt to entrench one-party rule and silence millions of Californians will not stand."

Newsom spokesperson Brandon Richards responded in a statement, "These losers lost at the ballot box and soon they will also lose in court."

The lawsuit cites, "Race cannot be used as a proxy to advance political interests, but that is precisely what the California General Assembly did with Proposition 50 — the recent ballot initiative that junked California's pre-existing electoral map in favor of a rush-job rejiggering of California's congressional district lines."

The AP reports: "The Trump administration accuses California of racial gerrymandering in violation of the Constitution by using race as a factor to favor Hispanic voters with the new map. It asks a judge to prohibit California from using the new map in any future elections."

(Last) week, The Globe reported that the



Gov. Newsom signs ACA 8, redistricting on ballot. Photo courtesy of gov.ca.gov

United States Supreme Court could rain on Newsom's Prop 50 parade by finding that redistricting by race is unconstitutional, in that race-based redistricting could violate the Constitution's Equal Protection Clause.

A case currently with the U.S. Supreme Court about racial gerrymandering could nullify California's just-passed Proposition 50, the mid-decade redistricting scheme Governor Gavin Newsom and Democrats cooked up ahead of the 2026 midterm elections to secure more Democrat seats in Congress by redrawing district maps, or "gerrymandering" numerous California Republicans out of their congressional districts.

The Supreme Court will decide in *Louisiana v. Callais* whether the state's intentional consideration of race to create these voting districts violates the Constitution's Equal Protection Clause. The Supreme Court could also invalidate Section 2 of the Voting Rights Act and require race-neutral maps.

The Voting Rights Act of 1965 is a landmark U.S. federal law that prohibits racial discrimination in voting, aiming to protect the voting rights of all citizens, particularly racial minorities.

The high court appears ready to strike down Louisiana's 2024 congressional map as unconstitutional racial gerrymandering — a violation of the 14th Amendment's equal protection clause.

Elections Law attorney Mark Meuser explained in detail that "The Supreme

Court could soon change how every congressional map in America is drawn, including California."

"*Callais v. Louisiana*, a case that could reshape redistricting for decades.

Here's what's at stake: for years, federal courts have interpreted the Voting Rights Act (VRA) to require states to gerrymander congressional districts so minority groups are virtually guaranteed the ability to elect a representative of their same race. *Callais* challenges that approach, arguing that the current interpretation of the VRA violates the Equal Protection Clause of the U.S. Constitution because it forces states to make race the predominant factor in drawing district lines.

Democratic-aligned advocacy groups have weaponized this reading of the VRA to carve out safe Democratic seats. Instead of drawing compact districts that follow cities, counties, and communities of interest, states are pressured to create bizarre, snake-like districts designed to hit racial targets. The result is a distorted Congress.

In 2024, Donald Trump won the presidential election decisively, yet Republicans hold only a razor-thin margin in the House. That mismatch is not by chance. When districts are drawn to guarantee that one party always wins, it shifts power away from the people and toward special interests. It lets political insiders and activist groups pick the politicians who govern us, rather than letting voters choose their representatives.

If the Court agrees with *Callais*, the decision could dramatically limit the use of race in redistricting nationwide. That means the gerrymandered maps Gavin Newsom is pushing with Prop 50 could be ruled unconstitutional. This is one of the most important redistricting cases in decades. The outcome could restore fairness, compactness, and accountability to how congressional districts are drawn.

The DOJ's lawsuit uses the public statements made by California Democrats as the basis for their complaint:

In the press, California's legislators and governor sold a plan to promote the interests of Democrats in the upcoming midterm elections. But amongst themselves and on the debate floor, the focus was not partisanship, but race.

"[T]he first thing" that map drawer Paul Mitchell "did in drawing the new map" — the "number one thing that [he] first started thinking about" — was to create a new "majority/minority Latino district." And legislators focused — not on the purported vote dilution of Democrats elsewhere across the country — but on the supposed dilution of the voting power of racial groups in other states. They feared that a "Latino voice in Texas is worth one third of the representation as a white voice." That Texas would "slid[e] back" to the days of "Black Codes and Jim Crow." And that Texas legislators would "silence the voices of Latino voters." Proposition 50 would serve as a "shield" against "racist maps," they told each other, so that minorities in California could "stand up and be counted." The end result is a map that manipulates district lines in the name of bolstering the voting power of Hispanic Californians because of their race.

Our Constitution does not tolerate this racial gerrymander.

Should the Supreme Court find that states have gerrymandered districts based on race, thereby violating the Equal Protection Clause, an estimated 30 states may be impacted and forced to redistrict ahead of the 2026 midterm elections, in a outcome that could lead to Republicans drawing 19 more seats and Democrats losing up to a dozen local seats, primarily in the South. A decision by the Supreme Court is expected as early as next Spring. ★

Prop. 50 Passage Sets Off a Chain of Political and Legal Maneuvers

By Dan Walters, CALMatters.org

When California voters overwhelmingly passed Proposition 50 on Tuesday (Nov. 4), they set in motion political and possibly legal maneuvers that will ultimately determine whether its overt purpose, increasing Democratic congressional members by five or more seats, becomes reality.

The first is a political scramble among politicians in both parties to determine who will run where in next year's congressional elections.

Ambitious Democrats are lining up to run in the newly gerrymandered districts, some of which have been tailored to favor particular candidates.

The most obvious example is a district that stretches from the heavily Republican northeastern corner of the state to the northern suburbs of San Francisco, seemingly made to order for Mike McGuire, the outgoing president pro tem of the state Senate. In creating that district, Gov. Gavin Newsom and the Legislature aim to unseat Republican Doug LaMalfa, who now represents northeastern California in Congress.

The plan would, if successful, shrink Republican districts from nine to four, meaning that in some areas, such as in inland Southern California, current GOP incumbents would be compelled to either retire or joust among themselves for survival.

Prop. 50's political impacts hinge on the assumption that maps ratified by the ballot measure actually are in effect for next year's elections. While it's likely they will be used, there's a possibility that courts will intervene.

By happenstance, Prop. 50's pro-Democrat gerrymander and the recent pro-Republican gerrymander in Texas are occurring just as the U.S. Supreme Court weighs a major case involving the federal Voting Rights Act. Its outcome could impact both.

The Voting Rights Act, passed by Congress in 1965 to bolster the civil rights of minorities, particularly Black people in Southern states, prohibits any voting procedure "which results in a denial or abridgement of the right of any citizen of

the United States to vote on account of race or color."

While the law bars exclusionary voting laws, it has been widely interpreted to require creation of districts specifically to increase chances for racial groups to elect representatives from their communities.

California's independent redistricting commission, in plans drawn after the 2010 and 2020 censuses, adopted that interpretation, and the newly gerrymandered districts do as well.

However, the interpretation is being challenged before the Supreme Court in a case out of Louisiana, and its conservative members, a majority, have indicated both during arguments and in past rulings that they may consider it to be racial discrimination against white voters.

"This court held that race-based affirmative action in higher education must come to an end," Solicitor Gen. D. John Sauer wrote in his brief in the Louisiana case. The same is true, he said, for using the Voting Rights Act to draw legislative districts that are likely to elect Black or Latino candidates.

President Donald Trump's Justice Department monitored Tuesday's (Nov. 4) voting and could contend that California's new congressional maps are discriminatory and should be suspended until the Supreme Court renders its decision.

Trump seemed to hint about intervention in a Truth Social post Tuesday (Nov. 4) denouncing Prop. 50 as a "GIANT SCAM" and said that mailed ballots, by far the most prominent form of voting, disenfranchise Republicans and are "under very serious legal and criminal review." He closed with "STAY TUNED!"

In 2001, the threat of intervention by Republican President George W. Bush's administration thwarted plans by California's Legislature for a gerrymander favoring Democrats, forcing them to make a deal with Republicans on maps that maintained the partisan status quo.

Even a brief interruption could undermine what Newsom and the Legislature seek in Prop. 50 because candidate filing for congressional districts opens on Dec. 19, and if the new maps are in legal limbo, current districts would be used for the 2026 elections. ★

McGuire Challenges GOP Rep. LaMalfa for New Prop. 50 Seat

By Maya C. Miller,
CALMatters.org

California Senate President Pro Tem Mike McGuire has officially launched his challenge to longtime Republican Rep. Doug LaMalfa in a congressional district drastically redrawn by Proposition 50.

The Santa Rosa Democrat, who will hit his 12-year term limit in the Legislature next year, was widely viewed once the new maps were drawn as a prospective challenger to LaMalfa, a rice farmer from Oroville who has represented the North State in Congress since 2013.

LaMalfa's current district stretches from Siskiyou County and much of the Oregon-California border down through rural Shasta and Sutter Counties. Under the new voter-approved Prop. 50 maps, the district shifts south out of Modoc County and jogs westward to pick up parts of Sonoma County and McGuire's home base of Santa Rosa.

McGuire will face heavy skepticism from some northern rural residents in the 1st Congressional District, who just a few years ago tried to secede from liberal California to form the conservative "state of Jefferson" with rural parts of southern Oregon.

In an apparent effort to head off inevitable accusations of being out of touch with rural life, McGuire spent much of his launch video doubling down on promises to prioritize farmers' needs and "make sure rural communities get their fair share."

"I know these roads. I



Senate President Pro Tem Mike McGuire speaks during a press conference before Gov. Gavin Newsom signs the Election Rigging Response Act at the Capitol Annex Swing Space in Sacramento on Aug. 21. Photo by Miguel Gutierrez Jr., CALMatters

know these towns," McGuire says as he strolls down a tree-lined country road, a white pickup truck clearly visible in the background. "This district is big, it's rural, and now more than ever, it needs a fighter."

After devastating wildfires that wiped out thousands of homes and killed dozens in Sonoma and Napa counties in 2017, McGuire made wildfire prevention his signature issue in the Legislature. Following the Palisades and Eaton fires in January, McGuire ushered through an ambitious 13-bill package that expanded insurance coverage and sped up rebuilding of damaged homes after destructive fires.

His critics have said McGuire's singular focus on wildfire issues sometimes clouded his ability to balance and prioritize other policy areas, especially once he ascended to the role of pro tem last February, succeeding the well-regarded former Sen. Toni Atkins and becoming the chief traffic cop for which bills could come to the Senate floor.

McGuire also developed a

reputation for holding out on negotiations until he could extract a win for his policy priorities or his constituents: He was the top recipient of budget "earmarks" for local projects back home, funds that he will surely tout as major wins during his campaign.

During last-minute negotiations on a multi-pronged climate and energy policy deal earlier this fall, Gov. Gavin Newsom had to make an eleventh hour visit to the Capitol to push McGuire and his team onto the same page as him and Assembly leadership.

McGuire promised in his launch video to deliver "no drama, no BS, no gimmicks" if elected to Congress. And while he mostly shied away from the argument that he would flip a seat from Republican to Democratic control, he did acknowledge that he would push back on the Trump administration.

"Don't worry, I will always stand up to the destructive policies of Donald Trump," he said in the video. "I'm all in — every damn day." ★

Kings Korner

By V.G. Harris



November 5 seems like a long time ago, but that's the last time the Sacramento Kings won a basketball game. Since then, it has been a string of defeats that now registers six with an average deficit of 20 points per defeat.

When things are going this badly, it's important to look for a lifeline. A sliver of hope or a whisp of sunlight on a dreary day.

Fans are looking forward to the return of 4th year man Keegan Murray to help right the ship.

While Keegan has not ascended to the level of an all-star, Keegan has made definite strides in particular with regards to his defensive presence and his rebounding.

Domantas Sabonis is off to a slow start due to injuries and is still ranked 4th in the NBA in rebounding, but he needs some help. Drew Eubanks has been a pleasant surprise coming off the bench and keeping the Kings in games, but Jonas Valanciunas has been sorely missed.

Gone are the days when the celebrated big man would come off the bench and give the Kings perhaps the best one-two punch in basketball.

Fans will forever scratch their heads and ask the question why, as the Kings allowed Valanciunas to walk out the back door and sign with the Denver Nuggets. Not surprisingly, the Nuggets are in the top 10 in rebounding while the Kings rank 25th in the league.

But the conundrum is not just the lack of rebounding or even the lack of talent on this Sacramento team. It resides in their inability to work together as a team and play up to their individual ability. Cohesive they are not, and sadly the answer at point guard in Dennis Schrader has been a bust when he's in the starting lineup.

Head coach Doug Christie sent Schrader to the bench when his contribution became almost nonexistent, and surprisingly Dennis responded when 2 stellar games in a row.

Yes, there is talent on this team, but knowing how to place the talent so the team begins to flow has been a mystery.

Ten games back with a 3-11 start is far from what the Kings franchise had

expected, and it has prompted pundits and fans alike to begin calling for a complete rebuilding of the team.

What that represents to Kings fans is the likelihood that your favorite player may soon be playing for another franchise, and it's a hard pill to swallow.

For me, over the course of just one year, I saw Davion Mitchell, DeAaron Fox, Trey Lyles, Jonas Valanciunas, and Isaac Jones all cast to the winds, and I believe the Kings would be a much better team with a much better record if they had all 5 of these players back.

Bad decisions simply must stop. Some were made from the Monte McNair administration, but some are from current brain trust with Scott Perry at the helm. Make no mistake about it, Vivek Ranadive has had his hand in many if not all the player fax paus, and if things are going to change for the better, the owner must start letting the GM and coaches have some level of autonomy.

But fans are buying tickets and going to games with expectations. How can the players and coaches turn humbling defeats into victories.

Coaches must start analyzing the talent on this team and putting them in positions to win. That means using the strengths of every player and giving him the opportunity to use those strengths.

The Kings have a player under a guaranteed contract that has played in one game for limited minutes by the name of Doug McDermott. McDermott has a reputation for sinking 3's with great consistency but he has all but been forgotten.

Yes, there are bigger fish to fry than this example, but it starts with the coaching, and getting a maximum effort out of every player every night. Fans need to see that the players care as much as they do.

This team can still win games and even back-to-back games. Let's keep rooting for this squad and see if we can make some noise.

Don't lose heart Kings fans. These players are our extended family, and we need to treat them that way!

All the best!

Your thoughts are always welcome at vgharriskingsfan@gmail.com. ★

California is a High-Tax State

Are More Taxes Balm for Its Budget Deficits?



By Dan Walters, CALMatters.org

California has long had the reputation — backed by copious data — of being a high-tax state, which made Gov. Gavin Newsom's declaration last June, in a prerecorded State of the State address, a bit startling. "Here's the truth Republicans never tell you: California is not a high-tax state," Newsom said.

Later he clarified his assertion, saying California's taxes on low-income residents are relatively lower than those in red states.

"Catering to big business and the rich is also why red states tax their lowest earners far more than California does. They punish you when you're struggling, but give you a free pass when you're wealthy," the governor said.

There's some truth to that. California's very progressive income tax system, with the nation's highest marginal rate of 13.3%, makes its state budget highly dependent on taxing incomes of its wealthiest residents, while those in low- and moderate-income brackets pay little or no income taxes.

Nevertheless, taxes imposed by state and local governments put California in the highest ranks of the 50 states, not only in total — more than \$400 billion a year from all sources — but in per capita terms

— more than \$10,000 each — and as a percentage of its \$3.6 trillion in total personal income.

The Washington-based Tax Foundation ranks Californians' state and local tax burden 48th, one of the highest in the nation, out-taxed only by New York and New Jersey.

"California combines high tax rates with an uncompetitive tax structure, yielding one of the worst rankings on the Index," the Tax Foundation says.

The state's \$322 billion 2025-26 budget counts on \$297 billion from about a dozen different taxes, while cities, counties, school districts and other local agencies take in another \$100 billion or so, primarily from property taxes and local shares of the sales tax.

The budget anticipates \$207 billion in general fund revenues. So far revenue is running a bit ahead, but general fund spending is budgeted at \$226 billion. Maneuvers to cover the gap include shifting \$7.1 billion from emergency reserves, pushing the June 2026 state payroll into the following fiscal year and tapping special funds for loans.

State budget experts call it a "structural deficit" that will continue indefinitely in the absence of either sharp spending reductions or tax increases.

There's little appetite for the former in a Legislature dominated by Democrats but some support for the latter. The California Taxpayers Association recently reported that legislators proposed more than \$16 billion in new taxes and fees during the recently concluded 2025 session.

The battle over taxes

appears to be headed for the 2026 ballot, with two pro-taxation measures being pushed by public employee unions and other left-leaning groups and one that would create a new hurdle for local tax increases.

One proposal, backed by the California Teachers Association, would make permanent a temporary tax increase on high-income Californians, first approved in 2012 to close a budget deficit and later extended to 2030 via a ballot measure. All of its revenue, as much as \$15 billion a year, would go to K-12 schools and community colleges.

A second measure, sponsored mainly by the Service Employees International Union-United Healthcare Workers West, would impose a one-time 5% tax on the wealth of California's billionaires, raising about \$100 billion, which would be spent at the rate of \$25 billion a year to cover the state's structural deficit and prop up health care services.

The third, sponsored by the Howard Jarvis Taxpayers Association, would overturn a state Supreme Court ruling and re-impose a two-thirds voter approval requirement on all proposed local taxes designated for particular purposes.

California is a blue state with relatively high taxes now. Do voters want to add more or make it difficult to add more?

Dan Walters is one of the most decorated and widely syndicated columnists in California history, authoring a column four times a week that offers his view and analysis of the state's political, economic, social and demographic trends. ★

Social Security Matters

Did the Obama-era Social Security Tax Cuts Hurt the Program?



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: I will be retiring early next year but my question to you is: During the Obama administration, payroll taxes that employees pay were cut in half from 6.2% to 3.1%, while the employer's part stayed the same at 6.2%. This continued for around a year I think. This was an attempt at giving people a tax cut, which I think was a bad idea or maybe the wrong way to have done it. How much damage do you think this may have caused to Social Security? **Signed: Soon to Retire.**

Dear Soon to Retire: FYI, the Obama-era cut in the employee portion of FICA payroll taxes and SECA (self-employment tax) was a temporary measure, which has long since expired. However, the legislation which enabled that cut in employee FICA/SECA taxes also included

a provision to replenish the Social Security Trust Funds from the General US Treasury in an amount equal to the estimated loss of tax revenue to the Trust Funds. So, in effect, there was little or no impact on the Social Security Trust Funds.

FYI, the Trustees of Social Security have been projecting for many years that the Social Security reserves would be fully depleted in the mid-2030s, unless Congress takes action to reform the SS program. Unfortunately, Congress has not yet taken any meaningful action to accomplish that reform, and the current projection from the Trustees is that all Social Security reserves will be depleted in about 2033, necessitating an across the board cut of about 21% in everyone's benefit. Time is running short, and we see signs that Congress is finally starting to seriously discuss Social Security reform.

At AMAC, we have developed and submitted to various Congressional Representatives a reform plan which would restore Social Security to full solvency. You can see AMAC's suggested plan at www.amac.us/social-security-guarantee. And

AMAC is working every day in Washington, D.C. to promote Social Security reform to avoid future cuts in benefits. We believe and hope that Congress will eventually reform the Social Security program to avoid future benefit cuts but, unfortunately, not until they can muster sufficient bipartisanship to make the hard choices needed. To this end, contacting your Congressional Representative to demand Social Security reform now would be a good thing to do. The longer Congress delays reform, the harder the choices will be.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org) or email us at ssadvisor@amacfoundation.org. ★



Yes, Ozempic for All

rect that Americans should eat better and work out more. But our body mass index has been increasing for about 150 years, as we've made calories cheaper and more abundant over time. As it happens, the things that we like to eat or drink that are bad for us -- fast food, soda, chips, cookies -- are cheap, convenient and taste good.

Even if we manage to convince people that they should eat more fruit, vegetables and legumes, while taking a Peloton class every day, not everyone is going to do it as a matter of lifestyle constraints, individual preference or simple lack of willpower.

There's also the fact that once you put on weight, physiological changes make it more difficult to shed it.

About 40% of Americans are obese. Wouldn't it be great for them -- and for American society at large, which spends roughly \$170 billion a year on obesity-related medical costs -- if there were a safe, relatively convenient way for them to slim down?

Lo and behold, here it is. The GLP-1s started out as a treatment for diabetes and have exploded in popularity as weight-loss drugs.

Trump's reflex to make it easier for people to obtain Ozempic and the like -- while, not incidentally, boosting his reputation as the nation's foremost deal-maker -- is the correct one. Drug pricing is complicated, but by expanding the sale of the drugs direct to consumers, the companies can reduce prices. Meanwhile, Medicare will do

more to cover the drugs, also bringing down their cost.

According to Gallup, about 12% of Americans report having used a GLP-1 drug at some point for weight loss, a stunning increase from about 6% in early 2024. Not coincidentally, Gallup is also now showing a slight dip in obesity. From 2008 -- when the polling organization regularly began asking about weight -- to 2022, the percentage of obese Americans increased by 14 percentage points, to nearly 40%.

Where any number of fashionable diets and continual government exhortations for more physical exertion have failed (before RFK Jr., Michelle Obama was urging, "Let's Move!"), drugs to slow digestion and reduce the urge to eat are working.

The percentage of Americans using GLP-1s will inevitably keep growing, especially if prices continue to go down, if more oral GLP-1s come online in addition to injectables, and if other medical benefits of the drugs emerge. GLP-1s could easily match the saturation level of statins, the cholesterol-reducing drugs.

By all means, we should all eat more arugula. Until then, we have found a pharmaceutical path to alleviating an ongoing health crisis. President Trump and the drug companies are to be congratulated for their creative cooperation to make it available to more Americans.

Rich Lowry is editor of the National Review. (c) 2025 by King Features Synd., Inc. ★

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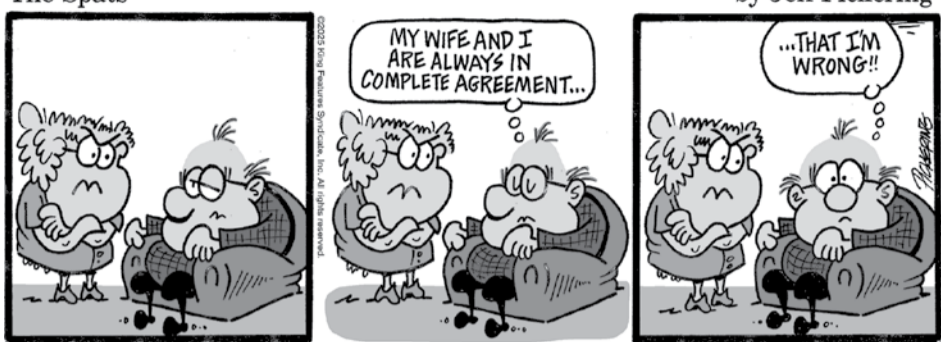
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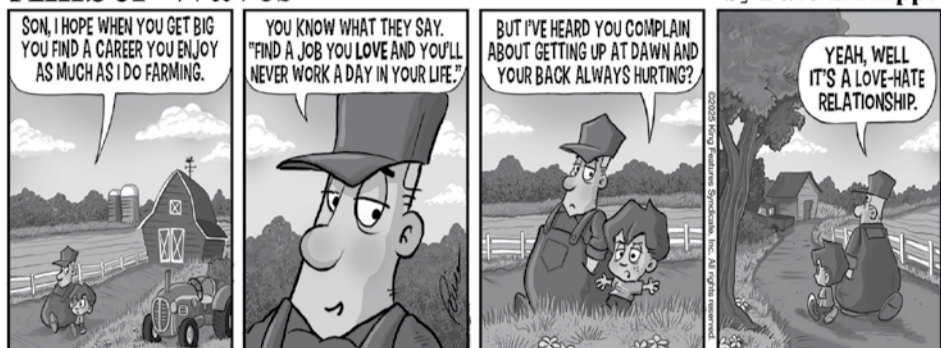
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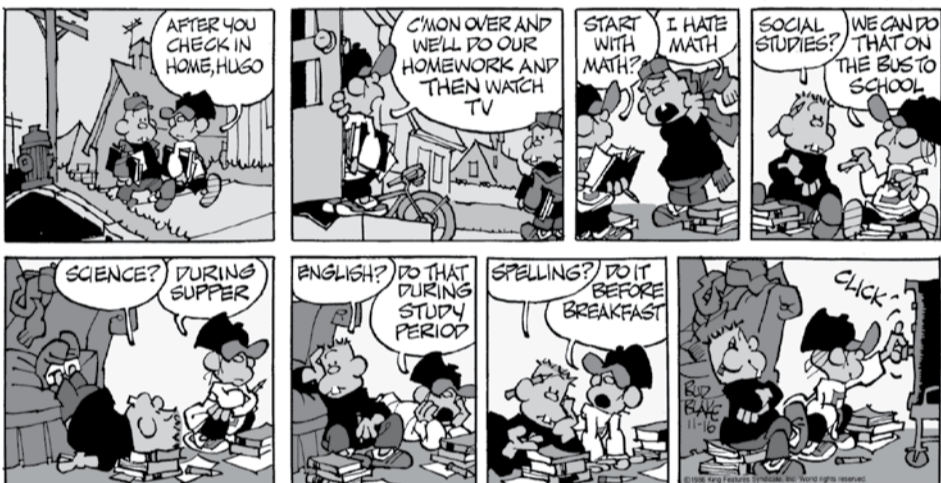
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TIGER



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Find at least six differences in details between panels.



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Just Like Cats & Dogs

by Dave T. Phipps



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STATEPOINT CROSSWORD • NURSERY RHYMES

- CLUES**
- ACROSS**
- Type of haircut, pl.
 - Tiny helper
 - *What rain does in famous nursery rhyme
 - What accomplices do
 - Ring like a bell
 - Sign of life
 - Lascivious look
 - Pretentiously artistic
 - Tiny island
 - *Bring her back! (2 words)
 - Nicholas II of Russia, e.g.
 - Inmate with life sentence
 - *One for Sorrow (Two for _____)
 - Melville's "Pequod," e.g.
 - More fancy
 - Request for tailor
 - Encoded message
 - Land measure
 - Omit
 - *Hush-a-bye, baby, still"
 - Take a base
 - Hokkaido native
 - Veal serving
 - Beehive State native
 - What Cupid did (2 words)
 - *Tip me over!
 - Lt.'s inferior
 - Plant louse
 - *Pay as you earn" tax system
 - *How do your ears wobble? (3 words)
 - Sacha Cohen's middle name
 - Render speechless
 - Medley
 - Apathetic
 - Not tanned
 - Nearly
 - Bird's groomer
 - It's open to interpretation
 - #57 Down, pl.
- DOWN**
- It's soothing
 - Do as directed
 - British Broadcasting Corporation, colloquially
 - Take a leisurely walk
 - Chill-inducing
 - Procrastinator's word
 - *What the old lady swallowed
 - *She's been to London to visit the Queen
 - Paelia pot
 - ____-friendly
 - Expose to moisture
 - One way to cook fish
 - Mountain climber's spike
 - Brother's daughter
 - *Who stole the cookie from the cookie _____?
 - Semolina source
 - Sunny prefix
 - Kind of acid
 - Perceive by touch
 - Frost over (2 words)
 - One of the Muses
 - Find new tenant
 - *What Jack Horner pulled out
 - Not miss
 - *_____ of _____, he had ten thousand men
 - Beer garden mug

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Sacramento Ballet Offers Bold Visions, Timeless Classics



Sacramento Ballet Company artists Hiyori Ushikubo and Maxence Devaux are in "Connections" from Oct. 24 to Nov. 2. Photos courtesy of Tony Nguyen



Sacramento Ballet Company artists Jennifer Watenbach and James Griffen, as the Princess Aurora and Prince Desiree, portray a pose from the famous "Wedding Pas de Deux" from "Sleeping Beauty." Sacramento Ballet will perform a new production of this beloved fairytale in February.



Sacramento Ballet Company artists Mia Steedle and Seungkyun Park, as the Sugar Plum Fairy and Her Cavalier, are in technically challenging roles in Sacramento Ballet's production of "Nutcracker."

Sacramento Ballet News Release

SACRAMENTO REGION, CA (MPG) - Sacramento Ballet highly anticipated 2025-26 season has started.

Following the triumph of the 70th Anniversary Season, this year promises an extraordinary mix of breathtaking artistry, innovative choreography and unforgettable performances. With the support of season sponsors Western Health Advantage and Dignity Health, the 2025-26 season invites audiences to witness the magic of both beloved classics and daring new works.

"Our 2024-25 season was a milestone for us as we celebrated the legacy of Sacramento Ballet while embracing bold, new dance works," said Board President Alyssa Paoletti. "With the 2025-26 season, we're continuing to build on that momentum by showcasing our dancers' exceptional talent, reimagining a classic fairytale and pushing the boundaries of ballet through collaborations with some of the world's most exciting choreographers."

The season lineup includes the following shows: "Connections" (Oct. 24 to

Nov. 2), "Nutcracker" (Dec. 12 to Dec. 21), "Sleeping Beauty" (Feb. 13 to Feb. 15) "Visions" (March 20 to March 22) and Sacramento Ballet's annual "Beer & Ballet" (May 28 to May 31).

"It's always an honor to get to create on the company," said company artist Julia Feldman, who has been a member since 2010 and has choreographed numerous works on Sacramento Ballet. "I'm incredibly inspired by the artists in this company and excited to make ["Connections"] a piece that celebrates their strength, artistry and complexity."

Sacramento Ballet's beloved holiday tradition returns with a spectacular production of "Nutcracker" from Dec. 12 to Dec. 21, featuring live music by the Sacramento Philharmonic and Opera. This magical performance is sure to enchant audiences of all ages. Sacramento Ballet's "Nutcracker" features the talents of hundreds of young dancers from across the capital region. Each year, these young dancers ensure that Sacramento Ballet's "Nutcracker" maintains a hometown feel as they dance the roles of shooting stars,

candy canes, mice, toy soldiers, party children and more.

The season will culminate with Sacramento Ballet's annual "Beer & Ballet" performance from May 28 to May 31, where company artists step into the role of choreographer, creating original works on their fellow dancers. This truly unique experience offers a rare glimpse into the creative process while celebrating collaboration, artistry and community. Audience members will receive a complimentary drink from Bike Dog Brewing, adding a festive touch to this event.

Sacramento Ballet is more than a performing arts organization; it is an engine for growth, connection and vitality in California's capital. The arts generate significant economic activity, supporting local businesses, restaurants and hospitality industries while drawing visitors from across the state.

Beyond dollars and cents, cultural institutions such as Sacramento Ballet increase the quality of life within their communities by fostering creativity, empathy and shared cultural experiences

that bring residents together across backgrounds. As one of California's leading professional ballet companies, Sacramento Ballet proudly represents the region on local, national and international stages.

Sacramento Ballet's mission is to enhance the human condition through dance and to make it accessible to everyone. As the region's only professional dance company, Sacramento Ballet brings world-renowned dancers and choreographers to create groundbreaking work, while showcasing California's vibrant cultural landscape both locally and internationally.

Founded in 1954, Sacramento Ballet has remained a beacon of artistic excellence, offering innovative performances, educational programs and community outreach. With support from individual donors, corporations, foundations and government entities, Sacramento Ballet continues to inspire audiences through performances and initiatives that leave a lasting impact on the region. For more information, visit sacballet.org. ★

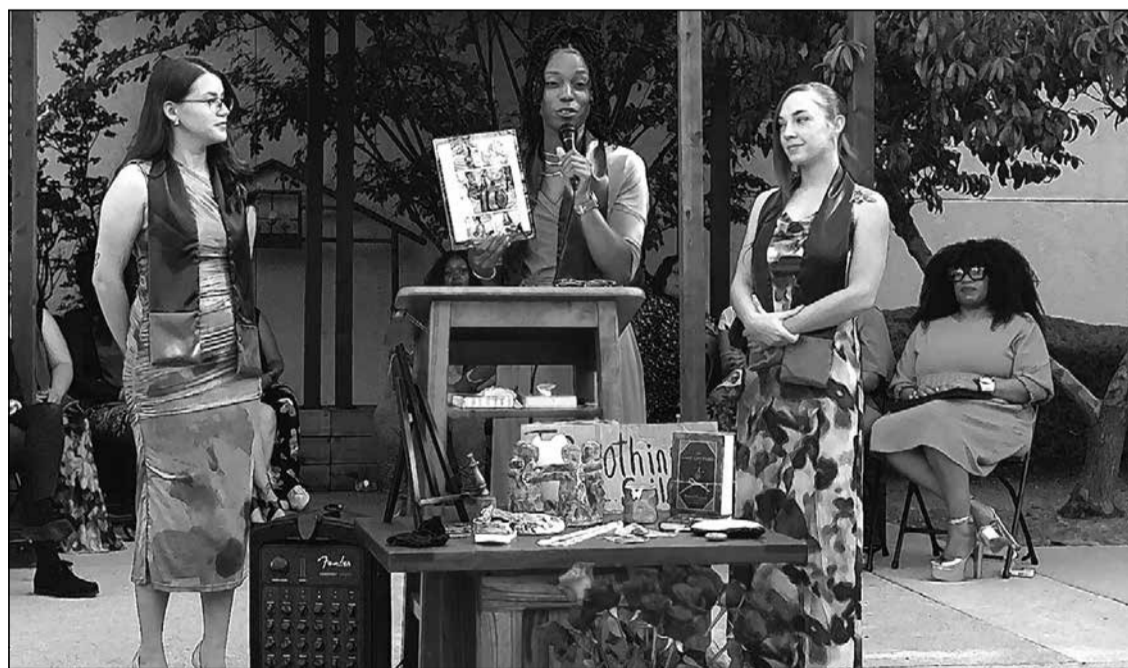
Women's Empowerment Receives Two-Year \$50,000 Grant

Women's Empowerment News Release

SACRAMENTO REGION, CA (MPG) - Women's Empowerment has received a two-year grant of \$50,000 in 2025 and 2026 from the Kelly Foundation to empower Sacramento women experiencing homelessness to find affordable housing as they look for jobs with upward mobility so they can eventually afford a permanent home for their families.

"We are proud that our extensive program provides a long-term solution to homelessness while also meeting immediate needs as women navigate the high cost and low availability of housing in Sacramento," said Lisa Culp, executive director, Women's Empowerment. "We are grateful to the Kelly Foundation for recognizing that this program is the critical steppingstone that Sacramento women need to transform their lives and rise from homelessness."

Grant funds will support Women's Empowerment's quarterly two-month program where each woman works one-on-one with a social worker, housing specialist and employment specialist. She attends classes and



The Kelly Foundation envisions a Greater Sacramento region where everyone has a chance to live in a safe and affordable home; access to meaningful work, a sustainable environment, healthy food, and quality education; and where each person's ability to thrive is connected to the well-being of the community. Photo courtesy of Women's Empowerment

support groups and receives free transportation assistance, onsite childcare, meals and more. Funding also will assist the non-profit's lifetime services for graduates, including counseling, job search and retention support, financial assistance, paid job training and more. Program graduates can receive paid training in a variety of industries including property management, healthcare,

solar energy, mobility, manufacturing and more.

Grant funds also will support the group's Trellis Gardens transitional workforce housing program where graduates who have secured employment, but still cannot afford market-rate housing for their families, can live in cottages for 12-18 months as they work to increase income, savings and credit scores and

prepare to move into permanent housing.

"Offering support to organizations like Women's Empowerment reflects our ongoing commitment to strengthening the communities we serve," said Shawn Kelly Devlin, chairman of the Kelly Foundation. "We are proud to invest in their mission in creating pathways for women out of homelessness and into

economic stability."

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. In 2024, 155 graduates secured employment or enrolled in advanced training or school, and 89% of graduates maintained or improved their housing. Since 2001, 1,969 women have graduated from the program with more than 4,000 children. Women's Empowerment is funded through private donations from the community and grants. To make a donation: www.womens-empowerment.org.

The Kelly Foundation envisions a Greater Sacramento region where everyone has a chance to live in a safe and affordable home; access to meaningful work, a sustainable environment, healthy food, and quality education; and where each person's ability to thrive is connected to the well-being of the community. The Kelly Foundation was founded in 1988. In 2009, the River City Bank Foundation merged with the Kelly Foundation. For more information: www.kellyfoundationsacramento.org. ★

Sacramento Superior Court Bench Selects Kelly Sullivan as CEO



As Chief Deputy Executive Officer, Kelly Sullivan oversaw key areas of the court, including court operations, judicial services, master calendar services, jury services and information technology. Photo courtesy of the Sacramento Superior Court

Sacramento Superior Court News Release

SACRAMENTO, CA (MPG) - The Sacramento Superior Court judges have selected Kelly Sullivan, the court's chief deputy executive officer, to serve as the next court executive officer (CEO) on Oct. 16.

"The court is fortunate to have such a talented and dedicated leader ready to step into this role," said Presiding Judge Bunmi O. Awoniyi. "Throughout her 20-year career with our court, Kelly Sullivan has demonstrated exceptional judgment, professionalism and a deep commitment to serving the public

and supporting the work of our judges and staff."

As Chief Deputy Executive Officer, Sullivan has overseen key areas of the court, including court operations, judicial services, master calendar services, jury services and information technology. She has been instrumental in advancing the court's strategic initiatives, expanding access to justice and strengthening operational efficiency.

"We are confident that Kelly Sullivan will continue to advance the court's mission of access to justice and operational excellence," added Judge Awoniyi. "She has earned the respect of colleagues across

every division and brings both continuity and innovation to the position."

Upon accepting the court executive officer appointment, Sullivan expressed gratitude for the opportunity to serve.

"It is an honor to be entrusted with this responsibility," said Sullivan. "Our court has exceptional judicial officers and an outstanding team of employees who work every day to serve our community with fairness and integrity. I look forward to continuing that work in partnership with them."

The court executive officer serves as the court's highest-ranking non-judicial

officer, responsible for overseeing all administrative and operational functions, including fiscal management, human resources, information technology and court services.

The Sacramento Superior Court is the trial court for Sacramento County, handling a wide range of cases, including all civil, criminal, family law, probate and juvenile matters. It operates out of seven locations in the county, employing 700 staff members.

Sullivan succeeds former Court Executive Officer Lee Seale, who retired from court service on Aug. 1. ★

River City Water Polo Makes History

Girls Capture Third Straight Title, Boys Return to Championship Stage

River City High School Athletics News Release

WEST SACRAMENTO, CA (MPG) - The 2025 season marked another historic chapter for River City High School Water Polo. Both the varsity boys' and varsity girls' programs advanced to their respective Monticello Empire League (MEL) Championship Games, a testament to the depth, talent and culture of excellence continuing to thrive within the program.

The varsity girls once again set the standard, defeating league rival Rodriguez High School 22-11 to capture their third consecutive league championship and second straight Monticello Empire League title. The victory also secured the best record in program history and cemented River City High's status among the Sacramento Section's Division I elite.

Led by the dynamic scoring tandem of Reagan Eisberg and Cat Hadda-Guimaraes, widely regarded as one of the most prolific offensive duos in California, the Lady Raiders combined relentless offense with disciplined defense anchored by senior Reese Castro. The team now heads into the California Interscholastic Federation (CIF) Sac-Joaquin Section Playoffs with confidence and championship experience, opening against



The River City High School Water Polo varsity girls once again set the standard, defeating league rival Rodriguez High School 22-11 to capture their third consecutive league championship and second straight Monticello Empire League title. Photo courtesy of Jonathan Sibayan

Laguna Creek High School in the first round.

The defending Monticello Empire League Champion

varsity boys also returned to the title stage, falling just short in a hard-fought 13-16 battle against Rodriguez. Despite the loss, the

Raiders showcased grit, maturity and tremendous promise for the future. The young squad, featuring only one junior in the

starting lineup, is anchored by a talented core of sophomores and freshmen, including stand-out goalie Elijah Stone-Eisberg, one of the section's top young keepers. Offensively, the Raiders were powered by one of the region's most dangerous scoring tandems, Brendon Bryner and Caleb Eisberg, with defensive leadership from Joshua Diaz, Preston Caldwell, and Shane Castaneda.

The appearance marked another milestone in River City High's continued rise, following the boys' 2024 league championship, and reaffirmed that the foundation for sustained success is firmly in place. The boys now turn their attention to the postseason, opening California Interscholastic Federation play against Rocklin High School.

As both programs prepare for playoff action, River City Water Polo has firmly established itself as one of the most competitive and respected programs in the region, built on hard work, unity and the relentless pursuit of excellence. ★

Big Amish is the 2025 AL Rookie of the Year

Aggies Earn Third Rider of the Week Sweep



A's shortstop Jacob Wilson finished as the runner-up, marking the first time a team has had the first and second place finishers in American League Rookie of the Year Voting since 1984. Photo courtesy of the Athletics

Athletics News Release

WEST SACRAMENTO, CA (MPG) - First baseman Nick Kurtz has been named the 2025 Jackie Robinson American League Rookie of the Year Award winner. Kurtz won the award unanimously with all 30 first-place votes. He is the 14th player to win the AL award by a unanimous vote.

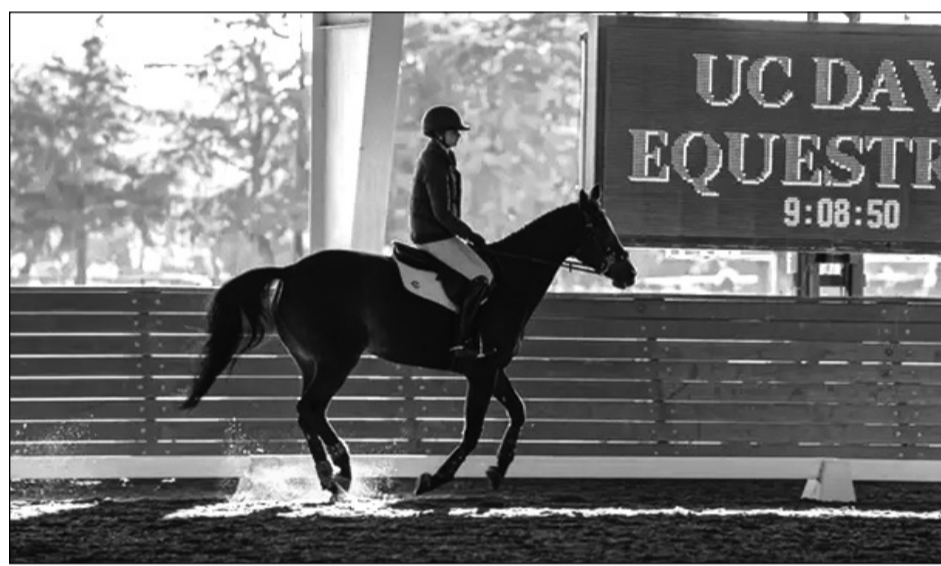
Kurtz slashed .290/.383/.619 with a 1.002 OPS in 117 games played this season after making his MLB debut on April 23. He led American League rookies in home runs (36), RBI (86), runs (90), walks (63), and extra-base hits (64). Kurtz joins Aaron Judge (2017) and Albert Pujols (2001) as the only rookies in MLB history to hit at least 35 home runs, score at least 90 runs, and record an OPS of at least 1.000.

His 36 home runs were the second most in a season by an A's rookie, trailing only Mark McGwire's 49 home runs in 1987.

On July 25 at Houston, Kurtz went a perfect 6-for-6, tying the MLB record for home runs (4), extra-base hits (5), and total bases in a game (19). He won both American League Rookie of the Month as well as American League Player of the Month for July.

Kurtz joins Mark McGwire (1987) as the only A's first basemen to win AL Rookie of the Year. This year, he has already won the Player's Choice Outstanding Rookie Award, Sporting News Rookie of the Year, and the Louisville Slugger Silver Slugger Award for first basemen.

A's shortstop Jacob Wilson finished as the runner-up, marking the first time a team has had the first and second place finishers in American League Rookie of the Year Voting since 1984. Wilson was the starting shortstop for the 2025 All-Star Game and was the first rookie shortstop to be elected by the fans. ★



Chloe Fares, Eliza Plum, Cavan Smith, and Mya Clader were each recognized for their standout performances during the Aggies' doubleheader weekend on Nov. 8 and 9. Courtesy photo

UC Davis Athletics News Release

DAVIS, CA (MPG) - For the third time this season, University of California, Davis swept the Eastern College Athletic Conference (ECAC) Rider of the Week awards following back-to-back victories over Delaware State and UT Martin.

Equestrian team members Chloe Fares, Eliza Plum, Cavan Smith and Mya Clader were each recognized for their standout performances during the Aggies' doubleheader weekend on Nov. 8 and 9.

Fares continued her strong season over in fences with high-scoring, point-winning rides over both meets. She notched an 82 aboard Cici to capture the first of four points for the Aggies against Delaware State. The sophomore then delivered a Most Outstanding Player (MOP)-winning 86 on Salty versus UT Martin, the top score of the event, outscoring her opponent by an outstanding 20 points to help UC Davis secure both weekend events.

Plum was a steady performer for horsemanship, picking up key points in both meets. The sophomore edged her Delaware State opponent with a 66.5 riding Cinch,

then posted a standout 76 on Brady versus UT Martin, earning herself MOP honors and a spot in the UC Davis individual records book. That led the Aggies to a 3-0 sweep in the event.

Smith delivered commanding rides in flat across both meets. She opened the weekend with an 84 aboard Kevin against Delaware State, defeating her opponent by a whopping 21 points to clinch the event's final and fourth point for UC Davis. The freshman then carried that momentum against UT Martin, earning an 86 on Cooper to win by another large margin of 18 points, claiming the MOP honors as the Aggies took the event three to one.

Clader anchored the Aggies' reining team with back-to-back winning rides. She earned the lone reining point against Delaware State with a 65 on Aspen, then turned in the event's top score of 70.5 aboard Delta versus UT Martin to capture MOP honors. The senior now boasts six winning rides this season, continuing to set the tone for the UC Davis Western lineup.

The Aggies are back at home to battle against No. 5 Oklahoma State at 9 a.m. Saturday, Nov. 22. ★

Blake Willey and Chibi Ukaegbu to Join U.S. U-19 National Team

Sacramento Republic FC News Release

SACRAMENTO, CA (MPG) - U.S. Soccer announced that Republic FC midfielder Blake Willey and defender Chibi Ukaegbu were selected to the U.S. U-19 Men's National Team roster for its training camp in Wrexham, Wales from Nov. 9 to Nov. 19.

They are the only players representing a United Soccer League Championship club on the roster.

The camp included friendlies against Germany on Nov. 12, Wales on Nov. 15 and Japan on Nov. 18.

The 18-year-olds signed their first professional contracts with Republic FC ahead of the 2024 season, following a successful tenure with the club's

youth academy.

Willey had a breakout year this year. After becoming the second-youngest player to start in a Republic FC season opener, Willey went on to set a new club record for homegrown players with 27 appearances, 19 starts and 1,590 minutes in the regular season. Willey's three assists ranked first among the league's top young players, earning him two Team of the Week selections. In May, Willey competed with the U.S. U-18 National Team in the Union of European Football Associations (UEFA) Friendship Cup and appeared in every game to help the team bring home the championship trophy.

Roseville-native Ukaegbu set a new career high with 19 appearances and

949 minutes played across all competitions this year. In league play, Ukaegbu is among the top five in defenders under age 20 with 36 clearances, 16 interceptions and 49 duels won. Ukaegbu also spent time playing up two age groups with the U-20 Men's National Team, earning training camp call ups in January, September and October.

Season ticket memberships are now on sale for the 2026 season, offering a range of benefits including discounts on merchandise and access to exclusive fan experiences, as well as priority access to seats in the new Republic Stadium at The Railyards. For more information, or to buy a membership today, visit online SacRepublicFC.com/Memberships. ★



Season ticket memberships are now on sale for the 2026 season, offering a range of benefits including discounts on merchandise and access to exclusive fan experiences, as well as priority access to seats in the new Republic Stadium at The Railyards. Photo courtesy of Sac Republic FC

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Tenor

Celebrating 30 Amazing Years!

TICKETS: \$43 – \$63 (includes facility fee) — Students 50% Discount
SAFE CU PAC Box Office 916-808-5181 or Ticketmaster.com

BEST OF FAIR OAKS 2025

Go & Vote online!

BestofFairOaks.com

Nominations Open

Voting Starts Nov. 13

CONTEST RULES
Business must be located in Fair Oaks or be a Fair Oaks Chamber member. All votes must be cast online at **BestofFairOaks.com**

ONLY ONE VOTE PER CATEGORY PER PERSON.
All voting entries must have complete information or the votes will not be counted.
Best of Fair Oaks winners will be presented at this year's

You're Invited!

TICKETS ARE EXPECTED TO SELL OUT FAST
Don't miss your chance to attend the 10th annual "Best of Fair Oaks" event.
This year's event will be held:

Where: North Ridge Country Club, 7600 Madison Ave, Fair Oaks

When: Thursday January 15, 2026

Cost: Contact the Fair Oaks Chamber of Commerce for detail

FairOaksChamber.com or call **916-967-2903**

SAVE THE DATE

Messiah Sing-Along

Friday, December 26 | 2:00pm
First United Methodist Church, Sacramento

Purchase tickets at sacramentochoral.org or at the door

KP International MARKET

10971 Olson Drive
Rancho Cordova, CA 95670
916.853.8000

Market - 7 Days 8am - 9pm
Food Court - 7 Days 11am - 3:30pm
Korean/Mex/Viet: 3:30pm last call
Chinese/Japanese 7:00pm last call

KP KARAOKE SPECIAL

Sun-Thu Come before 6pm (Valid Time)
Fri-Sat Come before 5pm (Valid Time)

<p>For 6 people \$115.00 + Gratuity</p> <p>3 Hours Karaoke + 2 Pizzas + Pitcher Soda + 2 Main Dishes (12 inch)</p> <p>For 12 people \$210.00 + Gratuity</p> <p>3 Hours Karaoke + 2 Pizzas + Pitcher Soda + 4 Main Dishes (14 inch)</p> <p>For 14 people \$230.00 + Gratuity</p> <p>3 Hours Karaoke + 2 Pizzas + Pitcher Soda + 4 Main Dishes (14 inch)</p>	<p>For 18 people 295.00 + Gratuity</p> <p>3 Hours Karaoke + 3 Pizzas + Pitcher Soda + 6 Main Dishes (14 inch)</p> <p>For 28 people \$395.00 + Gratuity</p> <p>3 Hours Karaoke + 3 Pizzas + Pitcher Soda + 6 Main Dishes (14 inch)</p>
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Dishes To Choose From

FROZEN & FISH DEPT

<p>OceanKist Crawfish 5 lbs REG. \$28.99/EA \$17.99/ea</p>	<p>OceanKist Seafood Mix 24 oz REG. \$11.99/EA \$7.99/ea</p>
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WEEKLY MEAT SPECIALS

<p>London Broil/Top Round Roast - Bnls \$5.49/lb</p>	<p>Beef Ribeye Roast - Bnls \$9.49/lb</p>	<p>Chicken Thigh Bnls/Sknls \$1.79/lb</p>
<p>Pork Butt Bone-In \$2.49/lb</p>	<p>Pork Loin Chop Boneless \$2.99/lb</p>	<p>St. Louis Ribs \$3.99/lb</p>

WEEKLY HALAL SPECIALS

<p>Chicken Thigh Bnls/Sknls \$1.99/lb</p>	<p>New Zealand Lamb Shoulder Chop \$5.99/lb</p>	<p>London Broil/Top Round Roast - Bnls \$5.69/lb</p>
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FRESH PRODUCE

<p>Cherub Tomato 10 oz \$1.99/ea</p>	<p>Yukon Potato 99¢/lb</p>	<p>Kabocha 79¢/lb</p>	<p>Red Onion 3 LB \$2.49/bag</p>
<p>Russet Potato 10 lb \$1.99/bag</p>	<p>Pomegranate 99¢/lb</p>	<p>Yellow Onion 3 LB \$1.69/bag</p>	<p>Coral Mushroom \$1.99/ea</p>

AMERICAN/HISPANIC GROCERY

<p>Louisiana Hot Sauce 5 Flavors 6.1oz \$0.99/ea</p>	<p>Rica Chicken Vienna Sausages 5 oz 2/\$0.99</p>	<p>Charmin Mega Bath Tissues 12 Rolls \$19.99/ea</p>	<p>Old Bay Seasoning 6 oz \$5.99/ea</p>	<p>Gloria Panettone 31.7 oz \$10.99/ea</p>
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ASIAN GROCERY

<p>Nagaraya Cracker Nuts 4 Flavors 5.64 oz \$2.49/ea</p>	<p>Knorr Chicken Bouillon Powder 35.2 oz \$9.99/ea</p>	<p>Roxy Assorted Sesame Peanut Candy 7 oz \$1.99/ea</p>	<p>Hawaiian Kettle Style Potato Chips 7.5 oz \$2.79/ea</p>	<p>Ocean Mackerels 15 oz \$1.99/ea</p>
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EUROPEAN GROCERY

<p>Romeo Extra Virgin Olive Oil 1 liter \$10.99/ea</p>	<p>Babkini Sunflower Seed 500 gr \$3.99/ea</p>	<p>Bartar Liquid Saffron 250 ml \$6.99/ea</p>	<p>Orient Assorted Chocolate 850 gr \$10.99/ea</p>	<p>Sadaf Iodized Salt 737 gr \$1.29/ea</p>
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EUROPEAN DELI

<p>Columbus Appleswood Ham \$9.19/lb</p>	<p>Belmont German Ham \$5.49/lb</p>	<p>Green Olives Stuffed w/ Almonds \$6.39/lb</p>	<p>Kalamata Olives with Garlic & Pepper \$6.39/lb</p>
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<h3 style="background-color: blue; color: white;">FROZEN & FISH DEPT</h3> <p>REG. \$6.99/EA \$4.99/ea</p> <p>Masago Capelin Roe 170 g</p>	<h3 style="background-color: blue; color: white;">HOUSEWARE</h3> <p>REG. \$10.99 \$8.99/ea</p> <p>ELECTRIC RICE COOKER</p> <p>REG. \$11.99 \$5.99/ea</p> <p>ELECTRIC RICE COOKER</p> <p>REG. \$16.99 \$3.99/ea</p> <p>ELECTRIC BBQ GRILL</p>
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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 NOVEMBER 19 - NOVEMBER 25, 2025.

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