



Late December Storms Deliver Much-Needed Water Supply

PAGE 12

SacRT to Expand Low-Emission Bus Fleet

PAGE 10



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JANUARY 9, 2026

SEE INSIDE

NEW YEAR, NEW LAWS



PAGE 2

TAXPAYERS DESERVE THE REAL STORY



PAGE 5

FREE CAR SEAT PROGRAM PROTECTS CHILDREN



PAGE 4



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Valentines for Seniors Returns

Helping Hands OV News Release

ORANGEVALE, CA (MPG) - Helping Hands OV announced the return of its annual Valentines for Seniors program, inviting the community to create and donate handmade Valentine's Day cards for local seniors. The program, now in its sixth year, will accept card donations Jan. 4 through Feb. 4 at participating businesses throughout the area.

The season of love will officially kick off with a card-making party from noon to 2 p.m. Jan. 3 at Carlton Senior Living-Orangevale, 8773 Oak Ave. Community members of all ages are encouraged to attend and help launch the effort by creating cards in person. If able, bring card making supplies to donate to local teachers for their classrooms to participate in making cards.

Last year, the program collected more than 10,400 Valentine's cards for seniors. Organizers are hoping to surpass that number this year and are asking the community, "Can we share 10,500 smiles?"

For many senior citizens, particularly those who are isolated or living in care communities, holidays can be a difficult and lonely time. A handmade



"Valentines for Seniors" is a community initiative aimed at spreading love and cheer to local senior citizens. Photo courtesy of Helping Hands OV

Valentine's card serves as a reminder that someone is thinking of them, that they matter and that they are still connected to their community. These cards often bring comfort, joy and a sense of belonging, making a lasting emotional

impact well beyond Valentine's Day.

Homemade cards can be dropped off in pink collection boxes at the following participating locations:

Katie Yount State Farm; Dairy Queen; Dwelly Chiropractic; Rod Works

Folsom; OV Grocery Outlet; OsteoStrong; Scotty's Hideaway; Fix Auto Orangevale; Moore's Garage; Rose Senior Placement; Total Landscape Concepts; Donut Spot; Mode

Continued on page 3

FORPD Board Hears Concerns About Homeless Encampments

By Shaunna Boyd

FAIR OAKS, CA (MPG) - At the Dec. 17 meeting of the Fair Oaks Recreation and Park District (FORPD) Board of Directors, a resident shared concerns about homeless encampments at Fair Oaks Park near the library.

The resident lives nearby and used to visit the park frequently, but she said now there are too many health and safety issues. In addition to trash and off-leash dogs, she's seen various drug paraphernalia including used needles and foil packets of fentanyl. When she reported it to the sheriff's office, she was told not to touch the foil packets, because fentanyl can be deadly.

She added that there have also been homeless advocate groups bringing food and supplies to the encampment, which she said is encouraging more people to stay there.

Another resident agreed it's a safety issue. While the resident said he's sympathetic to people experiencing homelessness, he said his right as a citizen to enjoy the park is being infringed upon. His taxes pay for the park, so he said he shouldn't feel unsafe there.

Parks and Facilities Manager Sean Ventura said, "I'm in constant contact with the homeless outreach team," which is through the Sacramento County's Sheriff's Office.

District staff call the non-emergency number almost every night to report homeless people sleeping in the park, but they get put on a list and it can take some time before officers respond.

Ventura encouraged residents to also submit reports to the sheriff's non-emergency line.

"The more voices that are raised in concern over this, the more attention we'll get," Ventura said.

Ventura said as soon as people are removed from the encampments, district staff go in and clean up the trash and debris. But they don't have any enforcement ability to physically remove people.

Chair Delinda Tamagni said, "It's a safety issue. It needs to be handled."

She suggested adding information to the district's website directing residents to report incidents to the sheriff, stating that the district and the residents should be "the squeaky wheel."

The Board considered an

Continued on page 7

CalKIDS Expands Access to Education Resources

CalKIDS News Release

SACRAMENTO REGION, CA (MPG) - CalKIDS, California's landmark scholarship program for college and career training, awarded laptops to eight families across Sacramento and California as part of a statewide initiative to expand access to essential learning tools and increase awareness of the CalKIDS Scholarship Accounts available.

The giveaways, conducted in partnership with Audacy radio stations, were designed to reach families where they already spend their time and to help bridge the digital divide that continues to impact students across the state.

Today, a reliable laptop is more than a convenience; students need one to complete basic school assignments, apply to colleges, explore career and technical education programs, and access the digital tools that support long-term academic success.

For many families, the impact has been immediate.



A CalKIDS Laptop Giveaway winner smiles after receiving a new HP Chromebook, along with KRTH-101 gear from CalKIDS partner Audacy. Courtesy photo

One Sacramento parent shared that the new laptop will support all three of her sons, who are required to use a computer for school. Until now, the family relied solely on rented devices and had never been able to purchase one of their own. She said

they were incredibly grateful to finally have a laptop at home, one that will ease the stress of keeping up with schoolwork.

"The path to higher education starts with access, and when families learn about CalKIDS and receive tools

like laptops, it becomes easier to take that first step," said Cassandra DiBenedetto, executive director, ScholarShare Investment Board.

"These efforts are about removing barriers, increasing awareness, and making sure every family knows that California is investing in their children's futures."

As CalKIDS continues its statewide outreach, the program is working with trusted partners including schools, community-based organizations, and hospitals to remind families that millions of dollars in CalKIDS Scholarships are still available to claim.

Children born in California on or after July 1, 2022, automatically receive up to \$175 in a CalKIDS Scholarship Account, and eligible public-school students in grades 2 through 12 can receive up to \$1,500 to help offset the cost of higher education.

Families are encouraged encouraged to learn more, check eligibility and claim their child's CalKIDS Scholarship by visiting CalKIDS.org. ★

New Year, New Laws

California Highway Patrol News Release

SACRAMENTO REGION, CA (MPG) - The California Highway Patrol (CHP) is committed to keeping the public informed so they can make the safest choices for themselves and their families. As part of this effort, the California Highway Patrol is highlighting new public safety laws passed during this year's legislative session and signed by Governor Gavin Newsom. Unless otherwise noted, these laws take effect Jan. 1, 2026.

Crimes: Burglary Tools (AB 486, Lackey)

Assembly Bill 486 makes it a misdemeanor to possess a key programming device, a key duplicating device, or a signal extender with the intent to commit burglary. The offense can result in up to six months in county jail, a fine of up to \$1,000, or both.

This bill expands existing law by adding those three tools to the list of tools illegal to possess with the intent to commit burglary.

Electric Bicycles: Required Equipment (AB 544, Davies)

Assembly Bill 544 mandates that electric bicycles must have a red reflector or a solid or flashing red light with a built-in reflector on the rear during all hours of operation, not just during darkness as the law previously required.

The bill also allows the California Highway Patrol-developed online electric bicycle safety and training program to fulfill the safety course requirement for minors who receive a helmet violation involving electric bicycles.

Off-highway Electric Motorcycles (SB 586, Jones)

Senate Bill 586 defines an "off-highway electric motorcycle" or "eMoto" as a vehicle that: is designed primarily for

off-highway use; is powered by an electric motor that does not require a motor number; has handlebars for steering, a manufacturer-provided straddle seat, and two wheels; and is not equipped with manufacturer-provided pedals.

This bill also classifies an off-highway electric motorcycle as an off-highway motor vehicle (OHV), subject to the same rules and regulations. This includes a requirement that a person operating an off-highway motor vehicle wear a safety helmet and that every off-highway motor vehicle not registered under the Vehicle Code display an identification plate or device issued by the Department of Motor Vehicles.

Pedestrian Safety: School Zones: Speed Limits (AB 382, Berman)

Assembly Bill 382 allows local authorities to lower the school zone speed limit from 25 to 20 miles per hour by ordinance or resolution through Jan. 1, 2031. After this date, the speed limit will automatically decrease from 25 to 20 miles per hour in school zones when proper signage is posted.

State Highway Work Zone Speed Safety Program (AB 289, Haney)

Assembly Bill 289 authorizes the Department of Transportation to establish a work zone speed safety system

pilot program. The program will utilize a fixed or mobile radar or laser systems to detect speeding violations and capture a clear photograph of a vehicle's license plate. Citations will be issued to the vehicle's

registered owner with specified requirements and procedures for program implementation, citation issuance, review and appeal.

Vehicles: Highway Safety (AB 390, Wilson)

Assembly Bill 390 expands the "slow down and move over" law to include any highway maintenance vehicle or stationary vehicle using flashing hazard lights or warning devices such as cones and road flares. Drivers approaching such a vehicle must move into a lane that is not next to

the stopped vehicle or slow down to a safe speed if changing lanes is not possible.

Traffic Safety: Speed Limits (AB 1014, Rogers)

Assembly Bill 1014 authorizes the Department of Transportation to reduce a speed limit by five miles per hour on a highway, and mandates warning citations during the initial 30 days after a speed limit is lowered.

Vehicle Removal (AB 875, Muratsuchi)

Assembly Bill 875 authorizes a peace officer to impound a vehicle for at least 48 hours if the vehicle has fewer than four wheels but does not meet the definition of an electric bicycle, is powered by an electric motor capable of exclusively propelling the vehicle over 20 MPH on a highway and the operator is not licensed to operate the vehicle or is a class 3 electric bicycle being operated by a person under 16. A safety course may be required as a condition of release if the impoundment involves a child under 16 years old operating a class 3 electric bike as described in Section 312.5 of the Vehicle Code.

The following public safety laws were passed during the 2024 legislative session and will go into effect in 2026.

Electric Bicycles, Powered Mobility Devices and Storage Batteries (SB 1271, Min)

Beginning Jan. 1, 2026, Senate Bill 1271 focuses on improving the safety standards for electric bicycles, powered mobility devices, and related lithium-ion batteries. It requires these devices and their components, such as batteries and charging systems, to be tested by accredited laboratories to meet specific safety standards.

The bill also mandates labeling these products to show compliance with safety regulations, ensuring consumers are informed. Furthermore, it prohibits distributing, selling, or leasing e-bikes and related equipment unless they meet these standards, aiming to reduce risks like fire hazards and electrical malfunctions.

Beginning Jan. 1, 2028, the bill would prohibit a person from renting or offering for rental an electric bicycle, powered mobility device, charging system, or storage battery unless it has been tested to the specified safety standard.

Autonomous Vehicles (AB 1777, Ting)

Upon the Department of Motor Vehicles (DMV) adoption of necessary regulations, AB 1777 creates new authority for a law enforcement officer to issue a "notice of autonomous vehicle (AV) noncompliance" to an autonomous vehicle manufacturer for an alleged traffic violation committed by one of their vehicles.

Beginning July 1, 2026, AB 1777 establishes additional requirements for how AVs that operate without a human operator in the vehicle interact with first responders, including a requirement for manufacturers to provide a two-way device in the vehicles to communicate with first responders.

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



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Cost: Contact the Fair Oaks Chamber of Commerce for detail

FairOaksChamber.com or call 916-967-2903

County Opens First Community Garden

Get Ready for 42nd Annual Crab Feed Fundraiser

Rotary Club of American River News Release

CARMICHAEL, CA (MPG) - The Rotary Club of American River will be hosting its 42nd Annual Crab Feed fundraiser 5 to 9 p.m. Feb. 7 at the La Sierra Community Center, 7900, 5325 Engle Road #100 in Carmichael. All proceeds from the event will support three youth educational and enrichment programs in our community – Soil Born Farms, Effie Yeaw Nature Center and Starr King Elementary School.

Admission is \$85 per person with various sponsorships available.

The “Unite for Good” fundraiser will feature a crab feed with all the trimmings, a cake auction, a silent auction, a live auction and live entertainment. There will be inspiring stories of those who will be served by organizations that will receive funds from the fundraiser as well as opportunities to connect with local leaders and volunteers. All proceeds will support our ongoing initiatives to support youth educational and enrichment programs at Soil Born Farms in Rancho Cordova, Effie Yeaw Nature Center in Carmichael and Starr King Elementary School in Carmichael.

The Rotary Club of American River invites community members, businesses

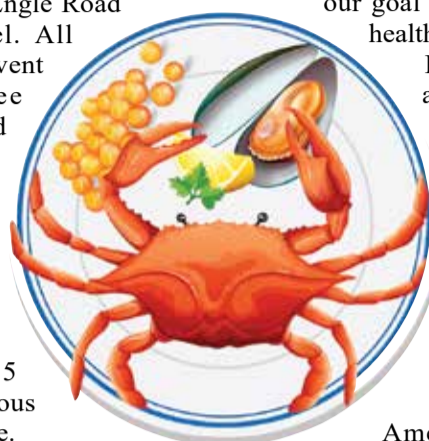
and organizations to join in making a positive impact for youth education and enrichment in our community. You can participate by attending the event, becoming a sponsor, donating auction items, or volunteering your time. Every contribution helps us move closer to our goal of building a stronger, healthier community.

For more information about the fundraiser and sponsorship opportunities, contact fundraising coordinator Maria Mengotti via email at rotaryar-rotary.org or visit www.ar-rotary.org/fundraiser.

The Rotary Club of American River is dedicated to meeting community needs and improving lives in the local Sacramento region as well as working with global partners to serve communities around the world.

As part of Rotary International, we are a worldwide network of 1.2 million people who are neighbors, friends, leaders and problem-solvers. We believe in a world where people come together to make meaningful, lasting changes, both globally and in our local communities.

For more than 110 years, Rotary’s people of action have used their passion, energy and intelligence to take action on sustainable projects. From literacy and peace to water and health, we are always working to better our world.



Garden plots at Gibson Ranch Regional Park are now open for reservation for Sacramento County residents. Photo courtesy of Sacramento County

Sacramento County News Release

SACRAMENTO REGION, CA (MPG) - Sacramento County Regional Parks is proud to announce the opening of its first community garden at Gibson Ranch Regional Park, now open for plot reservations. This new community space invites residents of all gardening experience levels to grow fresh produce, share knowledge and build connections in a beautiful outdoor setting.

Located within the scenic 355-acre Gibson Ranch Regional Park, 8556 Gibson Ranch Park Road, the garden includes 48 20' x 20' plots, with designated space for 12 raised accessible beds that will be built as plots are reserved. All gardening is organic, with water access and community areas designed to support year-round stewardship and sustainable practices.

“Community gardens connect people to the land, to healthy food and to

each other,” said Liz Bellas, director of Sacramento County Regional Parks. “We’re excited to welcome residents to this beautiful new space where neighbors can learn, grow and cultivate not just plants, but community.”

Plot registration opened Dec. 1, and Sacramento County residents receive priority. Remaining plots may be offered to non-residents if space allows.

Whether you’re an experienced gardener or trying it for the first time, the Gibson Ranch Community Garden offers a unique way to spend time outdoors, grow your own food and help nurture a shared resource that benefits the entire community.

For more information and to register for a garden plot, visit the Community Garden at Gibson Ranch Regional Park page on the Sacramento County Regional Parks website, <https://regionalparks.saccounty.gov/Pages/default.aspx>

LOCAL ARREST RECORDS

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Valentines for Seniors Returns

Continued from page 1

Brewing + Kitchen; Greenback Hazel Animal Hospital; Ashley’s Country Kitchen; Miss Rancho Cordova Pageant Inc.; Greenback Treasures; BrainyZoo Toys; Vision Tax; The Moth Hole; Hot Off The Griddle; and La Placita.

Helping Hands OV is a local nonprofit organization that assists low-income,

elderly and disabled neighbors with small household tasks and offers a wide range of community programs, including Valentines for Seniors.

For more information, and a full list of drop off locations, visit helpinghandsov.org under the Programs tab or contact Helping Hands OV at helpinghandsov@yahoo.com.



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Visit dignityhealth.org/get-care-today to schedule an appointment. Same-day care facilities are a service of Dignity Health Medical Foundation.

Free Car Seat Program Protects Children

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - The California Office of Traffic Safety (OTS), has awarded Sacramento County Public Health a \$137,039 grant to continue and expand the reach of the car seat safety program in partnership with Dignity Health, Mercy San Juan Medical Center. The grant program runs through Sept. 30, 2026. This is the fifth consecutive year Sacramento County Public Health has received grant funding for its car seat safety program.

“Car seat safety saves lives but only when families have the knowledge and resources to use them correctly,” said Dr. Kasirye, Sacramento County public health officer. “With funding from the Office of Traffic Safety and our partnership with Dignity Health, Mercy San Juan Medical Center, we’re doing our part to make sure every child can travel safely.”

Car crashes are one of the leading causes of deaths and injuries for children and many of these injuries are easily prevented using child safety seats and seat belts. Using a properly fitted child safety seat can reduce the risk of car crash deaths by 71 percent for infants and 54 percent for toddlers ages 1-4, according to the National Highway Traffic Safety Administration (NHTSA).

The goal of the car seat program is to give every child in Sacramento County access to the safest possible travel environment. The program provides child safety seat inspection and education classes; child passenger safety technician and recertification courses; no-cost child safety seats for families in need and community outreach efforts in underserved communities

In 2025, the car seat safety program distributed more than 400 car seats to families in need. Over 1,300 parents, grandparents and caregivers learned about correct car seat use and installation through online workshops, in-person classes, community health fairs and school resource fairs, among other events.

“The value and importance of car seats cannot be overstated, as they are directly tied to the safety



“Car seat safety saves lives but only when families have the knowledge and resources to use them correctly,” said Dr. Kasirye, Sacramento County public health officer. Photo courtesy Freepik

and lives of children. Many of our clients come from countries such as Afghanistan and various Arab nations, where car seats are not commonly used, and where their importance is not fully recognized,” said Zalmi Ahadi, a caseworker at Al-Misbaah – a faith-based nonprofit that partners with Dignity health to distribute car seats and educate parents.

“The collaboration and educational programs offered by Mercy San Juan Car Seat Program have a vital and life-saving impact for immigrant families.”

The program hosts workshops specifically targeting underserved and refugee communities, offering resources in multiple languages to make certain families, regardless of background or ability to afford a car seat, are equipped to protect their children on the roads.

According to Loran Abassi, program manager with the Refugee Enrichment & Development Association (REDA), one client arrived in

Sacramento in April 2025 with his five-month-old twins and was struggling to navigate life in a new country while learning how to be a first-time father. Unfamiliar with U.S. car seat laws and without the financial means to purchase car seats, he faced a critical safety gap for his children.

The Dignity Health Mercy San Juan Car Seat Program provided him with hands-on education about car seat safety and two car seats for his twins. He walked away with knowledge and tools to transport his children safely as he began a new chapter for his family in Sacramento County.

The program’s success hinges on community involvement. Certified Child Passenger Safety Technicians (CPSTs) are an integral part of the program and offer hands-on assistance at car seat inspection events. They’ve helped install over 600 car seats properly for families to make sure their children are safe.

“It has been a great privilege to do my part in ensuring that underserved and low-income

families in our community have access to appropriate child safety seats, regardless of their socioeconomic status,” said Allison Boltz, a community injury prevention educator at Mercy San Juan Medical Center. “Caregivers often share their gratitude and the sense of relief that comes with knowing that they are really doing their best to keep their children safe in their car.”

Iris Austin, the First Lady at Higher Heights Community Church, shared the story of a mother who attended one of the workshops with her mother-in-law, who recalled that her own son had been in a serious car crash as a child and still carries the scar today. During the training, the grandmother became emotional, reliving the fear and trauma of that experience.

A technician with the Dignity Health, Mercy San Juan Car Seat Program took time to walk with her to her vehicle and check the car seat installation, which was found to be incorrect. When it was gently corrected, the grandmother expressed

overwhelming gratitude, saying she never wanted her grandson to go through what her son had endured.

The Child Passenger Safety Program is designed to meet families where they are, whether that’s a workshop at their church or local health center, so they can receive a free car seat or learn about the importance of safe travel for their children.

Interested participants are encouraged to make a car seat safety check appointment at Methodist Hospital or Mercy San Juan Medical Center, and can call the Car Seat Hotline at (916) 864-5779 with any questions.

For more information about the program, visit Sacramento County Childhood Illness and Injury Prevention or contact Riley Stoltenburg at (916) 875-6094 or StoltenburgR@sac-county.gov.

Funding for this program was provided by a grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration (NHTSA). ★

First Flu-Related Death of the Season Confirmed

Sacramento County News Release

SACRAMENTO REGION, CA (MPG) - Sacramento County Department of Health Services, Public Health Division (SCPH) is reporting the first influenza-related death of the 2025-26 flu season.

The individual, who was a child, had no underlying medical conditions and died of complications of influenza (also known as the flu). At this time, vaccination status is unknown.

Some people are at high risk of developing serious influenza-related complications. This includes people 65 years and older, people of any age with certain chronic medical conditions (such as asthma, diabetes, or heart disease), pregnant women, and young children under 5 years old.

Influenza is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness, and at times can lead to death. The flu is different from a cold. The flu comes on suddenly. People who have the flu often feel some or all of these symptoms: fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue



Influenza is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness, and at times can lead to death. Photo courtesy Freepik

(tiredness), or vomiting and diarrhea.

Most people who get the flu recover in a few days to less than two weeks, but some people will develop complications (such as pneumonia) as a result of the flu, some of which can be life-threatening and result in death.

According to the California Department of Public Health, everyone over 6 months of age should receive the flu vaccine each year.

In addition to vaccination, the public is encouraged to take the following steps to protect themselves and others against flu, COVID-19 and other respiratory illnesses: wash hands thoroughly and frequently,

cover coughs and sneezes, stay home from work or school when sick, consider indoor masking in crowded places, improve ventilation by opening windows or moving events outdoors, and disinfect frequently used surfaces.

For those at higher risk who do get sick, get tested and talk with your healthcare provider about treatment options.

Flu vaccines can be accessed at your healthcare provider’s office and many local pharmacies.

For more information, visit Sacramento County Department of Health Services, Public Health Division’s list of flu and covid vaccination locations at www.saccounty.gov. ★

Volunteers Needed to Help Understand and Address Homelessness



This community effort will not only help to determine the number of people experiencing homelessness in the Sacramento region but will also help us to: understand why people in our community become homeless; create better policies, programs and services; track progress in reducing homelessness. Photo courtesy Freepik

Sacramento County News Release

SACRAMENTO REGION, CA (MPG) - Want to help Sacramento better understand and address homelessness? You’re invited to volunteer for the 2026 Point-in-Time (PIT) Count.

This community effort will not only help to determine the number of people experiencing homelessness in the Sacramento region but will also help us to: understand why people in our community become homeless; create better policies, programs and services; track progress in reducing homelessness and secure federal funding which supports local shelters and services.

The Point-in-Time (PIT) count will be held 5–11 p.m. on Jan. 26 and 27. Registration is required by Jan. 15.

“While it captures only a snapshot in time, the Point-in-Time (PIT) Count offers valuable, community-wide participation and insight. It helps us better understand homelessness in our region and ensures our community can continue accessing funding that directly supports our neighbors who are experiencing or at risk of homelessness,” said Dr. Trenton Simmons, chief program officer of Sacramento Steps Forward. ★

No experience is required for volunteers, with mini training video segments and other materials provided ahead of the nights of the count to help volunteers know what to expect. Volunteers will meet at one central location before heading out to predetermined routes across the County.

Volunteers will use a mobile phone app to record the number of people they encounter who said they would be sleeping outdoors or in vehicles. They also will conduct a brief survey with those willing to participate to better understand who is experiencing homelessness in Sacramento, for how long and what kinds of services could best assist them.

While volunteers focus on people living unsheltered outdoors, the overall Point-in-Time (PIT) Count includes those staying in respite centers and shelters.

To canvass, a volunteer must be at least 18 years old, be willing to travel by foot and car to predetermined locations and be willing to use their personal smartphone and flashlight.

Ready to be part of resolving homelessness in our community? Register now at www.sacramentostepsforward.org/data-and-analytics/2026-sacramento-point-in-time-count/ ★

Taxpayers Deserve the Real Story on Capitol Annex Costs



By Assemblyman Josh Hoover

California's rigorous labor standards. The latest project update defends this move as "the most budget-conscious and affordable option." While fiscal prudence is commendable, it serves as a stark acknowledgment of the burdensome business climate in our state. Moreover, it appears at odds with California's broader policy objectives, including supporting domestic jobs and sustainable practices.

Since being elected to the Assembly three years ago, I have repeatedly sought detailed financial data and revised project costs, only to be met with silence. Frustrated by this stonewalling, Assemblyman Joe Patterson and I sent a letter to Governor Gavin Newsom last month urging decisive action to inject overdue transparency into the project. The governor's office merely redirected us back to the Joint Rules Committee -- the very entity that has ignored our inquiries.

Regrettably, the most recent project update falls far short of addressing these issues. It recycles familiar details, attributes delays to litigation stemming from the Legislature's own flawed decisions and offers a litany of justifications for anticipated cost escalations. Most alarmingly, it appears to resurrect plans for a Visitor Center that would require the demolition of the historic West Steps, despite recent assurances that this element would be

scrapped. We must prioritize preserving the West Steps and ensuring every taxpayer dollar is spent wisely.

For almost four years, the Joint Legislative Rules Committee has withheld updated cost projections for the sprawling 525,000-square-foot Capitol office building and parking garage. This report is no exception, offering vague allusions to expenses without substantive details. It concedes overruns but provides scant clarity on their impact to California taxpayers. No fresh cost estimates have emerged since the 2021 figure of \$1.1 billion, though the update dangles a promise of a "robust fiscal outlook" in 2026. Color me skeptical.

Californians deserve better than excuses and evasion. True transparency demands full disclosure now -- not nebulous pledges for the future. As lawmakers, we owe it to our constituents to lift the veil on this project and hold ourselves accountable for every decision made with public funds.

Assemblyman Josh Hoover represents the 7th Assembly District in Sacramento County, which includes the cities of Citrus Heights, Folsom, and Rancho Cordova and the unincorporated communities of Carmichael, Fair Oaks, Foothill Farms, Gold River, Mather, McClellan Park, North Highlands, Orangevale and Rosemont. You can follow him on X @ joshua_hoover or contact his office at Assemblymember.Hoover@assembly.ca.gov. ★

Sacramento Region Community Foundation Offers More Than 40 Scholarships

Nearly \$1 Million in Scholarships are Awarded Annually



Benny Goodman Foundation Scholarship recipient Abigail Canafe at UC Berkeley graduation. Photo courtesy of Abigail Canafe

Sacramento Region Community Foundation News Release

SACRAMENTO REGION, CA (MPG) - The Sacramento Region Community Foundation invites interested students from throughout the region to consider applying for one or more of the 40-plus open scholarships available through the organization.

Ranging from \$1,000 to \$10,000, many of the open scholarships are based on financial need while some are focused on academic status or earmarked for a specific cause or area of study. Criteria are diverse and determined based on the specific wishes of local individuals who donated to establish the scholarships.

Opportunities exist to support former foster youth, English language learners, students living with chronic illness, those interested in veterinary medicine or sustainable agriculture and more. The deadline to apply for the majority of the open scholarships is by March 13, 2026.

As one example, Abigail Canafe was a student at UC Berkeley in 2021 and received the Benny Goodman Foundation Scholarship which supports students studying jazz or classical music. The impact of this funding affected her so profoundly that she now volunteers as a scholarship evaluator with the foundation.

Canafe said, "As a past scholarship recipient, I want to give back to the Sacramento

Region Community Foundation and continue helping future students fund their education."

"Investing in young people -- or lifelong learners -- is one of the most powerful ways we can strengthen our region's future," said Kerry Wood, CEO of the Sacramento Region Community Foundation. "Scholarships reduce financial barriers and, just as importantly, they tell students that their community believes in them. We strongly encourage students from throughout the region who are interested in furthering their educational goals to review and apply for the variety of open scholarships that the foundation is proud to offer."

In 2024, more than \$1 million in scholarships were awarded by the foundation, which supported 400 students as they worked to achieve their educational goals. Since its founding in 1983, the foundation has distributed more than \$275 million in scholarships and community grants, demonstrating its long-term commitment to regional opportunity.

For descriptions and eligibility requirements, students interested in exploring and/or applying for open scholarships, or community members considering making a tax-friendly gift of any amount to support future scholarship awards, should visit www.sacregrcf.org/students.

Information about the Sacramento Region Community Foundation and charitable giving can be found at www.sacregrcf.org. ★

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Kings Korner

By V.G. Harris



On Dec. 27 the Sacramento Kings treated the hometown fans to a post-Christmas treat with a stirring 113-107 victory over the visiting Dallas Mavericks. It was a reminder that although Dallas is a notable team with playoff intentions, the Kings have the talent to match up nightly with any team in the NBA. They have demonstrated this repeatedly, but the conundrum has been a complete lack of consistency as it relates to game over game results.

Why, you ask? The singular question that begs for an answer.

Injuries have played a role to be certain, but every NBA club must contend with injuries.

If I had to answer this question as honestly as I could, I would turn to the one player on this year's squad that has the greatest impact and that is none other than Domantas Sabonis. Over the past 3 ½ seasons Domantas hasn't just led the NBA in rebounding and double-doubles, he's been the singular stabilizing influence on a team that needs a leader like none-other. Sabonis' nightly consistent reinforcement of the fundamentals in playing the paint the old-fashioned way, gives every player on the floor a boost of confidence.

Domantas has a motor that just won't quit, and his enthusiasm for the game of basketball is simply contagious. Players want to play with this guy, and former King Jonas Valanciunas was vocal in his admiration for Sabonis and his desire to play alongside the Kings big man.

Unfortunately, the Kings did not value the talent that Valanciunas brought to the floor and allowed him to walk out the back door. Denver did not hesitate to provide their multiple MVP center Nikola Jokic with a resplendent backup, and Valanciunas has thrived this season in his new role.

The number one problem the Kings have had to face this season is not having Domantas on the floor, and their record shows it. 8 wins in 35 contests matches the worst start for an NBA season in the Sacramento Kings franchise history, and this is not a record you want to be a part of. Getting Sabonis back on the floor will be the first step in establishing what this year's team really is, but the Kings face a real dilemma.

GM Scott Perry is making noises that this year's team is about to receive a complete face lift, and Domantas Sabonis name has been mentioned or at least rumored in possible trade rumors. That would be mistake of herculean proportions.

Breaking news, the grass is not always greener on the other side.

Do you not remember what the organization did just one year ago when it inexplicably sent face of the franchise DeAaron Fox to the San Antonio Spurs?

DO NOT trade Domantas Sabonis. Draw a line in the sand, NOW, and build around a player that gets fans on their feet every game!

Stop trading away talent that makes other NBA teams stronger such as Davion Mitchell, DeAaron Fox, Issac Jones, and Boston Celtic starting center Neemias Queta. Yes, Neemias Queta, that the Kings had the good sense to draft 39th overall in the 2021 NBA draft and then send him to the G league where he thrived.

Fans saw something in this raw rookie and gave him more votes than any other King when it came to All-star voting that season.

The front office saw things differently and waived Queta in August 2023, and he was immediately scooped up by the Boston Celtics. Signed to a 2-way contract, Queta went on to help Boston win and NBA championship that same season and has since worked his way up to become this year's starting center. In the recent 120-106 loss to the Celtics, Queta provided the Kings with an up front and personal look at why their decision to let him go should have been reconsidered. Queta held down the paint efficiently all night, while posting 13 points, 5 rebounds, and 3 big blocks.

Simply stated, the Sacramento Kings must stop giving away valuable NBA talent and find someone in the organization that can effectively grade players and determine who is and who is not a viable NBA player.

Stay tuned Kings fans because Domantas will hopefully return soon, and then we can see what this team can do with a true NBA center on the floor.

Happy New Year Kings fans and by all means do not give up hope! ★

New Year May Entertain Political Junkies, but Sluggish Economy Deserves the Spotlight



By Dan Walters, CALMatters.org

As the new year begins, there's no shortage of political trends to keep Californians preoccupied, entertained or perhaps appalled — particularly the state's transcontinental feud with President Donald Trump.

There is Gov. Gavin Newsom's all-but-announced campaign for president, centered on his self-appointed role of resistor-in-chief to Trump. As Newsom continues to troll Trump this year we may learn whether it continues to advance Newsom as a White House frontrunner or becomes tiresome and off-putting.

As 2025 ended Axios, a news website, reported that Newsom's potential rivals are ratcheting up efforts to undermine his bid, arguing that, as a California progressive, he's unelectable.

Another point of political fixation is Newsom's successful effort to gerrymander California's 52 congressional seats to help Democrats recapture control of the House in 2026. Whether it works is a question hanging over his presidential ambitions.

Still another is the campaign to choose a successor to Newsom. It so far has attracted a large contingent of Democrats without, as yet, a clear leader. There's a theoretical possibility that with as many as a dozen Democrats in the field, the

two Republicans could finish first and second in the June 2 primary and face each other for the governorship in November, despite the GOP's very weak standing among voters.

This year's election cycle also promises to be another showdown of moneyed interests via dueling ballot measures, with those either increasing or decreasing taxes at the top of the heap.

While political junkies can feed their habits this year, the more profound issue that faces California will be its moribund economy.

Newsom often brags that California's \$4 trillion economy, were it a nation, would rank fourth in the world. However, it has seen zero net job growth since the COVID-19 pandemic ended and recently has experienced employment shrinkage.

More than a million Californians in the labor force are jobless and the state's unemployment rate, currently 5.6%, has been the highest or near the highest of any state for several years.

Employment doldrums have affected even the state's hallmark sectors, most obviously Southern California's withering film and TV production industry and the Bay Area's high technology concentration.

The latter has almost single-handedly propped up the state's economy and generated a huge portion of tax revenues, but layoffs have proliferated as artificial intelligence is increasingly employed — a syndrome that also affects Hollywood.

Stubborn, or even increasing, unemployment makes it more difficult for state and local governments to cover their budget deficits — thus underpinning the

thrust for tax increases on state and local ballots. The sluggish economy also hampers efforts to improve two of the state's most pressing socioeconomic issues, its highest-in-the-nation poverty and homelessness levels.

Even Californians who have homes and jobs are feeling the economic pinch. Combining economic data with polling results, the Public Policy Institute of California recently discovered rising economic angst among California residents.

"California is one of the largest economies in the world, but many working Californians do not feel economically secure (and) they struggle to pay their bills, save for the future, and balance the demands of work and daily life," PPIC reported, adding that polling data "indicate that pessimism about future economic opportunity has become even more pervasive amid recent economic volatility."

As he shifts into presidential campaign mode, Newsom has every reason to keep bragging about the state's economy. But those running to replace him and state legislators should make 2026 the year to recognize that California has serious problems, to bore into the underlying causes and to do what they can to once again make California thrive.

History tells us that taking prosperity for granted — think Detroit — is an invitation to economic ruin.

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 My Wife Believes She Can Get a Spouse Benefit While I'm Still Alive; Can She?



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: A friend of my wife told her, and she believes, she could receive a Social Security benefit based on my SS benefit that I'm currently receiving while I'm still alive. I told her she could only receive spouse survivor benefits. Is there any truth to what she now believes? Would you settle this issue for us please? Thank you.

Signed: Uncertain Husband

Dear Uncertain Husband: Well, surely don't want to get in the middle of your marital discussion, but I'll be happy to explain Social Security's rules about your wife's eligibility for spousal benefits while you are both still living. And just for awareness for both of you, the rules about spousal benefits are one of the most confusing areas of Social Security.

Per Social Security's rules, a spouse (e.g., your wife) can receive a "spousal boost" from you — while you are still living — if the SS retirement

benefit she is personally entitled to at her full retirement age (FRA) is less than 50% of the SS retirement benefit you are (were) entitled to at your FRA (full retirement age amounts are used to calculate living spouse benefits, regardless of when each of you actually claimed your Social Security).

So, if your FRA entitlement benefit amount is more than twice your wife's FRA entitlement benefit amount, she can, indeed, get a "spousal boost" from your record while you are both still living. The spousal boost is added to her own SS retirement amount and will be based on the difference between her FRA entitlement and half of your FRA entitlement. Thus, in this discussion, your wife may be correct — she may be able to get a spousal boost from you while both of you are living, depending on how your personal FRA retirement amounts compare. The best way for your wife to find out is to contact Social Security on 1.800.772.1213 to inquire, and if she's eligible, also make an appointment to apply for her spousal benefit.

And to clarify your wife's options as your possible widow, a surviving spouse can also get a survivor benefit if their marital partner passes away, but only if the deceased spouse's current benefit (at death) was more than the surviving spouse is already

receiving. The surviving spouse receives the higher amount, instead of their own smaller Social Security retirement benefit.

But here is an important thing to know: Whenever any Social Security benefit (including a spousal or surviving spouse benefit) is claimed before the recipient's full retirement age, the payment amount is permanently reduced (both spousal and survivor benefits do not reach maximum until the recipient's full retirement age). And just to complete the picture for survivor benefits, a surviving spouse is also entitled to a one-time, lump-sum death benefit of \$255 if their marital partner dies, in addition to any other benefit they are entitled to.

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For elements of the anti-Israel right, it's a time when everything old is becoming new again. So, a half-century-old theory that the Jewish state deliberately attacked the USS Liberty during the Six-Day War has renewed currency.

Conspiratorial-minded influencers hostile to Israel, like Tucker Carlson and Candace Owens, have promoted the notion, and it was a topic of discussion at the recent TPUSA conference. One speaker said that the official explanation "doesn't feel like it's good enough," and floated his own wild speculation (involving the complicity of LBJ).

The fact is that the devastating Israeli attack on the Liberty, killing 34 and wounding 171, was a woeful case of mistaken identification. The series of faulty judgments that led to the incident is so grievous that, taken altogether, it is, indeed, nearly incomprehensible. Yet, when operating with incomplete information in a shooting war, such accidents happen all the time. The Israelis apologized immediately upon realizing their ghastly mistake and offered restitution.

On June 8, 1967, the 6th Fleet was keeping its distance from the hostilities in the Six-Day War, fought between Israel and Egypt, Syria and Jordan. The USS Liberty, a spy ship, had come within 13 nautical miles of the Sinai coast, though. It requested a de-

No, the USS Liberty Incident Wasn't Israeli Treachery

stroyer escort, which was denied, and orders to the Liberty to withdraw about 100 miles from the front were delayed in a communications tangle.

That morning, an ammunition dump ignited in the coastal city of El-Arish in the Sinai, and the Israelis (wrongly) believed the location had been shelled by Egyptian ships. The Israeli navy spotted the Liberty heading toward Egypt and (wrongly) concluded it had been one of the attackers. Two Israel Mirage jets saw no identifying markings on the Liberty (a later U.S. inquiry speculated that the flag might not have been visible for lack of wind) and strafed the ship. More Israeli jets napalmed the Liberty.

The absence of return fire puzzled the Israelis, who paused to ensure they weren't hitting an Israeli vessel. Assured it wasn't one of their own, they renewed the assault.

Still uneasy, they looked for identifying markers again. They saw no flag, but made out Latin, not Arabic, letters on the hull. That strongly suggested the vessel wasn't Egyptian.

Yet, a squadron of Israeli torpedo boats determined that the Liberty's silhouette matched an Egyptian supply ship. A request for identification from the Liberty received no affirmative reply.

The Liberty's captain ordered his men not to shoot at the torpedo boats, but one gunner briefly fired and there were further discharges from exploding ammunition. Believing

they were taking incoming from an Egyptian ship, the torpedo boats requested permission to fire and got reluctant assent. A torpedo slammed into the Liberty, blowing a hole 24 feet tall by 39 feet wide and killing more than two dozen sailors.

Eventually, an Israeli torpedo boat picked up a raft from the Liberty with U.S. naval markings and the Israelis realized their tragic error. They apologized instantly to U.S. naval attaché Ernest Carl Castle, and an Israeli helicopter attempted to take him out to the Liberty (the effort was foiled by darkness). The Israeli torpedo boats offered assistance to the Liberty, which was rebuffed.

As Michael Oren points out in his history of the Six-Day War, none of the common conspiracy theories makes sense. There was no way that Israel — desperate for U.S. support and wary of Soviet enmity — was going to make an act of war against a friendly superpower. Nor did Israel need, as is sometimes posited, to hide its gains in the Sinai from the U.S., or its plans to hit Syria. It hadn't executed Egyptian POWs, so that didn't justify a murderous cover-up, either.

Both official Israeli and U.S. investigations determined that the attack was a friendly fire incident, but for Israel and the Jews in the current environment, the truth is no defense.

Rich Lowry is editor of the National Review.
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Picks For '26

So what do the planets project for 2026? Are they aligned for the good, the bad and perhaps even the ugly? We need to check in with one in the know about those heavenly bodies to give us a look at what's to come. And that should be **Mercury**, Astrologer/Mystic, who has looked up at the sky for decades, and can give us a preview of what is happening and a look at what's going to happen and why. **Mercury** shares his planetary insights on my POPPTALK Radio Show regularly so we can be prepared for what's to come. Here goes.

The year 2026 brings profound planetary shifts that will shape global trends, collective moods, and individual self-awareness. Extreme weather events—such as unprecedented earthquakes and floods—are likely to continue. We are living in a world where the climate itself is actively transforming.

Neptune's transition into Aries on January 27, 2026—for the first time since the 19th century—ushers in an era of spiritual awakening, creative revolution, and idealistic social movements, while simultaneously blurring the line between reality and fantasy. Water signs, in particular, are poised to embark on a deeply creative and imaginative period that begins in 2026 and lasts for several years.

On February 14, 2026, Saturn enters Aries, where it will remain until April 2028. Aries is fueled by swift action and impulsivity, while Saturn demands caution, planning, and structure. This transit calls us to balance ambition with discipline and to heed our inner guidance. For fire signs, 2026 marks a year of deep transformation, often arriving in surprising ways.

Pluto's ongoing journey through Aquarius continues to emphasize themes of technological revolution, collective empowerment, and shifting power structures. Questions surrounding scientific innovation, global cooperation, and political ethics will come to the forefront. Air signs will need to adapt to these ongoing changes, finding new avenues for growth and self-illumination.

The astrology of 2026 signals a time of bold innovation, spiritual exploration, and major shifts in both political and technological landscapes. These changes invite humanity to reflect more deeply on personal and collective values. Earth signs, in particular, will be called to make adjustments in pursuit of growth, with discipline proving essential for achieving their goals this year.

Transformation is on the horizon for everyone. Karma is not about punishment or reward—it is the natural result of your actions, shaping the quality of your life. Choose wisely and trust your inner guidance; you will not be led astray. Life is both a gift and a mystery—embrace them both, for they are one and the same.

So there's the star preview for the New Year. Decide what's best for you to be who you want to be and wish to accomplish. If you want more information, go to www.MichaelMercury.com or www.Mercury-Minute.com with more detail on how it all comes together. And let's get together on POPPTALK every Sat morning and Sunday evening on FM-104.5 & AM-950KA-HI or 24/7 at www.kahi.com. Just click on Listen, then audio on demand and we'll ring in the NEW YEAR together! ★



New Year's Resolutions: Finding, and Keeping, the Community Connection for You

By Patsy McGavock JustServe.org

It's a small act, really -- showing up. Yet, showing up might be the most powerful thing we can do for both our own well-being and the health of our communities. Face-to-face, regularly met, is how people build trust in neighborhoods, find shared purpose and learn how to live with others who think differently.

We recently explored how joining a club, group or recurring social space can benefit you personally and strengthen a divided democracy -- one community at a time.

When we connect face to face, around things we love, regularly, and talk about things that matter, we tend to stay in relationship even when we disagree. As Robert Putnam, author of "Bowling Alone", observed: we'll all still meet for choir practice later. These relationships build trust and keep us accountable, hallmarks of healthy community.

First steps of anything new, especially with people we don't already know, can feel intimidating -- yet those second and third steps, when taken regularly, settle into a feeling of home, while also having new experiences.

"I wouldn't have known I needed it," one bowling league member reflected. "I had friends, and that felt like enough. But they weren't totally different from me. I wouldn't have come to the place where I realized that's a good thing."

Start where people are and come regularly. Whether a formal club or informal meet-up, consistency matters most. I've seen family-like bonds form among regulars at restaurants, weekly gym classes, farmers markets, or walkers at the same park. The key is showing up with intention -- and the courage to act when that generous thought to say hello arises. When people notice you're not there, connection has taken root.

Look for a group at annual community events like Citrus Heights Sunday Funday or Fair Oaks Chicken Festival in September or Orangevale Open House (Jan. 24 from 9 to 11 a.m., at the Orangevale Grange). They offer a "sampling buffet" of local organizations. The menu is as wide as the community itself. Sitting in on a community council offers another look.

Websites like JustServe.org and Meetup.com list local volunteer and interest-based groups. Public libraries host a variety of regular events, for all ages and interests. Faith-based communities have study, service

and social groups.

Check the fit. Healthy, sustainable groups have patterns you can spot early. Meetings happen regularly. Members are engaged, and responsibilities are shared, not shouldered or kept close, by one person. Differences are met with respect, and new members are welcomed intentionally, including their ideas. The best groups adapt as they go and stay connected to the wider community. Look for transparency, laughter, and people who follow through -- signs that people not only show up -- but want to.

Truly connecting: It can seem like community-building requires grand purpose or complex structure. But research says otherwise. What matters most is repetition. And showing up with intention.

Trust and belonging come from repeated, low-stakes interactions. Like any relationship, community grows not through one big moment -- but through the next conversation. As one Odd Fellows Lodge member put it, "It's not instant gratification. You have to go do stuff. Just do something small. It adds up."

While today's pace often feels stretched thin, regular connection builds us up to keep going. That's why making connection a habit -- not just a hope -- is so important. And why doing so is vital. Not just for our own lives, but for our shared future.

Former U.S. Surgeon General Vivek Murthy calls this a moment of transformation: "We have to imagine being together differently... Not as an abstract idea, but here on the ground. It's an opportunity to move from a social recession to a social revival -- powered by individuals who decide they want to invest their time and attention."

That might mean taking risks. Showing up when it's awkward. Trying again if we feel unseen. And loving ourselves -- and each other -- into a different way of being together.

You don't even need to choose a new resolution. You can bring community around the one you already have. The most important resolution might be to show up somewhere, again and again, say hello -- growing better in shared resolutions, together.

Patsy McGavock volunteers as a community advocate informing, empowering and engaging readers with their community. Contact: PatsyMcGavock.JustServe@gmail.com ★

FORPD Board Hears Concerns About Homeless Encampments



A resident who lives nearby and used to visit the park frequently, but she said now there are too many health and safety issues. Photo courtesy Freepik

Continued from page 1

agreement with CPS-HR for recruitment services to hire a district administrator to replace Mike Aho upon his upcoming retirement in June.

The agreement recruitment process is expected to take 12-14 weeks, and the firm will handle advertising the position and reaching out to potential candidates. The full cost of services is a fixed fee of \$30,000, which includes a one-year guarantee if the selected candidate leaves or needs to be removed in that first year of employment.

A CPS-HR representative called in to say the process will begin with the board outlining their ideal candidate.

Director Ralph Carhart said he'd like someone who can replicate Aho's deep engagement in the community. "He listens to people. ... Everyone knows him."

The agreement was approved 4-0, with Director Darren Mounts absent.

A new Religious and Cultural Displays in Parks and Public Spaces Policy was considered by the board, after receiving a request this year to display a menorah in

Village Park.

The district did not have an existing policy on religious displays, but they granted the request and decided it would be best to establish a policy to guide consideration of any future requests.

The proposed policy would allow for temporary displays that meet constitutional requirements. Disclaimer signage will be included to ensure there is no district endorsement of particular religions.

The policy was approved 3-1, with Director Raymond James Irwin dissenting.

The board voted 4-0 to approve a revised salary schedule to reflect the state's minimum wage increase that will go into effect Jan. 1. T

The new rate will be \$16.90 per hour, a 2.4 percent increase. That rate covers most of the district's entry-level part-time and seasonal positions.

Director Irwin was selected to serve as board chair for 2026, with Director Mounts to serve as vice chair.

The next meeting of the FORPD Board of Directors is scheduled for Jan. 21. ★



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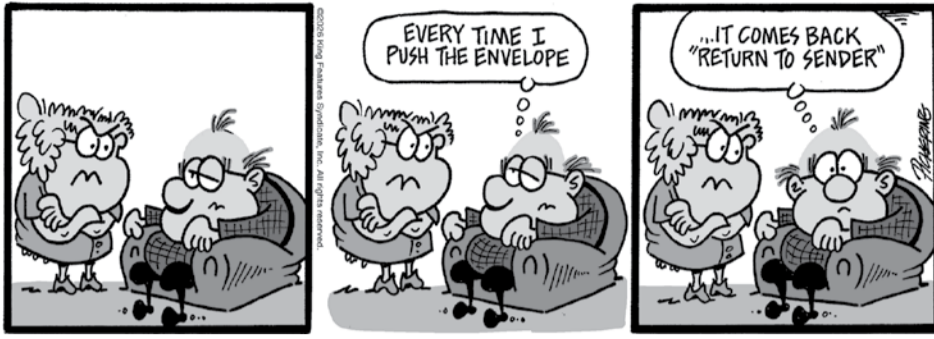
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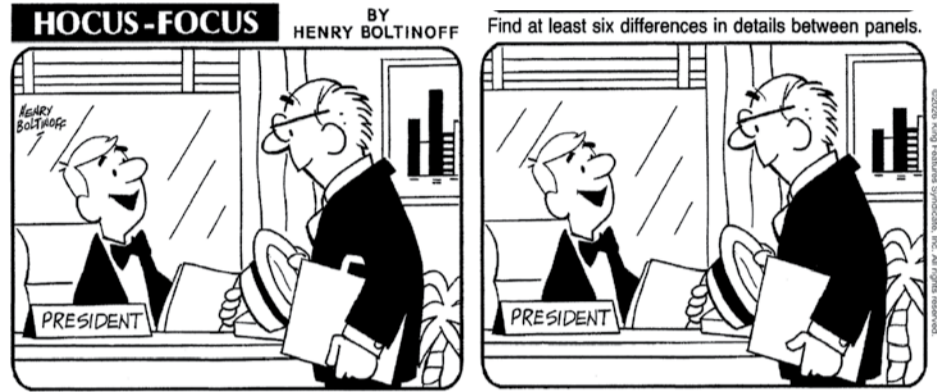
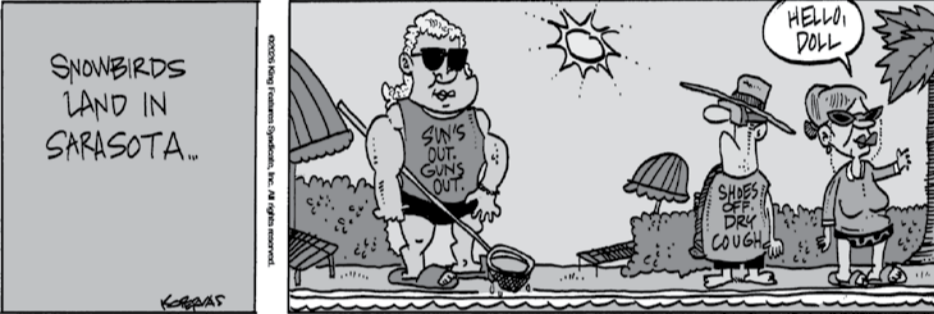
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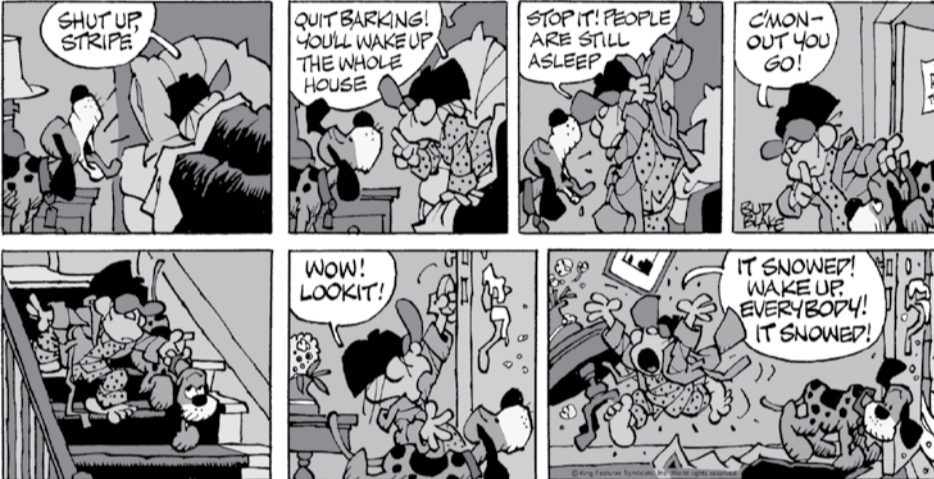
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by Gary Kopervas



TIGER

by Bud Blake



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STATEPOINT CROSSWORD • THE GRAMMYS

CLUES

- ACROSS**
- Inundated
 - Word before humbug
 - Jim Carrey's 1994 disguise
 - Rough, as in voice
 - Kimono sash
 - Misrepresent
 - Do like ivy
 - Go for the bronze?
 - Poem of lament
 - *Grammy nominee Bad Bunny's first language
 - *KPop Demon Hunters' nominated song
 - Sought at crime scene
 - Lord's worker
 - Rob Manfred's org.
 - Jab, in speech
 - *...com Arena
 - Rowboat engine, pl.
 - *...gum, ingredient
 - Cowboy's cry of joy
 - Big attraction
 - Spring holiday honoree
 - Live bait
 - Daytime moth
 - Puerto follower
 - Finger move
 - Colonnade
 - Invitation letters
 - "Zip it!"
 - Trash bag brand
 - Polar helper
 - *Lady Gaga's nominated album
 - *Tyler of CHROMA-KOPIA, with The
 - Prejudiced one
 - Busy one
 - Do penance
 - Approves
 - Make a mistake
 - Sans-... font
 - "I, Claudius" role
 - Jack and Jill did this
 - Changes to a manuscript
- DOWN**
- Parentheses, e.g.
 - "Star Trek" speed
 - Away from port
 - Not be frugal
 - What TikTokers are often doing
 - This and that
 - Legal grp.
 - Door holder
 - Mix together
 - Away from wind
 - Leo or Libra, e.g.
 - *Wonda's "Songs in the _____ of Life," "Album of Year (1977)"
 - Where bats are?
 - Eurasian goat-like antelope
 - Middle-earth dweller
 - Pelican or albatross, e.g.
 - Person in an ad
 - One of Florida Keys
 - Health food pioneer of liquid aminos fame
 - *Nominated "Drop Dead Years" comedian Bill _____
 - Swerves
 - Sound units
 - Synagogue scroll
 - Zing or pizzazz
 - *Justin Bieber's nominated song
 - Fabled fliers
 - Red one, send somebody over!
 - Unalienable ones are in the Declaration of Independence
 - Draft pick
 - Give satisfaction
 - Spot for prehistoric fly
 - Doomed
 - *MCA, Ad-Rock and _____ D, Grammy-winning Beastie Boys
 - Culture-growing turf
 - Walk-the-dog toy
 - What concerning and discernable have in common
 - *Nine-time Grammy-nominated Amos
 - Fonzie's comeback: "Sit _____"
 - Whistle blowers
 - *...lver of SABLE, fABLE fame
 - Historical period

CROSSWORD													
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SacRT to Expand Low-Emission Bus Fleet

Sacramento Regional Transit News Release

SACRAMENTO REGION, CA (MPG) - The Sacramento Regional Transit District (SacRT) is proud to announce the award of a \$39.67 million grant from the Federal Transit Administration's (FTA) Low or No Emission (Low-No) Grant Program. This critical funding will support the replacement of 49 aging compressed natural gas (CNG) buses with modern, low-emission vehicles and fund infrastructure upgrades that will improve service reliability, reduce emissions and enhance transit access in underserved communities.

This project builds on SacRT's momentum from the nearly \$77 million Low-No grant awarded in 2024, which is supporting the transformation of SacRT's McClellan facility into a state-of-the-art bus maintenance hub. Located at the former McClellan Air Force Base, SacRT's McClellan facility was originally acquired in 2005 to relieve overcrowding at the Downtown Bus Maintenance Facility. However, SacRT's McClellan facility has faced years of deferred maintenance.

A 2021 redesign enables the facility to house and maintain up to 270 buses, including the 49 new compressed natural gas buses funded through this grant and future clean-fuel vehicles. Together, these investments in



Federal Transit Administration funding will support replacing 49 Sacramento Regional Transit aging buses with modern, low-emission vehicles and fund infrastructure upgrades that will improve service reliability, reduce emissions and enhance transit access in underserved communities. Photo courtesy of Sacramento Regional Transit

fleet and facility will relieve pressure at the Downtown Bus Maintenance Facility and improve service reliability.

SacRT is facing an urgent need to modernize its bus fleet. By the end of Fiscal Year 2025, 78 buses will be due for retirement, with 129 reaching the end of their useful life by 2028. The 49 buses being replaced through this project, some dating back to 2008, average 510,000 miles and 16 years in service and operate at just 56 percent availability, due to frequent mechanical issues.

"This funding is another major step forward in our ongoing efforts to deliver cleaner, more efficient and more reliable transit for the Sacramento region," said SacRT General Manager/CEO Henry Li. "These new buses will improve the rider experience and help SacRT continue to operate frequent bus service through the region."

Said Representative Ami Bera, M.D. (CA-06), "Clean and reliable public transportation is essential to the health and economic vitality of our region. I'm pleased to see SacRT receive this critical

funding to replace aging buses and invest in infrastructure that supports underserved communities. These improvements will help reduce pollution, create good-paying jobs, and ensure that more residents have access to safe and efficient transit."

Said Congressman Kevin Kiley, "This federal investment in SacRT's bus fleet and maintenance infrastructure is a win for the Sacramento region. This project demonstrates that good things can happen when we work across party and geographic lines to get

things done for local communities and residents."

The new 2027 compressed natural gas buses will replace outdated models and are expected to significantly improve service reliability, reduce breakdowns and ensure compliance with the Federal Transit Administration's spare ratio guidelines.

The project will modernize 69 percent of SacRT's all-day bus routes, serving 26 percent of total riders, and is projected to cut lifetime emissions by more than 6 million kilograms of carbon dioxide (CO₂), which is equivalent to taking 1,300 passenger vehicles off the road for a year.

In addition to environmental and service improvements, the project will generate substantial operational savings. During the first two years of the manufacturer warranty, SacRT anticipates saving approximately \$1.19 million annually on spare parts, \$827,800 on non-preventive maintenance labor and \$463,097 per year in fuel costs due to reduced consumption of 154,882 gasoline gallon equivalents.

This funding is part of the Federal Transit Administration's broader effort to modernize transit systems nationwide. In 2025, the Federal Transit Administration awarded approximately \$2.1 billion to 167 projects across 47 states and territories through the Low-No and Buses and Bus Facilities programs. ★

Dr. Abdalla Recognized for Leadership in Opioid Treatment



Dr. Jacqueline Abdalla recently received an honor from the Western Association of Correctional Healthcare Services for her leadership in improving medical care within Sacramento County's correctional facilities. Photo courtesy of Sacramento County

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Sacramento County recognizes Dr. Jacqueline Abdalla for receiving a major honor from the Western Association of Correctional Healthcare Services (WACHSA) for her leadership in improving medical care within the county's correctional facilities, especially through the expansion of Medication-Assisted Treatment (MAT). "This award really represents the collective effort of our entire team. I

can get so focused on the next challenge, so this has been a nice opportunity to pause and reflect on progress we've made together in advancing patient care," Abdalla said.

A cornerstone of that progress is Sacramento County's robust Medication-Assisted Treatment program, which Abdalla describes as a "humane and outcomes-oriented" approach to opioid withdrawal and addiction.

Medication-Assisted Treatment medications not only treat the extremely uncomfortable symptoms of withdrawal but also stabilize cravings in the long term, allowing patients to feel "normal" again so they can begin the difficult work of recovery. Since the program rolled out, the jail has seen a significant decrease in overdoses and overdose deaths.

Abdalla's leadership has extended beyond addiction treatment. Less than two years ago, the jail faced a backlog that left patients waiting months for specialty care and off-site appointments. Today, thanks to major process improvements, urgent referrals are now scheduled within two weeks and routine referrals within three months.

Additionally, high-risk patients, including those needing cancer care, are closely tracked to ensure their care is coordinated quickly.

Abdalla said this work is especially important because incarcerated individuals are among the country's most medically vulnerable. Many enter custody with chronic medical or mental health conditions and face barriers such as unstable housing.

"Their time in jail can be a big opportunity for us to provide health care services that they may otherwise not have access to. I feel grateful to be a part of that. My hope is that they leave in a better place than they came in," Abdalla said.

Abdalla credits Sacramento County's strong on-the-ground collaboration between custody and medical leadership for creating the environment that allows these improvements to take shape and the county credits her leadership for guiding the team forward.

To learn more about adult/juvenile health, visit Sacramento County's Primary Health Services' online page at dhs.sacramento.gov/PRI/Pages/PRI-Home.aspx. ★

Sacramento County Maintains Class 2 FEMA Rating

Class 2 Rating Provides 40% Discount on Flood Insurance

Sacramento County News Release

SACRAMENTO REGION, CA (MPG) - The Federal Emergency Management Agency (FEMA) has renewed Sacramento County as a Class 2 in the National Flood Insurance Program (NFIP) Community Rating System (CRS).

The rating allows residents and businesses within Special Flood Hazard Areas of unincorporated Sacramento County to receive a 40-percent discount on flood insurance for most National Flood Insurance Program policies issued or renewed on or after Oct. 1, 2026.

Through the Community Rating System program, the Federal Emergency Management Agency ranks communities based on a point system for activities implemented to reduce flood risk. This includes promoting mitigation measures to the public, implementing flood warning systems and promoting the purchase of flood insurance.

The ranking ranges from 10 (lowest) to 1 (highest). According to Federal Emergency Management Agency, there are 22,600 participating National Flood Insurance Program communities. Nationwide, there are 1,504 communities taking part in the Community Rating System program.

Nationwide, there are two Class 1 Community Rating System communities and 10 Community Rating System Class 2 communities. California has 97 Community Rating System Communities with only one Class 1 community and one Class 2 community, which is Sacramento County.

"In the unincorporated parts of Sacramento County, we have 4,539 properties that purchase their flood insurance coverage through the National Flood

Insurance Program," said Department of Water Resources Director Matt Satow.

"The Class 2 rating we have achieved and corresponding 40% discount will save our residents over \$500,000 in 2026 on their flood insurance policies and on average, \$121 per policy," Satow said.

When Sacramento County joined the program in 1992, Federal Emergency Management Agency initially gave the County a Class 9 rating. Over the years, Sacramento County's Department of Water Resources has steadily worked to improve its rating by meeting the criteria set by Federal Emergency Management Agency to protect Special Flood Hazard Areas of unincorporated Sacramento County.

The first Class 2 was awarded in 2017. The renewal of the Class 2 rating comes as the county embarks on its update of the Local Hazard Mitigation Plan. The plan is updated every five years to address the list of hazards and assessed risks that make the area vulnerable.

The updated plan will help improve the resilience of Sacramento County to weather future disasters. The Local Hazard Mitigation Plan allows agencies to apply for pre- and post-disaster mitigation grant funding and lessen the cost of flood insurance to the residents of Sacramento County, and the surrounding cities through Federal Emergency Management Agency's (FEMA) National Flood Insurance Program.

You can learn more about the Sacramento County's Local Hazard Mitigation Plan online at stormready.org and the county's Class 2 status at the Federal Emergency Management Agency (FEMA) Community Rating System visualization website at crsviz.com. ★

'The Ripple Effect' Project Wins Award

Sacramento County News Release

SACRAMENTO REGION, CA (MPG) - Sacramento County Department of Health Services' Behavioral Health Division is celebrating a major national win after its Safer Sacramento Team earned a 2025 Shorty Impact Award for "The Ripple Effect" documentary blog series.

The Shorty Awards honor the most influential and purpose-driven digital campaigns in the world, recognizing work that creates real social impact through storytelling, creativity and community engagement. Receiving

this award places Sacramento County's project among the top public-health campaigns nationwide.

"The Ripple Effect," a nine-part documentary blog series, was created in response to the alarming rise in fentanyl overdoses and poisonings. Safer Sacramento wanted to cut through the noise using short-form video format to shed light on the fentanyl crisis, the heartbreak of loss and the strength of community.

The county's research shows that the raw, honest storytelling and deep connection in "The Ripple Effect" helped reduce fentanyl-related deaths in Sacramento County by 27 percent. That number isn't just a statistic; it

represents lives saved, families kept intact and futures realized.

Every installment carried a call to action: links to resources for treatment and recovery and people responded. "The Ripple Effect" has more than 19,000 clicks to the county's support services page and more than 41,000 visits to educational content.

But the numbers only tell part of the story. More than 101,000 people engaged, not just with likes and shares, but with their hearts. They shared personal stories in the comments: those of grief, survival and hope. Some were heartbreaking. Some were healing. And through

it all, Safer Sacramento connected them with services: bereavement support, trauma care or someone to say, "I understand and want to help."

"This has been an exciting, passionate and heartfelt project," said Lori Miller, the Behavioral Health Services' Substance Use Prevention and Treatment Division division manager.

"It was an honor to be part of this meaningful and impactful work and the success of this documentary. A huge thank you to all the community partners and the family members who have lost loved ones and bravely shared their stories in hopes of saving lives. Congratulations to

Sacramento County," Miller said.

This is just one of the many efforts Sacramento County is working on to combat the fentanyl crisis. To watch "The Ripple Effect" series or to learn more, visit the Safer Sacramento page online at safer.sacramento.com/the-ripple-effect. To get involved in the Safer Sacramento Project or share your story, email Miller at Millerlori@sacounty.gov.

One call connects you to mental health and substance use treatment support. Sacramento County's Behavior Health Services-SAC Call Center is available to connect you with the services you need at 916-875-1055. ★

Republic FC Adds Two Local Standouts on USL Academy Contracts

Sacramento Republic FC News Release

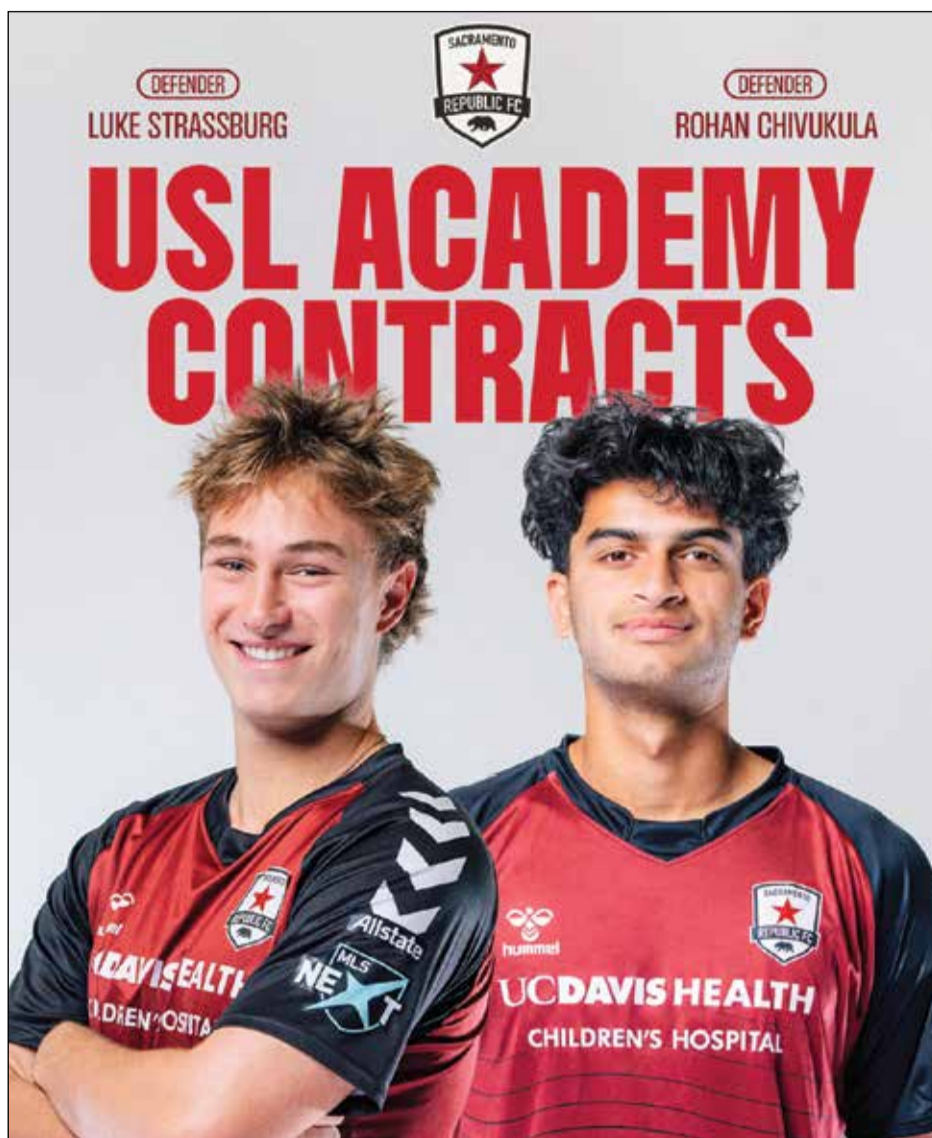
SACRAMENTO, CA (MPG) - Republic FC announced Dec. 19 the addition of academy players Luke Strassburg and Rohan Chivukula to the club's first team roster. The defenders have signed USL Academy contracts, pending league and federation approval and will be eligible to play in first team matches in 2026.

"These signings reflect the strength of our pathway and commitment to developing local talent," said Republic FC Head Coach Neill Collins. "Bringing academy players into the first team environment prepares them for the next level and we have no doubt that Luke and Rohan will continue to represent the academy well during training camp and throughout the season."

Strassburg and Chivukula both currently play for Republic FC's U-19 academy team, which has opened up the 2025-26 campaign with an impressive 9-1-1 record.

Eighteen-year-old Rohan Chivukula joined Republic FC's academy in 2024 to take the next step in his development. He quickly became a key piece of the U-19's backline and in Chivukula's first year, the squad posted an overall record of 16-3-3 and won the Northwest Division of MLS NEXT before advancing to the Round of 32 in the postseason. The Folsom High School graduate previously featured for El Dorado Hills Soccer Club and Sacramento United, and will play at the collegiate level for American University in the fall of 2026.

Strassburg is a longtime member of the Indomitable Club. The Elk Grove native joined at the U-13 level in 2020



Strassburg and Chivukula both currently play for Republic FC's U-19 academy team, which has opened up the 2025-26 campaign with an impressive 9-1-1 record. Photo courtesy of Sacramento Republic FC

and has since featured in every age group in the last five years. He has been a part of some of the top teams

in club history, reaching MLS NEXT Cup each season. During the 2023-24 season, Strassburg and the U-16

team went undefeated in 29 straight games from September in April, and in 2025 his U-17 team claimed three wins in the MLS NEXT Cup Playoffs to advance to the Semifinals – the best finish by a Republic FC squad since 2022. He has also received multiple invitations to U.S. Soccer ID camps and training camps. Prior to joining Republic FC, Luke played for the San Jose Earthquakes' youth academy and Sacramento United. He has committed to play at San Diego State in the fall of 2026.

USL Academy contracts allow academy players the chance to train and compete with the first team in professional matches while retaining their NCAA eligibility. Since its inception in 2015, Republic FC's Academy has created a strong, local pipeline of youth players ready for professional-level competition, with over 40 players earning the opportunity to join the first team on USL Academy contracts and over 25 going on to sign professional contracts with Republic FC or other clubs. In 2024, players from Sacramento's youth academy combined for 80 gameday roster selections, 56 appearances, and over 3,000 minutes.

Republic FC's 2026 season officially kicks off on March 7 when the club hosts FC Tulsa at Heart Health Park. Season ticket memberships are on sale now, offering a range of benefits including discounts on merchandise and access to exclusive fan experiences, as well as priority seat selection in the new Republic Stadium at The Railyards. For more information, or to purchase a membership today, visit SacRepublicFC.com/Memberships. ★

Carter Begins Assembling Staff with Initial Round of Hires

Sacramento State Athletics News Release

SACRAMENTO, CA (MPG) - Sacramento State head coach Alonzo Carter named several assistant coaches and staff personnel to his staff, it was announced Dec. 30. The hirings include offensive coordinator Eric Kiesau, defensive coordinator Adam Clark, associate head coach Angus McClure and general manager Jon Osterhout. Carter also retained Kris Richardson as the offensive line coach/run game coordinator, Bobby Fresques as the quarterbacks coach/pass game coordinator and Josh Brown as the safeties coach. In all, the staff will feature over 300 years of cumulative coaching experience.

Kiesau has served as the offensive coordinator at Fresno State, Boise State and Auburn during his lengthy collegiate career. He spent the past three seasons as an offensive quality control coach at Florida.

His offensive staff will include Richardson and Fresques who return for their eighth year with the program and have seen the team qualify for the NCAA FCS Playoffs four times. Richardson has mentored several FCS All-Americans, including current Tennessee Titan Jackson Slater. This past season, his group paved the way for a rushing attack which ranked third in the FCS with 365.4 rushing yards per game. In his time leading the Sacramento State quarterbacks, Fresques has guided FCS All-Americans Kevin Thomson and Asher O'Hara, as well as Jake Duniway and Carson Conklin.

Former Sacramento State offensive lineman and assistant coach Angus McClure will return to campus as the associate head coach and work with the offensive line. Since leaving Sacramento



Sacramento State head coach Alonzo Carter named several assistant coaches and staff personnel to his staff. Photo courtesy of Sacramento State Athletics

State, McClure has had stints at Nebraska, Buffalo, UCLA, Nevada and Kansas.

Eric Scott will serve as the team's wide receivers coach. Scott has spent the last two seasons as the head coach at West LA Junior College. Prior to taking that position, Scott was the wide receivers coach and passing game coordinator at San Jose State from 2021-23 where he worked alongside Alonzo Carter.

On defense, Adam Clark will come to Sacramento State after leading the defense at Northern Arizona for the past two seasons. In his first season, NAU ranked second in the Big Sky and 12th in the FCS in interceptions. The unit also led the league in pass defense and was second in total defense.

Brown will shift to coach the safeties in 2026 after leading the team's linebackers this past season. During the year, he overcame several injuries to his position group to have three players rank among the top five on the team in total tackles.

That included Oscar Moore who led the team with 69 total stops. Brown has also coached at McNeese, UTEP, Hawaii, Nevada, Cal Poly, Kansas and Arizona State during his career.

Kenwick Thompson will coach the linebackers and brings experience as an FCS defensive coordinator as well as a position coach at the P4 level. Thompson was the defensive coordinator at Florida A&M in 2025 and was previously on Jeff Tedford's staffs at Cal and Fresno State as well as stints at San Jose State, Vanderbilt, East Carolina, UNLV and UAB.

Dakari Monroe will follow Carter from Arizona to Sacramento State and will coach the Hornet corners. Monroe was a defensive graduate assistant for the Wildcats the past two seasons and helped the team advance to the Trust & Will Holiday Bowl against SMU. He played four seasons at San Jose State where he twice led the team in interceptions before a stint with the Kansas City Chiefs.

Milo Austin will serve as Sacramento State's special teams coordinator. Austin has held the same role at Elon since 2022 where he has coached an FCS All-American kicker, punter and kick returner. He has also been the special teams coordinator at Texas Southern, Delaware State and Morehead State.

The team's personnel efforts will be led by former Sacramento State All-American Jon Osterhout who returns to campus as the general manager following a great career as the head coach at American River JC. With the Beavers, Osterhout led the team to an 88-39 overall record and took the team to seven postseason appearances, including six trips to the state playoffs. Osterhout was a four-year starter for Sacramento State on the offensive line where he garnered All-America honors while leading the way for Charles Roberts' record-setting rushing efforts.

Chris Parry, who has been on staff since 2019, will continue to serve as the assistant general manager. Parry has been a part of player evaluation, roster construction and scholarship management during the program's run of success since his arrival.

Record-setting receiver Otis Amey has been named the director of player development. Amey was an All-American for Sacramento State and still owns nearly all the career receiving records. Following his time as a Hornet, he played with the San Francisco 49ers as well as stops in the Arena League and UFL.

Kenny Macklin will remain at Sacramento State and take the position of Chief of Staff. CJ Pollard will also return as the Director of Recruiting.

The additions are the first to the staff for Carter who became the 14th head coach in school history on Dec. 15. ★

A's Agree to Terms with LF Tyler Soderstrom

Athletics News Release

LAS VEGAS, NEV (MPG) - The Athletics have agreed to terms with left fielder Tyler Soderstrom on a seven-year contract through the 2032 season with a club option for 2033, the club announced Dec. 29.

Soderstrom batted .276 with 25 home runs, 93 RBI and an .820 OPS in 158 games last season with the A's after combining

to hit .204 with 12 home runs, 33 RBI and a .636 OPS in 106 games over his first two seasons. He began the season as the A's starting first baseman, moved to left field (where he had not played professionally) when Nick Kurtz was promoted on April 23, moved back to first base while Kurtz was on the injured list from May 25 to June 8, and returned to left field after that. Soderstrom had a team-leading 93 RBI, which were the most

by an A's player 23 years old or younger since Eric Chavez had 114 in 2001. He had 11 outfield assists, which tied for third in the majors, and ranked fourth among left fielders in defensive runs saved (10).

Soderstrom is a .250 career hitter with 37 home runs, 126 RBI and a .754 OPS in 264 games in three seasons in the majors. He was the A's first round selection in the 2020 First-Year Player Draft out of Turlock High School

and was primarily a catcher in his first pro season in 2021. The 24-year-old left-handed hitter split his time between catcher and first base in 2022-23, played mostly first base in 2024 and saw his most action in 2025 as an outfielder.

Soderstrom is one of three players under contract through at least the 2028 season, when the A's are scheduled to open their new ballpark in Las Vegas. He joins Lawrence Butler, who inked

a seven-year deal through the 2031 season with a club option for 2032 on Mar. 10, 2025, and Brent Rooker, who signed a five-year contract through 2029 with a club option for 2030 on Jan. 23, 2025. ★



Late December Storms Deliver Much-Needed Water Supply

California Department of Water Resources News Release

SACRAMENTO REGION, CA (MPG) - The Department of Water Resources (DWR) recently conducted the first snow survey of the season at Phillips Station. The manual survey recorded 24 inches of snow depth and a snow water equivalent of 5 inches, which is 50 percent of average for this location.

The snow water equivalent measures the amount of water contained in the snowpack and is a key component of the Department of Water Resource's water supply forecast. Statewide, the snowpack is 71 percent of average for this date.

Today's results are welcome news for water managers who rely on the statewide snow surveys to make water supply decisions for the year ahead. California's statewide snowpack had been lacking in early December with above-average temperatures and very little storm activity. Recent storms have turned that around and provided a significant boost to the snowpack and the state's water supply.

"The dry conditions and warmer temperatures in early December delayed our snow-building season, but the return of storm activity, especially in the last week, helped to build a solid base for this year's snowpack," said Angelique Fabbiani-Leon, State Hydrometeorologist for the Department of Water Resources.

"Thankfully, the recent storms that reached the state were cold enough to provide necessary benefits for the snowpack and our water supply. While California is in a better position now, it is still early in the season and our state's water supply for this year will ultimately depend on a continued cadence of storms throughout winter and early spring."

The Department of Water Resource's electronic readings from 130 stations placed throughout the Sierra Nevada indicate that the statewide snowpack's snow



An aerial view in the morning of fog partially covering the San Joaquin River and Webb Tract Island (Left) in the Sacramento-San Joaquin Delta, located in San Joaquin County, California. Photo taken Oct. 30, 2025. Courtesy photo

water equivalent is 6.5 inches, or 71 percent of average for this date, compared to 115 percent on this date last year.

On average, the largest snow-producing months in the Sierra Nevada are January, February and March. Drought and flood always marked the California climate, but extreme whiplash between wet and dry is becoming more pronounced, not just year to year but often within the same season or month.

"It's great to see so much fresh snow in the Sierra following a relatively dry December," said Department of Water Resources director Karla Nemeth.

"More than any other factor, the rain and snow that falls in these critical winter months dictates how much water can be delivered to Californians and farmland statewide. We make the most of



Department of Water Resources staff check snow levels at the January 2020 snow survey. Courtesy photo

what Mother Nature delivers with advance planning that enables Forecast Informed Reservoir Operations and groundwater recharge."

Major reservoirs statewide are

currently 123 percent of average thanks to recent precipitation on top of three consecutive years of above-average snowpack conditions.

On average, the Sierra

snowpack supplies about 30 percent of California's water needs. Its natural ability to store water is why the Sierra snowpack is often referred to as California's "frozen reservoir." Data from these snow surveys and forecasts produced by the Department of Water Resource's Snow Surveys and Water Supply Forecasting Unit are key factors in determining how the Department of Water Resources manages the state's water resources.

The Department of Water Resources conducts four media-oriented snow surveys at Phillips Station each winter near the first of each month, January through April and, if necessary, May. The next survey is tentatively scheduled for Feb. 3.

For California's current hydrological conditions, visit <https://cww.water.ca.gov>.

KP International MARKET

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Chinese/Japanese: 7:00pm (last call)

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<p>For 14 people \$230.00 + Gratuity</p> <p>3 Hours Karaoke + 2 Pizza + Pitcher Soda + 4 Main Dishes (Dishes To Choose From Menu)</p>	

Dishes To Choose From

FROZEN & FISH DEPT

<p>Vegetable Tempura 350g REG. \$6.99/EA \$1.99/ea</p>	<p>Green Pepper Tempura 350g REG. \$6.99/EA \$1.99/ea</p>	<p>Cut Pollack w/ Hot Sauce 1.1 lb REG. \$7.99/EA \$4.99/ea</p>
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WEEKLY MEAT SPECIALS

<p>Beef Cross/Rib Shoulder Roast-Bnls REG. \$5.99/lb \$4.99/lb</p>	<p>Beef New York Roast Boneless REG. \$6.99/lb \$5.99/lb</p>	<p>Chicken Drumsticks REG. \$1.99/lb 79¢/lb</p>
<p>Pork Spare Ribs REG. \$4.99/lb \$3.49/lb</p>	<p>Pork Loin Chops Bone-In REG. \$3.99/lb \$2.29/lb</p>	<p>Pork Cushion Meat Boneless REG. \$3.99/lb \$2.99/lb</p>

WEEKLY HALAL SPECIALS

<p>Chicken Drumsticks REG. \$1.99/lb 89¢/lb</p>	<p>New Zealand Lamb Stew Meat Bone-In REG. \$5.99/lb \$5.99/lb</p>	<p>Beef Cross/Rib Shoulder Roast-Bnls REG. \$5.99/lb \$5.49/lb</p>
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FRESH PRODUCE

<p>Mini Sweet Pepper 1 lb REG. \$3.49/bag \$2.49/bag</p>	<p>Avocado 2 lb Bag REG. \$3.99/bag \$2.99/bag</p>	<p>Lemon 2 lb Bag REG. \$2.99/bag \$1.99/bag</p>	<p>Wild Wonders Tomato 10.5 oz REG. \$3.99/ea \$3.49/ea</p>
<p>Fuji Apple REG. 69¢/lb 69¢/lb</p>	<p>Spinach 2.5 lb REG. \$6.99/bag \$5.99/bag</p>	<p>Kabocha REG. 79¢/lb 79¢/lb</p>	<p>Russet Potato 10 lb Bag REG. \$1.99/bag \$1.99/bag</p>

AMERICAN/HISPANIC GROCERY

<p>Pedalyte Sport Electrolyte Solutions 33.8 fl.oz REG. \$10.99 \$6.49/ea +CRV</p>	<p>Bigelow Harvest Tea 4 Kinds 1.23-1.56 oz REG. \$3.99 \$2.99/ea</p>	<p>El Mexicano White Hominy 3.01 kg REG. \$6.99 \$4.99/ea</p>	<p>1.2.3 Vegetable Oil 33.8 fl.oz REG. \$4.99 \$3.99/ea</p>
<p>Cimato Tomato Cocktails 64 fl.oz REG. \$6.99 \$5.99/ea +CRV</p>			

ASIAN GROCERY

<p>Three Ladies Rice Vermicelli 2 lb REG. \$5.99 \$5.29/ea</p>	<p>Pho Story Instant Pho Soup 67g REG. \$1.99 \$1.49/ea</p>	<p>SPAM w/ Tocino Seasoning 12 oz REG. \$6.99 \$4.99/ea</p>	<p>Daily Farmer Condensed Creamer 13.4 oz REG. \$2.09 \$0.99/ea</p>
<p>T.A.S Coconut Water 16.9 fl.oz REG. \$1.99/ea, \$39.99/case \$1.49/ea, \$34.99/case +CRV</p>			

EUROPEAN GROCERY

<p>Sadaf Grapeseed Oil 2 liters REG. \$17.99 \$14.99/ea</p>	<p>Tamek Nectar Juice 4 Flavors 1 liter REG. \$2.99 \$1.99/ea</p>	<p>Polinka Milk Cream Fudge 1 kg REG. \$14.99 \$12.99/ea</p>	<p>Garden Fresh Pure Honey 340 gr REG. \$4.99 \$3.49/ea</p>
<p>Polinka Sweet & Sour Pickled Polish Cucumbers 29.8 oz REG. \$4.29 \$3.29/ea</p>			

EUROPEAN DELI

<p>Smoked Applewood Ham REG. \$10.19/lb \$9.19/lb</p>	<p>Kretschmar Ham off the Bone REG. \$7.49/lb \$6.49/lb</p>	<p>Green Olives Stuffed with Feta REG. \$9.09/lb \$8.09/lb</p>	<p>Green Olives Stuffed with Garlic REG. \$6.69/lb \$5.69/lb</p>
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<h3 style="text-align: center;">FROZEN & FISH DEPT</h3> <p>Dried Cod Fish 500g REG. \$16.99/EA \$12.99/ea</p>	<h3 style="text-align: center;">HOUSEWARE</h3> <p>KAIZEN WOK PAN 30 CM REG. \$19.99 \$16.99/ea</p> <p>ELECTRIC RICE COOKER (4.5 QT) REG. \$10.99 \$8.99/ea</p> <p>ELECTRIC RICE COOKER (10 QT) REG. \$10.99 \$8.99/ea</p> <p>ELECTRIC BBQ GRILL REG. \$499.99 \$399.99/ea</p>
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