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VOLUME 21 • ISSUE 4

Serving Fair Oaks, Orangevale & Sacramento County

FEBRUARY 27, 2026

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Soup Night Benefits History Center



Some members of the planning committee and board pose for a photo. Back row left to right: Mike Maddox; Carolyn Spotts, Claudia Thorn, Bud Beebe, Lynn Steen, Terry Clifton, David Navarro. Front row: Anmarie Medan, Sherry Clifton, Clarissa French. Photo by Judy Andrews

By Judy Andrews

FAIR OAKS, CA (MPG) - Nearly 200 soup lovers attended the Fair Oaks Historical Society's Annual Soup Night Fundraiser and Auction on Feb. 7 at Faith Lutheran Church in Fair Oaks. Celebrating its 19th year, Soup Night remains one of the community's favorite events, bringing neighbors together for an evening of fun, celebration and soup tasting provided by local restaurants.

Several locals, such as Max Jones from Fair Oaks, have attended the fundraiser every year since it started. Jones' guests this year included his daughter, Colleen, and his granddaughter, Candace, both of



Cameron, a Meraki High School volunteer, pours soup for a guest. Photo by Judy Andrews

whom grew up in the area. "I love supporting our community whenever I can, especially Soup Night, because I get to see people I know, but don't visit with regularly," shared Jones.

Participating restaurants included Brahma Bar and Grill, Cafe Italiano, Fair Oaks Brew Pub, O Café Bakery Bistro, and Pancho Villa BBQ and Catering. Sprouts provided salad,

Cosco provided bread and homemade cookies were served for dessert.

"The proceeds from Soup Night go toward the maintenance of the Fair Oaks History Center and help us expand our historical collections," explained Claudia Thorn, recent president of the Fair Oaks Historical Society. "Last year, the event raised nearly \$10,000 to fund essential repairs to the History Center's roof."

Founded in 1975, the Fair Oaks Historical Society is a volunteer-led nonprofit that relies on donations and volunteers to operate. Members staff the History Center and greet visitors at the

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United Ways Host Nonpartisan Gubernatorial Forum

United Way News Release

SACRAMENTO, CA (MPG)

- Nine United Way chapters across the state of California are bringing qualified candidates for governor to Sacramento on March 23 for the United Way Nonpartisan Gubernatorial Forum: Voices of Californians. The event will take place from 5:30 to 7 p.m., with doors opening at 4:30 p.m., at the Crest Theater in downtown Sacramento to provide voters with a substantive, issue-focused opportunity to hear directly from gubernatorial candidates about their priorities and vision for California.

Tickets are \$40 for the general public and can be purchased at uwccr.org/cagovernor. Discounted tickets are available for college students at \$10 and nonprofit employees at \$15 and can be purchased by emailing events@uwccr.org. Event sponsorship opportunities also are available.

"Across our United Way network, we see the hopes and challenges of more than 10 million Californians every single year," said Dr. Dawnté Early, president and CEO, United Way California Capital Region. "Our families, our volunteers, our donors and our corporate partners all show up because they care about building stronger, more just communities. That's why it matters that we create spaces like this, places where every voice is valued and where candidates can speak directly to the people they hope to serve. This forum is about connection, clarity and ensuring that every Californian has the opportunity to understand the vision and values that will shape our future."

The forum is presented by United Way Bay Area, United Way California Capital Region, United Way Central Eastern California, United Way Fresno and Madera Counties, United Way of Greater Los Angeles, Inland Southern California United Way, United Way of Merced County, Orange County United Way, United Way of Stanislaus County and the Crest Theater. Any views expressed at the forum will be those of the participating candidates and not the United Way or any United Way chapters. Sponsorship of the nonpartisan forum is not intended as an endorsement of any candidate. ★

Travel Through Time at Stardust Vintage Emporium

By Thomas J. Sullivan

FAIR OAKS, CA (MPG) - Come and explore the Stardust Vintage Emporium in Fair Oaks, the Sacramento region's newest antique mall for vintage and collectibles from the last century.

Once home to a Scandinavian Designs furniture retail store, and well before that, a Safeway grocery store, a casual walk inside the Stardust Vintage Emporium, located just off Sunrise Boulevard and Winding Way will make your senses go wow!

Large display windows give a teasing glimpse of the colorful collection of brightly colored, kitschy, eclectic merchandise inside.

From vintage televisions to unusual egg-shaped furniture, there's something certain to quickly catch



Karen Chance, right, runs Stardust Vintage with her son Max, left. Photo by Thomas J. Sullivan

your eye and tease your memory.

Inside, you'll discover amazing and unexpected finds around every corner. The store supports some 75

local vintage sellers, and each showroom space is distinctive and inviting.

Merchandise includes vintage clothing, jewelry, fashion,

mid-century furniture, toys, vintage vinyl record and collectibles of almost every description and style you can think of.

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Soup Night Benefits History Center



Hopeful winners, Margee Wood and daughter Gloria, inspect more than 100 raffle prizes. Photo by Judy Andrews

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museum from 10 a.m. to 2 p.m. Tuesdays and Thursdays and from 10 a.m. to 4 p.m. on Saturdays. The museum is located at 10340 Fair Oaks Blvd. (next to Sunflower Drive-In).

Thorn expressed special thanks to Planning Chair Carolyn Spotts for her excellent job of managing the event; Mike Maddox, who ensured the live and silent auction portion of the program went smoothly; the Soup Night planning committee; Faith Lutheran Church for donating their facility for the evening; Don Yost for donating the handmade ceramic soup bowls; Meraki High School Youth Employment Tech Clarissa French; and the students and parents of Meraki High School.

Meraki High School volunteers included 27 students, eight parents and three staff members. The students handled the setup, decorations, sold raffle tickets, served soup, waited tables, washed dishes, cleaned up and more.

Clarissa French oversees the high school's volunteer program.

"Although not required, our students freely give their time to creating, organizing, encouraging participation and executing community service projects throughout the year," shared French. "Soup Night, in particular, is one they talk about all year and look forward to the



Flora, Meraki High School volunteer, delivers salad to tables. Photo by Judy Andrews

most, while encouraging their classmates to sign up."

Tips collected at the end of the evening were donated to the Meraki Booster Club, which supports the students' individual projects, major school projects and events.

For more information about the Fair Oaks Historical Society and History Center, or to become a member, visit www.fairoakshistory.org. ★

Violet Wellness Spa Named February Small Business of the Month



Violet Wellness Spa, an alternative medicine practitioner in Fair Oaks, CA has been named February 2026 Small Business of the Month for the 7th Assembly District. Photo courtesy of Assemblyman Josh Hoover

Assemblyman Josh Hoover News Release

FAIR OAKS, CA (MPG) - Assemblyman Josh Hoover (R-Folsom) has proudly announced that Violet Wellness Spa has been named the February 2026 Small Business of the Month for the 7th Assembly District.

Violet Wellness Spa opened its doors on Feb. 1, 2025, and recently celebrated its one-year anniversary, marking a year of meaningful service and impact in the greater Sacramento region.

The spa is led by Owner Dr. Tian Li and Chief Executive Officer Norman Plotkin, CHt, and represents a unique partnership between Tian Chao Herbs and Acupuncture, a long-standing Traditional Chinese Medicine practice, and Norman Plotkin Hypnotherapy. Together, they blend eastern and western approaches to wellness in a thoughtful and holistic model of care.

Violet Wellness Spa offers a wide range of services designed to support both physical and emotional

well-being. These include facial and cosmetic acupuncture, Traditional Chinese Medicine-based meridian massage, hypnotherapy for emotional regulation, and wellness classes such as Tai Chi, Qi Gong, Yoga, meditation and sound healing. Their work creates a welcoming space for individuals and families seeking restoration, resilience and connection.

"It is a privilege to recognize a business that prioritizes community-based healing and care," Assemblyman Hoover said. "Please join me in congratulating Violet Wellness Spa on its first year of success and in wishing them continued growth and impact in the years ahead."

Violet Wellness Spa is located at 4125 Temescal St., Fair Oaks CA.

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

20 Local Museums Participating in Free Museum Weekend

Advance registration is required

Sacramento Area Museums News Release

SACRAMENTO REGION, CA (MPG)

- Twenty local museums from around the Sacramento region are collaborating to present the 2026 Free Museum Weekend on March 7 and 8. While tickets are free, advance registration is required to participate in the annual community event designed to increase museum access to all community members. Ticket registration opens on March 2 at 9 a.m. via www.sacmuseums.org/free-museum-weekend and are available on a first-come, first-served basis, and will continue until March 5 at 5 p.m. or until all tickets have been secured.

This is the 28th consecutive year the local museum community has presented a free museum experience. More than 30,000 tickets will be available for the 2026 Free Museum Weekend across all participating destinations but will fluctuate by museum and/or by day.

Local museums participating in the 2026 Free Museum Weekend include the following: Aerospace Museum of California; California Automobile Museum; California Museum; California State

2026 Free Museum Weekend on March 7 and 8. While tickets are free, advance registration is required to participate in the annual community event designed to increase museum access to all community members. Image courtesy of Sacramento Area Museums

Railroad Museum; Capitol Park at California State Capitol Museum; Crocker Art Museum; Don & June Salvatori California Pharmacy Museum; Leland Stanford Mansion State Historic Park; Locke Boarding House Museum; Maidu Museum & Historic Site; Museum of Medical History; Sacramento Children's Museum; Sacramento Historic City Cemetery;

Sacramento History Museum; SMUD Museum of Science and Curiosity; Sojourner Truth African Heritage Museum; State Indian Museum; Sutter's Fort State Historic Park; Utility Exploration Center; and Verge Center for the Arts.

Most museums are open for admissions from 10 a.m. to 4 p.m., but there are exceptions. All hours will be posted on the

ticket page for each museum. Free tickets are available only for regular admission on March 7 and 8.

To make Free Museum Weekend even more accessible, SacRT is offering complimentary transit for participants. When community members sign up for Free Museum Weekend, they will receive a free ride flyer valid from 9 a.m. to 6 p.m. Saturday,

March 7 or Sunday, March 8.

Free Museum Weekend attendees simply present the flyer to bus operators or light rail fare inspectors on the day of the visit to enjoy free rides throughout the SacRT system.

For more details about the upcoming 2026 Free Museum Weekend (including the SacRT flyer), visit www.sacmuseums.org/free-museum-weekend. For more information about Sacramento Area Museums, follow on Facebook at www.Facebook.com/SacMuseums, Instagram and X @SacMuseums or visit www.SacMuseums.org.

About Sacramento Area Museums (SAM)

Comprised of approximately 25 greater Sacramento area museums, SAM's mission is to raise awareness of local museums by giving the community the opportunity to discover the region's fine art, history, science, and wildlife treasures. SAM achieves its mission by implementing cooperative promotions, developing strategic marketing alliances, and encouraging the sharing of knowledge and resources among its partner institutions. For more information, please visit www.SacMuseums.org. ★

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Travel Through Time at Stardust Vintage Emporium



The vintage shop's merchandise includes vinyl record and collectibles of almost every description and style you can think of. Photo by Thomas J. Sullivan

Continued from page 1

"Our mission is devoted to giving our customers and sellers the best shopping and selling experience possible," said Karen Chance, who runs Stardust Vintage with her son Max and daughter Gillian.

Stardust Vintage Emporium opened in January, tripling its showroom size from its former Sacramento location, she said. The building needed a lot of work including roof repairs after being empty for more than a year. In the course of construction, the main parking lot was also redone.

The shop's trinkets and antiques are neatly displayed, allowing customers to get lost in nostalgia, with reminders of the past and your own history, and when you had that one thing.

The inside of the store has a decidedly open feel as each beautifully staged showcase appeals to an especially diverse clientele. The unique and eclectically designed sales environment constantly changes, Chance said, with new merchandise arriving weekly.

"We strive to be a destination, not just a store," she explains. Store staff are welcoming and very quick to help answer any questions customers may have.

Chance said while the store's design has a nostalgic feel, it's designed to delight both customers and sellers alike.

"We'll be adding and changing the look so that your vintage shopping experience is always exciting and new every visit,"

she said.

A main wall opening into a space that once housed a Gold's Gym next door has been opened for the sale, display and refurbishment of vintage furniture, she said.

"My own story began as a seller at one of the local antique malls in Sacramento. I loved the thrill of searching for treasures and staging my spaces," she said. "I still do, as we buy new merchandise constantly."

Retail clothing sales racks and display cases located throughout the store have been repurposed from former Nordstrom stores in Southern California.

"In general, we market to multiple types of customers; the eco-conscious, millennials, the vintage collectors, interior designers, film and theater productions and more."

In upcoming months, the Stardust Vintage Emporium will open its own movie theater within the store, "The Stardust Cinema", a private 20-seat, 1940s style theater which can be rented for special feature showings. The store also plans to host special events in its parking lot.

Stardust Vintage Emporium on 4301 Sunrise Blvd in Fair Oaks, is open from 11 a.m. to 7 p.m. Thursday through Monday, and is closed on Tuesdays and Wednesdays.

For more information call 916-942-9548, email stardustve9580@gmail.com or visit: stardustvintageemporium.com. ★

Top Concert Acts Coming to the 2026 California State Fair

Weekly Announcements Begin in March

California State Fair News Release

SACRAMENTO, CA (MPG) - The highly anticipated 2026 California State Fair Toyota Concert Series on the Sky River Casino Stage rolls out in March. From R&B and country to pop, each Monday will bring new excitement as top acts are revealed.

"We want our guests to explore everything that makes the California State Fair a treasured summer tradition," said Tom Martinez, CEO of Cal Expo and the California State Fair. "Music is a huge part of the Fair experience and we are committed to bringing amazing, talented musicians to the stage."

We can't wait for you to join us to experience unforgettable concerts, award-winning wines, food, rides and exhibits at the 2026 California State Fair, which runs from July 17 through Aug. 2. The Fair opens at 4 p.m. Monday through Thursday. Friday through Sunday, the Fair opens at 10 a.m.

The nightly concerts are free with Fair admission, but fans who want to get closer to the stage can purchase tickets. Newsletter subscribers will receive exclusive pre-sale access to buy concert tickets before they go on sale to the general public.

For the latest updates, presale access, and full event details, visit CAStateFair.com and sign up for the newsletter today.

About the California State Fair

Cal Expo is home of the California State Fair, an international award-winning fair, receiving top honors at the International Association of Fairs and Expositions out of more than 1,100 fairs worldwide. For the past two years, the Fair was ranked the best State Fair in the nation. Established in 1854, the California State Fair is dedicated as a place to celebrate the best the state has to offer in agriculture, technology, and the diversity of its people, traditions, and trends that shape the Golden State's future. ★

Book Festival Returns in April

Sacramento Book Festival News Release

SACRAMENTO REGION, CA (MPG) - On April 19, from 10 a.m. to 5 p.m., the California Writers Club Sacramento Branch will launch the third annual Sacramento Book Festival at the Scottish Rite Masonic Center in River Park, just north of the Sacramento State University campus.

The festival will feature over 200 local authors, selling books for people of all ages, performing readings, participating in panels and introducing themselves to Sacramento readers. The roster includes many literary luminaries, including Kim Stanley Robinson, Wendelin Van Draanen, Gail Carriger, James Rollins and Allison Brennan, plus many others whom Sacramento readers will recognize

and enjoy.

As part of the festival's focus on literacy, the Sacramento Book Festival is running a book drive for activity books for the Mustard Seed School (a program of Loaves & Fishes), a free private school for children ages 3-15 years old who are currently homeless.

Sacramento Book Festival will welcome the Sacramento Literacy Foundation to the event; an organization whose mission is to help all children in our community read at grade level.

There will be activities for children, author readings, food trucks and coffee vendors on site, and a passport stamp hunt with prizes. And best of all, the event is free to the public.

For more information, visit www.sacramentobookfestival.com/. ★

Sports-A-Rama Promotes Inclusion Across San Juan Unified



The Sports-A-Rama event brought students together for an evening of fun, welcoming students of all abilities from across the district to participate side by side and build meaningful connections. Photo courtesy San Juan Unified School District

San Juan Unified School District News Release

SACRAMENTO REGION, CA (MPG) - The gym at Del Campo High School was filled with music, laughter and high-fives as students from across San Juan Unified rotated through games, dancing and fitness activities.

"I really want to help the general education population recognize how amazing our special education students are and how similar they are; the differences are not that great," said Stephanie Jackson, adapted physical education teacher.

That was the goal of the second annual Unified Sports-A-Rama, held on Feb. 6 at Del Campo High School. The event brought students together for an evening of fun, welcoming students of all abilities from across the district to participate side by side and build meaningful connections.

"Unified Sports-A-Rama supports connection and inclusion as we get general education and special education students from all across the district to play and get to know each other and have fun together," said Jackson.

Inspired by Del Campo's long-standing Sports-A-Rama tradition, the Unified Sports-A-Rama offers a more inclusive

approach. Rather than organizing competition between classes, the event unites students in collaborative activities designed to promote connection. By prioritizing participation over competition, the event creates an environment where every student can feel comfortable, valued and supported.

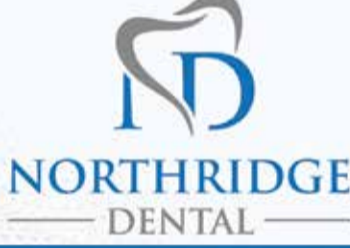

Throughout the evening, students rotated through a variety of activities. From games to music and dancing, the event focused on building confidence, friendships and a sense of belonging for everyone involved.

Beyond the physical activities, the event provided opportunities for social growth. Students met peers from other schools, practiced communication skills and engaged in positive social interactions.

"In the future, as Unified Sports-A-Rama grows, I'd love to see the event become larger, with the stands filled with their peers cheering them on, administrators and teachers showing their support and the whole floor filled with participants," shared Jackson.

Unified Sports-A-Rama continues to grow as a meaningful tradition, celebrating inclusion, community and the shared successes of all students. The event reflects San Juan Unified's commitment to creating welcoming, inclusive environments where every student feels valued and connected. ★









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Flawed and Unnecessary Cardroom Regulations Put Safety, Community and Economic Vitality at Risk

By Sue Frost, Al Fox and Bill Van Duker

CITRUS HEIGHTS, CA (MPG) - Attorney General Rob Bonta's newly finalized cardroom regulations impose unnecessary burdens that could destabilize responsible cardrooms, jeopardize local jobs, reduce city revenues and ultimately harm the very communities these policies claim to protect throughout California. These regulations will have major negative impacts on the City of Citrus Heights, which is home to Stones Gambling Hall.

Stones Gambling Hall has become one of Citrus Heights' most recognizable and reliable anchor businesses, elevating the city's profile along the Interstate 80 corridor and contributing meaningfully to our local economy and community life. That is why the California Attorney General's recently finalized cardroom regulations are so concerning, not just for Stones, but for cardrooms and the communities they support across the state.

Like most California cardrooms, Stones Gambling Hall is far more than a place to gamble. It serves as a gathering space for local and regional organizations, hosts community events and fundraisers, supports local nonprofits and offers dining and entertainment options that draw visitors into Citrus Heights. It is also a highly regulated, licensed business that provides substantial tax revenue to the city. That revenue helps fund public safety services and other essential community programs.

Since Citrus Heights was incorporated, the city has worked to define itself as a safe, welcoming place to live, work and explore. When Stones was built, it helped accelerate that progress. Over the



Stones Gambling Hall has become one of Citrus Heights' most recognizable and reliable anchor businesses, elevating the city's profile along the Interstate 80 corridor and contributing meaningfully to our local economy and community life. Photo courtesy of Freepik

past decade, the cardroom has proven itself to be a true community partner, engaged, responsive and invested in the city's success. Stones has consistently shown a willingness to collaborate with city leaders, law enforcement and local organizations to help make Citrus Heights a better place for everyone.

In 2024, Stones Gambling Hall celebrated its 10-year anniversary, a milestone that reflects both its longevity and its commitment to the community. Over those ten years, the cardroom has created hundreds of local jobs and contributed hundreds of

thousands of dollars to charitable causes throughout the region, including the National Alliance on Mental Illness, Glass Slipper, the California Partnership to End Domestic Violence, the Sacramento County Sheriff's K-9 Association and Saint John's Program for Real Change.

Given this track record, the question becomes clear: why were additional sweeping regulations adopted for businesses that are already highly regulated and demonstrate consistent efforts to give back and support their communities? Citrus Heights has been home to licensed cardrooms

for decades. For more than fifty years, these businesses have operated in compliance with the law and, in turn, provided meaningful economic and community benefits.

Cardrooms in California existed long before tribal gaming. Since tribal casinos entered the California market, these businesses have coexisted, each operating under different regulatory frameworks and serving different roles within the state's gaming landscape. This is not an argument against tribal gaming, which plays an important role in California. It is a concern about

regulatory imbalance. Pushing cardrooms out through overregulation risks creating a de facto monopoly, at the expense of cities like Citrus Heights that rely on anchor businesses like Stones for economic vitality, community engagement and public safety support.

As finalized, these regulations increase compliance costs and operational uncertainty in ways that could force responsible cardrooms to reduce jobs, limit services or reconsider long-term investments in the communities they support.

We urge Attorney General Rob Bonta to reconsider and amend these finalized regulations before they cause irreversible harm. Cardrooms deserve a seat at the table and a meaningful dialogue about how to address tribal concerns without dismantling licensed cardroom businesses and the community partners that are doing more than their part.

Citrus Heights knows Stones Gambling Hall not as a problem, but as a partner. Our community values its presence and wants it to remain a part of the city's future. Thoughtful policy should protect communities, not undermine them.

We encourage Citrus Heights residents to speak out and urge Attorney General Rob Bonta to revisit and revise these regulations to protect cardroom communities. Residents can email Attorney General Rob Bonta at rob.bonta@doj.ca.gov.

Sue Frost is a Former Sacramento County Supervisor - District 4 and former Mayor of Citrus Heights.

Al Fox is a former Citrus Heights City Councilmember and retired state law enforcement officer.

Bill Van Duker is a longtime Citrus Heights businessman. ★

State Seal of Civic Engagement Applications Open



Honorees will receive a gold seal of recognition on their diploma upon graduation, recognition recorded on their final transcript and a medal and certificate from the San Juan Unified School District. Photo courtesy of San Juan Unified School District

San Juan Unified School District News Release

SACRAMENTO REGION, CA (MPG) - Applications for the State Seal of Civic Engagement are now open. This opportunity is available to 11th and 12th-grade students who are engaged in their coursework, show a solid understanding of U.S. and California government, have participated in one or more meaningful civic engagement projects that address a real-world issue and demonstrate a commitment to positively impact their school, community and/or society.

Honorees will receive a gold seal of recognition on their diploma upon graduation, recognition recorded on their final transcript and a medal and certificate from the San Juan Unified School District.

To apply for the State Seal of Civic

Engagement, students must visit the 2026 State Seal of Civic Engagement Google Classroom and complete the tasks outlined in the course stream.

San Juan Unified students can access the Google Classroom and application by visiting sanjuan.edu/statesealapp.

Please be advised that only students can access the classroom link and complete the application.

The deadline to submit applications is March 13.

If your submission meets the requirements for the Civic Seal, you and your school site will be notified via email. Prior to your school's Senior Awards Night, a personalized certificate and medal will be delivered to your school to be awarded at the event.

For further information and assistance, please contact Rachel Nguyen at rachel.nguyen@sanjuan.edu ★

Hoover Demands Audit of Failed 911 Project

Calls for accountability in collapsed emergency system overhaul



Josh Hoover
Assemblyman
Josh Hoover
News Release

SACRAMENTO, CA (MPG) - Assemblyman Josh Hoover (R-Folsom) is calling for a state audit of California's failed Next Generation 911 (NG911) project following the collapse of the long-promised upgrade to the state's aging emergency communications system.

"Californians were promised an updated, reliable 911 system," said Assemblyman Hoover. "Instead, they got delays, outages and nearly half a billion dollars wasted. That is unacceptable and

taxpayers deserve a full accounting of what went wrong."

Portions of California's 911 infrastructure are more than 50 years old, with stakeholders describing parts of the system as "literally falling apart."

NG911 was intended to update California's 911 infrastructure and enable real-time transmission of voice, text, photos and video to emergency dispatchers.

Instead, after years of delays and mounting costs, the project failed during its initial rollout, forcing the state to abandon it and start over after spending more than \$450 million collected from customer phone bills.

"This is not just about wasted resources, it is also about public safety," Hoover added. "When someone calls 911, they need a reliable system that can get them help as soon as possible. We need a full investigation to ensure a failure like this does not

happen again."

Hoover's audit request calls on the State Auditor to examine a number of questions, including the following: What went wrong in the project's planning and implementation? How much of the monthly 911 surcharge on phone bills was spent on the failed project? Whether the surcharge will need to be increased to complete the new system?

The audit will move forward if it receives approval from the Joint Legislative Audit Committee.

Josh Hoover is a member of the Joint Legislative Audit Committee and 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. ★

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Foot Health Helps More Than Just Your Feet

By Chiropractic Offices of Dr. Stirton

The foot is one of the most specialized groups of joints in the human body.

I am Dr. James Stirton, chiropractor at Winters Chiropractic and I have been treating feet nearly my entire 25-year career. The foot has one of the most complex functions and responsibilities in human locomotion; not only supporting us as we stand on various surfaces, but also in navigating various responsibilities during the stages of gait.

The foot must support our body through three stages of gait, namely, heel strike, mid-stance and toe off. On heel strike four times the body weight on average impacts the ground so the foot must be rigid to handle that impact, but it translates all the impact into our knee, hip and back. As you move forward onto the foot, the foot loosens and becomes flexible to navigate the various terrain it is on. In the final stage of toe off, the foot must become rigid again as the weight of the body is born on the big toe.

The foot has three specialized structures called arches which act like a bridge as they support the weight of our body on the toes' pads and the heel. These arches must be healthy to effectively distribute and absorb the forces impacting the body as you step through the different stages of gait. Approximately 80 percent of the forces going into our body are coming from the feet. A failure of the arches to absorb the impact and distribute our body weight appropriately creates a lot of injuries to our feet, knees, hips and the back. The failing arch or arches are known as flat feet but technically it's a hyper-pronation of the foot.

Foot hyper-pronation can result in a variety of conditions affecting just the foot like bunions, hammer toes, foot calluses, as well as more significant problems like plantar fasciitis, tibial band syndrome, hip and back strain and even scoliosis. The bad effects of fallen arches are amplified by the rigidity of our footwear, poor arch support in those shoes, as well as the hard surfaces we spend most of our time on like concrete and asphalt. It is of the utmost importance we support our arches throughout our lifetime to reduce and protect against these damages.

There are effective modern science-based strategies to help protect your feet and body

over your lifetime. It is never too late to start. My office protocol includes treating patients' feet. We use one of the experienced and best in diagnostic computerized analysis equipment to scan patient's feet to determine the level of loss of arch integrity and height to determine how significant a patient's foot hyper-pronation is.

The company our office uses produces prescription foot orthotics for my patients because research shows up to 34 percent of back pain sufferers noticed no or reduced lower back pain after the initial use of foot orthotics. The use of foot orthotics reduces most if not all symptoms related to failure of the arches. These specific functional orthotics also help strengthen the intrinsic muscles of the feet around improved and corrected arch of the patient.

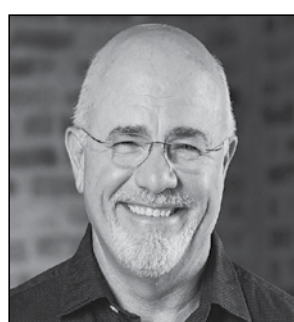
In addition to supporting the arches through orthotics, we also manipulate the joints of the foot as many of those patients have fixated foot joints related to the fallen arches. We prescribe feet stretches and exercises to bolster the results.

One thing I prescribe often is yoga. Yoga really helps stretch and strengthen the muscles of the foot and ankle. Another regular piece of advice is freezing a 12-ounce water bottle and using it as a massage roller on the bottom of your foot. It helps at the end of a long day if you have regular foot pain.

To strengthen your foot muscles, I often advise dragging a towel across the floor with your toes. In any case, if you have questions or concerns about your foot health we invite you to call our office for a consultation and would be happy to determine what's best for your health. If you're not certain ask Dr. Stirton DC. To learn more about American River Chiropractic and its services, call 916-776-6362.

About James Stinton

Since graduating from Life Chiropractic College West at the top of his class and attaining magna cum laude, Dr. Stirton has dedicated his 25-year career to mastering the most effective science-based techniques and protocols which are shown not only to add years to his patient's lives, but life and vitality to those years. Most patients consider their time with Dr. Stirton well spent in the pursuit of their health and longevity with many seeing the best version of themselves within a few months. ★



Dave Ramsey

Dave Ramsey Says The Game's Not for Everyone

Dear Dave,

I'm 38, and after looking and waiting for years, I think I've found a rental property scenario I like. My plan is to take \$30,000 out of my retirement account, and use it as a down payment on a property. My loan payment would be \$1,400 a month, but I could easily rent the place for \$1,800 a month. What are your thoughts?

– Colin

Dear Colin,

No offense, but I can tell you've never been a landlord before. Bringing in nearly \$1,800 a month, while paying out \$1,400 may seem like a nice place to be. But you've left one very important factor out of your equation—risk. Rental properties just sit there empty sometimes. And this happens to all rental properties. You'll also have repairs to contend with, renters who don't pay and other ex-

penses. See what I'm saying? You won't be able to count on an easy \$400 in your pocket every month.

Now, I love real estate. I understand the excitement and allure. But what you're really saying is you want to cash out part of your retirement, get hit with a penalty and take on debt, all to buy an investment property. This is not a good plan.

My advice is to save up, and pay cash for one small, decent rental property to see if the landlord game is really for you.

– Dave

The Safest Place?

Dear Dave,

Where is the best place to keep my savings?

– Angie

Dear Angie,

In my mind, when it comes to savings, the idea is to park the money in a safe place—like a money market account or basic savings account—and keep it separate from the rest of your cash, so you don't accidentally spend it on the

wrong thing. I'm not really concerned with making money in a savings scenario, so things like setting money aside for an emergency fund or vacations fall into this category.

Investing, on the other hand, is when you're going to leave the money alone for a bare minimum of five to 10 years to grow it. Things like college planning and retirement fall into this category. In these instances, I recommend good, growth-stock mutual funds that have stable track records of at least 10 years.

I hope this helps, Angie!

– Dave

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

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Subscriptions should be mailed to:
American River Messenger
 2508 Garfield Ave., Suite A, Carmichael, CA 95608.

Subscription rate is \$39 per year in Fair Oaks and Orangevale. The *American River Messenger* is published twice-monthly.
 Call 916-773-1111 for more information.

We are proud members of these newspaper associations.

Publisher, Paul V. Scholl

American River Messenger is a member of **Messenger Publishing Group**

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Kings Korner

By V.G. Harris



Break the Losing Streak

As previously stated, the Sacramento Kings are setting records, albeit not the ones they want to.

Entering Monday night's game against the Grizzlies on the road, the Kings will try to call a halt to a 16-game losing streak and give the Sacramento fan base a reason for optimism.

Injuries, bad coaching and a front office that still needs to find their way have all contributed to the worst record in the NBA, and few pundits or fans expected to find this team in the NBA cellar.

Allowing Sabonis and Lavine to surgically repair their injuries ending the season for both, makes loads of sense as there remains no possibility of making the playoffs, and having both critical players healthy entering next season will be a welcome relief as the Kings look for a 180-degree turn.

Looking for bright spots is a little like looking for a needle in a haystack, but without question seeing Keegan Murry finally healthy and making a contribution nightly, is a more than welcome sight.

In the most recent game against the Spurs, Keegan led the Kings in scoring 20 points along with DeMar DeRozan, and although not the all-star that the Kings initially thought he might be, Keegan is making noises like he's going to someone to count on as the team continues to shuffle the deck.

What will the upcoming draft bring the cellar dwellers? Anyone's guess, but you can rest assured that GM Scott Perry has his sights set on coming up with a game changer.

We've seen franchises do it before, and you need look no further than the Oklahoma City Thunder or the Detroit Pistons to see the results. Yes, it can happen, and the only caveat is the past experiences in the draft that have been abysmal.

No more Willie Cauly-Stein's or Marvin Bagley's! What the Kings need is a can't miss, blue chipper that will impact this team in a positive way right out of the gate!

Can it be done? Yes, it absolutely can, if Scott Perry and staff are permitted to do their job without interference from the

ownership group. Let the people you've hired do their job and stand on the decisions they make.

Another DeAaron Fox or Tyrese Haliburton may be just around the corner, and goodness knows the Kings are overdue for something positive to happen.

Another key will be how they evaluate the talent that already exists. Will the Kings value Domantas Sabonis and realize what a true diamond in the rough they have? At this point no one knows and we can only wait and see what happens.

What everyone agrees on is bringing a 16-game losing streak to a halt and stemming a conversation of challenging the all-time futility record set by the Detroit Pistons. Although 16 is a fall cry from the 28-game losing streak set by the Pistons, it's just better to put that conversation to bed.

1st round draft choices need to be vetted carefully, and the Kings have yet to fully see what Devin Carter brings to the table. Everyone knows he can jump out of the gym, and at times his defense is all-star caliber, but can this 1st round draft choice get enough court time to prove his worth. We'll see, but I take nothing for granted.

Enter Killian Hayes, a 6'4" guard just signed to a 10-day contract. I wasn't aware the Kings needed another guard but here he is, nonetheless. What is interesting about Killian is that he was drafted #7 overall in the 2020 draft by the Detroit Pistons and is still only 24 years of age. Raised in France can he make a splash?

At the same time the Kings signed Patrick Baldwin Jr. to a 2-way contract and at 6'10" Patrick brings some much needed girth to the front line. Baldwin was signed by the Golden State Warriors 28th in the overall 2022 draft so Kings fans have renewed reason to show up for the March 3 contest at Golden One against the Phoenix Suns.

Yes, Scott Perry is trying, and that's better than giving up. Are these guys longshot? They are, and we need to turn out and give them the best we have.

Stay tuned Kings fans and don't lose heart.

All the best!

★

California School Systems Face Red Ink Despite Boosts in Education Spending



By Dan Walters, CALMatters.org

Educating California's nearly 6 million public school students is the state budget's second largest expenditure, and one that has increased sharply during Gavin Newsom's governorship.

The 2026-27 budget that Newsom proposed last month would spend \$88.7 billion on students, ranging from transitional kindergartners to high school seniors. When local property taxes and federal aid are included, the total would be nearly \$150 billion, an average of \$27,418 per pupil.

That's a 61% increase from the \$17,014 they were getting when Newsom became governor, but adjusting for 29% inflation during that period would cut the real gain in half.

Comparing California's school support to that of other states is difficult because there's always a lag in data collection. However, the Public Policy Institute of California, using data that are a few years old, reports that the state is no longer in the lower ranks in per pupil spending but is somewhere in the middle, perhaps a few thousand dollars above average.

Education officials constantly press for more state spending, which is governed by complicated formulas in a 1988 ballot measure,

Proposition 98. Newsom's budget calculates that the minimum Prop. 98 guarantee in state and local funds would be \$125.5 billion, but he wants to delay \$5.6 billion in payments to reduce the budget's deficit — essentially a loan from the schools to the state, one of many maneuvers he and the Legislature have used to close the gap between revenue and spending.

"This delay shifts costs to the future when the state must 'settle up' and meet this obligation," the Legislature's fiscal analyst, Gabe Petek, says in his overview of the schools budget, adding, "For the state budget, the settle-up proposal is similar to other forms of borrowing and spending delays — it provides temporary savings in the current year but increases costs in the future."

Calculating what the state is legally obligated to spend on schools, deciding what it will spend, massaging the numbers and framing the political optics is a time-dishonored feature of the annual budget process because it's such a big piece of the puzzle.

Meanwhile, however, school districts throughout the state are having remarkable difficulty in balancing their own budgets this year. They face declining enrollments due to demographic factors such as falling birth rates, lower immigration, population losses to other states, local resistance to school closures and pressure from unions for salary increases for teachers and support staff, to cope with their own inflationary pressures.

The fiscal angst is most obvious in urban school

districts, where enrollment declines are most severe and where unions are the strongest, often spending heavily to elect friendly school board members.

San Francisco's school system just underwent a teacher strike that was settled with an agreement that will raise costs by an estimated \$180 million-plus, leaving great uncertainty over how it will find the money.

Sacramento's schools have been teetering on the edge of insolvency for years due to outlays that are markedly greater than income. It could be compelled to accept a fiscal overseer if it needs a state bailout.

Los Angeles Unified, the nation's second largest school system, is facing a \$191 million deficit, the latest in a string of budget gaps.

Educators and their unions say their problems could be solved if only they had more state aid. But raising per pupil spending by \$1,000 would cost nearly \$6 billion a year, and increasing it to \$30,000-plus to match the top tier of states, such as New York, would cost at least \$30 billion.

With the state budget already plagued by chronic deficits in the \$20 billion range, just giving schools their constitutional level of financing will fall \$5.6 billion short under Newsom's budget.

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 Friend is 65; Shouldn't She Be Exempt from Medicare Payroll Taxes?



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: My girlfriend is 65 and she just enrolled in Medicare. She is still working full time as a nurse, but they are still deducting Medicare taxes from her paycheck. I thought as soon as you started Medicare, that they would no longer take any Medicare taxes from her paychecks. Is that not correct? **Signed: Concerned Friend**

Dear Concerned Friend: Your understanding about Medicare payroll tax is, indeed, not correct. Medicare taxes are levied on everyone who works and earns, regardless of whether or not they are currently enrolled in the Medicare program. That is how Medicare has worked since it was first enacted in the mid-1960s and how it still works today.

FYI, everyone who works for an employer must pay "FICA" (Federal

Insurance Contributions Act) payroll tax of 7.65%. Most (6.2%) of that payroll tax goes to support Social Security, but 1.45% goes to support Medicare Part A. Self-employed individuals must also pay this tax under the Self-Employed Contributions Act (SECA) which is equivalent to FICA, except the self-employed individual must also pay the employer portion of the payroll tax. The Social Security portion of the FICA/SECA tax has an earnings cap (\$184,500 in 2026), but there is no cap on earnings for the Medicare portion of the FICA/SECA payroll tax. FYI, employers pay an equivalent amount of Social Security and Medicare taxes, and the Medicare portion of the payroll tax is paid on all earnings (there is no cap on earnings from which the Medicare payroll tax is withheld).

To ensure understanding, Medicare Part A provides healthcare coverage for inpatient hospitalization services, and Medicare Part B provides coverage for outpatient medical services (doctors, medical tests, etc.). That 1.45% of the FICA (and SECA tax for the self-employed) is paid by those who work to help fund the

Medicare Part A program, which is premium-free for most Americans after age 65. For Medicare Part B, there is a separate premium which helps pay for Medicare outpatient healthcare services. The standard Medicare Part B premium for 2026 is \$202.90 per month, compared to Medicare Part A which is free to all who are eligible for Social Security benefits. But the 1.45% payroll tax which is being withheld from your girlfriend's paycheck is paid by everyone who has work earnings, even if they are enrolled in Medicare.

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★



The Greatest Sports Story Ever Told

tremely demanding style forged a group of college kids into a historic team. (The Olympics back then were for amateurs, although the Soviets were professional in all but name.)

Brooks was obsessed with Soviet hockey and wanted to turn its insights against it. His team would be physically tough, but would be able to skate and pass too, and be better conditioned than anyone else, giving it better legs in the third period.

The U.S. team compiled an impressive record during the exhibition season. But the Soviets were giants. They'd won the gold at every single Olympics since 1964. During this run, their combined Olympic record was 27-1-1, and they had outscored the opposition 175-44.

The U.S. played an exhibition game against the Soviets at Madison Square Garden right before the Games and got crushed 10-3.

At the Olympics, the U.S. managed a last-minute tie against Sweden and then manhandled a good Czech team, 7-3. As they racked up more wins, they caught the nation's attention, but the Soviets awaited in the medal round.

No one gave the U.S. a chance. Al Michaels says he was just hoping it'd still be close, say, the Soviets up 3-1, in the middle of the game.

Brooks delivered a famous pre-game St. Crispin's Day speech to his team: "This moment is yours." The coach's

grown children show the documentarians the card that he wrote his notes on -- surely one of the most precious relics in the history of U.S. sports.

The U.S. emerged tied with the Soviets 2-2 after one period, and survived an onslaught in the second, getting outshot 12-2 but trailing only 3-2. Then, magic happened in the third. Team captain Mike Eruzione scored his iconic goal to put the U.S. up 4-3.

Ten minutes of Al Michaels-narrated agony ensued as the U.S. had to protect the lead against an explosive Soviet team. The U.S. still had to beat the Finns for the gold. True to form, Brooks ran his team through punishing drills to prepare, even after they'd become national heroes.

Ordinary sports creates an ersatz nationalism, with fans feeling a deep connection to their own team, to its history, colors and past heroes. When this sports patriotism was combined with the real thing in 1980 -- especially when arrayed against an aggressive, malign rival power -- the effect was explosive.

The documentary shows the U.S. players walking down the street in Lake Placid. Forty-five years later, people still stop them and yell out their thanks. They showed that miracles happen, and did it for the red, white and blue.

Rich Lowry is editor of the National Review. (c) 2026, by King Features Synd., Inc.

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WE SUPPORT FIRST RESPONDERS





With Mary Jane Popp

Self Love

We have holidays for love and how to find it. But, have you ever thought about love for yourself by yourself? Seems like burnout is at the top of the list, especially for you ladies. Most women aren't burned out because of the hours they work, they are burned out because who they're forcing themselves to be isn't sustainable or conducive to their well-being. According to **Dr. Julie Merriman**, the inability to set boundaries and allow time for proper mental and emotional recovery is often mis-categorized as dedication and reliability when they are actually health detriments. That's when we feel like value comes from sacrifice and rest feels like failure. If your worth comes from meeting needs, boundaries feel like abandonment. Dr. Merriman is a licensed mental health clinician, counselor educator, burnout researcher, author, and speaker. As the founder of "**Soul Joy**," she serves as a premiere authority for women over 50 navigating the intersection of professional burnout and personal intimacy. She's had over 30 years of clinical experience and academic leadership, but her personal journey through profound burnout, and a subsequent breast cancer diagnosis led her to her "scorched earth" approach to healing and proving that re-birth is possible at any age. That's why she created the 12 week guide **In Pursuit of Soul Joy**, and the forthcoming book "**Are We Gonna Have Sex or What?**"

When **Dr. Merriman** was on my POPPOFF Radio Show, she really got to the nitty gritty at the core of burnout like **RESENTMENT: The silent impact of burnout and compassion fatigue**. She

told me research on compassion fatigue shows that resentment emerges when emotional labor outpaces agency-when you give without choice, when you care without control, when you pour out constantly without ever being refilled. And this can result in **Feeling** completely invisible even when you're meeting your goals. **Feeling** trapped by obligation and responsibility and **Fantasizing** about escape while feeling too responsible to actually leave.

Then she got into the **ROOT CHAKRA CONNECTION: Why Safety precedes Energy**. The root chakra sits at the base of your spine and governs everything related to safety, survival, grounding, and stability. The root chakra asks one fundamental question-Am I safe? When the answer is "no" or when your nervous system isn't sure-everything else in your system shuts down to conserve resources for survival.

OKAY! So, what am I supposed to do I asked? She gave me the answer with **WHAT RECOVERY ACTUALLY REQUIRES**: You cannot think your way into feeling safe. Because the Root Chakra and the nervous system it's connected to, doesn't speak the language of logic, it speaks the language of sensation, breath, and presence. Bottom line, she said "You have to teach your body, not your brain, that it's safe."

You can check out her website www.juliemerrimanphd.com for more info on how to deal with burnout, and live the good life by identifying your burnout and reclaiming your innate Soul Joy. Let's reach out for that JOY! ★

Roger's Review

By State Senator Roger Niello



February is Montessori Month

Not every child learns in the same way or at the same pace. Having multiple educational options – traditional, charter, Montessori, homeschool, or flextime – is the best way we can help all kids learn, thrive and find their success.

I have introduced Senate Constitutional Resolution (SCR) 69 this year to recognize February as Montessori Month in California and highlight the Montessori educational model and what it provides for our children. Senate Concurrent Resolution 69 recognizes and gives a shout-out to Montessori schools. Some are public, some are private, but they all provide an alternative learning environment for children who benefit from a different educational path to reach their full potential.

Montessori is a teaching method that has been around for more than a century. It has a child-focused approach that the late Dr. Maria Montessori, an Italian physician, developed for educating children, and it has been transforming schools around the world since 1907.

Dr. Montessori has ties to California. She came to our state in 1915 to demonstrate her method at the Panama-Pacific International Exposition in San Francisco by using a "Glass Classroom" enabling spectators to observe this method of teaching.

That same year, Dr. Montessori spoke at the prestigious annual conference of the National Education Association in Oakland, California.

Today, in California, there are Montessori programs in 506 public

and private schools serving a little over 49,253 students. Nationwide, there are approximately 3,754 public and private schools offering Montessori programs serving approximately 214,000 children.

Education in a Montessori classroom is child-centered and takes a self-directed learning approach. Students engage with specially designed materials in multi-age classrooms, fostering independence and a love of learning. They are taught to be deeply engaged in their work and respectful of themselves and their surroundings. They learn at their own pace.

I was honored to recognize February as Montessori Month at the State Capitol. A big thank you to the California Montessori Project (CMP), a public charter that is tuition-free, open to all, and serving TK through 8th-grade students in the greater Sacramento Area. I appreciate all Montessori schools for the good work they do for children in our community who need an alternative path to learn, thrive and find their way to a happy, successful life.

State Sen. Roger Niello represents District 6, which includes Antelope, Arden-Arcade, Carmichael, Citrus Heights, Clay, Fair Oaks, Folsom, Foothill Farms, Franklin, Galt, Gold River, Herald, Mather, Orangevale, Rancho Cordova, Rancho Murietta and Wilton in Sacramento County. The district also includes Auburn, Granite Bay, Lincoln, Loomis, Newcastle, Penryn, Rocklin, Roseville and Sheridan in Placer County. To reach the senator, call 916-772-0571 or email senator.niello@senate.ca.gov. ★



Informing, Empowering and Engaging Readers with Their Community

By Patsy McGavock
JustServe.org

In a quiet corner of the public library, a teenager scrolls through scholarships and job listings while an older man studies his retirement account statement a few tables away. They never speak. Yet both are doing the same math – trying to calculate security in an uncertain economy. One worries about getting started. The other worries about running out. What lingers is not the difference in age, but the shared weight neither can see in the other.

National studies show strain at every life stage: Young adults report the highest levels of anxiety and psychological distress; adults in their 30s and 40s report some of the highest loneliness while balancing careers and caregiving; and older adults face serious risks tied to social isolation, including heart disease, stroke and cognitive decline.

But there's also a more hopeful pattern – the very stage of life that produces strain also produces assets that another stage lacks. If you fit those together like the peaks and valleys of a gear, both move smoothly ahead, even magnified as more gears join the lift.

Older adults carry long-range perspectives, having seen recessions end, cycles turn and movements succeed. That perspective does not dismiss youthful concern; it steadies it – settled into the valley of seasoned experience – while simultaneously reducing seniors' risk of isolation. Whether reading in classrooms, mentoring small-business

Where Generations Meet

Part 1: Turing Strain into Strength

owners or serving on boards, they remain civic assets rather than sidelined observers.

Midlife adults often sit at the tightest point in the system – stretched between generations – yet also the most powerful, holding two generations at once. They manage schedules, budgets and institutions with skill, mentoring the young while supporting elders. When connected upward to elders who anchor perspective and downward to youth who represent possibility, they report deeper purpose and life satisfaction, reframing caregiving from isolated obligation to shared meaning and continuity.

Communities that normalize those connections distribute responsibility more evenly: a ride to an appointment, a college application review, a shared meal that becomes a three-generation conversation.

These connections also address a stress shared across life stages – one of America's most urgent and widespread health concerns: loneliness. The difference is visibility. Older adults may be alone in their homes. Teenagers may be alone in plain sight. Midlife adults may be unseen in the caretaking, career-keeping shuffle between the two.

Research shows people thrive beyond their peer group alone: Youth with at least one trusted non-parent adult see stronger academic and life outcomes and engage in less high-risk behavior; midlife adults gain renewed purpose beyond roles of responsibility; and seniors find meaningful contribution.

Yet it is not America's natural pace. Routines, infrastructure, programming and even housing separate us by age, creating divisions

that become emotional as well as structural. Surveys show rising perceptions that generations no longer share values or economic realities – "those boomers" vs. "entitled millennials." Which means generational connection, at least for now, must be intentional and forgiving.

There's a community-level payoff that goes beyond warm stories. Cross-generational relationships strengthen what every town says it wants: trust, mutual responsibility and a sense that "we're in this together." When a teenager knows the name of the older neighbor on the corner – and that neighbor recognizes the teen as more than a headline about "kids these days" – we reduce fear and increase belonging. Across the entire lifespan.

In a time when civic life can feel brittle, cross-generational ties are one of the few bridges that don't require everyone to agree first. It's an interpersonal invitation.

When the generational gears do not touch, each spins alone, isolated. When they interlock – in classrooms, parks, libraries, faith communities and neighborhood walks or projects – pressure converts into motion.

So, the question isn't whether cross-generational connection is "nice." It's whether we're willing to make it normal – not a special event or a once-a-semester service hour, but a steady rhythm woven into daily life: Invite someone a generation older or younger into your routine. While there, share a skill, ask a story and build a new, magnified way of being together.

Patsy McGavock is a volunteer writer and community advocate. Connect with Patsy at PatsyMcGavock.JustServe@gmail.com. ★

National Summit on Volunteer Engagement Comes to Sacramento

Association of Leaders in Volunteer Engagement (ALIVE) News Release

SACRAMENTO REGION, CA (MPG) - Professionals who work with volunteers are invited to gather in California's beautiful capital city this spring for the 2026 National Summit on Volunteer Engagement, hosted by the Association of Leaders in Volunteer Engagement (ALIVE). The Summit takes place March 18 to 20 at the Sacramento Marriott Rancho Cordova.

The National Summit brings together nonprofit, government, higher education and corporate leaders in volunteerism and service from across the country for three days of inspiration, learning and connection. Whether participants are new to volunteer engagement or seasoned professionals, the summit offers practical tools, innovative ideas and meaningful relationships that strengthen volunteer programs, community impact and reminds them they are not alone in this deeply meaningful work.

Attendees will have opportunities to ignite their passion through inspiring speakers who are trailblazers in volunteer engagement; sharpen their skills by participating in interactive, hands-on workshops packed with practical strategies; connect and collaborate through fun networking opportunities with peers across industries

and sectors; and experience exciting surprises, with special sessions and activities to be announced in the coming months

For registration details, hotel booking information, and ongoing updates, visit www.volunteeralive.org/summit.php.

About ALIVE

The Association of Leaders in Volunteer Engagement (ALIVE) exists to champion the people who make volunteerism possible. We unite leaders across the country who are shaping how volunteers are welcomed, supported and celebrated in their communities. Through shared learning, advocacy and a collaborative network, ALIVE equips professionals to strengthen organizations and expand the impact of volunteer-powered work. Learn more at volunteeralive.org. ALIVE is a volunteer-powered organization. With one full-time staff member, please allow seven days for a response.

"Volunteer engagement professionals are the backbone of thriving communities," said Shelli Beck, ALIVE Board Summit Committee Chair. "This summit is designed to energize their work, celebrate their impact and equip them with tools they can use immediately."

Community partners, nonprofits, service organizations and local agencies are encouraged to share this opportunity with staff and volunteers who support or manage volunteer programs. ★

SCDSA Endorses Josh Hoover for Assembly

Josh Hoover for Assembly News Release

SACRAMENTO, CA (MPG) - On Feb. 17, Assemblyman Josh Hoover announced that he has received the endorsement of the Sacramento County Deputy Sheriffs' Association (SCDSA) for his reelection campaign in Assembly District 7.

The Sacramento County Deputy Sheriffs' Association (SCDSA) represents more than 1,500 rank and file sergeants, deputies and non-sworn members working in Sacramento County.

"Assemblyman Josh Hoover has proven to be a reliable partner for law enforcement at a time when that is very much needed for the men and women

who wear the uniform. He has always been a strong advocate for public safety. The Sacramento County Deputy Sheriffs' Association is proud to endorse Assemblyman Hoover once again for reelection," wrote SCDSA President Sergeant Nathan Seger.

Hoover was elected to the State Assembly in 2022 to represent the voters of California's 7th Assembly District in one of the most competitive elections in the state and reelected in November of 2024 by more than seven percentage points.

For more information about Assemblyman Josh Hoover and his campaign, please visit www.HooverForAssembly.com. ★



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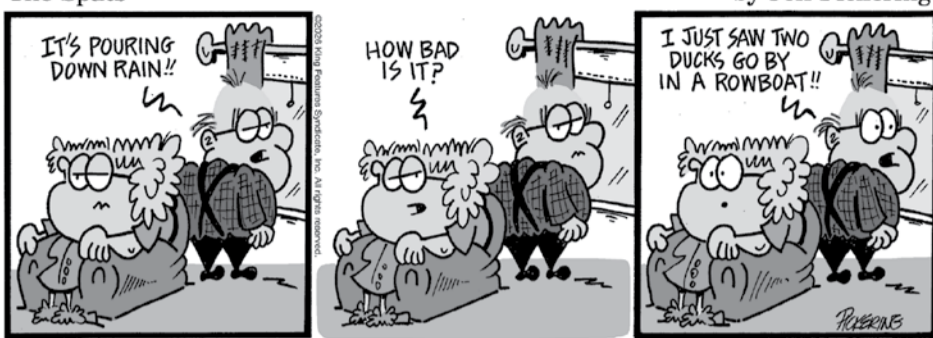
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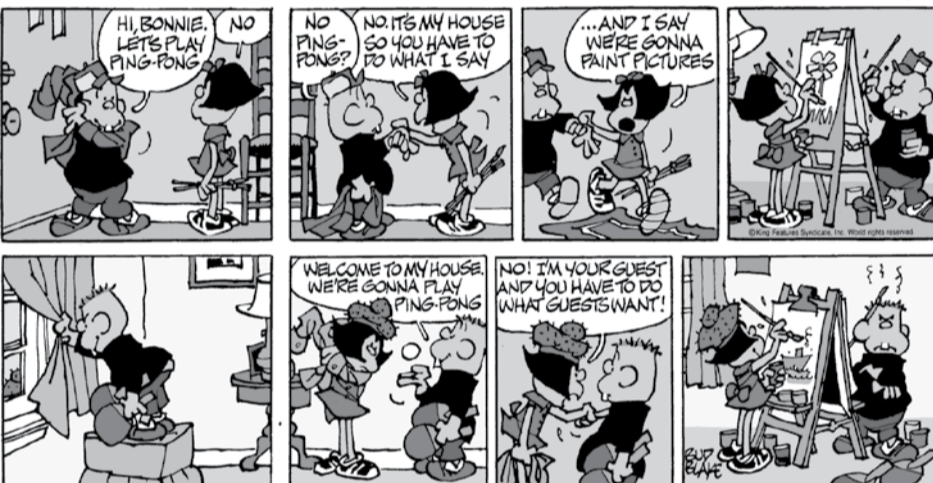
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Find at least six differences in details between panels.



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Just Like Cats & Dogs

by Dave T. Phipps



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STATEPOINT CROSSWORD • THE OSCARS

CLUES

- CROSSWORD**
- ACROSS
 1. Traction aid
 6. Freddy's street
 9. Reach a high
 13. Italian bowling
 14. Entrepreneur Gary Vaynerchuk's alias, Gary
 15. Jolly good one
 16. Parallel grooves
 17. Many, many moons
 18. "Take it back!"
 19. "Song Sung Blue" Best Actress nominee
 21. "Movie with most 2026 Oscar nominations"
 23. Make a seam
 24. Vampire's tooth
 25. Tai's partner
 28. South American monkey
 30. Naphthenic acid + palmitic acid
 35. Pilot's stunt
 37. Forbidden, to a baby
 39. Vampire of Greek mythology
 40. Italian wine region
 41. Not Astroturf
 43. Alpine lift
 44. Sports figures, e.g.
 46. Cantina pot
 47. Email folder
 48. Not vivid and bright
 50. Nessie's abode
 52. *Jamie Foxx won for his role in this 2004 biopic
 53. Eagle's nest
 55. Unreliable newspaper
 57. *2026 nominated film with Stone and Plemons
 61. *Chlo Zhao's nominee
 64. Newton or Stern
 65. Roman money
 67. Star-crossed one
 69. To the point
 70. a.k.a. sodium hydroxide
 71. Novelist Zola
 72. Formerly, formerly
 73. Aye-aye
 74. "He ___ it like it is"
- DOWN
 1. Not NBC or ABC
 2. Reluctant
 3. Pantyhose hue
 4. DNA and RNA, e.g.
 5. Cups and saucers
 6. 20-, e.g.
 7. "One Battle After Another" Best Actor nominee
 8. High IQ society
 9. *#7's nominated co-star
 10. "Anything ___?"
 11. Wing-shaped
 12. K to Romans, pl.
 15. Like athlete's foot
 20. Behind on rent, e.g.
 22. Night spot
 24. At last
 25. Necklace fastener
 26. Popular garden perennial
 27. I to Greeks, pl.
 29. *2026 nominated Benicio del ___
 31. Benatar and Morita
 32. Fly in ___ or a reminder of the past
 33. Tarzan's swing rope
 34. *Fictional table tennis champ
 36. *Nominated "F1" star
 38. Nobel Peace Prize

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SMUD Boosts Rebates for Heat Pumps

Program helps Sacramento customers save energy, improve comfort and cut carbon

SMUD News Release

SACRAMENTO, CA (MPG) - SMUD announced new, increased rebate levels for residential heat pump installations beginning in February. These enhanced rebates represent an increase in existing programs. They're designed to help customers transition to clean, efficient electric heating and cooling technology while offsetting the recent expiration of federal tax credits and state incentive programs.

These rebates include up to \$4,000 for gas-to-electric heat pump water heater conversions, up to \$3,000 for gas-to-electric heat pump HVAC system conversions and \$1,000 for electric-to-electric heat pump water heater and heat pump HVAC upgrades.

"These rebates demonstrate our commitment to making clean energy affordable and accessible for every Sacramento family," said Lora Anguay, Chief Zero Carbon Officer. "Heat pumps are a reliable technology that reduce carbon emissions, boost energy efficiency and deliver about



SMUD's heat pump programs are a cornerstone of our 2030 Zero Carbon Plan and goal to electrify 154,000 homes by 2030. Photo courtesy of Freepik

\$500 a year in real savings. By increasing our rebates, we're removing cost barriers and helping our community take part in our shared clean energy future."

SMUD's heat pump programs are a cornerstone of our 2030 Zero Carbon Plan and goal to electrify 154,000 homes by

2030. Heat pumps are highly efficient compared to traditional gas systems, providing heating and cooling while cutting energy bills, improving indoor comfort and reducing household carbon footprints. Through SMUD's Advanced Home Solutions program, more than 23,000

gas-fired space and water heating systems have already been replaced with high-efficiency electric heat pumps.

The increased rebates come at a critical time, as recent federal tax credits expired on Dec. 31, 2025, and state incentive programs have run out of funding.

For more information about SMUD's heat pump rebates and to apply, visit smud.org/GoElectric.

About SMUD

As the nation's sixth-largest, community-owned, not-for-profit electric service provider, SMUD has been providing low-cost, reliable electricity to Sacramento County for more than 75 years. SMUD is a recognized industry leader for its innovative energy efficiency programs, renewable power technologies and for its sustainable solutions for a healthier environment. In 2024, SMUD's power supply was about 62% carbon free, which is largely influenced by the weather and amount of hydroelectricity produced. SMUD's goal is to completely eliminate carbon in its electricity production by 2030 while maintaining reliability and keeping rates among the lowest in California — on average, 50% lower than its neighboring, investor-owned utility. For more information on SMUD's Zero Carbon Plan and its customer programs, visit smud.org ★

The Problem with California's Proposed Mileage Tax



Josh Hoover

By Assemblyman Josh Hoover

I was disappointed last month when the Assembly passed AB 1421 (Wilson) over strong bipartisan objections. This legislation sets the stage for a new per-mile tax on drivers across our state—a move I opposed for its potential burden on everyday Californians without adequate safeguards.

Advocates for AB 1421 downplay the risks, insisting it's merely a directive to "study" the contours of a mileage-based fee or road user charge. Indeed, the bill's language focuses on preparing

research and recommendations for such a system. But let's be candid: In Sacramento, we don't commission studies on policies we have no intention of pursuing. This "study" is a thinly veiled precursor to implementation, and it demands scrutiny.

What concerns me most is the rush to explore this without ironclad protections for taxpayers. That's why I joined my colleagues in pushing ACA 12 (Wallis). This proposed constitutional amendment would mandate a two-thirds vote threshold for any state or local mileage tax, ensuring broad consensus. It would also ban "double taxation" by exempting drivers who already contribute through the gas tax. Regrettably, the supermajority in Sacramento rejected it on the floor, sidelining these essential guardrails.

To gauge public sentiment, I recently surveyed hundreds of constituents in my district. The results were unequivocal: A staggering 96% opposed any per-mile tax

lacking protections against double taxation. Even if the gas tax were entirely eliminated, more than 67% would still reject a mileage-based system. However, support shifted modestly when the tax was framed as applying solely to zero-emission vehicles (ZEVs), which currently evade the gas tax: 49% favored it, while about 40% opposed.

This nuance reveals a core inequity. Drivers of traditional gas-powered vehicles bear a disproportionate share of funding our roads through fuel taxes, whereas ZEV owners pay only a marginally higher registration fee. As electric vehicles proliferate—encouraged by state incentives—this imbalance will only worsen, eroding the revenue base for infrastructure maintenance.

Yet AB 1421 fails to confine the tax to ZEVs. Instead, it opens the door to a blanket levy that ignores the realities faced by low-income and rural residents. Many in these communities commute

longer distances to work, school, or essential services, meaning they'd shoulder a heavier load under a miles-traveled model. Compounding this, serious privacy issues loom: Accurately tracking every mile driven could invite intrusive surveillance, eroding personal freedoms without clear data protections.

Make no mistake, our roads desperately need investment. California ranks a dismal 46th nationally in road quality, despite imposing the highest gas taxes in the country. As a member of the Assembly Transportation Committee, I've consistently fought against diverting these revenues to non-transportation uses. We must prioritize fixing potholes, streets, and highways with existing funds before inventing new taxes.

Imposing a mileage tax without robust taxpayer safeguards isn't progress, it's a regressive hit on those least able to afford it. In a state already grappling with

sky-high living costs, from housing to groceries, this would further strain hardworking families, commuters, and small businesses. As lawmakers, we owe Californians better: a transparent, equitable solution that rebuilds our infrastructure without punishing drivers. Let's demand accountability and reject half-measures like AB 1421. Our roads and our residents deserve no less.

Assemblyman Josh Hoover is a member of the Assembly Transportation Committee and 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. ★

County Launches Improved 311 Connect Website

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Sacramento County has launched an improved 311 Connect online portal designed to make it easier for residents to manage service requests and access County services in one convenient location.

Residents can access the upgraded 311 Connect portal using a single Sacramento Countywide user profile — the same account many already use for services such as My Utilities and Revenue Recovery.

The portal offers a more seamless, secure, and user-friendly experience, with new features that include simplified access through a single, easy-to-use website to manage 311 Connect services. It also provides service request management, allowing users to view, update, and submit new service requests. In addition, the portal supports multi-account management, enabling users to manage multiple accounts from one centralized location.

Introducing Cami, Sacramento County 311's new digital assistant! Cami is here to help answer questions and make your experience even smoother. Learn more and explore new features to get the most of the new portal

by watching our video [Introducing Cami - 311 Digital Assistant](#).

What Residents Can Expect

As part of the transition, existing usernames will remain the same. Residents will receive an email with a password reset link to activate their new Countywide profile. The link will expire seven days after it is sent. If the link expires, users can simply select "Forgot Password" on the login page to reset it.

All existing profile information and service request history will automatically transfer to the new portal, allowing residents to pick up right where they left off.

How to Prepare

To ensure a smooth transition, residents are encouraged to log into their current Sacramento County 311 Connect account and verify that their email address and phone number are up to date.

Once users receive the emailed link, they will need to click the password reset link in their email, enter their existing username and update their new Sacramento County profile with any missing contact details.

Residents should watch their inbox for the password reset email and prepare to explore the new 311 Connect portal. ★

Sacramento County Office of Education News Release

SACRAMENTO COUNTY, CA (MPG) - The search for the next Sacramento County Superintendent is underway, and community members are invited to play an important role in the process.

Superintendent David W. Gordon has announced he plans to retire on June 30, 2027, and the Sacramento County Board of Education has initiated the recruitment and selection process for a new superintendent. To guide this work, the Board has partnered with Leadership Associates, an executive search firm, to assist with this important effort.

The Board is emphasizing transparency, collaboration and community voice. Families, students, educators, district partners and residents across Sacramento County will have several opportunities to share what they believe the next superintendent should bring to the role.

The public can share their feedback in

multiple ways: by completing online surveys, attending community forums, and/or joining virtual sessions. Small in-person group discussions are being scheduled with SCOE employees and key educational partners by invitation.

To ensure a collaborative and inclusive process, the Board is requesting public input through an anonymous online survey available now through March 2. The purpose of the survey is to gather feedback from stakeholders on the qualities and characteristics they believe are most important for the next superintendent to possess.

The survey also seeks community perspectives on Sacramento County Office of Education strengths, challenges and the broader education community.

To learn more and complete the survey visit <https://www.scoe.net/superintendentsearch/>.

Feedback will help shape the leadership profile used to guide the Board's recruitment and selection process. ★



Improved Information Access With 2026 Website Debut

Sacramento County Office of Education News Release

SACRAMENTO COUNTY, CA (MPG) - The Sacramento County Office of Education (SCOPE) has unveiled a redesigned website, providing a new navigation structure that offers visitors more direct access to information by highlighting key programs and services

through an extensive drop-down navigation menu, reducing the need for multiple clicks to access resources.

"This redesign improves access to information for our stakeholders and puts additional security measures in place," said Executive Director Xanthi Soriano. "All the hard work that's gone into planning and building the new site will make it easier to navigate and

more visually engaging, giving SCOPE programs an even stronger online presence and reinforcing our efforts to make information accessible to all site visitors."

Planning for the redesign started in 2022 with development work beginning in 2024. SCOPE's Communications Office collaborated with Catapult CMS, a Roseville-based company

specializing in content management solutions for K-12 school websites. The semi-custom design, which leverages shared code to efficiently ensure compliance with browser updates and technology changes, is meant to present information in a visually appealing but accessible way.

The Catapult CMS templates are designed specifically for K-12 schools

and offer an inclusive online experience, ensuring accessibility by meeting ADA guidelines and WCAG Level AA standards. The website is now being hosted through Amazon Web Services.

Visitors are encouraged to explore the new website and to check back for additions as the site is fine-tuned. Archives and expanded information will be added in the coming months. ★

UC Davis Extends Contract for Football Head Coach



UC Davis Head Football Coach Tim Plough has received a five-year contract extension. Photo courtesy UC Davis

UC Davis Athletics News Release

DAVIS, CA (MPG) - Following two seasons of national success, including back-to-back NCAA Division I National Championship Quarterfinal appearances and 20 wins, UC Davis Athletics and Director of Athletics Rocko DeLuca are proud to announce a five-year contract extension for football head coach and UC Davis graduate Tim Plough.

The new extension runs from Feb. 1, 2026, through Jan. 31, 2031, and is a testament to the commitment by Plough to continue his stated goal of bringing a national championship to Davis, Calif., while navigating an ever-changing college football landscape.

"My family and I are excited to continue our journey here at UC Davis. I love Davis, love this program, and I've been proud of what we've been able to accomplish in the last two seasons," said Plough. "We will continue to push forward to make this place grow into the championship program that we know it's capable of."

Over the past two seasons, the Aggie football program has established a national presence on the field, earning first-round byes and hosting three NCAA Division I playoff games during that span. UC Davis

has also remained strong in recruiting, signing back-to-back classes that each ranked among the top five in the Football Championship Subdivision.

During Plough's tenure, he has been named an Eddie Robinson Award finalist, and under his coaching seven Aggies have earned First Team All-America honors. Rex Connors, David Meyer and Jacob Psyk have all been named Buck Buchanan Award finalists, and on the offensive side of the ball, Lan Larison and Miles Hastings were named Walter Payton Award finalists.

Larison was signed to a National Football League contract, while Hastings saw time in the Canadian Football League. Each received the final push they needed to reach their potential through Plough's commitment to helping them finish their careers in Davis.

"Tim has done an exceptional job building on the strong foundation of Aggie football and guiding our program into its next phase of growth," said DeLuca. "Our tradition, leadership and alumni support have long positioned us for success, and Tim has embraced that legacy while elevating our national profile and competitive standard. He has strengthened our culture, sharpened our identity and clearly defined what Aggie football represents on and off the field.

Coach Plough leads with authenticity, invests deeply in relationships and takes tremendous pride in representing UC Davis. This extension reflects our confidence in his vision and our belief that he is the right leader to help us take the next steps toward sustained championship-level success. Tim cares deeply about this university, our student-athletes and the Aggie community, and we are excited to continue building that momentum together."

In today's evolving college football landscape, opportunities at the Football Bowl Subdivision level continue to grow. With this extension, DeLuca, the athletic department and Plough have reaffirmed their shared commitment to the long-term success of Aggie football on the national stage.

"I've learned and grown a lot in the past two seasons, I know I have not been perfect and made mistakes, but I'm very

thankful for the opportunity to learn and grow and become a better coach, mentor and leader for UC Davis Athletics," Plough added. "We have big goals here and we still need a lot of help to get there. I'm hoping that my commitment to the program will get others to do the same. We are growing, building, working to be something unique in this new world of college athletics. I really believe in the next couple of years if we continue to do that together, there's nothing that we can't accomplish."

A key part of Plough's impact at UC Davis has been his focus on developing student-athletes for success on the field while attracting transfers who want to finish their careers and pursue another degree. Since arriving in Davis, he has brought in 12 graduate transfers who have made immediate contributions. The program has also maintained one of the highest retention rates in the FCS, reinforcing that once student-athletes come to Davis, they want to stay.

Players such as Cal Poly transfer David Meyer, who set a program record for tackles in a single season, and Harvard transfer Jacob Psyk, who had an All-American 2025 season, showcase the impact Davis has had on the football landscape and what Plough is building.

"I think the fact that Tim is willing to sign an extension reinforces everything he said when he took the job," said Cal Aggie Athletics Hall of Famer Bob Biggs. "He has a genuine connection to UC Davis, this program and the community, and you can see that in the way he leads and the pride he takes in representing this place. With the university and athletics making this commitment, it speaks volumes about where the program is headed."

"Tim is a man of his word, and his experience here as a student-athlete helped shape the passion he brings to this role every day," Biggs continued. "His energy, transparency and commitment to the student-athletes have built strong trust across the program, and I'm excited to see what the future holds for Aggie Football under his leadership."

UC Davis and its newly extended head coach will begin the 2026 season with a Big Sky showdown at Portland State on

Aug. 29 and over the next three months, the Aggies will battle for a Big Sky Championship. During the season, Plough and his team will host Montana, Eastern Washington, Northern Colorado, Utah Tech and Cal Poly along with visiting Southern Utah, Weber State and Idaho.

The Aggies have contended for the conference title in both seasons since Plough returned to Davis, and with the foundation built over that time and the shared commitment from Plough and the athletic department, that goal remains within reach.

"In the transient world of college athletics right now, it's hard to find loyalty and consistency," Plough said. "I was taught by my coach Bob Biggs to live life with humility and integrity. Therefore, I will continue to make my career decisions off of two key factors: (1) who are the people that I'm working with every single day and are they good people that I want to be around and (2) is this a place where I can grow, learn, and become a better coach-teacher-mentor going forward.

"Davis provides both of those things for my family and me because we continue to be surrounded by great people in our administration like Rocko, Chancellor May and Josh Flushman; a great coaching staff that buys into our beliefs and values led by Jeff Bourque; and a supportive Davis community that continues to look out for us and make us feel like part of their family."

"As much as I want to bring a championship to UC Davis, I equally want to be a good father and husband. Davis allows me the chance to do that."

About UC Davis Athletics

UC Davis, the No. 2 ranked public university by the Wall Street Journal, is home to 40,000 undergraduate students and 12,000 employees. Ranked No. 1 in Agriculture and Forestry as well as No. 1 in Veterinary Medicine, UC Davis is located in a true California college town nestled between world-class destinations such as the San Francisco Bay Area, Napa Valley and Lake Tahoe. Over 650 Aggie student-athletes compete in 25 Division I varsity sports, with 16 sports transitioning to the Mountain West Conference beginning in 2026-27. ★

ARC Swimming and Diving Shines at Los Rios Invite

American River College Athletics News Release

SACRAMENTO, CA (MPG) - The American River College (ARC) men's and women's swimming and diving teams opened the season in strong form at the Los Rios Invite, an early-season, non-scored meet that showcased depth, speed and promising performances across the board.

The Beavers picked up multiple event wins, starting with the 200 Breaststroke. On the women's side, Amber Inderkum captured first place, while the men swept the top spots with Josh Noonan earning the win and Rowan Tagatz finishing second. In the 200 Butterfly, ARC continued to impress as Arian Mutschler claimed first and Ryan Tu followed closely in second.

Backstroke events highlighted ARC's returning talent. In the women's 100 Back, Jacquie Closier placed second and Clara Walker took third. The men's 100 Back saw David Tyspan, returning state champion, secure a



The American River College men's and women's swimming and diving teams opened the season in strong form at the Los Rios Invite. Photo courtesy of the American River College Athletics

convincing first-place finish. Tyspan also added a victory in the 100 Butterfly later in the meet.

Freestyle events produced standout swims as well. Anabel Guardia-Maldonado won the women's 200 Free, with Lydia Vlahos placing third. On the men's side, Justin Hsieh touched first in the 200 Free, followed by Andrew Donlin in second. Hsieh added another win in the 100 Breaststroke, while Clara Walker captured the 200 Backstroke for the women.

The diving events capped off a strong day for ARC. Sophomore Ashley Johnson dominated the women's competition, winning both the 1-meter and 3-meter boards. For the men, Lucas VanHagel earned the win on 1-meter, while Stephen Ortega took first on the 3-meter board.

Overall, it was a great day of competition and an encouraging start to the season for the Beavers, setting the tone for the meets ahead. ★

Bob Melvin Returns to the Athletics as Special Assistant

Athletics News Release

LAS VEGAS, NV (MPG) - The Athletics have hired Bob Melvin as Special Assistant, Baseball Operations, the club announced Feb. 19. In his role, Melvin will serve as an advisor to the front office on baseball matters.

Melvin returns to the A's where managed for 11 seasons from 2011-21. The A's were 853-764 (.528) under his guidance, winning three American League West titles (2012, 13, 20) and three American League (AL) Wild Card berths (2014, 18, 19). Melvin was named American League (AL) Manager of the Year in 2012 and 2018 and earned National League Manager of the Year honors with



The Athletics have welcomed back Bob Melvin as Special Assistant, Baseball Operations, the club announced Feb. 19. Photo courtesy of Athletics

Arizona in 2007.

Melvin's managerial career began with Seattle in 2003. He spent two seasons with the Mariners and five with the Diamondbacks from 2005-09 before his stint with the A's. After leaving Oakland, he spent two years at the helm of San Diego (2022-23) and two more with San Francisco (2024-25). Melvin is 1678-1588 in 22

seasons as a manager.

A former catcher, Melvin played for seven different teams during a 10-year career from 1985-94. His playing career ended in 1995 at Triple-A Columbus in the Yankees organization. Melvin joined the Milwaukee organization in 1996 where he was a scout (1996), roving instructor (1997) and assistant to general manager Sal Bando (1998) before serving four seasons as bench coach with the Brewers (1999), Tigers (2000) and Diamondbacks (2001-02). He was also a professional scout with the Mets in 2010 and a special baseball advisor to the Diamondbacks President & CEO in 2011 before he was hired by the A's on June 9, 2011. Operations, the club announced Feb. 19. ★

Sacramento Republic FC News Release

SACRAMENTO, CA (MPG) - Over the weekend of Feb. 14, three of Republic FC's up-and-coming players had the opportunity to represent the Indomitable Club on the national stage.

Zayden Corzo, Xavien Rok, and Javier Martinez attended the U.S. Soccer Boys U-14 West Regional Mini Camp at Dignity Health Sports Park in Carson, California. The three players feature for Republic FC's U-14 team, which is currently undefeated (9-0-2) and sitting second in its division heading into the final stretch of the season.

U.S. Soccer Talent ID Centers (IDCs) serve as an opportunity for



Xavien Rok, Zayden Corzo, and Javier Martinez attended the U.S. Soccer Boys U-14 West Regional Mini Camp at Dignity Health Sports Park in Carson, California. Photo courtesy of Sacramento Republic FC

the country's top talents to train and play games under the direction of U.S. Soccer Talent Identification Managers and are designed to evaluate players for Youth National Team rosters.

Republic FC academy players continue to earn youth national team program selections. Since

the launch of the club's Youth Academy in 2015, over 65 players have been selected to represent their respective nations on the international stage, showcase their talents in Youth National Team camps, or be invited to U.S. YNT Regional ID Center sessions alongside other top youth players. ★

American River Flood Control District Names Officers

American River Flood Control District News Release

SACRAMENTO REGION, CA (MPG) - The American River Flood Control District elected officers to its Board of Directors and made appointments to represent the district at local flood control committees at its recent organizational meeting.

The officers elected for 2026 are: Rae Vander Werf, President; Steven Maviglio, Vice President; Tim Crush, Treasurer, and Brian Holloway, Secretary. The Board also made appointments to its committees on Personnel and Benefits, Policy/Government Affairs, Finance, Public

Engagement and an ad hoc committee on encampments.

In addition, Brian Holloway and Steve Johns were named as representatives of the Sacramento Area Flood Control Agency (SAFCA).

The American River Flood Control District has been providing flood protection to the citizens of the Sacramento community for over 75 years. Formed by an act of the State Legislature in 1927, its mission is to protect the citizens in our District by maintaining the 40 miles of levees along the American River and portions of Steelhead, Arcade, Dry and Magpie Creeks. ★

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- Seasoned Capelin & Herring Roe 1 lb
REG. \$16.99/EA **\$10.99/ea**
- Brown Sugar Boba Ice Cream 16 oz
REG. \$8.99/EA **\$2.99/ea**

WEEKLY MEAT SPECIALS

- Beef London Broil / Top Round Roast-Bnls **\$5.79/lb**
- Beef T-Bone Steak **\$5.69/lb**
- Chicken Thigh Bnls/Sknls **\$1.99/lb**
- Pork Neck Bone **\$1.99/lb**
- Pork Loin Chops-Bone-in **\$2.49/lb**
- Pork Baby Back Ribs **\$4.49/lb**

WEEKLY HALAL SPECIALS

- Chicken Thigh Bnls/Sknls **\$1.99/lb**
- New Zealand Lamb Shoulder Chop **\$5.99/lb**
- Beef London Broil / Top Round Roast-Bnls **\$5.99/lb**

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- Rainbow Bellpepper 2 lb **\$3.49/bag**
- Russet Potato 10 lb **\$1.99/bag**
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- Yellow Onion Jumbo 4 lb **\$1.00**
- White Onion 2 lb **\$1.00**
- Aloe Vera 79¢/lb
- Popeye Spinach 10 oz **\$1.99/ea**
- Enoki Mushroom 150 g **\$1.29/ea**

AMERICAN/HISPANIC GROCERY

- Ferrero Rocher Hazelnut Chocolate 5.3 oz **\$4.99/ea**
- Tide Ultra Oxi Boost Detergent 73.1 oz **\$17.99/ea**
- Faroo Aloe Vera Drink 1.5 liter **\$2.99/ea**
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- C2 Fruit Flavor Green Tea 15.39 1.oz **\$1.49/ea**
- Lee Kum Kee Pure Sesame Oil 1.65 liter **\$15.99/ea**

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- Rabbiti Dubai Chocolate Bar 100 gr **\$4.99/ea**
- Love Chocolate The Taste of Dubai 105 gr **\$10.99/ea**
- Ulker Tea Biscuit 400 gr **\$2.49/ea**
- Firma Biscuit 5 Flavors 330 gr **\$3.49/ea**
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- Kretschmar Ham off the Bone **\$6.49/lb**
- Olives Stuffed with Garlic **\$5.69/lb**
- Pitted Kalamata Olives and Feta Cheese **\$6.69/lb**

FROZEN & FISH DEPT

- Boiled Sweet Corn 370 g **\$1.99/ea**

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- Electric Rice Cooker **\$5.49**
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- Electric Grill **\$39.99**

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