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Gold River Messenger

VOLUME 14 • ISSUE 7

Serving Gold River and Sacramento County

JULY 2026

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Gold River Market Heats Up July

Fresh produce, free yoga, classic cars and local vendors fill Sundays at Town Centre



Guests can shop for artisan goods, seasonal foods, baked goods, plants, flowers, specialty items and fresh finds. Photo courtesy of Gold River Sunday Market

Gold River Sunday Market News Release

GOLD RIVER, CA (MPG) - Gold River Sunday Market is adding even more energy to Sunday mornings at Gold River Town Centre this July with fresh produce, free community yoga, local art, live music, American muscle cars and a rotating lineup of local and regional vendors.

Held every Sunday from 8 a.m. to noon in the Wells Fargo parking lot at Gold River Town Centre, 2100 Golden Centre Lane in Gold River,

the market is free to attend and features more than 20 vendors each week. Guests can shop for artisan goods, seasonal foods, baked goods, plants, flowers, specialty items and fresh finds while enjoying live music, family-friendly activities and a welcoming open-air market atmosphere.

Designed as a Sunday morning gathering place for the local community, Gold River Sunday Market brings together makers, small businesses, farms, food vendors, artists and neighbors in one easy, walkable destination.

“Our goal with Gold River Sunday Market has always been to create a welcoming place for the community to gather, shop local, and enjoy Sunday mornings together,” said Jeanie Haddox, market manager for Gold River Sunday Market. “July is an exciting step forward as we continue building that vision with fresh fruit, free morning yoga, art-focused vendors, and themed experiences that bring more variety, energy, and reasons to visit each week.”

In addition to its weekly mix of

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‘Where Business Meets Opportunity’

15th Annual Rancho Cordova Business Expo Creates Lasting Partnerships

By Ornella Rossi

RANCHO CORDOVA, CA (MPG) - Long before first raffle tickets were dropped into prize boxes and before attendees filled the aisles lined with local businesses, the real purpose of the Rancho Cordova Business Expo was already taking shape: bringing people and businesses together.

At a time when networking often happens behind computer screens, the 15th Annual Rancho Cordova Business Expo transformed face-to-face conversations into opportunities for growth, partnership and community building on June 25.

Hosted by the Rancho Cordova Area Chamber of Commerce, the event



The expo floor reflected the diversity of Rancho Cordova’s business community. Photo courtesy of Adam Surridge, Capital Valley Marketing

drew about 400 attendees and featured 85 exhibitors representing industries

ranging from health care and finance to government agencies, nonprofits

and local service providers. Held under the theme

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Caltrans Receives \$1.4 Million Grant to Improve Highway Safety

Caltrans News Release

SACRAMENTO, CA (MPG) - Caltrans announced June 29, that it received approximately \$1.4 million in grant funding from the California Office of Traffic Safety (OTS) to help expand and improve traffic data collection that will improve safety on the state highway system.

Caltrans analyzes a wide variety of data sets to help evaluate road safety, including lane conditions, intersection and shoulder types, traffic controls, speed limits and traffic volumes. The fiscal year 2026 funding for the program will help streamline the collection and is provided by a grant from OTS through the National Highway Traffic Safety Administration.

“Strengthening California’s roadway data helps us better understand crash patterns and make smarter safety investments. This grant will boost our ability to improve safety statewide and advance our goal of zero fatalities and serious injuries,” said Caltrans Director Dina El-Tawansy.

The funds will support data collection of average annual daily traffic (AADT) on non-Federal Aid System (NFAS) roads, including rural roads, collector roads that connect to the state highway system, and urban local roads. The funding will also be used for inventory intersection types and designs on NFAS roads, as well as support statewide outreach and coordination with local and regional agencies, including Metropolitan Planning Organizations (MPOs), Regional Transportation Planning Agencies (RTPAs), cities, counties, and tribal agencies.

Caltrans is aligning departmental operations with the Safe System approach, which identifies several interconnected elements to achieve a vision of zero fatalities and serious injuries – safe road users, safe roads, safe

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In Celebration and Gratitude

Gold River Market Heats Up July

Continued from page 1

vendors, live music and activities, Gold River Sunday Market features rotating monthly themes designed to give guests something new to look forward to each week. First Sundays are Kids Day at the Market, second Sundays highlight Art at the Market, third Sundays bring Cars at the Market and fourth Sundays focus on Pet Adoptions at the Market.

On Sunday, July 12, the market's Art at the Market theme will highlight creative vendors and local participants such as Wild Wonder Photography, Gold River Artisan Collective and Silver Lining Paintings. That same morning, Gold River Sunday Market will also welcome Lopez Family Farm and introduce free morning yoga at 8 a.m.

Lopez Family Farm will bring one of the most requested additions to the market: fresh, seasonal fruit. Initial offerings are expected to include lemons, honey, pluots, apricots, nectarines and white and yellow peaches. The addition brings a fresh new offering to the weekly market experience and gives guests another reason to shop local.

The free 1-hour community yoga flow begins at 8 a.m. and is open to all ages and experience levels, from first-time participants to seasoned yogis. Guests are invited to bring a yoga mat and water for an approachable morning class designed to help participants reset, recharge, reconnect and ease into Sunday with movement, fresh air and community.

The July lineup



Live music adds to the Sunday atmosphere, with rotating local musicians. Photo courtesy of Gold River Sunday Market

continues Sunday, July 19, with Cars at the Market, the market's third Sunday theme, sponsored by K. McDonald of Farmers Insurance. The July theme is American Muscle, celebrating classic power, standout vehicles and car culture alongside the regular Sunday market experience.

The market also features a rotating lineup of local and regional vendors, with recent participants including Butte Mountain Farms, Pacheco Farms, Empress Lane Farms, Frenchy Gourmet, Wheat Ridge Baking Company, The Puzzled Runner, Wayward Books, Sweet Vivienne, Rising Soul Jewelry, Root & Cane, A Shot of Aesthetics, Gaspachos and Petals 350. Offerings rotate weekly and may include farm products, plants, baked goods, books, handmade jewelry, flowers, specialty drinks, yogurt, dried vegetable chips, kefir spreads, artisan gifts, artwork, home decor, self-care items, creative goods and other curated market finds.

Family-friendly activities are also part of the weekly market experience, with community partners such as Girl Scouts Heart of Central California participating in market mornings.

Live music adds to the

Sunday atmosphere, with rotating local musicians such as Music by Mikey LP, Cindy Lace and Misty Mountain Strings helping create a relaxed, upbeat setting for guests to shop, stroll and stay awhile. In addition to the weekly market, guests can also look forward to new businesses coming soon to Gold River Town Centre.

World Traveler Coffee Roasters is coming to 2095 Golden Centre Lane, Suite 10, and currently participates in the market with a coffee cart serving specialty coffee and ceremonial-grade matcha. Dip'd Dubai, a new concept coming soon to 2121 Golden Centre Lane, Suite 40, will share more details as opening plans are finalized.

From fresh fruit and baked goods to artisan vendors, live music, themed market days and family-friendly activities, Gold River Sunday Market offers a new reason to visit each week. Set within a neighborhood shopping center with restaurants, grocery, services and everyday conveniences, the market gives guests the opportunity to make a morning of it by shopping the market, exploring Gold River Town Centre and supporting the businesses that make the center a convenient community destination.

For weekly vendor line-ups, upcoming market themes, special events, vendor opportunities, sponsorship information and more, visit www.GoldRiverSundayMarket.com and follow Gold River Sunday Market on Facebook and Instagram at @GoldRiverSundayMarket. ★



Paul V. Scholl, Publisher of Messenger Publishing Group and President of Western Web, Inc.

By Paul V. Scholl, Publisher
Messenger Publishing Group

July 1st marked the celebration of Messenger Publishing Group reaching its 20-year anniversary of publishing local news, beginning with the American River Messenger in 2006. It all started in my garage and one converted bedroom into an office in my home in Roseville.

MPG is currently 18 publications strong, 15 of those would not exist if we hadn't rescued them from closure. The Sacramento region would be a local print news desert if these local newspapers hadn't been purchased as the years went on. Through all the tough times, good decisions and bad decisions, oppressive government regulations and overreach, MPG forged on. We did not surrender.

Over the years, many other publications ceased to exist or have been greatly diminished. At the same time, we re-organized and kept printing. MPG now consists of Carmichael Times, Citrus Heights Messenger, Rancho Cordova Grapevine Independent, Elk Grove Citizen, The Rio Linda News, The Galt Herald, Land Park News, East Sacramento News, Pocket News, River Valley Times, Gold River Messenger, American River Messenger, The Gridley Herald, Territorial Dispatch (Marysville/Yuba City), Colusa County Pioneer Review, Dixon Independent Voice, West

Sacramento News Ledger, Arden Arcade News. Along with our special publications, we publish 722 issues each year. And we don't work on Sundays.

In January of 2026, I purchased Western Web, Inc., a commercial printing company in Northern California to produce and print our publications. Our new printing team has been awesome, and the products now look fantastic. We also print dozens more local newspapers and publications that serve their communities throughout Northern California all the way up to the Oregon border.

We are growing. Leadership matters. Commitment matters. Foundational principles matter. We are founded on "God, Country, Family", the same foundation that our great nation is founded upon. We are leaders in local print news because we are dedicated to a higher power. We lift people up. We lift communities up.

My teams at Messenger Publishing Group and Western Web and I want to thank all those who support us through their advertising, subscriptions, readership, printing work and contributions. I want to thank my entire team for all their hard work, especially when deadlines loom. It takes great teamwork at both companies to produce great products.

We will continue to grow. We will continue to serve.

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Paul V. Scholl

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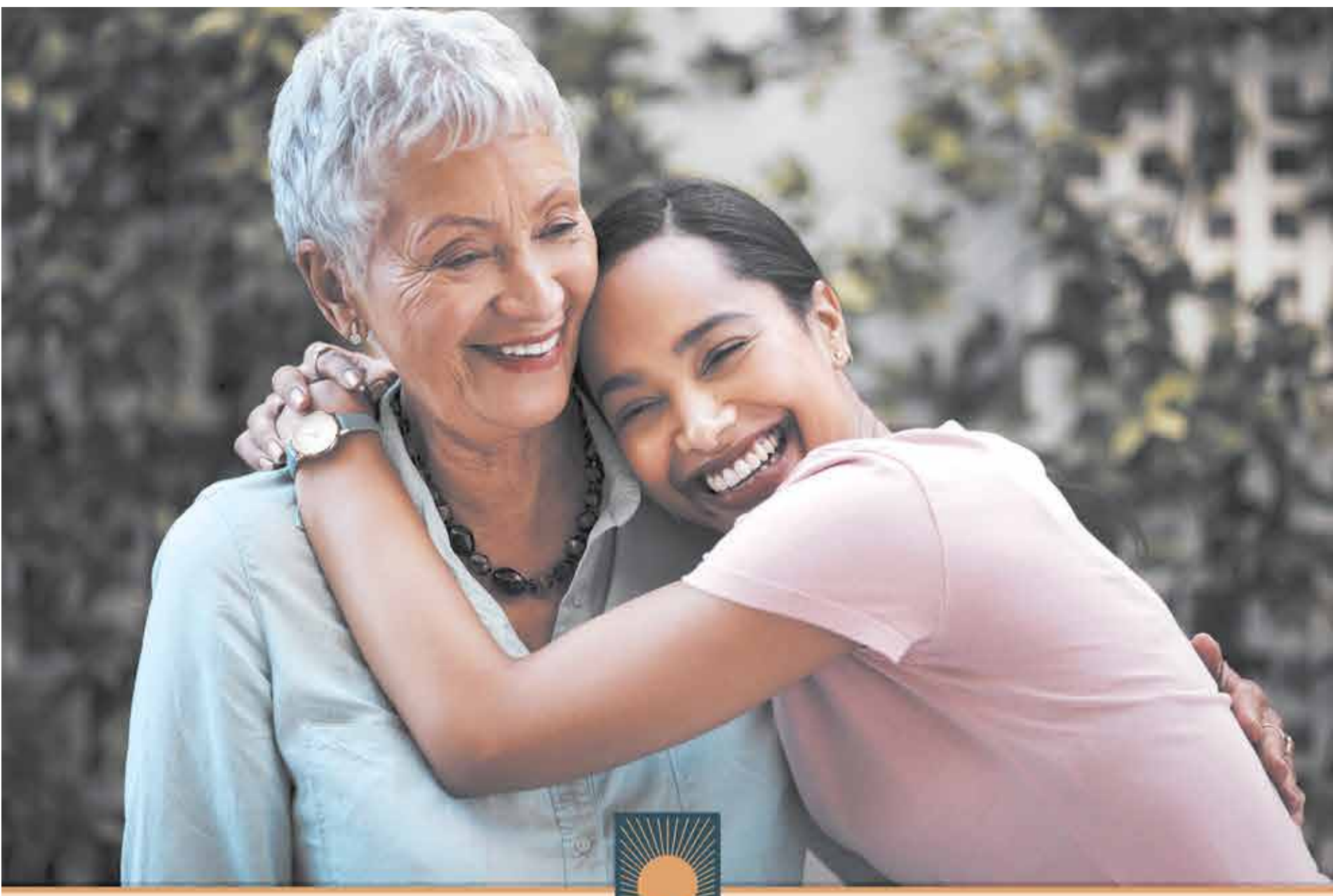
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Making Every Beat Count

Metro Fire strengthens the chain of survival with HeartSafe Community initiative

By Ornella Rossi

SACRAMENTO REGION, CA (MPG) - When every second counts, Sacramento Metro Fire wants more neighbors ready to answer the call.

A 19-year-old heard an alert on his phone, jumped on his e-bike and raced to a nearby park. Someone was in cardiac arrest. Before paramedics arrived, he began CPR.

For Sacramento Metropolitan Fire District officials, that response represents exactly what they hope to build across the region: a community where ordinary residents are prepared to help save a life.

Through its HeartSafe Community initiative and Citizen Responders Project, Sacramento Metro Fire is working to improve survival rates from sudden cardiac arrest by expanding access to automated external defibrillators, or AEDs, increasing CPR training and encouraging residents to use the PulsePoint AED app.

“Before any professional is actually helping, that is when the majority of people are dying,” said Capt. James Ellis, who helps lead the initiative. “The biggest bang for our buck, the thing that you can do to save most lives, is that time period from the incident until we get on scene.”

The effort officially launched in 2025, but Ellis said the idea began years earlier after his cousin survived a cardiac arrest



In November, the Cordova Recreation & Park District and Sacramento Metro Fire celebrated the installation of the district's first publicly accessible AED cabinet at Hagan Community Park. Photo courtesy of the Cordova Recreation & Park District

while working as a white-water rafting guide on the American River.

“He recognized something was wrong, grabbed an AED from his raft and collapsed moments later. Crew members performed CPR and used the device to restart his heart,” said Ellis.

The experience led Ellis to explore why AEDs were often locked inside buildings and unavailable when parks and public spaces were closed. As he researched solutions, he discovered the national HeartSafe Community model and realized Sacramento could benefit from a coordinated approach.

At the same time, Metro Fire data showed cardiac arrest survival rates in the greater Sacramento region were below the national average.

Metro Fire formed a working group that includes Ellis, Community Relations Specialist April West and Director of Government

Affairs Kyle Macdonald. The team presented the concept to the district's board last fall and received strong support.

“We really do view this as an agency priority,” Macdonald said. “This is something that we're excited to keep working on.”

One major focus is expanding public access to AEDs. In November, the Cordova Recreation & Park District and Sacramento Metro Fire celebrated the installation of the district's first publicly accessible AED cabinet at Hagan Community Park. In May, members of Leadership Citrus Heights class also unveiled an AED at Rusch Park as part of their class project. Additional devices have since been installed at parks throughout the region.

Metro Fire currently knows of nine publicly accessible AED locations, most of them in parks, and expects that number to



Since October, Metro Fire has trained nearly 1,600 people in hands-only CPR, compared with about 100 people annually in previous years. Photo courtesy of Sacramento Metro Fire District

continue growing.

The district is also building an AED registry through the PulsePoint app. Residents can use the app to locate nearby AEDs, while trained users can receive alerts when a cardiac arrest occurs nearby.

“If we can drastically increase the number of people using the app,

we're going to increase the chance that people are going to survive,” Ellis said.

Education is another key component.

Without CPR, survival chances decrease by roughly 10% every minute after a cardiac arrest. Metro Fire officials say bystander CPR can significantly

improve outcomes, and combining CPR with an AED can improve survival rates even more.

Since October, Metro Fire has trained nearly 1,600 people in hands-only CPR, compared with about 100 people annually in previous years.

“We can train anybody to do hands-only CPR in 10 minutes or less,” Ellis said. Fear is often the biggest barrier, officials said.

“People are not afraid to act. They've never been in that situation. They don't know how they're going to act,” Ellis said.

His message to hesitant bystanders is simple: do something.

“If somebody doesn't make that call, that person doesn't have a chance,” he said. “Think about it if it's your loved one or yourself. What would you want?”

Looking ahead, Metro Fire hopes to train more residents, expand AED access in schools and neighborhoods, and eventually help communities throughout the district earn HeartSafe Community recognition.

“We know we can't do this alone,” Macdonald said. “The more we can create awareness and demystify CPR and AEDs for folks, the better. This is really about helping create a safer community.”

For more information and to get involved visit <https://metrofire.ca.gov/citizen-responders>. ★

Social Security Matters

Why Doesn't My Social Security Record Show All My Military Earnings?



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: When I look at my earnings on my Social Security account, I see that in 1955 and 1956 have no earnings. I was in the U.S. Navy as a first officer and have my DD-214 paperwork which shows my military service from Oct. 1954-Oct. 1958. My Social Security earnings record shows that I had earnings in 1954, 1957, and 1958 but doesn't show that I was paid in 1955 or 1956. Shouldn't I have received Social Security credit for all my service years? **Signed: An Older Veteran**

Dear Older Veteran: First, I want to thank you for your military service. Whether your earnings while in the military would provide you with any additional Social Security benefit depends on your career earnings after leaving military service. Here's why:

Your monthly Social Security (SS) benefit is based upon the highest earning 35 years over your lifetime (with earlier years adjusted for inflation). From those highest earning 35 years, SS develops your Average Indexed Monthly Earnings (your lifetime

“AIME”) which is the basis of the SS benefit you get if you claim for benefits to start at your full retirement age (FRA). So, if - after you completed your military service - you had at least 35 years of other employment where you earned more money than you did while serving, then your military pay won't affect your Social Security benefit.

FYI, Social Security payroll tax has been withheld from military pay since 1957, which is why your SS earnings record shows your military pay only for 1957 and 1958. Your SS record wouldn't show military pay prior to 1957 because you didn't contribute to SS from your military pay during those years. The earnings you see in your SS earnings record for 1954 are likely from non-military employment prior to starting active duty in October 1954.

SS does provide older veterans with “special extra credits for military service,” but those credits are only a supplemental earnings amount added to your military pay record during the years you served. It is not a bonus amount added to your monthly Social Security payment; rather it is only an amount added to your military pay record used when calculating your Social Security benefit. For those who served prior to 1957, Social Security would have no record of your military earnings during those early service years. But when you claimed Social Security later in life, they would have asked if you served in

the military and given you “special extra credit” in the form of presumed earnings for your service years. They likely asked for a copy of your DD-214 and would have added \$160 to your military earnings record for each active-duty month from October 1954 through December 1956, and additional earnings credits for 1957 and 1958.

But that doesn't mean you get a special Social Security bonus for your military service. If you have at least 35 years of civilian employment after serving in the Navy, your service years would only affect your SS benefit if those military service years were among the highest paying 35 years over your entire lifetime. Click here to read more on this topic. And, again, please accept our appreciation for your service to our country.

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

'Where Business Meets Opportunity

Continued from page 1

“Where Business Meets Opportunity,” the expo focused on helping businesses connect, collaborate and expand their reach.

“The goal of the Expo was to showcase the heart of the Rancho Cordova region's business community: our local businesses,” said Diann Rogers, president and CEO of the Rancho Cordova Area Chamber of Commerce. “The event was designed to create opportunities for businesses to connect with one another and to give the broader community a chance to discover the variety of products, services and organizations that make this area a vibrant place to live, work and do business.”

Unlike traditional community fairs, the Rancho Cordova Business Expo has evolved into a business-to-business event designed to create meaningful professional relationships.

“What sets this Expo apart from a typical community expo or trade show is its intentional design to meet the evolving needs of our local business community,” Rogers said.

She explained that the chamber has adapted the event over the years based on feedback from exhibitors and attendees. Following the workforce shortages that emerged during the pandemic, the expo previously included a job fair. As hiring challenges eased, organizers shifted their focus toward networking and business development opportunities.

Today, that approach includes an exhibitor mixer held the evening before the expo and an exhibitor break room designed to encourage conversations and collaboration throughout the day.

“Rather than simply filling a parking lot with booths, our goal is to create a setting where connections are made and business growth happens,” Rogers said.

The expo floor reflected the diversity of Rancho Cordova's business community. Local entrepreneurs stood alongside established companies, community organizations and government agencies, all sharing resources and information with attendees.

Attendees were encouraged to visit

booths through the Expo's “Passport to Prizes” program, which rewarded participants for exploring the entire event. The program was designed to introduce visitors to organizations and industries they might not otherwise encounter while increasing engagement between exhibitors and attendees.

For city leaders, the event represented more than a networking opportunity. It showcased the role local businesses play in Rancho Cordova's continued growth and success.

“We're easily the most business-friendly city,” said Rancho Cordova Mayor Garrett Gatewood. “For every citizen that can work, we have three to four jobs.”

Gatewood said local businesses help fund community improvements and services that residents rely on every day.

“They're really the most important part of Rancho Cordova because they're the ones that fund everything, all the crazy good stuff we get to do in the city,” Gatewood said.

The city, he added, has invested in programs designed to help businesses succeed, from grants and facade improvement programs to educational resources for entrepreneurs.

“We are trying to make sure that every business in Rancho has a chance to be successful and grow,” Gatewood said.

That commitment to supporting local businesses aligns closely with the chamber's broader mission.

“Developing partnerships among local businesses is central to the Chamber's mission,” Rogers said. “Our purpose is to advocate for, connect and empower businesses by creating opportunities, providing resources and growing together.”

For organizers, success is measured less by attendance numbers and more by the relationships formed throughout the day.

“Success means hearing that businesses found real value in the connections they made,” Rogers said. “If businesses leave with new customers, or even just one meaningful connection that helps them grow, we've accomplished our goal.” ★



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**POLICY
AND
ETHICS**

BY JOSH F.W. COOK

**New Tech Reactors, Big Stakes:
Why California Can't Afford to Sit Out Nuclear**

By Josh Cook

If California is serious about reaching its clean energy goals, nuclear power must be part of the solution. While solar and wind are crucial, they alone cannot keep up with the rapidly growing energy needs driven by electrification, artificial intelligence, and data centers. Nuclear energy can fill this gap.

Today's small modular reactors are far safer and cleaner than older nuclear plants. They feature passive safety systems, require less land, and are built in factories, making them faster and cheaper to deploy.

Utah has already shown that this is possible. In February, the U.S. military delivered a five-megawatt Valar Atomic reactor to Hill Air Force Base in Emery County. The reactor achieved criticality in June and is expected to generate power by July 4. Meanwhile, Holtec International and Hi Tech Solutions plan to build up to ten small modular reactors at a new nuclear campus in Brigham City. These are not just experiments—Utah is providing a real-world example of how a state can go from announcement to op-

erational reactor in months rather than decades.

The benefits extend far beyond electricity. Clean, reliable energy makes large-scale desalination affordable, turning nuclear power into a solution for water security as well as clean energy. As drought and water quality issues grow across the West, pairing reactors with desalination and water treatment could be a game changer. But here we sit, California still bans construction of new nuclear plants, a policy dating to the 1970s that no longer matches the technology or the moment; the rest of the world kept moving forward.

While we debate (and pay double for electricity), Utah and Nevada are building. The jobs, the manufacturing base, the water solutions, and the energy security that come with small modular reactors will land wherever the plants are built. Think about it - cleaning up environmental hazards and historic screw-ups always requires energy. If California doesn't lift its ban and start permitting now, we won't be leading the clean energy transition. We'll be watching our neighbors lead it for us (and we pay double for electricity). ★

Go to Policy-Ethics.com

Bera Applauds Final House Passage of the 21st Century ROAD to Housing Act

U.S. Representative Ami Bera News Release

WASHINGTON, D.C. (MPG) - U.S. Representative Ami Bera, M.D. (CA-06) issued the following statement June 23, after the House passed the Senate-amended 21st Century ROAD to Housing Act. The bipartisan legislation represents the most significant housing package passed by Congress in decades and includes dozens of reforms aimed at increasing housing supply, lowering housing costs and expanding access to homeownership for working families across the country.

"At a time when rising costs continue to squeeze household budgets, too many families are struggling to keep up with rent or mortgage payments, and the American Dream of homeownership feels increasingly out of reach," said Representative Ami Bera, M.D. "Back home in Sacramento County, I hear constantly from hardworking families, young professionals and first-time homebuyers who are delaying major life decisions because they simply cannot afford to buy a home. That is unacceptable."

"For years, I have pushed for commonsense solutions to make it easier to build more homes, reduce unnecessary barriers to development and increase housing supply," Bera continued. "This legislation recognizes that there is no single solution to America's housing crisis and

takes meaningful steps toward creating more attainable housing opportunities and expanding pathways to the American Dream of homeownership."

The legislation includes provisions to streamline housing development, expand access to homeownership, support manufactured and modular housing, strengthen regional housing planning, improve financing options for homebuyers and community lenders, modernize federal housing programs, strengthen disaster recovery efforts and help communities build more affordable housing.

Earlier this year, Representative Bera announced his support for 25 housing-related bills focused on increasing housing supply, improving affordability and helping more families find a safe, stable and affordable place to live. The final legislation reflects many of the same priorities that have guided his efforts to address the housing affordability crisis: increasing housing supply, reducing barriers to construction, expanding access to homeownership, supporting innovative housing solutions and strengthening local communities.

Representative Bera looks forward to seeing the 21st Century ROAD to Housing Act signed into law and will continue working to advance practical, bipartisan solutions that lower housing costs and expand opportunity for families in Sacramento County and across the nation. ★



Wild New World

Do you sometimes feel like you're living in a wild new world...one in which you don't know how to cope? Relax! Enter **Martha Beck**, author of "Finding Your Way in a Wild New World." It's a handbook for learning how to surf the tsunami of change we see all around us. Martha is a celebrated life coach. She writes a monthly column for O, The Oprah Magazine and she's been featured on Good Morning America, The Oprah Winfrey Show, and The Talk. Now that we have established some credentials, let's get to the nitty gritty on how to deal with this wild new world! First, let's admit that we are living in a wild new world. It's an ever changing rapidly dissolving and reforming financial, economic, and cultural system. The speed and scope are so enormous that we can't track them fully. We really can no longer accurately predict what our personal and collective futures will be. That being said, let's get to what Martha has to give us some help. Here's what she says.

1. **The way to navigate this Wild New World is to mend your own life... and that process means you will also mend other people and situations.** As the world around us becomes less predictable and systems dissolve, we must let go of our familiar, rigid ways of thinking and behaving to embrace the fluidity of our true nature...the essential characteristics that makes each of us unique.
2. In order to restore the nature of ourselves and the earth, we must learn from ancient wisdom. Martha has traveled the world, studying ancient

wisdom traditions created and used by the wisdom teachers of many cultures. Our Western culture has lost or put these practices aside for mending the self. Martha believes these traditions are now the key to healing ourselves and the earth.

3. **There is a gathering of "wayfinders" mobilizing in every part of the world.** In her travels, Martha increasingly encounters people who share an urgent drive to connect with their own true natures, and consequently help restore the earth's balance. This team of "wayfinders" expressed a remarkably consistent internal desire to forgo fixed and traditional careers or choices in favor of more fluid and unconventional ones.
4. Everything you need for your journey is already in you. In "Finding Your Way in a wild New World," Martha provides simple yet powerful ideas and techniques to help you connect with your true nature's incredible gifts, leverage your own innate genius, and thrive joyfully as you find your way through our wild new world. Martha brings together ancient wisdom and modern science to help us embrace our skills and create the life we really want. If you want to hear more about life, please tune in to POPPTALK at www.kahi.com. Then check out the life you want at www.marthabeck.com and "Finding Your Way in a Wild New World." It might be the wild wild west out there, but challenge is what makes for greatness in you! NEVER DOUBT YOUR GREATNESS! ★

Caltrans Receives \$1.4 Million Grant to Improve Highway Safety

Continued from page 1

speeds, safe vehicles, and post-crash care.

As part of this commitment, Caltrans is prioritizing "safety first" in highway planning, operations, construction, and maintenance; focusing efforts on eliminating the most serious crashes; and working to eliminate disparities in road safety outcomes related to race, age, ability, and transportation mode by addressing historic and current barriers to transportation

access and safety.

Safety is also one of the key pillars of the Caltrans 2024-2028 Strategic Plan. Caltrans is committed to maintaining and improving the state's transportation network to make it safer, more reliable and climate resilient.

For more information about transportation and other infrastructure projects funded with state and federal investments, visit build.ca.gov. ★

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