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'Six-Pack with a
Purpose' Promotion**
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SEPTEMBER 11, 2001

Gold River Messenger

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Nonprofit Community Celebrates America's 250th

*The Capitol's Rose Garden Claimed Site
for 150,000 Pounds of Food Distributed to Nonprofits*



Nonprofit organization, Asian Resources Inc. pose with the packaged foods outside the JustServe booth. Photo courtesy of The Church of Jesus Christ of Latter-day-Saints

By Ryley Metten

SACRAMENTO, CA (MPG) - What better way to celebrate the 250th anniversary of America than to give back to the many communities in our country? On Tuesday, Aug. 25, an America250 truck parked at the State Capitol Park World Peace Rose Garden on 15th Street and delivered 40,000 pounds of food to local nonprofits. The morning drop-off kicked off a larger Sacramento

County distribution of over 150,000 pounds of food. The Church of Jesus Christ of Latter-day-Saints has collaborated with America250 to deliver 250 truckloads of food to cities in all 50 states. As a result of this compassionate effort, communities all around California will receive about 100 food trucks. Robin Cook, a western states spokeswoman for the Church of Jesus Christ of Latter-day Saints spoke

about the compassionate effort of this campaign. "This is our way of celebrating America. By working together with people who are not always like us. America is great because we have always been a country that comes together when we confront difficulties. We could have just dropped the food off at a warehouse of a big food bank; instead, we decided to try a little harder and connect with our fellow Americans in joint

service," Cook said. Parked on 15th Street, the America250 semitruck unloaded commodities such as rice, peanut butter, potatoes, flour, sugar, pudding, carrots, onions, pasta, tomato sauce and other staples. 27 local non-profit organizations and religious organizations then picked up the food following a speech which praised the efforts of the campaign and volunteers. In the speech's welcoming

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Finding Capacity and Resilience

*Exploring Somatic Therapy and Dream Work
with Nicole Lemaster, LMFT, SEP*



By Abbey Wicks

SACRAMENTO, CA (MPG) - Nicole Lemaster considers herself to be more than just a therapist. She considers herself a healer. With more than a decade of experience, Lemaster is a Licensed Marriage and Family Therapist (LMFT) and a Somatic Experiencing Practitioner (SEP). As a somatic therapist, she takes a body-centered approach in helping clients find relief from trauma stored in the body.

Stored trauma might show up as chronic pain, difficulty sleeping or not being able to enjoy the present moment. Her work guides her clients to nervous system regulation and finding a state of homeostasis. Lemaster's journey to becoming a somatic therapist stemmed from her own lived trauma. She identifies with the wounded healer archetype, or a person whose personal trauma and pain becomes their source of helping others. She specializes in patients with PTSD,

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Nicole Lemaster with her book "WTF Am I Even Doing: A Nervous System Workbook To Support Mind Body Alignment." Photo courtesy of Nicole Lemaster (@coleyology)

Soroptimist Club Seeks Applicants for Live Your Dream Award

By MPG Staff

SACRAMENTO REGION, CA (MPG) - Soroptimist International of Rancho Cordova & Gold River is accepting applications for its 2026 Live Your Dream Award, which provides financial assistance to women who are working to improve their education, skills and employment opportunities. Applications must be submitted by Nov. 15, through the Live Your Dream application portal at <http://bit.ly/LYDA-apply>. Application information and tips are also available at <http://www.soroptimistranchocordova.org/awardapplications/live-your-dream-award/>. The Live Your Dream Award is designed for women who are the primary wage earners for their families and are pursuing higher education, job training or additional professional skills. Award recipients may use the funding for a variety of education-related expenses, including tuition, books, child care, transportation, food, utility bills and gasoline. The program was established in 1972 to help women increase their ability to support themselves and their families. Applicants are not required to live within Rancho Cordova or Gold River, although each applicant may submit an application to only one Soroptimist club. The Rancho Cordova & Gold River club's minimum cash award is \$250, with the potential for an award of up to \$1,500 depending on the club's fundraising results. The Live Your Dream Awards program begins at the local club level. Recipients may also have opportunities to advance to additional levels of the Soroptimist program. Soroptimist is an international 501(c)(3) nonprofit organization focused on improving the lives of women and girls through programs supporting social and economic empowerment. The organization's name, Soroptimist, translates

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A Morning Like No Other – Ground Zero at 25 years



An early morning skyline view from the Staten Island Ferry. This was the daily view of thousands of commuters to Manhattan before 9/11. Years later, I met with my friend, the captain of the ferry, in Sacramento for lunch. John had to leave New York because he just couldn't live another day in that memory. He stopped his ship in the middle of the harbor that 9/11 morning, as he and his entire shipload of travelers and crew watched the horror unfold.



Reflections at East River and John Finley Walk. Photo by a savior

Commentary and photos by Paul V. Scholl

After a long night of late work well into the morning, I was in a deep sleep. The repeating ring of the telephone awakened me. I received an alarming telephone call from a close friend frantically trying to get my attention. She said “just get up and turn on the TV. You won’t believe what is happening”. She was absolutely right.

As I sat there on my white leather couch in my small rental home in Roseville, tuned in as the world was tuned in, to the disaster in New York as it unfolded live for everyone to see. We were all New Yorkers that day.

I had previously lived in Manhattan. After returning to California, I traveled to New York City often to teach classes at The Learning Exchange and spiritual training centers as a part of my ministry. I also met with many clients as a spiritual life coach each visit. Through these visits I became friends with so many great people who lived in The City. I stayed at their homes, got to know their families, learned about their lives, loves, and fears. Many of them worked in the immediate area of the Twin Towers.

As I sat there watching the towers fall along with the rest of the world, I had no idea if any of those friends or members of their families were being crushed under the weight of that destruction. It was a personal anguish and horror felt by millions

simultaneously. It was a grief embedded forever. And we as a nation vowed to never forget.

Everything changed for everyone during those hours. Terrorism had come to our shores, and those whom we had charged to protect us failed miserably. We have been paying for their failures ever since.

And for those who paid the ultimate price, giving their lives to save others inside and around the Twin Towers? And for all the First Responders who witnessed the death and destruction at the end of their fingertips and right before their own eyes? What did they get from so many after only 25 years? Many forgot.

Yes, life goes on, but as individuals we do not. Our time is limited. We are here to understand life, liberty, love, and loss. We are here to understand joy and grief. These become the web that builds our evolution, our DNA that we pass on to those who follow us. If we do not teach our emotional history to our children, good and bad, they will suffer repeating our mistakes and the feeling of betrayal from us for not forewarning them.

Enter our current day Neon Nation. Have we lost our way in one generation? Does the “Shiny thing” distract us so easily because it is too hard for us to focus on the truth and explaining it to others as our society crumbles around us?

A few months after 9/11 I traveled back to New York to offer support to any of those friends who needed it. I traveled to the site while the clean-up was still underway. I saw the scorched church and cemetery. There were still many “Missing” flyers posted to walls and lampposts. I saw the many memorials around the site. When I found one memorial that listed all of the names of those lost I read every one of them. I thank God to this day that not one of my



One of the many memorial walls surrounding the Ground Zero site. Photo by Paul Scholl

friends was on that list.

The history of Ground Zero is complex and still unfolding. The more the years fall away the more important it is that we reveal as much as we can about that fateful morning and all that led up to it.

When someone kills your son or daughter, husband or wife, it doesn’t matter what political party they belong to. It doesn’t matter what religion they belong to. It doesn’t matter their motive. All that matters is your loved one is gone forever. Grief takes over. And no one can ever really fill that void. It never truly heals. You just learn how to manage it in the silent times, alone with your Creator.

All those who lost loved ones during those tragic days only asked one thing from us. Never Ever Forget.

On this remembrance weekend 25 years later, take a few moments in silence to share the grief and the weight of the losses experienced by so many on September 11, 2001. If only with that simple action, love will prevail.



Visitors reading through the many memorials and “missing” posters.



A dedication plaque honoring the fallen first responders.



A memorial sculpture remembering all the construction workers.



And then an angel appeared over the site in my camera lens.

From Tragedy to Tradition

Sac-Town Rodeo Supports a Sacramento Legacy

AMPLIFY 360 News Release

SACRAMENTO, CA (MPG) - When the Sac-Town Rodeo returns to Cal Expo on Sept. 12 and 13, it will bring two days of bull riding, bronc riding, Western tradition and family entertainment to Sacramento.

But beyond the arena action, the event carries a deeper purpose: supporting the Firefighters Burn Institute, an organization born from one of the darkest tragedies in Sacramento’s history and one that continues to serve burn survivors, families and injured firefighters across the region.

For many Sacramento residents, the Firefighters Burn Institute is a familiar name. Its origins, however, trace back more than five decades to a devastating day in 1972.

That year, a jet attempting to take off from Sacramento Executive Airport crashed into a crowded Farrell’s Ice Cream Parlor. Twenty-three people were killed, and many others suffered serious burn injuries. Among those who died were Sacramento firefighter Gene LaVine and eight members of his family.

The scale of the tragedy exposed a critical gap in the region’s medical resources. At the time, Sacramento had limited access to specialized burn treatment, leaving patients and families facing a difficult and uncertain path to recovery.

Sacramento Fire Department Captain Cliff Haskell believed the community could not allow that need to go unanswered. Through his fundraising and advocacy, the Firefighters Burn Institute was established in 1973. The organization later worked with UC Davis Medical Center to help establish a regional burn



The Sept. 12–13 event at Cal Expo will bring together first responders, local businesses, rodeo fans and families from across the region for a high-energy competition and a celebration of Western culture. Photo courtesy of Sac-Town Rodeo

center, providing specialized care closer to home for burn survivors throughout Sacramento and Northern California.

More than 50 years later, the Institute’s mission has expanded well beyond its founding goal.

Today, the Firefighters Burn Institute supports burn survivors and their families through recovery programs, peer support, community reintegration and camps for young burn survivors. It also provides assistance to injured firefighters and their families while advancing burn prevention, public education and

awareness throughout the region.

The work is personal for many of the firefighters, survivors and families connected to the organization. It is a mission rooted in a community’s response to loss, and sustained by a belief that people recovering from burn injuries should not have to navigate that journey alone.

That is where the Sac-Town Rodeo comes in.

The Sept. 12–13 event at Cal Expo will bring together first responders, local businesses, rodeo fans and families from across the region. While

spectators can expect high-energy competition and a celebration of Western culture, the rodeo also gives the Sacramento community a chance to rally around an organization whose impact reaches far beyond the event grounds.

Proceeds from the Sac-Town Rodeo will benefit the Firefighters Burn Institute and help sustain programs serving children, adults, families and firefighters affected by burn injuries.

For Sacramento, the rodeo represents more than an annual

community gathering. It is also a reminder of how a tragedy that devastated the city more than half a century ago led to lasting action, from improved specialized burn care to decades of support for survivors and their families.

As the Sac-Town Rodeo returns next month, it offers a timely opportunity to honor that history, celebrate the resilience of burn survivors and recognize the firefighters and community members who have carried the Firefighters Burn Institute’s mission forward for generations. ★

Powering you for life.

A photograph of a woman with long dark hair hugging a young girl with long dark hair. They are both smiling and laughing. They are in a kitchen, and there is a tray of food on the counter in front of them. In the background, a man is visible, and there are various kitchen items like a mixer and jars.

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Learn more at smud.org/Community



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Fiscal Year 2026-27 Revised Recommended Budget Available



The FY 2026-27 Revised Recommended Budget includes \$9.2 billion in total appropriations. Photo courtesy of Sacramento County

Sacramento County News Release

SACRAMENTO, CA (MPG) - The Sacramento County Board of Supervisors will begin Fiscal Year (FY) 2026-27 Revised Recommended Budget hearings on Tuesday, Sept. 8, at 9:30 a.m. in Board Chambers in the Sacramento County Administration building, located at 700 H Street, Sacramento, 95814. If necessary, hearings will continue on Sept. 9, 10 and 11 at the same time and location.

The hearing schedule begins with the IHSS public authority budget deliberation and approval, the presentation of the FY 2026-27 revised recommended budget, then follows with public comment and ends with the board deliberation and approval of revisions to the approved recommended budget and capital improvement plan and approval of adopted budget resolutions.

The Board of Supervisors approved the FY 2026-27

recommended budget on June 10. This year's \$9 billion spending plan consists of \$3.2 billion in enterprise and special revenue funds (utility rates, fees and other dedicated revenue), \$4 billion in general fund (funded with \$1 billion in discretionary revenue, \$1.7 billion in reimbursements from restricted funds, and \$1.3 billion in federal, state and fee revenue dedicated to specific purposes), and \$1.7 billion in restricted funds (amounts transferred to the general fund to reimburse eligible expenditures in general fund departments).

The numbers in the budget change between June and September when the County receives new information, including the impact of the state budget and updated fund balance and revenue totals. Because of that new information, the revised recommended budget comes back to the board for review and adoption in September.

The FY 2026-27 revised recommended budget includes \$9.2 billion

in total appropriations.

Ok, that was a lot of numbers! You may be wondering, "what services does the county offer that I use and what programs do they run that I care about" – fair question! Let's play a game of did you know?

Did you know? The County runs Sacramento International Airport (SMF) – which is growing year over year. SMF serves award winning food and beverage options, has a vast offering of non-stop flights to new and exciting destinations, and will be opening a brand-new parking garage in time for the holiday rush this year.

The County maintains 23-miles of the American River Parkway – a beautiful greenbelt full of wildlife with breathtaking views of the American River and multiple river access points, and a multi-use recreation trail that runs from Folsom to downtown.

The County maintains thousands of miles of roads, dozens of beautiful parks and four golf courses.

The County collects garbage and provides recycling and organics collection services for more than 165,000 residential customers, collects used mattresses and Christmas trees and runs the Kiefer landfill.

The County provides building permits, and information on land use and ownership, and brings new business opportunities to the region, helping to grow the economy and tax base and helping local small business to thrive.

The County is the connection to general assistance, cash assistance, mental health resources, substance use services and homeless services and manages our youth foster system, child support services and child protective services.

The County also inspects restaurants for food safety and public pools and spas for safety compliance, manages testing and containment on communicable disease and helps people exposed quarantine to limit the spread – potentially saving thousands of

people from exposure.

The County has a robust public safety and justice system – running the multifaceted jail system, including a youth correctional facility, probation, public defender unit and district attorney and law enforcement that all work together to keep our community safe.

The County runs a large, open-intake municipal animal shelter and animal regulation and enforcement operation, caring for tens of thousands of lost and neglected animals a year, facilitating adoptions for thousands of amazing animals back into the community, rescuing abused and neglected animals from abusers, and prosecuting them to the fullest extent of the law.

So – how many did you know? Members of the public may attend the hearings and be heard on any item in the budget, either publicly or through written comments. The budget hearings will also be telecast live on Metro Cable 14 and on the web. ★

State Treasurer Fiona Ma Announces Results of Bond Sale for Sutter Health

Financing will support major health care expansion projects, including new medical campuses across Northern California and refinancing of existing debt



Fiona Ma
California State Treasurer's Office News Release

SACRAMENTO, CA (MPG) - California State Treasurer Fiona Ma, CPA, announced the results

of a \$1.407 billion bond sale for Sutter Health providing financing to support major capital investments in health care facilities across Northern California and refinance existing debt.

"This financing will help Sutter Health make significant investments in health care capacity and facilities in communities across Northern California," said Treasurer Ma. "These investments will support expanded access to care, modernize health care infrastructure and help ensure that Californians can receive high-quality services close to home. I am pleased that the California Health Facilities Financing Authority was able to facilitate this

financing and help Sutter move forward with projects that will serve patients for years to come."

The bond-financed capital projects include improvements at health care facilities throughout the Bay Area and the Central Valley. Projects include expansion of intensive care and inpatient capacity; acquisition of land

and medical buildings; laboratory facilities; and improvements to neuroscience and cancer care facilities.

Project locations in the Bay Area include San Francisco, San Mateo, Castro Valley, Pleasanton and Dublin. Two of the largest planned projects include a 1.3 million square foot campus in Emeryville called Emery Yards,

and an 850,000 square foot campus in Santa Clara that will also include a 1-million-square foot additional development nearby. Project locations in the Central Valley include facilities in Sacramento, Roseville, Folsom, Elk Grove and Modesto.

Proceeds were also used to refund Sutter's outstanding 2016B bonds, which generated approximately \$25.7 million in net present-value savings, or approximately 6.7 percent over the life of the bonds.

The original financing request approved by CHFFA authorized up to \$1.6 billion in aggregate principal amount. The final sale amount was \$1,407,070,000. ★



Election Information

November 3, 2026, General Election

Vote Early and Vote by Mail



Oct 5

Ballots begin to arrive by mail. Official Ballot Drop Boxes are now open.



Oct 19

Close of registration. Register today!



Oct 24

11-Day Vote Centers open through Election Day.



Oct 31

All Vote Centers open through Election Day.



Nov 3

Election Day! Last day to turn in your ballot.

Vote Early! Don't wait for Election Day.

Take advantage of early voting and avoid the lines! You can return your ballot in the mail, at any Official Ballot Drop Box, or at any Vote Center. No postage is necessary.

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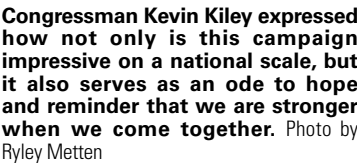
Sign up for "Where's My Ballot?" with BallotTrax, a free ballot-tracking and alert system. It is available to all voters who wish to track the status of their Vote by Mail ballot from printed to accepted. Scan the QR code or visit www.wheresmyballot.com



Vote Early!
Vote by Mail.

Continued from page 1

This humanitarian campaign is especially important now, not only is it the 250th anniversary of America but American families are struggling now more than ever to



27 local non-profit organizations and religious organizations then picked up the food following a speech which praised the efforts of this campaign and volunteers. Photo courtesy of The Church of Jesus Christ of Latter-day Saints

put food on the table. Food banks across the country report demand far above pre-pandemic levels, with working families, children and seniors making up a large share of

“This is one of the most, amazing charitable undertakings you will ever witness. The scale of it is staggering, nationally 250 trucks,

As we burst fireworks on the Fourth of July and hang American flags outside the front porch, this campaign reminds us of what it truly means to be proud to be an American. ★

Continued from page 1

Lemaster's book "WTF Am I Even Doing: A Nervous System Workbook To Support Mind Body Alignment" is available on Amazon. She can be found on social media @interconnectedheart and @coleyology. ★



The goal of the month-long promotion between Jimboy's Tacos and Keaton's Child Cancer Alliance is to raise much needed funds for Keaton's to support the financial, emotional, and educational impacts of a pediatric cancer diagnosis. Additionally, every guest who visits a Jimboy's Tacos restaurant and purchases a six-pack of tacos or donates to Keaton's will have the opportunity to personalize a "Wall of Hope" donation card that will be placed on

For more details about "Six-Pack with a Purpose," visit www.jimboystacos.com/child-cancer. More information about Keaton's Child Cancer Alliance is available at www.ChildCancer.org. And, for more about Jimboy's Tacos, visit JimboysTacos.com. ★

COMMUNITY CONNECTION

Informing, Empowering & Engaging Readers With Their Community



By Patsy McGavock

Welcome back, readers. After a summer break, I return to how we lift our entire community — by finding ways to build the essential skills in our neighbors, and ourselves, that yield growth and success. I asked Roxanne Stellmacher, chief of operations and programs at the CA EDGE Coalition, who works at the intersection of education, workforce development, economic mobility and policy advocacy.

We discussed where policy and people meet — right in our local community — by practicing the skills of success that are even more essential as AI rapidly changes how we work. It’s surprisingly the human, not technical — human-to-human skills of communication, collaboration, critical thinking, adaptability and networking. The skills of relationship-building and reliability.

The most hopeful realization is these skills don’t require a college degree or expensive training. They do require intention and a little expectant courage to open our mouths and open our hearts to practice.

“It’s truly engaging in the everyday,” said Stellmacher, “but through the lens of: What is the skill that I can practice in this place right now that can help me get better at something that will transfer to a work space? It’s incredibly important.”

And it’s a lens we can look through in both directions — allowing skills, knowledge and opportunity to pass both ways. The mentoring mindset of open relationship-building.

Stellmacher continued, “I would say workforce development is really about opportunity development.” It’s not just about getting the next job. “When communities invest in relationship opportunities — in the individuals and employers — our entire

AI, Human Skills and the Power of Connecting for Community Success

community benefits, right? It lifts all ships.”

When we choose to see each other as lifting together, even amid the pressure of not making enough to keep up with inflation, the outcomes are personal and significant. We feel the momentum of not doing it alone, and we learn from each other’s journeys.

“We can capitalize and utilize our connections to each other, we can start lifting each other on the whole, as opposed to being a million different individuals here trying to lift ourselves independently,” summarized Stellmacher.

What does this look like?

Schools bringing community members in to talk about their work, libraries serving as hubs of connection, neighbors volunteering together, chambers of commerce connecting everything in between — especially when we seek out those we don’t already know. Finding ways to connect retirees as mentors to those new to the workforce, or youth deciding their careers.

“You don’t need a classroom or a college degree to practice meaningful conversation. But all of those face-to-face interactions create opportunities to practice your communication skills, to practice problem-solving skills, to practice networking.”

Stellmacher’s daughter was doing exactly that — having coffee with one of her mother’s colleagues to learn about her career. She might decide it’s not for her, or something might spark a passion that her mother never introduced her to. Either way, she has learned, and two more people are connected in ways they can help one another.

“That happens because of community,” Stellmacher said.

Networking can sound transactional — something we do when we need a job or want something from someone. But viewed through a

mentoring mentality, it becomes something much more communal: learning who knows what, sharing what we know, introducing people and opening doors to opportunities. That lifts everyone.

Every such conversation, or every time we introduce someone within our professional or community networks, “can be the spark that changes the trajectory of someone’s personal, professional life,” Stellmacher said.

Yet for some of our neighbors, access to these networks and opportunities is a challenge. Most take time, and financial pressures, transportation, childcare and other barriers matter, too — making it even more meaningful when we intentionally open our circles to others.

Meaningful interpersonally, and in ways that create community advocacy.

Stellmacher believes California could dramatically improve these outcomes by helping more people build these skills — leading to family-sustaining wages, greater civic participation, stronger local businesses and generational economic growth. This is the work EDGE advances through statewide advocacy.

She added, “Still, it is community-level advocacy that pushes policy forward” — particularly when the human stories of our neighborhoods collectively reach those making decisions.

That is where Community Connection will be heading soon: where neighbors, community leaders and elected decision-makers meet, organize and make change for good, and how chambers of commerce build networks for all things in community growth

Patsy McGavock is a volunteer writer and community advocate “informing, empowering and engaging readers with their community.” and can be reached at PatsyMcGavock.JustServe@gmail.com. ★



Silent Killer

SUPER SIZE IT! BUFFET IT! Make it bigger, taller, pile it on! That’s our American eating mentality, and it shows in our waistlines. Obesity has become an epidemic in our country. So what we have is Heart Disease...the No.1 killer of Americans, Cancer...the No. 1 fear of Americans, and Alzheimer’s...the No. 1 concern of Americans.

And what do these devastating diseases have in common? All three have been linked to silent inflammation, a condition that occurs when the body’s natural immune response goes awry. It usually begins as a defensive reaction to invading viruses and bacteria, but this inflammatory response can misfire, sparking a chain reaction of inflammation anywhere in the body.

Fueled by obesity, it may continue unchecked for years, assaulting the heart, arteries, and even the brain. As a matter of fact, research confirms that obesity is a primary cause of silent inflammation and has been linked to today’s epidemic rise in heart disease. That is from **Dr. Barry Sears**, who is a Lipid Scientist who studies fats, and has spent his career probing the delicate body chemistry that controls our health and well being. Dr. Sears has authored the No. 1 New York Times Best-seller “**The Zone Diet**” and “**The Omega RX Zone: The Miracle of the New High-Dose Fish Oil.**” He’s written some fifteen books.

As I continued the interview with Dr. Sears on my “POPPTALK” Radio Show, I

tried to defend myself by telling the good Doc that I eat fish. So why do I need to take more fish oil? Dr Sears abruptly congratulated me on eating from the sewer of the sea! Whaaaat!???

He explained that it takes a new generation of fish oil to launch the fight against these diseases. So how is this generation of fish oil different from our old slippery friend? According to Dr. Sears, the fish oil Grandma got down our gullets, and that which is currently sold in health food stores has never been pure enough to use in the great quantities to feel its potential benefits.

“High-dose pharmaceutical-grade fish oil will radically change how medicine is practiced in the future. Once it is accepted, we will enter a new era of medical care based primarily on the food we eat, not the drugs we take,” he told me emphatically!

So the bottom line here is Dr. Sears claims that pharmaceutical grade fish oil, when taken in appropriate therapeutic doses, has the power to reverse silent inflammation in just thirty days! In his view, it may be “A true miracle cure for the twenty-first Century!” Boy, what a wake-up call this was for me. A shrimp cocktail please? Why is it that good taste is not always good for us? Darn!

If you’d like information on how to find this industrial strength fish oil, the Doc told me he has several places listed in his book “**The Omega RX Zone**” or you can log on to **www.DrSears.com**. Can I have a shrimp cocktail please? ★

Veterans Services Office Celebrates New Location

By MPG Staff

SACRAMENTO REGION, CA (MPG) - Sacramento County has opened a new Veterans Services Office in Rancho Cordova, providing veterans and their families with a new location to receive assistance with benefits, disability claims and other support services.

The county marked the move to 3075 Prospect Park Drive, Suite 170, with an Aug. 6 open house. The event included remarks from local officials, proclamations from the city of Rancho Cordova and a keynote address by Matthew Ceccato, chair of the Sacramento County Veteran Advisory Commission and a U.S. Army veteran.

Guests were also invited to tour the facility and meet county staff who work directly with veterans and their families.

The new office is located near the former Mather Air Force Base, an area with longstanding ties to the Sacramento region’s military and veteran communities. Mather Veterans Village, which provides housing and supportive services for veterans, is also located nearby.

Sacramento County’s Veterans Services Office helps veterans navigate federal, state and local benefit

programs. Staff members assist with preparing, submitting and presenting claims for veterans’ benefits and provide information about eligibility requirements through the U.S. Department of Veterans Affairs.

The office also helps veterans access California Department of Veterans Affairs programs and provides information to eligible dependents and family members. Staff can assist families in identifying additional programs and benefits for which they may qualify.

In 2025, more than 7,000 veterans received assistance through the office, according to Sacramento County. Staff helped with approximately 4,500 claims, resulting in \$11.5 million in retroactive disability compensation and \$9.1 million in recurring monthly disability payments.

“Our mission is to serve all veterans and their families with respect, dignity and compassion,” Sacramento County Veterans Service Officer Rochelle Arnold said.

The previous Veterans Services Office on Research Drive is now closed.

The Rancho Cordova office is open from 8 a.m. to 4 p.m. Monday through Friday. Veterans and family members seeking assistance can call 916-874-6811. ★

Soroptimist Club Seeks Applicants for Live Your Dream Award

Continued from page 1

to “best for women.” For more information about the Live Your Dream Award, applicants may email sirgr2009@gmail.com or call or text Sheryl at 916-833-1218.

Information about Soroptimist International of Rancho Cordova & Gold River, including membership and volunteer opportunities, is available at <http://www.soroptimistranchocordova.org/> or by emailing sirgr2009@gmail.com. ★

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Pork Chops Bone-In	Pork Loin Roast Boneless	Pork Spare Ribs

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Beef Cross Rib/Shoulder Roast Boneless	Beef T-Bone Steak	Chicken Breast Bnls/Sknls
Pork Chops Bone-In	Pork Loin Roast Boneless	Pork Spare Ribs

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FRESH PRODUCE

Celery	Persian Cucumber	Constellation Tomato 10 oz	Mini Sweet Pepper 1 lb
99¢/ea	\$1.49/lb	\$1.99/ea	\$2.99/pk
Small Taro	King Oyster Mushroom	Young Thai Coconut 9 ct Box	White Corn
99¢/lb	\$1.49/lb	\$19.99/box	59¢/ea

AMERICAN/HISPANIC GROCERY

REG \$2.99 \$1.29/ea	REG \$19.99 \$16.99/ea + TAX	REG \$3.49 \$1.99/ea + TAX	REG \$4.99 \$3.99/ea	REG \$8.99 \$4.99/ea
Manischewitz Potato Pancake Classic Mix 6 oz	Suavital Fabric Softener 8.5 liter	Kirenox Facial Tissue (Lofton) 120 count	1-23 Vegetable Oil 1 liter	La Lechera Sweetened Condensed Milk 28 oz

ASIAN GROCERY

REG \$5.99 \$5.49/ea	REG \$3.79 \$3.09/ea	REG \$12.99 \$9.99/ea	REG \$1.99 \$0.99/ea	REG \$6.99 \$2.99/ea
Three Ladies Vietnamese Rice Vermicelli 2 lb	Golden Mountain Seasoning Sauce 20 f.oz	Osetehh Tapioca Boba 5 lb	EED Whole Water Chestnuts 8 oz	Chaokoh 100% Coconut Milk 1 liter

EUROPEAN GROCERY

REG \$14.99 \$9.99/ea	REG \$4.29 \$1.99/ea	REG \$6.99 \$4.99/ea	REG \$2.99 \$2.49/ea + TAX + CRV	REG \$4.99 \$3.99/ea
Santa Bremor Lightly Salted Herring Fillets in Oil 1kg	Galina Imam Bayildi Eggplant Appetizer 530 gr	Ugurlu Turkish Delight Mixed Aromali 250 gr	Khilani Georgian Pear & Taragon Soft Drink 500 ml	Atmard Summer Fruits & Tea Mango Lychee 20.7lb

EUROPEAN DELI

REG \$14.19/lb \$13.19/lb	REG \$10.19/lb \$9.19/lb	REG \$7.99/lb \$6.99/lb	REG \$7.99/lb \$6.99/lb
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