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# AMERICAN RIVER Messenger

VOLUME 19 • ISSUE 4

Serving Fair Oaks, Orangevale & Sacramento County

FEBRUARY 23, 2024

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## Food Drive Calling for Heroes



OVFO food drive in 2021. Photo courtesy of OVFO

**Fair Oaks Orangevale Food Bank News Release**

**ORANGEVALE, CA (MPG)** - The Orangevale Fair Oaks Food Bank is calling all neighborhood heroes to reach out, fill a bag and bring a collection of food to the Second Annual Spring Community Food Drive on March 9, hosted at the food bank from 9am to 12 noon.

Last year's community collaboration focused on community organizations and churches collecting food in house with their membership. This year there's a twist. The food bank is calling all residents not just to bring food, but to unite themselves – neighborhood by neighborhood- in mini neighborhood food collection drives. Maybe only ten neighbors at a time, each filling a bag. Ten by ten the bags add up to hundreds, and soon the food bank shelves fill.

Foodbank volunteers have made it easy to get involved. Download a neighborhood flyer and print enough for your immediate neighbors.

Distribute the flyers to your neighbors, inviting them to fill a bag and leave it on their porch for you to pick up at the time and date you indicate on the flyer. Then, the first week of March, pick up the bags and deliver your trunkful of neighborhood donations to the food bank on March 9th.

One delivery last year really stood out, inspiring this year's approach. Two truckloads of small grocery bags sporting brightly colored flyers showed up, all invitations accepted by neighbors of the Church of Jesus Christ of Latter-day Saints near Deseret Ave in Fair Oaks.

"It was incredible. It was exciting," says Patsy McGavock, the volunteer inspired by the event to begin promoting neighborhood led drives. "I read the flyers to see what it was all about. How had they collected so much?" She learned that the church had followed a Boys Scouts of America model of neighborhood collection – and it had worked.

"What I learned is that while not all can give much, many can give a

little – and lots of little bits add up to so much," says McGavock. But it takes someone to start it, just a few people willing to ask their neighbors. "And it multiplies. Multiplies! The evidence was in those trucks," McGavock concludes. "Amazing!"

To get involved in this year's excitement, download neighborhood flyers at [www.ovfob.org/post/spring-community-food-drive-march-9th](http://www.ovfob.org/post/spring-community-food-drive-march-9th), bring donations on your own, or even volunteer on March 9th helping unload vehicles and sort food from 8:30am-11am or 10:45am-1pm.

The OVFO Food bank specifically asks for cereal, peanut butter, pasta sauce and dried pasta, but will accept any non-perishable food items and monetary donations.

2nd Annual SPRING Community Drive Through Food Drive

-Sat March 9 at the Orangevale Fair Oaks Food Bank

-Food collection from 9:00 a.m. to 12 noon

-Inviting neighbors to organize neighborhood collections. ★

**Promote Your  
Business and  
Become a  
Sponsor**



Judy Andrews Courtesy photo

**By Judy Andrews,  
Fair Oaks Chamber  
of Commerce**

**FAIR OAKS, CA (MPG)** - The Fair Oaks Chamber of Commerce (FOCC) is excited to announce the 2024 date of its largest annual fundraiser — Taste of Fair Oaks set for May 17 from 6 to 9:30 p.m. at North Ridge Country Club. Tickets go on sale April 1.

At this time, the Fair Oaks Chamber of Commerce is looking for local exhibitors to participate — i.e. restaurants, caterers, wineries, breweries and dessert vendors. Additionally, several sponsorship opportunities are still available. It's a great way to market your business while showing support for your chamber and your community! But act fast because the deadline to sign up as an event sponsor is March 31, 2024. For more information, call the chamber at 916-967-2903.

Have you checked out all the 2023 Best of Fair Oaks winners? The Fair Oaks Chamber of Commerce made the announcement last month. Be sure and show support for the organizations that won the votes (and hearts) of Fair Oaks. See the complete list at [bestoffairoaks.com](http://bestoffairoaks.com).

**Coming Events**

Check for updates at [fairoakschamber.com](http://fairoakschamber.com):

**Feb. 27:** Open every Tuesday from 9 a.m. to 2 p.m., the *Fair Oaks Farmer's Market* is the place to shop for freshly-picked seasonal produce grown locally. It is open rain or shine at Fair Oaks Park (11549 Fair Oaks Blvd.)

**March 1:** Attend a special *ribbon-cutting* event and 10-year celebration for *JTS Property Management* from 5:30 to 7 p.m. at their office location, 10149 Fair Oaks Blvd.

**March 14:** The *Fair Oaks and Orangevale Chambers* are hosting the next *After Hours Mixer* from 5 to 7 p.m. at the Orangevale-Fair Oaks Food Bank. Show support for your chamber while networking with local business and community leaders! RSVP at [fairoakschamber.com](http://fairoakschamber.com) or [orangevalechamber.com](http://orangevalechamber.com).

**March 16:** Support the *Fair Oaks Theatre Festival* by attending the annual *Continued on page 3*

## Putting Community First

**By Judy Andrews**

**FAIR OAKS, CA (MPG)** - It has been four months since Katie Yount, local State Farm agent and business owner, was named the 45th Honorary Mayor of Fair Oaks.

The new "mayor" raised more than \$34,000 last fall during an impressive four-month-long campaign. The funds that Yount raised were split 50/50 with the Fair Oaks Chamber of Commerce (FOCC) and with the Rotary Club of Fair Oaks (specifically its Community Grants Program).

As a Rotary Club member, Yount chose the program to direct funding to local nonprofit organizations and schools that can apply for up to \$1,000 in grant money three times per year.



Katie Yount accepts the award for Best Insurance Services in Fair Oaks. Pictured from left are Noah Wright, Katie Yount and Emma Ford. Photo courtesy of Fair Oaks Chamber of Commerce

"So far, four applicants applied and were approved for funding," she explained. "The recipients include Northridge Elementary School, Helping Hands OV

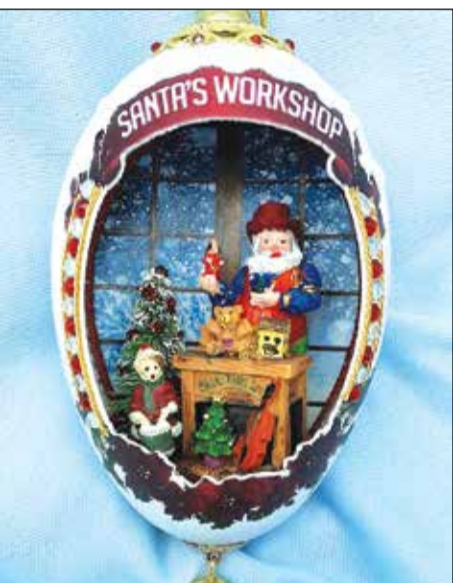
(Orangevale-Fair Oaks), HART of Orangevale & Fair Oaks, and Norcal Golden Lovers SAC. These organizations reach a wide range of individuals and families in need of

assistance in the Fair Oaks and Orangevale areas."

Yount's "give back" attitude has earned her numerous awards and recognition from the chamber *Continued on page 3*



# Egg Artists Raise Funds for Shriners Children's Hospital



These eggs and more will be featured in 11 classes on making egg art. Preregister for the classes at [www.norcaleggshow.com](http://www.norcaleggshow.com) or Northern California Eggstravaganza on Facebook. Photos courtesy of Diana Macias

By Carol Feineman

**SACRAMENTO REGION, CA (MPG)** - Local fine artists are invited to be in the 32nd annual Northern California Eggstravaganza Egg 'N' Art Show and Sale that benefits the Shriners Children's Northern California hospital for children in Sacramento.

The show and sale runs from April 12 to April 14 in Elk Grove. All proceeds from the event go to the Shriners Children's prosthetic department.

The Northern California Egg Artists ran the show as a club activity for years and Diana Macias, a club member and a Wilton egg artist, now

organizes the show.

Macias expects that a few hundred eggs will be on exhibit from regional and national artists at the event.

"Some people have never seen egg art and they will be surprised and astonished to see what can be done with an egg and the types of art possible with eggs," Macias said. "It's not what you think when you think of dying eggs for Easter eggs; it's real fine arts. Everything that artists have done in art, all of those arts can be done on an egg. There's no limit to what you can do."

According to the Library of Congress, egg art is one of the oldest

decorative arts. In 2010, a University of Bordeaux (France) team led by Pierre-Jean Texier found etched ostrich eggs in South Africa dating back 65,000 years ago.

Each year, egg artists at the Northern California Eggstravaganza Egg 'N' Art Show and Sale donate artwork that will be raffled with all proceeds benefitting the children's hospital. Show genres include porcelain, carving, beading, jewels, miniaturists and sculpting.

Last year's show in West Sacramento included artists from Berkeley and New York, Texas, Washington and Idaho. This year's show will be in Elk Grove's SES

Hall, with artists from throughout the United States, according to Macias.

Public viewing hours will be from 10 a.m. to 5 p.m. April 13 and from 10 a.m. to 3 p.m. April 14. Admission is free. The SES Hall is at 10428 E. Stockton Blvd., Elk Grove.

While finding out more about egg art, viewers can also learn more about the Shriners Children's Hospital. Shriners volunteers will provide pamphlets and signage about the nonprofit hospital and answer questions.

Event attendees can also make egg art at a "learning table" for \$5 with all proceeds going to the Shriners Hospital. The learning table will be

open from 11 a.m. to 1 p.m. on April 12 and April 13. Children at least 6 years old up to adults can work on the projects designed for beginners. All materials are supplied.

Eleven classes on making different types of egg art will also be offered April 12 to April 14. Class preregistration is required at [www.norcaleggshow.com](http://www.norcaleggshow.com) or Northern California Eggstravaganza on Facebook.

Artists and the public can contact Macias for more information about the upcoming Northern California Eggstravaganza Egg 'N' Art Show and Sale at [leggantdesigns@frontier.net](mailto:leggantdesigns@frontier.net) or at 916-230-9811. ★



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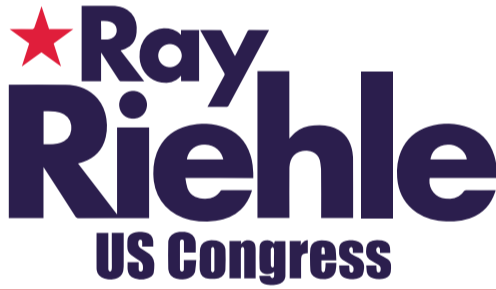

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[RayRiehle.com](http://RayRiehle.com)

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One bag of groceries costs nearly three times what it did just a few years ago. Inflation forces us to pay more for food, fuel, housing, and healthcare. We spend billions of dollars to address homelessness, yet we see more people on the streets every day. Failed policies and out of control spending created this crisis. It will take thoughtful policies to resolve our problems.

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# Nick the Greek Brings New Tastes

# Putting Community First



Nick the Greek will have a grand opening Feb. 27 in Fair Oaks with free lunch from 11 a.m. to 2:30 p.m. Photo courtesy Tamara Warta

Story by Tamara Warta

**FAIR OAKS, CA (MPG)** - Fair Oaks is home to many ethnic restaurants. In a few days, the town can add Greek food to its impressive roster.

Nick the Greek, a popular quick-service chain, will offer a free lunch for its grand opening on Feb. 27.

Local fans of Nick the Greek, which has 70 locations throughout California and beyond, have been anxiously anticipating the opening of the Fair Oaks location. The first announcement of the new spot came in 2022, when patrons of the Quail Pointe shopping center observed building renovations and signs announcing the restaurant opening here. The building seemed to have reached completion and then all went quiet.

"I love this restaurant!" said Nick the Greek fan Linus Oliver in an online review. "I've been waiting for the Fair Oaks location to open for many months. The signs are up, everything seems to be in place but it's always dark and locked up. I check every time I go past that location."

Fortunately, the wait is now over. Nick the Greek will open shortly and is offering free entrees from 11 a.m. to 2:30 p.m. on Feb. 27. All patrons need to do to receive a free entree is drop by during that time frame.

Prior to the Fair Oaks opening, the closest location was in Roseville and other franchises are in Davis and Elk Grove. The restaurant first opened in San Jose in 2015, and since then has expanded all over California as well

as Utah, Nevada and Texas. According to a press release sent out by Nick the Greek, more California locations are in the works, including in Alameda, Tracy and Irvine.

Nick the Greek was founded and is partially operated by a Greek family. The original concept was by three cousins who grew up in a close-knit family that would travel together to Greece. Ironically, all three cousins are named Nick Tsigaris and are affectionately known as Big Nick, Little Nick and Baby Nick.

After noticing a lack of quality Greek food in the South Bay area, "the Nicks" used their second-generation restaurant skills to open the popular chain's first location. Franchise opportunities took off and successful franchisee Anil Yadav purchased an initial 48 stores in 2022. The Tsigaris family remain minority owners.

Business aside, Fair Oaks restaurant fans have a lot to look forward to. The Nick the Greek menu includes an array of salads, bowls and gyros. Signature items include Nicks Fries, which are topped with feta, garlic, spicy yogurt and a choice of meat; and the Grecian Beefitiki Burger. Some lesser-known offerings that are a hit with regulars include avgolemono soup and frozen Greek yogurt topped with crumbled baklava and drizzled honey.

Nick the Greek Fair Oaks is at 5355 Sunrise Blvd., next to Sushimono, in the same shopping center as Trader Joe's. Visit in person, starting Feb. 27, call in an order at 916-671-3378 or order online at nickthegreek.com. ★

Continued from page 1

and the community. Her insurance agency was recently voted Number 1 for Best Insurance Services in Fair Oaks. Additionally, Yount was named Citizen of the Year in 2022 by the Fair Oaks Chamber of Commerce.

"Katie is an amazing force in the community," said Kimberley Pitillo, Fair Oaks Chamber of Commerce's executive director. "I'm so impressed with her ability to manage a full-time business operation, be an active member of the chamber, and yet still find time to participate in a variety of activities that support the community."

That's not all. Yount and her husband, Marlon, have two young children ages nine and two. The proud mom said she appreciates the support received from the family. Her daughter, Zoelle, loves to volunteer and help at events.

Yount enjoys being a member of the Fair Oaks Chamber of Commerce. She joined the organization five years ago to expand her business network after opening a State Farm office.

"The chamber is a great way to connect with other like-minded people," Yount said. "We love to support each other's businesses."

Looking back at the



Katie Yount is the 2023/2024 Honorary Mayor of Fair Oaks. Photo courtesy of Fair Oaks Chamber of Commerce

Honorary Mayor campaign, Yount is grateful to the many businesses and individuals who stepped up to host and partner with her on numerous back-to-back fundraising events. Yount credits her "campaign manager" (local Realtor Rachel Griffith) and her amazing "campaign team" for the much-deserved win. In addition to Griffith, key team members included Diana Cralle, Dustin Buck, Jeanette Woodward and Maggie Hoy.

In addition to the Fair Oaks Chamber of Commerce and Rotary Club of Fair Oaks, Yount is actively involved with the Orangevale-Fair Oaks Food Bank and Helping Hands OV. She also hosts

various community activities at her office and at local venues throughout the year. Two larger events are in the works, including a Women in Business Fair on March 7 at Fair Oaks Park, followed by a spring blood drive at her office.

"I'm so grateful to be in a position where I can give back," Yount said. "I want my kids to understand the importance of giving back to others, too. I feel that everyone has a responsibility to make their community a better place."

Katie Yount can be reached at State Farm Insurance, 8908 Madison Ave. Suite B, Fair Oaks, Calif., 95628 (across from Safeway) or by phone at 916-966-7111. ★

## SMUD Powering Futures College Scholarship Application Period Now Open

SMUD News Release

**SACRAMENTO REGION, CA (MPG)** - SMUD announced February 1st that the application period for its Powering Futures college scholarship program is now open. The program awards up to 21 scholarships of up to \$4,000 each to undergraduate students who are enrolled or plan to enroll in an accredited two- or four-year college or university. Students must live in SMUD's service area or have a legal guardian who is a SMUD customer.

The awards are based on academic merit and financial need. Preference will be given to students who have declared a major relevant to a career at SMUD. Some scholarships may also include a paid internship at

SMUD for eligible students.

"The Powering Futures program is a catalyst for broader educational access and high-paying job opportunities within our communities," said Paul Lau, SMUD CEO and General Manager. "We invest in the future generation because these students will drive the future success and vitality of the Sacramento region and our transition to an equitable clean energy future."

The deadline to apply for the scholarships is March 1, 2024. Scholarships are for the 2024/2025 academic year.

For more information about the SMUD's Powering Futures college scholarship program, visit [smud.org/Scholarships](http://smud.org/Scholarships). ★

## Promote Your Business and Become a Sponsor

Continued from page 1

*St. Patty's Dinner* at the Orangevale Grange Hall. Doors open at 6 p.m. Get your tickets now before they sell out at [fairoakstheatre-festival.com](http://fairoakstheatre-festival.com).

**March 21:** The Olive Garden in Folsom (2485 Iron Point Road) is hosting the next *FOCC Monthly Luncheon* from 11:30 a.m. to 1 p.m. RSVP at [fairoakschamber.com](http://fairoakschamber.com).

**April 13:** *St. Mel School* is hosting their *Annual Benefit Auction* from 5 to 9 p.m. at St. Mel Parish Hall. The fundraiser helps support academic excellence for the school's kindergarten through eighth-grade students. For more information, contact Natasia Hawkins at 916-505-4798 or [stmelauction@gmail.com](mailto:stmelauction@gmail.com).

**Milestone Memberships**

Friends of the Chamber member, Margege

Wood Taylor, is celebrating her 30th year with the Fair Oaks Chamber of Commerce. Thank you, Margege, for your support over the years!

**Welcome New Members:**

- Orcutt Family Dentistry
- Carla Hart - Lyon Real Estate
- Gold Rush Coins & Jewelry
- Teri Riave - Friends of the Chamber.

**Connect With Us**

For more information about the Fair Oaks Chamber of Commerce, please go to [fairoakschamber.com](http://fairoakschamber.com). For member or sponsorship questions, please contact Kimberley Pitillo at 916-967-2903 or [info@fairoakschamber.com](mailto:info@fairoakschamber.com). ★

See you in Fair Oaks!



## Election Information

### March 5, 2024 – Presidential Primary Election

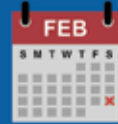
Vote Early and Vote by Mail.



**Feb 5** Ballots begin to arrive by mail. Ballot Drop Boxes are now open.



**Feb 20** Close of registration. Register today!



**Feb 24** 11-Day Vote Centers open through Election Day.



**Mar 2** All Vote Centers open through Election Day.



**Mar 5** 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 Ballot Drop Box, or at any Vote Center. No postage is necessary.

### Track your Ballot

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. This provides additional transparency to voters on the status of their ballot.



Vote Early! Vote by Mail.





**A Big Mess**

**Dave Ramsey Says**

to be so blunt, but you've got a really big mess on your hands.

Long story short, the money you make at another full-time job is likely to decide whether you can stay in your home. If you've got a mortgage, home equity loan and business debts hanging over your head, the chances of this are slim. You probably need to consider the idea moving into a small, affordable apartment for a while, too. If you do this, get your debts paid off and your finances back in order—which includes living on a budget and saving—you might be able to buy a house again in a few years.

I know the idea of giving up your home and business is hurtful, but sometimes when you have a serious illness, extensive surgery is needed to fix the problem. And right now, you've got a very serious financial illness.

I want you to understand how I'm looking at this,

Tammy. The house alone is not the problem. You borrowed money to open a business, and that was your first mistake. You also have no savings, which is another mistake, and now your business isn't making a profit. See how all of it combined adds up into one big mess?

I love your spirit, and the fact that you want to be an entrepreneur. But you've got to get control of your money first. If you don't, this thing will eat you alive.

– Dave

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

**COBRA, Covered California, Medicare; Comparing Your Health Insurance Options**

By Tim Coughlin



Transitioning from employer-based health insurance to COBRA, Covered California or Medicare can trigger many questions;

How does my COBRA compare to private health insurance through Covered California? Am I eligible for "Premium Assistance" or "Cost-sharing reductions?" How do the deductibles and copays compare? Which plans let me to keep my doctors?

All good questions...and Medicare can be even more challenging to navigate;

When and how do I sign up for Medicare? How much does it cost? Are Medicare Supplements better, or Medicare Advantage plans?

**Rules, Deadlines, and Penalties**

Our health insurance and Medicare systems have complex rules regarding eligibility, enrollment deadlines, and costs. Failure to navigate the system effectively can result in penalties, extra costs or worse, an inability to maintain optimal coverage.

Knowing the right questions to ask and comparing your options can be difficult and time consuming.

**Help Is Available at No Cost to You**

Enlisting the help of an experienced health insurance agent can save you time, money, and stress.

Many people are surprised to learn that **there is no costs** to you

to use an independent insurance agent. Agents are paid by the insurance companies. You pay the same premium regardless of whether you work with an agent or go directly to an insurance company.

**Finding a Local Health Insurance Specialist**

When looking for a good agent (aka "broker") to assist you, look for someone who is an independent agent, who has significant local market experience, who specializes in health and/or Medicare insurance and who has a good number of positive client reviews. A good agent will take the time to understand your situation and objectives, including current doctors and prescriptions before proposing any plans for consideration. Membership in the National Association of Benefits and Insurance Professionals (NABIP) is a good indication of the agent's health insurance specialization and professional commitment.

*Tim Coughlin is an award-winning independent insurance agent specializing in health and Medicare insurance for over 35 years in Gold River. He is the recipient of the prestigious Soaring Eagle award from NABIP and maintains 100% 5-Star reviews. He can be reached at (916) 346-4417 or by email: [tim@summitindins.com](mailto:tim@summitindins.com).*

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**ROOT CELLAR Sacramento Genealogical Society SPRING SEMINAR**

ROOT CELLAR welcomes our guest speaker, Michael L. Strauss, AG. Michael has been employed as a forensic investigator for 30 years and works as a research manager and senior genealogist for *Ancestry ProGenealogists*. Michael is a native of Pennsylvania and a veteran of the United States Coast Guard. He is a court qualified expert witness in New York, New Jersey, Pennsylvania, and Virginia. He is a national genealogical lecturer and instructor and is a faculty member at Salt Lake Institute of Genealogy, Genealogical Research Institute of Pittsburgh, and the Institute of Genealogical and Historical Research where he coordinates the military history and research courses. Michael was the film historian for the 2015 Academy Award nominated movie *Finding Vivian Maier*. He has been a Civil War reenactor for more than 25 years.

At our full-day seminar, Michael will present four awesome lectures: (1) Descendancy Research: Another Pathway to Genealogy; (2) Secret Societies: Finding Your Ancestors in Fraternal Organizations; (3) Federal Taxes and Genealogical Records they Created; and (4) That Splendid Little War: Research in the Spanish-American War. Join us in-person; all are welcome.

**Date: April 27, 2024 • Time: 10 am - 5 pm, doors open at 9:15 am**  
**Maidu Community Center, 1550 Maidu Dr., Roseville, CA**  
**Cost: \$40 Root Cellar Members; \$55 Non-members**  
 (Pre-registration required - Registration ends April 15 - No tickets sold at the door)

**To register, go to [www.rootcellar.org](http://www.rootcellar.org)**

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ORANGEVALE WOMAN'S CLUB'S

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A fundraiser for the Orangevale Woman's Club, portion of the proceeds will go to support our scholarship fund and other local school needs.

**AMERICAN RIVER Messenger**

*Serving Fair Oaks, Orangevale and Sacramento County since 2006*

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**Publisher, Paul V. Scholl**

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# Major Takedown of Vast Organized Retail Crime Operation

## CHP News Release

**SACRAMENTO, CA (MPG)** - The CHP, California Department of Justice, and allied federal agencies announced the takedown of a vast organized retail theft operation spanning 21 counties and involving \$8 million worth of stolen beauty products.

The ringleader of an extensive organized retail crime operation spanning 21 counties, involving an estimated \$8 million in stolen beauty products, was arrested and charges were filed. The announcement signals the culmination of several months of collaborative investigatory efforts in the CHP's ongoing fight against retail crime.

The investigation was conducted by the California Department of Justice (DOJ), CHP, Department of Homeland Security, U.S. Postal Inspection Service along with Ulta's Loss Prevention Organized Retail Crime team and Sephora representatives. It is alleged that the ringleader of the scheme paid more than seven people to steal from Ulta Beauty stores, as well as other retail outlets. The ringleader would then sell the stolen cosmetic items on her Amazon storefront.

CHP Commissioner Sean Duryee said, "The success of this investigation is due to the collaboration between several of our Organized Retail Crime Task Force teams throughout the state, the CHP's Computer Crimes Investigation Unit, the DOJ, our federal partners, and retailers. Through

increased collaborative efforts, retailers and law enforcement have become more efficient and effective in our fight against organized retail crime."

Recognizing the complexity and scale of the operation, in August 2023, federal investigators requested the CHP's Organized Retail Crime Task Force (ORCTF) join their ongoing investigation. In December, simultaneous search warrants were executed by ORCTF investigators in Southern California and the suspects were taken into custody.

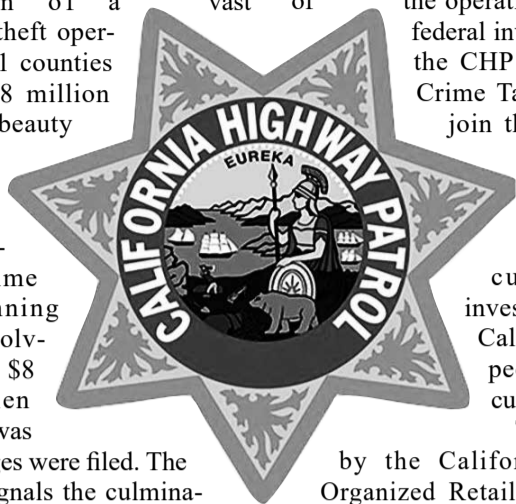
The charges, brought by the California DOJ, include Organized Retail Theft, Conspiracy, Receipt of Stolen Property, and multiple counts of Grand Theft.

The thefts occurred in Alameda, Placer, Kern, Contra Costa, Orange, Los Angeles, Santa Clara, San Diego, Sacramento, San Mateo, Solano, Riverside, San Joaquin, Stanislaus, Napa, Marin, Tulare, San Bernardino, Sonoma, Ventura, and Yolo counties.

Since the inception of the ORCTF in 2019, the CHP has been involved in more than 2,300 investigations leading to the arrest of more than 2,200 suspects and the recovery of over 761,000 stolen goods valued at \$41.7 million.

If you witness one of these crimes occurring, do not attempt to intervene — call 9-1-1. Members of the public and retailers can also report retail crime tips directly through the CHP's website.

The CHP's mission is to provide the highest level of safety, service, and security. ★



# New Art Displayed in Sacramento County Board Chambers



A sample of Leslie Smith's work. Photo courtesy of Sacramento County

## Sacramento County News Release

**SACRAMENTO COUNTY, CA (MPG)** - The next time you attend a meeting in the Sacramento County Board of Supervisors Chambers, be sure to check out the rotating art on display! Sacramento County sponsors bi-annual art exhibitions in the Board Chambers, located at 700 "H" St. "Meanderings: Paintings by Leslie Smith" is on display now through July 12, 2024.

Leslie is a Northern California artist who shares her life experiences, self-reflections and love for curiosity and exploration through her paintings. Leslie has been artistic her entire life — drawing inspiration from nature. She attributes the inspiration to her mother who sparked her imagination and storytelling abilities through drawing prompts to pass time on their way to camping trips in Mendocino, CA.

While camping she experienced public art on display in nearby towns. "I'm really very grateful to have my artwork in a public place. Public art is so important because it provides people with something they aren't expecting," says Leslie, who

believes that everyone should have access to the arts and is delighted by the thought of an unsuspecting passerby viewing her paintings from their own perspective.

Leslie's paintings come together in a unique process which she describes as dynamic. "As I develop each painting, the process causes me to inspect my own personal boundaries and limitations," Leslie explains. "Sometimes it is dynamic and other times I seek a silence within the very perpetual motion or energy of the process itself. I work by detaching myself from the ordinary flow of thought — and to detach from things I can readily identify as painting because this allows me to move beyond my habitual way of seeing and being."

The result is an abstract and eclectic collection of shapes, brush strokes, and textures which, when combined, bring a vibrant liveliness to the otherwise neutral color palette of the chambers.

Visitors are welcome to view the art when meetings are in session. To check when the next meeting is scheduled, view the online Board Meeting Calendar. ★

# Combating the Loneliness Epidemic

## Sacramento County News Release

### SACRAMENTO COUNTY, CA (MPG)

- This time of year can feel especially lonely for many — as the holiday season fades and Valentine's Day adds extra pressure to be in a romantic relationship. If you feel this way, you are not alone. A recent Gallup poll found that about 44 million American adults report feeling lonely. In fact, the US Surgeon General even declared loneliness an epidemic last year due to its serious physical health consequences. According to the Surgeon General's "Our Epidemic of Loneliness and Isolation" report, poor social connection increases the risk of heart disease, stroke and dementia.

Additionally, loneliness can lead to mental health conditions like depression and anxiety. The CDC reports that having a mental health condition, like depression, can also increase one's risk of feeling lonely and isolated.

American men are at an especially increased risk of experiencing loneliness and social isolation. While 30 years ago, 55% of American men reported having at least six close friends, that number is now closer to 27%. In fact, 15% of men report having no close friendships at all. Unfortunately, men also experience increased stigma around sharing their emotions and expressing vulnerability, which also contributes to them reporting more instances of feeling lonely.

There are multiple reasons our modern world can feel so isolating regardless of gender. The COVID-19 pandemic led to physical and social isolation that led many to develop thoughts of hopelessness and helplessness. Social media, smartphones



Loneliness can lead to mental health conditions like depression and anxiety. Photo courtesy Helena-Lopes Pexels

and cars have all contributed to a world where people live far apart from each other and are not incentivized to connect in person. It is now common to go for weeks without seeing or speaking to loved ones.

However, it is still possible for us to foster the inclusion and connection that provides us with the necessary support we need to overcome life's challenges. Here are some ways to combat loneliness from the CDC:

-Keep in regular contact with others. Reach out to different friends and family regularly. If

one person is unavailable to take your call, someone else probably is.

-Ask for help. If you need extra support, ask a mental health provider. The Stop Stigma Sacramento Services page has a list of resources.

-Help others. Lending a hand lets the people you love know how much you care. This can create a deeper connection and can feel rewarding. Volunteering is a great way to help others and meet people.

-Unplug. Ironically, the technology we have to connect

us makes people feel lonelier. In-person interactions make us feel closer to our loved ones.

Being more socially connected can also improve stress responses and minimize the negative health effects of stress, according to a National Library of Medicine publication. To get connected, join a social group. Sacramento has many organizations to join for activities like yoga, a fitness group, art classes and book clubs. Being part of a group with shared interests, values or goals can foster a sense of belonging.

While it can seem daunting to contact someone when you are feeling lonely, keep in mind that reaching out can often help you feel relieved and hopeful. Maintaining your social connections is the key to combatting loneliness.

If you're struggling with your mental health you can visit the Stop Stigma Sacramento Services page or call NAMI's (National Alliance on Mental Illness) free helpline at 800-950-NAMI (6264). Know that help and hope is always available. ★



# San Juan Unified's Transitional Kindergarten Lottery Open

## San Juan Unified School District News Release

**CARMICHAEL, CA (MPG)** - The San Juan Unified District's lottery application process for transitional kindergarten (TK) began on Feb. 12.

To be eligible for transitional kindergarten for the 2024-25 school year, students must be 5 years old between Sept. 2, 2024 and June 2, 2025.

The school district is in the process of implementing a phased expansion of transitional kindergarten to all four-year-olds by the 2025-26 school year. For more information, visit [sanjuan.edu/enrollment/](http://sanjuan.edu/enrollment/)



It's time to enroll your child in early learning opportunities at San Juan Unified. Image by svklimkin from Pixabay

tk-lottery.

Kindergarten enrollment for the 2024-25 school year began on Feb. 5. For kindergarten, students must turn five years old on or before Sept. 1, 2024. For more information, visit [sanjuan.edu/enrollment/](http://sanjuan.edu/enrollment/)

enrollment-tk-12/ kindergarten.

The San Juan Unified District has a variety of part-day and full-day options for transitional kindergarten and kindergarten for the 2024-25 school year. ★

# At Your Service, Orangevale

By **Cris Hall Gerard**,  
**Orangevale History Project**

**ORANGEVALE, CA (MPG)** - Orange Vale Colony is mentioned in the 1900 Mississippi Township census. There were only 161 dwellings. Miners had been replaced with farmers and orchardists, mainly, sprinkled with others like carpenters, teachers, blacksmiths, a minister, a water agent, and a couple of bookkeepers. By 1910 there were approximately 500 people calling this place home. Birthplaces for the head of household represented 19 foreign countries and 34 states. Just imagine all the differing experiences and points of view. If nothing else, they had one thing in common. Each had moved their families to this place.

From the beginning it seems the people of the Orange Vale Colony stood firmly on a foundation of determination and a commitment to this new town and to each other. In glimpsing history from the notes in newspapers and from others' memories, examples emerge like building a school and then raising money for a piano a dollar at a time, building a community center and then a youth center. There was demanding work to be sure, but also time for children, church, music and lending a hand. Service defined in this context is "the action of helping or doing work for someone." Service groups were in Orangevale as early as 1910.

The Orangevale Grange was the earliest group to serve, founded in 1910. The Grange was instrumental in bringing electricity and telephone service to Orangevale. The Grange was the first to donate money toward the purchase of land on Hazel Avenue that would become the Youth Center, which is still being used today. And there is so much more to know-they are still in town, continually active and could use more helping hands. Check out their website <http://www.orangevalegrange.org/about-us/>.

Following the Grange, women started a Country Life Club in 1913. They, about 40 members, had no clubhouse, so met at members' homes or in the Methodist church. Mrs. Mary Calder is credited as the club's organizer. There were lectures on topics such as Public Health, Life and History of the Mosquito, Shelter, Clothing and Tree Planting. This club

was an extension of the Country Life Club of the College of Agriculture of the California State University. Members of the club shared five distinct areas of study: domestic science and art, economics, civics, home efficiency and public health. This group was named the Orangevale Woman's Club in 1928 and remains a service leader in town today. Much more should be written about this group's rich history and contributions to the community. Find out more at <https://www.orangevalewomensclub.org/>.

Boy Scouts started a group in 1914. By the Roaring 20's there was also a Civic Improvement Club who in 1916 dedicated the Community Center on Greenback Lane. Campfire Girls, Federated Clubs-focusing on beautifying the highways, and the Orangevale Mothers Club, a forerunner to the PTA also started.

Folsom-Orangevale Farm Home Department was organized in 1931. The Citizens League, the Orangevale 4H Club and likely others not identified in this research also bloomed about this time. Important services and decisions were in play, like a post office, a fire department, school district boundaries and more.

The 40's were the war years with a new wave of service clubs right around the decade. Lions Club was the first of the new entries in 1953 with an impressive 54 charter members of business and professional men. The Chamber of Commerce followed in 1955 then Rotary in 1960 with equally impressive lists of members. Orangevale grew, businesses grew and as a kid growing up during this time, things were darn near perfect. I was oblivious to all the work going on around me, well most of it. My dad, Keith Hall, was president of the Chamber 1959-1960.

Even though time moves on, service remains key in Orangevale of today. Just ask the Woman's Club, or the Grange, Rotary, Scouts, or any of the many others. Ever wonder how so many things get done? It is not magic.

Orangevale History Project meets the first Wednesday of each month at 6930 Hazel Ave Bldg. 2. View presentations on Orangevale History and interviews with longtime residents on Orangevale History YouTube channel. ★

# Free Tax Help Available for Low and Moderate-Income Households

## Sacramento County News Release

**SACRAMENTO COUNTY, CA (MPG)** - Now is a great time to think about filing income taxes. Earned Income Tax Credit (EITC) is a benefit for which anyone with a household income less than \$63,398 might qualify.

The County of Sacramento Department of Human Assistance (DHA) has again partnered with the United Way California Capital Region to offer the Volunteer Income Tax Assistance (VITA) Program. This program offers a free income-tax preparation service to moderate- and low-income working individuals and families with the emphasis on claiming the federal Earned Income Tax Credit.

All taxpayers earning a gross income of \$63,398 or less qualify for this Free Tax Preparation Service. For the 2023 tax year, the earned income credit ranges from \$600 to \$7,430, depending on your filing status and the number of children you have.

Investment income must be \$11,000 or less for the year.

The Department of Human Assistance site will be available through April 4 by appointment at 2700 Fulton Ave., Sacramento. Available hours are from 5 to 8 p.m. Mondays through Thursdays and from 9 a.m. to 2 p.m. Saturday, March 16.

Also bring a valid photo ID for you and your spouse, Social Security cards for everyone listed on your tax return and all tax forms such as W2s, 1099s, student loan interest/tuition statements and book receipts.

If available, bring last year's tax return. If you plan to itemize deductions, have the necessary paperwork, such as mortgage interest statement, real estate taxes and charitable donations.

Be ready to show a 1095-A and/or 1095-B form if you had health insurance through the Affordable Care Act or Medi-Cal.

If you are married and filing jointly, both spouses must attend the appointment.

Call 916-498-1000 to make appointments at the Fulton office. To make an appointment at other locations offering free tax-preparation services to moderate- and low-income individuals and families, call 2-1-1. ★



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# Social Security Matters

## Should I Claim Social Security at 68, or Wait Until I'm 70?



**By Russell Gloor, AMAC Certified Social Security Advisor**

**Dear Rusty:** I have a question regarding my SS benefits. I turned 68 this month and work part time. I earned \$28,000 last year but will probably gross \$36,000 to \$38,000 this year. My husband collects his SS, and he earned \$25,000 last year. I was told by a financial planner that I should apply for my benefits now, instead of waiting until I'm 70. I would collect \$1700/month at 68 and \$1944/month if I wait. Which is the smarter move? **Signed: Seeking Answers**

**Dear Seeking:** I'm sure your financial advisor would agree that your decision on when to claim your Social Security comes down to just a few basic things – 1) how badly you need the money, 2) your life expectancy, and 3) whether you will receive a spousal boost from your husband when you claim.

Because you have already passed your full retirement age (FRA) of 66 years and 4 months, your work earnings won't negatively affect your monthly SS benefit amount. If you claim now, however, your work earnings will affect how much of your SS benefits will be subject to income tax. Assuming you file your income tax as "married/

filing jointly," up to 85% of the Social Security benefits you receive during the tax year will become part of your income taxable by the IRS. If you do not urgently need the extra money that your SS will provide, then waiting longer to claim will also postpone paying income tax on your received benefits, and that may be a consideration.

Your life expectancy is key in making your decision on when to claim. You already know that your benefit will be \$244 per month more if you wait until you are 70 to claim. If you claim at 68 (e.g., this month), you will collect about \$40,800 by the time you reach 70. If you, instead, wait until age 70 to get that extra \$244/month benefit, it will take you about 14 years collecting at the higher rate to offset the \$40,800 you would have received had you claimed now (in other words, you would break even moneywise at about age 84). If your life expectancy is longer, then waiting to claim may be the better choice. Of course, no one knows how long they will live but, for general guidance, average life expectancy for a woman your current age is about 87. Family history and your current health are obviously influencing factors as well. If you wish to get a more personal estimate of your life expectancy, I suggest using this tool:

[www.socialsecurityreport.org/tools/life-expectancy-calculator/](http://www.socialsecurityreport.org/tools/life-expectancy-calculator/)

In the end, if you believe you will attain at least average life expectancy and you don't urgently need the money now, waiting longer will not only give you

a higher monthly benefit in your later years, but also the most in cumulative lifetime benefits. If, however, you have reason to suspect you won't achieve at least average life expectancy, or you need the SS money sooner, claiming before age 70 is likely the better move.

One other thing to consider: If your benefit as your husband's spouse will be more than your own earned maximum SS retirement benefit, then you should claim your SS benefit now. Your maximum benefit as a spouse would be 50% of your husband's full retirement age entitlement and, if that is more than your own benefit will be at age 70, then claiming now to get your maximum spousal benefit would be your best choice. To get a spousal benefit from your husband, your personal FRA entitlement (not your age 68 amount) would need to be less than half of his FRA entitlement. If that isn't the case, then you should make your decision based only on your own Social Security entitlement, as described above.

*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). To submit a question, visit our website ([amacfoundation.org/programs/social-security-advisory](http://amacfoundation.org/programs/social-security-advisory)) or email us at [ssadvisor@amacfoundation.org](mailto:ssadvisor@amacfoundation.org).* ★

# California Should Not Tolerate Having So Many Children Struggling To Read



**By Dan Walters, CALMatters.org**

Of all the skills that children may acquire in school, none surpasses reading in importance.

The ability to read and comprehend what's read is the key to all other learning, either formal or personal, and the students in California's schools are not doing well.

Results from the state's latest academic achievement tests, released last October, revealed that fewer than half met standards in English language skills and scarcely a third met those in mathematics.

California's overall score in the National Assessment of Educational Progress, the federal government's program of measuring academic achievement, is equally bleak, ranked seventh from the bottom.

One reason the state fares so poorly is that for decades, California embraced trendy theories of teaching them to read, such as "whole language," while spurning strong evidence that using phonics, a more traditional method, would produce better results.

The conflict, dubbed the "reading wars," was not confined to California, but the state was one of the major battlegrounds given its size.

Ultimately, phonics-based instruction, recast as "the science of reading," won out, at least on paper. But the state has not been insistent on its adoption, and many local school systems have continued to use less effective teaching methods.

Last month, the National Council on Teacher Quality released a report on how well states are implementing the science of reading and California achieved only a mediocre score, once again falling behind other states, such as Texas, Florida, Arkansas, Louisiana and Alabama, that many would regard as regressive.

California won plaudits in some areas, such as setting reading standards in teacher training and including skills in its licensing process, but fell behind in requiring ongoing literacy training and overseeing teacher preparation programs to ensure that the science of reading is being stressed.

"In California, only 58% of fourth grade students can read at a basic level based on the most recent National Assessment of Education Progress (NAEP)," according to the report. "That number falls precipitously for California's historically underserved students."

"Students who are not reading at grade level by the time they reach fourth grade are four times more likely to drop out of high school, which in turn leads to additional challenges for them as adults: lower lifetime earnings, higher rates of unemployment, and a

higher likelihood of entering the criminal justice system.

"These alarming statistics can be largely attributed to inequities in access to effective reading instruction, a problem that strong state policy and bold state leaders can solve."

The brighter side of the picture is that within a few months, California will require teacher preparation programs to stress the science of reading with an eye on meeting the state's new literacy standards.

Newly introduced legislation would make the science of reading mandatory. In the absence of such a mandate, it could take years for full implementation, if ever, because many liberal school districts will continue to resist, falsely believing that phonics are incompatible with educational equity.

California has an odd policy on overseeing what happens in local school systems. It closely monitors their finances and will essentially seize districts that are in danger of becoming insolvent, but takes a more hands-off stance regarding educational outcomes.

Reading is too important to allow local school systems to decide if and when they will adopt the science of reading. As the report on teacher quality points out, a child who can't read is likely to fall behind for the remainder of his or her life.

*Dan Walters has been a journalist for more than 60 years, spending all but a few of those years working for California newspapers.* ★

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# 100 Ways To Overcome Shyness

No, I can't include all 100 in this column, but I can get you started going from self-conscious to self-confident. You say no way? Way, if you check in with **Dr. Barton Goldsmith** and his "100 Ways To Overcome Shyness." Dr. Goldsmith is a multi-award-winning psychotherapist, syndicated columnist, author, and former NPR radio host, and a top blogger for "Psychology Today." He shared a powerful collection of useful information, so maybe a few of them will get started.

**1. DO YOU OBESERVE NOT ENGAGE?** Want to change that? It's not going to help one bit if you dwell on how your shyness negatively impacts your life. Accept that being shy is something that has held you back, knowing that now you are choosing to overcome that fear of social judgement.

**2. GET SOME EMOTIONAL SUPPORT.** The energy you get from people who care about you is a gift. It's important to remember that people who have close relationships and friendships generally live longer and fuller lives.

**3. POSTURE CAN HELP YOU BEAT SHYNESS.** Remember your parents and teachers always told you to sit up straight and stand with your shoulders back and your head held high? They weren't trying to train you for the military. They probably knew that practicing good posture would have a positive effect on how you perceived yourself and how others perceived you.

**4. SELF-CARE MAKES YOU CONFIDENT.** Do you go out of your way to avoid drawing attention to yourself? Do you eschew makeup, bright

colors, and fashionable clothes? Is your favorite color gray? Grooming and adorning yourself can affect your mood in a positive way, so don't be too shy or afraid to experiment.

**5. NONVERBAL COMMUNICATION.** There are many ways to communicate that do not involve speaking like gestures, posture, and facial expressions. Shy people often avoid communicating through eye contact and facial expressions, and physical touch. Nonverbal forms of communication are easier to practice. Use facial expressions like nods and smiles to send positive messages to others. Facial expressions have the same meanings across many, if not most cultures.

**6. FEELING ALL ALONE.** Mother Teresa said that "the greatest disease in the West today is not disease, it's being unwanted, unloved, and uncared for." Have you ever felt so lonely that you thought your heart would break in two? It's very important to make connections with other people. Isolating yourself is only going to make you feel worse.

**7. GIVING TO OTHERS HELPS ALLEVIATE SHYNESS.** When Dr. Goldsmith was young, he wanted to be a philanthropist, but had no money to start a foundation. Writing has made a difference in his life...a way of giving back. All you need to do is find a way to give from your heart. It's hard to feel shy when someone or something you care about is in need.

Want more? Then check out [www.BartonGoldsmith.com](http://www.BartonGoldsmith.com) for more information and "100 Ways to Overcome Shyness." You have to make the decision to move forward. **YOU CAN DO IT!!!**★



## By County Supervisor Sue Frost

*Through the generosity of the American River Messenger, this column serves to provide an update about matters affecting the unincorporated community of Orangevale.*

As we navigate through the heart of election season, with ballots distributed and, I hope, making their way to the Election's Office, we stand on the cusp of the March 5 Primary Election. It's a pivotal time for our community, and I feel compelled to share my thoughts on Proposition 1, slated for the March 2024 ballot.

This measure, which proposes a \$6.4 billion bond aimed at enhancing mental health treatment and housing, presents several concerns in our ongoing battle against homelessness in California.

While the initiative's provision for 6,800 treatment beds and 4,350 housing units, including dedicated support for veterans, is noteworthy, it doesn't fully meet the needs of the estimated 180,000 homeless individuals in our state. Of all the state's dysfunctions, none is more damaging to California's attempts to "make the pitch" to tax payers than the State's worst in the nation homelessness.

California's homelessness crisis is a glaring challenge, one that Proposition 1, despite its good intentions, might not fully address. It seems to focus on a specific part of

## Orangevale Community Update

### Prop 1: A Tale of More Empty Promises

the problem, potentially leaving many in need without adequate support.

A concerning aspect of Prop 1 is its mandate for counties to use 30% of their Mental Health Services Act funds for housing. This could significantly cut into the budget for crucial mental health services, especially for preventing homelessness and providing early mental health support.

In Sacramento, where resources are already stretched thin, this could lead to a decrease in vital services. One has to wonder, why hasn't the original Mental Health Services Act of 2004, funded by a tax on millionaires, been able to curb our mental health and homelessness issues.

Adding to our challenges, Prop 1's implementation, particularly in financially strained counties like ours, could be difficult. Redirecting funds might mean cutting back on other essential services, compromising the quality and reach of mental health care.

While building new facilities and homes is important, Prop 1 misses a key piece: ongoing support services like job training, education, and continuous mental health care, all critical for successfully helping homeless individuals reintegrate into society.

Moreover, Prop 1 doesn't fully consider the varied needs of the entire homeless population, which includes diverse groups like families, youth, and the elderly, many of whom don't suffer from severe

mental health conditions or substance abuse issues. We need a broader strategy that addresses the unique challenges faced by all homeless individuals.

While Proposition 1 demonstrates a commitment to addressing homelessness and mental health issues in California, it is not a comprehensive solution. The state needs a more holistic approach that includes a broader range of services and caters to the diverse needs of all homeless individuals.

This should include not only funding for treatment beds and housing but also investment in preventative services, workforce development, and long-term support mechanisms. Such an approach would ensure a more sustainable and effective solution to the complex issues of homelessness and mental health in California.

I do believe in reform, redemption, and rehabilitation. However, for a real change to occur, it's crucial for politicians and their activist partners to shift their focus from unchecked spending to taking decisive, early actions such as enforcing basic laws. This approach could have significantly slowed the homelessness crisis.

*Sacramento County Supervisor Sue Frost represents the 4th District, which includes the communities of Citrus Heights, Folsom, Orangevale, Antelope, North Highlands, Rio Linda, Elverta, and Rancho Murietta.* ★



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# COMICS & PUZZLES

## The Spats



by Jeff Pickering



## Amber Waves



by Dave T. Phipps



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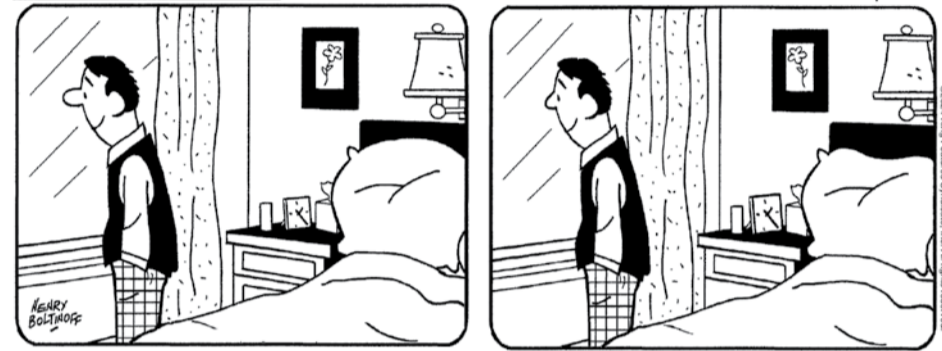


by Gary Kopervas

## HOCUS-FOCUS

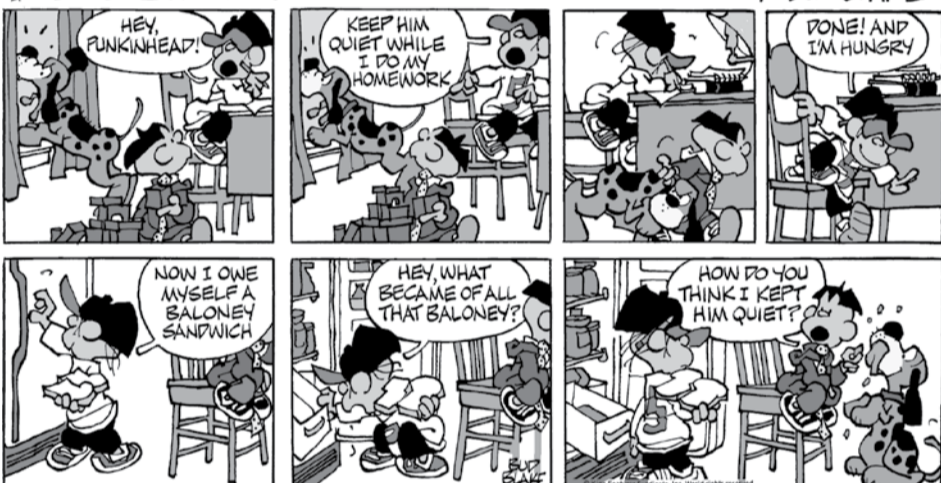
BY HENRY BOLTINOFF

Find at least six differences in details between panels.



Differences: 1. Flower picture is reversed. 2. Clock is larger. 3. Nose is different. 4. Pillow is missing. 5. Curtain is wider. 6. Drawer is missing.

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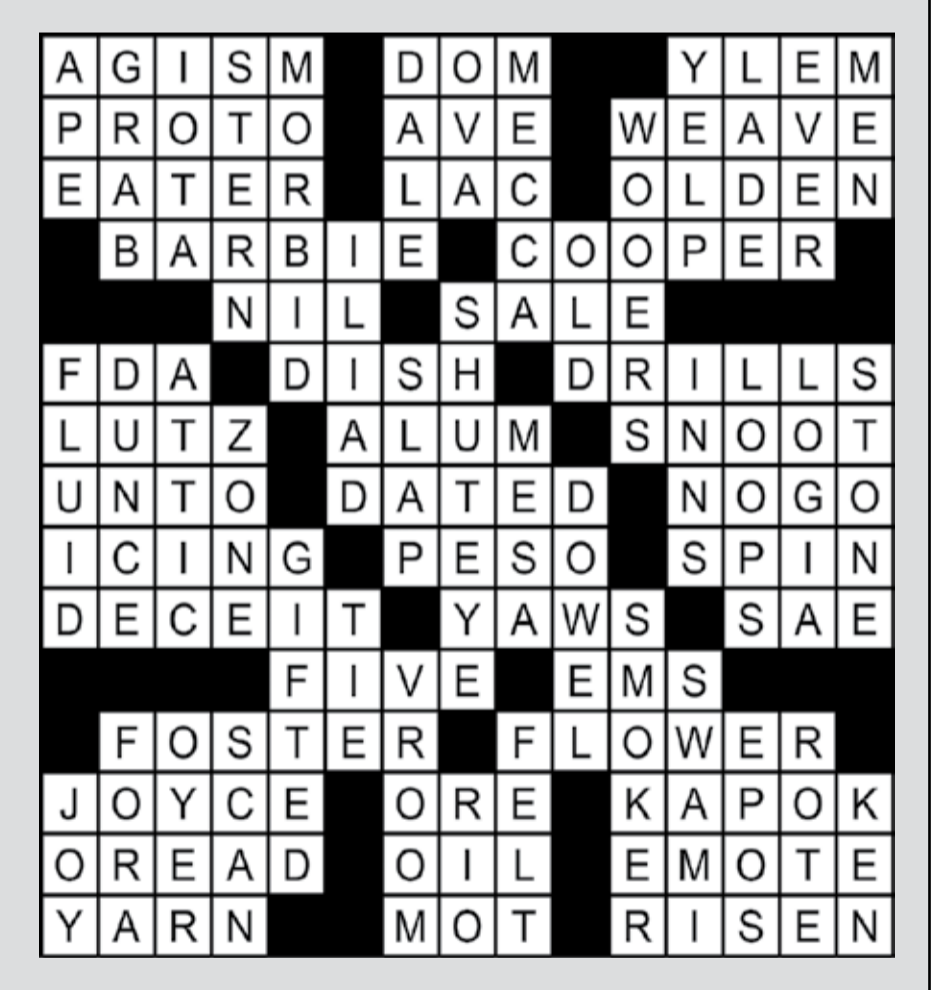


by BUD BLAKE

## GRIN AND BEAR IT

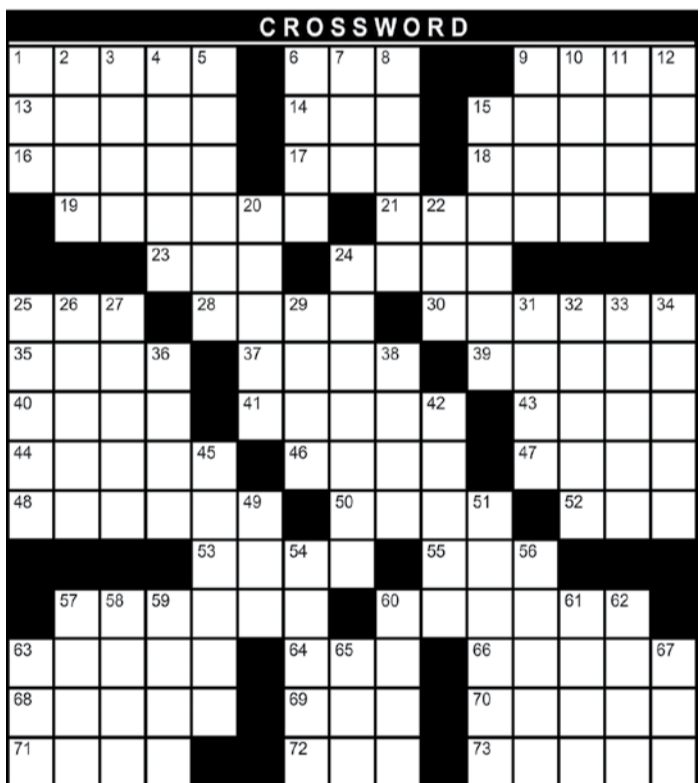


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- CLUES**
- ACROSS**
- Anti-seniors sentiment
  - \_\_\_\_ Pérignon, Champagne
  - Big Bang's original matter
  - Prefix for earliest
  - Call to Maria
  - Bob and \_\_\_\_
  - "Peter, Peter Pumpkin \_\_\_\_"
  - "Le \_\_\_\_ des cygnes"
  - Like yesteryear
  - "Greta Gerwig's Oscar nominated movie"
  - "He's nominated for playing Leonard Bernstein"
  - Nothing
  - White \_\_\_\_ shopping event
  - Federal food safety agency, acr.
  - It ran away with the spoon
  - ROTC happenings
  - Figure skating jump
  - Grad
  - Arrogant one
  - Archaic preposition
  - Passé
  - Scrubbed
  - Sugarcoating
  - Money in Mexico City
  - What DJs do
  - Trickery
  - Swerves
  - Sigma Alpha Epsilon
  - \*Typical number of nominations in one Oscar category
  - Emergency responder, acr.
  - \*\*"Nyad" nominee
  - \*"What kind of moon?"
  - "Finnegan's Wake" author
  - Mother load offering
  - Java cotton tree
  68. "\_\_\_\_" companion
  - Fat of olives
  - \*"What actors do"
  - Spinner's product
  - Wisecrack
  - Like Phoenix
- DOWN**
- Cornelius of the movies
  - Snap up
  - "I" in Greek alphabet
  - Howard of radio fame
  - Death-related
  - One of the Earnhardts
  - Spermatozoa counterparts
  - Muhammad's birthplace
  - Review service, with .com
  - Use a ladle
  - At any time
  - \*"No Country for Old \_\_\_\_" multi Oscar winner
  - Suitors
  - Trojan War story
  - "Just an \_\_\_\_-fashioned love song"
  - Slumber
  - Fl., as in fl. oz.
  - "A Confederacy of \_\_\_\_" sing.
  - Place above a ceiling
  - Dueler's strike
  - Overnight lodgings
  - Shoelace bunny ears
  - Divine saying

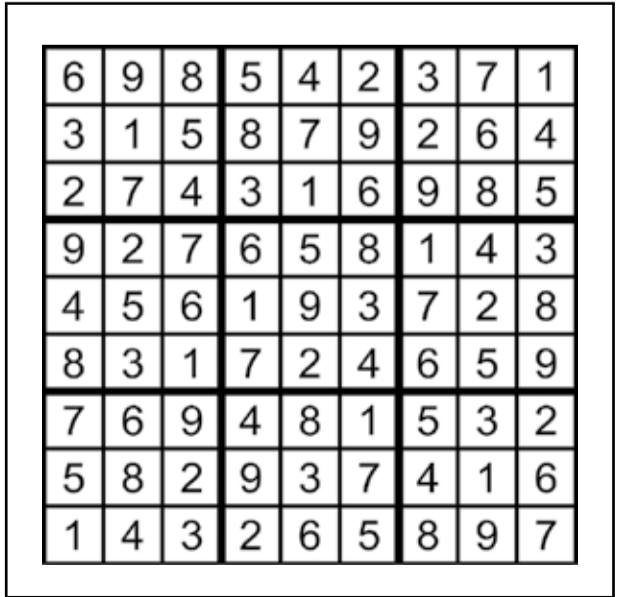


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# Camellia Show Celebrates 100 Years



The Pink Perfection camellia is featured in this year's Camellia Show sponsored by the Camellia Society of Sacramento. The photo contest is focused on this particular variety.

By Carol Feineman,  
photos by Julie Vierra,  
Camellia Society of  
Sacramento

**SACRAMENTO REGION, CA (MPG)** - It's not every day that nonprofit organizations celebrate a centennial so Camellia Society of Sacramento members are especially excited about its Camellia Show on March 2 and March 3.

The nonprofit gardening organization's first Camellia Show, highlighting the plant that is a member of the tea family, was in 1924.

This year's 100th show includes hundreds of camellias to view, floral arrangements, camellia waxing, plants for sale, raffle, collectible camellia buttons and a Matsuyama, Japan display. The Japanese city is the organization's sister city. The Sacramento History Center will have an informational table with

memorabilia about camellias, the show and the former Camellia Festival.

"Our 100th is going to be a big deal for us! We are hoping lots of people attend," said Camellia Society of Sacramento President Julie Vierra this week.

Vierra has more than 100 of the flowering plants in her West Sacramento front and backyard.

"Did you know the flower of Sacramento is the camellia?," Vierra stated. "We will be going to the State Capitol on the 29th. Our 100th resolution will be presented to us by Kevin McCarty (California Assemblymember, 6th District)."

New this year is a partnership between the camellia society and the Camellia Coffee Roasters at 12th and R streets in Sacramento. That includes Camellia Coffee Roasters Instagram "informercials" with club members describing how to care for the



Camellia Society of Sacramento members will dip fresh flowers into paraffin to make the flowers last longer at the Camellia Show on March 2 and March 3 in Sacramento.

plants. The cafe and coffee wholesaler company has also named one of its coffee blends in



The trophy table in the 2022 show included yard art and gardening items. In honor of the 100th-year celebration, this year's trophies will be crystal and cut glass.

the society's honor. The Camellia Coffee Roasters will be at the Camellia Show on March 3.

Camellia Show hours are

6151 H St., Sacramento.

Admission is free both days.

"If you enjoy gardening, you will love the show. We are all gardeners," Vierra said.

The Camellia Society of Sacramento meets once a month from October to April. Northern California Camellia Society President Justin Bergamini will speak about grafting techniques at the Feb. 25 2 p.m. meeting at Sierra 2, 2791 24th St., Room 12, Sacramento.

The society's 60 members are from Sacramento, Orangevale, West Sacramento, Fair Oaks, Carmichael, Folsom, Davis, Elk Grove, Rancho Cordova, Roseville, Gold River, Lincoln and Woodland. New members are always welcome.

"We have fun, we have food and we have lots of knowledgeable camellia people if you have any questions," Vierra said.

For more information about the 100th Camellia Show or the organization, call Vierra at 916-812-3202 or visit <https://camelliasocietyofsacramento.org>. ★

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