



Fish For Trout
April 6, 7 at
Rancho Seco

PAGE 4

MathAlive! - Where
Mathematics
Meets Imagination

PAGE 2



East Sacramento News

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Bringing You Community News For Over 30 Years

MARCH 22, 2024

SEE
INSIDE

LEAVE NO TRACE:
RIVER CAMPS
CLEANED UP



PAGE 7

AUTHOR SHARES
SOCIETY'S
WONDERS



PAGE 10

THE ABC'S OF
PRAYER ARE
ELEMENTARY



PAGE 7

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Fairytale Town's New Story



Executive Director Kevin Smith-Fagan.

Story and photos by Kristina Rogers

SACRAMENTO, CA (MPG) - Long-time Land Park residents could have heartfelt memories about their moments at Fairytale Town. But if they haven't stepped in for some time, the changes could be surprising. Much can be attributed to the diligence of Kevin Smith-Fagan, executive director, in regards to the shiny new look.

Upgrades have moved along quickly since he took the helm in January 2020.

For instance, the Story Center opened in November 2022. It's a cottage-style building with a thatched roof that seamlessly complements the rest of the site. This could be because Otto Construction, which originally developed the site in 1959, built it.

Next is the new welcome center, which Smith-Fagan says will be

a transformative entryway into the park. Modern ticket windows will streamline entry along with new public restrooms nearby. For the first time, staff will have a professional office space. A gift shop will offer an array of Fairytale Town souvenirs, such as magnets, books, water bottles, and toys. And Smith-Fagan notes, "It's not a Fairytale Town gift shop if it doesn't have a Humpty
Continued on Page 3



Sylvester Fadal. Courtesy photo

County Appoints Deputy Executive

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Sylvester Fadal is the new Sacramento County deputy county executive for Administrative Services. The Sacramento County Board of Supervisors approved Fadal's appointment on Feb. 27 and he started the new role on March 3.

"The county conducted a nationwide executive search for the deputy county executive for Administrative Services, and I'm pleased to say we found the best and most qualified candidate within our own ranks," said County Executive David Villanueva. "Dr. Fadal has more than 26 years of public sector human resources management and executive experience that encompasses strategic planning, budget management, process optimization and construction and capital improvements."

Fadal's extensive experience includes overseeing human resources, technology, procurement, contracts and materials management for major construction projects. His previous responsibilities include ensuring contract compliance, adherence to DBE/SBE requirements, implementing PLAs, and managing bus/rail maintenance training and warehouse facilities.

Fadal was the Personnel Services director for Sacramento County in 2021 and became the General Services interim director in October 2023.

Before joining the county, Fadal held various leadership roles at the Santa Clara Valley

Continued on Page 10

Hidden Gems Await on Delta Trip



Main Street in Locke is inviting to visitors.

Story and photos by Dannah Nielsen, travel writer

CALIFORNIA DELTA REGION (MPG) - The California Delta: home to many school geography lessons

you vaguely remember, and if at any point you took a casual drive through the region, you might think California as a whole vaguely remembers the Delta. There are no fancy main streets, no fabulous

exclusive neighborhoods, no prime retail experiences that Californians have come to expect. To put it bluntly: the Delta doesn't care to dazzle any tourist, and for the overstimulated, distracted locals that we

are, this suddenly sounds mighty nice. The Delta is sleepy? Meandering? Humble? Indifferent? Count us in.

We've driven from Sacramento to Antioch on
Continued on Page 9

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MathAlive! - Where Mathematics Meets Imagination

Story and photo by Elise Spleiss

SACRAMENTO REGION, CA (MPG) - "2THEXTREME! MathAlive!," the newest exhibit at the Aerospace Museum of California at McClellan Park, has 40 unique interactive exhibits to inspire students and their families to discover the world of Science, Technology, Engineering and Math (STEM). The exhibit runs through May 31. Museum hours are from 9 a.m. to 4 p.m. Thursdays through Sundays.

In a world where mathematics is often relegated to the realm of classroom tedium, the MathAlive! exhibition emerges as a vibrant testament to the beauty ever present and the sheer fun of math. This large-scale, interactive showcase is a journey through the mathematical bedrock of our everyday lives, designed to captivate families and students alike. With an emphasis on engagement and hands-on learning, MathAlive! proves that math is not just about numbers and equations—it's a key to

unlocking a world of possibilities.

Math is everywhere. From the way we play to the technology we use, math serves as a foundational building block, shaping our experiences and innovations. The exhibit highlights this concept, ensuring visitors leave with a newfound appreciation for the math that surrounds us, often hidden in plain sight.

By discovering math in unexpected places, the exhibit ventures into the realms of sports, music, fashion and entertainment, revealing the surprising ways in which mathematical principles are essential to creativity and artistry. At the heart of MathAlive! are its interactive exhibits.

Extreme Sports: Visitors can design and test virtual snowboards, exploring the geometry that influences their performance, or experience the thrill of a snowboarding simulator, embodying the physics of snow sports.

Fashion and Design: Here, the fusion of geometry and creativity takes center stage. Participants can play with geometric

patterns, delve into fabric design and see their ideas come to life in 3D garment models.

The Science Behind Video Games: Offering insights into the mathematical backbone of game design, this area allows attendees to peek behind the curtain of video game programming and coding, offering the chance to create a simple video game.

Robotics: By programming miniature Mars rovers, visitors engage directly with principles of navigation and engineering, confronting the complexities of robotic exploration.

The Mathematics of Architecture: This exhibit sheds light on the math behind iconic skyscrapers and gives visitors the opportunity to design their architectural marvels applying mathematical principles.

MathAlive!'s overarching mission is multifaceted: spark a lifelong interest in math, build confidence in math's accessibility, promote Science, Technology, Engineering and Math (STEM) careers, and revolutionize how visitors

perceive mathematics. By transforming math from a dreaded school subject into a fascinating tool for exploration and innovation, MathAlive! aims to inspire the next generation of scientists, engineers, and mathematicians.

MathAlive! places a spotlight on a profound truth: mathematics permeates every facet of our lives. Whether in our leisure activities or the technology that powers our world, mathematics acts as an essential cornerstone, molding our experiences and driving innovation. The exhibition adeptly showcases this concept, ensuring visitors depart with an enhanced appreciation for the mathematics that envelops us, often concealed within the mundane.

So, whether you're a devout mathematician, an inquisitive learner or someone who always kept math at arm's length, MathAlive! invites you on an adventure that promises to alter your perception of mathematics forever.

The Aerospace Museum of California is at 3200 Freedom Park Drive, McClellan. For ticket



Math meets melody in this Math Alive! Exhibit where robotics and instruments unite to compose a symphony of STEM harmony.

prices, tours, education The Aerospace Museum of California is a Smithsonian Affiliate. ★

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March Chamber Mixer
Thursday, March 21, 2024
(5:30 PM - 7:00 PM)
Location: Roosters Breakfast and Mimosas
5493 Carlson Dr, STE D

1st Annual East Sac Chamber
Poker Tournament
Thursday, March 28, 2024
(5:15 PM - 11:30 PM)
Limelight Bar and Cafe
1014 Alhambra Blvd
Contact Jason Gray:
president@eastSacchamber.org

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WED	THU	FRI	SAT	SUN	MON	TUE
2021	2223	24	25	26		

Market - 7 Days, 8am - 9pm
Food Court - 7 Days, 11am - 7:30pm
Korean/Mez/Viet - 7:30pm last call
Chinese/Japanese - 7:00pm last call

FROZEN & FISH DEPT

<p>Frozen Sardine 5 lbs REG. \$15.99/ea \$9.99/ea</p>	<p>Tornado Potato 5 pcs REG. \$6.99/ea \$4.99/ea</p>
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WEEKLY MEAT SPECIALS

<p>Beef Cross Rib/Shoulder Roast - Bnls \$4.99/lb</p>	<p>Beef New York Roast - Boneless \$4.99/lb</p>	<p>Beef New York Steak - Boneless \$5.99/lb</p>
<p>Chicken Drumsticks 79¢/lb</p>	<p>Pork Loin Chops Bone In \$2.99/lb</p>	<p>Pork Sirloin Meat Boneless \$2.99/lb</p>

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE MARCH 20 - MARCH 26, 2024.

FRESH PRODUCE

D'Anjo Pear 89¢/lb	Asparagus Large \$1.49/lb	Russet Potato 10 lbs 2/\$5.00	Yukon Potato 99¢/lb
Avocado Hass 79¢/ea	Green Cabbage 2 lbs/\$1.00	Murcott Tangerine 4 lbs \$3.69/bag	Honey Crisp Apple Organic 79¢/lb

AMERICAN/HISPANIC GROCERY

FURRAN Aloe Vera Drink 1.5 liters \$2.99/ea	WISH BONE Salad Dressings 15.5oz \$3.49/ea	ELECTROLIT Electrolyte Beverages 21oz \$2.99/ea	EED All Purpose Flour 5 lbs \$3.99/ea	EL CAMPESINO Mesquite Charcoal 15 lbs \$11.99/ea
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ASIAN GROCERY

LEE'S Full Cream Condensed Milk 14oz \$2.99/ea	AMIRA Oust Tamarind Candy 10.5oz 2/\$3.00	DYNASTY Jasmine Rice 20 lbs \$17.99/ea	PURE GOLD Dry Lato Sea Grape 7.05oz \$7.99/ea	PHO STORY Beef Flavor Noodle 2.9oz 2/\$3.00
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EUROPEAN GROCERY

ZERPUT Danish White Cheese 800gr \$10.99/ea	SOFAL Special Black Tea 50 T/B \$5.79/ea	ROGACHEV Condensed Milk 350gr \$2.99/ea	BAKKEN Sunflower Seeds 500gr \$4.29/ea	MANAMIM Coated Wafers 400gr \$3.99/ea
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KOREAN/JAPANESE GROCERY

SUSHI RICE \$6.99/ea	PREMIUM SUSHI RICE 4.4 lbs \$74.99/ea	KOREAN BBQ SAUCE 840g \$7.99/ea	COOKED WHITE RICE 12 x 200g \$10.99/ea	RED PEPPER POWDER (KAMCHI) LUNCH MEAT 340g \$8.99/ea	Q'FOOD Black Pepper 1kg \$2.99/ea
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HOUSEWARES

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FROZEN & FISH DEPT

FROZEN FISH CAKE 275g \$3.99/ea	COLUMBUS SEASONED ROAST BEEF \$13.19/lb	GREEN OLIVES STUFFED WITH ALMONDS \$5.99/lb	SICILIAN STYLE OLIVES \$5.39/lb
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EUROPEAN DELI

SCHWARZ OVEN ROASTED TURKEY \$10.89/lb	TIMMANN DRINK 4 KINDS 300ml 99¢/ea	ELECTRIC RICE COOKER (4 CUPS) \$4.99	ELECTRIC RICE COOKER (6 CUPS) \$5.49	ELECTRIC RICE COOKER (10 CUPS) \$5.99
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Fairytale Town's New Story

Continued from Page 1
 Dumpty plush!"

Speaking of the Fairytale Town mascot, the entrance is also experiencing a remodel. Everyone is reassured the iconic stone entrance is not going anywhere. Humpty has been on his perch, welcoming guests for six decades, and will remain there. Of course, it will no longer be the main entrance but a secondary entry for little ones (and brave adults).

While managing the master plan expansion, the executive director has also ensured fresh paint and that fix-it projects have improved older amenities, like the Crooked Mile and Dish & Spoon Café. But Kevin Smith-Fagan isn't finished dreaming: "What comes next is very important. The Sacramento community is different from when it opened 65 years ago. Most current playsets are originals drawn from the European area, which is great. Still, every child who comes to Fairytale Town should see themselves represented there." He continued, "We want to add new playsets representing folktales from parts of the world we don't have now. I envision adding amenities from countries like China, Mexico, and South America."

None of this work could be done without the collaboration between Smith-Fagan and a proactive board of directors. Fairytale Town isn't privately-owned, but a non-profit. The city stopped managing

its operations in 1997. Although it is located in William Land Regional Park, Fairytale Town does not receive City or Measure U funds.

The board works hard to ensure ticket prices remain low to keep it as accessible as possible for all families. But this means robust fundraising is key. Monies from auctions, memberships, donations, grants, and sponsorships help pay the bills. Regular income from ticket and concessions sales are also reinvested into the site.

The annual online auction in March has just been completed, and the yearly Brewfest is slated for August 24th. Every penny counts when covering costs for staff, maintenance, and, of course, the animals. Fairytale Town is a long-time community partner providing educational experiences for schoolchildren. Smith-Fagan said, "We have several barnyard animals like goats, sheep and pigs. We also have reptiles and insects." The animal staff are educators who do around 100 classroom visits each year at local elementary schools bringing a menagerie of creatures with them.

Scout troops also experience overnight campout events on-site. They earn badges, set up campsites, play games, and roast marshmallows. The premises are entirely secure during these events, allowing kids to explore the park safely. The summer day camp programs are very popular, too. Parents start calling in January to secure



New paint has upgraded the charm of amenities like this soldier trash can.

a spot for their child.

August 29th will be Fairytale Town's 65th anniversary. The park is looking to combine a celebration with the Brewfest event. Smith-Fagan is excited about finalizing plans: "This is a big milestone for us. There's

something about this experience that really sticks with kids," And adults, too.

Smith-Fagan remembers taking his own children to the site. His family moved to Land Park in 2003 when their youngest was four. Now he sees his grown children's friends bring

their own kids. So, the current executive director understands how remarkable the Fairytale Town experience is.

"We love making treasured life-long memories. It's astonishing how vivid people's memories are. I remember talking to a guy

who was here on opening day in 1959. He told me he remembers everything about that moment."

And new pages in the ever-growing scrapbook of family memories of Fairytale Town just keep being added. ★



One of the three little pigs greets visitors with a happy grunt.



The new welcome center is almost complete.



Guests get treats from the Dish & Spoon Café.

Air District Releases Climate Priorities Plan

Sacramento Metro Air District News Release

SACRAMENTO, CA (MPG) - The Sacramento Metropolitan Air Quality Management District (Air District), on behalf of the seven-county Sacramento region, has submitted its Capital Region Climate

Priorities Plan (Plan) under the U.S. Environmental Protection Agency's Climate Pollution Reduction Grants (CPRG) program. The Plan, which required unprecedented cooperation and collaboration among 29 local and regional partners led by the Air District,

outlines 24 climate measures that would create substantial greenhouse gas emission reductions and myriad co-benefits, including advancing equity and opportunities in the clean energy transition. "The Sac Metro Air District continues to prioritize collaboration,"

says Sacramento County Supervisor and Air District Board Chair Patrick Kennedy. "This CPRG effort is one example of how to activate the region effectively and proactively for new funding opportunities for climate action in the greater Sacramento Valley."

The Air District led the climate planning process, which guarantees the region's opportunity to compete for future CPRG implementation grants that could bring millions of dollars in funding over the next six years for projects identified in the Plan. The Air District intends

to submit the region's application for phase two implementation funding by April 1. Phase two grant awards will be announced by July 1. The newly released Air District's Capital Region Climate Priorities Plan is available at www.AirQuality.org/CPRG. ★

Support Girl Scouts Through Cookie Share Program Today!

Girl Scouts Heart of Central California News Release

SACRAMENTO, CA (MPG) - Did you know that even if you've already stocked up on your favorite Girl Scout Cookies, you can still spread joy and support local Girl Scouts through Cookie Share, a Girl Scout community service project?

Girl Scouts Heart of Central California (GSHCC) is excited to invite you to participate in this meaningful initiative, which offers opportunities to donate cookies and make a significant difference in the lives of young girls in the community.

Cookie Share allows girls to offer virtual "Cookie Share" cookies that are distributed to the nation's soldiers, local

food banks and other charitable organizations. This unique approach spreads cheer through delicious treats and also shows gratitude and support for those who serve local communities and the country.

"Even if you've already indulged in your favorite Girl Scout Cookies, you can still make a difference in the lives of local girls," said Girl Scouts Heart of Central California Chief Executive Officer, Dr. Linda E. Farley. "Through Cookie Share, we offer a unique opportunity to show gratitude to those who support our communities, all while uplifting young girls. Join us in making a lasting difference and empowering the next generation of female leaders."

Cookie Share proceeds remain within the local community and are

dedicated to funding a variety of enriching activities and experiences for girls throughout the year. These include field trips, community projects and outdoor adventures. Moreover, the Girl Scout Cookie Program is one among numerous programs offered throughout the year, all designed to expand the horizons of Girl Scouts, impart vital life skills, and equip them for future leadership roles.

If you're interested in learning more about Girl Scouts Heart of Central California and how you can get involved, visit www.girlscoutshcc.org. ★

Girl Scouts gain valuable life skills selling cookies, including money management, team building, public speaking and decision-making. Photo courtesy of Girl Scouts of Northern California



No on Measure C Campaign Celebrates Victory, Protecting Sacramento Businesses

California Medical Association News Release

SACRAMENTO, CA (MPG) - The No on Measure C campaign is celebrating a significant victory in defeating Measure C, which sought to raise taxes on small businesses in Sacramento, including physician, dental, psychology and other health care practices. This success comes after a targeted, last-minute campaign that involved

over 168,000 phone calls, 94,000 texts and several direct mail pieces to voters in Sacramento, urging them to vote against the measure.

The coalition that formed the No on Measure C campaign included the California Medical Association (CMA), Sierra Sacramento Valley Medical Society (SSVMS), California Dental Association, the Sacramento District Dental Society, and The Doctors Company.

This coalition effort was necessary due to the failure of the Sacramento City Council to provide proper notification, which prevented any statements of opposition from appearing in the local voter guide.

"I am proud of our swift action to safeguard physician practices and small businesses," stated Tanya W. Spirtos, M.D., president of CMA.

"The defeat of Measure C not only protects physician practices in Sacramento but also

sends a clear message that local governments should engage with the local medical community and refrain from attempting to impose unfair tax increases that would be detrimental to access to health care for patients in the community."

"We are grateful for the outcome of the election as it will protect physician practices and ensure access to quality health care for all," said SSVMS president Vanessa Walker, D.O. "Physician practices are integral to our

communities, and we thank the voters of Sacramento for recognizing their importance."

"Our coalition came together to ensure that voters were aware of what Measure C would do, and we are thankful to voters for the outcome. This victory was critical to protecting access to essential dental care for our community," said Dr. Carliza Marcos, president of the California Dental Association.

"As health care

professionals dedicated to the Sacramento community, we are grateful to the voters for recognizing the rushed and ill-considered process behind Measure C. We are relieved that voters chose to reject Measure C. This outcome underscores the importance of thoughtful consideration and transparency in decision-making," said Ash Vasanthan, D.D.S., M.S., president of the Sacramento District Dental Society. ★

Fish for Trout April 6, 7

SMUD News Release

SACRAMENTO REGION (MPG) - SMUD's annual trout derby at the Rancho Seco Recreational Area on April 6 and April 7 features thousands of pounds of trout and prizes up for grabs.

The fishing event has become a tradition for many and has attracted thousands of local participants since it began in 1993.

Anglers reeling in the heaviest catches will win cash and prizes, including an adult and youth grand prize for the heaviest trout caught awarded each day. The grand prize for both age groups is a fishing kayak. The grand prizes are provided by The Fish Sniffer magazine and Angler's Press Outdoors.

Anglers can cast a line

into the 160-acre lake from the shoreline or from one of six fishing piers. Small boats with electric motors are also allowed (no gas motors are allowed). In addition to trout, the freshwater lake is home to bass, bluegill, redear sunfish and crappie.

In preparation for the derby, Rancho Seco Lake was recently stocked with thousands of pounds of catchable trout.

Registration takes place on both days of the derby between 6 and 10 a.m., rain or shine. Derby tickets are \$5 per person for the two-day event with a \$12 parking fee at the park gate. A valid California state fishing license is required for anyone at least 16 years old. Anglers hoping to win a prize must weigh their fish at the official weigh station between



A young angler casts his fishing line into the lake at Rancho Seco Recreational Area. Photo courtesy of SMUD

2 and 4 p.m. on the day of the catch. For complete rules, visit smud.org/RanchoSeco.

The 400-acre Rancho Seco Recreational Area offers more than just fishing. The full-service facility offers picnic areas, RV and tent camping sites, a beach and swimming spots. Kayaks, rowboats,

paddleboards and fishing boats are available to rent.

The Rancho Seco Recreational Area is at 14960 Twin Cities Road, Herald. The recreational area is 25 miles south of Sacramento, approximately 15 minutes east of Highway 99 on Twin Cities Road. For more information about the

derby, camping and safety at the park, visit smud.org/RanchoSeco or call 800-416-6992.

About SMUD

As the nation's sixth-largest, community-owned, not-for-profit electric service provider, SMUD has provided low-cost, reliable electricity to

Sacramento County for more than 75 years.

Today, SMUD's power supply is on average about 50 percent carbon free and SMUD has a goal to reach zero carbon in its electricity production by 2030.

For more information on SMUD's Zero Carbon Plan and its customer programs, visit smud.org. ★

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to help provide direct care to more than **40,000 animals** each year in our community.

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Good Day

ABOUT TOWN

Line Dancing at the Elk's Lodge Friday March 22nd

6 pm on dance floor of the Lodge Room. \$10.00 is the cost for entrance.

Bring your friends. This is very much a beginner class. We have an instructor, Shirley Stassi. (\$5 of the \$10 goes to the instructor)

If you are interested in learning this great form of fun and exercise come join us. The level of interest will determine how often we offer the class and days and times. Guest are VERY welcome!

Curtis Park Book Club with Crawford's Books Mar. 12, Apr. 9

Curtis Park Book Club is back for 2024!

Join Track 7 Brewing Company and Crawford's Books every second Tuesday of the month in the Curtis Park taproom for Book Club! Crawford's Books will be leading the discussion.

Track 7 Brewing Company is located at Track 7 Brewing Co. - Curtis Park, 3747 W. Pacific Ave, Ste F, Sacramento, CA 95820

The event dates and times are: Feb 13, 2024 at 07:00 pm (Tue), Mar 12, 2024 at 07:00 pm (Tue), Apr 9, 2024 at 07:00 pm (Tue).

Questions? Contact Crawford's Books at sue@crawfordbooks.net

LPVC Volunteer Day April 6th

9:00 am - 11:30 am
Join your Neighbors to support William Land Park and help clean it up on Park Work Day on April 6th.

Your Elks 6 Lodge Needs Your Help!

Help is needed in the office from 9 - 3 Monday through Friday to answer phones, sell event tickets etc.

We also need help in the Rental office to answer the phone.

If you can lend a hand even if it is half a day or one day per week, please contact me and I will get

your information to the appropriate person.

For questions or to volunteer call or send text message to Sue Hill 215-327-7712.

Elk's Lodge Calendar of Events Elk's Lodge Sunday Breakfast

Every Sunday
8:30am - 11am
Bring your friends and family

\$15 tax included
Best deal in town

Made to order Omelets or eggs any way you want. Bacon, sausage, potatoes, biscuits and gravy, pancakes, waffles, coffee large parties should call for reservations

Guest are VERY welcome!

Water Aerobics, Monday 10 am, Wednesday 2 pm

Yoga, Monday 12 pm, Wednesday 3:30 pm
Lodge members free.

Martial Arts, Monday 5 pm

Pickleball, Mon & Wed 9 am-12 pm, Thu 4:30-7:30 pm, Sun 4-7 pm

To sign-up or confirm schedule, join playtimescheduler.com

Improv Night, 2nd & 4th Wednesdays, 6-8 pm

Wednesday Night Dinner, 5:30 to 7 pm

See above and elks6.net for weekly menu.

Karaoke

Thursday 7 pm
Saturday 7:30pm

Friday Happy Hour
Friday 4-7 pm

Elks Lodge 6 & Boy Scout Troup 259 Shred Event

Kick off your spring cleaning and help our boy scouts! Elks Front Parking Lot at 6446 Riverside Blvd. 95831 on Saturday March 30th 2024, from 9:00am-1:00pm. It's \$15.00 per Bankers Box.

We hope to see you there!

Land Park Softball

Softball is back in Land Park and will now be a part of the Land Park Pacific Little League organization. LPPLL has been a pillar in our community since 1954 and

is welcoming softball under their umbrella this SPRING!

Early Bird Registration is NOW OPEN!

Visit lppll.com/ registration to register and learn more.

Sacramento Area Museums Showcase Region's Farm-to-Fork Roots All Year Long

The Greater Sacramento region is rich with popular museums and destinations that offer diverse and enriching experiences for individuals, families, residents, and visitors alike. Given the critically important role agriculture continues to play in the region, many local museums offer special exhibits, experiences and activations that highlight ever-enduring Farm-to-Fork connections. A sampling of some of the Farm-to-Fork offerings at local museums includes the following:

California Agriculture Museum – Woodland is home to an entire museum focused on agriculture, filled with a unique collection of harvesters, wheel and crawler-type tractors, combines, trucks, art, artifacts, rotating interactive exhibits and much more. In all, the museum tells the history of Farm-to-Fork, dating back to the Gold Rush era and how the industry evolved from horse drawn to steam driven to fuel powered machines to harvest and transport California's bounty.

California State Railroad Museum & Foundation – A Fruit Growers Express refrigerated rail car is on permanent display inside the Museum's Roundhouse. Museum visitors can explore this historic rail car and exhibit, "Farm to Fork: A Public History," and learn about how refrigerated rail cars enabled California farmers, growers, and producers send farm-to-fork freshness all over the country. Visitors can step inside the historic Fruit Growers Express rail car to see how the ice-cooled rail cars transported produce and built an agricultural

system that exports more wealth than the California Gold Rush. Plus, the popular weekend excursion train, Sacramento Southern Railroad – currently on pause due to an important rail repair project – runs on the historic Walnut Grove Branch Line. This rail line transported pears, asparagus, celery, seeds, and other products from the Delta communities to markets nationwide.

Sacramento Children's Museum – Young visitors hungry to learn about fresh food have a variety of options at the Children's Museum, including at the miniature Leo's Market and Leo's Food Court (a miniature market of food carts), about bees and honey with the in-house beehive, and an interactive train table highlighting Sacramento's agricultural landscape in miniature, complete with mini livestock. Plus, the Children's Museum will be at the Farm-to-Fork Festival (September 22-23) sharing vegetable stamp printing with visitors.

SMUD Museum of Science & Curiosity – MOSAC's interactive exhibits bring the story of water to life, demonstrating how our region is working together to conserve this natural resource for now and future generations. The "Water Challenge" exhibit lets museum visitors actively shape a watershed's flow, create a tune for saving water at home, and choose between local or non-local foods to buy based on how everyday decisions impact conservation efforts — all while learning about the environmental footprint along the way.

Utility Exploration Center – The City of Roseville's Utility Exploration Center (UEC) is a testament to the region's commitment to sustainable living and resource conservation. Nestled in the heart of a region renowned for its Farm-to-Fork movement, the UEC acts as an educational hub, encouraging residents and visitors alike to delve into the intricacies of energy and water conservation, waste reduction, and

sustainable practices. By fostering an understanding of how we use and preserve resources, the UEC underscores the importance of our agricultural roots.

For more information about upcoming activities offered by Sacramento area museums, "like" them on Facebook at www.Facebook.com/SacMuseums, follow them on Instagram and Twitter @SacMuseums or visit the user-friendly website at www.SacMuseums.org.

Friends of Sutter's Fort Announces Discounted Admission Rates

SACRAMENTO, Calif. – Friends of Sutter's Fort, in partnership with Sutter's Fort State Historic Park, is proud to present a series of family-friendly events and activations this fall highlighted by holiday themed movies, an all-ages concert, and adventurous self-guided evening tours by flashlight or lantern light.

For those interested in visiting inside Sutter's Fort State Historic Park (that is open from 10 a.m. to 5 p.m. daily), all Fort admission fees will be waived for the duration of a major roof replacement and seismic stabilization project that is currently underway. Visitors can observe the rehabilitation project firsthand and tour the Central Building, which remains open.

Friends of Sutter's Fort Friends of Sutter's Fort is a 501c3 charitable foundation. As a state park cooperating association, we collaborate with California State Parks at Sutter's Fort State Historic Park to preserve and protect historic structures, and artifacts, and to engage visitors of all ages. For more information, please visit www.suttersfort.org

Bunny on the Green Saturday, March 24th, 2024

11 a.m. - 1 p.m.
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Families are

encouraged to come and meet The Easter Bunny for the 2nd Annual Bunny on the Green. It is free to visit the Bunny and take photos. There will also be a children's Easter Bonnet contest and putting activities. Guests can purchase food and mimosas for the adults. More details to come soon.

Elks 6 Volunteer Opportunities Available

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- Bartender - Riverside bar for Elks events

There will be a meeting for volunteer bar tenders some time this week. email or text Sue Hill if you want to be on the meeting list

- Sunday Breakfast - Cook, Serve, bus tables

- Wednesday Night Dinners - Help or adopt a night one time or once a month

- Join the membership committee.

Attend events and be available to give tours: Help at membership booth at Farmers Market, Man a membership booth at the Craft Fair or Parking Lot Sale, Make phone calls to members

If any of the above sound like something you would enjoy doing, please contact me for more information and I will make sure you are directed to the proper person. Call or text Sue Hill 215-327-7712

Volunteer for Land Park on May 4

9:00 am - 11:30 am

Join your Neighbors to support William Land Park and help clean it up on Park Work Day on May 4th.

★

LETTER TO THE EDITOR

Medication access needs protection

Editor:

As an individual managing early onset Osteoporosis and Hypothyroidism, I rely on multiple prescription medications essential for maintaining my health long-term.

Unfortunately, like the vast majority of patients facing similar circumstances, these middlemen enforce profit-driven policies that frequently lead to higher costs and unnecessary obstacles in accessing crucial medications.

This affects tens of

millions of patients, like me, who depend on certain prescription medications to manage their conditions.

PBMs control roughly 80% of the prescriptions on the market today. Through a range of restrictive policies, including step therapy, prior authorization, and patient steering, PBMs dictate exactly what medications and treatments patients can access as well as when and where they can access them.

This has been a problem for patients like me for years, and it's only getting worse. It was very disappointing that lawmakers

have yet to pass PBM reform to address these unscrupulous tactics, even with multiple bipartisan legislative solutions to choose from.

However, the budget bill that Congress must pass gives legislators one last chance to address PBM reform before the 2024 election. California's congressional delegation should work to incorporate PBM reform into the budget to help protect all patients from these harmful and unfair business practices.

- Bambi Martin,
Sacramento

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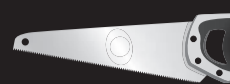
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Leave No Trace

Real Environmentalism in Action



From left are founders David Ingram, Lisa Sanchez, Mark Baker and Kathleen Ford.

Story and photos by Kristina Rogers

SACRAMENTO, CA (MPG) - On a chilly winter morning, I joined a crew of grassroots eco-activists from the River City Waterway Alliance (a.k.a. RCWA) at Cal Expo entrance 12. Dressed in sturdy gear, friends chatted over coffee and donuts. We gathered to hear team lead David Ingram give an overview of the day's work and then trekked the pathway to the riverbank with carts of buckets, grabbers, and trash bags.

Wayne Watts, a long-time Sacramento resident, told me he's been cleaning up this part of the American River Parkway since 1985. "I've got grandkids and great-grandkids and want them to have a place to go." Watts explained, "We've had these camps for generations, but COVID made it worse. Pandemic health restrictions allowed illegal campers to be left alone, and camps grew. We are working to get where Mother Nature can heal itself again."

Off the path, we were greeted with muddy rubbish hanging from brush due to seasonal rains and flooding. Margarita Chavez stepped into a thorny bush to pull out discarded blankets and clothing. Chavez is a well-known trash dash



Myma Gonzales shows off the day's work.

warrior. Her twin sister Myrna Gonzales was there to help, too. The twins proudly shared they'll celebrate a 70th birthday soon, yet you'd never know from their energy level. The sisters say this volunteer work keeps them young.

Meanwhile, Watts found a small propane canister: "These are used to cook and other things. People toss 'em when empty. If there's a fire, they burn hot and explode like shrapnel. They are dangerous to firefighters, so we try to pull them out as fast as possible."

Discarded illegal camping items harm the environment and animals.

Heavy layers of tarps, tents, and blankets choke streams. Plastic containers, bike parts, and broken glass disrupt wildlife's nesting spots. Needles, batteries, abandoned prescription drugs, and used wipes taint the soil. It should concern every Sierra Club member and climate change activist who understand when exiting a natural space, you are to leave no trace.

To naysayers who ask why clean up when it will get trashed again, Ingram and his friends have an answer. "Why brush your teeth or take a shower when you will just get dirty again? Every piece of trash

removed will never return to that waterway. If we do nothing, it will get worse."

In 2023, the River City Waterway Alliance removed 1,134,313 pounds of trash from our natural spaces. This includes 441 shopping carts, 23,819 batteries, and 9,485 needles. In addition, when they deep clean an area, it becomes "RCWA Clean" and is maintained by volunteers and parks. Now, that's sustainability.

Clean up events are frequent at Arcade Creek, American River, Steelhead Creek, Bannan Island, and the Sacramento River. The group has over 223 videos on their YouTube channel.



Sisters Myrna Gonzales and Margarita Chavez stand ready to work.



Wayne Watts holds a discarded propane tank.

It's fascinating to see the creativity they use to get to the garbage along difficult riverbanks.

David Ingram, along with RCWA co-founders, Kathleen Ford, Lisa Sanchez, and Mark Baker, are active leaders collaborating with the county. Sacramento County Parks Department helps haul the garbage out once it's in a pile. They've also advocated for more funding. Sanchez assisted in getting county parks a budget increase, paying for new equipment and a few new maintenance workers. City council members are starting to step up too. Lisa Kaplan (District 1) and Karina Talamantes (District 2) have been hosting RCWA events in their areas.

Back at the clean-up site, my arms were tiring, and the "almost 70" twins were running circles around me. I'm thinking about attending more RCWA events and giving up my gym pass! Meanwhile, a volunteer hit the jackpot and found a "landfill" left by campers. It's a deep garbage hole hidden under the dirt and contains years of garbage.

Another volunteer is putting discarded needles

and batteries in a special bucket.

I asked Kathleen Ford about the more unusual items they stumbled upon. "We find all manner of things. Old vintage Coke bottles, beer cans with pull tabs, and blow-up dolls. We see a surprising amount of fake money, like movie prop money. And believe it or not, lots of vacuum cleaners and lawnmowers." Once, they even found a 1960s salon-style hair dryer.

Increasingly, this spot is right next to the bustling Arden shopping area. Most folks don't know how close they are to a beautiful outdoor space. I certainly didn't. That may be why it's a haven for illegal campers. Close to society, yet so far away. But for the wildlife, it's their haven too. And the natural world needs our help.

The River City Waterway Alliance challenges Sacramento's local groups, climate change activists and environmentalists to join them and make a sustainable difference!

People can visit the Facebook page for River City Waterway Alliance to find clean-up events and extra information. ★

The ABCs of Prayer Are Elementary

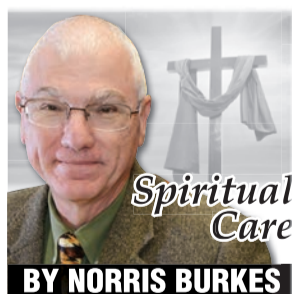
There have been times that I've been found napping in my office.

My chaplain response to that is, "No, I'm not napping. This is my prayer time."

That's because in reality, I may be doing both – napping and praying.

I call this time my "ABC prayer nap."

The meditative technique follows the Jewish tradition of acrostic prayers where each line of the prayer starts with a consecutive letter of the alphabet. It's a bit



like playing Theological Scrabble.

I have three prayers I can choose from (limit, one per nap.) Each prayer begins with one of these three introductory phrases.

1. God, help me to be ...

2. God, thank you for ...

3. God, forgive me for being ...

As I ease back in my office recliner, I choose one of those opening phrases followed by a request that starts the alphabet. For instance, the first phrase might begin, "God, help me to be Assuring. Followed by, "God, help me to be a Benefit to others."

The second ABC prayer follows the advice of an old hymn: "Count your blessings, name them one by one. Count your many

blessings, see what God has done."

These are prayers in which I thank God for my Children or something intangible like my Dreams. Each letter stands for whatever word floats into my mind that inspires an "attitude of gratitude."

My first and second prayer formats are meant to be inward and restorative. I try to do one prayer phrase per breath, so they bring sleep quickly.

However, the third prayer, "God forgive me for being ..." goes deeper, helping me face my own inadequacies.

During one recent nap, I voiced this prayer fairly quickly until I got to three letters not commonly used – I, J and K.

The letters had me searching my conscience for what I needed to ask. I remembered my wife commenting about the time I spent on the phone away from our family.

"God, forgive me for being Inattentive. Help me

to be attentive and remember where you've placed me in the moment."

Since I had justified my phone usage as important business, I found it necessary to also ask God to "Forgive my desire to be Justified. I don't like being wrong. I like being right and just – sometimes at the expense of my relationships."

The next letter was much harder. "Forgive me, Lord, for Killing. Forgive me," I prayed, "for the times I've killed – or at least squelched – the image of God I saw in others."

This word was inspired by a hard saying from Jesus. Recorded in the modern translation of the Bible called "The Message," it reads:

"I'm telling you that anyone who is so much as angry with a brother or sister is guilty of murder. Carelessly call a brother 'idiot!' and you just might find yourself hauled into court. Thoughtlessly yell 'stupid!' at a sister and you

are on the brink of hellfire. The simple moral fact is that words kill."

When I use the first two prayers, I'm usually asleep before I'm halfway through. However, the forgiveness prayer will often keep me awake as I work through the entire alphabet.

But like most naps, these ABC naps often keep me awake a bit past my evening bedtime. These are the moments I've tried to explain to my wife how my "praying" is keeping us both awake.

"Hmm," she says, "Maybe next time you should reverse the alphabet. Start with "Z" and ask God to 'Forgive my desire to be so Zealous.'"

Read more about spiritual practices in my book, "Thriving Beyond Surviving." Buy at thechaplain.net or send \$20 for a signed copy: 10556 Combie Rd. Suite 6643 Auburn, CA 95602. Comments: emailcomment@thechaplain.net or (843) 608-9715. ★



What Are They to Do?

Sacramento gave a homeless camp a lease as an experiment

By Marisa Kendall
CALMatters.org

When Sacramento changed its plan to demolish a homeless encampment on a vacant lot on Colfax Street, instead offering the homeless occupants a lease, activists and camp residents celebrated it as a win.

The first-of-its-kind deal, which allows the camp to remain in place and govern itself without city interference, was held up as a model Sacramento could replicate at future sites. Other cities, including San Jose, have said they're considering similar models, putting the success or failure of this encampment under the microscope.

A year later, Sacramento has not managed to reproduce the concept and has no plans to. Residents of the camp, who lack electricity or running water, complain they feel forgotten. And the county district attorney, claiming the site threatens public safety, has demanded the city clear the camp or risk prosecution.

Those troubles highlight the logistical and ethical dilemmas that come with setting aside outdoor spaces for homeless residents to go when there aren't enough beds indoors. And it comes at a time when officials across the state increasingly are turning to this last-ditch solution as they face mounting pressure to clear encampments away from sidewalks, parks, schools and other high-traffic public areas.

"The fact that people have a place where they can legally exist and not be threatened with arrest, not be run off and have to lose their belongings, where they can go to the bathroom with dignity, where there's trash pickup so they don't have to live in a place where there's trash all over, where service providers can find them regularly and they aren't going to lose contact with people as they work their way to housing — those are all good things," said Eric Tars, senior policy director of the National Homelessness Law Center. "But it would be even better if they were doing them indoors."

They Got A Lease, And They Make Their Own Rules

Camp Resolution, as the Sacramento camp is known, was started in 2022 by Sharon and Joyce Jones — a married couple in their 50s who found themselves homeless for the first time late in life. More than four-dozen people now live there, some in new-looking Bullet trailers provided by the city, and others in cars, tents and more dilapidated trailers and RVs.

Some residents have taken pains to make it more homey: Two potted plants hang from the hitch of one trailer, chickens roam the lot, and Sharon and Joyce are putting in a garden, using pallets to make raised planter beds.

"We try to make it as comfortable as possible," Joyce said, "but sometimes it's impossible."

Shortly after Joyce and her community occupied the city-owned, formerly vacant lot in 2022, city workers determined the camp was unsafe and needed to be demolished — as often happens in Sacramento and throughout California. But that's where the story takes an unusual turn. Residents of the camp, and their supporters, showed up in force to a city council meeting and persuaded council members to delay the sweep. About six months later, the city signed a lease allowing the camp to remain in place.

The lease, which advocacy group Safe Ground Sacramento signed on behalf of the Camp Resolution residents, was an experiment. Generally, similar programs are run by nonprofits contracted by a city. They often impose curfews, no-guest policies, sobriety requirements and other rules on residents. In exchange, they offer social services such as counseling or help finding permanent housing, and amenities such as showers and bathrooms.

"They don't think people experiencing homelessness are capable of governing themselves," Tars said.

Camp Resolution is different.



Joyce and Sharon Jones poke holes in a water bottle to water their garden next to their trailer at Camp Resolution on Feb. 28, 2024. The camp has no running water, so residents must rely on bottled water for all their needs. Photo by Fred Greaves for CalMatters



Jeanne Gillis cooks ground turkey over a wood fire beside her trailer at Camp Resolution on Feb. 28, 2024. Residents must rely on bottled water, generators, and wood fires because no utilities are provided at the camp. Photo by Fred Greaves for CalMatters

Safe Ground Sacramento, which leases the property from the city for free, takes a hands-off approach that lets residents run the camp and write their own rules. The city gave the residents a handful of residential trailers, set up portable toilets and a hand-washing station, and provided dumpsters and ongoing trash pickup. But that's it.

Many activist groups laud that model as a best practice, saying it's important to let the residents run, or at least help run, their own camp.

"When individuals in these encampments have a sense of ownership, then it can really lead to the camp being a place that they take pride in and that they are trying to keep in as good condition as possible," Tars said. "It gives a sense of responsibility to others in that community."

It also means minimal overhead for the city: The trailers provided for Camp Resolution residents came from the Federal Emergency Management Agency at no cost to the city of Sacramento, and adding the camp to the city's existing contract for trash pickup didn't add any additional expense.

But in the case of Camp Resolution, it also means residents are left to fend for themselves. The city doesn't provide electricity or running water. Community members donate food, some residents have generators, and a nonprofit used to bring a trailer with showers every other Sunday — but they recently stopped.

"It's not going very well," Joyce said. "I think that (the city) should do a little bit more."

The Camp Resolution lease says the city would provide up to 33 trailers. Residents ended up receiving just 16. But 51 people live at the camp, meaning some people sleep in tents, in their cars or in dilapidated trailers and RVs that leak in the rain and have sprouted mold.

The city wouldn't comment on the trailers — or anything else — citing a pending threat of prosecution from the county District Attorney's Office. City officials recently sent 40 trailers to a new safe sleeping site they opened on Roseville Road, which also has

and held underground storage tanks for diesel and gasoline, he said. It's not safe to camp on the contaminated soil, according to his letter. But only half of the site is paved, while the other half is bare dirt — and people live on both sides.

Ho's office did not set a specific deadline for the city to clear the encampment, leaving it unclear exactly what, if anything, will come of his threat.

When asked about Ho's next steps, Sonia Martinez Satchell, a spokesperson for the District Attorney's Office, indicated prosecution is still on the table.

"To date, the City has failed to move the unhoused off this toxic

has agreed to take up the case and will hear arguments next month. But for now, cities' hands remain largely tied if they lack enough shelter beds.

Safe sleeping sites take many different forms — and have a range of price tags. In August, after the city stalled in its attempts to open safe sleeping sites, Sacramento City Manager Howard Chan single-handedly tried to identify locations for the projects. He initially said Camp Resolution could be a model for future sites — because it cost the city so little to run, it would allow the city to open more sites than if they used more expensive models.

Instead, the city in January launched its next safe sleeping site, on Roseville Road, with more services, more oversight and a greater cost — \$3.2 million per year. The site has 60 rudimentary tiny homes and 40 trailers and is governed by a nonprofit contracted through the city.

But, due to an anticipated budget shortfall for the coming fiscal year, the city has no plans to launch additional safe sleeping sites, Swanson said. At a committee meeting last month, city staff predicted that by next year, the city's budget for homeless services would be short \$11 million. By the 2025-26 fiscal year, they expected to be short nearly \$39 million.

Life At Camp Resolution

There are about 800 people on the waitlist to get into Camp Resolution, according to Sharon and Joyce. Only six people from the camp have moved out and into permanent housing, they said. Just on the other side of the gate that separates Camp Resolution from the rest of the world, a group of people live in a cluster of cars parked haphazardly on the side of the road. Across the street, someone has erected a makeshift homes. RVs that serve as stand-in homes line the road.

Inside the gate, Sharon and Joyce tend to have the ultimate say in what goes, though there's also a council that meets on Thursday evenings to discuss camp issues. Things don't always go smoothly.

Last year a neighbor's dogs attacked Sharon and sent her to the hospital with multiple bite injuries. That led to new rules at the camp about pets. But Sharon and Joyce say it's hard to actually enforce the rules they impose.

"We need more structure," Sharon said.

As they showed off the different parts of their community, Sharon and Joyce expressed disapproval of a trash pile in the middle of the camp.

"That can go in the trash can," Joyce said. It didn't take long. A few minutes later, residents could be seen picking up the garbage and carrying it to a nearby dumpster.

CalMatters Capitol reporter Jeanne Kuang contributed to this story. ★



Jeanne Gillis uses tubs to wash dishes next to her trailer at Camp Resolution on Feb 28, 2024. Photo by Fred Greaves for CalMatters

plumbed toilets and showers.

Several of the Camp Resolution residents are elderly, and some have serious medical issues that make living without reliable power and water difficult. One woman, who recently turned 60, is on dialysis and gets around on an electric mobility scooter that she leaves parked outside her trailer.

Most of the residents are women, some of whom wouldn't feel safe on the streets by themselves. Jeanne Gillis, 53, was cooking ground turkey over an open flame outside her trailer on a recent Wednesday. Gillis, who used to work as a medical patients' advocate, lost her housing two years ago when she got sick with lupus and could no longer work. She'd never been homeless before and didn't know what to do — so Sharon and Joyce took her under their wing. Now she's part of their tight-knit community.

"Thank God for everybody. Because it's hard," she said, tearing up. "I don't think I'd be here if it wasn't for everybody."

Camp Resolution Faces Legal Threat

Camp Resolution also faces an outside threat — Sacramento County District Attorney Thien Ho has demanded that the city close the camp. His office sent a letter to the city and Safe Ground Sacramento in November labeling the site a public health hazard. The site is contaminated by toxic chemicals left over from when it was used as a vehicle maintenance yard

waste site," she said in an emailed statement. "We will not waver from our commitment to protect public safety for all. As outlined in our letter, all available actions and recourse remain available."

But camp residents and the advocates working with them say they've heard nothing but silence from the District Attorney's Office since the November letter. That means the fate of those living at Camp Resolution is still up in the air.

Tim Swanson, spokesman for the City Manager's Office, said the city can't comment on any aspect of Camp Resolution because of the pending threat of prosecution.

Sharon and Joyce aren't concerned — they claim the camp isn't on the portion of the site that's contaminated. Ho's letter is just an excuse to try to kick them off the property, they said.

Sanctioned Homeless

Encampments In California

Faced with a massive shortage of affordable homes, desperate city officials across California are considering opening places where unhoused people can legally set up tents. The move could give them more power to clear encampments from around parks, schools, downtown zones and other high-profile areas. That's because unless cities have somewhere for displaced unhoused residents to go, the 2018 appellate case *Martin v. Boise* limits the extent to which they can clear encampments. That could change soon, as the Supreme Court



Ironworks in Walnut Grove.



Bridge over peaceful water...Freeport Bridge in Clarksburg.

Hidden Gems Await in Small Delta Towns

Continued from Page 1
 a regular routine for years now, and this means having the opportunity to focus on the simpler Delta life with the many pit stops along the way. With that said, we love to share the hidden-in-plain-sight gems we have found in the many small towns that dot the path.

First and foremost, we must pay homage to the bridges. You can twist and turn all across the delta on various brightly colored and uniquely-engineered bridges. There is even a ferry you can ride from here to there, and if you're lucky to catch a large boat passing through, you can also watch as the bridges twist and turn to let them pass.

No matter where you begin your day trip, there is a relatively easy path to follow: just go up one way along the Sacramento River on Highway 160 and then down the other side and you'll have basically touched it all. For this travel reference, Freeport is the furthest north and Antioch is furthest south.

Clarksburg: Many weekend warriors will head straight to the Old Sugar Mill for a one-stop shop of a dozen local wineries, and if you've never been, it's definitely worth checking off your list at least one time. But for those who want a little more out of

Clarksburg, we suggest a walking tour of sorts — the architecture of many of the homes and schools easily bring us back to The Wonder Years nostalgia, with the old growth trees shading the streets confirming the timeline. There is also a colorful community garden to stroll, and a pit stop at Husick's Restaurant to grab an iced tea. There we admired the pickup truck that also came to its final resting spot out front during those years.

Isleton probably has the most revitalized main street along this entire drive, still keeping with the Chinese heritage mixed with some classic and eclectic shops to peak your curiosity. Mei Wah Bar Room boasts one of the few opium dens in the region, The Mcboodery sandwich shop has residents raving, and a combination of antiques, museums and a coffee shop make for a perfect jaunt to admire it all. And while some of the classics have sadly gone out of business, the nostalgia is holding strong with neon signs, vintage buildings and land markers of crawdads. Also worth spotting? The colorful gazebo in the town center and businesses that are "coming soon" (make mental note for when you return).

Locke: In our humble opinion, Locke is by far



Hemly Cider is found in Courtland.

the most unique and exciting town on the Delta. Unlike any other town we have come across in California, Locke is a historical landmark dedicated to preserving the history and contributions of our Chinese citizens. It has been preserved just as it was built some 100 years ago, and walking the Main Street is like taking a walk back in time, and in China. The buildings are nothing like the typical gold rush/Victorian homes we tend to see. They bend, they lean, they are chipped away, but still they stand.

There of course is a Chinese restaurant, an eastern medicine shop, some souvenirs, a museum and antique stores but most famous: having a drink at Al the Wop's. This town is an absolute must-stop and explore and needs to be on every California travel bucket list.

Courtland: Pear capital of California. Maybe? We haven't verified that. But what we have verified is the lovely slow winding drive through walls of pear orchards with the ultimate stop: Hemly Cider tasting room. Cider sampling for adults and kids, this family-friendly destination is set inside an old hangar with sweeping views of growing crops all

around. A tasty-sweet way to appreciate our state's abundant agriculture.

Antioch boasts the most regional parks, wildlife preserves, and fishing docks to choose from on this route. Notably, Black Diamond Preserve with its dozens of trails and historical landmarks to check in on, but one could also spend time bird watching and picnicking at the



Mainstreet Isleton kicks off with a giant crawdad mural.

Delta Discovery shoreline & museum. Both offer fantastic educational experiences. And of course, the Antioch bridge is one of the most exciting: on a foggy day it can feel as if one is ascending into

the clouds with the sharp climb up over the Delta waters.

For more Delta day trip ideas, follow @ca.love.for.nia on Instagram.com and enter hashtag link for the California Delta. ★

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Support Girl Scouts With Cookie Share

Girl Scouts Heart of Central California News Release

SACRAMENTO, CA (MPG) - Did you know that even if you've already stocked up on your favorite Girl Scout Cookies, you can still spread joy and support local Girl Scouts through Cookie Share, a Girl Scout community service project?

Girl Scouts Heart of Central California (GSHCC) is excited to invite you to participate in this meaningful initiative, which offers opportunities to donate cookies and make a significant difference in the lives of young girls in the community.

Cookie Share allows girls to offer virtual "Cookie Share" cookies that are distributed to the nation's soldiers, local food banks and other

charitable organizations. This unique approach spreads cheer through delicious treats and also shows gratitude and support for those who serve local communities and the country.

"Even if you've already indulged in your favorite Girl Scout Cookies, you can still make a difference in the lives of local girls," said Girl Scouts Heart of Central California Chief Executive Officer, Dr. Linda E. Farley. "Through Cookie Share, we offer a unique opportunity to show gratitude to those who support our communities, all while uplifting young girls. Join us in making a lasting difference and empowering the next generation of female leaders."

Cookie Share proceeds remain within the local community and are dedicated to funding a variety of enriching activities



Girl Scouts gain valuable life skills selling cookies, including money management, team building, public speaking and decision-making. Photo courtesy of Girl Scouts of Northern California

and experiences for girls throughout the year. These include field trips, community projects and outdoor adventures. Moreover, the Girl Scout Cookie Program is one among numerous programs offered throughout the year, all designed to expand the horizons of Girl Scouts, impart vital life skills, and equip them for future leadership roles.

If you're interested in learning more about Girl Scouts Heart of Central California and how you can get involved, visit www.girlscoutshcc.org. ★

Jemuel Johnson Shares Society's Wonders with Readers

By Tamara Warta

Sacramento author Jemuel Johnson's new book, "21 Wonders (That You Don't Know)," tells the tale of influential figures that time has forgotten, including Nikola Tesla, Benjamin Banneker and John Brown.

Johnson also wrote the romance novel, "And The Tears Revived" in 2013, and a collection of suspense tales, "Needles" in 2021.

Now, he has added historical accounts, recognizing heroes of the past to his repertoire.

"21 Wonders (That You Don't Know)" revolves around 21 unsung revolutionaries of yesteryear.

"I'm essentially giving them their flowers. Isn't that a wonderful thing?" Johnson said.

He is proud to provide recognition to those who did not necessarily receive it in their lifetime or ever for that matter.

"Unfortunately, many figures of massive influence are relegated to the shadows of history or are eventually acknowledged 200 years later," Johnson said. "Better late than never, I suppose."

A busy entertainment entrepreneur, the Arden-Arcade-based Johnson is a novelist and also a former TV host and producer of "Half Circle," which broadcast on Comcast On Demand (Channel 17) from 2009 to 2014.

Johnson values his readers and tries to write with the knowledge that many don't have much spare time.

"Wonders" is a book that can be finished within a week during someone's lunch breaks," Johnson said. "This book is for people who have a lust for life, who engage with nonfiction, love harrowing, inspirational and aspirational storytelling, and are honest with themselves that they don't read 500-page books anyway."

Readers will find stories that tell the true struggles and dreams of each of the 21 individuals featured.

"I'm obsessed with people who have been through the fire for a desired result," Johnson said. "I want people so badly to own and develop their gifts. These gifts are their upper hand in life. This is not taught in our schools in a dynamic way."

Outside of his creative endeavors, Johnson works in ride-sharing for both Uber and Lyft from 3 to 8 every morning for the past five years. The job includes airport drop offs, chatting with truck drivers and assisting those going to and from dialysis appointments.

The wide range of individuals that he interacts with daily serve as inspiration. Through these



Jemuel Johnson Courtesy photo

conversations, which include challenging circumstances such as dialysis treatments, Johnson receives inspiration by hearing and observing how everyone's life counts and the desire that others have to share their perspectives.

"It's an excellent way to meet new faces constantly in a private setting and receive massive amounts of information from people from all over the world," Johnson said.

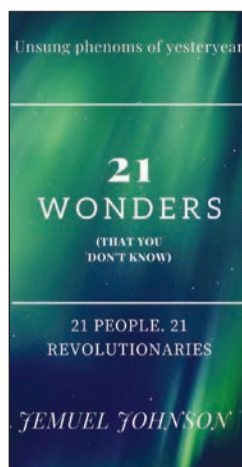
If you're a history buff, love inspirational stories or just want to support a local author, consider adding "21 Wonders (That You Don't Know)" to your reading list.

Johnson focuses on speciality sales and corporate bulk orders, and has a collaboration with Forever 21.

And if you run into Johnson himself around town, you'll be able to land a signed copy of his latest venture.

"Catch me in traffic! I keep copies and a Sharpie on me at all times," said Johnson with great enthusiasm.

"21 Wonders (That You Don't Know)" can also be bought at thebookpatch.com, a marketplace for self-published books. ★



Jemuel Johnson's latest book cover is shown here.

County Appoints Deputy Executive

Continued from Page 1

Transportation Authority for more than 23 years, including chief administrative officer, human resources director, procurement and contracts, Business Services deputy director, Human Resources manager, and Organizational Development and Office of Civil Rights and Labor Relations manager.

Fadal has a Doctor of Business Administration from Argosy University, a Master of Public Administration with emphasis on organization change from California State University, East

Bay, and a Bachelor of Science in Organizational Management from Patten University. He also completed the Negotiation and Conflict Management Training for Senior Executives at Harvard Law School and he possesses a Certificate in Training and Human Resources Management from U.C. Santa Cruz.

Additionally, Fadal has nearly 20 years of experience as a lecturer and area chair over the University of Phoenix MBA Business Program and has worked as an assistant professor for DeVry University's Keller Graduate School of Business for more than

three years.

Departments within Sacramento County's Administrative Services Agency include the Clerk Recorder, Office of Emergency Services, Finance, General Services, Personnel Services, Revenue Recovery, Technology, and Voter Registration and Elections. These departments facilitate the day-to-day operation of Sacramento County. The Library JPA, Sacramento Employee Retirement System and Sacramento LAFCo have a coordinative relationship with Administrative Services. ★

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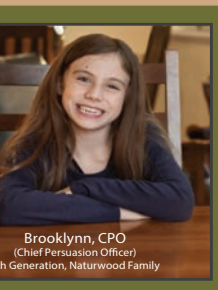


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