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Messenger

AMERICAN RIVER

VOLUME 19 • ISSUE 8

Serving Fair Oaks, Orangevale & Sacramento County

APRIL 26, 2024

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Buck Named Citizen of the Year



Dustin Buck was named the 2023 Fair Oaks Citizen of the Year. From left are Honorary Mayor Katie Yount, Abby Lingenfelter, Dustin Buck and Fair Oaks Chamber President/CEO Kimberly Pitillo. Photo by Michelle Massaro

By Judy Andrews

FAIR OAKS, CA (MPG) - Dustin Buck is a numbers geek who knows a thing or two about money. The Fair Oaks native has dedicated most of his life to helping others learn how to value money. Buck is a certified financial planner and owner of Buck Wealth Management, a company he opened in Fair Oaks 10 years ago.

As a 20-year member of the Fair Oaks Chamber of Commerce, Buck's "give-back" attitude extends outside the office to the community where he grew up.

Earlier this year, Buck was named

the chamber's 2023 Citizen of the Year for a second time. Last year, he was recognized as the 2022 Business Person of the Year, and for the sixth year in a row, Buck's business has been voted Best Financial Planning Services in the community.

We recently met up with the busy business leader and philanthropist to find out more about him.

EARLY AMBITION

Buck said he knew that he wanted to be a financial advisor at a young age.

"I remember driving down Madison Avenue as a teenager and picturing my own wealth

management firm in my head," he said. "I knew it was just a matter of time until I created the right opportunities that led me to my lifelong goal of owning my own business."

With a knack for numbers and some positive guidance from home, Buck put his dream to work. At 20 years old, Buck became the youngest financial advisor at Edward Jones Investments, where he then knocked on roughly 7,000 doors in the greater Fair Oaks area. In 2014, after gaining experience in the industry, he opened his own firm in Fair Oaks.

Although he has clients throughout

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Small Business Week Looks at AI

MPG Staff

SACRAMENTO COUNTY, CA (MPG) - Capital Region Small Business Week is April 29 through May 4. The City of Rancho Cordova is a sponsor of SacBiz Connect: Small Business Week Resource Expo and Kickoff on April 29. Sacramento County Office of Economic Development is partnering with the City of Sacramento's Office of Innovation and Economic Development to host "BizX, Leveraging AI Technologies to Stay Ahead of the Curve" on May 1 at The Sophia, Home of B Street Theatre.

Capital Region Small Business Week brings together entrepreneurs, seasoned business owners and business experts from public and private entities from across the Greater Sacramento area to celebrate the region's entrepreneurial spirit.

This year's event will focus on exploring the transformative impact of AI (artificial intelligence) in business, healthcare, education, transportation and beyond. A panel of AI and business experts will examine the broader societal impacts of AI, while highlighting the vast opportunities it presents. Attendees will learn how leveraging AI can drive innovation, sustainability and inclusivity, shaping a more equitable and prosperous future for everyone. Small business resource booths and opportunities to network will be available before and after the formal program.

"BizX is just one of several events held during Capital Region Small Business Week, offering a platform to connect our small businesses with local resources," said Sacramento County Economic Development Director Crystal Bethke. "We are pleased to celebrate the vital role our small businesses play in fostering thriving communities and fueling the economic prosperity in Sacramento County."

Entrepreneurs, small businesses and industry professionals are invited to register for the events below at capitalregion-smallbusinessweek.org/schedule.

Day 1, Monday, April 29 is Small Business Procurement Summit from 3 to 4:30 p.m. at The Lounge at Frequency Coworking, 3249 Quality Drive, Rancho Cordova. Small Business Week

Continued on page 3

Tasting Event Supports Food Bank

By Judy Andrews

FAIR OAKS, CA (MPG) - Tickets are on sale for the 29th annual Taste of Fair Oaks, which is the Fair Oaks Chamber of Commerce's largest fundraiser of the year that helps support the community. A portion of the event's proceeds will benefit the Orangevale-Fair Oaks Food Bank.

The annual Taste of Fair Oaks is from 6 to 9:30 p.m. May 17 at the North Ridge Country Club.

"Taste of Fair Oaks has been raising money for local nonprofits for 30 years," said Fair Oaks Chamber President/CEO Kimberley Pitillo. "The food bank has been a member and community partner with us over the years. We're proud to be able to support them and all they do to help families in need in the community."

Orangevale-Fair Oaks Food Bank director Andrea Scollay shared her appreciation of the support received from the chamber and others.



Mike Maddox helped pour wine last year with Elements 79 Vineyards and Winery. Photo by Michelle Massaro

"The money raised through Taste of Fair Oaks will be used to help us with infrastructure improvements, including a new lift gate for our truck, asphalt improvements for safety, and purchasing food when we're out or low on staple items," Scollay said.

The food bank relies on the community to keep it running through food and cash donations, and through volunteering. Visit its

website for more information at www.ovfofb.org.

Event Highlights

Taste of Fair Oaks is open to everyone 21 and older. Tickets are \$85 per person and include a souvenir glass and plate, plus all-you-can-eat-and-drink samples of food and desserts from area restaurants, and beverages from local and regional wineries and breweries.

Other highlights include a silent auction, Wine Wall

Pull and a chance to pick up wines valued from \$20 to \$100, Key Contest and a chance to win \$500 in cash, Gift Card Draw, music and dancing. The chamber is also bringing back its popular Putting Contest on the Green and a chance to win a \$5,000 grand prize.

Buy tickets today before the event sells out. For tickets and/or more information, visit www.fairoakschamber.com. ★

California Capital Airshow Presents International Headliner

California Capital Airshow News Release

SACRAMENTO REGION, CA (MPG) - The 18th annual California Capital Airshow, presented by Sacramento County in partnership with the City of Rancho Cordova, returns to Mather Airport on July 13 and 14. Headlined by the world-renowned Italian jet team, Frecece Tricolori, the airshow will feature an extraordinary lineup of performers, miles of ground attractions and the anticipated return of nighttime aerial performances with pyrotechnics and fireworks.

The airshow will be part of Frecece Tricolori's first North American tour in more than 30 years and is the only location in the Western United States where spectators can witness their full performance. Frecece Tricolori consists of 10 high-flying Aermacchi MB-339 aircraft, making it the Guinness World Record holder of the most jet aircraft in a military aerobatic display team.

"It's a great privilege to be able to bring these world-class performers to Sacramento for a one-of-a-kind airshow," said California Capital Airshow Executive Director Darcy Brewer. "The return of our night show adds a whole new dimension of excitement to the event. This is going to be an airshow you don't want to miss!"

This unique show features four hours of non-stop aerial performances beginning at 6 p.m. each day. Performers will



The airshow will be part of Frecece Tricolori's first North American tour in more than 30 years and is the only location in the Western United States where spectators can witness Frecece Tricolori's full performance. Frecece Tricolori consists of 10 high-flying Aermacchi MB-339 aircraft, making it the Guinness World Record holder of the most jet aircraft in a military aerobatic display team. Photos courtesy of California Capital Airshow

include the United States Navy F-18 Super Hornet Demonstration Team, U.S. Air Force F-35 Lightning and C-17 Globemaster Demonstration Teams, historic warbirds and

with a pyro-musical fireworks show.

Fans are encouraged to sign-up for free as Airshow Insiders on the airshow's website to receive the latest event



highly-skilled civilian performers. As the sun sets, performers will fly with lights and pyrotechnics. The show will conclude

news and updates. Insiders will receive early access to purchase discounted tickets. Tickets will be available to the public

starting May 1. Tickets to this year's event are limited, so those hoping to attend are encouraged to purchase their tickets early.

The California Capital Airshow's generous partners are Sacramento County, the City of Rancho Cordova, Modern Aviation, Keurig Dr. Pepper Snapple Group, Visit Rancho Cordova, Folsom Lake Dodge, Donaghy Sales, SMUD, Thunder Valley Casino Resort, Atlas Disposal, Sunbelt, Teichert, FOX 40, iHeart Media and UPS. In addition, the airshow team is grateful to a long list of committed community supporters, as well as the teams of law enforcement and emergency services that give their time and energy to keep everyone safe.

Visit CaliforniaCapitalAirshow.com for tickets and event information.

About California Capital Airshow

Established in 2004, the nonprofit California Capital Airshow plans and operates the exciting, family-friendly annual event designed to honor the Sacramento region's rich aviation heritage and veterans while using the power and magic of flight to inspire young people.

The California Capital Airshow gives back to the community through scholarships, charitable group donations and exciting educational youth programming throughout the year. For more information about the airshow, performers, and discount tickets, visit www.californiacapitalairshow.com. ★



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ASIAN GROCERY

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EUROPEAN GROCERY

Phileo Puffed Peach Cottage 58.5 oz \$8.99/ea	Land of Fire Pineapple Organic Juice 1 liter \$4.99/ea	Maggi's Soften Rock Candy Stick 360 gr \$5.99/ea	Safal Iodized Salt 737 gr 99¢/ea	Ahsan Earl Grey Tea 100 T/B \$7.99/ea
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KOREAN/JAPANESE GROCERY

Red Pepper Powder (kanchi) 1 kg \$12.99/ea	All Purpose Flour 2.5 kg \$4.99/ea	Soy Sauce 17 liter \$5.99/ea	Hot Pepper Paste 3 kg \$8.99/ea	Tamari Drink 4 kinds 300 ml \$9.99/ea	HF Curry Sauce 2 kinds 200 g \$2.49/ea	Rice Cracker 4.31 oz 99¢/ea
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HOUSEWARES

BIGEN SPEEDY HAIR COLOR (REFILL ONLY) \$5.99/ea	ELECTRIC BBQ GRILL \$39.99/ea	ELECTRIC RICE COOKER (4CUPS) \$49.99/ea	ELECTRIC RICE COOKER (6CUPS) \$54.99/ea	ELECTRIC RICE COOKER (8CUPS) \$59.99/ea
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FROZEN & FISH DEPT

Sanuki Udon 250 g / 5 pcs REG. \$6.99/ea \$3.99/ea	Frozen Snow Crab lb REG. \$26.99/lb \$14.99/lb
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WEEKLY MEAT SPECIALS

Beef London Broil/Top Round Roast Pulpa Para Hornear Roast sin Hueso \$4.99/lb	Beef T-Bone Steak Filete Chuletón de Ternera \$5.99/lb	Beef Porterhouse Steak Filete Bisteque de Ternera \$6.49/lb
Chicken Leg Quarters Piernas y Muslo de Pollo 89¢/lb	Pork Spare Ribs (Single Pack) Costillitas de Cerdo \$3.49/lb	Pork Sirloln Meat Boneless Carne de Sirloln de Cerdo \$2.99/lb

FROZEN & FISH DEPT

Amaebi Shrimp 1 kg REG. \$59.99/ea \$19.99/ea	Pan Roasted Turkey Breast REG. \$2.99/lb \$1.99/lb	Green Cracked Olives REG. \$4.99/lb \$3.99/lb	Black Olives REG. \$5.99/lb \$4.99/lb
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SAFE Grants \$15,000 to Program Dedicated to Preventing Falls

Buck Named Citizen of the Year

SAFE Credit Union News Release

FOLSOM, CA (MPG) - A \$15,000 community grant awarded by SAFE Credit Union is aiding many residents in the Sacramento region to live safer and fuller lives.

The credit union recently awarded the funds to Rebuilding Together Sacramento's Safe at Home program dedicated to preventing seniors and those with disabilities from experiencing falls at home. The program's volunteers and staff build and install free safety improvements to the homes of qualifying area residents including ramps, railings and grab bars.

"We have an aging population in the Sacramento area that are finding it harder and harder to do the things they love. Much of that is because they can't get in and out of their homes safely," says Rebuilding Together Sacramento Executive Director Bonnie Patterson. "Donors like SAFE Credit Union allow us to help more and more people. We are very, very thankful to have received this grant."

In 2023, Safe at Home volunteers and staff helped 623 area individuals in 400 homes in El Dorado, Sacramento, San Joaquin counties and in West Sacramento.

According to the Centers for Disease Control, one in four older adults over 65 experienced a fall in 2020 - equating to an average of 3 million subsequent visits to emergency rooms each year. The CDC also reports



Safe at Home volunteers Dan Ward, of Carmichael, and Stan Jones, of the Greenhaven/Pocket area, install a handrail for a Sacramento resident in need of safer step way. Photo courtesy of SAFE Credit Union

that at least one out of five falls can cause serious injuries resulting in adverse quality of life situations for patients, including difficulty getting around, doing everyday activities, and living independently.

"SAFE Credit Union has a long history of helping improve the health of residents through philanthropy in the communities we serve," says SAFE Credit Union Vice President of Community Relations and Financial Education Rebecca Delmundo. "This grant exemplifies that, and we are so glad to have been able to support such a time-tested nonprofit."

Founded in 1991, Rebuilding Together Sacramento works to fill the need and enhance affordable housing for older adults and those with disabilities.

"If you go in and install a handrail or a grab bar, a lot of times the folks are just so grateful and so thankful and are just delightful people," says Safe at Home volunteer Dan Ward of Carmichael. "It's good just helping folks out."

Volunteer Stan Jones of

the Greenhaven-Pocket area says he has put in hundreds of grab bars in the 12 years he's worked as a volunteer. "The clients are very grateful for the help that they receive, and our work prevents falls," Jones says.

Rebuilding Together Sacramento's grant was one of two grants selected by a public vote to receive \$15,000. Foster Youth Education Fund also received a \$15,000 grant for its program supporting former foster youth in the Sacramento region with financial scholarships, as well as laptops for students enrolling or attending a college, university or trade school.

To find out more about Rebuilding Together Sacramento or to volunteer, visit: <https://www.rebuildingtogethersacramento.org/>. For media information about the nonprofit, contact Rebuilding Together Sacramento Resource Development and Marketing Manager Liz Godfrey at (916) 455-1880 ext. 9, or lgodfrey@rebuildingtogethersacramento.org. ★

Continued from page 1
the country, Buck said that having an office is essential for local clients who prefer a personal connection. He makes house calls when necessary.

"I am a professional investment manager but I'm really in the customer service business and act as a fiduciary for my clients," he shared. "Being able to see my clients face-to-face definitely helps bring the relationship to a deeper level. For me, it's about establishing long-lasting relationships with my clients and being there for them through life's transitions."

MENTORING OTHERS
Buck spends countless hours volunteering his time to help others.

As the welcoming ambassador for the Fair Oaks Chamber of Commerce, Buck is committed to helping new members be successful by stressing the importance of giving back to the chamber wherever possible and building solid business relationships.

"I like to tell folks that good things will happen if they trust themselves. It just takes time," he said.

Buck volunteers to support the chamber in a variety of ways, including sponsoring community-wide events and serving multiple terms on the board of directors.

Another aspect of his mentorship role involves networking.

"I'm passionate about connecting people who have good synergies and can work together from a business standpoint," Buck said. "I try to connect new members with power partners in the community who I think can be helpful."

SERVING THE COMMUNITY

Financial literacy needs to begin at a young age, Buck said, and he volunteers with Junior Achievement to visit local classrooms and teach students of all ages about the value of money.



The Buck family, from left, are Christine, Jocelyn, and Dustin, with two of their three dogs, 10-year-old Eve and 14-year-old Cody. Photo courtesy of Dustin Buck

"It's unfortunate that schools aren't set up to teach financial literacy to children," he said. "If children were taught about money early, both at home and in the classroom, they'd be able to make wise decisions about money and avoid many of the pitfalls that happen later on in life."

Another one of Buck's passions is supporting the low-vision community. About six years ago, after receiving a diagnosis of a rare inherited retinal disease, Buck embarked on a quest to assist others facing similar conditions. He immediately partnered with the Society of the Blind to help provide mentorship and free financial counseling to those with low vision in the greater Sacramento area.

"I find great personal satisfaction in using my financial expertise to assist the underserved members of the low-vision community," Buck said.

He also gives back by teaching blind and low-vision people how to play golf. An avid golfer, he was instrumental in bringing the United States Blind Golf Association's 76th Annual National Championships to Haggin Oaks in Sacramento in 2022. It was the first time the event was held in California in 76 years.

In addition, Buck volunteers on a strategic council with the Foundation Fighting Blindness, a national organization focused on finding treatments and cures for inherited retinal diseases. A Strategic Council founding member, Buck is one of a dozen volunteers across the country working directly with the foundation's executive leadership to solve high-level problems, while helping the organization better serve those with low vision and inherited retinal diseases.

FAMILY LIFE

Buck's wife, Christine, helps manage the company's operations and client events. Married for 10 years, they have an 8-year-old daughter, Jocelyn. The family lives in Fair Oaks and owns three dogs: a 10-year-old rescue Great Pyrenees, a 14-year-old rescue Golden Retriever and a mini Goldendoodle puppy.

Buck said that he "feels incredibly lucky" to have been born and raised in Fair Oaks.

"I believe in giving back to the community that gave me so much as a child growing up here," Buck said. "Fair Oaks is an amazing community and I'm always looking for ways to make a positive impact." ★

Pinwheels Planted for Child Abuse Prevention Month



Dozens of Sacramento County Department of Child, Family and Adult Services staff planted pinwheels outside the department's buildings April 9 to create awareness about child abuse prevention. Photo courtesy Sacramento County

Sacramento County News Release

SACRAMENTO COUNTY, CA (MPG) - Sacramento County recognizes April as National Child Abuse Prevention Month. This year, the Sacramento County Department of Child, Family and Adult Services (DCFAS) spread awareness about child abuse prevention by planting pinwheels outside of all the county Department of Child, Family and Adult Services buildings. The pinwheel symbolizes childhood innocence and joy.

The pinwheels will remain planted throughout April as part of an effort to continue to raise awareness about preventing child abuse and neglect. The pinwheel plantings took place on April 9, with dozens of workers participating at each building.

"Together, we can all raise awareness for child abuse prevention," said Child Protective Services Deputy Director Melissa Lloyd.

The recognition month also serves as a reminder that everyone can work together

to keep children in the community safe.

The Department of Child, Family and Adult Services offers five tips that residents can do to help prevent child abuse and neglect.

The first two tips are to be a friend to a parent you know and offer support when needed, and to be a friend to a child you know and show you care about their interests and well-being.

The third tip is to talk to neighbors about looking out for one another and the children where you live.

The fourth and fifth tips are to donate items to families in need to alleviate financial stress, and to volunteer your time and resources for programs supporting children and families in your community.

To learn more about Sacramento County's dedication to preventing child abuse, visit the Child Protective Services webpage at dcfas.saccounty.net. Call the 24-hour Child Abuse Hotline at 916-875-5437 to report child abuse in Sacramento County and call 9-1-1 in case of an emergency. ★

Small Business Week Looks at AI

Continued from page 1

Resource Expo and Kickoff is from 4:30 p.m. to 7 p.m., also at The Lounge at Frequency Coworking in Rancho Cordova.

Day 2, Tuesday, April 30 is Exporting and Importing for Small Businesses online from noon to 1:30 p.m. The SBDC (Small Business Development Center) Capital Summit is from 2 to 5 p.m. at the Mahany Fitness Center, 1545 Pleasant Grove Blvd., Roseville.

Day 3, Wednesday, May 1, is 1 Million Cups Sacramento from 8:30 to 10 a.m. at the Carlsen Center for Innovation and Entrepreneurship, 6000 J St. Library 1520, Sacramento. The Mentor Sprint is from 10:30 a.m. to noon at the Carlsen Center for Innovation and Entrepreneurship, 6000 J St. Library 1520, Sacramento. The Webinar: Resources for Your Small

Business is from 1 to 2 p.m. The BizX Presents: Leveraging AI Technologies to Stay Ahead of the Curve is from 3 to 6 p.m. at The Sofia, 2700 Capitol Ave., Sacramento.

Day 4, Thursday, May 2, is BBB Sacramento Women's Conference from 8:30 a.m. to 3:30 p.m. at Frequency Coworking, 3249 Quality Drive, Rancho Cordova. The May Marketplace Small Business Pop-Up Fair is from 4 to 7 p.m. at The Lounge at Frequency Coworking in Rancho Cordova.

Day 5, Friday, May 3, is the SBA Small Business Awards Luncheon and Expo from 10 a.m. to 2 p.m. at the Double Tree by Hilton, 2001 Point W Way, Sacramento.

For more information about Capital Region Small Business week, visit capitalregionssmallbusinessweek.org. ★

LOCAL ARREST RECORDS

CRIME SCENE DO NOT CROSS

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ARREST LOGS UPDATED DAILY

FORPD Announces Exciting May Events



Garden Gala 2023 participants enjoy dinner in the Fair Oaks Horticulture Center. Photo courtesy of FORPD

Fair Oaks Recreation & Park District News Release

FAIR OAKS, CA (MPG) - Garden Gala for the Arts May 18 (5pm – 9pm)

Join us for the 2nd Annual Garden Gala for the Arts, celebrating the future of art, theatre and culture in Fair Oaks. Enjoy appetizers and a craft cocktail from Shangri-la, local wine, and Fair Oaks Brew Pub beer, while exploring the Fair Oaks Horticulture Garden guided by UC Master Gardeners. Indulge in farm-to-fork cuisine from Food Simply while participating in a unique auction with one-of-a-kind painted doors and curated items. Enjoy live entertainment from The Potential Jazz Ensemble and Tori Bonacich. Tickets are available now.

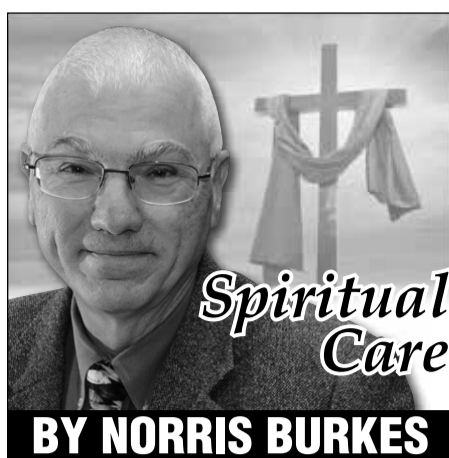
Shakespeare in the Park May 28 – May 29

Take Note Troupe transports William Shakespeare's A Comedy of Errors to the silver screen this spring at Shakespeare in the Park at Fair Oaks Park on May 28 and 29. This lively adaptation infuses the classic tale of mistaken identities with the glitz and glamour of the Jazz Age. Set against the backdrop of flapper fashion and speak-easy culture, the play follows two sets of identical twins separated at birth, leading to a series of hilarious encounters.

Fair Oaks Summer Preview May 2 (5 p.m. – 7 p.m.)

Come check out what's happening this summer with the Fair Oaks Recreation & Park District! At the Fair Oaks Summer Preview, enjoy food trucks, summer program info, and more! Get insight and ask questions to find out what you and your family can look forward to this summer to make it the best summer yet. Event is free to attend. ★

The Pantless Chaplain



Whenever I meet fellow veterans, we'll often engage in some good-natured ribbing. I set up the first joke by announcing that I'm an Air Force vet, which inevitably invokes the response, "Oh, you mean you're a 'Chair Force' vet."

I understand that nickname because Air Force members occupy a lot of chairs doing heavily technical work in places like the Space Force and Cyber Command.

I first met those seat-techies in 1994 while on my first active-duty assignment at Onizuka Air Force Station in Sunnyvale, Calif.

Declassified that same year, Onizuka was dubbed the "Blue Cube" because of its shape, color and lack of windows. Outside the cube, sat three parabolic dish antennas that the chair jockeys in blue jumpsuits used for "flying" military satellites.

A few miles away, I sat in a chair in our chapel offices on Moffett Field, a Navy base acquired by the Air Force that same year. My workday often included planning worship, counseling and meeting with our staff.

In these days before 9/11, chaplains, like most military officers, wore a simple uniform of sky-blue shirt and dark-blue Poly/Wool pants that resemble blue Dockers. We called the ensemble our "Blues." Add the rank, name tag and a Protestant cross, and I became an instant chaplain.

It was the same uniform I'd worn for monthly weekend duty as a USAF Reservist, so I quickly mastered the routine for daily wear. We had no one inspecting us for proper haircuts, uniforms or shoe shining. We were all friends and "trusted professionals."

With a 7:30 a.m. daily start, I'd often suit up in my darkened bedroom on summer mornings, leaving the exhausted mother of our four children asleep. ★

Early one morning I decided to bypass office work to make a few visits around the cube. I walked through classified work areas introducing myself and giving an encouraging word. I returned to the office before lunch with a feeling that I had done some good chaplain-type work.

"Good," that is until I was greeted by Janet, our chapel manager and Non-Commissioned Officer in Charge (NCOIC).

Janet was a law-and-order manager, good with regulations and policies. She had a sharp eye for detail that helped her chaplains stay sharp too.

I knew something was up when she asked, "What are you wearing today, Chaplain?"

Her question sent me inspecting my shirt for unclean breakfast.

"Look farther down," she said.

Forget the friendly "Chair Force." I was beginning to feel like a recruit standing before his drill instructor.

Finally, unable to hold her snicker, she said, "Those can't be your uniform pants."

"Why?" I asked, still staring at my well-crescented blue pants.

"They look more like Levi Dockers® than official Air Force Blues."

Suddenly I was the picture of patriotism – a red face on a white man wearing blue pants.

She was right. In my haste to dress in my darkened room, I'd donned my Levi's Ultimate Chino Straight Fit instead of my Air Force Poly/Wool pants.

There's no telling how many airmen on my morning rounds noticed Dockers on their new chaplain. But just like the people in Hans Christian Andersen's fable, "The Emperor's New Clothes," they'd said nothing.

But the sergeant, like the little boy of the story, was the only one brave enough to call out her proud chaplain for his "nakedness."

I tried minimizing my mistake with the adage, "No one's perfect. We all put our pants on one leg at a time."

"Still," she said, "Perhaps chaplains ought to heed the Jesus protocol and 'Be perfect, therefore, as your heavenly Father is perfect'" (Matthew 5:48).

But, but..." I stammered as she reloaded. "And I think even Jesus might tell you that perfection begins with first choosing the right pants."

And with that, I returned home to change pants. Obviously, my argument no longer had a leg to stand on. ★

May Days in Fair Oaks

By Judy Andrews, Fair Oaks Chamber of Commerce

The Fair Oaks Chamber and their membership partners are hosting several big events next month, starting with the unveiling of a special memorial bench dedicated to the memory of Penny Howard. The beloved centenarian was a long-time active member and friend of the chamber, having served three terms as the town's honorary mayor. Penny passed away last October and her memory is being honored with a new permanent bench in her name. The public is invited to a special unveiling from 5 to 7 p.m. Wednesday, May 8 at Fair Oaks Brew Pub.



Judy Andrews Courtesy photo

Park (11549 Fair Oaks Blvd.). Hear what the Fair Oaks Recreation and Park District has planned this summer.

May 3 – Five Chamber Power Lunch, 11:30 a.m. to 1 p.m., Cattlemen's Steakhouse (12409 Folsom Blvd., Rancho Cordova). Hear what's going on in the community and network with other members from five local chambers.

May 4 - Big Day of Service. Pick a community-based project and sign up to volunteer at bigday-ofservice.com.

May 8 - Mixer and Memorial Bench Dedication, 5 to 7 p.m., Fair Oaks Brew Pub (7988 California Ave.). Attend an unveiling of our new bench dedicated to the memory of long-time Fair Oaks resident Penny Howard.

May 9 - Community Meeting with Supervisor Rich Desmond, 8:30 to 9:30 a.m., Fair Oaks Water District (10326 Fair Oaks Blvd.). Hear from local Supervisor Rich Desmond and other special guests at an open community meeting to discuss transportation and our roadways.

May 17 - Taste of Fair Oaks, 6 to 9:30 p.m., North Ridge Country Club (7600 Madison Ave.) This is the chamber's largest fundraiser of the year. For ticket information, visit fairoakschamber.com.

May 25 – Annual Memorial Day Ceremony, 10 a.m. to noon, Fair Oaks Cemetery (7780 Olive St.). The event will feature a parade and presentations from special guests.

Tuesdays - Fair Oaks Farmer's Market, 9 a.m. to 2 p.m., Fair Oaks Park (11549 Fair Oaks Blvd.) Open rain or shine!

For information on these events and more, please visit fairoakschamber.com. See you in Fair Oaks! ★

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Becerra, Bera Discuss Healthcare Worker Shortage at Rio Americano



Health and Human Services Secretary Xavier Becerra and U.S. Rep. Ami Bera visit Rio Americano High School Medical Careers Program on April 8.

**Story and photos
by Adam Abolfazli**

SACRAMENTO REGION, CA (MPG) - As the nation faces a critical shortage of medical professionals, Health and Human Services Secretary Xavier Becerra and U.S. Rep. Ami Bera met with local educators and students in Rio Americano High School's medical careers program on April 8 to hear concerns and promote medical education, especially at the secondary level.

The event, "Training the Next Generation of Health Workers," welcomed Becerra and Bera, a Democrat whose district includes Rio Americano in Sacramento County. San Juan Unified School District Superintendent Melissa Bassanelli and school board President Pam Costa were also in attendance.

The visit's purpose was to showcase "how San Juan Unified is leading in developing a healthcare workforce and to discuss the importance of ongoing federal support for similar programs," San Juan Unified communications director Raj Rai said.

Becerra, a Sacramento native whose wife is a doctor still practicing in the area, called attention to the industry shortage and discussed Biden administration programs to ease the crunch, including supporting career education.

"At HHS, we can add some value and worth with you as you try to create that pathway for young Americans to become our future leaders," Becerra said. "There is no shortage of opportunity, so when you see an opportunity to support a program that is bringing young folks in quickly (to medical careers), you want to be here."

Facing the shortage

The country will face a shortage of 195,400 nurses by 2031, according to estimates by the Bureau of Labor Statistics. Openings for home health aides and personal health aides will increase 37 percent by 2028.

According to projections published last month by the Association of American Medical Colleges, the U.S. will face a physician shortage of up to 86,000 doctors by 2036.

Across the country, Health and Human Services and hospitals are trying to fill medical residency slots, including at 1,400 federally-certified health service clinics.

"More and more, people are finding access through community health clinics," Becerra said.

The American Rescue Plan, passed in 2021, contained funding for 1,000 additional residency slots.

More than \$100 billion in federal funding has been approved under President Joe Biden to grow the healthcare workforce. The administration also wants to subsidize universities to help retain faculty members and increase the salaries of nursing professors so that they don't leave the classroom for more lucrative hospital jobs.

Two weeks ago, the Biden administration announced additional investments in primary care medical education and more



U.S. Rep. Ami Bera, left, and Health and Human Services Secretary Xavier Becerra speak to students April 8 at Rio Americano High School.

residency programs in rural areas.

Becerra also touted Health and Human Services' scholarship and loan forgiveness programs that help students get through college if they agree to work for a number of years in underserved communities. His son-in-law, now a pediatrician, was given a full four-year scholarship through the initiative.

Starting in high school

However, on the local level, the healthcare industry has emphasized high school education to kickstart medical training.

"This is such a great program because we're exposing you to career pathways in healthcare," Bera, a doctor, said. "We're creating a workforce that's going to take care of me when I'm older. There's nothing more important than investing in our young people. Our legacy is the next generation, the lives that we touch."

Principal Cliff Kelly and medical careers program teacher London Mackey promoted the success of the medical program, which boasts a 95% pass rate on the medical assistant board exam and allows students to become certified medical assistants when they graduate high school, often getting medical assistant jobs that pay \$25 an hour.

Medical assistants "complete administrative and clinical tasks, such as scheduling appointments and taking patients' vital signs," according to the Bureau of Labor Statistics. Students also learn to draw blood and give injections.

Becerra noted the benefit of the well-paying job for students who continue studying medical careers in college.

Seniors in the program spend half their school day at a hospital participating in an externship that culminates in receiving a medical assisting license and college credit.

The importance of the medical program is to "give students hands-on training that will enable them to better transition into college or medical

careers," Kelly said.

Recently, the big four Sacramento health systems came together to identify and highlight such programs, including the medical careers pathway at Rio Americano and health science academies in Natomas and Rancho Cordova. They view career education as a way to fill gaps in hiring medical assistants, nurses, X-ray techs and a variety of other medical professions.

"We invest in our students' needs in ways that will serve them far beyond graduation," Bassanelli said. "That success relies on the long-term support and investments of policymakers and key partners like those here today."

About the Rio Americano Visit

After visiting Rio Americano High School, Becerra said that "there is a real reason to hope for our future."

On April 5, crews could be seen cleaning buildings and mowing the lawns in preparation for the secretary's high-profile visit. The Secret Service was also present over the weekend conducting a sweep of the campus. Local news outlets attended the event, too.

Medical careers program teacher Mackey welcomed Becerra and Bera to the med wing to speak directly with her sophomore students.

"I love having speakers that the students can interact with," Mackey said.

Rio Americano High School's medical careers students shared their interest in pursuing careers in radiology, pediatrics and sports medicine, among others.

"It's good not just for Rio but for all pathways," Principal Kelly said. "It's the first time we've ever had a cabinet-level person show up to a San Juan school."

The medical facility at Rio Americano was originally funded by federal money that trickled down to San Juan and by bond measures local voters approved.

"We have a number of programs where we help establish the pipeline," Becerra

said of his department's work with youth. "We provide a dollar to the state of California. The state then gets it down to school districts, and then the schools get to use it the way they think best."

In their meeting with first-period med program students, Becerra and Bera spoke about the growing importance of mental health services, including increased funding for 988, the new national number for the Suicide and Crisis Lifeline for mental health services.

The secretary, asked by a med student what he saw as the most important up-and-coming developments in federal healthcare, told students about the Advanced Research Project Agency for Health (ARPA-H), whose goal is to "catalyze the next generation of treatments to improve the health of all Americans."

Becerra spent time in Southern California as part of his latest Latino health tour before coming to Sacramento.

Becerra was born and raised in Sacramento and graduated from nearby McClatchy High School.

He also served in Congress, representing Los Angeles, for more than two decades, and as chairman of the House Democratic Caucus at the end of his congressional tenure.

As Health and Human Services secretary, Becerra has helped protect and expand the Affordable Care Act and assist in overseeing the U.S. response to the COVID-19 pandemic.

"At HHS, we want in," Becerra said.

Becerra joked that "as much as there is conflict and controversy going on throughout the world, when a CK McClatchy Lion will come visit Rio Americano, things are pretty good in the world."

Adam Abolfazli is a junior at Rio Americano High School and an editor of the Rio Mirada student newspaper. He plans to study journalism in college. ★

Spirit of San Juan Awards Celebrated May 9



DaeChole Reed-Herbert



Ethan Minton



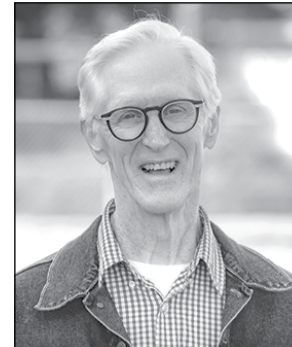
Greta Scholtes



Julia Clauson



Nancy Carter



Robert Anderson

By MPG Staff

CARMICHAEL, CA (MPG) - San Juan Unified School District will celebrate six outstanding individuals, three of them students, at its 11th annual Spirit of San Juan Awards on May 9.

The awards recognize individuals within the district's school communities who exhibit exceptional character, remove barriers and provide an inclusive environment for all, according to district spokesperson Elysse Fresquez.

The three students being recognized this year are Julia Clauson from Bella Vista High School, Fair Oaks; DaeChole Reed-Herbert from Lichen K-8, Citrus Heights; and Ethan "E Train" Minton, Winston Churchill Middle School,

Carmichael.

The three other honorees are Robert Anderson, a Mary Deterding Elementary School teacher in Carmichael; Nancy Carter, a Mission Avenue Open Elementary School volunteer in Carmichael; and Greta Scholtes, Encina Preparatory High School principal at Arden Arcade.

Clauson, an 11th-grade student, advocates to ensure student voices are heard at Bella Vista. Clauson actively participates at the school and district level as a Superintendent's Student Advisory Council member, as the Bella Vista's writing club president and as one of two student representatives on the school's equity team. This year, Clauson is also spearheading her new project, a

district-wide literary magazine aimed at sharing student voices.

Reed-Herbert, a seventh-grade student, mentors and encourages her Lichen K-8 School peers to promote a positive school environment. As the Black and Brown students club founder and Student Senate member, Reed-Herbert has fostered a welcoming and inclusive experience for Lichen students and staff.

Minton, a seventh-grade student, has advocated for and promoted literacy through his online platforms. He has organized book donations and author visits, and has also volunteered his time by reading books to kindergarteners in the district. Minton's work will leave a lasting impact on Winston Churchill Middle School students, who now

have increased access to books.

Anderson was chosen for his dedication to young learners both in and outside of the classroom. As a kindergarten teacher at Mary Deterding Elementary School, Anderson promotes a welcoming and accessible classroom environment for his students and their families by making their first years at San Juan Unified School District memorable.

Carter is a San Juan Unified retiree who continues to make an impact through her math tutoring volunteer work at Mission Avenue Open Elementary School. Her energy and enthusiasm for helping students succeed has been extended to all students, especially those who need extra support to get the job done.

Scholtes, as Encina Preparatory High School principal, actively removes barriers to make education accessible for all students. She works closely with students and families to solve attendance barriers, increases access to resources by working with resettlement agencies and community partners, and leads by speaking up for marginalized groups.

The awards ceremony is at 6 p.m. May 9 in Rio Americano High School's Center for the Arts, 4540 American River Drive, Sacramento. Each honoree will receive a plaque.

Learn more about the May 9 event on the Spirit of San Juan webpage at www.sanjuan.edu and RSVP at <https://forms.sanjuan.edu/240726246398969>. ★

Shepherd to Talk on Why Everyone is Needed

First Church of Christ, Scientist, Carmichael and Fifth Church of Christ, Scientist, Sacramento News Release

SACRAMENTO REGION, CA (MPG) - James Shepherd, a Christian Science healing practitioner and international speaker, will talk on "Why everyone is needed" at 2 p.m. May 5 at Fifth Church of Christ, Scientist, 3250 Cottage Way, Sacramento.

The talk will focus on universal healing precepts found in the Holy Bible, especially in Christ Jesus'

life and teachings, showing how they are available for anyone to understand and experience through the lens of Christian Science. The talk is free, open to the public and sponsored by First Church of Christ, Scientist, Carmichael and Fifth Church of Christ, Scientist, Sacramento.

"I love exploring the nature of God, infinite Love, as the only cause and our unbreakable connection to God as God's offspring," Shepherd said. "This connection gives us our purpose and worth by seeing everyone from a more God-like, or spiritual, point of view.



James Shepherd

I've experienced how this has an impact on my life and on the lives of others."

Sharing examples of his own healing and professional practice of Christian Science, Shepherd will explain why Christian Science is both Christian and scientific, meaning that anyone can prove its effectiveness for themselves, as described in the book "Science and Health with Key to the Scriptures," written by Christian Science movement founder Mary Baker Eddy.

Shepherd will also touch on the life of Eddy, who taught what she said was original Christian healing.

Eddy has said that she was especially inspired by Jesus' demand: "He that believes on me, the works that I do will he do also; and greater works than these will he do, because I go unto my Father" (found in the Gospel of John 14:12 in the Bible).

Shepherd has been a Christian Science practitioner for many years, helping others daily through this scientific approach to prayer. He travels from his home base in Eugene, Oregon, to speak to audiences as a Christian Science Board of Lectureship member. ★



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.

Last month, the Board of Supervisors heard a presentation about broken families and the struggles of our region's most vulnerable children. The numbers were startling, and the stories were heartbreaking.

We heard about the impact of families suffering from economic stress and children pushed into courts that could result in removal from their families. We also heard about a grant for a pilot program that purports to help - one that other jurisdictions claimed was reducing incidents of children being pushed into the family court system.

I joined my colleagues in supporting this pilot project. But upon reflection, I shouldn't have.

I so was focused on the numbers, the needs of these families, and the struggles of the children - as well as the grant dollars from the state for a pilot project that wouldn't cost county taxpayers or reduce other services we provide - that I didn't take the time to consider the broader issues.

Orangevale Community Update

I was trying to help, but I made a mistake

Families are the building blocks of our society - and I will always step up to strengthen families and support parents. However, I should have looked deeper and realized that this pilot program isn't really the best way to help families and the data presented didn't tell the whole story. Even though my vote wouldn't have changed the outcome, I should have voted "no."

I made a mistake - and I have to own that.

After looking more closely at the pilot program, I'm concerned that it sets a precedent that could be used to justify a wider use allocation of public resources based on racial preferences. In fact, the pilot project itself violates the California Constitution - which prohibits the state from granting privileges or immunities to a citizen or class of citizens that are not granted to the same terms to all citizens. (See California Constitution, Declaration of Rights, Article I, Section 7B).

I'm also concerned that throwing money at a problem - even though it isn't county tax dollars - without addressing the deeper issues plaguing so many families isn't going to make things better.

Instead of throwing money at the problem, we should be focused on supporting parents. And instead

of dividing people by race, we should be celebrating our shared commitment to our families. The pilot project isn't a panacea - it has insufficient restrictions and not enough accountability and doesn't address the underlying causes of family crises.

The challenges families face in these often conflicting times, the incidents of abuse, and the growing number of children struggling with school or getting into trouble won't disappear with a \$750 check. And doling out those dollars based on race, rather than need, perpetuates divisions in our society.

I know it's not politically expedient to admit you made a mistake, and there was little media attention, so I could have just remained quiet and few people would have noticed. But I think you deserve to know the truth - not just when it's convenient, but also when I mess up.

Thank you for reading and as always, if you want to contact me, call me at 916-874-5491 or e-mail me at SupervisorFrost@saccounty.gov.

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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WE SUPPORT FIRST RESPONDERS 

Rams Football Celebrates Remarkable Season with Championship Rings



Head Coach Chris Horner gets ready to countdown to the much anticipated championship ring reveal.

Story by MaryAnne Povey, photo by Jayme Coss

ORANGEVALE, CA (MPG) - The Casa Roble High School football team, coaches and families celebrated their remarkable 2023-24 season which peaked with the Division V Championship at an outdoor banquet in the Casa stadium. The event took place months after the season ended, adding to the anticipation and excitement surrounding the presentation of championship rings to each player and coach. Each ring was custom designed with the player's name and jersey number.

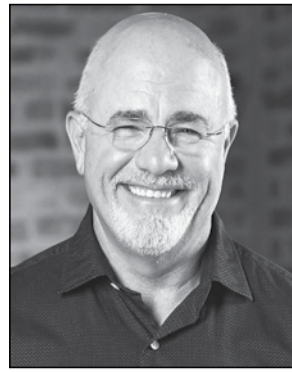
Coach Horner reflected on the season's success and spirit that set this team apart from others. "This team gelled as the season progressed and constantly picked each other up," Horner noted.

A highlight of the team bonding during the season was when they came together for a Polynesian night hosted by the Vuki family. The event inspired the team to perform the haka before games, a ritual that Horner believes played a crucial role in fostering unity

and respect among the players. Beyond the field, Horner mentioned the impact on the community: "Winning a section title means everything for the team and the community." Horner explained, "The success has not only brought the community closer but has also elevated the school's sports culture, positioning Casa Roble as a powerhouse despite its smaller size. The success has fueled a sense of pride and a higher standard for future athletes at the school."

Looking forward, Coach Horner is optimistic about the team's prospects. The taste of victory has only intensified their desire to continue their success. "We want to run it back and do it again," he said, "The goal is to keep evolving and improving, attracting more students to Casa Roble with the promise of excellence and community."

As the team moves forward, the legacy of this championship season will undoubtedly inspire and influence generations of players to come, cementing a culture of success and unity at Casa Roble High School. Go Rams! ★



A Safety Net, Not a Hammock

Dear Dave,

My husband and I are in a bad situation, and we're thinking about taking my parents up on their offer to move in with them. We both work two jobs. I'm a medical transcriptionist with a small business on the side, and he's a warehouse clerk who is also trying to get a business off the ground. Combined, we bring home about \$70,000 a year, plus we have \$80,000 in debt between credit cards and a car loan. On top of all this, our rent went up 18% at the first of the year, and we can't afford the increase. Should we move in with my folks?

- Melissa

Dear Melissa,

I'm not opposed to families jumping into a situation together to solve a problem. That includes

Dave Ramsey Says

grown children moving back home for a short period of time. Sometimes, when the right people are involved (and proper boundary expectations are established and agreed upon), it can work out well for everyone. I just want you to be very careful that you're not using a move like this to mask the real problem.

I'm going to shoot straight with you. The real problem isn't an 18% jump in rent. The real problem is what that rent increase revealed about you both—the fact that you have weak careers. You guys are like two hamsters in a wheel right now. Neither one of you is afraid of work. That much is obvious. And you're working four jobs between the two of you, so there's no lack of effort. But you're not gaining any traction. You're not making a lot of money, and the debt hanging over your heads isn't helping either.

Your parents are obviously good-hearted people, Melissa. If you do this, I want you, your husband and your folks

to go into it with this mindset—your stay with them is a brief stopover on your way to prosperity. Don't go into this—any of you—with an attitude of the world is mean, rent went up, and we can't make it out there. This is a safety net, not a hammock. Use this time to begin addressing your financial issues, and take a long, hard look at your career and income situation. If you use this opportunity wisely, you can emerge in a better place with your money and with getting ahead in your careers.

God bless you all!

- 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 ★

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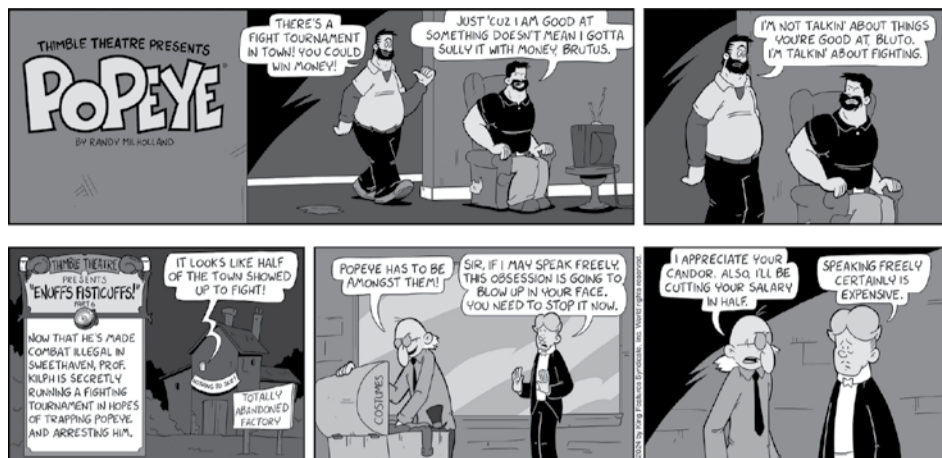
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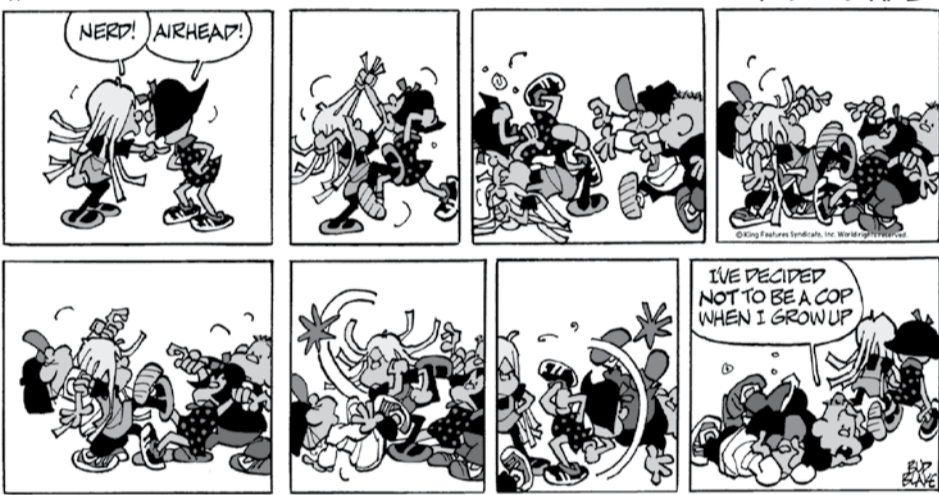
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 - Yours is as good as mine?
 - Tennis retry
 - Cause anxiety (2 words)
 - Bookie's quote
 - Well-kept secret, for some
 - Teatime treat
- DOWN**
- Do like volcano
 - Honey home
 - Iris holder
 - Human trunk
 - iPad "pen"
 - "Matriarch, _____ Munster of "The Munsters"
 - "Nadezhda of "The Americans," _____ Elizabeth Jennings, acr.
 - Muhammad's birthplace
 - Melissa Rivers' mom
 - Australian slang for afternoon
 - Widely hunted ruminant
 - Follow ems
 - A particular legume
 - Not paths
 - Second 0 in EV00
 - Kinda white
 - "Mrs. _____, a.k.a. Marmee"
 - Anoint
 - Red Sea peninsula
 - Drive a getaway car, e.g.
 - Goals
 - Like a Harvard building?
 - Plant-based laxative
 - * _____ Bunker, mom to Gloria in "All in the Family"
 - Dance partner
 - Drive-_____, for short
 - Like a haunted house
 - Daisy dukes, e.g.
 - _____ chi
 - Casts a line
 - Popular electric car
 - Newton's first name
 - Foul substance
 - Matured
 - Bob of "The Joy of Painting" fame
 - On top of
 - "High" time
 - Cosine's counterpart
 - In the past
 - **"Married... with Children" mom

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Media Icon Joey Mitchell Leaves a Legacy of Laughter

By Mary Jane Popp

After 50 plus years on the air, an icon in radio signs off for his final journey. But I'm sure if there is a microphone in the clouds, Joey Mitchell will be at the helm with his joyous voice that always made his fans feel that he truly cared about each and every one.

What can I say about Joey that hasn't already been said... talented, dedicated, award-winning personality, a great sense of humor, total love of family and what meant so much to me was that he was genuinely a really nice guy and gentleman. He greeted everyone he met with a big smile and you felt he knew you forever.

Joey was the first on-air radio guy I worked with when I first came to Sacramento in 1977. It was at the hit country music station, KRAK Radio. I would pop in with the news updates, and truly, I never knew what to expect. There were times I would go into the studio and no Joey...until he popped up from under the board trying to scare me with that silly grin on his face. But it was always in fun. He would try to break me up on the air but little did he know I came from doing a television show in Indianapolis with a crew that did all they could to break me up with antics behind the guests so only I could see. But I loved the friendship Joey shared with everyone, including me, for all these many years.

I think I admired Joey most for his caring about the community, especially when we would host telethons to raise money for so many worthy charities from Easter Seals to the Children's Miracle Network and more. Back in the '80s, there were eight or nine telethons on the air and they were the 24-hour ones. But Joey's energy level never waned. Always professional yes, but with a fun competitive spirit as we would compete for on-camera time, with the ultimate goal of raising as much money as we could for charity. Joey was always game for fun too, like when we were asked to host an event for, I believe, the Opera Association. So we dressed in silly opera garb, and we laughed our way through the event, always ready for anything we could do to help the community.

Stories about Joey were so many I had to limit them, or I would need several pages to tell them all. But I had to share this one from Ken Knoll who did lots of film work in Sacramento. When Joey was named Country Music D.J. of the year and hosted names such as Freddy Fender, Loretta Lynn and Merle Haggard at the Lonesome Armadillo in Roseville, he would do TV funny skits to promote his show. Ken still laughs at this one. Wait until you hear what happened. Ken and Joey came up with the idea to do a skit at the Folsom Zoo in the tiger cage, and yes, with a real tiger. The idea was for Joey to first dress up in lady garb, moustache, and all, and pretend that the tiger was going to attack her/him. Then Joey would change back into guy clothes, and with the magic of television editing, come to her rescue. Funny, right? The trainer assured Joey that the tiger was tame and not to worry. To be honest, Joey



was rather nervous and began sweating some. But being the trooper he was, Joey got into the enclosure. Ken was not sure but perhaps the tiger sensed Joey's fear and began to growl and started to get too close for comfort. It was too close for Joey and he began to shout "please get me out of here." But it was hard to hear him above the laughter of the crew. Suffice to say, Joey was not going into a

wild critter space alone for a long time.

Here's one that will give you a laugh but I'm not sure Joey laughed. Ken told me about the time President Clinton came to town on Air Force One, and we don't know how Joey did it but he planted a bumper sticker on the back of Air Force One promoting the Joey Mitchell Show. Sounds funny now but the Secret Service was not amused, and

he actually got arrested. Don't know if he had to spend time in the pokey but leave it to Joey to come up with this stunt and look for more to do.

Another side of Joey was always wanting to help others in the business. Jennifer Steele, executive producer of the morning news at KFBK, had fond memories of him. She worked with Joey at FM 101.5 for 10 years and knew him more than

30 years. Despite his being a celebrity, she said, he was always a real human being, a mentor, teacher and nice to all.

And Big Jim Hall worked with Joey at KRAK Radio for many years. That's where I met them both. Jim and Joey both began working at KRAK Radio together. One did the morning, and one did the afternoon, and their friendship grew over the many years. Jim said he was always fearless and always wanted to support organizations to help the community. Fondly, Jim said, Joey was an incredible co-worker and friend for 40 years, along with having a caring heart and always being super funny. Jim said he was a joy to work with and to know.

There are many stories to tell and perhaps some of the pictures can tell the Joey Mitchell life and his work, but I asked his son, Joe Jr., who sent me so many wonderful pictures to choose of his dad, if he could tell me his fondest memories of "Dad" Joey. I could not end this piece any better. Here is Joe Jr and his heartfelt thoughts about his dad in his own words.

"My dad was just my dad to me, and I never really appreciated all he had accomplished until I grew older. Many people didn't know he had severe and painful scoliosis that would keep him up nights. Getting up at 3 a.m. was a chore for anyone, but for him, it was a daily struggle to get ready for his radio show. Even though he was in pain, he always had a smile on his face and wanted to make people laugh. It wasn't an act, it was who he was. He truly was an amazing man, husband, father, friend and radio legend who will leave a huge void in our hearts. I strive to be like him. He was my HERO!"

What more can be said about this icon and truly good human being?

And so the memory of Joey Mitchell goes on and I'm sure he is wowing them up there behind the mic with his wit and big smile. We will miss you Joey, but our memories will always be with us. Rest in peace, good friend.

Editor's note: Joey Mitchell died March 24 after a battle with a lung condition and pneumonia. Photos provided by Joey's family. ★



Joey ready and eager for retirement.



Joey with the KRAK radio team.



Joey (far right) with Mary Jane Popp (next to him) worked together on local on-air fundraisers to raise money for local causes.



Joey always had a smile and a joke, even if it was on him.