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to Program Aiming  
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# East Sacramento News

VOL 33 • ISSUE 08

Bringing You Community News For Over 30 Years

APRIL 26, 2024

**SEE  
INSIDE**

**A TRIBUTE  
TO RADIO'S  
JOEY MITCHELL**



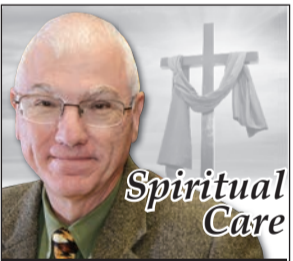
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## Concerts in the Park Returns for 31st Year



A previous year's Concerts in the Park show. Photo courtesy of SpencerFields46

**Downtown Sacramento Partnership News Release**

**SACRAMENTO, CA (MPG)** - Downtown Sacramento Partnership has announced the much-anticipated Concerts in the Park series lineup, bringing live music back to downtown Sacramento on Friday evenings,

May 3 through July 26, 2024 (except July 5). New this year, Concerts in the Park is expanding its footprint in Cesar Chavez Plaza to cover more than half of 10th Street and J Street. With this additional space, Downtown Sacramento Partnership has invited community partners to activate within the park, including a

vintage market presented by World's Worst Expo, Silent Disco presented by Hall of Fame, an artist collective to produce a community art project, and a beauty bar provided by a local salon.

This string of musical events serves as the launch to Northern  
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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.

"BixX 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 at [capitalregionsmallbusinessweek.org/schedule](http://capitalregionsmallbusinessweek.org/schedule).

*Continued on Page 2*

## California Capital Airshow Presents International Headliner July 13, 14



This year, the California Capital Airshow will welcome the Italian Jet Team Freccie Tricolori. The international jet team is one of several performances that will amaze audiences of all ages. Photo courtesy of California Capital Airshow

**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, Freccie 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 Freccie 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. Freccie 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

*Continued on Page 3*

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# Credit Union SACTOWN Run Raises \$216,500

California and Nevada Credit Union Leagues News Release

**SACRAMENTO, CA (MPG)** - The annual Credit Union SACTOWN Run on April 7 in Sacramento raised more than \$216,500 for 11 Children's Miracle Network Hospitals (CMN) and helped local kids throughout California and Nevada receive the medical care they need.

More than 2,000 runners participated in this year's run, including 986 credit union employees and credit union members from across California and Nevada. The event, which started and ended on the Capitol Mall in front of the California State Capitol, featured a 10-mile race, 5K run/walk and Miracle Mile.

The run was hosted by the Sacramento Running Association (SRA), a community-based nonprofit that promotes the sport of running in the greater Sacramento area, including the California International Marathon. It serves as the USA Track and Field's Pacific Association 10-Mile Championship.

"Thanks to incredible partners like the Sacramento Running Association and generous sponsors, runners and volunteers from California and Nevada, we are helping countless children at Children's Miracle Network Hospitals receive critical medical attention," said Diana Dykstra, president and CEO of the California and Nevada Credit Union Leagues (Ontario). "Because of the amazing work of so many

credit union movement supporters, we're making a real difference for kids across both states. These funds directly support the CMN Hospital system, ensuring children and their families receive the best possible care and support. Thank you once again for creating even more miracles."

## Credit Union SACTOWN Run Champions, Race Times and Results

The following champions clocked the best times during the race:

**10-Mile Run Champion (men):** Silas Frantz (San Luis Obispo, CA) — 47:44 (time); 4:46 (pace).

**10-Mile Run Champion (women):** Cali Hauger-Thackery (Flagstaff, AZ) — 52:06 (time); 5:13 (pace).

**5K Run/Walk Champion (men):** Anthony Mallory (Folsom, CA) — 16:18 (time); 5:14 (pace).

**5K Run/Walk Champion (women):** Sara Wolf (Sacramento, CA) — 19:12 (time); 6:10 (pace).

**10-Mile ADA Accommodations Champion:** Johnny Comilang (Sacramento, CA) — 1:38:21 (time); 9:50 (pace).

Keep an eye out for Calli Hauger-Thackery at the 2024 Summer Olympics in Paris this August.

## CMN 'Champion:' Shine Duby's Story

Each year, CMN Hospitals across the



Participants get off to a good start at the Credit Union SACTOWN Run. Photo courtesy of California and Nevada Credit Union Leagues



Seventy-four credit unions participated in the Credit Union SACTOWN Run.

United States identify a "champion" in their local community to represent kids treated at the local children's hospital. This year's champion is Shine Duby, a "miracle baby" who beat all the odds through medical care and support, and who ran this year's Miracle Mile!

His story is living proof of the survivability of individuals with Popliteal Pterygium Syndrome (PPS) — Bartsocas-Papas type.

He's a "shining" example of resilience in the face of adversity. Shine wouldn't be

where he is without this team at UC Davis Children's Hospital. From the beginning, everyone supported him and always made his mother and family feel like he was cared for with loving attention and treatment. He's now living his best life and representing CMN at UC Davis.

The annual Credit Union SACTOWN Run is for kids such as Shine and so many others across California and Nevada.

Thank you to everyone who participated in this year's event. ★

# Small Business Week Looks at AI

Continued from Page 1

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 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 about Capital Region Small Business week, visit capitalregionsmallbusinessweek.org. ★

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Chicken Leg Quarters Piernas y Muslo de Pollo <b>89¢/lb</b>	Pork Spare Ribs (Single Pack) Costillas de Cerdo <b>\$3.49/lb</b>	Pork Neck Bones Huesos de cuello de Cerdo <b>\$1.99/lb</b>
		Pork Sirloin Meat Boneless Carne de Solomillo de Cerdo Desmenuada <b>\$2.99/lb</b>

**FRESH PRODUCE**

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Carrot 25 lbs bag <b>\$12.99/bag</b>	Yukon Potato 99¢/lb	Cosmic Crisp Apple 99¢/lb	Garlic 5 pcs sleeved 2/\$3.00

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**ASIAN GROCERY**

Chaokoh Jackfruit In Syrup 20 oz <b>\$1.99/ea</b>	Knorr Tamarind Soup Base 40 g <b>5 for \$2.99</b>	Lee Kum Kee Premium Oyster Sauce 18 oz <b>\$5.49/ea</b>	Aik Cheong Tarik Milk Tea Mix 456 g <b>\$7.99/ea</b>	Indo Mie Instant Noodle Box 30 per box <b>\$14.99/box</b>
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**EUROPEAN GROCERY**

Phillon Peeled Peach Compote 59.3 oz <b>\$8.99/ea</b>	Land of Fire Pomegranate Organic Juice 1 liter <b>\$4.99/ea</b>	Majlesi Saffron Rock Candy Stick 360 gr <b>\$5.99/ea</b>	Safad Iodized Salt 737 gr <b>99¢/ea</b>	Ahmad Earl Grey Tea 100 T/B <b>\$7.99/ea</b>
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**KOREAN/JAPANESE GROCERY**

Rice 15 lbs <b>\$12.99/ea</b>	Tea Herb Songjuwon 30pk 3000 ml <b>\$7.49/ea</b>	Canned Silk Worm 130 g <b>99¢/ea</b>	Yissipye Pickled Radish 2.2 lbs <b>\$7.99/ea</b>	Kabuto Red Bean Paste 2 kinds 475 g <b>\$2.49/ea</b>	OH Tea Choco Cake 12 x 30 g <b>\$3.99/ea</b>
Red Pepper Powder (Kimchi) 1 kg <b>\$8.99/ea</b>	All Purpose Flour 2.5 kg <b>\$4.99/ea</b>	Sempio Soy Sauce 17 liter <b>\$5.99/ea</b>	Hot Pepper Paste 3 kg <b>\$8.99/ea</b>	Tomomatsu Drink 4 kinds 300 ml <b>99¢/ea</b>	HF Curry Sauce 2 kinds 200 g <b>\$2.49/ea</b>
				Cracker 3 kinds 431 oz <b>99¢/ea</b>	

**FROZEN & FISH DEPT**

Amaebi Shrimp 1 kg <b>\$19.99/ea</b>	Pan Roasted Turkey Breast <b>\$11.99/lb</b>	Oven Roasted Turkey Breast <b>\$10.89/lb</b>
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**EUROPEAN DELI**

Green Cracked Olives <b>\$7.99/lb</b>	Greek Black Olives <b>\$4.99/lb</b>
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# Five Ways Counties Can Prepare Now That Prop 1 Has Passed

By **Amalia Egri Freedman**



**Amalia Egri Freedman.**  
Courtesy photo

After two weeks of counting votes, California voters passed Proposition 1 by a hair. The proposition, a two-part initiative aimed at improving equitable access to behavioral health services, provides new funding for treatment facilities and housing support while updating the 20-year-old Mental Health Services Act (MHSA). Millions of Californians who cope with behavioral health conditions — mental illness or substance use disorders (SUD) — rely on services and supports primarily provided by California’s 58 counties through MHSA, and increasingly their needs include housing.

Prop. 1 directs the State to borrow \$6.4 billion through bonds to fund new housing and treatment facilities. The State will also reallocate MHSA funds at the state and county levels, with a slightly greater proportion of MHSA revenue shifting to the State. Where 95% of MHSA funds were previously distributed to county behavioral health systems, now they will receive 90% with an additional

5% funding expansion of statewide efforts, including training, evaluation, innovation, and administration. There will also be new restrictions on how funds can be used, thus funding is likely to decrease for some behavioral health services.

Improving equitable access to needed services regardless of race, age, gender identity, sexual orientation, or county of residence is a critical step in building a more comprehensive behavioral health system in California. And the challenge to ensure access falls primarily on county leaders. Expectations are high, tensions are high, and the divided voter support may lead to challenging conversations around the changes

that will inevitably raise questions for county leaders and families with individuals facing behavioral health challenges. Still, with Prop 1’s ratification, we believe that the answers to five key questions are essential to begin paving the way for the measure’s implementation.

**How will funds be allocated at the county level?**

First and foremost is the process of allocating funds locally. County officials will be required to spend pre-allocated amounts on housing interventions, services, and treatment for adults with severe mental illness, and for behavioral health services. County leaders will need to drive discussions internally and among stakeholders to determine how to implement this spending while expanding community partnerships to extend service provision.

**How will programmatic changes resulting from revisions to the MHSA be addressed?**

Second, each county must adjust programming from previous MHSA requirements to correspond to the new

Behavioral Health Services Act (BHSA). The BHSA expands programming to address the needs of people living with SUDs. County mental health plans will need to determine the degree to which they will expand SUD service provision and further integrate mental health and SUD treatment. It is possible that in some locales, reallocating funds will necessitate changes to or elimination of some county services.

**How will counties balance the provision of behavioral health services and affordable housing?**

The BHSA also prioritizes supportive housing for veterans and individuals with behavioral health challenges who are at risk of experiencing homelessness. Decision-makers will need to weigh the impact on existing services while expanding housing options for vulnerable populations based on the new funding requirements.

**How will County leaders advise and advocate for effective implementation of Proposition 1?**

When MHSA was adopted 20 years ago, it not only changed the flow of

funding but also the flow of data. County leaders were instrumental in advising the State regarding these issues. With BHSA, leaders will need to convene stakeholders, including mental health advocates, providers, and community members, to shape policies and programs. They must take the results of these conversations to their colleagues at the County Behavioral Health Directors Association of California (CBHDA) to triangulate opportunities and challenges, and to collaborate with state agencies to ensure the most seamless implementation possible. County leaders and communities will need to balance the new mandates with the unique, local challenges they hope to address.

**How will county leaders monitor and measure the outcomes of the new BHSA?**

Counties will need to monitor whether new housing interventions are effective. They will likely need to examine how SUD services align with existing mental health services and any gaps created in their communities. And they will want to look at how

the changes in programming affect access. Within a year or so of implementation, counties may want to conduct needs assessments to determine how the changes have affected the clients each county serves as well as needs and gaps in resources to guide adjustments and improvements among providers.

Proposition 1 adds significant funds to support behavioral health and housing. It also calls on county-level decision makers to rise to this moment. The months ahead will require thoughtful planning, collaboration, and strategic choices to enhance behavioral health services and housing support for Californians.

With thoughtful implementation, Proposition 1’s new mandates should serve the changing behavioral health needs of Californians.

*Amalia Egri Freedman is the CEO of RDA Consulting. RDA is celebrating 40 years of systemic change consulting in collaboration with state, county, local agencies and foundations and CBOs. ★*

## March Strong for New Home Sales

**North State Building Industry Association News Release**

**SACRAMENTO REGION, CA (MPG)** - New homes continued to be a popular choice for prospective homebuyers in the greater Sacramento region in March, the North State Building Industry Association reported on April 10.

Association members reported selling 604 new homes in March. While that total trailed both February of this year and March of 2023, both of those months had five weeks while there were only four weeks during this March. On a weekly basis, March sales were virtually

identical to February and 8% above March 2023.

Building Industry Association President and CEO Tim Murphy attributed the continued strong sales to the advantages that new homes have over existing homes and the continued reduction in the supply of existing homes on the market.

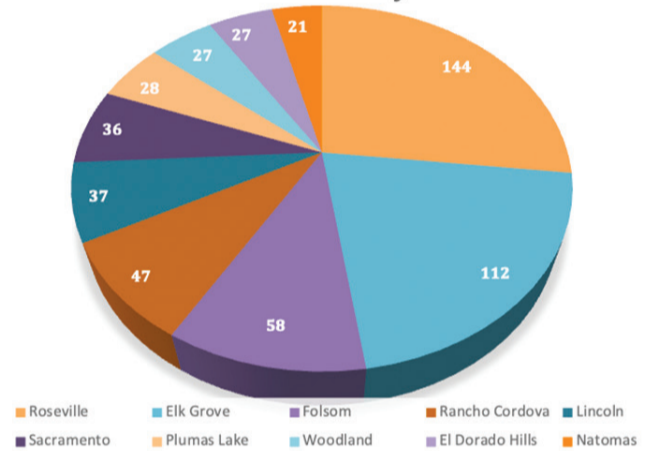
“New homes are built for today’s lifestyles and are far more energy-efficient than most existing homes, which can mean a big savings on energy costs,” Murphy said. “And while the number of existing homes for sale remains much lower than normal, there are 193 new-home communities currently active, giving buyers a

wide choice of styles and locations.”

But, Murphy added, state and local policymakers should do more to reduce the fees and red tape that keep production well below demand and costs higher than they should be.

“It still takes far longer than it should to get all the approvals builders need to actually begin construction and government fees averaging around \$100,000 per home in our region drive up the cost of a new home significantly,” Murphy said. “The only way to solve the state and local housing crisis is to consistently build enough homes so that supply and demand will be in balance for the first time in decades.”

**March New Home Sales by Submarket**



This chart shows sales among 10 submarkets in the region as reported by North State Building Industry Association members. Photo courtesy of North State Building Industry Association

The most new homes during March were sold in Roseville (144), followed by Elk Grove with 112, Folsom with 58, Rancho Cordova with 47 and Lincoln with 37. (See chart below for the region’s top 10 submarkets.) The vast

majority of new homes sold between \$500,000 and \$750,000.

Building Industry Association statistics include sales by members in Sacramento, Placer, Yuba, Yolo, El Dorado, Amador and Sutter

counties.

The NSBIA represents more than 500 members who provide 55,000 industry jobs in the greater Sacramento region.

For more information, visit [www.northstatebia.org](http://www.northstatebia.org). ★



Freccia 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.

## California Capital Airshow Presents International Headliner July 13, 14

*Continued from Page 1*  
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 nonstop aerial performances beginning at 6 p.m. each day. Performers will 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 highly-skilled civilian performers.

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



The airshow will be part of Freccia 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 Freccia Tricolori’s full performance. Photos courtesy of California Capital Airshow

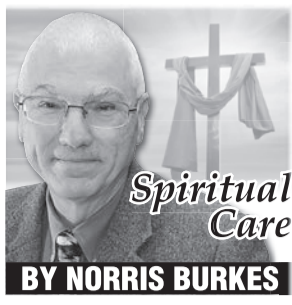
UPS. In addition, the airshow team is grateful to a long list of committed community supporters, as

well as the teams of law enforcement and emergency services that give their time and energy to

keep everyone safe.

Visit [CaliforniaCapitalAirshow.com](http://CaliforniaCapitalAirshow.com) for tickets and event information. ★

# Wrong Pants, Chaplain



**BY NORRIS BURKES**

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 unseaten 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-creased

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. My argument no longer had a leg to stand on.

Send email to [comment@thechaplain.net](mailto:comment@thechaplain.net) or voicemail at (843) 608-9715 or 10556 Combie Rd. Suite 6643 Auburn, CA 95602. Order my latest book "Tell It To the Chaplain" by sending \$20 to same address or online at [www.thechaplain.net](http://www.thechaplain.net). ★

## Sacramento Loaves and Fishes Joins Big Day of Giving 2024 with Match Campaign

### Sacramento Loaves & Fishes News Release

SACRAMENTO, CA (MPG) - Sacramento Loaves and Fishes, a cornerstone of the Sacramento community for four decades, is proud to announce its participation in this year's Big Day of Giving on Thursday, May 2 from midnight to midnight. This annual fundraising event highlights the spirit of philanthropy in the Sacramento region, supporting numerous nonprofit organizations making a positive impact. Founded

in 1983, Loaves and Fishes has been dedicated to serving the homeless population by providing essential survival services, including meals, day-shelter, and advocacy.

With 41 years in the local community, Sacramento Loaves & Fishes recognizes the pivotal role individual supporters offer to aid in programs and services for people experiencing homelessness. Oftentimes this can mean simply being a listening ear for many of the guests who have been

isolated through homelessness. "Our theme this year is Walk Alongside and Listen. This is one of the key ways in which our founders served the unhoused community and today this wisdom continues to resonate with how we approach our guests," said Angela Hassell, Executive Director of Sacramento Loaves & Fishes.

In celebration of its longstanding commitment to the community, Loaves and Fishes is launching a special Match Campaign

as part of its Big Day of Giving efforts. Generous donors, including individuals and businesses, are invited to participate by contributing \$5,000 or more.

This initiative aims to raise at least half of the organization's \$150,000 goal before May 2. Early giving begins April 18. "We are thrilled to be part of Big Day of Giving once again and to introduce our Match Campaign," said Naomi Cabral, Development Director at Loaves and Fishes. "This

is an opportunity for our community to come together and make a significant impact in the lives of those experiencing homelessness. With the support of our generous donors, we can continue to provide vital services and work towards creating a more equitable and compassionate society. I'd like to invite our community to walk alongside us with support on the "Big Day of Giving."

Interested participants can sign up or donate via phone, mobile device,

or computer via <https://sacloaves.org/>.

Donors interested in participating in the Match Campaign or seeking further information are encouraged to contact Naomi Cabral at [naomi@sacloaves.org](mailto:naomi@sacloaves.org) or 916-637-2517. Contributions can also be made by sending a check made to Sacramento Loaves and Fishes at P.O. Box 13495, Sacramento, CA 95813. Indicate that you are making a 'BDOG MATCH' donation on your check or online payment reply email. ★

## ABOUT TOWN

### 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

**Farmer's Market**, 9 am-1 pm every Saturday.

**Elk's Lodge Sunday Breakfast**, 8:30 am every Sunday. 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. Guests are VERY welcome!

**Water Aerobics**, Monday 10 am, Wednesday 2 pm, Friday 10 am

**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](http://elks6.net)

for weekly menu.

#### Karaoke

Thursday 7 pm

Saturday 7:30 pm

**Friday Happy Hour**, Friday 4-7 pm

**Line Dancing**, 2nd and 4th Fridays

#### 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/](http://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](http://www.Facebook.com/SacMuseums), follow them on Instagram and Twitter @SacMuseums or visit the user-friendly website at [www.SacMuseums.org](http://www.SacMuseums.org).

#### 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.

#### Friends of Sutter's Fort Announces Discounted Admission Rates

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 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](http://www.suttersfort.org)

#### Elks 6 Volunteer Opportunities Available

This is just a partial list of ways you can be of service to the Lodge and by extension the community.

- PM Crew - We welcome anyone willing to work but especially if you have experience in mechanical, electrical, general contracting, painting, or plumbing the lodge really needs you.

- Bar Back - Help out the paid bartenders for large events.

- 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

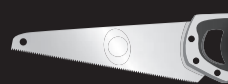
If any of the above sound like something you would enjoy doing, please contact me for more information and I will make sure you are directed to the proper person.

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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.

# SAFE Grants \$15,000 to Program Dedicated to Preventing Falls

**SAFE Credit Union News Release**

**SACRAMENTO REGION, 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



Safe at Home construction volunteers Stan Jones and Dan Ward meet at Rebuilding Together Sacramento's Workshop before going on a job.

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. Along with its Safe at Home program, the nonprofit works with partners to revitalize

neighborhoods and reduce energy costs for seniors, as well as works individually with families and children through their programs in addition to seniors 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



Collage at Rebuilding Together Sacramento's Tahoe Park offices and workshop displays work done to help prevent falls.

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. SAFE provides grant funding in four cycles each year, including financial literacy. For more information on the latest cycle's focus and application, visit: safecu.org/community/

community-impact/funding. To learn more about Rebuilding Together Sacramento or to volunteer, visit: rebuildingtogether-sacramento.org/

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## Awards to Honor Volunteers, Managers

**DOVIA Sacramento News Release**

**SACRAMENTO, CA (MPG)**

Directors of Volunteers in Agencies (DOVIA), Sacramento proudly announces the commencement of nominations for its annual recognition awards: Youth Volunteer of the Year, Individual Volunteer of the Year, and Volunteer Manager of the Year.

Nominees and their organizations do not need to be members of DOVIA to be considered. Nominations are open to eligible individuals that have completed volunteer service

or coordinated volunteer efforts in Sacramento, Yolo, Placer, El Dorado, Yuba, or Sutter counties over the past year. DOVIA will host an Awards Ceremony on May 16. This event will honor all nominees and announce the winners in each category. We encourage all nominees and nominators to join us on this special day. Attendance at the Awards Event is free, please register at [doviasacramento.org](http://doviasacramento.org).

Award categories are: Youth Volunteer of the Year: Recognizing a youth volunteer under age 21

who has contributed a minimum of 25 hours of service between January 2023 and December 2023. The winner will receive the \$500 Margaret Einspahr Memorial Award.

Individual Volunteer of the Year: Honoring a volunteer over the age of 21 who has contributed a minimum of 25 hours of service between January 2023 and December 2023. The winner will receive a \$100 award for their organization.

Volunteer Manager of the Year: Acknowledging a volunteer manager (paid or unpaid) who has

demonstrated exceptional leadership. The winner will receive a \$100 award for their organization and a one-year complementary DOVIA Sacramento organization membership.

DOVIA will introduce and honor all nominees and announce the winners at the awards ceremony on May 16 from 4-6 p.m. at Girl Scouts Heart of Central California Program Center, 6601 Elvas Avenue, Sacramento 95819.

All nominees and nominators are encouraged to attend on this special day. ★

## Social Worker Saves Child's Life

**Sacramento County News Release**

**SACRAMENTO COUNTY, CA (MPG)**

For social workers with Sacramento County Child Protective Services, quick actions can sometimes be the difference between life and death. That was the case during a recent emergency call for Renee, a Sacramento County social worker.

When a mother told Renee that her one-year-old child was not breathing, Renee jumped into action and called 911. In the emergency, Renee realized she had to take immediate steps. She pushed on the child's stomach to clear their airway, restoring the child's breathing.

Renee's dedication to helping the family in need did not stop there. She stayed by the child's side until medical professionals arrived.

She also provided support to the mother, arranging transportation to the hospital, and followed up to make sure they arrived safely.

While her actions had a life-changing impact on the family, Renee says she was just doing her job. She says her coworkers would have done the same thing if they were in the situation.

She is humbled to be recognized for her actions because she doesn't do the work for the recognition, but to help make a difference in her community.

"What brings me the most joy in my career is when a family reaches out



Renee, the social worker who saved a child's life. Photo courtesy of Sacramento County

and shares how my work has helped to improve their lives and their children's lives or a client makes an effort to thank me for my work years later," says Renee.

Renee is an Emergency Response Social Worker for the Department of Child, Family, and Adult Services (DCFAS) and she has worked for the department for about 17 years.

In her role, she focuses on improving child safety and reducing risks in the communities she serves.

Beyond her heroic actions during emergencies, Renee's daily work involves advocating for families, conducting thorough assessments, and collaborating with various agencies to ensure comprehensive support for children and caregivers.

Renee's hard work and dedication to DCFAS are just one shining example of how social workers make a positive difference in families' lives. DCFAS leadership thanks Renee for her compassion and continued work in keeping kids safe. ★

## Concerts in the Park Returns for 31st Year

Continued from Page 1 California's music festival season, offering a fun, free and safe experience for everyone to enjoy.

Filled with local food vendors, artists, musicians and more, Concerts in the Park is the largest and longest-running free outdoor music festival in Northern California and showcases the talents of local and national bands and DJs at Cesar Chavez Plaza (9th and J streets) in downtown Sacramento.

"Sacramento has a rich history of being home to up-and-coming musicians and cultivating a rich music scene, and we're proud to be a part of that," said Michael Ault, executive director of Downtown Sacramento Partnership.

"As important as it is to capitalize on the momentum Sacramento is seeing with festivals, it's equally important for us to invest

in people. We're excited this year to provide more spaces and platforms for local creatives and create a unique experience for Sacramento."

The dynamic and high-energy 31st Annual Concerts in the Park lineup of nearly 60 talented national and local bands and DJs includes sounds from musical artists such as Destroy Boys (Pop-punk), Michael Marcagi (Folk Rock), Kool John (Hip Hop), Felix Cartal (Electronic) and Arden Park Roots (Reggae Jam) along with popular DJs including DJ Lady Char, Complex and DJ Oasis, just to name a few.

A detailed lineup along with more information about Concerts in the Park is available here: [godowntownsac.com/events/signature-events/concerts-in-the-park/](http://godowntownsac.com/events/signature-events/concerts-in-the-park/). In addition to an expanded footprint,



A Concerts in the Park poster promotes the season's musical acts. Image courtesy of Downtown Sacramento Partnership

this year, Concerts in the Park will have surprise vendors and guests

throughout the season. For more information, visit [GoDowntownSac.com](http://GoDowntownSac.com). ★

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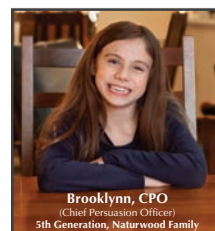
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